



April 2013

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COMMUNITY EVENTS

Business Day

The College of Business 2013 Business Day, Wednesday, April 3, will celebrate the fortitude and resolve of entrepreneurs and others who have succeeded in the face of tremendous obstacles. A half-dozen speakers will inspire the entire community with discussions revolving around this year's theme, "Defying All Odds." The event is free and open to the public and begins at 9 a.m. in the Lory Student Center Theater.

Contemporary Artist Music Series

On Wednesday, April 3, CSU alumnus Branden Sipes, will be performing acoustic originals that combine rock, pop, and folk influences. An engaging solo performer, his performance begins at 7:30 p.m. at the University Center for the Arts.

On Thursday, April 18, Dakota Blonde will perform

See Events page 7



Last year, CSU ranked 16th in a nation in the RecycleMania competition, which is a waste reduction competition among over 650 schools nation wide. This years competition ended on March 31st. Photo by Mary Willson.

Sustainability moves past Earth Day: long-term food waste mitigation program shows environmental progress

by Mary Willson

Twenty-six percent of what is thrown away on the Colorado State University campus could have been recycled, and 36 percent could have been composted, according to the university's annual waste audit. That's why faculty, staff and students are encouraged to catch RecycleMania.

RecycleMania is an annual waste reduction competition among more than 650 schools nationwide. Last year, CSU ranked 16th in the competition. This year's competition ended on March 31, and departments across campus have been recycling unwanted items

during Spring Break Spring Cleaning to boost participation.

Through many on-campus programs throughout the year, CSU is committed to mitigating its environmental impact. The recycling rate on campus has climbed from 26 percent to 56 percent, according to CSU's Green Initiatives blog at <http://sustainability.colostate.edu/education/minor-global-environmental-sustainability>.

Although CSU has plenty room to improve within waste reduction, the school is taking steps toward its goals through various programs and organizations.

See BEYOND page 6

Lory work kicks into high gear

by Courtney Riley

Next month, the Lory Student Center will undergo some major changes to prepare for the new renovations that will transform the building into a larger, more updated gathering place for students, faculty and staff.

"One of the big reasons that the students overwhelmingly voted for this (renovation) is that it really needs to be updated, including the pipes and stuff you don't see day to day," said Doni Luckutt, director of marketing for the LSC. "We keep it up very well, but it's time that it's upgraded."

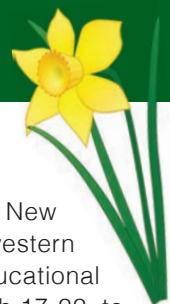
The new LSC will be expanded by 40,000 square feet, and the main ballroom, which is already one of the largest meeting spaces in Northern Colorado, will be enlarged to nearly 17,000 square feet.

"The branding of the building is going to be excellent," Luckutt said. "It'll talk about our land-grant mission and what that means for students and faculty and staff. Our Alumni Office will also have a presence, so we'll really be able to show students our everyday graduates and their extraordinary accomplishments."

See LORY page 13



applause



College of Liberal Arts University Center for the Arts

CSU's School of the Arts hosted the special master class by the 2009 Van Cliburn International Piano Competition joint gold medal winner, **Nobuyuki Tsujii**, in March at the University Center for the Arts. This event was presented to the community as a free opportunity to hear from the artist, with an audience Q&A after the performance. The master class was filmed by New York City's Peter Rosen for a documentary about the life of Tsujii.

Additionally Tsujii performed in a concert at the Lincoln Center for the Performing Arts in Fort Collins.

College of Applied Human Sciences

Early Childhood Center

Colorado State University's Early Childhood Center celebrated its new location at the historic Washington School with a special dedication ceremony and open house on March 9. **Lise Youngblade**, department head in Human Development and Family Studies, and **Karen Rattenborg**, executive director of the ECC, were featured in a story in the *Fort Collins Coloradoan* about the opening. The center is committed to partnering with the Fort Collins community to care for children in their earliest years to ensure later success in life.

School of Education

The School of Education Diversity Committee announced the 2012-13 Research on Diversity Fellows this March. The fellows receive a stipend to support their research and will present their work as part of the School of Education Critical Dialogues on Diversity Series. The Fellowship is supported by the CSU Office of the Vice President for Diversity and the CSU Bookstore, along with individual contributions.

"The Intersection of Latinas/os, Agriculture, and Higher Education Study" by **Shannon Archibeque** of the Engle Ph.D. Program, Educational Leadership, Renewal, and Change, investigates Latina/os, agriculture, and higher education from a Critical Chicana Feminist epistemological perspective using CSU and its College of Agricultural Sciences and Department of Animal Sciences as a case study.

"Adolescents with Chronic Health Conditions: Barriers to Academic Success and Finding the Positive Within the Negative Study" by **Julie Hill** of the M.Ed. Program, Counseling and Career Development, seeks to examine the barriers to academic success of adolescents with chronic health conditions.

College of Veterinary Medicine & Biomedical Sciences

Equine Sciences

"**Horse Sense**," which debuted in February at the Denver Museum of Nature and Science, is a documentary exploring the world of equine health at CSU. The privately funded film is a joint project of Colorado State University and Chapman University in California. The documentary, narrated by Gov. John Hickenlooper, showcases CSU's equine programs including the Orthopaedic Research Center, Equine Reproduction Laboratory, Equine Hospital, and Equine Sciences undergraduate program. The story of equine health is told through the experiences of clients, faculty, staff and students.

Additional showings of "Horse Sense" are scheduled for April 2, April 27 and May 9. For more information, go to the College of Veterinary Medicine & Biomedical Sciences website at www.csu-cvmbms.colostate.edu

Native American Cultural Center and Little Shop of Physics

Native American Cultural Center and Little Shop of Physics visited the Four Corners Region over Spring Break. Through the collaboration, students from **NACC, the Department of Physics, and the College of Engineering Women and Minorities in Engineering**

Program traveled to schools in Arizona, New Mexico and southwestern Colorado on an educational outreach tour March 17-22, to show school children how science can be fun.

For the participating K-12 schools, the week-long program enhances student interest in the sciences through experiments with everyday objects that demonstrate scientific principles. The program also engages parents and the community, provides teachers alternative methods of teaching science, and fosters student development in cross-cultural and global awareness as well as civic and social responsibility.

FACULTY & STAFF

Editor

Courtney Riley

Assistant Editor/Photographer

Mary Willson

Assistant Editor/Applause

Joi Dandridge

Advisors

Kim Blumhardt
Dell Rae Moellenberg
Kimberly Sorensen

Designer

Verretta Andersen

CSU Life is published monthly through a partnership with CSU Department of External Relations and Rocky Mountain Student Media. The publication is mailed to faculty and staff on campus.

Contact us at

CSULife@colostate.edu

Save the date to Celebrate!

Colorado State University will honor faculty and staff who have reached service milestones during the 2012-13 fiscal year at the annual Celebrate! CSU Milestones event. This all-University will take place at 3-5 p.m. on Thursday, May 9 in the Lory Student Center Theatre. To personally congratulate a Milestones honoree or group of honorees, please email your celebratory message to CSUEvents@colostate.edu no later than Tuesday, May 7. Your message might be used during the Celebrate! CSU Milestones event on May 9.

Send in your Applause

Do you have news from your department or unit you would like to share with the rest of the CSU community? Send it to **csulife@colostate.edu** for inclusion in our Applause section.



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Meet 2013’s Best Teacher Award winners

Each year, students and alumni have an opportunity to recognize the positive impact a Colorado State University teacher has had on their lives. From 100 nominations, six teachers are selected by a committee.

