

A black and white photograph of a person wearing large, over-ear headphones. The person is holding a lit cigarette in their right hand. The background is dark, and the lighting highlights the person's hand and the headphones.

College Avenue

volume seven: issue three spring 2012

WARNING

The content of this publication is protected under copyright law and may not be copied or redistributed without proper consent. Articles in the publication may include, but are not limited to, piracy and copyright law, 3D movie and television trends, a psychic profile, yoga, CSU Rodeo and couchsurfing.

TACORI



SATHER'S
SINCE 1910
LEADING JEWELERS

300 E. Foothills Pkwy. | Ft. Collins | SathersJewelers.com



Students who are illegally downloading music or movies are at risk of not only putting their education in jeopardy, but also may face legal consequences.

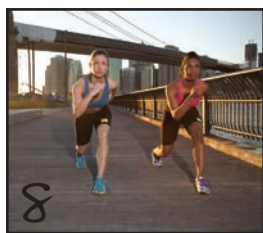
— craig chesson, assistant dean of students and director of conflict resolution and student conduct services

letter from the editor 3



what the fuss? 5
a dose of diy

the goods



6 ear treats

see it coming 7
videogame debuts

8 **hot for hot pants**
pants that help you suck it in and burn off fat

scene & heard

10 wicked entertainment

fairytale takeover 11

12 pop-up population
3D trends here to stay

feed the hunger 13
top grossing movie at box office

behind the beat 9
punk you, punk is alive!



on the cover



16
to pirate, or not to pirate? what are the consequences?

cover design by laura esposito and logan martinez, photo illustration by chelsea dunfee with assistance from garrett mynatt

collegeavenuemag.com

online exclusives



the cache

14 giddy up!

up close with the csu rodeo

ay, matey

there be pirating in these parts 16

20 seeing clearly

guest writer kate, meets psychic katie

outtakes

delicious photo bites 22

food & recipes

24 trippy, man

a miracle for your taste buds

can-do cupcakes 25

tasty made easy

running with scissors 26

wingin' it

health

27 oohhmmm

relaxation, yoga style

just keep running 28

jog your way into fitness

the verb 29

not your typical surfing

beer:30

beers and a really big bike 30

the blurb

how pinteresting! 31

quiz

are you a condom connoisseur? 32

letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50 to 150 words with your feedback on the magazine. this is your magazine, and we would like to know what you think of the content, design and anything else. all letters to the editor must be typed in a word document and attached to an e-mail, which should be sent to csumag@lamar.colostate.edu.

mission statement

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

opportunity for employment

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

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

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.

College Avenue
CSU Lory Student Center Box 13
Fort Collins, CO 80523
(970) 491.1687
csumag@lamar.colostate.edu

letter from the editor

The ancient Greek philosopher Pericles said, "What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."

In some way, I hope that "College Avenue" has woven its way in to your life in the last year. For me, I am helplessly tied to every facet of our magazine: the staff, the product and Rocky Mountain Student Media Corporation.



This month, our talented staff has made it their goal to bring you a repolished version of our print product. They overhauled design, photos and written content to put our best foot forward as we depart until August.

Before you go, take a twisted, tasty trip as our staff tries miracle berries, open your eyes to the history piracy and how it translates into a university environment, or jump on the beer sensation, My Handle Bar.

Leading such an amazing group of people has humbled me more than I ever imagined — I am forever thankful of the experiences I've gathered here. This magazine and its successes could not have been accomplished without my patient editorial board and saint of a managing editor, Kate Wilson.

Thank you to each and every one of my wonderful staff members. Your hard work and endless dedication to this publication speaks to the level of success I know each of you will find when you leave CSU.

I have no doubt that, under the leadership of our new editor, Kristin Hall, the magazine will continue to flourish and grow. Keep your eye on "College Avenue" next year. Kristin and her staff will be surprising you with lots of new content — and maybe even a makeover.

Be seeing you,

A handwritten signature in black ink that reads "Laura" with a stylized flourish.



staff list

editor in chief

laura esposito

managing editor

kate wilson

photography editor

chelsea dunfee

features editor

kate frasure

design editor

saira taylor

web content editor

jaime pritchard

copy editor

kelly sterner

senior photographer

garrett mynatt

production manager

allison lecain

reporters

kristin hall
jordan johnson
logan martinez
amy mcdaniel
anna palmer
kara sawinska
ricki watkins
hannah woolums

designers

garrett christensen
makenna dubler
kris lawan
kacey underwood
corinne winthrop

photographers

chase baker
john sheesley

adviser

michael humphrey

Conflict resolution

and Student Conduct Services

CONFLICTS CAN HAPPEN AS A PART OF YOUR STUDENT EXPERIENCE. WE'LL HELP YOU FIND SOLUTIONS!

Conflict Resolution Services will...

Listen to you, get answers to your questions, provide information and advice, develop options, and assist you in pursuing a resolution.

Conflict Resolution Services also provides...

Mediation between willing parties, facilitation of communication, group conflict resolution, and referrals to other University and community resources.

Some typical issues are...

- Academic matters and appeals
- Faculty/student issues
- University policies and procedures
- Roommate disputes

325 Aylesworth NW
(970) 491-7165

www.conflictresolution.colostate.edu
Colorado State University

RideShare

Find Your Ride

Need a ride?

Have a ride?

Share a ride at rideshare.colostate.edu!

CSU's carpooling service



Colorado State University



by kate wilson

WTF: DIY Till You Die

If the internet is comparable to the size of Earth, all the do-it-yourself tutorials, blogs, digital pinboards, markets and e-mags would surely comprise a piece of land at least the size of Texas. Blogger, Etsy and a plethora of other sites with DIY and handmade inspirational content have flooded the Web, specifically targeting women of all ages with creative minds – or at least those who wish they had. I, as your source of snarky perspective on all things trendy, swam the deep ocean of online DIY material to assess what the fuss is about.



Here's the breakdown:



Pinterest:

Oh, Pinterest. What a place! It's literally a virtual pinboard in which you can save "pins," which are actually just photos, which other users have found online or uploaded. The purpose of the site is actually just to inspire – for which users have adopted the term "pinspiration." If you're looking for a craft idea of any sort, look for it on Pinterest. Most photos are accompanied by a link to the original website that featured the photo.



Etsy:

If you haven't heard of Etsy, you must live under a rock, in a volcano, on a faraway island. Etsy is the marketplace mecca for all crafters who wish to promote their talents and make some extra cash. While many may browse this site with the purest intentions of purchasing items, I scrolled page after page of beading and crochet projects in hopes of finding ideas to create for myself. I know: this is an ethical dilemma with intellectual property. But it's what many artists do – look to others' work for inspiration. Don't worry, though. I didn't steal any ideas.



Blogger, WordPress, Tumblr:

Sure, these blog-hosting sites oblige much more than DIY bloggers. Registrants post on just about any topic imaginable, and although Blogger and WordPress offer no statistics about how many craft blogs live on the sites, I presume there are tens of thousands. Some crafters only post photos of recent projects or links to their stores, while others post full step-by-step tutorials or instructional videos. If you're lucky, you can download a free e-book with full-color pages that can be inserted into a planner or binder.

So what's the fuss? All of these dot-coms are free to use and browse, and to the creative-at-heart, they're more addictive than Facebook. The blogs and Pinterest require a small amount of social networking, but in a very nonthreatening, noncommittal way. You can save pins from other users without actually "following" or "friending" them. Browsing Etsy is like window-shopping on a sunny day. No commitment required, but you can take home the ideas with you. That's a Pinteresting idea I can get on board with!

To find out more about Pinterest, check out Pinterest: The Anatomy of a Pin on page 31.



CSU Has a New Kind of Candy

skullcandy headphones and earbuds are a RAMtech staple

J amming out to music is a common practice among college students, and headphones can make or break that listening experience.

Although different headphones and earbuds brands exist, a type that is specifically sold at RAMtech, located in the Lory Student Center at Colorado State University, is Skullcandy.

According to Hunter Reece, a senior zoology major and employee at RAMtech, the Skullcandy products sold at RAMtech range from \$15 for basic earbuds to \$125 for Skullcandy Aviator headphones.

“They make a lot of different models just for different tastes,” he said.

RAMtech’s Skullcandy Fix models are earbuds purposely designed to stay in one’s ears, while their Skullcandy Riot models are one of their hottest items because they are fairly inexpensive. Skullcandy Skullcrusher models offer further diversity

because they have more bass. Reece said the bigger sound associated with the bass comes from the driver size.

“[Theoretically], when you get up to the bigger ones, you get a bigger sound and a better quality

because they have more room to project everything,” he said.

Aside from Skullcandy having a wide range of models, there is also variety within the different models.

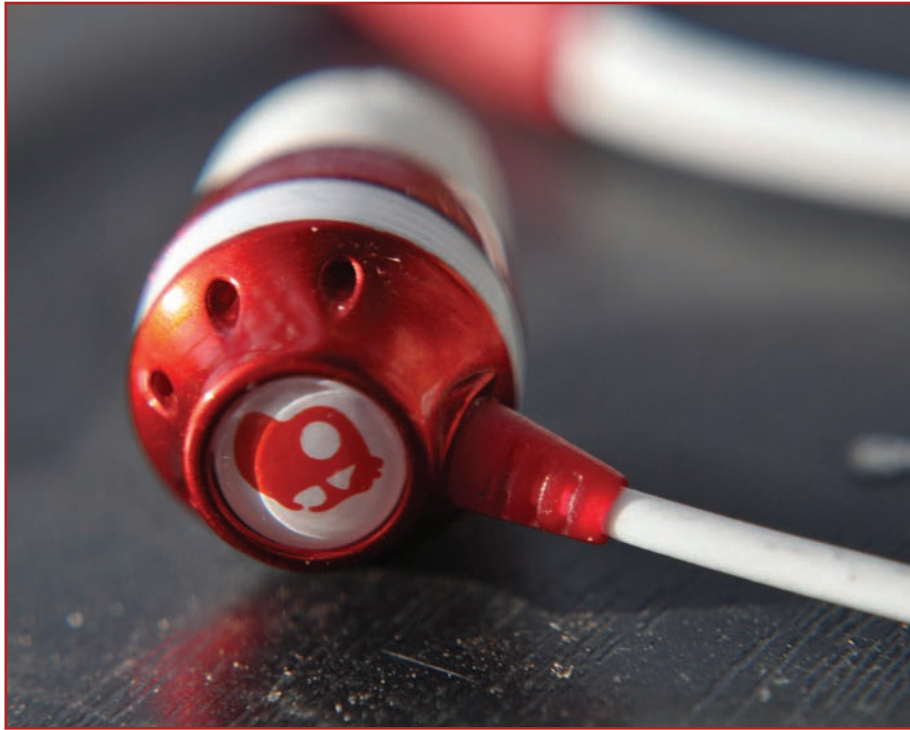
“When you [register online], if anything were to go wrong, they are really good about replacing it, or...they’ll give you half off a new pair if yours broke.”

Although Skullcandy models have these

benefits, one of the disadvantages with headphones and earbuds in general has to do with the product’s plug that goes into an electronic device.

“I feel if headphones companies wanted to improve on anything, they should shield that because, most of the time, if somebody has an issue, it’s one ear phases out,” he said.

This potential drawback, however, does not seem to be deterring music lovers. “I’d definitely say headphones is our heaviest sale and then



“They have a ton of colors, which is kind of aesthetic, but, you know, it would be silly to say people don’t care what it looks like...so they definitely did a good job of that,” Reece said.

