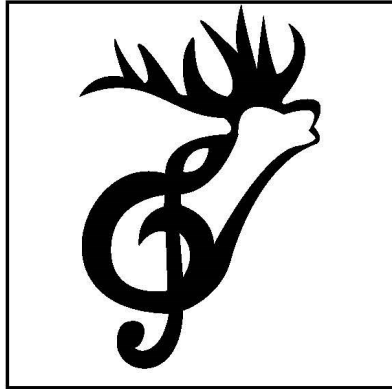




## **Title**

<b>Figure 1:</b>	Estes Park Music Festival - Logo
<b>Figure 2:</b>	Estes Park Music Festival - Letterhead
<b>Figure 3:</b>	Estes Park Music Festival - Summer Series
<b>Figure 4:</b>	Estes Park Music Festival - Winter Series 1
<b>Figure 5:</b>	Estes Park Music Festival - Winter Series 2
<b>Figure 6:</b>	Estes Park Music Festival - Brochure - Page 1
<b>Figure 7:</b>	Estes Park Music Festival - Brochure - Page 2
<b>Figure 8:</b>	Illustration TPYG Website - Poster
<b>Figure 9:</b>	Illustration Milk Truck - Think. Eat. Save.
<b>Figure 10:</b>	Illustration Pudding - Think. Eat. Save.
<b>Figure 11:</b>	Indulge - BW Logo
<b>Figure 12:</b>	Indulge - C Logo
<b>Figure 13:</b>	Indulge - Packaging
<b>Figure 14:</b>	Indulge - Pamphlet - Cover
<b>Figure 15:</b>	Indulge - Pamphlet - Table of Contents
<b>Figure 16:</b>	Indulge - Pamphlet - Page 1 (Title Page)
<b>Figure 17:</b>	Indulge - Pamphlet - Page 2 (About Us)
<b>Figure 18:</b>	Indulge - Pamphlet - Page 3 (Letter From The Owner)
<b>Figure 19:</b>	Indulge - Pamphlet - Page 4 (Eat Right)
<b>Figure 20:</b>	Indulge - Pamphlet - Page 5 (Results... Worldwide)
<b>Figure 21:</b>	Indulge - Pamphlet - Page 6 (Feel Right)
<b>Figure 22:</b>	Indulge - Pamphlet - Page 7 (Results... Experiment)
<b>Figure 23:</b>	Indulge - Pamphlet - Page 8 (Why Eat Healthy?)
<b>Figure 24:</b>	Indulge - Pamphlet - Back
<b>Figure 25:</b>	Internship - Thule Catalog - Page 1
<b>Figure 26:</b>	Internship - Thule Catalog - Page 2
<b>Figure 27:</b>	Internship - Thule Catalog - Page 3
<b>Figure 28:</b>	Internship - Thule Catalog - Page 4
<b>Figure 29:</b>	Internship - Case Logic - Postcard - Page 1
<b>Figure 30:</b>	Internship - Case Logic - Postcard - Page 2



# ESTES PARK MUSIC FESTIVAL

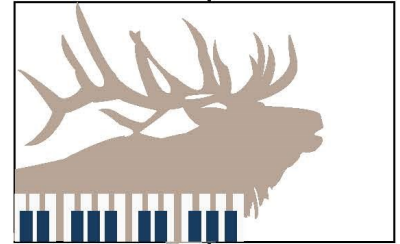


# ESTES PARK MUSIC FESTIVAL

Figure 1: Estes Park Music Festival - Logo



# ESTES PARK MUSIC FESTIVAL



## ESTES PARK MUSIC FESTIVAL

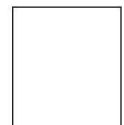
Nancy Stevens

Director of Programs  
and Development  
(970)586-9519  
info@estesparkmu-  
sicfestival.org  
PO Box 4290  
Estes Par, Co 80517

PO Box 4290  
Estes Park, CO 80517  
Info@estesparkmusicfestival.org  
(970)-586-9519