This year’s Best Teachers will be recognized at an awards dinner on Monday, April 15, at 6:30 p.m. in the Lory Student Center Theatre. For tickets and additional information, visit the Alumni Association.

This year’s Best Teacher Award recipients are Jane Choi, Michael Gross, Gretchen Irwin Casterella, Seung Hwan (Mark) Lee, Greg Luft, and Brian Tracy. The awards ceremony will be on Monday, April 15, 6:30 p.m. in the Lory Student Center Main Ballroom.

Gretchen Irwin Casterella, Ph.D.,
Department of Computer Information Systems,
College of Business

“I love the energy I see in students -- the sparks of intellectual curiosity and interest in the topic, the smiles when they solve difficult design problems, the insightful questions they ask, and the confidence they build over the course of the semester.” ~ Gretchen Irwin Casterella

Gretchen Irwin Casterella is an associate professor in the Department of Computer Information Systems at Colorado State University. She holds a Ph.D. and a Masters of Science in Information Systems from the University of Colorado.

Her primary research interest is in systems development, specifically in understanding how individuals learn and master tools, technologies, and approaches for systems analysis and design (e.g., database query formulation, object-oriented modeling, and agile development). Her research has appeared in Communications of the ACM, the Journal of MIS, the Journal of the AIS, IEEE Transactions on Professional Communication, and Human-Computer Interaction.

Jane Choi, M.L.A.,
Department of Horticulture and Landscape
Architecture, College of Agricultural Sciences

“What started out as a process of simply giving advice to my peers gave way to more critical lessons applied in offices and academic settings. Although getting here wasn’t a straight path, it’s the most wonderful career choice I could have made.” ~ Jane Choi

Jane Choi is an assistant professor of landscape architecture at Colorado State University with an extensive background in academia and professional practice.



Gretchen Irwin Casterella



Michael A. Gross

She earned her B.F.A. from Parsons School of Design and her Master of Landscape Architecture from Harvard University’s Graduate School of Design, attaining the highest design honors at both institutions. Prior to joining the faculty at CSU, she was a lecturer and design critic at Harvard in the landscape architecture program and advanced multi-disciplinary design studios.

Professionally, she has served as principal designer on domestic and international projects for the renowned landscape architecture firms Michael Van Valkenburgh Associates and Martha Schwartz Partners.

In 2004, she and her husband, Scott Carman, co-founded c2 | studio, an award-winning practice that has been widely published and exhibited, and was recently selected as one of three finalists in a national competition to re-design a portion of Denver’s City Park.

Michael A. Gross, Ph.D.,
Department of Management, College of Business

“My third grade teacher was the first teacher to inspire me to be an educator and at age 8, I knew I would become a professor for my life’s work.” ~ Michael Gross



Jane Choi



Mark Lee

Michael A. Gross is an associate professor in the Department of Management at CSU. He teaches negotiation and conflict management at the undergraduate level and in the graduate and executive programs as well as courses in organizational behavior and human resource management.

He is the 2013 program chair, Conflict Management Division, Academy of Management, a 2012 dean’s scholar for excellence in research at the College of Business, and was recently elected to the executive board of the International Association for Conflict Management.

Gross earned his Ph.D. at Arizona State University. His current research interests focus on conflict with managing experience design, trust and trust repair, conflict and verbal aggression, and personality and abusive supervision. He has published 18 articles in academic journals and has given 30 research presentations at international and national conferences. He serves on five editorial review boards.

Seung Hwan (Mark) Lee, Ph.D.,
Department of Marketing, College of Business

“To this day, I get excited about teaching in front of the classroom. When it is a Friday, I get anxious and can’t wait until I get back into the classroom the week after.” ~ Seung Hwan (Mark) Lee

Seung Hwan (Mark) Lee is an assistant professor of marketing at CSU. He earned his Ph.D. from the Ivey School of Business at the University of Western Ontario. He completed his M.B.A. at the University of Windsor, Ontario, in 2006.

Lee’s primary research interests are in the consumer behavior discipline, specifically focusing on the structural dynamics of social networks and their impact on consumers.

His research has appeared in the Journal of Consumer Research, the Journal of Consumer Psychology, the Journal of Business Ethics, and others. Currently, he teaches an undergraduate level course on buyer behavior.

Prior to joining CSU, he taught Principles of Marketing at the University of Western Ontario where he was awarded the university-wide Excellence in Teaching Award.

From page 3

Greg Luft, M.A. ('79),
Department of Journalism and Technical Communication, College of Liberal Arts
"I discovered that CSU presented more interesting career choices than a gas station, chicken farm, or highway construction site, where I fixed truck tires, picked eggs, and shoveled sand to help pay for college."
~ Greg Luft

Greg Luft, department chair of the Department of Journalism and Technical Communication, grew up on a farm near Platteville, graduated from Valley High School in Gilcrest in 1974, and from CSU in 1979 with a degree in technical journalism.

He later attended graduate school at American University in Washington, D.C., where he studied public affairs reporting. Luft was a general assignment and investigative reporter, photojournalist, and news anchor for radio and television stations in Cheyenne, Wyo.; Fort Myers, Fla.; Washington, D.C.; Tulsa, Okla.; and Denver.

He has been teaching television news, video production, and documentary storytelling at CSU since 1988. His daughter, Emily, graduated from the journalism and technical communication program at CSU in December 2012, and Greg Jr. started at CSU last fall as a percussion major.

Brian Tracy, Ph.D. (B.S., '88, M.S., '91),
Department of Health and Exercise Science, College of Applied Human Sciences

"I feel like my life has come full circle since my undergraduate experience here." ~ Brian Tracy

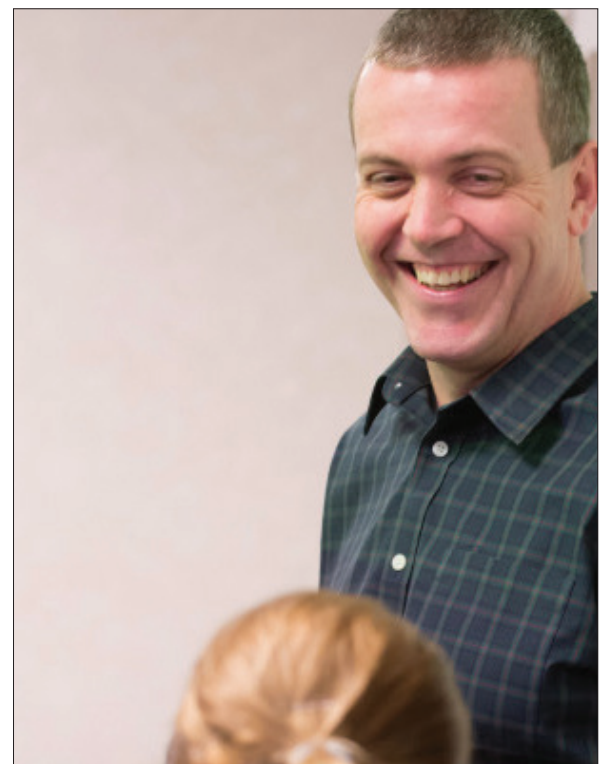
A third-generation native Coloradan from Westminster, Brian Tracy received a B.S. from



Greg Luft

CSU in exercise and sport science with a minor in anatomical science, followed by an M.S. at in exercise physiology. He completed a Ph.D. in the kinesiology department at the University of Maryland, College Park, and then a postdoctoral fellowship in the laboratory of Roger Enoka at the University of Colorado, Boulder.