Skullcandy, out of those, is the most common,” Reece said.

For those who want to jump on the Skullcandy bandwagon, the models sold at RAMtech typically run between \$5 to

\$15 cheaper than if buying them through the actual Skullcandy company.

“I would just say choose wisely,” Reece said. “I mean if you’re

going to be listening to music all the time, might as well get something good, right?”

“they make a lot of different models for different tastes because everyone’s ear is a little different.” - hunter reece, RAMtech employee

Another advantage with the Skullcandy brand, according to Reece, is the warranty.

LET YOUR INNER GAMER OUT: VIDEO GAME RELEASES

THE WITCHER 2: ASSASSIN OF KINGS

Xbox 360 –
Release date April 17, 2012

As a sequel to “The Witcher,” released in 2007, gamers take control of the witcher, Geralt of Rivia, a genetically enhanced human with unique powers. There are many different paths gamers can take, all which follow the halt of the rebellion against the king of Temeria. In this game, Geralt continues to protect the king from assassination while bringing peace to the state.

Avid gamers, Jon Pait, 20, a junior journalism student at Colorado State University and Tony Ramirez, 21, a junior agricultural science student, said the game features deep role playing elements that will satisfy even the most hardcore role playing gamers. They say it’s definitely not one to miss.

PROTOTYPE 2

Xbox 360, PS3 & PC –
Release date April 24, 2012

The gamer takes on the character of Sgt. James Heller, whose family was killed in the outbreak of the Blacklight Virus. His goal is to destroy the virus and kill Alex Mercer, who unleashed the virus in the original game. Heller possesses powers of shape shifting and taking on other peoples’ identities and memories. In the game, players can decide what kind of powers Heller will get as they go through the mission.

As a player of “Prototype,” Jon Miksch, a 23-year-old senior mechanical engineering major at CSU, said the game is great for when you’re just in the mood to blow things up.

“If the sequel is anything like the original, then “Prototype 2” is worth a play through,” Miksch said.

SNIPER ELITE V2

Xbox 360, PS3 & PC –
Release date May 4, 2012

Taking place shortly after World War II, the gamer takes on the role of Karl Fairburne, a U.S. sniper in Berlin whose job is to rescue those involved in the V2 rocket program. With a plethora of weapon options, the game goes through 11 missions, but each varies greatly by the gamers’ preference.

Ian Howe, president of 505 Games U.S., said in an article on “The Dark Side of Gaming,” “Sniper Elite V2 will be the most brutally realistic military sharpshooter out there on the market. Our World War II Berlin is utterly realistic in terms of locations, weapons, vehicles, uniforms, music and other important details. We want them to get into the mindset where one bullet really does count.”

Though the game may be extremely realistic, Miksch said he thinks that another World War II video game is unneeded and outdated. Pait and Ramirez agree with this statement.

“Everything about this game looks dated,” Pait said. “It takes place in World War II, a setting long abandoned by the shooter scene.”

GHOST RECON FUTURE SOLDIER

Xbox 360 & PS3 –
Release date May 22, 2012

The game takes place in the future where a four-man Ghost team fights an ultranationalist force that takes over Russia and surrounding countries. The gamer assumes the characters of all four Ghosts, going behind enemy lines on deadly missions to kill opposing forces and save their countries.



HOT DAMN, HOT PANTS!

HotPants, originally from the U.K., are the latest weight loss craze recently introduced in the United States for women.

These wetsuit-like pants can be worn under clothing, or as is, to promote an increase in sweat. HotPants can be worn daily, during workouts, while sleeping, on a date, or just as an addition to your everyday outfit.

How HotPants work:

The secret is a lining of bio-ceramics. Bio-ceramics is a material produced from combining mineral oxides such as aluminum, magnesium and silica. The ingredients are heated at extremely high temperatures and the result is the bio-ceramic material.

These heat waves intensify heat naturally generated by the body resulting in much higher levels of sweating.

The pants create a boost of circulation that breaks down fat cells that contribute



Gross alert!

Because HotPants promote so much perspiration, wearing these pants can create an ideal environment for bacteria, causing infections or rashes.

Similar to a wetsuit, the pants are made of nylon, polyester and neoprene, which can make for a struggle to pull on after using the restroom.

Where to find 'em:

HotPants are available for \$70.63. They come in black and nude, and in three lengths: short, capri and long, prices vary from \$70.63 to \$109.88.

to the appearance of cellulite.

Bio-ceramics are harmless to humans and the thermal characteristics are beneficial for reducing water and toxin accumulation.

Visit www.zaggora.com to learn more about HotPants, or visit their Facebook page for information and reviews



It's okay to have one of these in your yard



It's not okay to have one of these in your yard

DUH!

PARK YOUR CAR IN THE STREET, DRIVEWAY OR GARAGE.





by justin hill

It's Not Dead:

punk rock

“Hey, punk’s dead!” the kid yelled out the window of his lifted Jeep at me as I walked down Elizabeth Street in my patched denim jacket.

I never understood that phrase. I don’t consider myself a punk and I still receive these kinds of pointless jeers every once in a while. It makes no sense.

I wanted to try to come up with a response for the next

time someone has the stones to say this to my face. My response stems from something I read on Tumblr.com once.

Punk isn’t Mohawks, or leather, or tattoos and piercings, or spikes and colored hair. It’s not even really music. Punk is an ideology that says, “I don’t need to be like that just because everyone else wants to be like that.” Punk is individual expression and a rebellion against conforming to the mainstream status quo.

“I like punk because it’s different,” Cammie Hays, a friend of mine said. “It’s not something everyone listens to or knows about, and I like that it’s unique like that.”

Now punk can’t be dead because that would imply that it was once alive.

Original punk was never the cool thing to do. It was never broadcast en masse on the radio and mainstream outlets certainly never encouraged it.

Sadly, over the years punk has been bought, packaged and then mainstreamed by the radio and advertising companies. It has been turned into just another clique, another fashion statement; an outlet for kids to rebel just for the sake

of rebelling.

“I have to say I like some mainstream bands, like Green Day, but I don’t think of it as real punk,” Hays said. “You can definitely tell its similar music but it’s been changed and sold as an image to make money.”

Bands like Green Day and Sum41, while perfectly respectable bands, wrongfully advertise themselves as “punk rock” when in reality they are a part of the corporate music system that real punk claims to be so much against.

This is because the punks claim that

record companies pressure artists to be the next big thing and stifle creativity. They are somewhat correct according to some of the stories I have heard while speaking with signed artists.

Typically the constituency that this mainstreamed punk generates are the kids who call themselves punk but they are just angry kids wanting to lash out for the sake of not conforming.

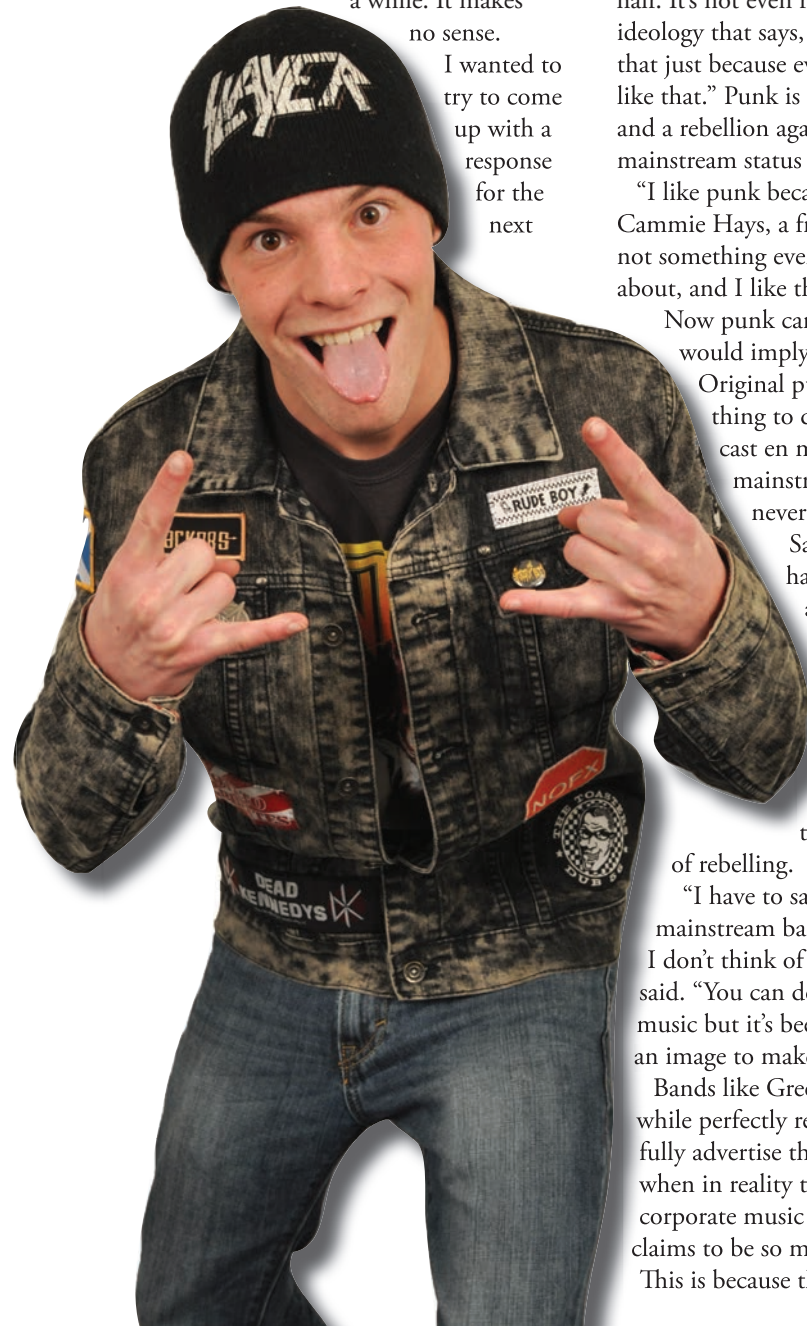
“Most labels don’t try to change a band’s music off the bat. Record labels do a lot of picking and choosing of music - so a band that plays pop will be more likely to get signed than a ska band because it’s marketable - and that’s okay, they’re trying to make a profit,” said Sara LeFevre, guitarist of a local band, Ska Skank Redemption. “The labels I have a huge problem with are the ones that cheat bands into contracts that will put them in debt the rest of their lives.”

It is absolutely true that the scene of original punk followers has diminished since it was more popular. You just don’t see very many of them anymore, not here anyways. Where I come from in New York they are much more common.

It’s really unfortunate to me that there is so little of this scene in this area. I’ve seen a few bands like The Potato Pirates, whom I like very much, but really, there isn’t a huge swell of that scene here like in cities I’ve been to.

To say “punk is dead” is really sad to me. Not only because I think it’s great music, but because of the ideology it represents. If you think punk is dead, what you are really saying is that ideology is dead. This heroic individualism is gone. But, that’s not true.

Punk is underground, exactly where it’s always been and will always be. It’s right where it belongs – under your nose waiting for you to find it when you’re ready.



wickedly

ENTERTAINING

Have you ever wondered what happened in the Land of Oz before Dorothy stole the limelight? How the Wicked Witch became so sinister? Or what caused the divide between the West and the North? Where did it all begin?

“Wicked,” the award-winning musical play that has been enchanting audiences for more than eight years, showing in theaters around the country and receiving rave reviews.

