Sonny Lubick Field to live on at new on-campus stadium

By Tony Phifer

The name “Sonny Lubick Field” will continue at Colorado State University’s new on-campus stadium when it opens for the 2017 season, thanks to the university’s second $20 million gift announced in one month.

“We are thrilled to continue to honor the legacy of one of the true greats in Colorado State history,” said Colorado State President and CSU System Chancellor Tony Frank at the official announcement on March 25. “Coach Sonny Lubick showed CSU how to win and be competitive at the highest levels – and in doing so, he helped set a trajectory that continues to this day. Sonny means so much to our community; it’s wonderful to honor him in this way.”

A donor wishing to remain anonymous has committed $20 million over the next 30 years to transfer the name “Sonny Lubick Field” from Hughes Stadium to CSU’s new multi-purpose on-campus stadium. The announcement was made at a special community celebration for the kickoff of spring football at CSU.

The Lubick legacy

Colorado State Athletics Director Joe Parker lauded the naming of the field. “This generous gift is a testament to Sonny’s deep roots in Fort Collins. He brought humanity, heart and excellence to Rams Athletics and has continued to serve our university and community as an educator, ambassador and tireless champion. We are thrilled to recognize that legacy at the new stadium.”

Lubick, who led the Rams to six conference titles and nine bowl games and is one of the winningest coaches in

CSU celebrates Earth Week

By: Courtney Deuschle

Colorado State University is and has always been proud to be a green campus. We focus on sustainability more than any other university in the nation, proven by our platinum STARS rating (Sustainability Tracking, Assessment & Rating System). Since CSU received this phenomenal rating, we have continued to step up our initiatives when it comes to educating the world about how to treat our beautiful planet. Every year when earth day comes around, we like to spend a whole week celebrating our earth with several different festivities.

“Earth Week is a wonderful opportunity for CSU to demonstrate the breadth and depth of our commitment to sustainability. From tree planting to student research showcases to the festival featuring dozens of campus and community organizations, Earth Week is a celebration for the entire campus community,” said Tonie Miyamoto, co-chair of the President’s Sustainability Committee.

Events details on page 4.

Also check out our brand new State of Sustainability webpage that showcases what makes CSU so green http://green.colostate.edu/

See Earth Week on page 4

INSIDE:

SECRET LIFE: WhiteCatPink

page 14

PREPARING FOR SPRING PLANT SALE

page 4

How do you commute?

page 16
Athletics/College of Liberal Arts

Albert Bimper has received the LeRoy T. Walker Young Professional Award from SHAPE America. The award is given to a minority member of the organization 40 years old or younger who has demonstrated superior promise in the areas of service, teaching, scholarship and commitment to under-represented and/or underserved populations and promotion of social justice and diversity. As both an assistant professor in the Ethnic Studies Department and the senior associate athletic director for diversity and inclusion in the Athletics Department, Bimper promotes diversity and inclusion in every dimension of his career. Bimper teaches “African Americans in Sports” as well as in the Denver Broncos Sport Management Program.

Colorado Humanities and Center for the Book announced that Children of Katrina, co-authored by Lori Peek, has been named one of three finalists in the Colorado Book Awards for general nonfiction. Peek, an associate professor in the Department of Sociology, and Alice Fothergill of the University of Vermont co-wrote the book about how youth responded to Hurricane Katrina. A book reading with Peek and other finalists is scheduled for 7 p.m. on April 22 at the BookBar, 4280 Tennyson St. in Denver.

College of Health and Human Sciences

A cocktail dress created by Diane Sparks of the Department of Design and Merchandising and Kinor Jiang of the Hong Kong Polytechnic University has been selected for permanent display in the China National Silk Museum. Their jointly created work has been exhibited all over the world, including the Philippines, Hong Kong, Hawaii, Canada, and the United States.

Housing & Dining Services

Andrea Bazoin of the Ramcard Office has been named an Everyday Hero by the Classified Personnel Council. Bazoin is admired by her colleagues for always staying calm and collected, even under very stressful situations. She is wonderful with customers and staff. She has patience, a great attitude and provides great customer service. She treats everyone with respect and likes to laugh. Bazoin has been at CSU for five years. She started at the Access Center with the Alliance Partnership before coming to the Ramcard Office.

The Housing/Apartment Zone ES staff has been recognized by the CSU Employee Appreciation Board. The crew is responsible for cleaning the apartments of vacating residents and keeping the Event Centers cleaned in all three areas. They also do emergency customer calls. When there are staff shortages, the staff takes turns going into the residence halls, dining center and swing shift to help out.

Kelly Hixson, supervisor, said this about her hard-working staff: "This is one of the hardest working staff within Housing. No matter what I or the department have thrown at them they have stepped up to the challenge, usually exceeding our expectations. These people are awesome and deserve some special recognition."

The CSU EAB is a volunteer board composed of representatives from across campus and meets monthly during the academic calendar to discuss and plan employee recognition events.

CSU LIFE ADVERTISING

Want to promote your business through CSU Life? Contact Kim Blumhardt at kim.blumhardt@collegian.com or (970) 491-1146

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.
“FIVE MINUTES SAVED MY LIFE.”

Who’s on your team matters. It has for Holly.

A 3-D mammogram detected what Holly’s self-exams did not – breast cancer. Through a treatment plan by our compassionate oncology team, Holly doesn’t regret the five-minute screening that saved her life.

Compared to a traditional 2-D mammogram, we may detect breast cancer 40 percent sooner with 3-D mammography. Early detection leads to more options and better outcomes for you. Hear Holly’s story and schedule your screening today at uchealth.org/3Dmammo.

Same-day appointments are often available.
By Courtney Deuschle

It’s true what they say: April showers bring May flowers. This year it’s more like April snowstorms bring May flowers. Thanks to the students in the horticulture program at Colorado State University, students at Front Range Community College and the Gardens on Spring Creek in Fort Collins, the annual Spring plant sale is well underway and just in time for Mother’s Day.

This is the sixth year that this partnership has come together to run the plant sale. Each year, the sale brings in funds that support student programs. “These programs provide students with practical experience in the greenhouses. I step back and let the students run and coordinate the whole thing,” said Steven Newman, Horticulture and Landscape Architecture and Greenhouse Crops Specialist.

The annual sale is the largest fundraiser for the city gardens. The students work with the gardens to decide what to grow. The students then grow and maintain the plants, bring them to the sale and then help run the sale. “No matter the weather — rain, snow or shine — we always have record-breaking sales every year,” says Sherry Fuller, coordinator for the Gardens on Spring Creek.

The sale will feature a wide variety of plants such as annuals, perennials, vegetables, herbs, succulents, native plants and many more. A full plant list will be available soon on the Gardens of Spring Creek website, www.fcgov.com/gardens.

The plant sale will be held at the gardens over Mother’s Day weekend, May 6 - 8.

Photos by Kyle Deuschle
NEED ACCESS TO THE CITY IN YOUR POCKET?

Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at fcgov.com, or download the free mobile app.
**Mindful Drop-in Group**
Every Wednesday 12:10-1 p.m., LSC 304
Last meeting of the semester May 4

**Cuba in Transition: Culture and Society during Changing Times**
April 15, 9 a.m.-6:15 p.m.
Morgan Library Event Hall
The Latin American and Caribbean Studies Program is organizing a special symposium on “Cuba in Transition.” The symposium will feature a talk by Amalia L. Cabezas on “Selling Sex in the City: Havana” and the art of Anselmo Febeles. Free and open to the public.

