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.
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. Lisa Younghblute, department head in Human Development and Family Studies, and Karen Rattenborg, executive director of the ECC, were featured in a story 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.

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.

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 Latinas/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-cvmbs.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

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 in 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.

Michael A. Gross, Ph.D., Department of Computer Information Systems, College of Business

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

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 Oregon where he was awarded the university-wide Excellence in Teaching Award.

Continued on page 4
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 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.


“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 Barrett 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.”
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 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 academic year. 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- 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/.
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 for 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.”

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.
Amazing season for CSU Ram basketball

by Tony Pfeifer

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 challenge by the Tigers to earn their first NCAA victory since 1989 and their first postseason victory since an NIT win in 1999.

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 CSUs 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.
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.
ltix.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.’
csuitartickets.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

Robert Cavara Organ Series
April 9
University Center for the Arts
World-renowned organist Susan Landale will perform at 7:30 p.m.
csuitartickets.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.
csuitartickets.com

Spring Dance Tea
University Center for the Arts
April 11
This free, informal dance performance will feature the Ballet Repertory Ensemble, the Tour Company members, along with some student work as well. Refreshments will be provided.
csuitartickets.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.
csuitartickets.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.
csuitartickets.com
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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, attended the same bilingual elementary school in Fort Collins," says Mary.

If there weren’t 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 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 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 complementing 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.

"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 Gardener at karen.gardener@colorado.edu.
Culinary creations
from the Kendall Anderson Nutrition Center

Lemon Dill Tilapia

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

**Ingredients**

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

**Directions**

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.

**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

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

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 Lapie
Front Desk Assistant SLiCE
“It’s the close community, the people really make it the positive place it is.”

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.”
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