



Just in time for Earth Week, CSU added four all-electric Nissan LEAFs to its fleet inventory in March. Two of the zero-emissions vehicles were purchased by Housing & Dining Services to be used as checkout vehicles for staff who need a car for university business, and two are available for Facilities Management staff to travel between Main, South and Foothills campuses as well as for business at other locations on the Front Range. *Photo by Kyle Deuschle*

## 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**

## 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

**See Lubick Field on page 11**

## INSIDE:

**SECRET LIFE:**  
WhiteCatPink  
**page 14**

How do you  
**commute?**  
**page 16**

**PREPARING FOR  
SPRING PLANT  
SALE  
page 4**



# APPLAUSE

## 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.



From left to right: Kelly Hixson, Supervisor UV 1600 & 1700 (nominated the crew), Aaron Snell-Thomas (green hat), Chris Lindgren (orange hat), in front Rebekah Smelser, Odinahon Yangibaeva, behind Pedro Valdez-Mera (with the bear), Liz Downing Supervisor (orange shirt in her hand) UV 1500/IH, front Juanita Sauvage (yellow hat back turned toward camera), behind her Kevin Kurfman, in front (next to Juanita) Kay Nauta, in back Ravshanjon Yangibaev.

**Have a department or office you want to nominate? Please visit [csueab.colostate.edu/nominate-a-unit/](https://csueab.colostate.edu/nominate-a-unit/) to submit a nomination form!**

### CORRECTIONS FOR APRIL

The Strength Training column in last month’s edition appeared with an incorrect byline: it was written by Kimberly Burke.

An incorrect version of the story about YOU@CSU appeared in the March issue. The correct version appears on page 16



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### 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](mailto:CSULife@colostate.edu) for inclusion in our Applause section.

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Colorado State University



Holly Tosetti, ▶  
breast cancer survivor

# “FIVE MINUTES SAVED MY LIFE.”

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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.

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Same-day appointments are often available.



# CSU horticulture students prepare for Spring plant sale

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](http://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



## Earth Week | From page 1

This year's Earth Week celebration begins on April 18 through April 22.

### April 18

**7:30-9 a.m.: Carpool to Coffee, Moby Arena Parking Lot.**

Free coffee and info about how to save money with a carpool permit for all students and staff who share a ride to campus.

**5-6:30 p.m.: Sustainable Futures Conversations, LSC Grey Rock Room.**

Come meet with professionals from across multiple industries to discuss how sustainability is used in their careers and how you can start a career in sustainability yourself.

### April 19

**7:30-9 a.m.: Bus to Breakfast Bars, LSC Transit Center.**

KIND nutrition bars will be distributed to students that get off a bus at the Transit Center as a thank you for using sustainable transportation.

**1-3 p.m.: Earth, Sun and Fire Tour, CSU Foothills Campus.**

Free tour of solar array, in-vessel composter, and biomass boiler on the CSU Foothills Campus. A RSVP to [ramtrax@colostate.edu](mailto:ramtrax@colostate.edu) is required for this tour.

### April 20

**Noon-1 p.m.: Longboard to Lunch, Northeast Corner of Meridian and University.**

Hot dogs will be distributed to longboarders as a thank you for utilizing sustainable transportation.

**1-3 p.m.: Compost Giveaway and E-Waste Collection Event, Moby Arena Parking Lot.**

Bring your own buckets (limited to two, five-gallon buckets) for CSU compost and up to two household electronics for ewaste recycling per CSU employee or student free of charge (no commercial grade/oversize electronics, appliances, or televisions over 24" can be accepted).

**5-6:30 p.m.: Managing the Planet Series, Avogadro's Number**

SoGES presents "National Park Service Centennial: Lessons for the next 100 years."

### April 21

**7:30-9 a.m.: Bike to Breakfast, University Avenue outside Natural Resources.**

Breakfast burritos will be handed out to cyclists as a thank you for utilizing sustainable transportation.

**11 a.m.-1:30 p.m.: Plate Waste Audit, Campus Dining Centers.**

The Eco Leaders and Live Green Team will be collecting all plate waste from the dining centers to audit how much food is thrown away to encourage diners to take only what they can eat to minimize waste.

**4-5 p.m.: Eco Leaders Independent Project Showcase, Laurel Village Pavilion.**

Stop by this showcase of undergraduate research projects by the Eco Leaders to learn about a variety of sustainability-related topics and enjoy refreshments.

**5-6:30 p.m.: Biodiversity Ignite!, Avogadro's Number.**

Speakers have 5 minutes and 20 slides to talk about the health of the planet in this popular SoGES event.