**CSUnity 2016**
April 16, 10 a.m.-2 p.m.
A rich CSU tradition, CSUnity is an event where thousands of students engage in a one-day volunteer plunge serving businesses, government agencies, nonprofits, and local residents. Sponsored by SLiCE (Student Leadership Involvement & Community Engagement)

**I Love CSU Day**
April 18
Who doesn’t?

**CURC Showcase**
April 18, 10:30 a.m.-1:30 p.m.
Lory Student Center Ballroom
Celebrate Undergraduate Research and Creativity in research, service-learning, writing, art and oral presentation at this annual juried showcase, with awards from the Office of the Vice President for Research. New this year is the Diversity and Social Justice Award sponsored by the Graduate School. Awards ceremony April 25, 7 p.m. in the LSC Ballroom.

**Day of Giving**
April 21 | giving.colostate.edu
Show your love during the annual Day of Giving, when supporters are encouraged to donate to CSU.

**CSU Remembrance Ceremony**
April 25, 4-5 p.m.
Front steps of Administration Building on the Oval
Join members of the Ram Family in this annual ceremony to celebrate the lives of those who have passed away in the past year.

**CompTIA Distinguished Lecture**
April 18, 11 a.m.-noon
Morgan Library Event Hall
Muriel Médard, the Cecil H. Green Professor in the Electrical Engineering and Computer Science Department at Massachusetts Institute of Technology, will discuss “Network coding - a personal account of combining theory and practice.”

**Best Teacher Awards**
April 18, 5:30 – 8 p.m.
Lory Student Center Theatre
www.csu.colostate.edu/best-teacher-awards/
The Alumni Association recognizes outstanding Colorado State University educators each year with the Best Teacher Awards. The teachers are nominated by students and alumni, and are selected by a committee of faculty, students, and members of the Alumni Association Board of Directors.

**Celebrate! Colorado State Awards Ceremony**
April 19, 3-5 p.m.
Lory Student Center Ballroom
The best of CSU will be honored.

**Game Day Operations**
April 19 | LSC 386
1-2 p.m. Classified Personnel
2:30-3:30 p.m. Administrative Professionals
4-5 p.m. Faculty
A presentation of proposed framework for managing multimodal traffic, parking and tailgating for the new on-campus stadium.

**Day of Giving**
April 21 | giving.colostate.edu
Show your love during the annual Day of Giving, when supporters are encouraged to donate to CSU.

**CSU Remembrance Ceremony**
April 25, 4-5 p.m.
Front steps of Administration Building on the Oval
Join members of the Ram Family in this annual ceremony to celebrate the lives of those who have passed away in the past year.

**Collegiate Competition**
April 27, 9 a.m.-7:30 p.m.
Lory Student Center A Ballroom
www.csu.colostate.edu/ventures/venture-symposium/
The Institute for Entrepreneurship hosts the third annual Collegiate Challenge, a business pitch competition for student entrepreneurs from universities across the intermountain west to compete for $25,000 in cash prizes. The Challenge also includes the CSU Ventures Innovation Symposium, where grad students and post docs have the opportunity to present their cutting-edge work in an environment that fosters stimulating and entrepreneurial thinking. Learn more about the groundbreaking research happening across campus in four categories: engineering, creative works, life science, and physical science. Prizes in each category and a Best-in-Show competition.

**Celebrate! CSU Milestones**
April 28, 4 p.m.
LSC Grand Ballroom
Employees who have achieved significant anniversaries of service with the University will be recognized for their accomplishments.

**Green and Gold Gala**
April 30, 5:30 p.m.
The Westin Denver International Airport
alumni.colostate.edu/gala/
The Green & Gold Gala is Denver’s premier celebration of Colorado State University and a fundraiser for the Metro Denver Scholarship endowment, presented by the Colorado State University Alumni Association. Black tie optional.

**Cinco Cinco 5k Run/ Walk & Kids’ Fun Run**
May 7, 8 a.m., registration 7 a.m.
CSU Oval
www.cincocinco.colostate.edu/
This year marks the 23rd anniversary of the Cinco-Cinco 5k Run/Walk, presented by Badhuis & Schanker Cares Foundation. The event raises scholarship funds for deserving students at Colorado State University; over 100 scholarships have been awarded to date. Entry fee, which includes a t-shirt, is $25 for individuals, $22 for students and teams of 3 or more, and $19 for CSU students living on campus and ages 65+. All registration categories are $30 on race day. No cost for the Kids’ Fun Run for children 8 and younger.

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**HUMAN RIGHTS FILM FESTIVAL**
April 15-22, 2016
www.actfilmfest.org/tickets-on-sale-now
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**AMERICAN FAMILY INSURANCE**
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Remember rushing to your freezer after playing in the summer sunshine, reaching into that never-ending mountain of colorful ice-pop tubes, and fighting for your favorite flavor? Finally, we have an adult way to get that feeling back.

Whether it's in frozen form or in the bottle, locally made Coyote Gold Margarita Mix is the only beverage of its kind crafted with all-natural ingredients. Golden from the tequila’s aging process and flavorful even when the ice melts, these beverages demand you raise your margarita quality standards.

Founders and electrical engineers Mo and Randy stumbled upon their margarita business accidentally in 1998. The personal quest to find the perfect margarita (ready-made or in restaurants) was a precursor to what is now the company mission: to “liberate you from bland margaritas.”

Crafting a drink dubbed the “microbrew of margaritas” took two years of testing and a meticulous detail to ingredients—the engineering approach to alcohol.

The legendary drink easily gained traction among the founders’ friends, and later across Colorado as a catering addition to large-scale charity and non-profit fundraisers. Coyote Gold never forgot this start, and continues to support charitable events through the Margaritas With A Mission Program.

Get ready for the summer season with Fort Collins’ own Coyote Gold Margarita mix, in ice-pop form or in the bottle, available at Wilbur’s Total Beverage. By Paige Beaufort
AP Star Awards 2016 winners really shine

By The APC Awards Committee

The 2016 AP Star Award winners were announced at this year’s AP Stars Luncheon on March 30 in the Lory Student Center. This year, the Administrative Professionals Council’s Awards Committee received 60 excellent nominations, which was an increase of 26 from 2015.

Narrowing the recipients down to eight was a challenge for the committee because all these candidates excel at what they do and had wonderful support from their colleagues for this award.

The Administrative Professional Star Award was created to express appreciation by recognizing the accomplishments of administrative professional (AP) employees who demonstrate outstanding individual performance at CSU. The goal is to recognize professional employees who make a difference and “shine” in our CSU community.

Rosanna Bateman
Academic Success Coordinator and Assistant Director of the Academic Support Center
College of Liberal Arts

When the College of Liberal Arts grew from seven to 15 Academic Success Coordinators, Rosanna was an essential part of the process, from serving on the search committees to planning and organizing all the new employee trainings. She identifies and collaborates with student mentors for the Arts and Creative Expression Learning Community and her commitment to student success is evident from her efforts creating a workshop for students needing further academic assistance. She also serves on the Administrative Professional Council as a representative for Area 9 and on the Parking Committee.

