Journey to peace

Nobel Laureate inspires CSU

By Selena Rodriguez

“Don’t wait for a Gandhi, don’t wait for a King, don’t wait for a Mandela. You are your own Mandela, you are your own Gandhi, you are your own King.” This is the message Leymah Gbowee, who shared the Nobel Peace Prize in 2011, has for the world.

During the second Liberian Civil War, Gbowee played a key role in brokering peace within the nation. The atrocities of the war inspired her to become a trauma counselor to former child soldiers. But she wanted to do more to heal the world crumbling around her. Through grassroots efforts, she managed to gather women of varying faiths and differing backgrounds together in a movement for peace.

Thousands of women staged pray-ins, nonviolent protests and sex boycotts. Their actions demanded high-level peace talks which eventually turned the tides of the war. This paved the way for the election of the country’s first woman president, Ellen Johnson Sirleaf. Through their efforts, Gbowee, Sirleaf and Tawakel Karman became the second African women to win the prestigious Nobel Peace Prize.

On March 6, Gbowee made a special appearance at Colorado State University in honor of International Women's Day. She drove home the importance of finding our common humanity in the face of great adversity. She implored the crowd that filled the Lory Student Center Ballroom not to lose faith in one another. Gbowee spoke on her firm belief that we can find justice and we can find oneness if only we put forth the effort.

Gbowee didn’t sugar coat the journey to peace. She emphasized that the choice is in our hands. And she acknowledged that this choice isn’t always an easy one. It takes extreme empathy to look outside of your own scope of reality. But, as her story highlights, it pays off.

>> Gbowee continues on page 8

Photos by CSU Photography
APPLAUSE

COLLEGE OF HEALTH AND HUMAN SCIENCES

Dennis Pettitt and Mostafa Khattab of the Department of Construction Management were named Educators of the Year by the Mechanical Contractors Association of America at its annual meeting in early March. The annual award goes to the MCAA student chapter faculty advisor who demonstrates excellence in mentoring, project planning and support, interacting with the chapter’s local association sponsor, promoting professional interactions and relationships between the students and association members, membership recruitment and assisting chapter members with securing internships and full-time positions. The award is traditionally given to an individual faculty member, but this year, the CSU MCAA Student Chapter lobbied the organization to recognize both Pettitt and Khattab.

Susana Muñoz, assistant professor in the School of Education, is among the “Top 25 Women in Higher Education and Beyond,” according to the magazine Diverse Issues in Higher Education. The profile of Muñoz recognizes her research on issues of college access, persistence and identity among underrepresented student populations, with an emphasis on the experience of undocumented and Latino/a students.

University Distinguished Professor Diana Wall was recognized March 1 by the Ecological Society of America, which announced that she will receive its highest honor, the 2017 Eminent Ecologist Award, at the society’s annual meeting in August. The award honors a senior ecologist for an outstanding body of ecological work or sustained ecological contributions of extraordinary merit. ESA has more than 10,000 members worldwide. Sixty-four ecologists have received this top honor since it was first awarded in 1953.

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APC shares employee voices with CSU President Tony Frank

By Administrative Professional Council

Your voice matters and the Administrative Professional Council is listening, sharing your feedback with CSU leadership, and taking action to make real change.

Each year, the Administrative Professional Council (APC) makes it a priority to meet with President Tony Frank to discuss goals and themes currently of interest to the APC and administrative professionals with this year’s meeting taking place on Feb. 27.

In preparation for the meeting, the APC listened to AP voices from across campus by soliciting feedback and researching key themes. These details were shared in the APC 2016-2017 Feedback and Recommendations Memorandum sent to Dr. Frank prior to the meeting. The document focused on compensation, work/life balance, annual evaluations, professional development opportunities and funding, continued commitment to supervisory training, and parking.

During the meeting, Dr. Frank emphasized that compensation is the biggest concern among all employee groups. Addressing this concern is no easy task, and Dr. Frank stressed that university leadership continues to balance investment in employee compensation with other priorities. Earlier in his presidency, employee groups indicated that other aspects of employee compensation besides salary needed attention. Hence, past investment focused on such areas as improving health benefits and creating discount programs like Commitment to Campus.

“The pendulum now needs to swing back toward the salary side of the equation,” said Dr. Frank.

Compensation at CSU is affected by various factors including benefits, state funding, and tuition rates, so allocating budget to the salary pool is a complex issue. In an effort to benefit salary and compensation in the future, Dr. Frank stated that CSU will continue to focus on increasing all revenue sources and will focus on prioritizing salaries over new employee programs and fringe benefits.

Closely related to the discussion on compensation was an exploration of annual raises and whether or not they should be merit-based or influenced by inflation and cost of living. There is general support on both sides, but the criteria for earning a merit-based raise versus a cost-of-living raise varies.

“In reality, a merit-based-only model really only makes sense if there is a proper evaluation process,” said Dr. Frank.

Creating and maintaining an effective employee evaluation process requires a consistent method for classifying positions across campus. CSU Human Resources is currently working on inputting updated job descriptions into the Talent Management System so that standard salary bands based on position classification can be implemented. HR is also turning their attention to improving the current performance management system.