### April 22

**10 a.m.-2 p.m.: Earth Day Festival and Alternative Transportation Fair, LSC Sculpture Garden.**

All are welcome to this free and public festival that showcases booths from campus and community organizations dedicated to supporting a sustainable community. Live music will be provided by The 14ers.

**2:15 p.m.: Rededication and Planning of the CSU Peace Pole and Park, LSC West Lawn on the East side of Vietnam Memorial Bridge.**

Stop by to see the CSU Peace Pole re-established on the West Lawn in recognition of CSU's longstanding history and commitment to the Peace Corps.

**2:30-3:30 p.m.: Tree Campus USA and Arbor Day Celebration, CSU Lagoon on West side of the Vietnam Memorial Bridge.**

Join us to plant trees near CSU's lagoon. Contact [Jamie.Dahl@colostate.edu](mailto:Jamie.Dahl@colostate.edu) to volunteer or sign your student group up to plant a tree.



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# COMMUNITY EVENTS

## Mindful Drop-in Group

Every Wednesday 12:10-1 p.m., LSC 324  
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 Febles. 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.

## ISTeC 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  
[alumni.colostate.edu/best-teacher-awards/](http://alumni.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 multi-modal traffic, parking and tailgating for the new on-campus stadium.

## Day of Giving

April 21 | [giving.colostate.edu](http://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 CSU Ventures Innovation Symposium

April 27, 9 a.m.– 7:30 p.m.  
Lory Student Center A Ballroom  
[www.csucollegiatechallenge.org](http://www.csucollegiatechallenge.org)

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/](http://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  
[cincocinco.colostate.edu/](http://cincocinco.colostate.edu/)

This year marks the 23rd anniversary of the Cinco-Cinco 5K Run/Walk, presented by Bachus & 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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# Margarita Season

## WITH COYOTE GOLD



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*

**KICK OFF MARGARITA SEASON AND CINCO DE MAYO  
WITH COYOTE GOLD, MADE IN FORT COLLINS AND  
AVAILABLE AT**

**WILBUR'S  
TOTAL BEVERAGE**  
WINE & SPIRITS



# 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

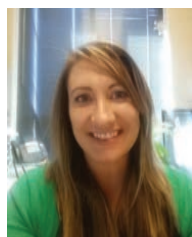
When the College of Liberal Arts grew from seven to 15 Academic Success Coordinators, Rosanna was an essential part of the process, from serving on the search committees to planning and organizing all the new employee trainings. She identifies and collaborates with student mentors for the Arts and Creative 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 regarding concerns with using certain software programs during foreign travel led to the creation of CSU foreign travel recommendations based on her model. Outside of her work responsibilities, her community service includes the

role of Secretary for the Administrative Professional Council and volunteering at the Larimer County Humane Society's shelter.



**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 move 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

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 nominator, Eris 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.



**Brett Wolk**  
Research Associate  
Colorado Forest Restoration Institute, Department of Forest & Rangeland Stewardship  
Warner College of Natural Resources

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.

## CONGRATULATIONS

## ZACH!

### REMARKABLE SERVICE AWARD



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!



# Career celebration for Gay Israel April 21

by Tracy Kile Schwartz

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.

## Came from ECU

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](http://legacies.chhs.colostate.edu/gay-israel.aspx)

Well wishes for Israel can be sent to [hesinfo@colostate.edu](mailto:hesinfo@colostate.edu).

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# ENTERTAINMENT CALENDAR

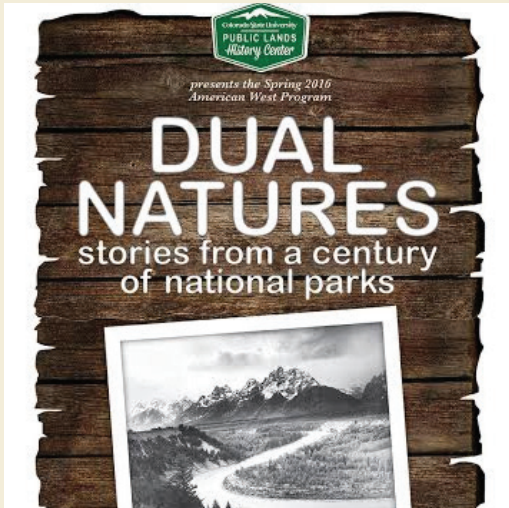
## Art & Literature

### 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/](http://publiclands.colostate.edu/events/national-park-service-centennial-event/)

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](http://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.

## Music & Dance

### Victor Wooten with Rod Taylor and J.D. Blair

April 16, 8 p.m.