Angela D. Branson
Research Project Manager
College of Engineering

In the College of Engineering, Angela has managed more than 10 separate budgets, software licensing for over 80 applications and coordinating many, many purchases with hundreds of faculty members and expanded her role to include Human Resource responsibilities and training for student employees, mail services organization and most recently, the duties of Client Services Manager. Her insight and willingness to put in the extra effort to make our students’ meals special. This was evident at our recent special event, the Brazilian Carnival, where Zach played a large part in creating delicious, authentic food. Zach is an enthusiastic member of our CSU community first, a member of the college second and an IT professional third.

Diana Collins
Business and Facilities Manager
Office of the Vice President for Research, Laboratory Animal Resources

As the Business Manager, Diana is responsible for the financial stability, human resources, material management and activity coordination of multiple areas. Diana’s ability to identify significant costs to reduce saved the department nearly $2 million in the past seven years. She developed a complex accounting method and was the project lead for updating and transitioning the animal management system for over 100,000 animals to a new vendor and reporting structure. Her work with Human Resources through the hiring and training of new employees reduced errors during the personnel changeover.

Jessica Fuentes
Executive Director of Finance
College of Agricultural Sciences & Agricultural Experiment Station

Because the Agricultural Experiment Station has a presence in 62 of Colorado’s 64 counties, Jessica’s responsibilities are incredibly wide reaching. Her extensive knowledge of university fiscal policy has further advanced relationships with Office of Sponsored Programs and Extension employees. When reviewing the organizational structure of Extension, Jessica recognized the need to better define the financial system and took steps necessary to more to a “department-based” structure. While this change took an abundance of her time and energy, it also resulted in more effective and efficient fiscal management.

Peter (Mac) McGoldrick
Director of Operations, Powerhouse Energy Campus; Assistant Director, Energy Institute Energy Institute

Not only is Mac highly involved with the Powerhouse Energy Campus and Energy Institute, he is also a respected instructor in the Philosophy Department who supports students on both academic and personal levels. He has spent the past 14 years building bridges between researchers, private industry, departments and colleges by showing everyone their shared common ground. Mac also leads a weekly guided meditation and coordinates a yoga class open to all staff, as well as hosts a new lunch-and-learn series called “Power Lunch” incorporating presentations focused on everything from hobbies, conferences, and life-hacks.

Eric Tisdale
Assistant Director of IT
College of Health and Human Sciences

Eric oversees the College of Health and Human Sciences Client Services group, including the helpdesk, serving more than 5,500 customers. Eric’s efforts with the College’s transition to AcademicWorks, a new scholarship database system, was instrumental in ensuring qualified students were considered by the awarding committee. He also developed an advanced software system to facilitate recruiting graduate students. As best described by a nominee, Eric is a strong team player, who thinks of himself “as a member of the CSU community first, a member of the college second and an IT professional third.”

Wesley R. White
Communications Specialist
Department of Human Dimensions of Natural Resources

Wes has created new promotional and informational materials for the department and is using his social media expertise to empower others by training them on best practices for their communications. He is currently in the process of rebranding the college and overhauling the websites, requiring a great deal of communication between all the college departments. He recently helped produce a high quality promotional video with an alum and his collaborations led to a story about Conservation Leadership through Learning airing on CBS Denver News.

Because of Brett’s work, the visibility of the Institute has increased within the department, college, university and state. His commitment to the Colorado Forest Restoration Institute motivated him to initiate a program evaluating the effectiveness of activities to reduce wildfire risk to life and property around the state. His efforts hiring and mentoring students, particularly the opportunity to work in the field, gives the students incredible professional and personal life experiences.

Dining Services is proud to recognize Zach Gluckstern, Production Cook at the Ram’s Horn Dining Center, as the March 2016 recipient of the Remarkable Service Award! This recognition program honors Dining Services’ employees who demonstrate remarkable service by going above and beyond their normal duties.

Chris Connelly, General Manager of the Ram’s Horn, stated, “Zach is always willing to put in the extra effort to make our students’ meals special. This was evident at our recent special event, the Brazilian Carnival, where Zach played a large part in creating delicious, authentic food. Zach is an enthusiastic member of the Green Guard committee where he works on sustainability initiatives for our dining centers in collaboration with the HDS “Live Green” team. Zach’s patience and even temperament make him a perfect trainer for our student hourly employees.” Great job, Zach!

Congratulations!
A celebration of the impressive career of Professor Gay Israel, former head of the Department of Health and Exercise Science, will take place Thursday, April 21, from 3:30 to 6 p.m. in the Cherokee Park Ballroom of the Lory Student Center.

Remarks are scheduled to begin at 4:30 p.m. Faculty, staff, alumni, community partners, friends and family are invited to attend to acknowledge Israel's impact on CSU and the community through his career-long commitment to exercise medicine and the prevention of heart disease. RSVP by April 14 to the Office of CSU Events at (877) 498-7787.

Israel, who was HES department head for 18 years, has been a transformational leader, building the department into a model that is respected nationally for outstanding research, teaching and service. Israel and his wife, Karan, have been engaged partners with the department, College of Health and Human Sciences and Colorado State University throughout their time in Fort Collins.

Israel came to Colorado State University in 1996 from East Carolina University, where he was professor and the founder of the Human Performance Laboratory. Notably, in 2008, he was recognized as a “Centennial Leader” at East Carolina, joining a very short list of faculty whose influence on ECU’s first century merited distinction.

The same commitment to excellence has marked his tenure at CSU; his clear vision for the teaching, research and outreach programs has been instrumental in overseeing a shift from an emphasis on sports and physical education, to health, wellness and disease prevention. One of his greatest achievements in the research area is building the state-of-the-art Human Performance Clinical/Research Laboratory with a combination of $5 million in private and university funds. The lab, built in three phases and in current planning for a fourth, is considered one of the jewels of the CSU campus.

In addition, he championed a department name change to emphasize health and spearheaded the creation of a Ph.D. program in human bioenergetics – one of only a handful in the country. Under his leadership, annual research expenditures have climbed from less than $50,000 in 1996 to a peak of more than $2 million annually, with key funders such as NIH and other agencies supporting faculty research. The lab also maintains a prestigious Program of Research and Scholarly Excellence distinction from CSU.

**Outreach activity**

In the outreach area, Israel founded the Heart Disease Prevention Program to assess known risk factors for cardiovascular disease in individuals, including a testing program offered to firefighters and other first responders. The Youth Sport Camps, which promote a healthy lifestyle to children, and the annual Homecoming Race have experienced rapid growth and are important outreach activities for the university. A hallmark of these programs is Israel's ability to form relationships with physicians, health care providers, community partners and donors. Over the years, the popularity of health and exercise science has grown immensely, with more than 1,400 students in the major. Israel has supported an environment of academic rigor at all levels, hired 15 of the current full-time faculty members and several advisors and instructors.

Additionally, he secured funds in 2013 for the construction of a new teaching lab addition to the Moby complex. Israel passed the torch of department leadership to Barry Braun in 2014, and has remained very involved in raising support for department priorities.

In recognition of his scholarly work, which has been cited more than 2,500 times by his peers, he was one of only six people nationally to receive a 2015 Citation Award by the American College of Sports Medicine. He was presented with the Distinguished Faculty Award from the CSU Alumni Association in 2015.