Tracy was hired as an assistant professor in the Department of Health and Exercise Science at CSU in 2003 and is now an associate professor. His laboratory conducts research into the neural control of muscles and physical function in the aging and



Brian Tracy

diseased human neuromuscular system with funding from the National Institutes of Health and from industry and private sources.

He teaches undergraduate level classes in neuromuscular aspects of human movement and in anatomical kinesiology, and graduate level advanced neural control of movement. He engages in significant extramural outreach in the form of community-based lay seminars and neuroscience education outreach for children of all ages.

Congratulations to this year's Best Teacher Award recipients!

'Love, In Theory' touches both the heart and the mind

by Hannah Woolums

Many authors strive to get their work published, and within the CSU community many faculty and staff have been able to do so.

Author E.J. Levy, a professor in the Department of English, has recently been one of those who have had the privilege to see their books end up on the shelves at the CSU Bookstore.

Her short-story collection, "Love, In Theory," depicts the adventures of romance.

"Because 'Love, In Theory' is a short-story collection -- it won the Flannery O'Connor Award for fiction -- it gets to be about a lot of things, but mostly it's 10 stories that look at romance through the lens of scholarly theories to illuminate love in the Information Age," Levy said in an e-mail. "The pieces range widely across disciplines from political science to philosophy to drama, from Rational Choice Theory to Veblen's 'Theory of the Leisure Class,' to explore the heart and the mind."

Although her role as a graduate student had a huge influence on her stories, as did her heartbreak then, she was also inspired by contemporary American writers and her hope to integrate the intellect into her stories.

"The work of Lorrie Moore and Andrea Barret certainly informs these stories, since I love their fiction, but I was also living in a richly intellectual university-community as a student and was unsettled by the fact that so much contemporary American fiction seems to segregate the intellectual from the domestic, to see the two as separate spheres, reinforcing an anti-intellectualism that has too often characterized our national culture," Levy said. "I hoped 'Love, In Theory' might challenge that segregation of the

personal and scholarly by engaging theories from a variety of scholarly disciplines to examine their relevance to daily life. I hope these stories help a bit to answer fundamental questions of our era: Where in an information-rich age is wisdom to be found? How can we integrate heart and mind?"

Short stories are alive and well

Levy hopes that first and foremost her stories will show readers that the art of creating short-stories is still thriving.

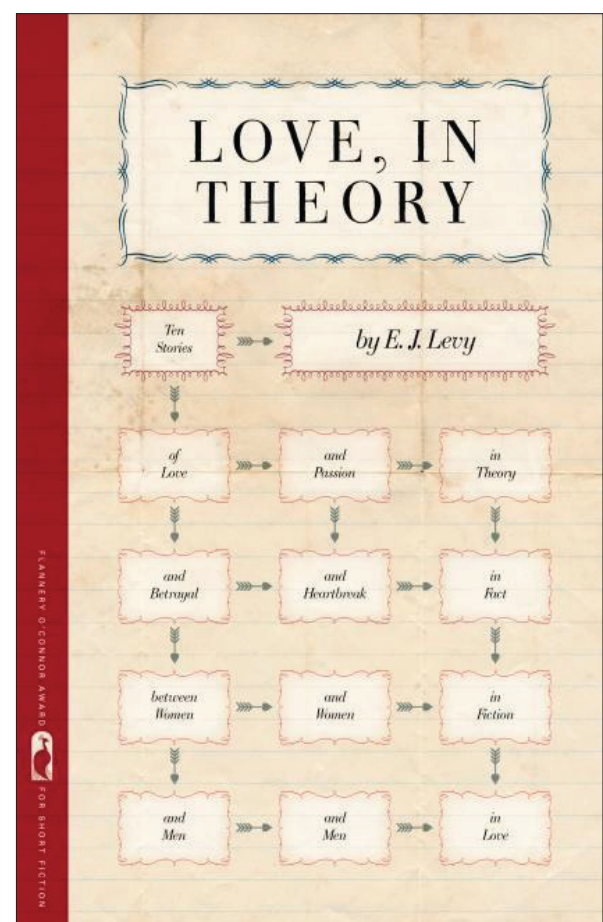
"The short-story form is alive and well! Short fiction can be as compelling and funny and thought-provoking as a good novel (of course, if you're reading the work of George Saunders or Claire Vaye Watkins or CSU's own Judy Doenges or Steven Schwartz or Leslee Becker, you already know this...)," Levy said.

Levy has gained many irreplaceable experiences through the process of publishing and traveling with her book. These experiences have given Levy insight from her many readers.

"It's been a wonderful experience, not least for the occasion it has provided to travel around the country and connect (or re-connect) with readers and writers and old friends and mentors. I'm very grateful to the many insightful reviewers who have written generously about the collection (this, alas, does not include a certain New York Times reviewer, who appears to have read a different book altogether...)," Levy said.

Her adventure does not end there. She is currently in the running for a few national awards and is excited to begin working on her first novel.

"I'm gratified that the collection is currently a finalist for some national awards, including the Edmund White



Award and the Best of the Year Award from ForeWord reviews," said Levy. "Despite my fears, which held me back from publishing for years, it's been wonderful to release work into the world, in spite of its imperfections: It clears the well to write the next book, which is where the real pleasure lies."

CSU ‘reinventing’ undergrad learning

by Kate Hawthorne Jeracki

Colorado State University is now the host campus for The Reinvention Center, a national consortium of 65 major research universities dedicated to improving undergraduate education on their campuses.

“The Reinvention Center is the only national organization focusing exclusively on undergraduate education at research universities, and it is a great honor for Colorado State to be the institutional host for the initiative,” CSU Provost and Executive Vice President Rick Miranda said. “While The Reinvention Center is not specifically a CSU program, its location in Fort Collins presents significant opportunities for administrators, faculty



Alan Lamborn

and staff across campus to continue our ongoing effort to enhance undergraduate learning and persistence to graduation.”

The Reinvention Center consortium includes some of the nation’s most prestigious research universities, such as Johns Hopkins, Northwestern, MIT, Case Western Reserve, Stanford, University of Colorado at Boulder and several institutions in the University of California system. The Center was initially housed at the State University of New York at Stony Brook and most recently at the University of Miami.

CSU Vice Provost for Undergraduate Affairs Alan Lamborn has been appointed executive director of The Reinvention Center by the

organization’s Board of Directors.

”The decision to move The Reinvention Center to Colorado State is really a tribute to Alan and his involvement in efforts – on our campus, statewide, and nationally -- to transform the quality of undergraduate education,” CSU President Tony Frank said. “CSU has made student success and persistence a priority, and our significant progress on that front is a result of the strategic efforts of people like Alan, our faculty, and many others who have been willing to innovate and explore new approaches to advance student learning.”

To emphasize the equal importance of curricular and co-curricular experiences to undergraduate education, Blanche Hughes, CSU’s Vice President for Student Affairs, has been appointed the newest member of The Reinvention Center’s board.

Science of Learning Course Development Competition

In recognition of the arrival of the center on campus, the Provost’s Course Redesign Competition has been renamed the TILT/ Reinvention Center Science of Learning Course Development Competition for the 2013-14 academic year.