Griffin Concert Hall, University Center for the Arts  
1400 Remington St. | [csutix.com](http://csutix.com)

The Contemporary 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/](http://music.colostate.edu/wooten-master-class/)

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

Concert free for CSU students, \$10 youth and \$25 adults

### FoCoMX 8

April 22-23

Various venues throughout Fort Collins | [focomx.focoma.org](http://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 and build that schedule 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](http://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.



## Theatre

### Orphans, by Lyle Kessler

Through April 30

OpenStage Theatre & Company  
Lincoln Center Magnolia Theatre | [lctix.com](http://lctix.com)

In a run-down row house in North Philadelphia, two orphan brothers hold a wealthy businessman for ransom – but things are not as they first appear in this award-winning dramatic comedy.

### Love, Loss and What I Wore, by Nora Ephron and Delia Ephron

Through May 1

Bas Bleu Theatre  
401 Pine St. | [basbleu.org](http://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.

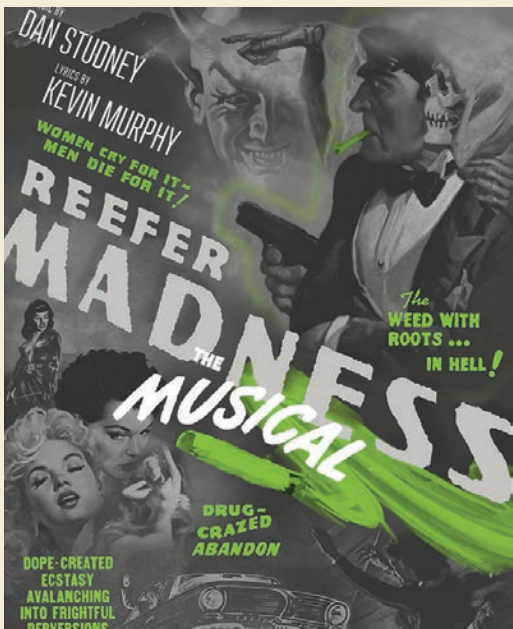
### Reefer Madness the Musical, by Kevin Murphy and Dan Studney

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](http://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-earthars, and, quite possibly, your children.

Free for CSU students, \$18 for adults





# Faculty Ombuds coming soon

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 communications 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](http://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 have someone hired 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.”

**Strong support for stadium**

The \$20 million donation to the stadium will bolster the ongoing fundraising efforts tied to the on-campus stadium project, said Vice President for University Advancement Brett Anderson. “This gift agreement exceeds the amount we originally anticipated for both the stadium and field naming rights. The generous and selfless decision to make a gift and honor Coach Lubick provides a huge assist to our funding model. We still have the ability to seek a stadium naming rights partner which will further strengthen the project.”



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](http://source.colostate.edu).

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# Updates from Classified Personnel Council

## CPC Constitution and Bylaws changes

During the February and March meetings, the CPC deliberated and approved changes to the Constitution and Bylaws. The Council considered six changes intended to:

- 1) Clarify and simplify a few sections of the Bylaws and,
- 2) Increase the size of the Council helping the CPC better serve State Classified employees (and clarify membership “type”)

Four of the changes were essentially housekeeping updates and passed unanimously. Through recent years the CPC has been comprised of up to 20 members and five “alternates” (non-voting members). The desire to increase the size of the Council is intended to better enable CPC representation on an ever growing list of University Committees. While approving the change to the size of the Council – up to 30 members, the Council also approved removing the distinction of “alternates”. Now, all elected representatives of the Council are “voting” members. Read the CPC Constitution and Bylaws on the CPC website: [cpc.colostate.edu](http://cpc.colostate.edu).

## Positive Action Award Nominations are open

Do you know someone who’s made a positive contribution to how State Classified employees are treated in the workplace? If so, the CPC wants to recognize those efforts! The Positive Action 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. For more information and application instructions, visit [cpc.colostate.edu](http://cpc.colostate.edu) or contact Anthony King at [anthony.king@colostate.edu](mailto:anthony.king@colostate.edu).

## 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!

Classified  
Personnel  
Council  
**CPC**

Learn more about CPC at:  
<http://cpc.colostate.edu>

# CONGRATULATIONS

## OPERATIONS MANAGEMENT STAFF

### Operations Management January Employee of the Month



**Dallas Quam** works for our RCM maintenance crew. Dallas consistently delivers the customer service first approach. This is demonstrated from satisfied customers and the feedback that is given to the supervisor. Dallas has a positive and enthusiastic attitude that reflects onto others around him and helps create a pleasant and energetic environment. His contributions to the Pipe and Mechanical Trades as well as the Structural Trades has been amazing. Keep up the good work Dallas.