ESTES PARK  
MUSIC FESTIVAL  
PO Box 4290  
Estes Park, CO 80517



**Figure 2: Estes Park Music Festival - Letterhead**





# ESTES PARK MUSIC FESTIVAL



## SUMMER SERIES

NATURE'S WILDEST NOTATION

Location: The Stanley Hotel

Single Tickets: \$30

Students and Children Free

Pre-Order Four Concert

Tickets for \$100

Concerts begin at 7:30pm

Every Monday



**Figure 3: Estes Park Music Festival - Summer Series**



# ESTES PARK MUSIC FESTIVAL



## WINTER SERIES

NATURE'S WILDEST NOTATION

Location: The Stanley Hotel

Single Tickets: \$7

Students and Children Free

Pre-Order Ten Concert

Tickets for \$60

Concerts begin at 2:00pm

Every Sunday

Figure 4: Estes Park Music Festival - Winter Series 1



# ESTES PARK MUSIC FESTIVAL

## WINTER SERIES

### November

Cantabile Singers  
*Classical Vocal and Piano*

Boulder Bassoon Jazz Quartet

Jeri Jorgenson/Cullen Bryant  
*Classical violin and Piano*

OPUS 2 Andrew Cooperstock/William Terwilliger  
*Classical Violin and Piano*

### December

Jubilate Sacred Singers  
*Sacred Choral Music/Christmas Program*

Margie Patterson  
*Classical Piano*

Fred Peterbark/Anthony Green  
*Vocal & Piano for the Holidays*

Jon Kohne Trio  
*Experimental Jazz Christmas Program*

### January

Julia Kruger, Victor Bunin, Mario Puerini  
*Duo Piano and Flute*

Peggy Lyon/Gergory Dufford  
*Piano & Clarinet*

Duo Chagall, Jennifer Diaz, Nicolo Spera  
*Folk/Latin, Violin and Guitar*

Joseph Howe/Allan Armstrong  
*Chamber Piano and Cello*

### February

NO CONCERT

Jerry Barlow  
*Fingerstyle Celtic Guitar*

Lark Powers  
*Piano and Harpsicord*

Sandra Wong and the Thyme Quintet  
*World Music, Classical and Folk*

### March

Julia Kruger Prodigy Piano Student

Jonathan Groszew/Selena Adams  
*French Horn Duo/Classical Historical Time Periods*

Carolyn Keyes/Ben Antu  
*Around the World Eclectic Music w/Flute and Guitar*

Miroslava Mintcheva and David McArthur  
*Duo Piano/Four Hands*

### April

Giddy Up Kitty  
*Blue Grass Band*

Margaret Patterson Trio  
*Piano, Cello and Violin*

Seicento Baroque  
*Baroque Choir, Strings and Piano*

Estes Valley Chamber Singers  
*Classical Choir, Strings and Piano*

**Figure 5: Estes Park Music Festival - Winter Series 2**



## Welcome!

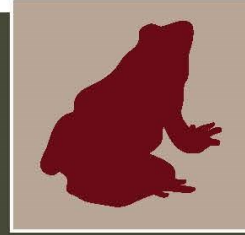
Let us entertain you. In keeping with the Spirit of the Music Festival to provide music year around, we invite you to join us for our Summer Series at the Stanley Hotel 2013.

This season the Winter Series features new artists and groups and returning favorites. Offering fresh and exciting program, the audience will experience some of the very best local, regional and state musicians.

Join the Music Festival on Monday nights at the Stanley Hotel, November thru April. Concerts begin at 2:00pm and cost \$7.00 at the door. Concerts last about one and a half hours. There is no charge for students or children.

The Estes Park Music Festival would like to thank Schoppert and Sons, Colorado's most complete piano sales and service, and the Stanley Hotel for the repair of the MacGregor Room pianos.

We'd also like to thank both our Summer and Winter Sponsors and the Estes Park Community Thrift Shop for their support.



All concerts begin at 2:00pm at the Stanley Hotel and last approximately one and a half hours with a usual 15 minute intermission. Tickets are \$7.00 at the door. Children and students are admitted free of charge.

Please do not use flash photography during the performance. Please turn off cell phones, pagers, watches and any other electronic devices that may cause a disturbance to others during the performance. Please respect the artists. If you need to leave at any time during the performance, you may do so, but we may not be able to re-seat you.

Thank you for attending the Estes Park Music Festival, we hope you enjoy it!