“This competition supports the development or redesign of undergraduate courses across the university and in particular courses that can be described as core, foundational, or gateway courses,” explained Mike Palmquist, associate vice provost for Learning and Teaching. “The goal of the competition is to encourage faculty and their departments to extend efforts to examine how students can become engaged learners early in their collegiate career. The course redesign process, which is informed by recent research on the science of learning, is designed to result in improved student learning, enhanced academic success, and increased student retention.”

Funded through generous contributions from the Provost and CSU Online Plus, as well as private contributions, the competition is designed to support 100 courses over a five-year period, starting with 20 course-design projects in 2013-14. Funding and staff support will be provided for 10 course-design projects in the first half of the academic year. A second call for proposals for the second half of the year will be issued in the fall.

Proposals will be accepted not only for lower-division courses, but also for those at the 300-



Mike Palmquist

and 400-level, and may be new or may extend a successful redesign project from the 2012-13 academic year competition.

The deadline for this first round of proposals is 1 p.m., Monday, April 22.

Additional information about the competition, its use of research findings from the science of learning, and the learning ecologies approach to course redesign can be found at <http://tilt.colostate.edu/reinvention/>.



Blanche Hughes



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BEYOND | Earth Day

From page 1

New pilot program

The newest of these is a pilot project implemented through CSU Housing and Dining Services. Half a ton of food waste from on-campus dining halls a day is being diverted from landfills into the Drake Water Reclamation Facility, as part of a commercial food waste-to-clean-energy program operated in partnership with the City of Fort Collins. Instead of just dumping everything in the garbage, Housing and Dining staff separate food from other types of waste. CSU trucks then haul the bins full of once-edible scraps and leftovers to the facility east of the city. There, the food waste is made into a pulp that is sent to an anaerobic digester where it releases methane. Instead of being vented into the atmosphere as a harmful greenhouse gas, the methane is captured and used to power the facility.

Composting a ton of waste a day

The partnership with the city was launched Feb. 4, in conjunction with RecycleMania, and the pilot phase will continue through March 30. But on-campus composting is nothing new for CSU. Another ton of food and paper waste is processed each day in the pulpers in the kitchens of Braiden Hall and the Ram's Horn, then sent to the university's automated composter on the Foothills campus. It returns six weeks later in a much different form.

"The compost program has two primary goals. The first is to divert food waste from the landfill and the second, which is most important to us, is to create a living laboratory for our students," said Tonie Miyamoto, Director of Communication and Sustainability for Housing and Dining. "The in-vessel composting system engages Soil and Crop Science students in the operation of the system and provides valuable internship and research opportunities. The system also helps students see the full cycle of food waste from the dining centers

to the composter and back to campus as a rich soil amendment for landscaping projects."

CSU's positive sustainability actions, such as composting, are setting the stage a very "green" Earth Day celebration on campus April 18, which will kick off a week of green activities. (See related article on Page XX.)

"In looking at sustainability, we look at the triple bottom line (people, planet, profit)," said Miyamoto. "We want to make sure that sustainability efforts engage and educate students, take social justice into consideration, and have an economic impact --lower utilities, offset landfill tipping fees, educational value, etc."

Rams learn to Live Green

The university's Live Green Team also challenged CSU residence halls, dining centers and off-campus housing complexes to a local recycling competition during RecycleMania. The location that recycles the most wins a trophy, as well as funds to further improve its sustainability efforts. The winners will be announced at the Student Sustainability Fair and Earth Day celebration.

Miyamoto also advises the Live Green Team, an on-campus organization sponsored by Housing and Dining Services that works on creating sustainable practices.

"Our hope is that students who live on campus learn lifelong sustainability habits that they carry with them into their future lives," Miyamoto said. "We can help students establish a permanent commitment to sustainable living while they are at CSU, but the long-term influence will be on a global scale as CSU graduates join, and will eventually lead, businesses and organizations around the world."

That's why after the Earth Day celebrations come to an end, the food waste mitigation program will still be slugging scraps into mulch -- or electricity.

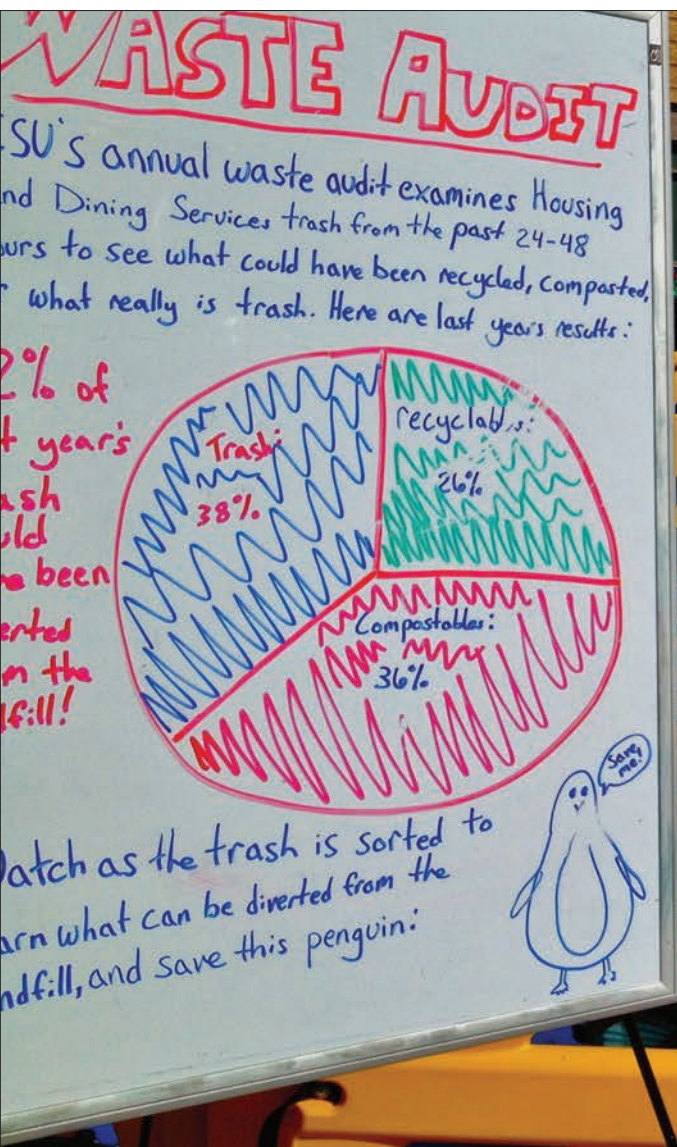
You can read more about the anaerobic digester pilot program at www.denverpost.com/environment/ci_22602440/csu-fort-collins-divert-tons-food-hall-slop or www.news.colostate.edu/Release/6633.



CSU is known as a leader in sustainability, and over a ton of compostable waste from on-campus dining halls is diverted from landfills daily.

Earth Week

CSU will host a series of events during Earth Week, April 18-25, to promote sustainability. This year's events include an Earth Day Celebration on April 18, an Arbor Day celebration, green tours, bike parades, movie festivals and lectures. To learn more, visit green.colostate.edu.



CSU's annual waste audit examines Housing and Dining services trash over 48 hours to determine what could have been recycled. According to last year's audit, 38 percent was trash, 26 percent was recyclables and the rest was compostable.

Amazing season for CSU Ram basketball

by Tony Phifer

The 2012-13 CSU men's basketball team will go down as one of the best in school history. The Rams' season ended in the second round of the NCAA Tournament with a loss to Louisville but fans won't soon forget this team's many accomplishments.

The Rams had advanced to the Round of 32 by dominating Missouri in Lexington, Ky. The Rams got off to a fast start and withstood every challenge by the Tigers to earn their first NCAA victory since 1989 and their first postseason victory since an NIT win in 1999.

