

April 2014

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Celebrate! Milestones

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COMMUNITY

EVENTS

Signing books for the Guinness Book

April 16

CSU Bookstore, Lory Student Center

CSU alum Ryan Avery hopes to sign 5,000 copies of his book, Speaker, Leader, Champion: Succeed at Work Through the Power of Public Speaking, in hopes of winning the Guinness Book of World Records award for “Largest Book Signing in History.” (The current record is 4,649 books in one sitting.) The all-day event be live streamed online and broadcast on KCSU. Find out more at csuworldrecord.com

Earth Week

April 17-25

CSU is such a green University, one Earth Day is not enough. The nation’s No. 1 university for sustainability will host a number of environmentally friendly events during Earth Week; see page 6 for highlights or go to green.colostate.edu/earth-week.aspx for a complete schedule.

I Love CSU Day

April 18

Isn’t every day I Love

See Events page 7



Photo headline



CSU’s parade float celebrated a partnership with the Fort Collins Museum of Discovery on its new live animal exhibits. Colorado State University students, scientists, and faculty volunteered their scientific expertise to the Museum as caretakers and consultants for the exhibits featuring amphibians, arthropods, fish, mammals and reptiles.  
*Photo by Marissa Isgreen*

April showers bring May Flowers

by Kyla Skye Allmon

As the days grow longer and warmer, part of the CSU community is hard at work to bring a little more color and beauty to campus. Now that April has arrived, the department of horticulture and landscape architecture is preparing the campus for multitudes of color at the Trial Gardens across from the University Center for the Arts.

Jim Klett, director of the plant and environmental research center, provides the ins and outs of the process, and how this special part of campus is brought to life.

Hundreds of colorful flowers have been found at the corner of College and Lake for 13 years. “For 20 years prior to that we had them over at the plant and environmental research center,” Klett said. The gardens were moved to procure more space and in a more visible location.

More space was needed because the number of entries increased as the floriculture industry in Colorado changed. “The industry wanted to have more information about how bedding plants and perennials perform in Colorado’s climate,” Klett said. Colorado has a unique environment for growing due to its high light intensity and low humidity. Interest in how shade plants perform in Colorado has also grown and become a larger part of the Trial gardens. “Currently in the past couple years we’ve had close to 1,100 bedding plants and 500-600 container plants,” Klett said.

The interest in containers grew as the interests and lifestyles of the Colorado community changed. Containers are greatly used for patio and yard décor. Toward the end of each growing season in late July or early August, the flowers face off in a ‘best-of’

See Trial Gardens page 9

Rams to the bone

by Kate Hawthorne Jeracki

It can be easy to lend casual support to good causes. But what happens when you, personally, are called on to give more than a few hours of your time or a couple of bucks – maybe give the gift of life itself?

Brett Baeverstad knows. The CSU junior went from a supporter of bone marrow donation to an actual donor after a simple cheek swab identified him as a perfect match – for a perfect stranger.

GIVING

Through his service fraternity, Phi Kappa Theta, Brett helps organize an on-campus bone marrow donor registration drive. They have added 300 potential donors to the National Marrow Registry Program in the past two years.

During the February 2013 drive, he went through the five-minute cheek swab, knowing there was less than a 1 percent chance that he’d be a match to a waiting recipient.

So the Fort Collins native was surprised four months later when he got a call asking him to take a follow-up blood test.

“They do tissue typing and look at other factors that show that the patient can accept the cells,” Brett explained. “I knew it was pretty special to go through the confirmation, but I really didn’t know what to think. I didn’t know what I was getting into.”


See Bone Marrow page 5

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# APPLAUSE

## OFFICE OF BUDGETS

The Colorado State University Employee Appreciation Board recognized the **Budget Office** at CSU as an outstanding unit on campus. The small staff does the budgetary work for the entire campus – for all units, departments, divisions, and colleges – and even when they're dealing with difficult issues around funding, they are known for being calm, helpful, and informative. During their busiest season (June through July), their days are long and may include weekends and holidays, but there are never complaints about the extra time, just that "it's the nature of the business."



Budget office

## ENVIRONMENTAL HEALTH SERVICES

The **Chemical Management Office** within Environmental Health Services was recently recognized by the Employee Appreciation Board and treated to breakfast and door prizes. The unit cleans up chemicals and chemical waste in the 700+ labs on campus and disposes of toxins properly. The work is challenging, as the unit must adhere to many regulations enforced by Homeland Security and the Environmental Protection Agency. Offices and labs on the Fort Collins campus and across the state come under its purview. They've also created a database that tracks every chemical used



Chemical Management

throughout the University, which alerts them to substances that are not accounted for.

## FACILITIES MANAGEMENT

On March 14, the CSU Employee Appreciation Board held a recognition event, complete with pizza for all, to honor the employees of Laurel Hall for their successful efforts to significantly reduce their energy usage throughout the building. Over the course of an 8-month challenge with residents of Ammons Hall, Laurel Hall took the team approach as **Janet Porter, Julia Helminiak, Scot Smith, Scott Allen, Shauna DeLuca** and **Brian Heinold** worked together to get the word out to fellow occupants of Laurel Hall, encouraging all to participate in the effort to conserve energy. Team Laurel Hall saved (8,951 kWh) during the challenge, which was enough to power an average Fort Collins home for a year!

## WARNER COLLEGE OF NATURAL RESOURCES

**Melinda Laituri**, professor of geography in the Department of Ecosystem Science and Sustainability, has been selected as a 2014 Jefferson Science Fellow. In this position, Laituri will serve as a science advisor for



Facilities Management

U.S. foreign policy to the U.S. Department of State and the U.S. Agency for International Development. She will begin her one-year term in August 2014 and will work on water-related policy issues that include the University WASH Consortium, water data integration efforts, and gender issues related to access to water. Laituri has taught at CSU for 19 years, and teaches courses such as sustainable watersheds, watershed science, geographic information systems and geography of hazards. She is also a professor in an interdisciplinary natural resources immersion field course that teaches ecological field measurements at CSU's mountain campus, Pingree Park, each summer.