Israel was also selected as an honoree of the College of Health and Human Sciences Legacies Project, which gathers, archives and shares the personal and professional histories of former faculty and staff. View his Legacies video at legacies.chhs.colostate.edu/gay-israel.aspx

Well wishes for Israel can be sent to hesinfo@colostate.edu.
In celebration of the National Park Service’s 100th anniversary, the Public Lands History Center faculty will offer short, dramatic stories revealing both hopeful and troubling episodes in National Park history. A reception with refreshments following the presentations will allow guests to mingle with students and hear more stories drawn from projects in the parks.

ACT Human Rights Film Festival
April 15-22
Lory Student Center Theater and Lyric Cinema Café, 300 E. Mountain Ave. | actfilmfest.org

ACT stands for Awaken Connect Transform, and these 18 documentary and narrative fiction films speak to the complexity and beauty of human life, celebrate human resilience, and move human rights forward. Full schedule and tickets for this inaugural event, hosted by CSU’s Department of Communication Studies.

An Evening with Author Mary Kubica
May 18, 7 p.m.
Hilton Fort Collins
401 W. Prospect Road

Mary Kubica, best-selling author of thrillers The Good Girl, Pretty Baby and the soon-to-be-released Don’t You Cry, will discuss her work in a free Evening with an Author event, presented by the Friends of Morgan Library and The Poudre River Library Friends. No tickets required, seating is first come, first served, doors open at 6:30 p.m. Book sale and signing will follow the discussion.

Dual Natures: Stories from a Century of National Parks
April 14, 7 p.m.
Lory Student Center North Ballroom | publiclands.colostate.edu/events/national-park-service-centennial-event/

The Contempory Music Series at CSU continues with a funk concert by Grammy award-winning bassist Victor Wooten, with Rod Taylor, bass, and J.D. Blair, drums, joined by special guest Bob Hemenger, saxophone. During their time on campus, the musicians will also give a master class at 2 p.m. in room 158 at the UCA. The session is free, but registration is required as space is limited. music.colostate.edu/wooten-master-class/

This special day is sponsored by Bohemian Foundation and the School of Music, Theatre and Dance.

Free for CSU students, $10 youth and $25 adults

FoCoMX 8
April 22-23
Various venues throughout Fort Collins | focomx.focoma.org

Two nights, 20+ venues, 200+ bands – the annual FoCoMX celebrates local music in a big big way. A $35 wristband grants admission to as many shows as you can fit into your schedule – and you can buy that wristband online so you don’t miss your favorites. FoCoMX is presented by the nonprofit Fort Collins Musicians Association, dedicated to providing education, support and networking opportunities to the Fort Collins (and surrounding) music community, and Odell Brewing.

Alumni Dance Concert
April 29, 7:30 p.m., April 30, 2 p.m. and 7:30 p.m.
University Dance Theatre, UCA | csutix.com

Former CSU dance majors return to share their performance and choreography in an electric evening of innovative dance presented by CSU dance alumni guests.

Free for CSU students, $18 for adults and $8 for youth.

Love, Loss and What I Wore, by Nora Ephron and Delia Ephron
Through May 1
Bas Bleu Theatre
401 Pine St. | basbleu.org

Six women reminisce about bittersweet, intimate and sometimes hilarious memories of families, friends and loved ones, through the prism of their closets. A show about matters of the heart as well as matters of the closet.

Reefer Madness the Musical, by Kevin Murphy and Dan Studney
April 20-23, April 29-30, 7:30 p.m., April 24 and May 1, 2 p.m.
University Theater, University Center for the Arts
1400 Remington St. | csutix.com

A musical send-up of the cult favorite 1936 propaganda film, this over-the-top cautionary tale shows how innocent teenagers will turn from cocoa-sipping sweethearts into demons instantly with one puff of the green stuff, following the devil’s path through robbery, manslaughter, suicide, madness, hallucinations, murder, and (yes) zombies to the electric chair. Not appropriate for uptight squares, pompous narcs, priggish flat-earthers, and, quite possibly, your children.

Free for CSU students, $18 for adults
Faculty at Colorado State University will soon have an additional resource for resolving workplace concerns. The university has recently opened an internal search for a tenured CSU faculty member—current or retired—to become the new Faculty Ombuds. The quarter-time 12-month position will report to the director of the Office of the Ombuds and Employee Assistance Program.

The Office of the Ombuds is open to all university faculty, administrative professionals, state classified employees and all other employees of CSU who seek confidential assistance in resolving issues related to the workplace. The ombuds’ informal assistance supplements but does not replace the university’s formal processes for conflict resolution.

The reason for adding an ombuds position designated to assist faculty with dispute resolution was to bring a shared perspective to the process, according to Vice Provost for Faculty Affairs Dan Bush. “There are some unique aspects to issues that arise with faculty,” he said. “While Lanai Greenhalgh (director of the Office of the Ombuds) has worked successfully with our faculty over the years, we felt that some faculty might be more comfortable with someone with direct knowledge of the academic world here on our Fort Collins campus, who is familiar with specific faculty issues and able to navigate the CSU culture and structure.”

That’s also why this position is an internal hire, Bush added, and the successful candidate need not have a specific degree or experience in conflict resolution. Excellent problem-solving, collaboration and communication skills are a must.

“We’re more interested in someone who cares about people and wants to make a contribution to the university,” he said. “We will send the right person to training to become a strong resource for everyone. We’re looking for someone who has the attitude of ‘How can I help?’

The Faculty Ombuds has the support of the University President, the Provost and the administration, but is neither an advocate for any individual or the institution. The person in the position is an advocate for fairness and just practices, who acts as a source of information and referral and takes an active role in assisting in the resolution of concerns and critical situations.

The job is posted at jobs.colostate.edu/80/postings/30431.

For full consideration, applications must be received by 11:59 p.m. on April 11, but the position will remain open until filled. Bush said he would like to hire someone in the summer so the Faculty Ombuds will be available to faculty at the beginning of Fall semester.

Lubick Field |

From page 1

School history, said, “Carol Jo and I are humbled by this honor. CSU has been a special place for us for more than 30 years. I want to thank President Frank, Joe Parker and the entire Colorado State and Fort Collins communities for what is a very special legacy for our family. To me, this isn’t just a tribute to one person, but to the entire football program – the players, coaches, staff and fans who help make CSU great. We’re thrilled that our connection to the university and the program will continue in this way.”

Parker also announced that construction of the $220 million stadium is on time and on budget, emphasizing that the price for construction is guaranteed. He also said sales of premium seats at the stadium have reached 96 percent of the goal to meet the stadium finance plan, with 69.7 percent of all premium seats sold more than 18 months prior to the stadium’s inaugural game against Abilene Christian.

This announcement marks the second $20 million gift announced in March, both from anonymous donors. On March 2, the university announced a gift to help establish the Institute for Biologic Translational Therapies in the College of Veterinary Medicine and Biomedical Science.

Watch a video about Lubick and the new stadium on SOURCE, source.colostate.edu.
Nominations are open for the Positive Action Award. This award recognizes individuals, groups or departments that have fostered a supportive work environment, improved campus climate, and/or positive work experiences for State Classified employees. If you would like to nominate a deserving individual or group, the application deadline is Monday, April 18, 2016 at 5 p.m.

The CPC Legislative Visit is planned for their annual visit to the state capital. This visit provides CPC members an opportunity to spend time with our elected officials. The visit includes a learning opportunity to see firsthand the state legislative process, spend time on the floor of the Senate, and best of all – have the chance to spend time with our elected officials. This visit provides CPC members an opportunity to communicate directly with our benefits providers.