Questions about employee compensation and annual raises are complex and interrelated, and while a full solution will take time, Dr. Frank remains optimistic that in the meantime there are feasible ways to alleviate concern: “By being careful and prioritizing, we can get through this and find a balance.”

FOR MORE INFORMATION
Interested in joining the conversation? Contact your area representative to learn more about how you can engage with the Administrative Professional Council.

To read the full memo sent to President Frank, go to ap.colostate.edu/meetings-schedule-minutes.

AP STAR WINNERS

ON APRIL 4, THE AP COUNCIL HONORED SIX OUTSTANDING ADMINISTRATIVE PROFESSIONALS AS AP STARS. THEY WERE SELECTED FROM AMONG 40 NOMINEES FROM ACROSS CAMPUS.

According to the nomination criteria, an AP Star demonstrates willingness to go above and beyond in their work within their department, in collaboration with other units and/or the campus community; utilizes resources in a more effective manner; contributed to the CSU administrative professionals on campus; and recognizes and honors the important of work-life balance and supports it in themselves as well as their area, department, and the University.

CONGRATULATIONS TO THE 2016-17 SHINING AP STARS!

• CLAIR CALHOUN, OFFICE OF THE VICE PRESIDENT FOR RESEARCH
• SARAH CHASE, GRADUATE PROGRAMS
• DAKOTA COTNER, COLLEGE OF LIBERAL ARTS ACADEMIC SUPPORT CENTER
• LUCIA DELGADO, THE ACCESS CENTER
• CAROL ENGLE-ENRIGHT, DESIGN AND MERCHANDISING
• ADAM PEARLSTEIN, PHYSICS

WATCH SOURCE FOR YOUR OPPORTUNITY TO NOMINATE AN OUTSTANDING AP FOR NEXT YEAR’S AWARD.

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Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at fcgov.com, or download the free mobile app.
Each year, the Colorado State University Alumni Association recognizes outstanding CSU educators with The Best Teacher Awards. 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.

Matt Camper  
(B.S., '01; M.S., '07)  
Department of Bioagricultural Sciences and Pest Management  
(Entomology)  
College of Agricultural Sciences

For seven years, Matt Camper has taught entomology at Colorado State University's Department of Bioagricultural Sciences and Pest Management as a special appointment instructor. He also serves as the director for the CSU Bug Zoo, a live arthropod collection used for Extension and outreach.

Camper has broad research interests around pest insect biology and how these pests occur in Colorado, including insect pests of horticultural commodity crops. He assists with insect samples that are submitted by companies and individuals from around the United States and helps identify and create management plans for their pest problems. His work is expanding to urban entomology and the Cimex species (bedbugs and relatives).

He is the recipient of numerous awards including the Charles N. Shepardson Faculty Teaching Award from CSU's College of Agricultural Sciences and Pi Beta Phi's Professor/Teacher of the Month from the Pi Beta Phi Fraternity for Women and he is a two-time International Education "Globie" Award recipient through CSU's Office of International Programs.

His favorite quote about learning is the notable quote from Bradly Milappy: "Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar."

One of Camper's favorite places to visit on campus?

"Newton's Corner, which is the sculpture between the Belgrade Science and the new Paisley Yate buildings," Camper said. "There is a quote from Sir Isaac Newton that I hold at the heart of my ability as an educator. It reads 'If I have been able to see farther than others, it was because I stood on the shoulders of giants.'"

Bill Shuster  
(B.A., '88, M.B.A.; '00)  
Department of Management  
College of Business

Bill Shuster has taught at Colorado State University for 16 years and is a clinical professor of organization and innovation management in the Department of Management in the College of Business.

His primary role is teaching business capstone, supply chain, operations, and international business courses, while providing support for students in their career development. Shuster also works with many corporations to build bridges between the college and business world. This is where he developed his research interest of investigating the correlation of employee engagement and corporate strategy.

Shuster maintains his control of a small management consulting firm that specializes in organizational integration. He serves on the boards of directors for multiple firms and has worked with employees from Facebook, Lockheed Martin, JP Morgan Chase, and Google. Shuster was named "Professor of the Year" by the CSU Business College Council, is an Honorary Inductee for Golden Key Honor Society and Sigma Iota Epillon, and was a CSU Honor Alumnus. Shuster has also received the Accenture Professor Excellence Award and Excellence in Education Award from CSU's Department of Athletics.

He was inspired to teach by both his parents, who were educators in small schools in Colorado. His philosophy on teaching?

"Teach students how to think and not what to think."

His favorite quote that he applies to his teaching is from Albert Einstein: "I never teach my pupils, I only attempt to provide the conditions in which they can learn."

Grace Hanley Wright  
(M.B.A., '13)  
Department of Management  
College of Business

For more than three years, Grace Hanley Wright has taught entrepreneurship and social and sustainable venturing in the College of Business at Colorado State University. Wright studied political science at the University of Denver and received her master's degree in business administration from CSU's Global Social and Sustainable Enterprise Program.