Melinda Laituri

## 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.

## CSU LIFE ADVERTISING

Want to promote your business through CSU Life? Contact Meghan DesRochers at **advertising1@collegian.com** or (970) 491-2126



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# Longtime employees honored for their CSU service

*Celebrate!* CSU Milestones honors University employees for years of service and retirement. This year's event will be held on April 30, 4 p.m., in the Hilton Fort Collins Ballroom.

Among the many, many employees to be recognized, we have selected just a few to feature here. To see more and longer stories about the people who make CSU work, written by Geneva Mueller, go to *Today @ Colorado State* – [www.today.colostate.edu](http://www.today.colostate.edu) – and search for *Celebrate!*

## Joe Stevens, 15 years



It's clear that Joe Stevens, the ecology team leader for the Colorado Natural Heritage Program in the Warner College of Natural Resources, has received much more than just his degree at CSU. He came to Fort Collins in 1982 to obtain his degree in natural resource management. Originally from Ohio, Joe grew up in an environment that inspired him to pursue the career that he now holds.

"Where I grew up, there were a lot of forests and open spaces around my home. My brothers and I spent all our time playing in the woods," Stevens said. "I think that was part of it; I really enjoyed being outside and really learned a lot about nature by being outdoors."

After earning his undergraduate degree at CSU, he spent time in North Carolina, and worked for a decade as a consultant before working for the University.

Looking back on 15 years at CSU, Stevens has enjoyed reconnecting with people that he initially met while obtaining his first degree at the University. Looking ahead, he sees himself continuing to work here at CSU, although potentially in a different realm. As he and his team have been producing remote sensing maps of vegetation for the National Park Service for many years, much of the work in that area has been completed. Stevens is interested in getting involved with time series data and future projections of climate change on the composition and structure of vegetation.

"In addition to Fort Collins being a great place [to live], the University is a fantastic place to work, just because the work/life balance is important to me, and that's recognized within the University," Stevens said.

## Cam Elvheim, 20 years



Cam Elvheim has seen the community of Fort Collins transform - and as a project planner with Housing and Dining Services, she has had her hand in many of these changes.

Originally from Arizona, she grew up in a family that moved around quite frequently. They arrived in Fort Collins in 1973 and while her family kept moving, she opted to stay here. Elvheim began working at the University in the Software Cellar maintaining the database and selling software. She was able to take advantage of the study program through CSU and obtained her degree in technical journalism with a minor in construction management, and became one of the first female electricians in Fort Collins.

As a project planner with Housing and Dining Services, Elvheim has the opportunity to suggest and design energy-saving projects for some of the buildings on campus. Collectively, her lighting projects — technology upgrades, energy retrofits and safety retrofits — have saved 1.15 million kilowatt hours of energy and the University \$69,000 annually. Elvheim has generated more than \$161,000 in grants to offset the costs of energy-saving endeavors and encourage future investment.

Although passion for her career runs deep, outside of work Elvheim is an artist, making glass art and jewelry. As a member of the Fort Collins Museum of Art, she has participated in the annual mask-making fundraiser for the past nine years, decorating one of 200 clay masks that are auctioned off to benefit the museum in April.

In her career and personal life alike, she enjoys the collaborative nature of the community of Fort Collins. "It's easy to be friendly here; there's always someone to talk to. And I think that makes [Fort Collins] a really desirable place to live," Elvheim said.

## Dwight Burke, 25 years



For Director of Safety and Support Assessment Dwight Burke, Colorado State University transformed from his place of learning to his employer very rapidly.

A Pueblo native, Burke came to Colorado State in 1984 to obtain his degree in natural resource management with a minor in hydrology. He was first employed by the University in 1985 as a part of Housing & Dining Services. In 1987, he was hired by the CSU Police Department as a student police officer, a job that would inspire a lifelong commitment. Burke graduated in 1989 and subsequently accepted a full-time position with the CSU PD.

He spent 11 years assigned to the drug task force with Larimer County and then became the investigations sergeant for the CSUPD before accepting his current position as the director of safety and support assessment. Burke and his team are charged with creating and implementing support plans for any individuals who may exhibit sign of distress or risk. He said the most rewarding part of the job is seeing those he works with ultimately find success at CSU.

"If I think back to my undergraduate experience in the '80s, that close-knit feel is probably stronger than it was when I came," Burke said. "I feel that we've actually done both — we've grown, but made it feel smaller at the same time. And I think the compassion for people has grown drastically over the years. When I look today at what we invest in the members of our community, it's a lot different than what it was 25 years ago."

## Paola Malpezzi Price, 30 years



For the chair of the Department of Foreign Languages and Literatures, her travels have been both the soundtrack and the script to her life's accomplishments. Paola was in high school in Italy when her English teacher recommended that she apply for a study-abroad scholarship through American Field Service. She applied, was accepted, and completed her third year of high school in Newport, Oregon.

At 17 years of age, she threw herself into the experience whole-heartedly, becoming the homecoming queen, playing volleyball, joining both the German club and the pep club and, of course, dating a young American. Three years later, they were engaged.

"It's a real love story. And 45 years later, we are still married," she says, with a smile. In 1983 Paola was offered a job at CSU teaching French and Italian, then focused on her own research. An avid cyclist herself, Price likes to explore the quintessential role that the bicycle, and mobility in general, played in emancipation for women.

Bicycling is more, however. Paola, Rick and their two daughters (both trilingual) have built an extremely successful company leading bicycle tours all over the world.

Price says she is thankful to have found a niche at Colorado State. When she arrived, she found a welcoming place as well as wonderful friends and mentors who encouraged her to achieve her goals.

"CSU has been wonderful for me, so I am grateful," she says. "I will always keep it in my heart ... Fort Collins will always be our home, or at least one of them."

## Zella Brink, 35 years



Zella Brink has Colorado in her blood. Not only was she born and raised only 40 miles from Fort Collins in Livermore, she still lives in the house that she grew up in. Her great-grandfather came to Colorado in 1882 and was a homesteader on the land that has been in her family ever since.

Brink, who works as a technician in the Department of Biomedical Sciences, was originally hired by CSU to build a fence around the animal reproduction facilities. Her background with large animals and livestock, Brink led to her being hired on to assist in the embryo transfer process in the bovine reproduction center in February 1979.

"What we're doing now is working with [embryo transfer in] the pure bison out of Yellowstone," she says. "Chances are that it'll never get commercially done with bison because they're so difficult to handle, but what we're trying to do is preserve the genetics. We hope to have a bank of embryos that we could put in the seed bank that are just pure bison."