CPC Legislative Visit
- The CPC is headed to Denver for their annual visit to the state capital.
- This visit provides CPC members an opportunity to spend time with our elected officials.
- The visit includes a learning opportunity to see firsthand the state legislative process, spend time on the floor of the Senate, and best of all – have face-to-face conversations with elected officials, adding our personal voices to the issues and concerns of CSU State Classified employees.

Earth Day
- Friday April 22 is the 46th Earth Day. Join CPC at the CSU Earth Day Festival – located in the LSC West Sculpture Garden from 10 a.m.-2 p.m. The CSU Earth Day Festival is an annual event that invites organizations from the Fort Collins and CSU community to highlight, encourage, and educate students, faculty, and staff on how to live a more sustainable lifestyle.
- CPC, Facilities Management, SoGES, many, many student organizations, Transfort, The Food CO-OP, City of Fort Collins, and live music will all be at the festival – hope to see you there!

Benefits Fair
- Tuesday, May 10 is the next (tentative) Benefits Fair. Watch for notice from Human Resources providing additional information and confirming the date, location and vendor participation. CPC will see you there (at least our table will be there, see below). The Benefits Fair is a great opportunity for Classified employees to communicate directly with our benefits providers.

CPC Recognition Luncheon
- Also on Tuesday, May 10 the CPC will host the Annual CPC Recognition Luncheon. Each year the CPC recognizes the recipients of the Outstanding Achievement Award, recipients of the Positive Action Award, our own members who have completed a full 3-year term on the Council, and takes the opportunity to celebrate the accomplishments of the 2015-2016 year. This year, the special guest speaker is Dr. Roger Culver, Astronomy professor in the Department of Physics. Dr. Culver will be retiring from CSU in August 2016 after 50 years of teaching!

Spring Break Outreach Event
- March 16, 2016 – the CPC hosted an afternoon of entertainment, popcorn, and door prizes in the Hammond Auditorium featuring guest speaker Gordon “Hap” Hazard. Hap is a retired State Classified employee and CSU’s archivist and history aficionado. Hap shared his wealth of CSU knowledge and wit with Classified employees. It was an enjoyable, informative afternoon for all! Hope to see you next time!
Ascend elevates organizations with CSU expertise

By Kate Hawthorne Jeracki

When it comes to improving their companies, business owners and executives look to Colorado State University for expertise in areas such as training, management and organizational development. Until recently, however, finding just the right expert to meet a specific business’ needs could be difficult.

That was before Ascend, an initiative designed to connect the wealth of resources at CSU to local businesses and nonprofits. Ascend navigates access to experts across the entire university to help clients develop capable, connected and healthy organizations – a program unlike anything else in the nation.

Jeremy Podany, director of Ascend, explains the philosophy behind this “concierge service”: “We knew organizations wanted to take advantage of a multitude of educational services, depending on their needs. We went from prepackaged programs to ‘How can we help you?’ I think organizations love that they can get custom education and training from CSU.”

Ascend offerings are designed to fully develop and engage employees, from entry level to top leadership. Programs are provided through a network of partnerships with faculty, staff, departments and the CSU community, including the College of Business, Kendall Anderson Nutrition Center, Athletics, Scenario Planning Institute, University Center for the Arts, Career Center, CSU Online, and many more.

Affiliate membership

Access to all of these services is part of an affiliate membership in Ascend, which costs $1,500 a year. With that comes personal service from the staff to connect the organization to resources available anywhere in the CSU community.

Membership also opens doors to:

- Access to strategic research and development meetings to connect to CSU research important to the organization.
- The assortment and level of services in the custom bundle determines how much a client pays Ascend.
- Recent proposals have ranged from $3,700 to $1.5 million, according to Arthur Sintas, head of business development for Ascend.
- “Our charge is to be self-funded, and we’re working toward that,” Sintas said. “We’re not base-funded, we’re not taking money from student tuition, it’s all fee-for-service. That’s a valuable piece because you don’t necessarily see that. We’re one of the few auxiliaries that basically operate off what we bring in.”
- The Ascend business model includes paying faculty and staff experts for their time, he added. “We’re not asking them to work on Ascend projects in their spare time or between classes. We contract with them to act as an expert for our clients, who were looking to work with them in the first place.”
- Ascend also honors the university’s land-grant mission by offering reduced memberships to nonprofits looking to improve their operations. Foothills Gateway and the Food Bank for Larimer County have both used the services of Ascend and more nonprofits are being added this spring.

Seed money from Board of Governors

Since launching in January 2014 with $500,000 in seed money from the Colorado State University System Venture Capital Fund sponsored by the CSU Board of Governors, Ascend has worked with nearly two dozen clients. They have ranged in size from local coffee company The Human Bean and the Food Bank to the Denver Art Museum, Arrow Electronics, and Columbine Health Systems; Ascend’s services have run the gamut from a comprehensive assessment to develop a deeper understanding of the organization’s culture to finding researchers to create a plan to care for every tree on the Fort Collins Country Club golf course.

Country Club general manager Scott Szymoniak has been working with Ascend since its initial launch, and is happy with the progress of the tree project, which he said saved him time and money. “We brought the idea to the team at Ascend, and they did all the work in going to the CSU Forest Service and putting it all together.”

But it’s not just about the trees. As part of his package, Szymoniak receives on-site speakers, an organizational assessment, and other services from Ascend. He added that the program has also helped solidify the club’s relationship with the hospitality management program at CSU.

Returned investment

By July, Podany and Sintas expect to have returned the initial seed investment to the university, and are already developing ways to take Ascend to the next level.

Some of the ideas on the table include hosting a leadership conference for nonprofit executive directors on campus next year, and hiring a full-time staffer to work exclusively with nonprofits.

“We’re looking to grow, thinking about new revenue streams,” Sintas said. “We’re also looking to connect with other experts on campus who can add their knowledge to the range of services we can offer our clients as the best of Colorado State.”

CSU departments, faculty, and staff interested in developing partnerships with Ascend should contact Arthur Sintas to learn more about how the program works.

Companies interested in becoming affiliate members and working with Ascend should email Thomas Cox who manages the development of executive partnerships.
Going against the grain with WhiteCatPink

By Diego Felix

Ask anyone who has been to FoCoMX in its eight-year history and chances are they’ve stumbled across a 6-foot-4 cat drumming and singing, à la Phil Collins.

Donning feline make-up, white fur and leather BDSM accessories, David Jacoby steps away from his day job and embraces a persona that is much more meow-nificent.

Blazing trails in the signature cat mask, Jacoby — more widely known as WhiteCatPink — has been leaving prints in the Northern Colorado music scene for just under a decade.

“At first when I made my appearance, people had no idea what to do with it. They were just like, ‘woah,’ said Jacoby, the former director of modern dance at Colorado State University and now a modern dance and ballet accompanist for the Colorado Ballet and Canyon Concert Ballet. “Ninety-five percent of people are cool with it, even if they have no idea what’s going on.”

Jacoby’s WCP persona debuted in 2007 during an event thrown by his former band in their Boulder rehearsal space. The event, which featured magnetic strips of tape hanging from the ceiling and dancers crawling around feeding grapes to the audience, was called Woodland Calling.