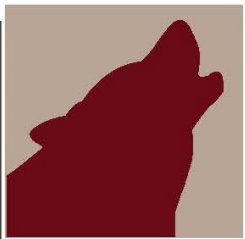
# ESTES PARK MUSIC FESTIVAL

2013  
Winter Series  
at the Stanley Hotel



Figure 6: Estes Park Music Festival - Brochure - Page 1





## November

Cantabile Singers  
*Classical Vocal and Piano*

Boulder Bassoon Jazz Quartet

Jeri Jorgenson/Cullen Bryant  
*Classical violin and Piano*

OPUS 2 Andrew Cooperstock/Wil-  
liam Terwilliger  
*Classical Violin and Piano*

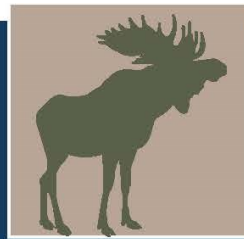
## December

Jubilate Sacred Singers  
*Sacred Choral Music/Christmas Pro-  
gram*

Margie Patterson  
*Classical Piano*

Fred Peterbark/Anthony Green  
*Vocal & Piano for the Holidays*

Jon Kohne Trio  
*Experimental Jazz Christmas Program*



## January

Julia Kruger, Victor Bunin, Mario  
Puerini  
*Duo Piano and Flute*

Peggy Lyon/Gergory Dufford  
*Piano & Clarinet*

Duo Chagall, Jennifer Diaz, Nicolo  
Spera  
*Folk/Latin, Violin and Guitar*

Joseph Howe/Allan Armstrong  
*Chamber Piano and Cello*

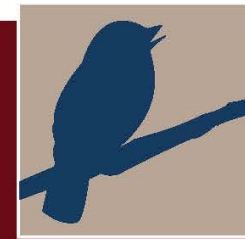
## February

NO CONCERT

Jerry Barlow  
*Fingerstyle Celtic Guitar*

Lark Powers  
*Piano and Harpsicord*

Sandra Wong and the Thyme Quintet  
*World Music, Classical and Folk*



## March

Julia Kruger Prodigy Piano Student

Jonathan Groszew/Selena Adams  
*French Horn Duo/Classical Historical  
Time Periods*