Brink feels fortunate to have found a job where she has been appreciated and where she has been afforded the opportunity to learn and grow. Ultimately, this is what has kept her here for three and a half decades.

"It just feels like the place for me to be," Brinks says. "I still feel like I'm contributing to it. I still have that same work ethic. If I'm needed, I'll be there."



# Bone Marrow | Bone marrow donors give gift of life

From page 1

Brett read all the literature he could find on bone marrow transplants. He learned there was still a 1-in-8 chance of being a match after the confirmation testing. So when he heard just before fall semester started that he was the best possible match for a particular patient, he was very excited.

“At first I was nervous and scared, but with support from my family and my church, I got more comfortable with the idea,” Brett said. “I couldn’t have got through it without all the support of so many people who were behind me.” His parents live in Fort Collins, his sister is a sophomore studying Biomedical Sciences at CSU, and his brother plans to come to CSU this year.

## Staying healthy

While he was waiting to donate, Brett said he became very careful about staying healthy, even carrying bug spray at all times to ward off mosquitos that could carry West Nile virus. Five days before he was scheduled to donate, he received injections to boost his stem cells and pull white cells into the blood.

The procedure Brett underwent was a peripheral blood stem cell or PBSC donation. The five-hour outpatient procedure involved IVs in both arms, one to receive his cell-packed blood and one to return the PBSC-free blood back into his body.

The actual donation occurred on Brett’s 21st birthday.

“It was meant to be,” he said.

Professor Nick Fisk was not at all surprised to hear of Brett’s decision. Brett has worked in Fisk’s synthetic biology lab since his first year on campus, and “he’s a classic all-around good guy,” Fisk said.

Brett said he now looks at the work in the lab — finding new proteins that can be used as markers to detect disease — and his career in a different light.

“I enjoy the engineering and research side more than the medicine, but I really want to help people,” he said. “I’m thankful that I could make such a difference in someone’s life.”

Part of the donation protocol is strict privacy. Brett will never learn the outcome of the procedure unless the recipient decides to contact him, and that’s not allowed for at least a year following the procedure.

Brett did receive a preliminary update that his cells have begun building healthy cells in the recipient’s body. Another update is scheduled six to seven months after the transplant.

## RECEIVING

Brett may never meet the person who received his cells, but someone who knows how important a gift it is, firsthand, is Adele Howe. A professor of Computer Sciences, Adele passed the two-year

anniversary of her transplant in November.

Adele developed acute myeloid leukemia, a cancer of the blood, as the result of chemotherapy for breast cancer. She was diagnosed 18 months after the end of treatment.

“AML is very dangerous,” she said. “It can kill you in two weeks, so I was hospitalized within a week. A bone marrow transplant is the only treatment option.”

Adele was in the hospital for seven weeks to get into remission; the search for a donor took more than four months. It took three tries to find a suitable donor.

“In the first round, they couldn’t find two of the donors for additional testing, and another declined the medical exam,” Adele said. “In the second round, at the eleventh hour they discovered a serious mismatch that was not acceptable, and another potential donor had an infection at the time the donation was scheduled. They finally found an acceptable, but not perfect, match in Europe.

“Each time we thought we had a donor, I was just days from starting the chemotherapy that essentially wipes out your immune system so your body won’t reject the new cells.”

The actual transplant, performed in November 2011 at Presbyterian/St. Luke’s Medical Center in Denver, was almost anti-climactic, Adele said, just like a blood transfusion.

Because she had a brand-new immune system after the transplant, she had to stay in a special clean unit for another three weeks and then live within five minutes of the hospital for another two months. She had to undergo regular tests, limit her exposure to anything that could cause infection, and monitor to see if her new immune system began attacking her body.

But she was determined to spend Christmas with her husband and two children even if it meant everyone staying in a hotel in Denver.

## CSU community support

Adele credits the CSU community for making it possible for her to recover and to be back on campus.

“I had support from my entire department, from my department chair, the Dean of the College of Natural Sciences, the Provost and all my colleagues, who chipped in to help with everything,” Adele said. “I couldn’t be left alone once I left the hospital, so they put together an online signup sheet for sleepovers in Denver, as well as helping my husband with the kids and meals and everything. I couldn’t have done it without them.”

The department also helped Adele ease back into teaching while she still had to limit her exposure to large groups of people; she taught her first undergrad class this fall, and has had perfect blood work at every test.

“I have a different perspective on life now,” she said, beyond the physical effects



Computer Science professor Adele Howe is grateful to her donor in many, many languages. Photo by John Eisele/CSU Photography



Biomedical Engineering major Brett Baeverstad is happy that his cells are giving an anonymous recipient a chance at a new life. Photo by John Eisele/CSU Photography

of less strength and more fatigue. “I long for the days when I could take my life for granted. The myth that we all want to believe is that after something like this, everything goes back to normal. It doesn’t, but I’d like to help reduce the fear that others must face. With the support of your

community, there is life and hope.”

With the help of her colleagues, Adele wrote an elaborate thank-you letter in 15 languages, to be forwarded to the donor somewhere in Europe. She finally heard from her donor, a 22-year-old preschool teacher who lives in Germany, in March.

## LAURA'S LEGACY

The CSU connection to the National Marrow Donor Program runs deep. The first successful bone marrow transplant from an unrelated donor was received by the daughter of two alums in 1979. The dedicated efforts of Robert Graves ('54, DVM '56) and Sherry (Girmann) Graves ('57) on behalf of their daughter, Laura, resulted in federal funding and Congressional authorization for a registry of potential marrow donors in 1986.

Read the whole story in the Spring 2009 edition of *Around the Oval*, [http://issuu.com/alumni.colostate.edu/docs/a-oval\\_sp09/14](http://issuu.com/alumni.colostate.edu/docs/a-oval_sp09/14). And come to the Spring Registry Drive on April 22, 10 a.m.-2 p.m., on the Plaza and share some cells.



# EARTH WEEK EVENTS

Here are some highlights of the many environmentally friendly events and presentations set to mark this year's Earth Week on the CSU campus. Go to [green.colostate.edu/earth-week.aspx](http://green.colostate.edu/earth-week.aspx) for a complete schedule of events.