“The idea was to come to the show dressed as an animal that best represented your character,” said Jacoby, pointing to the white masquerade mask veiling his face. “I had no idea (of the cat) at the time and went into the costume shop and found this very mask and it was like, ‘that’s the one.’”

Drawing visual creativity from early 70s Roxy Music icon Brian Eno, the WCP aesthetic has evolved from the mere mask to incorporating glam elements like white fluffy cufflinks and an Eno-inspired pink zebra vest.

Similarly, WCP’s music is rooted in the sonic landscapes crafted by forward-thinking Europeans of the past half-century.

Along with Roxy Music synth player Eno, WCP cites Kraftwerk, Neu!, Can, Einstürzende Neubauten and Serge Gainsbourg as his favorite and most personally influential acts.

“I am always influenced by people who have broken the mold and have gone entirely against the grain and not done what is popular, and that’s what I’ve noticed has been enduring,” Jacoby said. “These artists had to go against the grain; they did not feel like fitting into a mold was appropriate for them and that’s how I feel too.”

WCP pivots past the traditional indie-bluegrass-blah musical stylings of the Front Range and instead fuses the sounds of Krautrock, electronic and ‘60s French Pop into an eclectic cocktail of progressive dance grooves.

Ultimately, WCP’s vision is to leave a timeless artistic impression on the world. Whether that be through his keyboard wizardry and masterful purr-cussion skills or the left-field aesthetic he brings to his performance, Jacoby holds a firm belief in the value of his product.

“There’s something about this that I love so much and that I feel so strongly that I need to bring to my audience, that it just keeps me going. People look at me and they are like, ‘you’re nuts man, are you crazy? Why are you bringing all that stuff?’ Because I have to. I gotta do this. You’ll see; I gotta show this to you,” Jacoby said.

WhiteCatPink will perform Friday, April 22, 5:30 to 6:15p.m. at the Fort Collins Museum of Discovery as part of FoCoMX 2016.

Full schedule at focomx.focoma.org.
It takes weeks for cats to form a relationship. If the introduction goes too quickly, the risk of damaging the new relationship is higher. Your goal is to nurture the best possible feelings between the cats.

Here are some steps to take:

• Make the new cat his own room. Create a neutral space that won't infringe on the social space of the resident cat. A good choice might be a spare bedroom that is not often used. Place food, water and litterbox in the newcomer's space. Add soft bedding, scratching posts and toys to decrease stress.

• Find ways for the cats to associate positive feelings with each other. For instance, create feeding stations on opposite sides of the door; feed the cats at the same time, with one kitty on one side of the door and the other cat on the other side. This will increase positive associations by linking the sounds and smells of the new housemates with something they both enjoy.

• Continue the gradual introduction by encouraging the cats to play together – through a closed door. This way, the cats can explore their mutual curiosity without feeling threatened. To do so, place a new toy under the doorway so that the cats bat it back and forth. Animals that play together will stay together.

• Normalize the smell of a new housemate by switching the bedding of the cats. This will help them accept each other by creating a shared scent profile.

• When the new cat seems comfortable in his isolated space, switch the places of your cats. Put the resident cat in the new cat's room, and allow the new cat the opportunity to explore the house. This continues the development of a shared scent profile without threatening either kitty.

• Allow the cats to see each other for the first time in a controlled and positive setting. Feeding time is one good time to allow them visual access. Sitting relaxed on the laps of owners could also be a good time for their first sighting. For young or very playful cats, playtime might be a good first visual contact.

• Continue these incremental steps toward physically introducing the cats, always looking for ways to associate their meetings with activities they enjoy. Contrary to popular belief, cats are social creatures and can get along well with others. An introduction that occurs over an extended period of time will help the cats attach positive feelings to each other and will encourage them to be trusted companions.

Jennie Willis, Ph.D., instructs Colorado State University veterinary students in applied companion animal behavior and co-advises the CSU student chapter of the American Veterinary Society of Animal Behavior. She coordinates the CSU master's degree program in Zoo, Aquarium and Animal Shelter Management.
Reinventing the Wheel — How Do You Commute?

Step into your own mind and discover more about yourself with a new tool at Colorado State University called YOU@CSU. This program just launched after its development by Grit Digital Health in collaboration with the CSU Health Network. The program is designed to deliver an easy-access mental health platform directly to the students at CSU. The mission of building this platform is focused on serving the community of students in a BIG way.

Janelle Patrias, Manager of Mental Health Initiatives for the CSU Health Network, has dedicated her time searching for the best technology that is ideal for CSU students as a whole. “Nobody likes being told what to do. YOU is different in how it asks students what they want to do and what they want to focus on,” Patrias said.

“YOU offers suggestions, tips, tools and resources based solely on what is important to the individual. Not what we think is important for them. That’s very unique.”

The portal is a beneficial tool for students because they are able to use it as a way to take action in areas of their life they wish to improve and to avoid more serious problems and get help when they need it. “The portal is private, so students can feel safe while exploring sensitive topics. The portal also connects students to a whole variety of campus resources available to them at CSU that they may not even known about.”

“We know students are busy and as much as we’d like to have all campus resources open 24/7, obviously that’s not feasible. So now students can access some self-guided skill building any time they want,” Patrias said.

“I never think of walking as ‘alternative’ — to me it is just walking. I feel very lucky to be able to walk to work. It is by design. My wife and I have always been very intentional about living close to work, services and entertainment. The first 10 years I lived in Fort Collins I lived without a car. For example, you learn how to shop at the grocery store — don’t buy more than you can carry! If you want to go on a trip, you can rent a car. Sure, my overall mobility was limited, but I saved a lot of money and got a little exercise in the process. I do own a car now but, I can go weeks without driving.

Walking is not an option for everyone. However, even a 30-minute walk is likely not more time than driving, finding a spot, and still walking some distance to your building. I see walking as rather seamless. My walk is about 1 mile each way; I cover that in about 15 minutes. If I drew a circle out 1 1/5 miles around any building on campus, that might be a lot of potential for folks who might enjoy walking to work or class.

We are so fortunate here in Fort Collins. We have (mostly) great sidewalks, great bike paths and bike lanes, and the MAX has been a great addition to the transit system. There are options. Some transportation options may take more time, and not every option is a good fit for every person.

My job is to teach and encourage our faculty and staff for energy, water and resource conservation. Small actions can really add up to big things. Sometimes we think the little things don’t matter. In my mind, the little things may matter the most. Our lives are filled with tons of “little” decisions; making a few of those with conservation in mind matters in a BIG way.
Commitment to Campus makes nutrition services affordable

By Melissa Wdowik

Did you know you can make a private appointment with a nutrition expert right on the CSU campus? The Kendall Anderson Nutrition Center (KANC) has been offering individualized nutrition coaching as well as group classes for eight years, with many success stories to share. We have helped our clients manage:
- Diabetes
- Weight loss
- Food allergies
- Digestive disorders
- Sports nutrition
- Pregnancy and breastfeeding
- Perimenopause
- Picky eaters
- And more!

Why see a nutrition expert?
Registered Dietitian Nutritionists (RDNs) have extensive coursework in science, food, and nutrition in addition to keeping current with the latest research, so they can offer you credible information. They also are trained in education and counseling, so they can make that information understandable.

The KANC RDNs have completed at least one postgraduate degree program, gaining practical experience through internships, mentoring from other registered dietitians, continuing education, and courses related to expertise and ethics, plus additional certifications in subjects such as lifestyle coaching, food allergy counseling, and lactation education.