Carolyn Keyes/Ben Antu  
*Around the World Eclectic Music w/Flute  
and Guitar*

Miroslava Mintcheva and David  
McArhur  
*Duo Piano/Four Hands*

## April

Giddy Up Kitty  
*Blue Grass Band*

Margaret Patterson Trio  
*Piano, Cello and Violin*

Seicento Baroque  
*Baroque Choir, Strings and Piano*

Estes Valley Chamber Singers  
*Classical Choir, Strings and Piano*



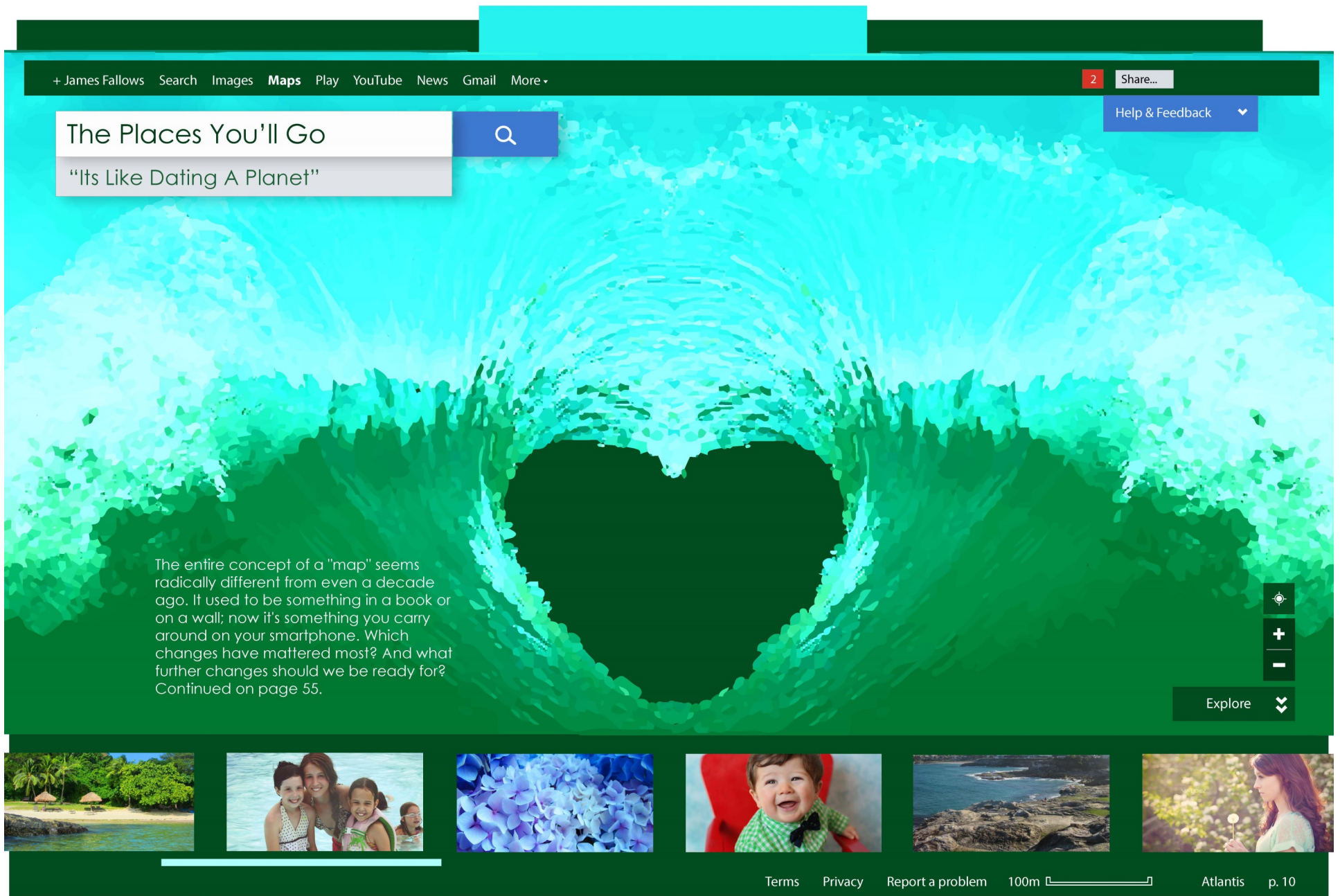


Figure 8: Illustration TPYG Website - Poster





In America, 40% of food is lost from farm to fork to landfill.

THINK. EAT. SAVE.

Figure 9: Illustration Milk Truck - Think. Eat. Save.



*The proof is in the  
Pudding!*



*Think. Eat. Save*

Globally, over half of the food produced today  
is lost, wasted or discarded.