### Operations Management January Team Award



**Tom Lorenz and Shawn Steely.** During our February snow storm there was a lot of snow and ice around HSC parking lots. Sean and Tom took it upon themselves to clean up around our department fleet and remove all the ice and snow. This was a tremendous help and really kept our area of campus safe. Thank you to the both of you. Your efforts are appreciated.

**Matt Oetken** is a member of our PM Maintenance crew. Matt is consistently assisting not only his crew but all the maintenance crews in Alpine with TMA and iPad issues. He also assists the reactive crew with work orders whenever asked. Matt is involved in the mini shop organization/clean-up crew. Thank you Matt for all that you do.



### Operations Management February Employee of the Month

**Jessica Cordova, Leisha Buell, Debbie Duncan, Deeana Chavez and Toshie Emmerich.** “JR” Rosario who is the RD of Westfall Hall had this to say about the environmental service crew: “This team works really hard to clean rooms and prepare the beds for our INTO arrivals both in the fall and spring. Often they have to work on these rooms with a small window of time and they are always positive about it. The hard work they put in for our INTO Students in Westfall ensures a positive and welcoming environment for our students and it highlights how our ET staff go above and beyond to serve our students. We appreciate them!”



### Operations Management February Team Award



# 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

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, Kendell 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 purchase all Ascend services to build a customized bundle based on the organization’s unique training, wellness, and connection goals.
- An online survey to collect baseline data and to create a snapshot of the overall health of the organization.
- Top-level networking between C-Suite and VP-level leadership, to connect with other leaders to enhance their professional network.

• 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.



Arthur Sintas

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.”



Thomas Cox

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.



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# SECRET LIFE OF CSU

## 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](http://focomx.focoma.org).**



Photo credit: Kyle Deuschle

## RentalSearch

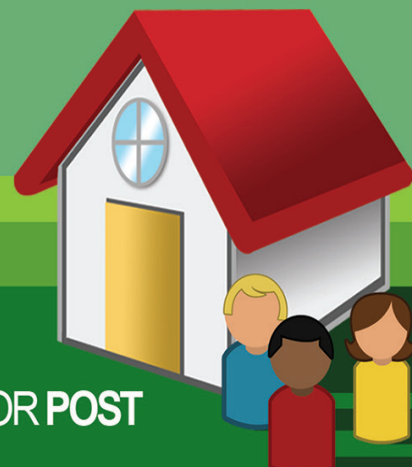
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# PET HEALTH

## You can help your cats become feline BFFs

By Jennie Willis

Some pet behaviors are inherited, while others are learned or based on environmental influences. It's helpful for pet owners to understand the behaviors of their furry friends so that animals may be managed for the health and happiness of entire households.

Here's a behavior-related question and answer that I hope will help multiple cat owners.

**Q. My family is adopting a new male cat; we already have a female kitty. What is the best way to introduce these two so that the new cat integrates into our household and we promote feline friendship?**

Congratulations on adopting your new cat! It is easy to go too quickly in your introductions, so you are right to think about this issue.

Cats don't like to be surprised by new family members and may react with fear and aggression, leaving a lasting impression on the newcomer. It is important to go slowly and to take steps to acquaint the new housemates, with planning starting even before they actually meet.

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.*

### Paging Dr. Ram

April 19, 6-7 p.m.

Online at the CSU Google Plus Hangout

Jennie Willis, instructor in applied companion animal behavior, will discuss pet aggression and offer solutions during this free, online presentation. The "Paging Dr. Ram" session is interactive, allowing audience members to tune in and ask questions from any location by computer or tablet. Join in or watch the recorded session on YouTube later.



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# Reinventing the Wheel — How Do You Commute?

Stacey Baumgarn, CSU's Campus Energy Coordinator and chair of the Classified Personnel Council, uses the most energy-efficient form of transportation for his commute: He walks to work, every day of the year, rain, snow, or sun.

Baumgarn says the only other form of transportation he has used since he started at CSU in February 2012 is a bicycle – maybe twice. His office is in the Facilities Services North building at the corner of Mason and Pitkin streets.

**How long does it take to commute to work? How does that compare to other forms of transportation?**

About 15 minutes. I could ride my bike but, by the time I unlock it, ride to campus and relock it, I can be here on foot. Walking is simply the easiest, no-hassle method to get to work!

**Describe your route and how you get to and from campus.**

I live on Howes Street, just a few blocks north of campus. So, I walk right down Howes Street – into and through the Oval (this is by far the best part of the walk – being able to watch the seasons change and experience a very special sense of place and time). From the Oval, I pass between Administration and Johnson and Centennial Halls, down East Drive between Military Science

and Shepardson, past NESB and arrive at the doors of Facilities Services North. This is the most efficient route so it is my most common path, coming and going. However, I do like to see different sights, so sometimes walking home I will walk down College or, if I end my day at the LSC, I may exit campus up Sherwood Street. I walk a lot and I like to take different “paths.”