Specialties at KANC include medical conditions, special diets, nutrition for performance, healthy eating for different age groups, and realistic tips for shopping and cooking.

Dining with Diabetes this summer

Coming up soon is our popular Dining With Diabetes program. This 4-week course is for anyone with diabetes or prediabetes, or who cooks for others with diabetes. Spend time with us in the classroom and in the kitchen for an in-depth look at diabetes and meal planning plus hands-on meal preparation skills. Thursdays, July 7-28, 5:30-6:30 p.m. The $60 fee includes program material and food, and represents a 40 percent discount to CSU employees, made possible through Commitment to Campus.

For more information or to register for the Dining with Diabetes class, you can call (970) 491-8615 or email nutritioncenter@colostate.edu. The Kendall Anderson Nutrition Center is located on campus at 502 W. Lake St. You can also find additional information and services at www.nutritioncenter.colostate.edu.

Commitment to Campus helps make many Nutrition Center programs affordable by paying 40 to 50 percent of the employee’s cost.

Melissa Wdowik is the director of the Kendall Anderson Nutrition Center, part of the College of Health and Human Sciences.

Bab the marmot dies at age 12

Baby, a yellow-bellied marmot who lived in Colorado State University’s zoology building, has died at the age of 12, just as he was about to finish his winter hibernation.

Baby’s human parent, Professor of Biology Greg Florant, studies mammalian metabolism during hibernation. Originally intended as an experimental animal, Baby got special dispensation from Colorado Parks and Wildlife to become an educational marmot, after Florant and his students noticed he was unusual.

“You could get right down and pet him, like a cat,” Florant says. “He was just so nice.”

For many years, Florant took Baby to local schools to teach children about hibernation, and used him in CSU mammalogy courses. Baby was popular among CSU students, some of whom remembered when Florant brought Baby to local schools when they were younger.

“He never bit, and he let kids pet him,” Florant said. “The only time he got a little cranky was when he was hibernating.”

For his last few years, Baby spent his winters in a cozy hibernaculum he built himself.

Florant has decided not to get attached to another marmot like he did with Baby.

“Baby was a great ambassador for CSU, and for all marmots,” Florant said.

Learn more about your C2C benefits at source.colostate.edu/commitment-to-campus/
Colorado State University’s Department of Communication Studies will host a weeklong film festival April 15-22 surrounding human rights issues and aspects of life that are often ignored in mainstream cultural productions.

Professor Scott Diffrient gained funding for the project through the William E. Morgan Endowed Chair of Liberal Arts. “Members of CSU’s academic community, including faculty and staff, will gain an awareness of global issues related to pro-democracy movements, social justice, and the rights of people or groups that are underrepresented in U.S. popular culture and mainstream media,” he said. “The festival will serve as an eye-opening reminder that there is still much work to do in the global fight for equality and freedom.”

The ACT Human Rights Film Festival showcases films from all around the world including Africa, Asia, Europe, North America and South America. Each film has been produced within the last two years and is not available in wide release. Moderators will provide context-setting introductions and lead Q&As with the filmmakers, film subjects and a variety of other experts. There will also be a “Call to ACT” initiative, where over 20 nonprofit and student organization representatives will help connect viewers with the chance to get involved in local efforts with themes that align with those presented in the films.

Faculty are highly encouraged to attend part of the festival. “Educators at learning institutions such as ours have a responsibility to encourage students’ active participation in national and international affairs, using communication as a tool to bring people together rather than to divide groups along ethnic, racial, religious, or social lines,” said Diffrient. “Our hope is that university teachers will spread the news of this event, attend the festival, and take the stories and lives that they encounter in the programmed films back to their classrooms, as demonstrable evidence that the world can be made better through empathetic understanding and communication with others.”

Opening weekend and closing night will take place at the Lory Student Center. Tickets for the opening and closing nights include admission to a post-screening reception at $8 for students and $12 for the general public. In addition, at the opening and closing screenings, those of legal age will have the opportunity to sample the specially crafted “Screening Session” IPA by Odell Brewing Co.

Most films will screen at the Lyric Cinema Café at 300 E. Mountain Ave., Monday through Thursday. Tickets to these screenings run $5 for students and $9 for the general public.

Tickets can be purchased at www.actfilmfest.org. A free community screening of Planet of Snail will show at the Harmony Library on April 17 at 2 p.m. Contact kristy@actfilmfest.org for more information on tickets and group prices.
Campus Trivia with Russ Schumacher

Last month's question attracted quite a number of correct answers. Lanita Doering, administrative assistant for the Department of Human Development and Family Studies, knew that Barack Obama is the only sitting U.S. President to visit the CSU campus, because she could see the preparations for the 2012 event from her window. “They set up barricades at the end of the Plaza, and I could see everyone waiting to get through to hear the speech,” she said, from her office on the third floor of the Behavioral Science Building.

Doering has been with the University for just over 21 years, the first 18 in the School of Education. Her current duties include handling all the details for the department, from making travel arrangements to supervising student employees. She says she reads the trivia questions in CSU Life every month, but decided to enter the contest this time because she didn’t have to research the answer.

“I always think I should Google it a bit, but I don’t usually have the time,” she said.

For having her answer chosen at random from all the correct ones submitted, Lanita received a $10 gift certificate to Mary’s Mountain Cookies and a CAM the Ram bobblehead, autographed by the winningest Ram ever to appear on Jeopardy!, Russ Schumacher, assistant professor of atmospheric science.

Next month’s issue of CSU Life will be the last for this academic year. To celebrate the coming of summer, and the throngs of visitors to Fort Collins (incoming students and tourists alike), here’s a vacation-related question:

Q. What is the most-visited tourist attraction on the CSU Campus?

Email your answer with March Campus Trivia in the subject line to csulife@colostate.edu by April 22. The winner will be chosen at random from all the correct answers received by CSU Life staff.
A snapshot of alternative spring break programs at CSU

By: Courtney Deuschle

Six months down: Am I now officially from Colorado?

Jim Rodenbush

I marked a personal milestone recently.

It was last Sept. 26 when, behind the wheel of my grey Honda Accord, I crossed over from Kansas and into my new home state of Colorado for the first time.

Six months have since passed. That’s hardly gold watch material, I know. Still it was big enough to cause me to stop and think about how quickly the time is going and all that has been accomplished so far.

It also led me to wonder: Am I now from Colorado? The simple answer is no. I won’t be officially from Colorado until the state will call me one of its own.

For the record, I have not taken part in this Colorado perk. I have yet to even see the outside of a marijuana store.

You own a piece of clothing with the Colorado state logo on it. You take a three-day weekend to go skiing.

As I write this, CSU is five days from the Super Bowl. This might practically make me un-American, but I only watched the second half of the Super Bowl on the giant TV on the ground floor of the Lory Student Center.

While it was fun to see the reactions from the five people watching with me — each sporting a Broncos jersey — it was hardly celebration worthy. Unless you can describe driving home and going to bed as “celebrating.”

Your family makes regular jokes about marijuana.

All the time. I didn’t help the cause with my recent weight loss. It never occurred to me but when you combine moving to a state with legal marijuana with dropping a lot of pounds, those you know (joking or not) jump to big conclusions.

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You leave the house prepared for the 30-degree change in temperatures in a single day that are commonplace around here.