## Thursday, April 17

### Powerhouse Energy Campus Grand Opening

3-5 p.m.  
430 N. College Ave.

See the new home of all things energy at CSU. RSVP by April 14, online at <https://advancing.colostate.edu/POWERHOUSE-GRANDOPENING>, or to the Office of CSU Events (877). 498-7787.

## Monday, April 21

### John Fielder: Colorado Wilderness 50 Celebration

7-9 p.m.  
Griffin Concert Hall  
University Center for the Arts

CSU's Warner College of Natural Resources is proud to host renowned Colorado nature photographer John Fielder as he presents a celebration of the 50th anniversary of the Wilderness Act through his stunning photography of Colorado's wilderness. Sponsored by the Warner College of Natural Resources.

## Tuesday, April 22

### Earth Day Festival and Alternative Transportation Fair

10 a.m. – 2 p.m.  
West Lawn of Lory Student Center

The Earth Day Festival is a celebration of sustainability at CSU and in the community. Staff, students, and faculty are all welcome to the event. Live music, baked goods from the bakeshop, and much more will be at this year's festival, an opportunity to learn about more about the sustainability community at CSU. Sponsored by Housing & Dining Services, Live Green Team, Parking and Transportation Services and SEEAC.

### Biodiversity Ignite!

5 - 7 p.m.  
Avogadro's Number, 605 S. Mason St.

Biodiversity Ignite! is an evening of fun and informative five-minute talks that showcase and recognize the range of valuable biodiversity research being conducted at CSU. Please join us in celebrating the many important aspects of biodiversity across our planet. Sponsored by the School of Global Environmental Sustainability and the SoGES Biodiversity Working Group.

## Friday, April 25

### 2014 CSU Tree Campus USA and Arbor Day Celebration

9:30 a.m. – noon  
University Center for the Arts  
Celebrate Colorado State University's third year being recognized as a Tree Campus USA by the Arbor Foundation and help plant some new trees to keep the campus looking beautiful. Planting instruction will be provided by CSU Facilities and the Colorado State Forest Service. Sponsored by Center for Collaborative Conservation, Colorado State Forest Service, Forest & Rangeland Stewardship, Student Organizations, Warner College of Natural Resources.

### E-waste Collection/Compost Giveaway

1 – 3 p.m.  
Moby Arena parking lot  
Have you been holding onto some old or outdated electronics for a while and are not sure what to do with them? Bring them to the Compost Giveaway/e-Waste Collection on Friday, April 25, 1 p.m. – 3 p.m. The collection will be located on the far west side of the Moby Arena parking lot. Sponsored by Surplus Property.



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# How are CSU faculty and staff spending their tax refund this year?

By Sarah Sparhawk /photos by Shaylyn Boyle



"Paying for my kid's extracurricular activities -specifically my son's Japanese instructor."

Amy Young, Sociology



"For my wedding on August 9th"

Patrick Dorian, Anthropology



"I spent it on a Hyundai Tiburon, a car."

Ryan Malone, Library Help Staff



"I have to go to Montreal for a conference, so we will probably use the refund money to turn that into a family vacation. And if there is any left over, biking equipment for me."

Patrick Plaisance, Journalism

## COMMUNITY EVENTS

From page 1

CSU Day here in Fort Collins? Today we get a proclamation from the Governor sharing the love with the entire state.



### Spring Bone Marrow Registry Drive

April 22, 10 a.m.-2 p.m.

Lory Student Center Plaza

Stop by for a painless cheek swab and put your name on the potential donor list. See the story in this issue to see what might happen next.

### 11th annual Fast & Furriest 5K

April 26, 9 a.m.

CSU Oval

A family-friendly event for individuals and their furry friends of all ages and abilities. The race will feature chip timing on a certified course, doggie demos, awards, giveaways, a 1K fun-run for children, music, face painting, and more. Proceeds benefit animals in need of emergency or life-saving treatments through the Companion Care Fund at the Veterinary Teaching Hospital. Register at [www.active.com](http://www.active.com)



### Awards, Awards, Awards

April 28-30

The last week in April is when the CSU family takes time to recognize all the good work that goes on here on campus all year long. The Alumni Association will be honoring the 2014 Best Teacher Award recipients April 28, from 6:30 to 9 p.m., at the Drake Center, 802 W. Drake Road. Tickets are \$15 for Alumni Association members, \$20 for nonmembers and guests, and \$5 for CSU students. RSVP by April 21 to [advancing.colostate.edu/BESTTEACHERAWARDS2014](http://advancing.colostate.edu/BESTTEACHERAWARDS2014) or call (970) 491-6533.

**Celebrate!** Colorado State Awards will be presented to all faculty, staff and students who have earned acclaim this academic year on April 29, 3-5 p.m. in the Lory Student Center Theater; no tickets required. Faculty and staff celebrating significant years of service with CSU will be recognized at the **Celebrate!** CSU Milestones event, April 30, 4-6 p.m. in the Hilton Fort Collins ballroom, also a free event.

### President's Community Lecture Series

April 30, 6:30 p.m.

Lory Student Center North Ballroom

University Distinguished Professor Diana Wall will present "Lessons from an Antarctic Desert: The hidden world and response to climate change," that will delve into the depths of Antarctica's dry valleys - including Wall Valley, which bears her name. The event is free and open to the public, but tickets are required and available at <https://advancing.colostate.edu/PRESLECTURESERIESAPR14>.