**Do you do anything to prepare for the commute?**

I carry a small bike messenger type bag with work papers, my liquid-tight glass lunch box and liquid-tight reusable coffee thermos, so I pack those before I start.

**Do you do anything along the way, either to or from campus (day care stops, workouts, errands)?**

Some mornings my path takes me the LSC first – to grab a cup of coffee at Sweet Sensations. Most errands I do at the end of the day – maybe a trip to Safeway on the way home. I can and do walk to the bank, the post office, the dry cleaner, etc., not to mention an endless variety of places to eat.

**How do you spend your time on the commute?**

I try to just enjoy the walk – the space in between. I usually think about what I



Stacey Baumgarn hoofs it to work everyday rain or shine. *Photo by Kyle Deuschle*

need to do that day when I get to work.

What concerns did you have about walking to work before you started?

None. However, when it is icy, I usually keep my eyes on the ground to watch for unsuspecting spots. Funny, though I am subject to weather, I almost never look at the weather forecast, but if it is raining, I will carry -- and use -- an umbrella. If there is snow on the ground, I will wear a pair of hiking/walking shoes that have a bit more tread. But I also wear those shoes because when I get to campus, I have snow-shoveling duty. All part of the variety in my job in Facilities Management.

**How do you manage workday business trips when you don't have a personal vehicle on campus?**

I enjoy walking across campus for any on-campus meeting. My off-campus meetings are usually at the City offices downtown so, I jump on the MAX. For any meetings or events in Denver, Boulder, or Golden, I do get a car from Motor Pool.

**How does the cost compare to driving and parking on campus?**

I can buy a few nice pairs of shoes for the cost of a parking permit.

**What advice would you give to a fellow employee who is on the fence about using alternative transportation to commute?**

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.

## YOU@CSU: New mental health program launches on campus

*By Courtney Deuschle*

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 way that is free, useful and beneficial.

Using the portal, students access three different domains to learn and explore their strengths and growth areas.

**THRIVE** = Physical/Mental Health

**SUCCEED** = Academics/Career

**MATTER** = Purpose/Community/Social

Students create a profile using their colostate.edu email, and the content and experience becomes personalized once they complete a profile and start searching and completing brief assessments. Goals can be set and checked off using a function on the platform as well.

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 have 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.



# 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](mailto: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](http://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.*

Learn more about your C2C benefits at [source.colostate.edu/commitment-to-campus/](http://source.colostate.edu/commitment-to-campus/)



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# Baby 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."



Greg Florant holding Baby. CSU Photography

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.

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# Awaken Connect Transform through film festival

By: Melissa Leavenworth

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



Tomorrow We Disappear

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



Kings of Nowhere

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](http://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](mailto:kristy@actfilmfest.org) for more information on tickets and group prices.**

An advertisement for Grove Living. It features a photograph of two men, one in a black hoodie and one in a grey sweatshirt with a red owl logo, standing in a kitchen. Overlaid on the image is the text "MAKE MEMORIES NOT EXCUSES" in large, bold, white letters with a blue outline. Below this, it says "NOW LEASING LOWEST RATES OF THE SEASON!" in white text on a green background. Further down, it provides the address "2101 PERENNIAL LANE, FORT COLLINS • 970.493.1058" and social media handles for Facebook, Twitter, and a website. At the bottom, there is a logo for "grove" and the tagline "FULLY LOADED COLLEGE LIVING®". A call to action at the bottom right says "CALL TO SCHEDULE A TOUR TODAY."



# Chef Steve medals in regional competition

By Sylvia Cranmer

Imagine you have 60 minutes to prepare four portions of an original, gourmet, hot entrée. To add to the challenge, you must use mandatory ingredients including red rice, edamame, black kale, and an optional protein. No advance preparation or cooking is allowed, and you must work unassisted using only two induction burners. Three American Culinary Federation judges are scrutinizing every step you take with special attention to technique, poise, organization, sanitation, presentation, and, of course, taste.

Sound like a particularly daunting episode from the Food Network, but the professionals who are actually competing are all university chefs. And it's game on for CSU Residential Dining Services Production Chef Steve Kelley.

Kelley rose to the occasion, garnering a silver medal, as he competed in the annual collegiate Culinary Challenge, sponsored by the National Association of College & University Food Services (NACUFS) at the regional conference in Coeur d'Alene, Idaho. His prize-winning dish was black tea-encrusted tuna with red rice stir-fry and kale caviar with edamame cream sauce.

"Although we all knew the ingredients and had two months to prepare and practice timing, it was still nerve-wracking," says Kelley, who involved his staff and colleagues in observing and taste-testing his recipe until he felt it was ready.