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CSU COOKS

RAM Energy Bars

These bars are great for a mid-day snack; they provide protein, healthy fat, and a touch of sweetness without a lot of sugar!

**Directions**

1. Preheat oven to 350 degrees. Spray or lightly grease large glass baking dish with oil.
2. Mash the bananas until smooth and stir in the vanilla extract, egg, and oats.
3. Chop the cherries and pecans using a food processor. Add these and all remaining ingredients to the banana mixture, mixing until combined.
4. Spread mixture evenly into the greased baking dish, pressing until smooth.
5. Bake for about 25 minutes until golden. Let cool for 5 minutes, remove granola bar onto a cooling rack (may need to slide knife around the edges of the dish to loosen). To cool quickly, move to freezer for last 5 minutes.
6. Once cooled, slice into 16 portions. Bars will keep in the freezer for two months.

**Nutrition Information / Amount per serving:**

- Calories: 188
- Protein: 5 g
- Total fat: 10 g
- Total Carbohydrates: 22 g
- Saturated fat: 2 g
- Dietary Fiber: 3 g
- Cholesterol: 12 mg
- Sodium: 44 mg

Serving Size: 1 bar  |  Yield: 16 servings

For other great recipes, check out our cooking classes and cookbook at www.nutritioncenter.colostate.edu

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**The non-dieting diet plan**

By Kendall Anderson Nutrition Center staff

With the end of the academic year right around the corner, it’s time to think about switching over to the summer wardrobe. And for some of us, that means the annual switch into summer diet mode.

Why not try the Non-Dieting Diet Plan this summer? Plan to focus less on calories and more on feeling good and being healthy!

Here’s the difference between Dieting and Non-Dieting approaches to health:

**A Dieting Approach to health** is an all-or-nothing view that focuses on numbers and temporary goals. It involves rules and limits, judgmental statements, and eating or not eating depending on what you think you should do, rather than what you want to do.

A Non-Dieting Approach means trusting your body and listening to your instincts. It means heeding hunger and fullness, caring about your health, and being physically active because it makes you feel good. It is realizing that happiness involves a healthy lifestyle rather than a certain weight.

A Non-Dieting plan can help you make permanent behavior changes to maintain a healthy, happy body.

Instead of choosing your next fad diet, choose to make an attitude adjustment and use a Non-Dieting approach. Here are some Dieting and Non-Dieting statements that can help you identify things you may think or say and help you move toward a positive, healthier approach.

<table>
<thead>
<tr>
<th>Diet Mentality</th>
<th>Non-diet Mentality</th>
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</thead>
<tbody>
<tr>
<td>I avoid “bad” foods</td>
<td>I enjoy all foods in moderation</td>
</tr>
<tr>
<td>I exercise to earn my food</td>
<td>I exercise to feel good and push myself</td>
</tr>
<tr>
<td>I am successful if I look better</td>
<td>I am successful if I feel better</td>
</tr>
<tr>
<td>I worry about what others think about my weight</td>
<td>I think about health benefits</td>
</tr>
</tbody>
</table>

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**Celebrate! Colorado State**

April is the time of year for the University to say thank you to the people who make Colorado State such a great place to work and learn.

April 18 is “I Love CSU Day,” celebrated each year on the Plaza and with a proclamation from the Governor.

April 18 is also the day to celebrate CSU’s Best Teachers, with a recognition event in the Lory Student Center Theatre that starts at 5:30 p.m.

The teaching, research and service achievements of students, alumni and friends, academic faculty, administrative professionals and classified staff are front and center at the annual Celebrate! Colorado State awards event. This University-wide event that bestows the best of CSU with awards and honors, takes place April 19, 3-5 p.m. in the Lory Student Center Ballroom.

Then, on April 28, employees celebrating major anniversaries of service with CSU will be honored at the Celebrate! CSU Milestones event at 4 p.m. in the LSC Ballroom. You can read profiles of some of these dedicated members of the Ram Family on SOURCE.

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**Ingredients**

- 1.5 cups ripe banana, mashed (about 3 medium bananas)
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups rolled oats
- ½ cup dried cherries, chopped
- ¼ cup pecans, chopped
- ¼ cup unsweetened chocolate chips
- ½ cup sunflower seeds
- ½ cup pepitas (pumpkin seeds)
- ½ cup almonds, sliced
- ¼ cup hemp seeds
- 1 teaspoon cinnamon
- ⅛ teaspoon fine grain sea salt

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**Celebrate! CSU**

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CSU’s Ryan Lockwood takes on ocean-thriller book series

By Melissa Leavenworth

Ryan Lockwood, public and media relations coordinator for the Colorado State Forest Service, will soon celebrate the one year anniversary of the publication of his second novel, *What Lurks Beneath.*

The book is the second in Lockwood’s ocean-thriller series. Both the first novel, *Below,* and *What Lurks Beneath* follow professional diver Will Sturman and brilliant oceanographer Valerie Martell as they face a giant hidden terror in the ocean’s depths.

Inspiration for the series was derived from Lockwood’s scuba diving experiences, real-world events and his interest in cephalopods. Lockwood uses his terrifying tales as an avenue for expressing concerns with the current state of our oceans. He said he thinks being a fiction writer is “a great platform to raise awareness about problems the readers may not be aware of and [hopes] when they are exposed to issues brought up in a book, they perhaps investigate further.”

Lockwood felt a little rusty with his scuba diving being stuck in Colorado, so in order to strengthen his knowledge of the subject matter in *What Lurks Beneath,* Lockwood read related non-fiction and took two trips to the Bahamas to scope out the novel’s location. To build his expertise, he took the opportunity to scuba dive in unique locations to get to know the islands and people.

As a more experienced writer than he was when he wrote his first novel, *Below,* Lockwood admits his character development and dialogue could have been more refined. However, he is very happy with what he has produced and he said, “I hope that readers will continue to enjoy the suspense and bits of science I have woven together.” He believes it would have been highly beneficial to know he was going to write another book so he could better determine how to progress and what to reveal about each character.

Lockwood did not intend for *Below* to evolve into a series but was excited to give his fans a chance to read about the characters again. He said his editor in New York thought following the first book with another ocean-thriller would be the best way to go. Despite wanting to write a new book set in Colorado, choosing to write a series allowed Lockwood to reintroduce some of the characters his fans came to adore in *Below.*

Working with a large publishing house in New York has been one of Lockwood’s biggest learning experiences. He notes the experience as being very eye opening: “While my actual writing has been largely untouched, I’ve learned that a writer has little to no control over such things as the cover art and the blurb written on it, the marketing for the book and even the book title. *What Lurks Beneath* was not the title I chose for book two, nor even a title I really liked. I wanted a one-word title in line with the first book, but the publisher had other ideas.”

While a third book in the series is an option, Lockwood is exploring other ideas and hopes to write more suspense in a different, non-ocean setting. *Below* and *What Lurks Beneath* are available for purchase through Barnes & Noble, Amazon and Indie Bound.
The CSU Fashion Show “Elemental,” presented by the Department of Design and Merchandising, showcased 106 designs created by CSU students at the Lincoln Center on April 1. The theme represents both beauty and unpredictability in our world. The event serves as a great learning opportunity for students, according to coordinator Carol Engel-Enright. The theme of the show is decided by the prior year’s students. Nearly the entire show is produced by students who had the chance to take part in one of four committees.

Photos courtesy of CSU Photography