Despite being denied entrance to the Sweet Sixteen, the Rams played a season that will go down as one of the greatest in CSU history. Fans have the five senior starters – Dorian Green, Greg Smith, Colton Iverson, Wes Eikmeier and Pierce Hornung -- to thank. Highlights include:

- A school-record 26 victories
- Four consecutive postseason appearances -- a record
- A school-record 27 consecutive home victories
- A school-record four sellouts at Moby Arena
- The first appearance in the AP Top 25 since 1954
- The highest finish in Mountain West play (second) in the 15-year history of the league

So the seniors -- who tied a school-record with 81 victories in four seasons -- walk away proud of their many accomplishments. The whole Ram family is proud of them as well.

COMMUNITY EVENTS



From page 1

originals and covers with a unique blend of heart, humor, authenticity and spirit beginning at 7:30 p.m. at the University Center for the Arts.

Tickets for both performances are \$7 for students, \$1 for youth, and \$12 for adults. Tickets can be purchased online at csuartstickets.com.

Creative Writing Reading Series

On Thursday, April 4, the series will host Graham Foust, an award-winning poet, and Marly Swick, an award-winning fiction writer, from 7:30-9 p.m. at the Visual Arts Building.

Robin Becker, an award-winning poet, will speak from 7:30-9 p.m. Thursday, April 18, at the University Art Museum.

Students from the Department of English and the Organization of Graduate Student Writers through ASCSU will present a variety of styles and genres, including fiction, poetry and essays beginning at 7:30 p.m. May 2 at the University Art Museum.

All events are free and open to the public.

Veterinary Teaching Hospital Open House

This year's open house will be held from 6-8:30 p.m. April 5 and 9 a.m.-3:30 p.m. April 6 at the Veterinary Teaching Hospital. Events include lectures, demonstrations, displays and tours through the hospital. All events are free and open to the public.

IGNITE Biodiversity

The School of Global Environmental Sustainability will host IGNITE Biodiversity from 5-7 p.m. on Tuesday, April 9. The two-hour symposium features 15 speakers across campus sharing their scientific research. To learn more, visit sustainability.colostate.edu.

Best Teacher Awards

This year's Best Teachers will be recognized at an awards dinner at 6:30 p.m. Monday, April 15, in the LSC Theatre. For tickets and additional information, visit alumni.colostate.edu.

An evening with Novelist Barbara Shapiro

Barbara Shapiro, author of "The Art Forger", will speak at 7 p.m. April 16 at the Fort Collins Hilton, 425 W. Prospect. The event is free and open to the public. A book signing and sales follow the program.

Earth Week

CSU will host a series of events during Earth Week, April 18-25, to promote sustainability. To learn more, visit green.colostate.edu.

I Love CSU Day

Get your green on and celebrate I Love CSU Day Thursday, April 18 on the Lory Student Center Plaza.

Tree Campus USA and Arbor Day Celebration

Join the CSU Tree Campus Advisory Committee from 9 a.m. to noon April 19 in celebration of Arbor Day and to honor CSU's second year as an official Tree Campus USA. The event includes a short presentation about the history of Arbor Day, the requirements of the program and an award presentation. The event will be held at Ammons Hall.

CSUnity

CSUnity is a day of service and leadership that brings the university community together to give back through volunteerism. This year's event will be held from 9 a.m.-3 p.m. April 20 and begins at the Lory Student Center. To learn more or to register to volunteer, visit slice.colostate.edu.

Alternative Transportation Fair

The Alternative Transportation Fair encourages safe, environmentally friendly ways to commute to campus and alleviate the stresses of having to find parking that may sometimes be frustrating campus. The fair will be held from 10 a.m.-2 p.m. April 25 on the Lory Student Center Plaza.

Equine Reproduction Laboratory Grand Opening

The Equine Reproduction Laboratory invites you to the grand opening of its research, teaching and clinical service flagship facility. The event begins at 4 p.m. April 28 at the ERL on the Foothills Campus.



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ENTERTAINMENT CALENDAR

THEATER

“Ghosts”

Bas Bleu Theater Company
April 4 through May 5
This Victorian play by Henrik Ibsen, in a new production directed by Laura Jones, “transports emotional subtleties and searing social insights into the 21st century.”
basbleu.org

“The Armed Man: A Mass for Peace”

Lincoln Center
April 6
Composed in 1999, “The Armed Man: A Mass for Peace” became a worldwide sensation with over 1,000 performances in its first decade and record CD sales. With texts from the traditional Latin mass, the Muslim call to prayer, Psalms, and select poets, “The Armed Man” takes the listener on a journey from the cacophony of war to a resounding message of hope and peace.
lctix.com

“Evil Dead, The Musical”

University Center for the Arts
April 11 through April 21
Directed by Walt Jones, this Canadian pop rock musical is based on the “Evil Dead” horror film series. The outrageous campy satire first was first performed on stage in 2003 as a cabaret at the Tranzac Club in Toronto and eventually moved to an off-Broadway run in 2006 followed by hundreds of regional and international productions. One critic for The New York Times called it the next ‘Rocky Horror Show.’
csuartstickets.com

Canyon Concert Ballet’s “Cinderella”

Lincoln Center
April 13
This performance includes Canyon Concert Ballet company members, along with a cast of students from Canyon Concert Dance Center. “Cinderella” is a tale of identity and character, of good against

evil, and tells the transformative story of beauty from ashes. Join these talented performers for an enchanted evening of dance and beautiful music in the land of happily ever after.
lctix.com

“Weird Al” Yankovic - The Alpocalypse Tour

Lincoln Center
April 24
“Weird Al” Yankovic, the biggest selling comedy recording artist of all time, has returned to demolish the pop landscape with his new album “Alpocalypse.” His first full-length studio album in nearly five years, “Alpocalypse” charted at No. 9 on Billboard – the highest debut of Weird Al’s storied career – and was nominated for two 2012 Grammy Awards for Best Comedy Album and Best Short Form Video for the Lady Gaga parody “Perform This Way.”
lctix.com

ART & LITERATURE

Award-Winning Civil War author Tony Horwitz

Fort Collins Hilton
April 1
Tony Horwitz, author of “Midnight Rising” and “Confederates in the Attic”, will speak at 7 p.m. April 1 at the Fort Collins Hilton, 425 W. Prospect. The event is free and open to the public. A book signing and sales follow the program.

Friday Finale: In Association with the First

Friday Gallery Walk
University Art Museum
April 5
The University Art Museum will extend its hours to 8 p.m. on the first Friday in April and feature “Modern Metal: Functional Design for Life.” Drawn from the collection of decorative art at the Kirkland Museum in Denver, this exhibition looks at metal and its uses in the functional design of household items. The exhibit will run through May 18. The museum will also showcase the MFA Thesis exhibition.

Book Signing - Mark Fiege

Johnson Hall
April 30
Attendees of this event will be able to meet Mark Fiege, author of “The Republic of Nature: An Environmental History of the United States,” which points to a startlingly different version of history that calls on readers to reconnect with fundamental forces that shaped the American experience.