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Activ. Fee: May req. \$36/line. Credit approval req. **Early Termination Fee** ([sprint.com/etf](http://sprint.com/etf)): After 14 days, up to \$350/line. **IL Port-in Offer:** Offer ends 4/10/2014. \$100 port-in credit for smartphones, feature phones, Sprint Phone Connect and mobile broadband devices. Available only to eligible IL accounts with valid Corp. ID. Requires port-in from an active number (wireless or landline). Service credit request must be made at [sprint.com/promo](http://sprint.com/promo) within 72 hours from the port-in activation date or service credit will be declined. Ported new-line must remain active for 31 days to receive full service credit. You should continue paying your bill while waiting for your service credit to avoid service disruption and possible credit delay. Other req. may apply for installment customers. See store or [sprint.com](http://sprint.com) for details. Excludes tablets, upgrades, replacements, and ports made between Sprint entities or providers associated with Sprint (i.e., Virgin Mobile USA, Boost Mobile, Sprint As You Go and Assurance), all CL and plans with a Monthly recurring charge of \$10 or less. **Port-in Payment Expectations:** Service credit will appear in adjustment summary section at account level. If the service credit does not appear on the first or second invoice following the 31st day, visit [sprint.com/promo](http://sprint.com/promo) and click on "Where's my Reward?" to check the status. **IL Discount:** Available for eligible company or org. employees (ongoing verification). Discounts subject to change according to the company's agreement with Sprint and are available upon request for monthly svc charges on select plans. Discount only applies to data buy-ups/add-ons, Business Advantage Plans (CL), Talk 450, Talk Share 700 and Direct Connect Only Plan. **Other Terms:** Offers and coverage not available everywhere or for all devices/networks. May not be combinable with other offers. Restrictions apply. See store or [sprint.com](http://sprint.com) for details. ©2014 Sprint. All rights reserved. Sprint and the logo are trademarks of Sprint. Android, Google, the Google logo and Google Play are trademarks of Google Inc. The HTC logo, and HTC One are the trademarks of HTC Corporation. Other marks are the property of their respective owners.



# ENTERTAINMENT CALENDAR

## Theater

### The Tempest by William Shakespeare

Through April 26,  
8 p.m.; 2 p.m. Sunday matinees  
OpenStage Theatre in the  
Magnolia Theatre - Lincoln Center  
Tickets: \$18-\$28

In Shakespeare's beloved fantasy, en-  
chantment, humor, and justice entwine  
to tell one of the Bard's final tales about  
embracing a brave new world.

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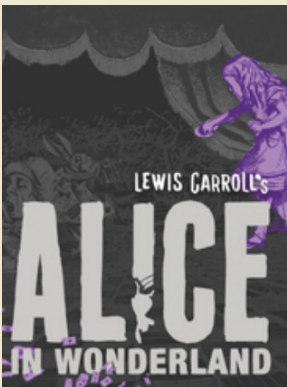
### I, Claudia by Kristen Thomson

Through May 4, 7:30 p.m., 6:30 p.m.  
Thursdays; Sunday matinees at  
2:30 p.m. except April 20.  
Bas Bleu Theatre, 401 Pine St.  
Tickets: \$17-\$25

"I, Claudia" charts the raw but beauti-  
ful interior world of a misfit adolescent  
through four characters performed by  
one actress in masks.

[basbleu.org](http://basbleu.org)

### Alice in Wonderland



April 24-27, May  
1-4, 7:30 p.m.,  
matinees April  
26-27, May 3-4,  
2 p.m.  
University Center  
for the Arts

Tickets:  
\$8/CSU students  
and under 18,  
\$18/adult

A new stage adaptation of the book by  
Lewis Carroll. Directed by Eric Prince,  
with music by David Hörger.

This world premiere of a new stage  
adaptation of one of the most cherished,  
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a dazzling, vibrant theatrical experience.  
Faithful to the original tale, this production  
will surprise and excite the senses in  
multiple dizzying ways and bring the  
wonder of Alice's wonderland back to  
life.

A Mad Hatter's Tea Party reception will  
be hosted by Friends of the UCA in the  
Griffin Lobby before the April 26 matinee  
for all performance attendees.

[csuartstickets.com](http://csuartstickets.com)

## Art & Literature

### Friends of the Libraries Authors Series

Apri 16, May 5, 7 p.m.  
Hilton Fort Collins  
425 W. Prospect Road  
Free admission



Novelist Hannah Kent will bring her  
historically based *Burial Rites* to the Hilton  
on April 16. On May 5, Elizabeth Silver  
will present her novel, *The Execution  
of Noah P. Singleton*. The Evening  
with an Author Series is presented by  
Friends of the CSU Libraries, the Poudre  
River Friends of the Library, City of Fort  
Collins Fort Fund, and KUNC radio; Old  
Firehouse Books will have copies of the  
books for signing sale at the event.

### MFA Thesis Exhibition

April 11-May 17, opening reception April  
11, 6 p.m.  
First Friday extended hours May 2, 6-8 p.m.  
University Art Museum  
Free admission

This annual show marks the culmination  
of a three-year degree program in  
the visual arts that fosters individual  
research and creative studio practice.  
This year's exhibition features the work  
of Jennifer Brakefield, Deborah Craven,  
Rachel Davis, Michael De La Cruz, Maria  
Hettinga, Charles Luna, Michael McGee,  
Jennifer Titone, and Eleanor Wilson.

### Poetry Reading and Seminar: Robert Hass & Brenda Hillman

April 24-25, 7:30 p.m.  
Lory Student Center North Ballroom  
Free admission

## Music & Dance

### Percussion Ensemble Concert

April 12, 6 p.m.  
Instrumental Rehearsal Hall  
University Center for the Arts  
Tickets: Free but seating is limited; tickets  
required

The CSU percussion ensemble performs  
contemporary works for a variety of  
percussion instruments, as well as  
Reconcilable Differences for marimba  
soloist, CSU faculty Eric Hollenbeck.  
Featuring members of the Vastanta  
percussion quartet and a performance by  
special guest Brian Zator.

[csuartstickets.com](http://csuartstickets.com)

### The Power of Bruckner

University Symphony Orchestra Concert  
April 29-30, 7:30 p.m.  
Griffin Concert Hall  
University Center for the Arts  
Tickets: \$7 CSU students, \$1 under 18,  
\$12 adults

Anton Bruckner's 5th Symphony is filled  
with emotions ranging from sweet to  
volatile, from a whisper to explosions  
of unison force. This performance  
concludes the UCA's 5th Anniversary  
Season of 5ths.

[csuartstickets.com](http://csuartstickets.com)

### Party Boys of the Century

May 7, 7:30 p.m.  
Griffin Concert Hall  
University Center for the Arts  
Tickets: Free for CSU students, \$12  
adults, \$1 under 18

Third-wave ska: Irish-inspired punk and  
down-tempo reggae to funk and ska  
punk. The Contemporary Artists Music  
Series is made possible by the generous  
support of Bohemian Foundation.