It’s not simply a musical depiction of the well-known film about Dorothy’s adventure outside of Kansas. “Wicked” takes you back in time in the whimsical world of Oz, to the early life of Glinda the Good Witch and her relationship with Elphaba, the Wicked Witch of the West.

Colorado State University graduate and theatre enthusiast, Brittany Porter, has already seen the play three times at the Buell Theatre in Denver and plans to attend in the future.

“Loved it!” Porter said. “It’s my favorite. I’d see it probably 30 more times!”

According to Porter, who has been acting since age eight and performs in musicals herself, “Wicked” stands out from the rest due to one thing: spectacle.

“Fancy, crazy costumes and crazy colors,” Porter said. “And a dragon at the top of the set that moves randomly, monkeys flying. Lots of spectacle.”

The show’s set features an array of mesmerizing colors, including a shade of emerald green painted on features of the Wicked Witch. The actors, all wearing intricate costumes, along with the use of



effects such as fog machines, a fly system and dramatic lighting bring the story to life.

This musical is also unique, according to freshman theatre major Annie Booth, because of the focus of the plot. “The story revolves around the villain of a classic story, which I feel like is a first.”

Porter described the ticket pricing as fair. While orchestra level tickets may be a little out of the average student’s price range, she said balcony seats are reasonable and offer a great view of the entire stage. Although Booth contested that

overall the show is not exactly cheap, she explained that special student discount nights help. “Plus, it is a special occasion type of thing, so it is worth the extra price,” Booth said.

“Wicked” will be playing at the Buell Theatre from April 11 through May 20, 2012. Tickets range from \$35 to \$160 depending on the date and time of the show. All you have to do is click your heels together and repeat: there’s no place like the Land of Oz.

Fairy Tale TV/Movie Timeline

Children born around and before the 90s remember their favorite fairy tales as cartoon characters whose carriage turned into a pumpkin, a glass shoe that was lost, a caterpillar who smoked hookah and an evil queen that wished to be the fairest of them all. Children will now remember fairy tales as 3D animations. Remakes, such as *Red Riding Hood* (2011) and *Alice in Wonderland* (2010) caught viewers' attention with dramatic plot lines.

Today's 3D animations are more digitized and less kid friendly compared to their cartoon counterparts due to their horrific plots. Cartoon fairy tales are known to be cheerful, simple, and were more fantasy than reality. Today, Movie and TV directors and producers are aiming their fairy tale remakes at a darker to mimic the tales written in the 1800s. Take a walk through this timeline and revisit some of the popular remakes released since 2005.



"[The movies and TV shows have] become darker, more twisted [with a] different portrayal of the story geared towards an older audience."
-Stormy Hupp, freshman communications studies major

"Movie producers remake movies to become more complex and excessive than the original. They aren't as simple as they used to be."
-Kourtney Greene, sophomore health and exercise science major

3D is it here to stay? Fad

Over the last decade the three-dimensional trend has swept the nation. It started with 3-D movies only available in theaters and has expanded to consumers being able to have this luxury in the comfort of their own home.

3-D continues to help the already popular movie industry by providing new and enthralling films that allow the audience to interact with the film.

Whether it is the 2004 release of the classic tale “The Polar Express,” or the 2009 attention-grabbing movie “Avatar,” the 3-D storm has swept the world over, but how long will it truly last?

Developed in the early 20th century, the first 3-D movie was released to the public in the 1920s. Around the 1930s, 3-D went off the radar for over ten years.

According to etiole.com, to get 3-D to work, different perspectives of two separate images are entwined on to the screen at the same time. A filter with different slits in it allows the eyes to each perceive a different set of pixels.

The brain then combines this information into a single image that gives the illusion of something being three-dimensional.

New 3-D phones are being produced with minimal 3-D capabilities. Gaming on



phones is a big target for 3-D producers, but this technology is still in the developmental stages. With the invention of 3-D TVs, that has viewing available without the use of 3-D glasses, and the progression of 3-D technology on to phones, what is going to happen to this fad?

Every new technological invention adds an increasing cost to consumers in an unstable economy.

For freshman civil engineering major, Jordon Jensen, the 3-D movement will never die out.

“It’s [3-D] not going to pass because of the technology, because it keeps getting better, so it might improve but it will not go away,” Jensen said. “[It is so popular] because it’s bad-ass. The technology is so much better and it makes everything so much more real.”

Nick Patenaude, a sophomore business major, disagrees.

“It is definitely passing. It will be around, people will buy it, but then something else will come out and they will move on to that,” Patenaude said. “People will just end up with [3-D TVs] and then they won’t use the 3-D part of it because it’s gone. [Its popularity is] because it is a status symbol.”

Right: The College Avenue photo editor Chelsea Dunfee sports 3-D glasses for this special photo. Grab your own pair of 3-D glasses and watch it POP!

STAYING ALIVE

“The Hunger Games”: book to movie



“Ladies and gentlemen, let the 74th Hunger Games begin!” It was on when the movie was released at midnight on March 23, 2012, bringing in a whopping \$155 million on opening weekend -the third largest box office debut in history.

Based on Suzanne Collins’ bestseller, the movie was much anticipated by “Hunger Games” fans everywhere.

“I [wanted] to see if they [could pull it off] because the images in my head [were] so hard to imagine actually being put onto a big screen,” Ali Anson, freshman sociology major at Colorado State University, said.

“The Hunger Games” is the first book in Collins’ award winning trilogy that captivated audiences young and old, male

and female. Listed as a bestseller by The New York Times, USA Today, and Publishers Weekly, the book has sold more than 11 million copies since its publication in September 2008.

Why does “The Hunger Games” have readers eagerly flipping through pages and moviegoers on the edge of their seats?

“Action. Suspense. Romance. Enough said,” Anson said. “Real enough to relate to, surreal enough to be horrified if it was you.”

The plot has succeeded in captivating millions of fans. Set in the future, 12 districts must each give up one male and one female to compete to the death in the Hunger Games.

It is a competition where contestants are put into a specially constructed arena and forced to kill each other off. Katniss Everdeen from District 12 volunteers herself as a competitor to save her younger sister, leaving behind her family and best friend, Gale. She forms a strong bond with the male counterpart from her district, Peeta, as they fight for their survival. Only one can win.

“I love that [the book] gives young women a strong female protagonist instead of a moon-

A Lionsgate Entertainment production, the movie was directed by Gary Ross, who also directed “Seabiscuit.” Jennifer Lawrence took the lead role, playing Katniss Everdeen. Peeta Mellark was played by Josh Hutcherson and Gale Hawthorne was played by Liam Hemsworth.

struck girl who throws herself off a cliff when her boyfriend leaves her,” freshman Riley Gearhard said. “I forced my sister to read them so that she could get off the whole “Twilight” kick and show her that it’s OK to be strong and independent.”

Kelly Mathies, a senior business administration major, said that she thought the movie stayed true to the plot of the book.

“It evokes all the same emotions you feel if you read the book,” Mathies said. “The actors were great. People may say the movie and actors were terrible, but a movie or book that make you feel every kind of emotion and feel as if you’re a part of that world -it’s incredible. Too me, that’s what makes a great movie and a great book.”

Mathies, along with many other fans, thought that there was one part of the movie they found to be particularly moving. Watch out, spoiler alert!

“I think my favorite part was when Katniss creates the memorial/burial for Rue and then signals to District 11 and they respond in turn,” Mathies said. “It’s so powerful.”



CSU RODEO ROUNDUP



MEET YOUR RODEO GUY: KYLE DICKENS

Q: Where did you grow up?

Kyle: I grew up in Loveland, Colo. and I've pretty much just rodeo-ed my whole life. I tried football and basketball, but I didn't really like dealing with coaches, so I pretty much just ended up rodeo-ing.

Q: What events do you do?

Kyle: Calf roping and team roping.

Q: Where did you compete?

Kyle: All over Colorado, and then for nationals, in either New Mexico, Wyoming,

or Oklahoma. [I've gone to nationals] for four years, two in high school and two in junior high.

Q: Why did you choose CSU?

Kyle: It was just close. And it's really expensive to go somewhere else because you have to pay for all of your horses to live somewhere else. I keep them on my parents' property. We have a boarding facility where we board other horses. It's kind of a ranch. It works out.

Q: How is having your dad as a coach?

Kyle: He's kind of always been my coach. He's always helped me with stuff so it's pretty much the same as it's always been. At this level, there's not much a coach can do because, it's so expensive to go to rodeos.

Q: What are your expenses?

Kyle: First, [there are] the entry fees. For college rodeos, they aren't that bad. It's usually costs me about \$97 a weekend. We have to travel; our first rodeo is 6 hours away, so that's \$200 in fuel right there. And then, hotels, and the horses and everything cost so much on their own. College rodeo is not that big of a deal, but I am trying to go pro, so you have to have

enough horses for that.

Q: What does it mean to go pro?

Kyle: You do it individually. The only thing you can do is get sponsorships if you win money or you're doing well enough that you get sponsors behind you. That's how most guys make their living because pro rodeo isn't like most sports. You don't get a contract or anything like that; you have to earn every penny. Anyone can go pro; it's just weather or not you can make a living doing it. It's hard. It's more just doing it for the passion of being able to rodeo and less for the money.

Q: Why are you so passionate about rodeo?

Kyle: I pretty much like everything about it. Practicing is fun and traveling all over to new places and meeting new people is fun. I [recently] went to five rodeos in two days. Over Thanksgiving I had days where I drove 14-16 hours straight. Competing is always a huge adrenaline rush. I like that it's a sport in which you aren't getting a million dollar contract or nothing like that. Rodeo is purely for the joy and passion of being able to rodeo.



MEET YOUR RODEO GAL: KAYLA TISDALE

Q: Where did you grow up?

Kayla: I lived in Meadowlake, Wash. I barrel-raced a little bit but I wasn't heavily involved in rodeo. I did the FFA thing where I showed livestock and competed in public speaking competitions. I came here for the equine science program, became a member of the rodeo team my freshman year and have been a member ever since.

Q: Why did you choose CSU?

Kayla: I really like Colorado. I like the fact that if I wanted to barrel race and rodeo, I can go somewhere three or four nights a week, on the weekends – all within a relatively close area.

Q: When did you start doing barrel racing?

Kayla: I started barrel racing when I was probably 10 years old. It was more of a weekend thing, nothing really serious. I didn't really start going to "the rodeos" until my freshman year here at CSU.



Q: Why did you decide to compete in rodeo in college?

Kayla: College rodeo is kind of a stepping-stone to the pro ranks. A lot of the top girls in our region we know can go to the pro rodeos and be competitive. It was everything people said [it would be] and more.

Q: Is one of your goals to go pro?

Kayla: Eventually, I would love to be able to have a pro-caliber horse to be able to do that. I have two horses right now that I think, when they are finished, will be cool. I'm just stepping back and getting my young ones ready to hopefully [compete in] college rodeo next year.

Q: When you say "getting a horse ready", what do you mean?

Kayla: [For] barrel horses in particular, you are training them to run as fast as they can, then hit the brakes, turn around a barrel, and then run as fast as they can again. It's a really time-consuming process to get one ready to go and be able to do that competitively. I guess just getting my young

ones ready by hauling them different places so they get used to the sights. When you go to the rodeos, there's music playing and people in the crowds; there's cattle, there's bulls and it's kind of hectic for horses.

Q: So when you graduate, what do you want to do next?

Kayla: I don't really know; like I said before I'd love to be able to do pro rodeo and have that be my living. I would like to do something within [the equine/animal science industry] regarding sales or something along those lines. I even thought about breeding barrel horses or show cattle or something like that but I'm not sure yet.