MUSIC

Virtuoso Concert Series

University Center for the Arts
All performances start at 7:30 p.m.
April 1: CSU faculty Rachel Ellins, harp
April 2: Austin Piazzolla Quintet
April 8: CSU faculty Peter Sommer, saxophone
April 9: CSU’s Steven Marx, trumpet, and the CSU Faculty Brass Quintet
April 15: Special guests Lina Bahn, violin, and David Korevaar, piano
April 19: Special guest Borromeo String Quartet
April 22: Faculty Chamber Music
April 29: CSU Faculty Susan Hochmiller, soprano
csuartstickets.com

Robert Cavara Organ Series

April 9
University Center for the Arts
World-renowned organist Susan Landale will perform at 7:30 p.m.
csuartstickets.com.

Jazz Combos Concert

University Center for the Arts
April 10
This concert will give the audience an opportunity to see the CSU jazz students perform in a small group setting. The music performed will feature standard and contemporary jazz pieces, along with original compositions created by students.
csuartstickets.com

Spring Dance Tea

University Center for the Arts
April 11
This free, informal dance performance will feature the Ballet Repertory Ensemble, the Tour Dance Company and some student work as well. Refreshments will be provided.
csuartstickets.com

Street Beat

Lincoln Center
April 20
Street Beat combines the ancient art of drumming with the urban rhythm of modern “street” choreography. Utilizing everyday household items as instruments, they turn the ordinary into extraordinary.
lctix.com

Swing Dance

Instrumental Rehearsal Hall
University Center for the Arts
April 27
The CSU Jazz Ensemble I, featuring director Peter Sommer, will play classic jazz songs perfect for dancing, including pieces by Ellington, Basie, Benny Goodman and Glenn Miller. Students from the CSU dance studio will also be featured. Swing dance lessons, which are included in the ticket price, will be offered before the event.
csuartstickets.com

World Percussion Concert

University Center for the Arts
April 28
This production will showcase the CSU Percussion Ensemble, the Vasanta Percussion Quartet, and the CSU African Drum and Dance Ensemble for an eclectic and high-energy concert.
csuartstickets.com

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Silver Beach Sauv Blanc
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The Fulbright Program: bringing people together

by Joi Dandridge

For Mary Vogl and Kris Kodrch, worlds, cultures, research and families converge on a regular basis. Mary, an associate professor of French at Colorado State University, received her doctorate from Indiana University in 1998. Kris, an associate professor of journalism and technical communication, did the same in 2000. Their two paths finally crossed when both were hired at CSU in 1999.

"We both have a passion for everything international — including travel — and in 2010 Kris and I were part of a group of CSU faculty who spent three weeks in Jordan and Egypt. We both have spouses from abroad and our children, close in age, attend(ed) the same bilingual elementary school in Fort Collins," says Mary.

If there weren't already enough connections, they've both also experienced the Fulbright Program, a government-sponsored cultural exchange for professionals, academics and students from all disciplines. The 60-year-old program involves more than 155 countries and awards 8,000 grants per year. There are numerous programs for faculty involvement, ranging from the



Kris Kodrick in the Andes Mountains during his Fulbright Program in Chile. Photo courtesy Kris Kodrick.

Core Fulbright program to the Fulbright Distinguished Chairs Program.

Mary in Morocco

In 2005, Mary received a Fulbright scholarship to spend 10 months in Morocco, to study Moroccan art criticism in French. She had written her dissertation on photographic representation of North African literature. She also spent time with Moroccan Jewish novelist Edmond Amran

Brad Reisfeld named Fulbright Scholar

Brad Reisfeld, an associate professor in the Department of Chemical and Biological Engineering, was recently named a Fulbright Scholar for the 2013-2014 academic year.

Through the Fulbright award, he will teach and conduct research at the Center of Excellence for Environmental Health and Toxicology at Naresuan University in Thailand, according to the announcement from the J. William Fulbright Foreign Scholarship Board.

While in Thailand, Reisfeld will investigate how people - because of their genetics, geography, climate, social structure, history, etc. - are predisposed to certain diseases that may not affect other people. He will also develop and teach workshops and courses in computational modeling for the students and faculty of the center.

El Maleh, who wrote about Moroccan art. These experiences inspired her to apply for Fulbright funding in Morocco.

"The Moroccan-American Fulbright Commission organized conferences and programs, facilitating our contacts with libraries, research centers and Moroccan scholars in our fields," Mary recalls. We also interacted with Fulbrighters, faculty and students, who were working on fascinating projects."

Today, Mary is still in contact with about a dozen Fulbrighters from her time in Morocco. She served as a reviewer for the Fulbright Scholar Program for history and literature in North Africa and the Middle East. Mary is also completing her book on Moroccan art criticism, while on sabbatical with her husband, Mohammed Hirchi, another CSU Fulbrighter in Jordan and Morocco.

Kris in Spain and Chile

Kris, a double Fulbright recipient, researched as a professional in Spain in 1992 and as an academic in Chile in 2006. In 1992 Kris worked at El Pais and ABC Newspapers, learning how Spanish journalists were covering the Olympics, World's Fair, and the Christopher Columbus Quincentennial that year. In 2006 Kris researched and taught in Spanish at Chile's Universidad de Concepción.

He jokingly says that despite occasionally making up words, students didn't rebel against his Spanish-speaking skills.

"I've spent a lot of time with both Spaniards and Chileans, I think we were able to bridge some cultural barriers," he says of his experiences abroad. "They understand a little bit more about Americans now and I have a good appreciation of what it means to be a Chilean and Spaniard to a certain extent."

Currently, Kris is conducting research with Claudia Mellado, the host who welcomed him with open arms, when he taught in Chile seven years ago. In addition, Kris is a reviewer for the Fulbright Scholarship Program in Journalism. He is also the Liberal Arts College Fulbright Advisor, helping other CSU professors and students pursue travel and research for themselves.

"I would definitely encourage CSU faculty and students to apply (for a Fulbright)," Mary says. "The Fulbright experience was definitely one of the highlights of my academic career."

For more information on how to apply for and take advantage of the Fulbright program, please contact Assistant Director of International Programs Karen Gardenier at karen.gardenier@colostate.edu.



Mary and Mohammed in Morocco in May 2006. Mary is in the front row third from the left and her husband, Mohammed Hirchi, is in the third row, second from left. Photo courtesy Mary Vogl.

Environmental Day Camp awarded for developing youth

by Joanne Littlefield

U.S. Fish & Wildlife Service (FWS), 4-H National Headquarters and the USDA collaborate regularly to recognize a 4-H Program of Distinction that connects youth with nature. This year's honored program is Eagle's Nest Owl's Roost (ENOR) Environmental Day Camp. The day camp has been providing real-life, outdoor experiences to fourth- and fifth-grade campers in Jefferson County for 38 years.

4-H Programs of Distinction are peer-reviewed, high-quality, state and local youth development programs that:

- exhibit strong program development and contribute to the youth development body of knowledge;
- convey new ideas, materials, or innovative methods related to positive youth development;
- represent long-term program efforts and impact data over an extended

period of time, and

- demonstrate changes in knowledge, behaviors, attitudes or aspirations of 4-H youth and adults.

ENOR campers learn about Colorado's natural and cultural history during a week-long camp, exploring interconnected concepts with a different environmental and social theme at unique sites.

For example, Colorado wildlife is explored through the lens of the day's theme: Beavers, through the lens of "habitat," are engineers of their environment. Hands-on, fun and active programming is conducted as campers hike up to six miles a day on mountain terrain learning new things about themselves and the environment around them.

Partners are an integral part of effective programming and serve as an introduction to careers in the natural resource field. Jefferson County

(Jeffco) Public Schools staff assist with curriculum development; Army Corps of Engineers personnel provide tours and supplemental learning activities of Chatfield Dam; Jeffco Open Space Rangers teach fire science; Colorado School of Mines students conduct tours of experimental mines and educate about historical and present-day mining practices.