**Figure 10: Illustration Pudding - Think. Eat. Save.**



Figure 11: Indulge - BW Logo



Figure 12: Indulge - C Logo





Figure 13: Indulge - Packaging



Figure 14: Indulge - Pamphlet - Cover



contents

title page.....1

about us.....2

letter from the owner.....3

eat right.....4

results of healthy foods offered worldwide.....5

feel right.....6

results from experiment.....7

why eat healthy?.....8



Figure 15: Indulge - Pamphlet - Table of Contents



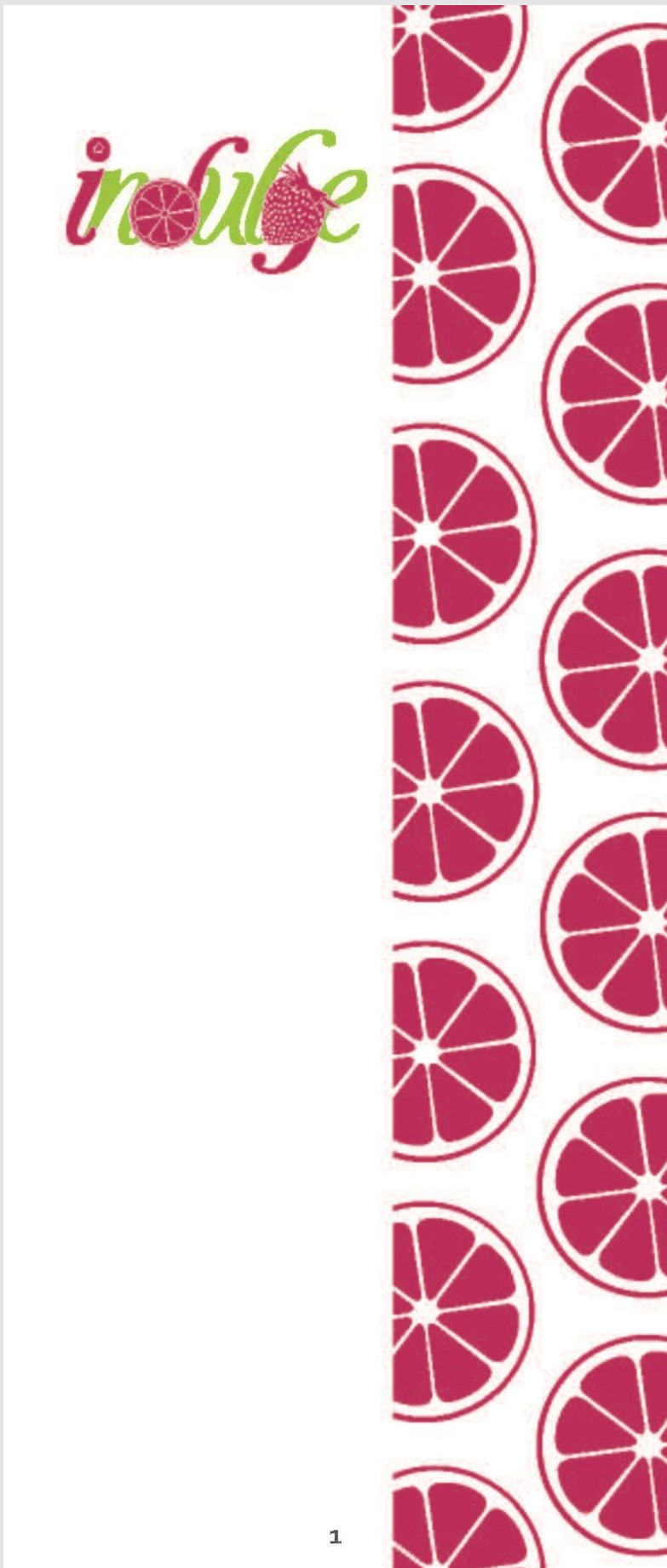


Figure 16: Indulge - Pamphlet - Page 1 (Title Page)

## about us

The Indulge Company established in 1999 with a long wealth of experience, has placed itself on the international market as an ideal partner for all Companies dealing with nuts from Organic Agriculture. The competence of our team focuses on your needs. An individual customer advisory service, the capacity to deal with big quantities, an extremely punctual and highly specialized service satisfy the most complex requirements of industries and distributors all over the world.



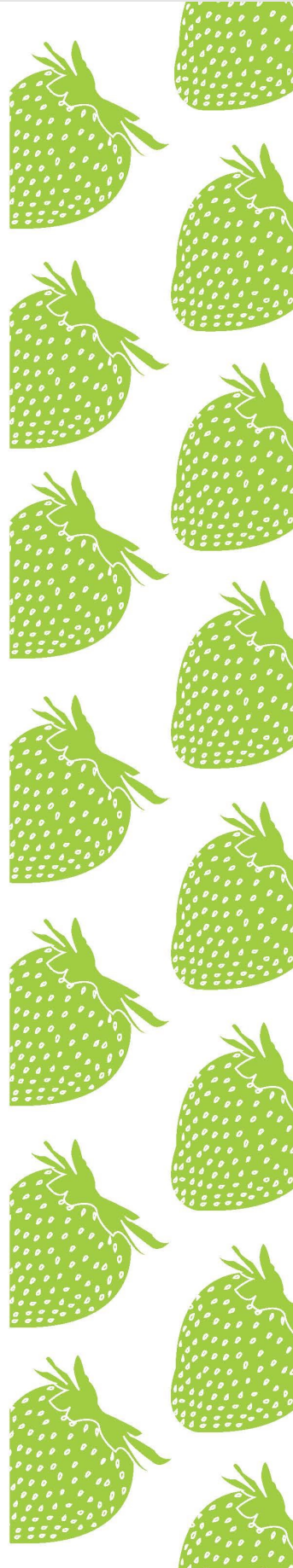
Figure 17: Indulge - Pamphlet - Page 2 (About Us)



owner



Bri Morris (born September, 23rd 1992) is an American business woman. She is the current CEO of Indulge Co., which she co-founded in 2010. Named the Ernst & Young Entrepreneur of the Year in 2011, Morris is a strong supporter of free market economics. She is one of the most influential advocates in the movement for organic food. She attended Colorado State University, where she double majored in Business and Graphic Design. She discovered that the world has offered many opportunities and educational value towards exercise and lifting, but has lacked in nutrition. Indulge is a company that provides flight services all over the company, educating both older and younger generations on how healthy food is made and what healthy foods are common amongst international countries all over the world. Indulge was inspired by Bri's love and desire to becoming a fitness competitor and has flourished since then.