Yet despite the prep time, it all came down to skill and composure to win a medal. "The most challenging part of the whole process is calming your nerves knowing that the judges are watching your every move. The whole process has to take exactly 60 minutes, plus 10 minutes for plating. Finishing early or late results in penalties."

**Colorado native, culinary school graduate**

Kelley has worked at CSU for 10 years at Corbett and Parmelee dining centers. He is a Colorado native who honed his culinary talents at Johnson & Wales University in Denver, developing a passion for sautéing and roasting. His inspiration for this award-winning recipe came from his love of tuna. "I thought it would be nice to have a delicate protein that would stand out with the other ingredients."

His wife, Tina, who also works at CSU as a dining manager at Allison



Steve Kelley cooks up a storm at NACUFS. Photo courtesy Housing & Dining Services.

Hall, watched him develop his dish over time and observed during the entire competition. "All of Steve's hard work preparing paid off in a big way: His hands were steady, his knife skills were on point, and his movements were backed with confidence." She noted that as soon as the clock started, nerves went out the door and Steve immersed himself in the thrill of the competition and executed his dish with grace.

CSU has done well time and again in this competition. Within the last

four years, CSU chefs garnered one first- and two second-place finishes. "It exemplifies the culinary talent we have in our facilities, and shows that CSU values culinary development in our staff," according to CSU's Assistant Director of Support and Culinary Operations Peter Testory. Winning a medal at any level in this competition is not easy and shows a highly elevated skill level. "Steve earned it. He put in the work, practice, and dedication. He personifies CSU Dining Services perfectly."

## 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?**

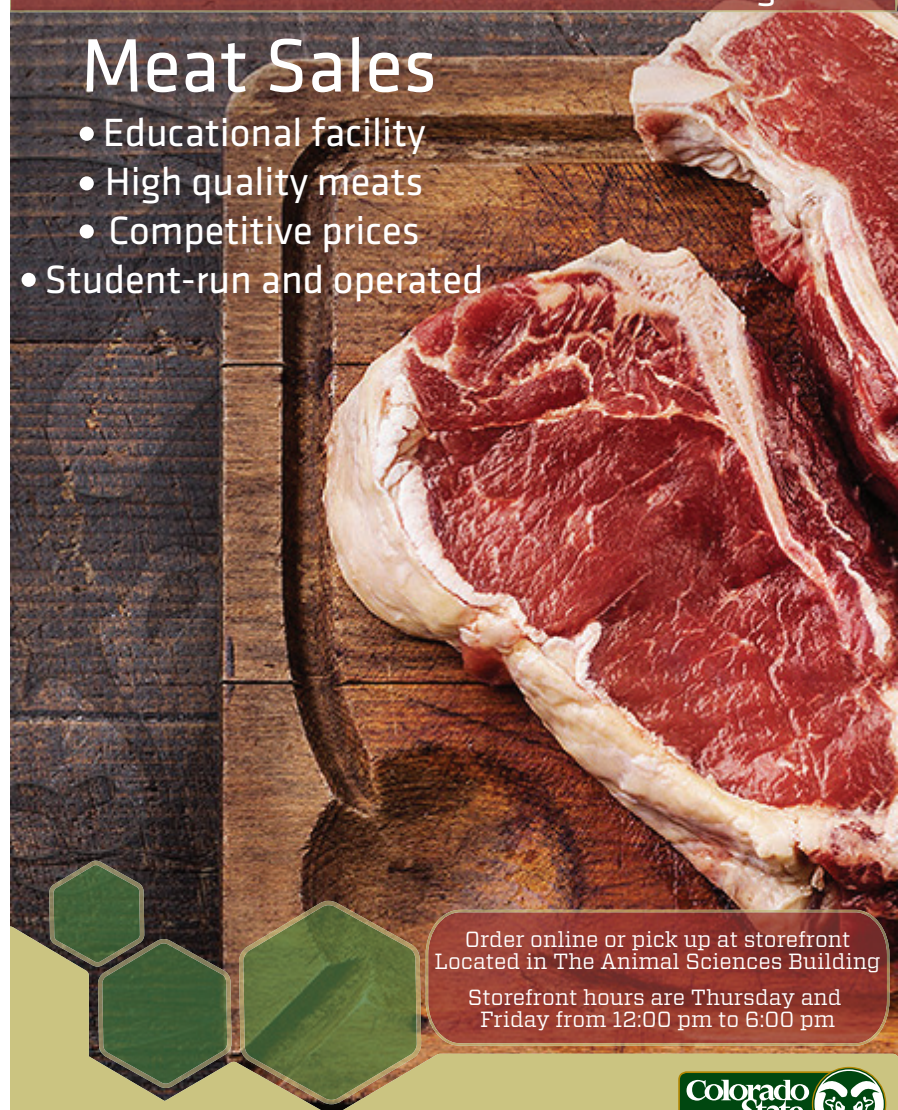
**Email your answer with March Trivia in the subject line to [csulife@colostate.edu](mailto:csulife@colostate.edu) by April 22. The winner will be chosen at random from all the correct answers received by CSU Life staff.**