"As the young campers connect with nature through their week outdoors they come to a greater appreciation of the splendor of nature," says Jefferson County 4-H camp coordinator Sharon Moore. "They also learn why it is important to take care of it for their own enjoyment and that of future generations, and how many different professions are involved in conservation efforts."

The selection was formally announced at the North American Wildlife and Natural Resources Conference in late March in Arlington,

Virginia, and comes with a \$10,000 award.

"We're piloting a 6th-grade program and the money will help purchase supplies to get us started," Moore says. "We would also like to earmark some to use as scholarship funds. We have more kids apply for financial aid each year than we can meet the demand for through our fundraising efforts and the grant we receive from Kinder Morgan."

For more information about 4-H Youth Development Programs of Distinction, visit www.csrees.usda.gov/nea/family/sri/youthdev_pod_4h.html.

Colorado 4-H is a program of Colorado State University Extension. For more information, go to www.colorado4h.org.

Joanne Littlefield is the director of Extension Outreach and Engagement. Contact her at (970) 491-4640 or joanne.littlefield@colostate.edu.

from the Kendall Anderson Nutrition Center

Enjoy this flavorful spring-time entrée - ready in just 15 minutes!

- 4 tilapia fillets
- 4 teaspoons olive oil
- 2 lemons
- ¼ cup chopped fresh dill
- Salt and pepper to taste



For more recipes and other information, visit the Kendall Anderson Nutrition Center website at www.nutritioncenter.colostate.edu or call (970) 491-8615.

1. Preheat oven to 325°F.
2. Juice one lemon and cut the other lemon into thin slices.
3. Place fillets on aluminum foil (one fillet per aluminum square).
4. Season each fillet with salt and pepper and top each fillet with 1 teaspoon olive oil.
5. Sprinkle lemon juice and dill on top of each fillet. Spread additional lemon slices over top.
6. Fold aluminum foil into packets and place onto a baking sheet.
7. Bake for 10-15 minutes.

Tip: Serve tilapia with a fresh green salad and brown rice for a fast and delicious weeknight meal.

Makes 4 tilapia fillets.

Nutrition Information / Amount per serving
Calories 80; Protein 7.5 g; Total Fat 5.3 g; Saturated Fat 0.9 g;
Total Carbohydrates 1.1 g; Dietary Fiber 0.1 g;
Cholesterol 16.2 mg; Sodium 16.3 mg

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Hats off to Ellen Becker, a gift to Braiden Hall

by Joi Dandridge

She often sits on her breaks surrounded by yarn in the surprisingly cozy Operations Management office of Braiden Hall. Her boss would like to rename the place “Ellen Couture.” If you walk through Braiden on a cold winter day, you might notice that almost everyone has an article of clothing made by this bubbly woman, who seems to make friends everywhere she goes by leaving gifts behind.

Operations Management Custodian Ellen Becker, who was 2012’s Classified Personnel Council Invisible Employee of the year, has been crocheting hats for students since 2006. Ellen has already made 300 hats this year for students, RAs, construction workers, and Colorado State University President Tony Frank, to name a few. Her new goal is to complete 620 hats for the incoming students in fall 2013. The number has gone up because the new fourth floor of Braiden will open this year.

“Now I’m not invisible anymore because they caught me,” Ellen jokingly says as she crochets a pink hat for a particular student she has in mind.

Ellen has been at Braiden for 14 years and still loves her job. It’s what she’s always wanted to do. As a child, she would go to restaurants and her family would discover that her bathroom breaks were really getaways to clean them. She even took a career assessment exam that confirmed her calling as a custodian. Braiden’s Operations Management is also where she met her husband; she calls the students her kids.

“If you want to be respected, you have to respect the students you work

for,” she says. “They’re our clients.”

This is Ellen’s philosophy, which also acknowledges that students are away from their parents, who may be worried about them, and could use some homey comfort. She says that this is what allows Braiden staff to be so close to students. She even knows past students by their names and floors.

A topper for the guy at the top

Ellen’s dream from the beginning has always been to craft a hat for President Frank. Recently she mustered up enough courage to finally complete her goal and did her research to make sure she had the best colors.

Ellen made an appointment through all the proper channels, and on March 7 presented Dr. Frank with the hat she had made just for him – in green and gold, of course.

Ellen’s time with the president went from his asking about her career at CSU to her learning how easy-going and grateful the president was for her hard work.

Today, people are beginning to know about the hats before they meet the woman behind them and Ellen’s goals for hat making are widening.

“Eventually all of CSU will be filled with hats,” she says. But first Ellen has to complete her project for the expanding Braiden, and the rest of the president’s office, because she hates leaving people out.

“She just has a big heart and expects nothing in return,” says Ellen’s supervisor, Tamara Riggs. “You don’t find many people with those values.”



Ellen Becker completed her goal of making a hat for President Tony Frank March 7, 2013. Photo by Nik Olsen.



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Ellen Becker crocheting one of her hats in Braiden Hall’s Operations Management Office. Photo by Joi Dandridge.

LORY | Work moves forward

From page 1

What’s open, what’s moving

Throughout the entire renovation process, which will continue through fall 2014, these services will remain open:

- CSU Bookstore
- Flea Market
- RamTech
- CAM’s Lobby Shop
- Adult Learner and Veteran Services
- Student Legal Services
- The University Club
- The Aspen Grille
- Info Desk II
- Event Planning
- The North End meeting rooms.
- The North Ballroom
- Transit Center
- Bagel Place 2
- Recycled Cycles

A Sweet Sinsations coffee cart will be placed on the north side of the LSC, and the RamSkeller will potentially be moved to the north side as well.

For purposes of clearly communicating which parts of the building will be under construction when, the university has divided the LSC into three separate sections: LSC Central, LSC North and LSC South.

LSC South consists of just the LSC Theatre, which will remain open during the entire renovation.

LSC North includes the bookstore, transit center, University Club, Aspen Grille, Cam’s Lobby Shop, Bagel Place 2, Info Desk 2, North Ballroom and various meeting rooms.

LSC Central consists of everything in between, and most of the services in this section will be relocated. In March, Fast Print was moved to the Glover Building.



This is what the south entry to Lory Student Center will look like in Fall 2014.

The rest of the services in LSC Central will find a new home in May, including on-campus and off-campus locations.

The James Salon is moving off-campus to Campus West.

“It’ll still take RamCash, which will be a great benefit, I think, for faculty and staff,” Luckutt said.

The Career Center and Student Media will move to a location on College Avenue and Laurel Street.

“The Drake Center, which is south of campus, is where we’ll hold all events that are normally held in the ballroom,” Luckutt said. “Mostly everyone else is moving to the MAC Gym (in the Rec Center).”

The organizations that will move to the MAC Gym include:

- The Asian Pacific American Cultural Center
- Black African American Cultural Center
- El Centro
- GLBT Resource Center
- Native American Cultural Center

- Campus Activities
- Greek Life
- LSC Administration offices
- Off-Campus Life
- SLiCE

The Career Center and the Info Desk will both have a second presence located in the MAC Gym..

“All of (the services in the MAC Gym) will be sectioned off,” Luckutt said. “It’s just going to be a big, open commune, but everyone will have their separate areas, and I think it will be a good time.”

The RamCard and Cashier’s Office will move to the Morgan Library, and so will the First National Bank.

Food service still available

Don’t worry about where to eat, Luckutt said. There will be places to eat throughout campus during the food court renovation.