**Figure 18: Indulge - Pamphlet - Page 3 (Letter From The Owner)**

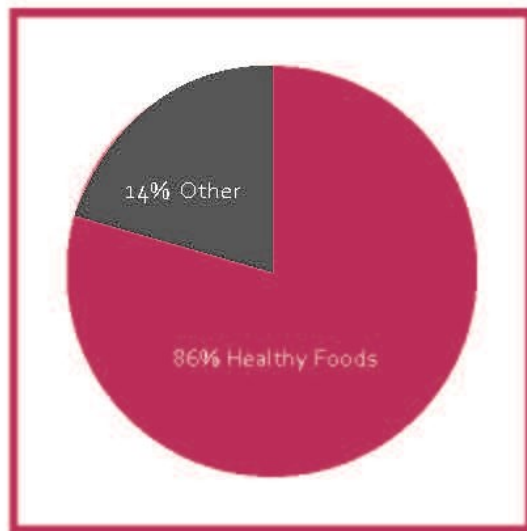
## eat right

Junk food is food that is calorie-dense and nutrient poor. In recent decades, junk food, fast food and convenience food consumption in the United States have increased dramatically, with 25 percent of people now consuming predominantly junk food diets. This trend has occurred concurrently with rising epidemics of numerous chronic diseases and accounts for a long list of reasons why eating junk food is bad. Junk food plays a major role in the obesity epidemic. By the year 2050, the rate of obesity in the U.S. is expected to reach 42 percent, according to researchers at Harvard University. Children who eat fast food as a regular part of their diets consume more fat, carbohydrates and processed sugar and less fiber than those who do not eat fast food regularly. Junk food in these children's diets accounts for 187 extra calories per day, leading to 6 additional pounds of weight gain per year.



**Figure 19: Indulge - Pamphlet - Page 4 (Eat Right)**

### Healthy Foods Offered Around the World



### results

Junk food may lead to depression in teenagers, according to Andrew F. Smith, author of the book "Fast Food and Junk Food: An Encyclopedia of What We Love to Eat." Hormonal changes at puberty make teens more susceptible to mood and behavioral swings. A healthy diet plays a part in keeping hormone levels on an even keel, while a diet high in junk food falls short of these requirements. Consuming trans fats, saturated fats and processed food is associated with up to 58 percent increase in risk of depression. Processing that removes vitamins, minerals and fiber makes junk foods into the sources of empty calories that nutritionists disparage. Children who eat a lot of junk foods may develop nutritional deficiencies that lead to low energy, mood swings, sleep disturbance and poor academic achievement.

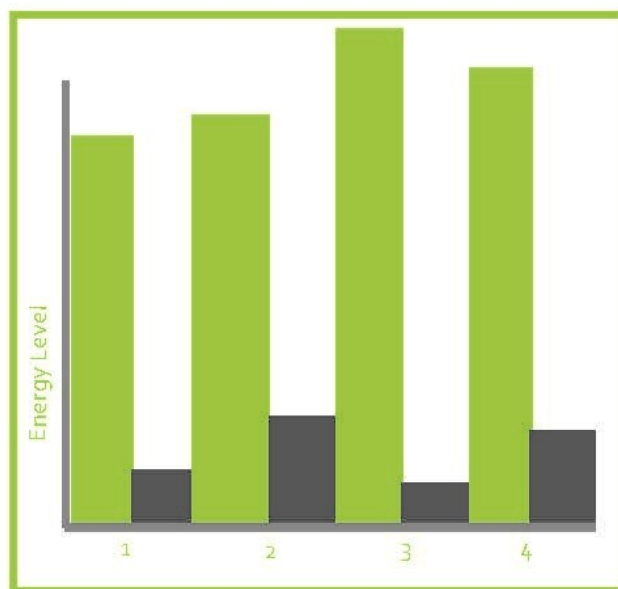
Figure 20: Indulge - Pamphlet - Page 5 (Results... Worldwide)



## feel right

If you've never, ever stopped to think about how food makes you feel after eating it, maybe you've been so caught up in the shame-spiral of restraint and disinhibition that you haven't had much mental real estate to devote to the idea. Or maybe you've been eating according to externally-imposed nutrition rules and guidelines without really pausing to notice how you actually feel when you eat that way. Or you're in the midst of the great divorce. And you're not alone. But learning how food makes you feel, both immediately and a little way down the road, is a fundamental part of learning how to care for yourself. In my mind, food that makes you feel weird or off — no matter how good it tastes right now — isn't food you can unconditionally love. Amounts of food that make you feel bad aren't amounts of food you actually want to eat. And if you find yourself continually sacrificing your well-being for the lovely, immediate feel and taste of food, it's a sign that something has gone wrong. I eat, without reservation, basically whatever I want. Having a really relaxed attitude toward food, and unconditional permission to eat it, has allowed me to stop thinking so much about what I should or shouldn't eat, and instead to notice how food tastes, as well as how it makes me feel. Here's a brief sample of the observations I have accumulated.