Q: How do you balance competition and school?

Kayla: It's really hard to do. I didn't do college rodeo this year because I didn't have a horse and you only have four years of eligibility, so I didn't want to waste one. You have to make sure that you really stay on top of your schoolwork during the week because even if you say you're going to go to the rodeo and study, it doesn't happen.

Q: What advice would you give to someone who wants to get into rodeo?

Kayla: Just come try it out. It is intimidating because, if you know how to do it, it's easy to make it look simple, but it's not. Starting can be intimidating. Try roping a dummy, come to practices, learn how to ride and get a horse. If you work hard enough, you can go from never being on a horse to placing in the top 10 at a college rodeo event. Just come, show your face, get to know people and try to figure it out.

ARRGGH!

No...not that kind of pirate.

Having a song stuck in your head and not knowing the name of it, can drive you mad. Just one line plays in your brain over, and over, and over.

Desperate to find the name of the song, you scour through Google searches as if your life depends on it. Finally, you found your musical gem, hidden in the depths of your iTunes store.

There it is, your lyrical obsession that costs \$1.20 to download. Debating between a good song and a large soda at lunch leaves you considering the unspeakable — pirating.

Before you jump onto a plethora of illegal websites available, consider the fact that using the Internet service provided by dorms and student apartments can come

with some very serious consequences.

From music, to movies, to software, there is often a temptation to find the products and entertainment students need at a more affordable (if not free) cost. Three students at Colorado State University know these consequences all too well.

The musical mistake

Keeton Ellis, business sophomore, and his roommate Luke Huskey, an undeclared sophomore, downloaded music, T.V. shows and movies on and off for several years in high school utilizing several different pirating software.

When they first started pirating, they chose Limewire: a common peer-to-peer sharing program until it was disabled

in 2011. Ellis and Huskey also utilized torrenting, or the breaking up of one file into many smaller files, to download the files faster.

Huskey and Ellis' years of pirating did not go without consequence. The pair was caught while they were together at the Huskey's parent's house in Montrose, Colo.

They received a letter from their web host, which had received a letter from Warner Brothers studio, who had discovered their illegal behavior. Huskey found the event to be a sobering one for a couple of 18-year-olds.

"It was my house, my internet connection," Huskey said. "Up until that point it was just whatever, no body could catch us."

THE HISTORY OF PIRACY

Do you know your piracy history? Read along and see how piracy and copyright law has evolved from 1986 to today.

Compiled by Kate Frasure

1986
Electronic Communications Privacy Act enacted to lay boundaries for law enforcement's access to personal electronic communication and stored electronic records

10/28/1998
President Clinton signs the Digital Millennium Copyright Act (DMCA) into law. The act, an implementation of two 1996 treaties by the World Intellectual Property Organization, criminalizes the production and distribution of technology, devices or services, and criminalizes the act of circumventing an access control, whether or not there is actual infringement of copyright itself

Through torrenting, Ellis managed to download over a terabyte of media the first semester of his freshman year at Colorado State University.

“We actually calculated it one time, it was like \$32,000 (worth of media),” Ellis said.

The pair would share their files, because they said it was faster to download the files from each other’s computers than to go through the process of downloading all over again.

A study in the Journal of Applied Developmental Psychology said that 15-30 million Americans between the age of 18 and 25 have used peer-to-peer file sharing like BitTorrent or The Pirate Bay.

Ashwin Naveen, past president and co-founder of BitTorrent, said the program he helped create, was never intended to be used as a pirating platform.

“BitTorrent was not designed for that specific purpose, but it was more palatable than other peer-to-peer site,” Naveen said. “As the payload of streaming downloads

continued to grow, BitTorrent was an elegant alternative. The cost of bandwidth was too high and it solved a real problem.”

After Limewire shut down, as poor freshmen, Huskey and Ellis’ pirating days were short lived after they arrived at CSU. Huskey decided to stop pirating completely and Ellis said he was caught for pirating in the dorms twice before Limewire officially shut down.

“At the end of first semester I was blocked from accessing housing and dining services Internet,” Ellis said. “To get reinstated, I had to take my laptop to the technology desk in the Morgan Library.”

Ellis was caught again immediately after he returned to the dorms post winter break. The Morgan Library technology technician, Kevin Mihbilch, said this is a common occurrence for students returning from winter break.

“Generally the most computers (with pirated content) come in after a break,” Mihbilch, a junior electrical engineering

major, said. “They leave all their torrent clients running, come back to school, forget that they are running and plug them into the housing network.”

Since December 2011, Mihbilch said 21 students came in to have their computers cleared to get back on the housing and dining network.

According to Mihbilch, for each student’s first offense, they must bring in their computer to have their torrenting software and the content that was caught removed. They then have to pay a \$45 fee before they receive reinstatement to the housing and dining network. A second offense is the same, but comes with a \$100 fee to pay and a third offense removes the student from the housing and dining network indefinitely.

Chris Fortin, a sophomore landscape architect major, experienced a first offense penalty his freshman year while living in the Durward residence hall.

know the stats

- The use of peer-to-peer and cyberlocker sites amounts to over one-fourth of all Internet traffic, according to Cisco Systems’ Visual Networking Index.
- File sharing is expected to grow about 23% annually until 2015.
- Four out of five digital music downloads are illegal, according to the Recording Industry Association of America.
- Album sales (including digital singles adding up to album equivalents) fell from 755 million in 1999 to 458 million in 2011.
- The top album in 1999, “Millenium” by the Backstreet Boys, sold 9.4 million copies. The top album of 2011, Adele’s “21” only sold 5.8 million.
- TorrentFreak, a website about file-sharing, reported that the Oscar-winning movie “The Hurt Locker” had a worldwide box office of only \$49 million, but was downloaded illegally seven million times.
- 75,300 albums were released in 2010, 25% more than in 2005
- New releases that sold more than 1,000 copies fell to about 4,700 from 8,000 during that time.

Information from The New York Times article “The Perpetual War: Pirates and Creators”

1999
Shawn Fanning of Northeastern University releases first peer-to-peer (P2P) file sharing website, Napster

12/17/1999
Recording Industry Association of America (RIAA) files lawsuit against Napster

5/13/2000
P2P client program, LimeWire, released

7/2/2001
Bram Cohen releases first implementation of the BitTorrent client, which splits large files into smaller, sizeable pieces

7/2/2001
Napster shuts down its entire network but already new file sharing sites with faster and more convenient networks begin breaking into the market, following in the footsteps of Napster

“I was asking my friend about downloading a torrent for a computer game,” Fortin said. “I asked if he got in trouble at his school in California and he said he did it all the time.”

Fortin downloaded a torrent for the game “Age of Empires II: The Age of Kings”. The very next day, when Fortin tried to log into the dorm Internet he received the infamous error message.

A week before break, Fortin took his laptop to the library to be fixed, but there was quite a wait and he was given a three day waiting period. Fortin decided to hold off on the fix until after he returned from break.

“I took it to the library after I got back from break, and when they gave it back, everything I had ever downloaded was gone,” Fortin said. “I went from like two thousand songs to about twenty five.”

As a part of this process, the student has an opportunity to go into the Student Resolution and Conduct Services office to discuss the situation with a University Hearing Officer.

Craig Chesson, assistant dean of students and director of Conflict Resolution and Student Conduct Services, said that being

ing music or movies are at risk of not only putting their education in jeopardy, but also may face legal consequences,” Chesson said.



Pirating on campus is monitored closely for the housing and dining network, as well as campus’ main network, to avoid liability.

“What we do as a part of the agreement with the pirating and movie industry, is we take care of it in-house to avoid suing the student over what happened,”

Mihbilich said. “It is protecting us and them from liability.”

Even though students may be looked after by the university, Chesson explained that they are not protected from lawsuit when they are pirating.

“The music and movie industry have made it very clear they will pursue legal charges against students,” Chesson said. “It is not worth the time or energy to illegally download music or movies. There are

websites on the internet that allow people to download music and movies appropriately.”

“Students who are illegally download-

10/16/2001

President Bush enacts US Patriot Act to enhance law enforcement investigatory tools, including online activity, to discourage acts of terror within the U.S. and around the world

9/20/2010

Senator Patrick Leahy of VT introduces Senate Bill 3804, Combating Online Infringement and Counterfeits Act, or COICA. Bill passes Senate Judiciary Committee with a vote of 19-0 but never receives full vote on Senate floor

10/26/2010

Senator Patrick Leahy of VT introduces Senate Bill 968, Preventing Real Online Threats to Economic Creativity and Intellectual Property Act, PROTECT IP Act or PIPA. Bill is a rewrite of COICA, which never passed

5/12/2011

LimeWire ordered to disable search, download, upload, file trade and file distribution after losing in court for copyright infringement claims by RIAA

Knock it off

Music and movies are not the only media that may not be worth illegally downloading. Software is very expensive and commonly pirated even though the choice to use free and legal software is readily available. Consider programs like the Linux operating system, Open Office, a free alternative to Microsoft Office, or Picasa and Photoscape photo editing software.

As prevalent as illegal downloading seems to be in the United States, most offenders do not come from the U.S. According to the Business Software Alliance, forty-two percent of PC software is pirated worldwide. Georgia and Zimbabwe are the worst offenders, with 90% of software downloaded illegally. In comparison, the U.S. totals 20% of PC pirated software.

With all of the free off brand software offered online, why is there any software piracy at all in the U.S?

Increasingly, students at CSU are required to use expensive name brand software for their classes that they cannot afford on their own.

Sophomore business major Nikki Radtke, said that she only needs programs such as Microsoft Excel and Microsoft Word for her everyday school work.

Even using a free off brand version of software like the Microsoft Office Suite is not an option for Radtke, because they do not have a lot of the same unseen features. In addition, most professional businesses use name brand software, which makes knowledge of that software a crucial skill in many fields.

A high price tag is a large contributing factor for students who choose to pirate. CSU recognizes this, and works to offer alternatives for students.

Business majors like Radtke, are offered one free copy of Microsoft Office during their time at CSU. That offer alone was enough for Radtke, who says she does not pirate her computer programs.

"It's just more dependable," Radtke said.

For those who are not offered free copies of software, CSU owns licenses for most software programs, allowing for the use of that software on school computers.

Sophomore Chemistry major Geordan Brichey, does his best to take advantage of school resources by using computer labs for his chemistry and physics lab work.

However, he explained that finding time to work in labs could be difficult for busy students.

"I've experienced times when labs aren't open, even though they are supposed to be, because there was no one to watch the lab," Brichey said.

Even though scheduling can be frustrating, and some of the software can be out of date, Brichey still appreciates that there are labs with the computer programs he needs available to him on the CSU campus.

"They are pretty useful and they still get the job done," Brichey said.

Story compiled by Laura Esposito

pirating habits dock close to home

- Approximately 15-30 million American 18-24 year olds have used peer-to-peer (P2P) file-sharing programs such as The Pirate Bay and BitTorrent to illegally download copyrighted media, primarily in the form of digital music files, over the internet.
- Approximately 60% to 90% of college students reported having engaged in illegal file-sharing activities.
- In 2008 alone, over 40 billion music files were downloaded illegally despite state, federal, and international laws prohibiting such actions (IFPI, 2009).
- On average, major record companies receive approximately 90% of the net profits from record sales, often holding complete ownership rights over the music and lyrics by their signed artists.