At the north end of campus, students, faculty and staff can nosh at the Bean Counter in Rockwell Hall and a coffee shop in the MAC Gym.

On the east side of campus, there is the INTO Café in Alder Hall. In the Clark Building, there will be Subway and Spoons in the A Wing. Sweet Temptations is another coffee resource located in the Behavioral Sciences Building.

On the south side of campus, there is the Lake Street Market, and there will be a temporary food trailer called “T-Lex” located between the LSC and the library.

Three food trucks will be added to campus, including one on the north side of the Engineering Building, one in front of the Clark Building and one on Pitkin Street by the Chemistry Building.

“Right now we’re making sure everyone’s ready for the move,” Luckutt said. “Starting after commencement, a fence will go up on the east side of the student center, everyone will be moved out and we’ll be on our way.”

More information can be found at www.sc.colostate.edu/renovation.aspx. Watch the construction as it happened at www.sc.colostate.edu/followtherenovation.aspx

The importance of sleep to mental, physical health

by Christina Berg

There isn’t a clear reason why we need sleep but science proves that it is vital to both our physical and mental health. Physically, sleep allows the body to replenish energy levels. Our bodies repair muscles and tissues and replace chemicals and aging cells while we sleep. It is thought that our brains repair the synaptic connections that have been shifted during the day. Our brains organize information, reinforce memory, and solve problems as we sleep.

The amount of sleep one needs varies by individual and with age. A minimum of seven hours is a generally recommended. An adequate amount of restful sleep can improve performance and give you the energy to manage your daily schedule. Going to bed early and waking up early or going to bed late and waking up late is fine, either way. It’s really up to the individual to decide what he or she is comfortable with. Just remember to stay consistent.

If you experience drowsiness, even during boring activities, you probably aren’t getting enough sleep. If you find yourself tired during the day a short 10-20

minute “power nap” might help, or you can try increasing the number of hours that you sleep each night.

The least amount of sleep an individual needs to function depends on the individual. Some people have trained themselves to require less sleep. Studies have suggested the least amount of sleep needed to function is four hours, but this can also vary from individual to individual.

Sleep deprivation is unhealthy

Sleep deprivation affects both your mental and physical health. Inadequate sleep impairs your body’s ability to maintain a healthy immune system, handle stress, think, and moderate emotions. The brain isn’t able to work effectively without sleep, causing memory to be impaired and concentration levels to drop. Other long-term and short-term effects of sleep deprivation can include irritability, slower reaction times, hallucinations, depression, and even heart disease,

If you are having trouble falling asleep or staying asleep, a good way to start assessing the cause is to determine the pattern that leads to sleepless nights. Most people will experience insomnia at some

point in their lives from stress, anxiety, or environmental factors but consistent insomnia can be a problem and can affect quality of life.

If trouble sleeping is something you’re experiencing, start with the simple tips below to help you on your way to a better night’s rest:

- Go to sleep only when sleepy.
- Try to get up at the same time every day, including the weekends. This will help regulate your sleep cycle.
- Try not to nap in the daytime - OR - consistently take a 10-20 minute “power nap.”
- If you can’t sleep, get out of bed and do something relaxing. Try relaxation techniques (muscle relaxation, breathing techniques, imagery, etc.)
- Avoid caffeine in the later afternoon and evening.
- Get vigorous exercise each day, early in the day. Try to avoid exercising after 7 p.m.
- Institute a nightly pre-sleep ritual to prepare you for sleep, to wind down and relax.
- Sleep in a room that is cool, quiet, dark and comfortable. Sleep with covers that

can be easily removed or added so you can remain comfortable during the night.

- Avoid alcohol, smoking, or eating (unless it is a small snack) before going to bed.
- If insomnia is persistent, contact your doctor for more information.



Christina Berg is director of Health Education and Prevention Services for the CSU Health Network. Contact her at christina.berg@colostate.edu or through the Hartshorn Health Center.

Gardening despite drought in Colorado this year

by Beverly Henke

Most everyone in Colorado is aware that this is a dry region. Drought is a word that we hear more often lately. Colorado does not have any rivers that feed into the state from elsewhere. All our water comes from precipitation, and Colorado's rivers are the source of



water for many other states. There has always been a cycle of dry and wet years here. The pattern of dry and wet years is so irregular that you can scarcely call it a pattern, but drought has been and will continue to be a factor in our lives.

Gardening here is always going to have special challenges. Our native heavy clay soil is quite alkaline and bakes in the summer to an almost adobe-like

hardness. Clay soil does, however, have great moisture holding capacity, and I don't recommend removing or over-amending it.

There will always be those souls who are trying to create an oasis in the desert and defy nature with their hydrangeas and lush lawns, but many residents have found the pleasure of going with nature instead of against her. Native plantings are beautiful and have many advantages for every living thing. Native plants need no soil amendments and, once established, minimal if any supplemental water. These plants attract beneficial insects and support our much needed native pollinators.

I see more and more front lawns that used to be a sward of green that was carefully watered, fertilized, and mowed for no real purpose except appearance, replaced by very attractive thoughtful landscaping that includes drought tolerant and native plants and stone pathways. Many of them have created special seating areas which give the neighborhood much more of a sense of community, which was nearly lost when suburban houses began to be built all alike and had no front porches for watching the world go by.

Make the most of mulch

I am totally obsessed with growing as much of my own food as possible and I have found that this can be done with much less water than I previously thought. I am a big fan of mulching the garden. While native plants prefer gravel mulch, in the veggie garden many things such as, hay, straw and leaves can be used as mulch. If you have not heard of "Lasagna Gardening", you should look it up. It is a way of layering organic matter to build good soil and covering the top with

mulch. You will be amazed at the improvement in your soil over time, and how much less water you need while producing better quality veggies. Run drip or soaker lines under the thick mulch and then check the soil before watering. I am amazed at how long the soil stays moist, even in the hottest of summers.

We have a duty to be responsible with the world we



have been given. Careful use of resources is a necessity. We must begin to think more about what we are doing with our water and how we can do better. We can all do our part, and our gardens are a great place to start!

Beverly Henke is Garden Shop Manager for Fort Collins Nursery.

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Why I love CSU

by Mary Willson

April 18 is I Love CSU Day, so we asked some of the people who are part of the Ram family what they love about working here.



Amy Nortiar
Administration Assistant—Alliance Partnership
"I am actually a current student, and I love being around so much energy and positive people."



Patricia Mestas Vigil
Director of university partnerships
"As an alumna of CSU, I love the commitment to providing education for all students in an collaborative effort."



Andrew Cundiff
Catering Coordinator at Lory Student Center
"I have to say the RamSkellar is something I love about CSU."



Margaret Saldana
Organizational Development Learning and Assessment
Coordinator/ Graduate Student
"Because of all the great opportunities that are afforded here, CSU is the best school in the whole world, I think."



Elissa Buxbaum
General career counselor/ Graduate assistant
"I love working with students with varied interests and goals"



Stratis Giannakourous
Sustainability Outreach Coordinator
"Because it has such a strong reach across so many areas, has such a vast reach within sustainability."



Dominic Lajoie
Front Desk Assistant SLICE
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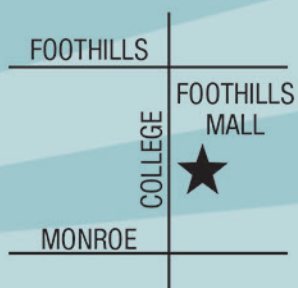
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