[csuartstickets.com](http://csuartstickets.com)





# Classified staff appreciation, representation fuels the engine of the CSU school bus

By Debra DeVilbiss

State Classified staff are the engine that keep the CSU school bus running. In addition to employees in trades, facilities, and housing and dining, many State Classified employees are in academic departments, business and finance, sponsored programs, HR, and student services. They ensure that the business of the university gets done. Without the dedicated follow-through of State Classified personnel, this school bus would grind to a halt.

The Classified Personnel Council (CPC) knows that for an engine to run, it needs fuel. Appreciation is one kind of fuel they can provide to the University, so every effort is made to create events and support structures that demonstrate how much our State Classified staff is valued.

The most welcomed annual event is a hot August afternoon ice cream social amongst the beautiful flowers by the gazebo in the CSU Trial Gardens. Who could possibly turn down a photo with CAM the Ram? You may have also attended the Veterinary Teaching

Hospital's Employee Appreciation Day this past November. That event was a joint effort between CPC and the Administrative Professional Council (APC) to promote employee appreciation, and to share the vet hospital with the CSU community.

Another type of fuel is representation. CPC represents State Classified issues to the VP of Operations, Amy Parsons, on a monthly basis, bringing staff concerns to her direct attention. CPC members serve on 16 standing University committees at CSU, and also send representatives to the Statewide Liaison Council to meet with representatives from other Colorado universities to discuss common issues and gather new ideas for serving our constituents. CPC invites governmental representatives to the monthly meetings. For example, state Rep. Randy Fischer was at the November meeting.

Anyone can attend a CPC meeting, so check it out! For more information, past meeting minutes and the schedule, please visit: <http://cpc.colostate.edu/>



An ice cream social in the Trial Gardens is just one way the Classified Staff Council shows appreciation for all CSU employees do. *Photo courtesy CPC*

## Trial Gardens

From page 1

competition. “We have to have at least 10 entries in a category to judge the plant,” Klett said. Each category is judged on overall plant growth, number of flowers, uniformity, and if there was any disease or insect problems with the plant.

Judges include growers, seed and vegetation companies, master growers, and parks personnel. Once the best of the categories are chosen, a final best-of-show plant is chosen as the top plant of the entire season. The plants are judged approximately a month later to determine if their success was sustaining.

This year's Best of Show winner is Lantana ‘Lucky Sunrise Rose,’ announced earlier this month.

For more information about the trial gardens, or the results of past trials, visit [www.flowertrials.colostate.edu](http://www.flowertrials.colostate.edu).



Larimer County master gardener Craig Seymour helps with the flowers in the greenhouse before they are planted at the Trial Gardens, above.



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# Ask Dr. Jenn

## Why does it hurt to take back your maiden name?

**Q.** *I am recently divorced and have been experiencing a lot of very difficult emotions. For example, I changed my name back to my maiden name after 21 years. This was one of the hardest things I've had to do. One of my friends said I should be happy and relieved to have my old name back. She doesn't understand why this upsets me so much. Is there something wrong with me that I am so upset at having changed my name back to my maiden name?*

**A.** Divorce is a common loss in our society. When someone we love dies, we expect it to be very painful and difficult to overcome. We expect non-death losses to be less painful, less confusing and less difficult, but this is often not the case. Divorce for many people can be an extremely raw, sorrow-filled, and disorienting loss. Divorce is not one loss but a series of very deep hurts -- from the loss of a sense of safety to financial insecurity, or the loss of the fantasy of a happy future with the person you married.

### Identity Crisis

In addition to losing a partner, lover, companion and housemate, you may experience the loss of your own identity and a sense of who you are in the world. Changing your married surname back to your maiden name is not only a loss of identity, it is also a very tangible indicator of the losses associated with the divorce. The change of your name requires a series of time-consuming forms to fill out and submit in very formal settings. It also requires you change how you sign, type and say your name from now forward. Every time you see or say your new name it is a painful reminder of the disappointment of the divorce itself as well as the months and years leading up to the divorce that probably continue to hold deep sadness for you.

There is no doubt that divorce brings with it some level of an identity crisis. While taking your new husband's name 21 years ago may have felt exciting and joy-filled, having it removed and replaced with the name you had growing up can make you feel all sorts of confusing and sometimes bad feelings. Some women say they don't know who they are anymore after a divorce. Their identity had long ago become that of a wife, partner, spouse, and they had come to cherish that new sense of self.

Socially, women are often elevated in status when they marry; therefore they sometimes sense a loss in social status related to their divorce and subsequent name change. They may be concerned that some people will have difficulty remembering their changed name and feel embarrassed when others mistakenly use their married name. They become deeply saddened at the thought that their

children will no longer share their last name, and this is a harsh blow to their sense of what it means to still be a family despite the dissolution of the marriage.

While no one can know exactly what it is like to be you in this situation, someone close to you should be able to imagine how disorienting it would be for you to have suddenly changed your name under circumstances that were not entirely of your choosing. When you have friends who say things that are insensitive or hurtful to you when you are grieving, it can be feel doubly painful.

I would encourage you to honor your hurt feelings and don't ignore them. Start by thinking about what your friend was intending when she said something hurtful to you. Was she intending to be hurtful and insensitive? If not, perhaps you can let it go.

### Practice before you speak

If you feel as though you would benefit from addressing her insensitivity directly, though, practice how you will gently bring it to her attention before saying something. Try saying something like, "Remember the other day we were talking about me changing my name and how hard that is for me? I know you didn't mean to, but my feelings were hurt when you said I should be happy to be rid of it and have my own identity back. I'm actually not happy about any of it yet, and it might take me longer than you like for me to get there. What would have helped me more is if you had said, 'I'm so sorry you are so sad' and then let me cry about it a little."

If she is a good friend, she will receive this with the same grace in which it was delivered by you. A simple repair of an unintentional hurt like this actually strengthens the bonds of friendship and allows you both to trust each other even more. You need good friends during a time of loss and grief, so don't dismiss her if she can repair the hurt she caused.

If you or someone you love is struggling with a non-death loss like divorce, come see one of our therapists at the Center for Family & Couple Therapy in the Gifford Building. We are part of the Commitment to Campus benefit; the university pays for half of your session fees (after you have utilized your Employee Assistance Program benefit). Call us at (970) 491-5991 or email us at [cfct@colostate.edu](mailto:cfct@colostate.edu) to set up a confidential appointment.