Information from the Journal of Applied Developmental Psychology article "College students' moral evaluations of illegal music downloading"

11/26/2011

Rep. Lamar Smith of TX introduces Bill H.R. 3261, Stop Online Piracy Act, or SOPA, in the House Judiciary Committee

1/18/2012

English Wikipedia, Reddit, and many other smaller websites coordinate a service blackout in protest against SOPA and PIPA

1/2012

Congressional leaders shelve SOPA after President Obama states that he will not support it

THE ROAD TO PSYCHIC RECOVERY

from a lonely country lane to a psychic superhighway

“Can you please slow down?” she asks to nobody in particular, clasping her hands in her lap. She sits on the edge of her seat and pivots to face me directly, even though the chair points straight forward. Her knees and ankles are both together, but relaxed. It reminds me of something out of my mom’s “Ms. Manners” book on how to sit and act like a lady. She asks, “Did he pass within the last two years?” “Recently, yes,” I say, looking away. I have seen a psychic before, but never a medium and never after my best friend Tim’s suicide. My cheeks feel warm as I swing between thoughts that this is a sham and having to remind myself not to get my hopes up.

Finally, she says quietly “The quieter one is behind you. He has darker hair.” I hold my breath and feel the lump rising in the back of my throat as I choke back tears. That’s too broad, I reassure myself as I take a deep breath and keep my eyes down. Lucky guess.

The next sentence out of her mouth knocks the wind out of me and makes the hair on the back of my neck stand up. She steadies the gaze of her clear blue eyes as she says “I’m getting a strong connection to the name David.”

My first meeting with psychic medium Katie Cashman was through an event called “Ask a Medium” at Northern Colorado Writers, a small association of writers from the Fort Collins, Colo. area.

“This is my first public speaking event,

which is a big deal for me,” said Katie with a nervous laugh. She said she wanted to create the “Ask a Medium” event because “whenever someone asks me what I do, there are a million questions.” She gave each person a mini reading and treated every individual as though each was the only person in the room with her.

What surprised me most was her accuracy. The reading for me was, I’ll admit, uncomfortable and frightening. True to my cynical nature, I asked a different question than the one written on my notecard, changing it last minute to ensure I wasn’t giving her time to prepare an answer. I asked, “Is there anyone on the other side who has anything to say to me?”

Right away she described the gender, age, clothing, and mannerisms of the “dominating person” who wanted to speak with me. “Was there a car involved?” she asked. One of my close friends, Cory, died suddenly the year before in circumstances surrounding a car accident. Her description was right on; right down to the way he called me dude and said I was the sister he never had.

Since she was so accurate in describing Cory, I went out on a limb and asked her if there was anyone else, my stomach flip-flopping as I skeptically hoped with all my heart to hear from Tim. I was not expecting her to be as accurate as she was. That’s when she told me he was behind me and gave me the name David. David is Tim’s father and the one I have connected with the most since Tim’s death. Part of me thought that David is such a common and generic name

that she could have just gotten lucky. Part of me believed to the bottom of my heart that she knew exactly what she had said and knew how deeply it affected me. I wanted more.

For her first public speaking, she was professional, at ease, and very good at giving each member of the audience the right amount of attention. Each person got an equal amount of time and information, and she was very compassionate and appropriate when discussing sensitive issues.

“Katie gives so much of herself into her readings. She clearly connects with loved ones and clearly receives information.” Sarina Baptista, a psychic medium trainer in Loveland, Colo., said. “I have never met a more genuine person than Katie. She is who she is, and that’s who she is.”

She met with me casually again despite the fact that she had family in town for the holidays because I expressed interest in her field, and because I wanted to write this story. Though my previous experience with psychics had made me distrustful, I must admit I came away from my first experiences with Katie doubting my own beliefs. She was just so genuine and sure of herself. It was enough to spark my curiosity.

Until she was a teenager, Katie never really understood her gift. She continued to deny her intuition because she lacked confirmation that it was real. “I left my intuition,” she said. “Life got really hard for me then. In my work now, the work I am doing teaching is ‘Psychic Recovery.’ I feel like I became a ghost because I stopped

using my intuition, and bad things were going to happen and I was just sort of exposed to it because I couldn't lift my spirit. After years I just kind of had enough, and I wanted to heal my past so I started with myself."

When she moved to Fort Collins, Colo. four years ago, discovering that her daughter is naturally psychic as well made Katie want to hone her own skills so that she could answer questions her daughter would have as she grew. She didn't want her daughter to grow up with the same tortures that she did.

"Everyone has intuition," Katie said, but the ability comes more naturally to some than others. Since beginning to develop her skills, Katie has made an office for herself at her home in Fort Collins, and recently graduated to having an office located above Café Vino on College Avenue. When I met with her to have a reading in her home office, I was surprised again. I don't know what I was expecting, but it wasn't what I found.

The walls of her home office are electric green, and the space is well lit and comfortable. Relaxing music plays in the background. She introduced me to Braeden, her 3-year-old son who is playfully shy. He smiled and hid behind the corner of the wall, playing peek-a-boo with me while I sat down as the reading began.

Later, halfway through the reading, at her son's request, she excused herself and got him an apple. I heard from the other room, "Whatcha playin'?" "Playing cars," her son, Braeden, said. And then, "Oh no, what did you do here? You're a big boy now; you have to do this in the potty. Here's your apple. Chew it up real good, ok?" Katie rolled her eyes, smiling as she carried a pair of soiled toddler's pants to the stairs. Again, I am stunned by how genuine and normal she is, despite her unusual abilities.

The validations from the readings Katie performs are surprising and immediate. I watched clients come through and have their entire family history laid out before me. Stephani Schupbach, a geographic information system specialist from Fort Collins, had a grandmother on the other side who was especially helpful to Katie with details. Katie could describe the grandmother's looks and mannerisms perfectly. "Did she buy, or wait...make, you a dress?"

Did she make you a dress?" Katie asked. "Yes she did," Schupbach said, raising her eyebrows and nodding. "Does your son wear cowboy boots?" Katie asked Schupbach. "It's a girl, but yes, she does. She's a tomboy," Schupbach responded.

Long-time friend, Tana Anderson, who she has done a reading for before, said Katie told her who she would be marrying at least a year before she ever met him. "Katie was the one who told me what he looked like, and that I would meet him at a workshop. Before I knew it was him, he introduced himself to me at a workshop." Eventually he started pursuing her romantically, and he



told her he "felt like he needed" to be with her. "And then, of course, I fell in love with him," Anderson said.

"Katie is one of the best mediums I know. She just sees so clearly. She has this natural ability. Usually people need a lot of training to get where she is, she just does it," Baptista said.

In the last few months, she has gone from having her very first public speaking event to being on a radio show, and having consistent public speaking events. She is more than willing to recommend literature that could help illuminate her work.

"She's not even 40 and she's accomplished so much! She has a feeling for life, because she's experienced a lot," Baptista said. Although the pace and nature of her work has changed, the goal of her work remains the same: to educate the public, and spread

knowledge about her field in order to gain respect and awareness for those in her line of work. Not everybody in her field behaves honorably, Katie acknowledged, but isn't that true of every field? "She's blowing me away with how fast she is progressing," Anderson said.

Now, Katie says that her biggest supporters are her dad and her stepmother, the latter of whom she reformed her relationship with eight years ago. Her stepmom, Mary Mills, said that she is proud of her, because "She has really had to go out and find herself" to get where she is now, and that she is "excited for her" and wants to see where she will go with her future work.

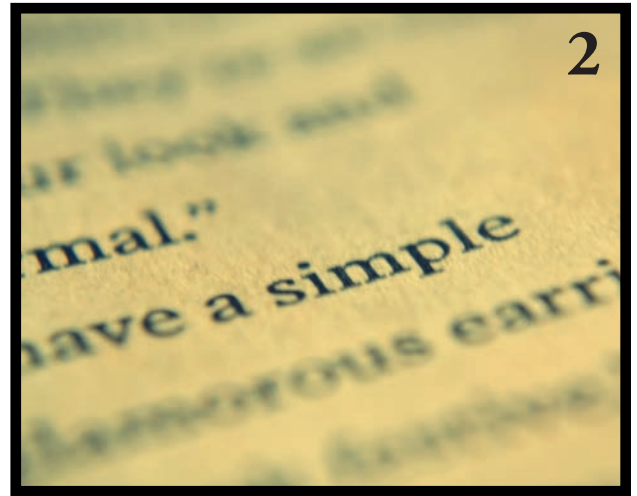
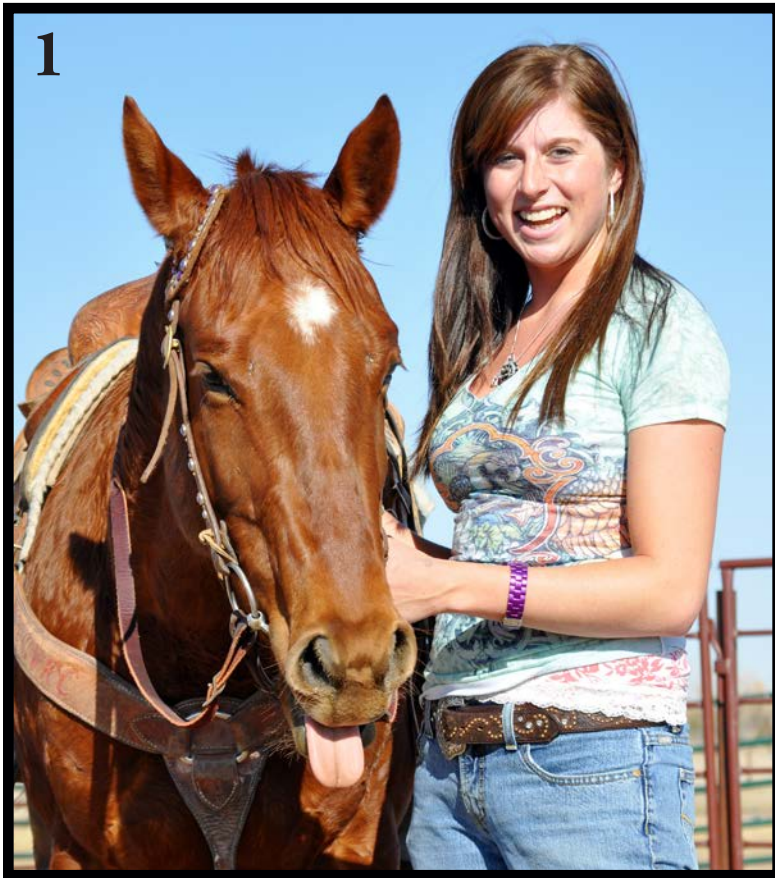
Even those who are skeptical can't help but have a soft spot for Katie. "[Katie] has got a wonderful way of explaining things and putting you at ease," Anderson said. She will be successful in her endeavors to spread awareness and respect for her profession because even the most cynical of people find themselves opening up to her.

"You want to believe it and everything, but you kind of have some hesitation. But with Katie..." Mills said, "I could always tell when she was pulling the wool over my eyes when she was a teenager. I don't feel that way now."