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# A snapshot of alternative spring break programs at CSU

By: Courtney Deuschle

Every year, Colorado State University students are given the opportunity to participate in an alternative Spring break program. Through the Student Leadership, Involvement and Community Engagement office (SLiCE), students can pick from a variety of programs that focus on serving different communities around the nation and parts of Central America. Faculty and staff members as well as graduate students run these programs.

One program — run by Jordan Sowell, General English Program Coordinator — included eight undergraduate students who traveled to Atlanta, Ga. to do service learning with the International Rescue Committee (IRC), a resettlement agency for newly arrived refugees.

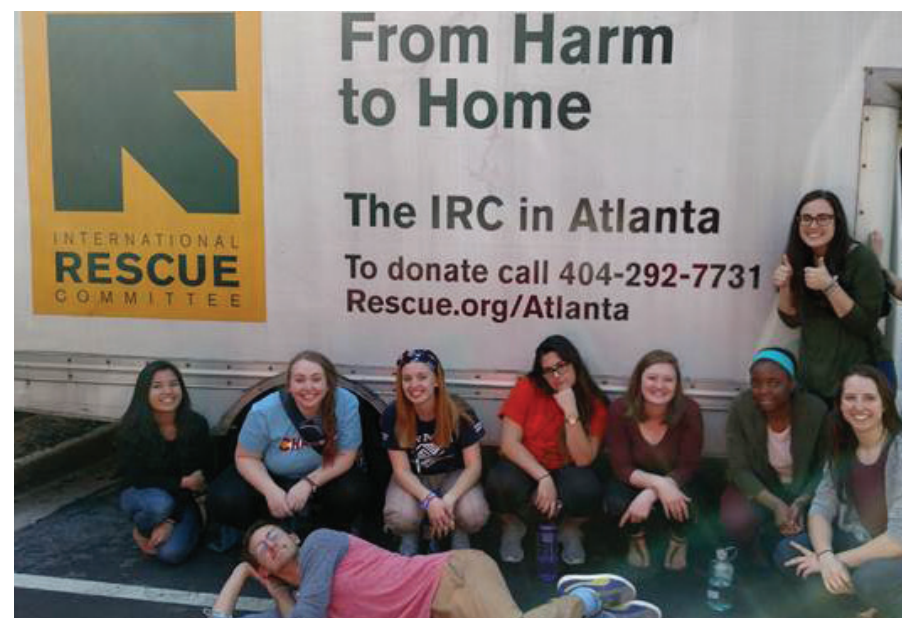
“While our main focus was teaching English to the adults at the IRC, we also tutored middle-schoolers and high-schoolers in after school programs, babysat in an on-site child care program, sorted through donations, provided much-needed office work assistance, and learned about the overall refugee process and support systems in the U.S.,” Sowell said.

The group also toured a family literacy program, a sewing club, and a girl’s school that aim to help refugees once they are somewhat more settled. Although the group worked with people who have survived extreme trauma and hardships, and are now faced with the daunting task of assimilating to life in the U.S. and becoming completely self-sufficient, they also saw a community of people come together to help each other.

“From my unique vantage point on this trip, I also witnessed a fantastic group of CSU students who are committed to helping others, having the tough conversations, open to having their beliefs and worldviews challenged, and willing to work hard for justice. This is always

the most rewarding week of my year,” Sowell said.

**For more information on alternative Spring break programs, contact the SLiCE office in the Lory Student Center.**



## 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 officially from Colorado? I recently experienced my first blizzard. In January, I cashed a state tax refund check. I have a Colorado driver’s license. Is that enough? If I clicked on the headline, “36 Things You Will Naturally Understand If You’re From Colorado,” would I get it?

So, I sought input from some of my students and asked them to provide some examples to weigh myself against. Sure, I’ve lived here for six months, but am I officially from Colorado? Let’s find out ...



**You went crazy when the Broncos won 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.

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 take a three-day weekend to go skiing.**

I’m still adjusting to driving in the mountains without thoughts of plunging down the side. The idea of voluntarily propelling my body down one? I can’t see that happening — ever.