Energy Level After Eating  
Healthy Food vs. Unhealthy Food



\* grey= after eating unhealthy food  
\* green= after eating healthy food

## results

I like the taste of Coca-Cola a lot. But it also makes me feel thirsty and a little weird sometimes, so I drink it occasionally, along with food, and often along with plain water and lots of ice. I feel better if I eat a high-fibre breakfast that contains a good dollop of fat (in the form of butter or cream) — it's more satisfying, tastes better, and stays with me longer. I feel better, more energetic, less run-down, and more satisfied if I eat vegetables with dinner. I need a good serving of protein with lunch and dinner. If I don't eat an afternoon snack, I feel sleepy. I feel and function better when I drink at least two big glasses of water each day. I really like strawberries, and I prefer eating them whole, fresh or frozen. Aside from strawberries, I don't much like eating fruit all by itself because simple sugars alone make me feel funny. Adding cheese or nuts makes it work better. Sugar-sweetened cereals taste really good, but don't satisfy me and often scratch up my mouth. So I think of them mostly as snacks or desserts, instead of as breakfast. I love chocolate and it leaves me feeling fine, so I eat it when I want it, but I rarely eat enough to make me feel ill or uncomfortable. Light popcorn pops up better and is crunchier than extra-butter flavour popcorn. If I want more butter, I'll melt some real butter and add it after popping. And I really, really dislike the feeling of being either desperately hungry or uncomfortably full. These observations allow me to eat what I want, in amounts that I want — which means that I get to eat food that both tastes good and feels good. I get to satisfy my hunger without disrespecting my satiety, and I take care of myself with food instead of hurting myself with it.



To me, "wanting" something means more than just liking how it tastes — it also means considering how it makes me feel. The two variables comes together in a sort of split-second cost-benefit analysis, each time I eat, to answer the eternal question, what do I want? No matter what I end up choosing in any given situation, the answer is always the same: I want to feel good.



Figure 22: Indulge - Pamphlet - Page 7 (Results... Experiment)



## why eat healthy?



Eating nutritiously is a very important part of living a healthy lifestyle. This is something that's been taught for ages, though many people may not understand why it's important. Nutritious eating can keep your weight lower and may even motivate you to live a more active lifestyle. Eating nutritiously can also help you avoid developing health problems such as sleep apnea, coronary heart disease and stroke, Type 2 diabetes, pregnancy complications, gallbladder disease, osteoarthritis and fatty liver disease. Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure. Good nutrition can lower your risk of developing a range of chronic diseases. For example, eating more fruit and vegetables can help lower blood pressure and may lower your risk of certain types of cancer (such as colorectal, breast, lung and prostate cancer). Eating less saturated fat may also lower your risk of heart disease. Healthy eating can also help people that already have some types of disease or illness such as diabetes, high cholesterol and blood pressure. And, of course, improving your eating habits will contribute to you achieving and maintaining a healthy weight. Try to achieve a balance with the foods you eat and include lots of variety and remember, all things in moderation.

Figure 23: Indulge - Pamphlet - Page 8 (Why Eat Healthy?)



Figure 24: Indulge - Pamphlet - Back



## ➤ At-a-Glance

Bags & Cases | Spring 2014

**THULE**  
SWEDEN



bring your life  
[thule.com](http://thule.com)