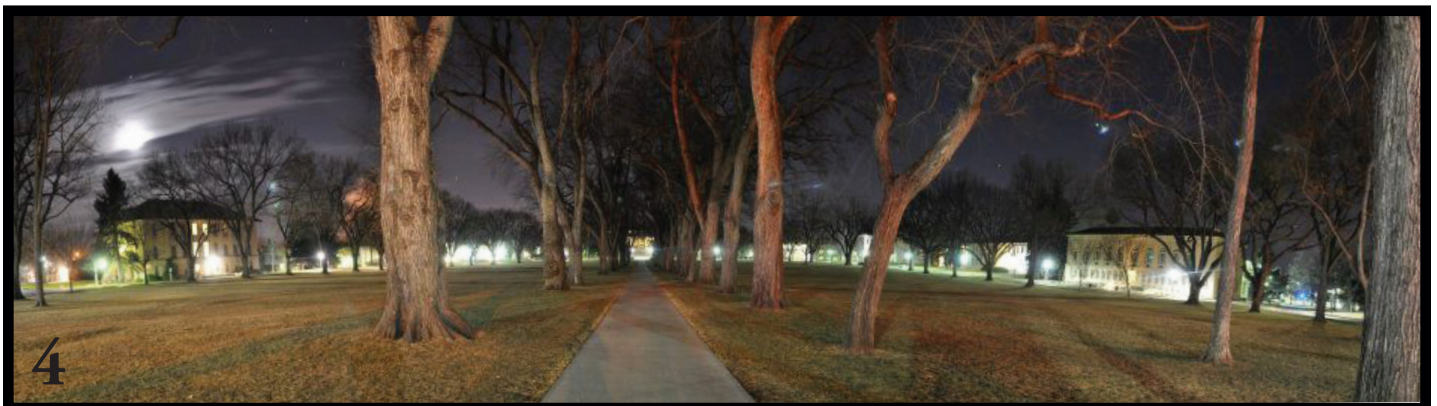
I agree. Even though my cynicism keeps bringing back my reservations about this line of work, I can't help but feel reassured by speaking with Katie about my friends on the other side. Even if occasionally I can't shake the doubt that this is real, the chance that my friends on the other side mess with me by whistling or pulling my hair (as Katie says they do) is enough to help me recover from losing them. For me, getting to know Katie has been a healing journey toward acceptance that my loved ones are gone, but a part of them lives.

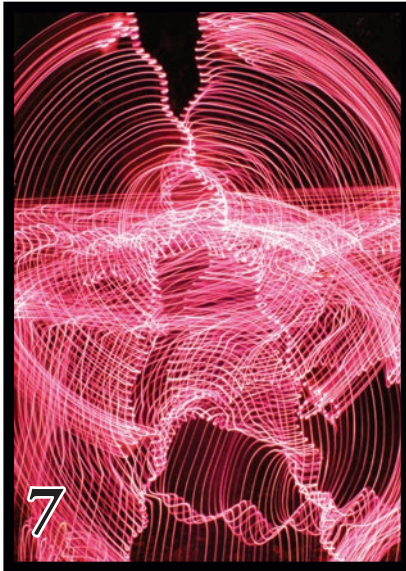
Whether or not it is in an alternate dimension or in my fond memories, is still on trial. Until I reach a verdict, her kindness and genuineness alone are worth it. With Katie, something is different. You don't have to be clairsentient to feel that.

Editor's note: Kate Merkin is a guest writer for College Avenue Magazine. For questions or concerns please email collegeavenuemag@lamar.colostate.edu.

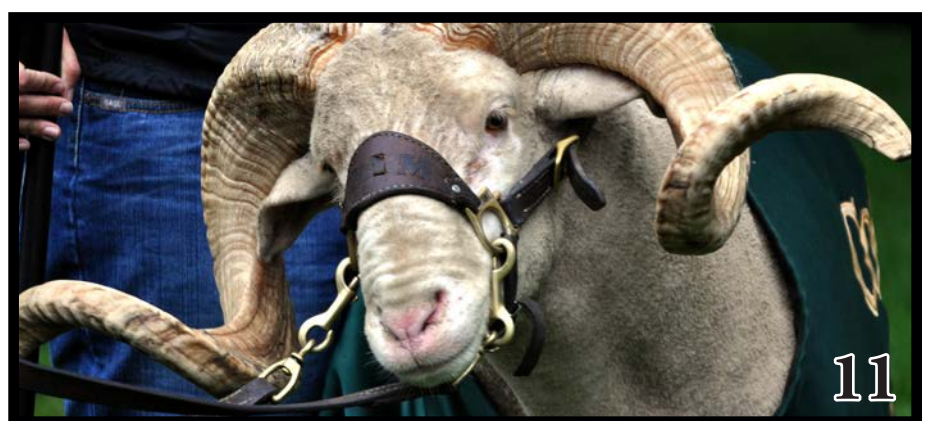


Everyone at College Avenue brought their best photos to the table in this issue! Here are some of the best photos you had to see since the start of the New Year. **1.** Kayla Tisdall, junior equine science and animal science major, has fun while taking photos with 3-year-old quarter horse, Lucy. Photo by Chelsea Dunfee. **2.** Experimenting with a friend's photo equipment makes it easy to get up close and personal with a good book. Photo by Kristin Hall. **3.** Perched on the mirror of the car, this origami bird gets a chance to really fly as it travels down the highway. Photo by Kristin Hall. **4.** Late at night, all is still on the Oval as campus slumbers. Photo by John Sheesley.





5. The sun rises behind a small cluster of flowers near Denver, Colorado. Photo by John Sheesley. 6. A close up view of the inside of a tulip. Photo by Kelly Sterner. 7. A purple rope light that was crumpled up in a closet creates a swirl of illusion. Resembling a snow angel, a 30-second time exposure creates light swirls that look like a person out of thin air. Photo by Kelly Sterner. 8. Undeclared freshman Briana Gatt shows off her colorful Osiris shoes. Photo by Ricki Watkins. 9. The watering system kicked on too early this spring, causing these daffodils to be frozen after a particularly cold night on the CSU campus. Photo by John Sheesley. 10. On a sunny day in December, melting snow gets caught in a metal sculpture. Photo by Allison LeCain. 11. CAM the Ram poses for photos at the the President's Fall Address and University Picnic on Sept.15, 2011 despite the rainy conditions. CAM is the official university mascot and he is the 23rd official CAM the Ram. Photo by Chelsea Dunfee.



Miracle Berries

flavor tripping trend

The 21st century has unveiled many interesting trends. Some slightly strange, such as planking. Others were not for everyone, such as jeggings, but there's one that will leave your taste buds speechless.

A new food trend, referred to as "flavor tripping," involves dissolving a small tablet on the tongue that alters the way taste buds react to sour foods. These tablets are made from Miracle Berries. Once dissolved, all bitter and sour foods will taste sweet. Lemon juice becomes lemonade and tequila no longer has that bitter aftertaste of alcohol.

Kendall Greenwood, 21-year-old junior journalism student, and Kole Kostelic, 20-year-old junior fine arts student at Colorado State University, tried the Miracle Berry tablets and described their experiences. Lime and grapefruit were no

longer sour. Dark chocolate became sweet like milk chocolate, and even cheap beer tasted better.

"It was kind of mind blowing because you take this pill thing and then you go to eat a lime and you think it's going to be really sour, but it tastes really good," Greenwood said. "That's the first time I've ever enjoyed eating a lime, lemon or grapefruit."

While the tablet is altering taste buds, it does not change the way the user's tongue feels. The effects aren't noticeable until consumption of food.

Garrett Christensen, 21-year-old junior fine arts student at CSU, experienced flavor tripping while sampling just about everything in his refrigerator. He said oranges and apples tasted amazing, cheddar cheese tasted like cheesecake, and hot sauce tasted like syrup.

While the tablets change the way the

tongue experiences food, the user will still feel the traditional tingle from sour food on the lips and the inside of their cheeks. Nonetheless, one Miracle Berry tablet provides a flavor-tripping experience that will last about an hour.

"When you taste the things you had after the effect's worn off, then you really notice the difference it makes," Christensen said.

Editor's note: Garrett Christensen is currently a designer for College Avenue Magazine.

say what? how it works:

Synsepalum dulcificum, more commonly known as the Miracle Fruit Plant, was first discovered in 1725 in West Africa.

The plant has berries that contain a common sugar substitute, miraculin. When eaten, the miraculin molecule sticks to taste buds, which is what causes any sour food to taste sweet. While the reason for this response is not known for sure, it is thought that the miraculin in the berry distorts receptors in taste buds, acting as a sweetness inducer to acidic foods, according to *The New York Times*.

Naturally in the form of a small, red berry, Miracle Fruit itself is perishable. Products such as "Miracle Frooties" have been made by drying the pulp of the fruit to create a tablet that dissolves, according to the production company, Miracle Fruit World. "Miracle Frooties" can be purchased in a box of 10 on Amazon.com for \$13.95.

"It's crazy that something that naturally comes from the earth can inhibit your senses," Kostelic said.



Piña Colada

Cupcakes

Cupcakes

Ingredients:

- 18.25 oz box yellow cake mix (used Duncan Hines Moist Deluxe for this recipe)
- 20 oz can crushed pineapple in juice (do not drain)

Directions:

1. Combine both ingredients in large bowl
2. Mix on medium speed with electric mixer
3. Pour into lined cupcake tins about 2/3 full
4. Bake in accordance with cake mix directions or until a toothpick inserted comes out clean
5. Set aside to cool

Frosting

Ingredients:

- 8 oz Philadelphia 1/3 less fat cream cheese
- 20 oz can crushed pineapple in pineapple juice, completely drained of any liquid
- 1 cup sweetened coconut flakes
- 1/4 cup sugar

Directions:

1. Combine cream cheese, crushed pineapple, sugar and coconut flakes in a medium bowl and mix with a hand mixer until combined well
2. Spread on cooled cupcakes and refrigerate until ready to eat

No matter the crazy Colorado weather, these delicious Piña Colada cupcakes will have you dreaming of summer. This super easy, low-fat, moist and delicious treat doesn't even require eggs, butter, or oil! With the preparation time around 10 minutes, you will quickly feel the summer breeze tickling your hair.

**Recipe courtesy of skinnytaste.com*



**U + 2
OCCUPANCY**

**Know the occupancy
limit where you live.**

off-campuslife
ocl.colostate.edu
970.491.2248

Colorado State University

WINGMEN

making dating harder since 1986



There is no such thing as a good wingman. There's nothing quite like watching one clueless man lead another in pursuit of the opposite sex. It's like the blind leading the blind.

I've found that the guy who agrees to be a wingman is usually the same guy that couldn't find his own date for the evening.

If your wingman of choice is attractive and charismatic, yes, he will attract the ladies. However, they won't even notice he has a friend lurking next to him. On the other hand, if your wingman is socially awkward, he'll either be a repellent, or attract undesirable bar flies.

If you think wingman advice websites can help fine-tune your wingman's skills – in the words of Dr. Cox from "Scrubs" – "you better replace the captain of your brain ship 'cause he's drunk at the wheel."



The people who create these sites haven't picked up a chick since 1986 when the term "wingman" gained popularity in the movie "Top Gun."

Have no fear – your wingwoman is here. Women make better wingmen, hands down. Even in a bar setting where women know they are being hunted like a gazelle drinking at the watering hole, they have their defenses up and pepper spray ready to fire.

A wingwoman can start up a casual conversation, breaking the ice without gimmicks or having to bring up how much a polar bear weighs. This is where subtle namedropping and praise comes in for the shy ladies-man-in-the-making standing next to you.

I discovered how much better women are at playing the role of a wingman on one of my many adventures with my brother. As weird as it is, women assumed we were dating, which made casual conversation easier.

Apart, we're social caterpillars. Together, we're social butterflies.

Thinking a man is already attached makes a woman assume two things: 1) at least one woman in this world can tolerate him, and 2) he won't hit

on me. Voila, the barrier has been knocked down.