*Jenn Matheson is an associate professor of Human Development and Family Studies and the director of the Center for Family and Couple Therapy. She will respond to questions from the CSU community focused on relationships on a regular basis in CSU Life. If you have a question or topic for Dr. Jenn, email her at [cfct@colostate.edu](mailto:cfct@colostate.edu).*



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# Museum of Discovery

## Explore critters and creatures in new exhibit



Do the waggle dance! CSU veterinary student Laura Clough and zoological medicine intern Julia Katzenbach make like honeybees in the hive display at the Fort Collins Museum of Discovery.



Handling creatures like this tarantula or a gecko (below), is an art, explains Dr. Matt Johnston, veterinarian at CSU's James L. Voss Veterinary Teaching Hospital.



By Rachel Greiss

At the Fort Collins Museum of Discovery, veterinary service learning means examining animals that many people would rather see than feel: endangered ferrets, salamanders, tarantulas and even a python named “Slinky.” But caring for creepy-crawlies is all in a day’s work for vet students learning about avian, exotics and zoological medicine in CSU’s renowned veterinary school.

Students helping with the display said their efforts are a way to contribute to the community and to veterinary medicine.

“Exhibits like this can definitely inspire a child into deciding what they want to do when they grow up,” said Laura Clough, a fourth-year student in the CSU Professional Veterinary Medicine Program. “Being face-to-face with these types of creatures allows kids to discover something new and to develop a profound connection with different species. It teaches them a sense of compassion for all living things that they can’t learn anywhere else.”

Three of eight colleges on the CSU campus are contributing expertise to the museum’s new collection of amphibians, arthropods, fish, mammals and reptiles: the College of Veterinary Medicine and Biomedical Sciences, Warner College of Natural Resources and the College of Agricultural Sciences.

The team of students and faculty clinicians from the James L. Voss Veterinary Teaching Hospital will visit regularly to examine and care for the animals. The live animal exhibit is the first of four new in the permanent exhibits planned at the museum at College Avenue and Cherry Street, across from CSU’s new Powerhouse Energy Campus.

“This new exhibit provides our veterinary students with the opportunity to get out and do something for their community,” said Dr. Matt Johnston, associate professor of zoological medicine. “The museum has brought animals to the Veterinary Teaching Hospital in the past, but this larger exhibit lets us come to them. It allows us to fulfill our missions of education and outreach.”

Before the opening of the exhibit in March, Johnston walked with students, posing questions and urging aspiring veterinarians to think critically about caring for animals they might never have seen up-close, like the endangered black-footed ferret.

“I am so grateful and excited to have these types of opportunities readily available to me,” Clough said. “Dr. Johnston gives his students the chance to really engage in interesting cases. Every day, I get to fully experience and learn something new.”



Veterinary students Nina Garbino and Laura Clough check out Slinky the python.



# The truth about coconut oil

By Melissa Wdowik

Part of the traditional Southeast Asian diet, coconut oil has taken our country by storm. It is sometimes hailed as a superfood and sometimes criticized as a fad. What is the truth behind this tropical food?

Coconut oil is a fat taken from coconut flesh. Coconut oil comes from dried coconut treated with chemicals to produce the oil, which is used in movie theater popcorn, coffee creamer and candy. Virgin coconut oil is a more recent alternative: This fat is extracted from coconut meat in a multistep process. Both contain saturated fat, the “bad” fat that raises levels of total cholesterol and LDL, the “bad” cholesterol.

But not all saturated fats are created equal. Sixty percent of coconut oil fat is composed of medium-chain triglycerides, also called MCTs, while other oils contain mostly long-chain triglycerides, known as LCTs.

MCTs are metabolized differently than LCTs; they are transported directly from the digestive tract to the liver, where they are used as fuel. They are less likely to be deposited into fat tissue. This makes coconut oil a popular weight-loss product.

But is it effective?

Only if you watch your calories and keep them low — coconut oil calories are still stored as fat once your body’s fuel needs are met. At 120 calories per tablespoon, nobody is going to lose weight by adding this to their typical diet. The bottom line: Skip the coconut oil, eat less and move more.

## Other recent claims

**Alzheimer’s disease?** A popular book describes a man whose Alzheimer’s symptoms improved dramatically after eating coconut oil (and MCT oil) daily. Theoretically, the Alzheimer’s-diseased brain can use ketones produced from MCTs to replace the glucose it is no longer able to use, but the few studies done have been poorly designed and inconclusive. The bottom line: More research is needed.

**Heart disease?** Research participants fed coconut oil or pure MCTs showed an increase in LDL and total cholesterol, but also an increase in HDL (good) cholesterol, which offers protection against heart disease. Unfortunately, an increase in HDL when LDL also increases probably does not lower the risk of disease. The bottom line: Vegetable oils



such as olive oil still are recommended because they increase HDL while also lowering LDL.

**Best oil for cooking?** For a vegan or anyone limiting animal products, coconut oil is a tasty butter replacement. For others, it adds a unique flavor to food and can be used instead of shortening for baking. It also gives food a unique texture and cooking characteristics. The bottom line: Enjoy coconut oil in small amounts if you like the taste or texture, but be wary of its touted health benefits.

Take a cue from the Pacific islanders who consume coconuts on a regular basis. Enjoy coconut oil as part of a diet that is low in sugar, cholesterol and salt; high in fiber, plant foods and fish; and part of a physically active lifestyle.

*Melissa Wdowik is an assistant professor at Colorado State University in the Department of Food Science and Human Nutrition and director of the Kendall Anderson Nutrition Center.*



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# CSU COOKS

“Food for the body is not enough. There must be food for the soul.” - Dorothy Day

## Red, White, and Green Salad



As a Colorado State extension specialist for more than 30 years, Pat Kendall developed a reputation as one of the top experts in the country in food safety education. From 1997-2000, Kendall also served as associate head, interim head, and graduate programs coordinator for the Department of Food Science and Human Nutrition, eventually joining the College now known as Health and Human Sciences as associate dean for research in 2009. She retired in 2013.