Figure 25: Internship - Thule Catalog - Page 1

## Covert PHOTO

**NEW** Thule Covert DSLR Rolltop Backpack  
holds a pro DSLR camera + 2-3 lenses  
TCDK-101



dark shadow

**NEW** Thule Covert DSLR Messenger  
holds a pro DSLR camera + 3-4 lenses  
TCDM-101



dark shadow

**NEW** Thule Covert DSLR Satchel  
holds pro DSLR camera + 2 lenses  
TCDS-101



dark shadow

**NEW** Thule Covert CSC Sling  
fits compact system camera (or DSLR kit)  
TCCF-101



dark shadow

**Thule Perspektiv Backpack**  
holds 2 pro DSLR cameras, 6-7 lenses (70-200mm f/2.8 lens) + a 15" MacBook®  
TPBP-101



black

**Thule Perspektiv Daypack**  
holds a pro DSLR camera + 2-4 lenses  
TPDP-101



black

**Thule Perspektiv Large Toploader**  
fits a pro DSLR camera w/ extended battery pack + 70-200mm f/2.8 lens  
TPCH-102



black

**Thule Perspektiv Medium Toploader**  
fits a pro DSLR camera with ultra wide angle lens  
TPCH-101



black

## Perspektiv PHOTO

**NEW** Thule Perspektiv Compact Sling  
fits compact system camera (or DSLR kit)  
TPCS-101



black

**Thule Perspektiv Action Camera Case**  
fits Action Sports Camera + Accessories  
TPGP-101



black

**NEW** Thule Strävan iPad® mini with Retina display sleeve  
TSIS-108



black

**NEW** Thule Strävan iPad® Air Sleeve  
TSIS-110



black

## Strävan TABLET



## EnRoute DAYPACKS

**Thule EnRoute Escort Daypack**  
holds 17" MacBook®  
+ iPad®  
TEED-117



black  
  
dark shadow

**NEW** **Thule EnRoute Blur Daypack**  
holds 17" MacBook®  
+ iPad®  
TEBD-117



corsair  
  
black dark shadow potion

**NEW** **Thule EnRoute Mosey Daypack**  
holds 15" MacBook®  
+ iPad®  
TEMED-115



dark shadow  
  
black

**NEW** **Thule EnRoute Strut Daypack**  
holds 15" MacBook®  
+ iPad®  
TESD-115



potion  
  
black dark shadow corsair

**Thule EnRoute Sling Pack**  
holds 13" MacBook®  
+ iPad®  
TESP-113



dark shadow

**NEW** **Thule Crossover 32L Backpack**  
holds 15" MacBook®  
+ iPad®  
TCBP-417



black  
  
cobalt

**NEW** **Thule Crossover 25L Backpack**  
holds 15" MacBook®  
+ iPad®  
TCBP-317



black  
  
cobalt

**NEW** **Thule Crossover Sling Pack**  
holds 13" MacBook®  
TCSP-313



black  
  
cobalt

**Thule Crossover 70L Duffel Bag**  
TCDB-1



black

**Thule Crossover 40L Duffel Pack**  
TCDP-1



black  
  
dark blue

**Thule Crossover 60L Rolling Upright with Race Pack**  
TCRU-2



black

**NEW** **Thule Crossover 45L/22" Rolling Upright**  
TCRU-122



black

**Thule Crossover 38L/21" Rolling Carry-On**  
TCRU-115



black  
  
dark blue

**Thule Crossover 87L Rolling Duffel**  
TCRD-2



black  
  
dark blue

**Thule Crossover 56L Rolling Duffel**  
TCRD-1



black  
  
dark blue

\* Not all colorways may be available

## Crossover LUGGAGE & BAGS

Figure 27: Internship - Thule Catalog - Page 3

# Atmos PHONE

## NEW Thule Atmos iPhone® 5/5s Case TAIE-3121



## NEW Thule Atmos iPhone® 5c Case TAIE-3123



## Thule Atmos Galaxy® S4 Case TAGE-3161



## NEW Thule Atmos Galaxy® S5 Case TAGE-3162



## Thule Gauntlet iPhone® 4/4s Case TGI-104



## NEW Thule Gauntlet iPhone® 5c Case TGI-2123



## NEW Thule Gauntlet iPhone® 5c Aluminium Case TGI-2223



## NEW Thule Gauntlet iPhone® 5/5s Case TGI-105



## Thule Gauntlet Galaxy® S3 Case TGG-103



## Thule Gauntlet Galaxy® S4 Case TGG-104



## NEW Thule Gauntlet Galaxy® S5 Case TGG-105



## Thule Gauntlet iPad® Folio TGSi-1095 (iPad Air®) TGSi-1082 (iPad® mini with Retina display)



## Thule Gauntlet MacBook Pro® Sleeves TAS-113 (13" MacBook Pro) TAS-115 (15" MacBook Pro)



## Thule Gauntlet MacBook Air® Sleeves TMAS-111 (11" MacBook Air) TMAS-113 (13" MacBook Air)



## Thule Gauntlet MacBook Pro® Attachés TMPA-113 (13" MacBook Pro) TMPA-115 (15" MacBook Pro)



» PART OF THULE GROUP

Contact your local Thule representative for more information.

©2014 Thule Inc. | All trademarks and copyrights are the property of their respective owners. MacBook, iPad and iPhone are registered trademarks of Apple Inc. Patents pending. Updated 03.2714.

Figure 28: Internship - Thule Catalog - Page 4



Shoot. Sync. Share.

From start to finish, we organize your digital life.



As a thank you for your online purchase

Take **15%**  
off

your next order.

Please use this link to redeem discount:

[www.caselogic.com/15next](http://www.caselogic.com/15next)

Valid only on caselogic.com. Cannot be combined with other discounts or promotions.



**Become a Case Logic Insider!**

Sign up to receive exclusive notifications  
on promotions, special offers and  
product discounts.

[www.caselogic.com/insider](http://www.caselogic.com/insider)