**You leave the house prepared to be dressed for all seasons.**

As I write this, CSU is five days removed from the blizzard that shut down the campus. Today? The forecasted high is 62 degrees. In two days? One-to-three inches of snow are expected. In a way, I think every region has a claim to weird weather quirks. But here, it’s certainly a thing.

For me, this is a work in progress. In the beginning, I was that guy dressed head-to-toe in winter apparel

while students in shorts and flip-flops surrounded me. Now, I’m more prepared for the 30-degree change in temperatures in a single day that are commonplace around here.

**You own a piece of clothing with the Colorado state logo on it.**

I came “this close” to buying a winter hat that would have taken care of this. To date, there are no Colorado state logos in my closet.

**The verdict**

One yes, three no’s and one sort-of. Though I’m certain Colorado will be happy to continue to collect my taxes every two weeks, I’ve got a long way to go before the state will call me one of its own.

**Jim Rodenbush is the Student Media Adviser to the Rocky Mountain Student Media Corporation. Each month, this space will highlight his experiences as a new resident of Fort Collins.**



# CSU COOKS

## RAM Energy Bars



### Ingredients

- 1.5 cups ripe banana, mashed (about 3 medium bananas)
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups rolled oats
- ¾ cup dried cherries, chopped
- ½ cup pecans, chopped
- ½ cup semisweet chocolate chips
- ½ cup sunflower seeds
- ½ cup pepitas (pumpkin seeds)
- ½ cup almonds, sliced
- ¼ cup hemp seeds
- 1 teaspoon cinnamon
- ¼ teaspoon fine grain sea salt

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](http://www.nutritioncenter.colostate.edu)

## 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.

### Diet Mentality

I avoid “bad” foods

I exercise to earn my food

I am successful if I look better

I worry about what others think about my weight

### Non-diet Mentality

I enjoy all foods in moderation

I exercise to feel good and push myself

I am successful if I feel better

I think about health benefits

## 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.





# BOOK REPORT

## 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."

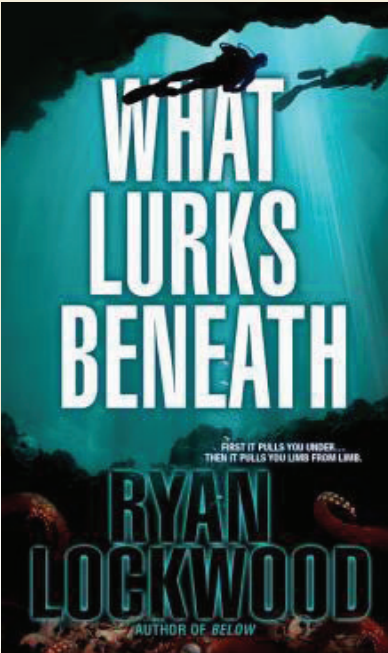
Lockwood felt a little rusty with his scuba diving being stuck in Colorado, so in order to strengthen his knowledge of the subject matter in *What Lurks Beneath*, Lockwood read related non-fiction and took two trips to the Bahamas to scope out the novel's location. To build his expertise, he took the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



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# CSU Fashion Show gets ‘Elemental’ this year

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*



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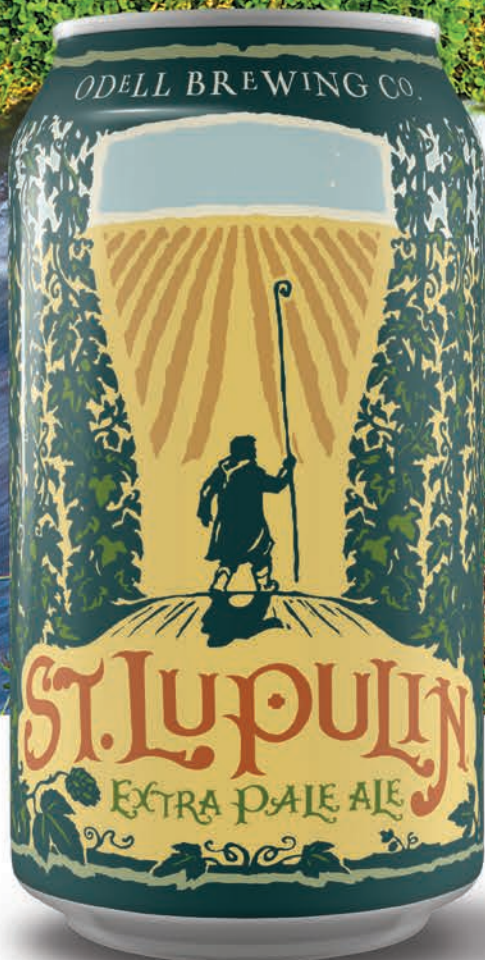
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