Kendall's weekly column, *Nutrition News*, appeared from 1976 to 2006 in close to 30 newspapers in Colorado, including the *Fort Collins Coloradoan*, the *Denver Post*, and the *Rocky Mountain News*. A conversation with Kendall offers insight into how our knowledge of nutrition, behavior, and eating habits has evolved throughout the decades. “Childhood obesity wasn’t a problem when I started writing the column, but has become a challenging issue for society today,” she points out.

Pat gives us a delicious and nutritious salad for the beginning of spring.



### Ingredients

#### Salad:

- 4 cups torn mixed greens and/or baby spinach
- 2 Tbsp. thinly sliced red onion pieces
- 1 cup sliced fresh strawberries
- ½ cup crumbled feta cheese
- ¼ cup toasted sliced or slivered almonds

#### Dressing:

- 3-5 strawberries (chopped)
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 tsp. honey or brown sugar (to taste)

### Directions

1. To prepare dressing, combine 3-5 chopped strawberries with a dash of balsamic vinegar in blender and puree until smooth. Pour pureed strawberries into a small bowl, add remaining balsamic vinegar, olive oil and honey or brown sugar. Wisk until smooth.
2. To prepare salad, combine torn greens, onion, strawberries, feta cheese and almonds in 4 individual salad bowls or in one large bowl. Toss.
3. Add dressing just before serving.

#### Variations:

- Goat, blue or gorgonzola cheese substitute well for the feta cheese.
- Toasted and/or honey glazed pecans or walnuts substitute well for the almonds.
- For variety, add thinly sliced red peppers, sliced mushrooms, or other favorite vegetables.
- Use any favorite balsamic vinaigrette dressing for the prepared dressing.

Nutrition Information per ¼ recipe (approximately 1 ½ cups):

This salad provides 125 calories per serving (200 with dressing), 5 grams of protein, 11 grams of carbohydrates and 8 grams of fat (23 grams with dressing). It also provides 50 percent of your daily recommended intake of vitamins A and C, 18 percent of recommended calcium intake, and 10 percent of recommended fiber and iron intake.



# PET HEALTH

## Pets need good dental care, and that requires general anesthesia

By Dr. Camille Torres-Henderson

Dental disease is one of the most common problems identified during an exam at the veterinary office.

Signs of dental disease, which pet owners may notice, include yellow or brown tartar build up, bad breath, difficulty chewing or bleeding from the gums after chewing. These are signs of bacteria and inflammation.

To address this condition, your veterinarian will recommend a dental cleaning. Because our pets cannot understand what we are asking of them, it is impossible to perform a thorough oral exam or dental cleaning while the pet is awake.

Anesthesia is required for a proper dental cleaning for your pet. While your pet is under anesthesia, an ultrasonic, sonic or hand scaler will be used to clean all sides of the tooth, both above and below the gum line.

### Preventing periodontal disease

Cleaning below the gum line is one of the most important steps of the procedure because this is where bacteria lurk, gradually breaking down the attachment between the tooth and the bone – the condition known as periodontal disease.

According to the American Veterinary Medical Association, periodontal disease is the most common clinical condition in cats and dogs even though it's completely preventable. That's significant because the condition can lead to tooth loss and can damage the heart, kidneys and other internal organs, negatively impacting overall pet health.

After cleaning with a scaler, the teeth are polished to smooth out microscopic scratches from the scaler.

### Home dental care

Home dental care is recommended to help maintain oral health in between cleanings. This may involve brushing the teeth of your dog or cat, one of the most effective ways to maintain oral health; use of a chlorhexidine oral rinse; and possible dental diets, with textures that provide a cleansing effect.

For tips on brushing pet teeth, watch this AVMA YouTube video. [www.youtube.com/watch?v=wB3GIAGrTPE](http://www.youtube.com/watch?v=wB3GIAGrTPE)

### The need for anesthesia

We recommend that pet dental cleanings be performed with anesthesia. In fact, veterinarians must intubate and anesthetize pets for dental procedures – including cleanings – for their hospitals to earn or maintain accreditation from the American Animal Hospital Association (AAHA), according to a mandatory standard adopted in August 2013.

“The guidelines state that general anesthesia with intubation is necessary to properly assess and treat the companion animal dental patient,” AAHA President Kate Knutson explained. “Because AAHA practices are expected to uphold the highest level of veterinary excellence, AAHA’s leadership felt it necessary to update this dental standard so that they reflect best practices outlined in the guidelines.”

Those of us at the Colorado State University Veterinary Teaching Hospital agree with the standard, in part because pets undergoing dental cleaning without anesthesia would move during scaling; scalers are sharp instruments, so an inadvertent poke would cause trauma and pain in the oral tissues.

Without anesthesia, the pocket below the gum line and the inside part of the tooth, closest to the tongue, could not be adequately cleaned; this would result in progression of dental disease, along with possible tooth loss and chronic pain.

Note that only licensed veterinarians, or technicians working under the direct supervision of licensed veterinarians, are legally permitted to perform pet dental services.

If you have questions about pet dental care, or the standards for that care, be sure to ask your veterinarian! Good oral health contributes to good overall health.

Dr. Camille

Torres-Henderson is a veterinarian with the Community Practice service at Colorado State University’s James L. Voss Veterinary Teaching Hospital. Community Practice provides general care, wellness care and treatment for minor injuries and illnesses for pets.



### MEET JABBER!



Jabber, a 1-year-old male Silkie chicken, has soft and fluffy black feathers. Silkies are considered an exceptional pet because of their calm and friendly temperaments. This good-looking fellow can be your feathered friend for \$5, but only outside the Fort Collins city limits.

To visit with featured pets or any other adoptable animals, stop by Larimer Humane Society at 6317 Kyle Ave. in Fort Collins. The Shelter is open 11a.m.-7p.m. Monday through Friday, and 10a.m.-5p.m. Saturday and Sunday. For more info, call (970) 226-3647 or visit [larimerhumane.org](http://larimerhumane.org).



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# LOOSE LEAF<sup>TM</sup>

## AMERICAN SESSION ALE



*You know those epic days that start with an idea, turn into a dare and end with a great story to tell? This is the beer for those days. Crisp and refreshing like any respectable session ale, but a bit more hop-forward and flavorful than some. Perfect for going with the flow.*

4.5% ABV

ODELL BREWING CO.  
FORT COLLINS, COLORADO