When I correct their assumption and tell them he's my brother, they think it's cute that he hangs out with his little sister. At this point I fade off into the crowd and hope for the best.

Knowing I'm there to pick up the slack makes him feel at ease to be himself. Plus, even "good" wingmen confuse having game with acting like a tool-bag. A woman can spot it from the parking lot.

If you're still not convinced you should trade in your wingman for a more feminine model, I offer up a few logistics to mull over. A wingwoman won't steal the girl, can spot other desperate males and cut them off at the pass, and will never use the term "grenade" or relate the process to a heroic war.

Being a wingman isn't rocket science – if you're a girl.

Women know their own kind the best. So don't count on your chronically single comrade to get the ball rolling.

If all else fails, take the plunge and learn to be social on your own. Then, only you are to blame when your target writes that elusive phone number on someone else's cocktail napkin.

Just Say “Om”: unveiling the power of yoga and meditation

For some, yoga appears to be a task that requires great strength and flexibility. For others, meditation may bring up the belief that you have to be of a particular spiritual practice.

Specifically for men, yoga can be viewed as an “emasculating activity,” Ben Hammett, a senior journalism and anthropology major at Colorado State University, said. “It’s more of a culturally acceptable process of emotional connection for females.”

“A lot of people are confused about yoga,” yoga master T.K.V. Desikachar, in *Yoga Journal*, said. “Americans mistakenly measure progress in yoga by the ability to perform complex poses.”

The term yoga is derived from its ancient language root “yuj,” meaning to “unite”. The ultimate goal of yoga practitioners is to seek union with the highest and most transcendental consciousness, Shivaji Erickson, co-owner of Om Ananda Yoga, said. “Yoga brings harmony of mind, body and spirit.”

Looking at yoga through this lens, one can begin to see how meditation and yoga go hand-in-hand.

“Meditation is looking at our own backyard, looking at what we really have and discovering the richness that already exists,” Sakyong Mipham Rinpoche, the head of the Shambhala Buddhist lineage, said.

Hammett began studying and practicing meditation after being exposed to the idea in a study of world religions class. He uses meditation to calm down and release anxiety,

saying it helps to “center the mind and relieve the mental distractions that plague American society.”

Aramati Casper, yoga and meditation instructor at Om Ananda Yoga, said her practice is about being centered and connecting deeper to herself. She encourages all, especially college students, to practice focusing on connecting to the body and your surroundings at a given moment.

For Casper, yoga and meditation inherently bring up spirituality. “You don’t have to believe X, Y, and Z to meditate. [It’s about] connecting inside of yourself,” Casper said.

Meditation has four major benefits, Desikachar said, the first being arta, or a lessening of suffering. The second, jnanam, or transcendent knowledge, appears as a moment of clarity or wisdom. Meditation can also result in extraordinary powers, called ardharta. Meditation’s final benefit is bhakta, realization of the highest truth. Desikachar believes that through meditation you can discover your true nature.

The biggest hurdle to overcome for those beginning their practice of meditation seems to be the distracted mind.

According to the book “Meditation: The Complete Guide,” by Patricia Monaghan and Eleanor Viereck, “Instead of berating yourself for failing to succeed on the first try, take delight in the opportunity to begin to learn about your mind.”

Not everyone is ready for meditation, so yoga seems to be a good starting point for those just beginning their journey inward. Yoga and meditation act in the same way medicine does, by transforming the agitation of the mind into peace, Desikachar said.

Namaste... [“I honor the place in you where the entire Universe resides. I honor the place of love, of light, of truth, of peace. I honor the place within you where if you are in that place in you, and I am in that place in me there is only one of us.”]



Vrksasana (Tree Pose)

Bring weight onto left foot and draw right foot up onto the calf or inner thigh of the left leg (not the knee!). Place hands in Anjali Mudra (Prayer Position). Gaze softly at a fixed point. Breathe for six to eight breaths and then repeat on the other side.

Stress-Buster Yoga Poses by Andrea Ferretti

Stephanie Lesar
demonstrating poses:



Trikonasana (Triangle Pose)

Take stance similar to Warrior Pose. Bring arms to a “T” position. Exhale as you move hips to the left and reach out to the right. Reach right arm down to right leg around the calf and reach left arm to the sky. Hold for six to eight breaths then repeat on the other side.

Step to The Beat

Whether students gather at the campus Recreation Center to train for a summer marathon or to get in shape for the annual “Undie Run” in May, they all have one thing in common – most of them are plugged in to headphones.

Although most of these runners do not think twice about popping in headphones before a workout, listening to music, (specifically fast paced music), while exercising is both beneficial to the mind as well as the body.

A study done by British researchers demonstrates how participants listening to upbeat music at a faster tempo covered more distance on a bike compared to when they listened to the same song at a slower speed.

Bikers chose six songs to listen to during three different workouts. Tempos of the songs were altered for each workout. One played at normal tempo, one played 10 percent slower, and one played 10 percent faster. After participants exercised while listening to the faster paced songs, their entire workout was affected. Participants’ heart rates increased, they pedaled faster and said they liked the song more.

Researchers of the study point out there are correlations between exercise and music, but because so many scientific aspects are involved, they say it is hard to piece together why such a correlation exists.

Colorado State University instructor in the department of health and exercise science,

Ryan Donovan, can attest to these findings.

“If I do need a little extra motivation for my run, I will listen to any type of upbeat, fast-tempo music,” Donovan said. “The musical stimulation may indeed help the individual run slightly faster for a short period of time.”

While the professionals show both the benefits of music on the body and specific precautions to take, sophomore health and exercise science major, Kat Laws, described how listening to music motivates her workouts.

“[Music is] good for timing, motivation, and gets my mind off the strenuous exercises I’m doing,” Laws explained. “If I hear an awesome song I get excited and just run with it. Music is a huge motivator for me.”

Plugging in her headphones acts as a distraction for Laws and helps keep her breathing on the same beat as the song.

Although Donovan says a runner’s performance is based on overall fitness level and training status, athletes can still reap rewards from music for a short period of time.

He makes sure to remind runners who are exercising outside of safety issues concerning headphones.

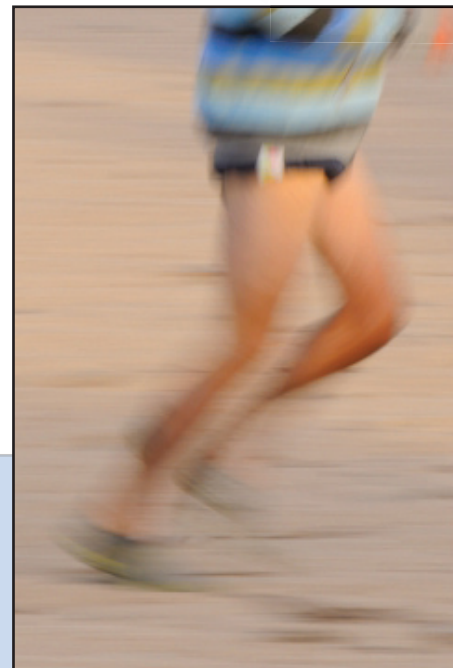
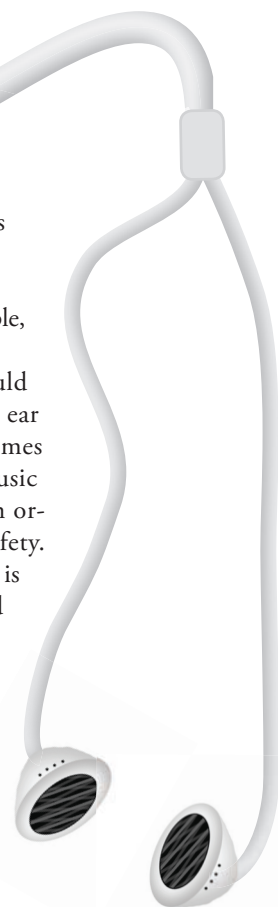
The number of accidents involving distracted pedestrians, especially runners with headphones in, has tripled from six years ago, according to the University of Maryland School of Medicine. Their research further shows 3/4 of those accidents have resulted in death.

“Runners that do choose to listen to music while running outside need to be aware of their surroundings at all times,” Donovan

said. “This means being able to hear cars, bikes, other people, etc.”

Runners should either leave one ear bud out at all times or turn their music volume lower in order to ensure safety.

“My workout is overall enhanced by music,” Laws said. “Putting good sounds into a mind that’s ready to run is like having the right playlist for any road trip.”



In search of fresh, upbeat music for working out? Jog.fm has it all, and then some. Runners can either rifle through the popular running songs or enter his or her mile time to get specific songs with corresponding beats per minute (BPM). The faster the mile time is, the higher the BPM. Here are some of the most popular running songs from Jog.fm:

Song and Artist	Best for a Mile Time	BPM
Dog Days are Over by Florence and The Machine	10:00	150
Hey Ya! by OutKast	9:00	160
Only Girl (In the World) by Rihanna	12:24	126
Hang Me Up to Dry by Cold War Kids	6:24	93 (x2)

by kristin hall

Couch Surfing: take a surfing safari



Imagine getting on a bus to another country with plans to sleep on the couch belonging to a person you have only known for a couple weeks. It sounds like the beginning of a college horror movie. Sophomore fish, wildlife and conservation biology major, Carly Maher, and her friend were a little nervous when they planned to try couch surfing in Canada.

Maher said, "My friend was so nervous that when the customs officer asked us who we were staying with, she blurted out, 'some random guy.'"

Despite this, Maher recounts this as one of the best experiences of her life. Maher is not the only person who is willing to take a risk couch surfing. People all over the world are networking to share free couches and often make friends in the process.

"We were surprised by how inviting they were," Maher said. "We made friends with people from around the globe and witnessed the tight-knit and accepting community of couch surfers."

The San Francisco, Calif. based company CouchSurfing International, Inc. provides an online networking community for people who have couches they do not mind sharing, or travelers in need of a couch. It is free to sign up and browse, though a \$25 fee applies if you would like to validate your account.

So why would you validate your account? That is the trick to finding a host, aka a couch to sleep on. The question of safety is a very serious concern. The fee is a way for CouchSurfing International, Inc. to screen

users and thus provide safe places for travelers to stay.

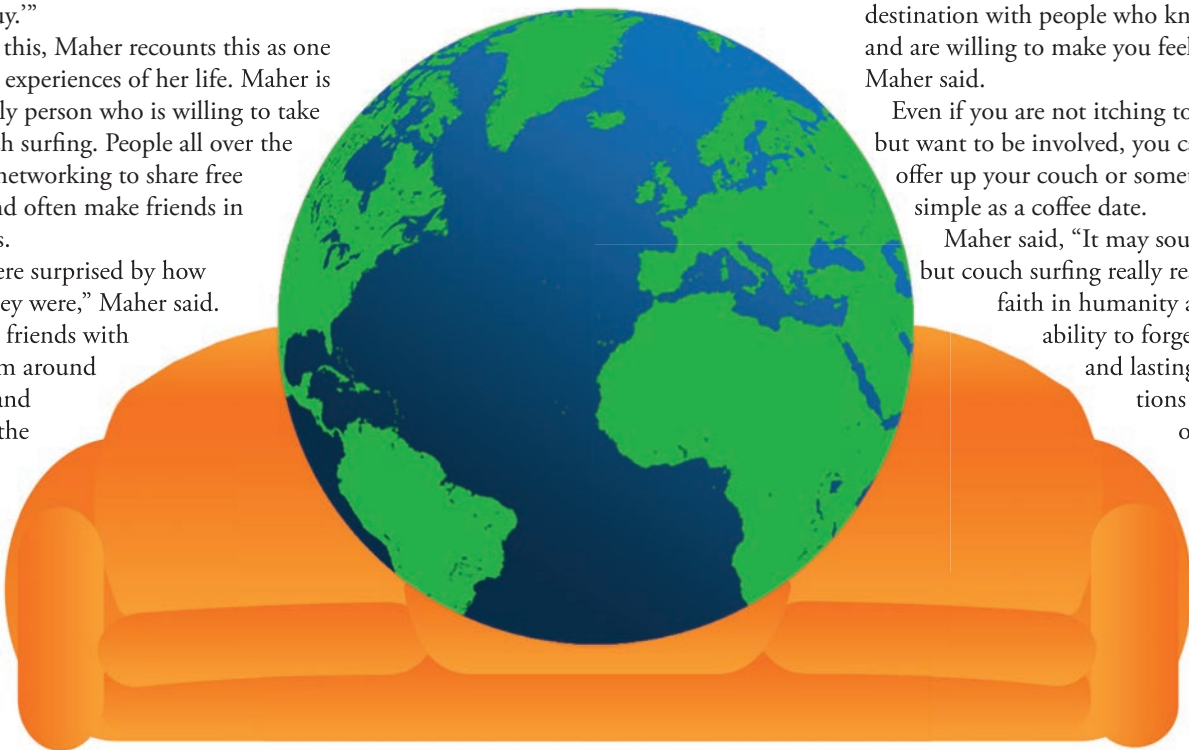
As a low cost travel alternative, couch surfing is the perfect solution for college students with the travel bug. It will reduce travel costs greatly, as well as provide some quick and trouble-free companions.

Couch Surfing permits you to go as far away, or as close to home as you feel comfortable with.

"Even if your trip is only a couple of hours away from where you live, couch surfing allows you to experience your destination with people who know it best and are willing to make you feel at home," Maher said.

Even if you are not itching to get away but want to be involved, you can always offer up your couch or something as simple as a coffee date.

Maher said, "It may sound cliché, but couch surfing really restored my faith in humanity and our ability to forge meaningful and lasting connections with others."



| by saira taylor

KEEP CALM AND PEDAL

Biking is a staple mode of transportation in Fort Collins. Whether it is on a beach cruiser, tandem, or a road or mountain bike,

everyone is biking.

And when they aren't biking, they are drinking beer from local breweries.

In the summer of 2011, Theresa Preston turned Old Town Fort Collins upside-down when she combined the two: beer and biking.

Preston, with her love of the outdoors, friends and cycling, introduced MyHandleBar. "An elaborate party bike," as Preston calls it.

MyHandleBar is an enormous, 16-person bike, hand crafted in the Netherlands with a rectangular bar that creates the perimeter of the bike.

Four monster-sized wheels, a wooden triangular roof, six seats on the left and right, three in the rear and one designated driver up front make up this party on wheels.

Originally called "fetscafe," a loose Dutch translation for "bike café," the idea was a friendly bet that was literally sketched on a pub napkin.

"It's a great way to see all of Old Town," said Brian Bjork, Colorado State University alumnus and driver of MyHandleBar.

"When people think of Old Town, they think about beer and biking. What could be better?"

So what does it take to power this bar on wheels?

"A big group of loud, fun and sometimes drunk people," Bjork said. He adds that the bike is easier to maneuver than it looks.

MyHandleBar first debuted in Fort Collins in June of 2011 with a small tour of a few Old Town bars. Now, the international party-bike offers two tours: Brew-

Muda and Bar Bonanza.

"The bike was so popular we decided to extend our season," Preston said.

Originally scheduled to end tours on Oct. 31, Preston and the crew decided to pedal through to Nov. 19.

"Boy was the joke on us when the sun decided to keep shining on us with beautiful

Colorado weather," Preston said.

The MyHandleBar season runs from March 1 to Nov. 15.

While MyHandleBar does not serve to its peddlers, Preston hopes someday the bike bar will be able to quench its thirsty passengers. The bike bar has already expanded to Boulder, Colo.

"We hope to keep expanding throughout Colorado," Preston said. "Given the physically conscious nature and love of craft beer that Coloradoans have, I was certain that this would be appealing to a lot of people."



Fort Collins Brew-Muda experience includes

stops at:

New Belgium Brewery

Fort Collins Brewery

O'Dell Brewery

CooperSmith's

Equinox

Old Chicago

Washington's Bar and Grill

Choice City

Pateros Creek Brewing Co.

Fort Collins Bar Bonanza

includes stops at:

Washington's Bar and Grill

Crown Pub

Drunken Monkey

Lucky Joe's

Astoria

Surf Side

The Rio

Luscious Nectar Juice Lounge

Tours are scheduled for a two-hour minimum

Charges range from \$160 per hour Sunday-Thursday, \$180 per hour Friday and Saturday.

\$200 per hour on all major holidays, which of course includes New Belgium's Tour de Fat.

To book your tour go to myhandlebar.com

• the anatomy of a pin •

by logan martinez

Up and coming website, Pinterest, has already struck millions of users on the web with its virtual pinboard abilities. The website is designed so users can add photos from their computer or other websites to connect with followers and have the ability to plan out an event without all the copy and pasting. Pinterest's mission is "to connect everyone in the world through the 'things' they find interesting." Pinterest is easy to navigate, but here are a few pointers to get started:

<p>Board:</p>  <p>Organizational spaces on a user's profile where pins are categorized. Users have unlimited amounts of board possibilities.</p>	<p>Pin:</p>  <p>An image added to Pinterest from another website or uploaded from users personal computers, which includes a link back to the original source.</p>	<p>Repin:</p>  <p>A button that will lead a user to copy another user's pin to their profile, organize it within a board and add their own commentary.</p>	<p>Like:</p>  <p>A button that will add another user's pin to an unorganized board on his/her profile.</p>
<p>Comment:</p>  <p>A button that allows any user to comment on another's pin regarding the photo or the description.</p>	<p>Description:</p>  <p>A user must add a comment to a pin in order to post it to the website. Something that reminds the user of why they pinned it is most helpful.</p>	<p>Adding Prices:</p>  <p>When online shopping, a user might want to know how much each product is, all he/she must do is add "\$" before the price, and it will add a price banner on the image.</p>	<p>Suggesting a pin to friends:</p>  <p>If a user is following a friend on Pinterest, simply add "@" before the friend's name and it will send the pin to them.</p>
<p>Adding a "Pin it" button to a bookmark bar: This feature allows users to surf the web without constantly referring back to Pinterest. It is simple to install just by dragging and dropping it to the bookmark bar.</p>		<p>Adding a search name: When searching for certain categories, users have the option to add a tag using a "#" to add their pins to that category for easy searching.</p>	



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

Submit your blurb to:

blurb@collegeavenuemag.com
 or text (970) 823-BLRB (2572)
 The winter blurb winner has been chosen!



Head to collegeavenuemag.com to see if you won!

PHOTO CONTEST

HOW DO YOU WRAP IT?

1 WHAT'S YOUR GO-TO PICK-UP LINE?

- a. I wish I was a broom so I could sweep you off your feet
- b. Nice shoes, wanna F***
- c. Your daddy must be a robber because he stole all the stars from the sky and put them in your eyes

2 HOW LONG DOES IT TAKE YOU TO GET DRESSED IN THE MORNING?

- a. No time. What do you mean, getting dressed?
- b. A While. I grab whatever is closest to the door
- c. I like to take my time layering

3 WHAT'S YOUR FAVORITE DESSERT?

- a. A five gallon tub of vanilla ice cream
- b. Free suckers from the doctor's office
- c. Crème brulee with gold flakes

4 WHERE DO YOU BATHE?

- a. At my one night stand's house
- b. The Rec Center pool
- c. In my private Jacuzzi tub filled with bottled water

5 WHAT'S YOUR FAVORITE BAR?

- a. Applebee's
- b. Washington's Bar and Grill
- c. Ace Gillett's

6 WHAT IS YOUR FIRST THOUGHT AFTER SEX?

- a. What's your name again?
- b. Are these reusable?
- c. Grab me one of those Cuban cigars, doll.

MOSTLY As

You are the economy size bulk condoms from a shopping super-surplus store. You don't buy condoms unless you can purchase 200 at time. You have a binder full of coupons just for condoms.

MOSTLY Bs

You have never purchased a condom a day in your life. You are constantly on the hunt for free handouts on the plaza or in the health center. You work a stop at Planned Parenthood into your daily commute no matter your destination.

MOSTLY Cs

You are a condom connoisseur. Your condoms are handmade and tailored upon request. Each condom must include hand-painted decals and a certificate of authenticity.

Fort Collins' Most Experienced Studio
Piercings that look amazing, heal well, and last longer

Tribal Rites



Thanks for Voting Us the Best!

MENTION THIS AD FOR

**20% OFF
Jewelry**

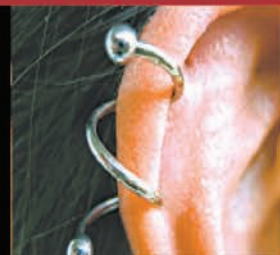
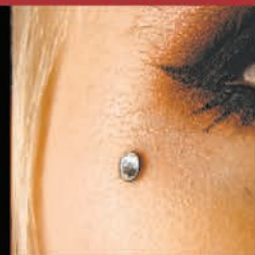
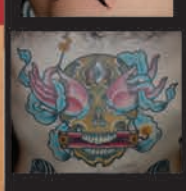
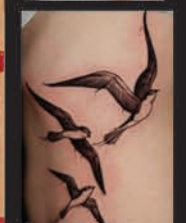
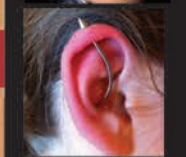
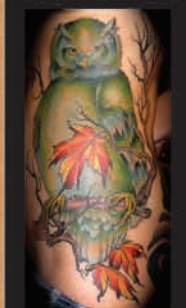
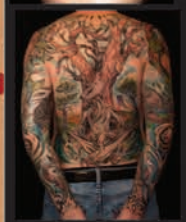
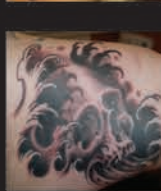
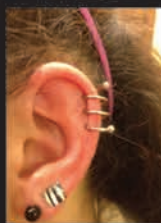
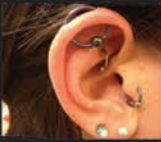
(Piercing Not Included)

**\$10.00 OFF
Any Tattoo**

(\$50.00 Or More)

632 S. College Ave. Fort Collins
970.221 9712

www.tribalritestattoo.com



Largest selection of
Body Jewelry in
Northern Colorado.

RentalSearch Find Your Place

Have a place?
Need a place?

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

Hello!



Colorado
State
University

off-campuslife
f

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

ASCSU

Colorado
State
University

REGISTER IT.

SIGN UP TO
RECEIVE A
CALL IF SOMEONE
COMPLAINS
ABOUT YOUR
PARTY.

BREAK UP
YOUR PARTY
QUICKLY AND YOU
COULD AVOID
A VISIT FROM
THE POLICE.

RUNS EVERY FRIDAY AND SATURDAY YEAR-ROUND
REGISTER BY 5PM EACH THURSDAY FOR ELIGIBILITY.
MUST REGISTER IN PERSON AT OFF-CAMPUS LIFE RM.142 LSC.

off-campuslife
f