Prior to CSU, Wright worked for the Food and Whole Foods Market, two businesses that showed her the positive impact of business and the power of young people to make a difference. As a result of the GGSE program, Wright co-founded a 501(c)(3) Ascent, which focuses on international women's health. She recently founded Apitech, which enables technology adoption among older generations.

Wright works to equip students at CSU with the knowledge that they can be powerful entrepreneurs and change-makers in business. In 2010, Wright was recognized as a Colorado Woman of Influence and, in 2016, as a Northern Colorado Superwoman.

Making a positive impact is central to Wright. In elementary school, after learning about the horrifying situations surrounding child labor throughout the world, she raised enough money during her sixth- and seventh-grade years to build a school in India through an organization called Free the Children.

In high school, she volunteered in a school in Kenya, and in college, she studied abroad in northern Brazil and worked with children who were trafficked in the sex industry. While at Whole Foods, she spent time in Guatemala working with microloans and volunteering in a school.

Her philosophy on teaching?

"It has been clear to me throughout my life that education is a tool that can be used to lift people up; education can be used to change the world."

Bill Shuster  
(B.A., '88, M.B.A.; '00)  
Department of Management  
College of Business

Abigail Veliquette  
Ph.D. (M.A., '07, Ph.D., '13)  
Department of Communication Studies  
College of Liberal Arts

Dr. Abby Veliquette holds a master's in communication studies and a doctorate in organizational learning, performance, and change from Colorado State University. Dr. Veliquette has taught at CSU for 10 years, specializes in organizational communication, and teaches classes ranging from professional communication to conflict management and public speaking. Her research has focused on leaders in nonprofit settings and leadership development in organizations, and she serves as a leadership coach and consultant to organizations.

Dr. Veliquette finds the most joy alongside students, supporting them in achieving their full potential and equipping them to be engaged, strategic organizational citizens. Prior to CSU, she worked for 10 years in a faith-based nonprofit, managing volunteer training, recruitment, and retention.

Her greatest accomplishment as a teacher?

"The times when my teaching extends beyond the classroom, and I am given the opportunity to help students apply our learning to their real-life situations," she said.

Her philosophy on teaching?

"The classroom, like no other place, encourages everyone to engage, challenge, innovate, and critique. As a student, I loved that my instructors expected the best from me and gave me the space to explore and develop my worldview."

Abigail Veliquette  
Ph.D. (M.A., '07, Ph.D., '13)  
Department of Communication Studies  
College of Liberal Arts

Marie Villegas Zamzow  
(B.S., '95)  
School of Social Work  
College of Health and Human Sciences

Marie Villegas Zamzow has taught in the School of Social Work at Colorado State University for the past four years, and specializes in social welfare policy, child welfare, clinical work with families and groups, and diversity. In her classes, which include bachelor's- and master's-level courses, she facilitates learning about critical thinking, and social work leadership and discussions on how we can each be responsible to help create change — social, environmental, or economic change — to create social justice.

Zamzow leads and has served on several community committees, including the Diversity and Human Rights Committee, the Curriculum Committee, the Small Systems Committee, the Social Committee, and is the CSU faculty assigned to the student organization, Social Work in Action.

Her inspiration for teaching?

"My father," she said. "Before retiring, he spent his life educating the children who struggled to learn. He was always patient, kind and inspiring to his students. He taught children that other teachers had given up on. He is a first-generation Mexican American and grew up in a time of rampant discrimination. He was the first in his family to go to college, and he received his bachelor's degree and several master's degrees. It inspired me to value my Mexican heritage and to stand up for people who needed an advocate. He also taught me that education was the single best way to fight injustice and create a positive future."

Her philosophy on teaching?

"Know who you are, and bring your best self into the classroom."
This year CSU has taken on several new sustainability initiatives worth celebrating. Join in on the fun April 17-26 during Earth Week.

Toni Miyamoto, director of communications and sustainability for Housing & Dining Services, helped organize the week-long event that will encompass 19 scheduled events so far.

Miyamoto first experienced Earth Day celebrations at CSU when starting as a grad student in 2001. She immediately recognized the connection to the outdoors at CSU, not just in activity but a commitment from our students, and our faculty and staff, to work towards sustainable initiatives.

Back then the event was a single-day tribute consisting of three or four tables on the plaza. “It has been so rewarding over the past 16 years to see how much it has grown,” Miyamoto said.

This year nine days of scheduled events ranging from academics, research, student engagement and operation representatives will take place all over campus.

“It’s really cool that it’s not just the environmental piece of sustainability, we’re also really looking at that social justice and climate justice component of it,” Miyamoto said.

Every year the Earth Day Festival is featured as the week’s signature event. It will take place April 21 on the Sutherland Culture Gardens of the LSC.

Sustainable initiatives for proud Rams

This year CSU will launch a windrow composting system that processes organic waste, a big upgrade from the Oscar composting system that has previously been used.

The bike share program has also been implemented. “We have the new bike stations,” Miyamoto said. “We have two already on campus and then we’ve got a plan in place to bring 10 more.”

Another initiative taken in 2017 worth celebrating is the Climate Reality Pledge, a commitment from President Tony Frank to move the university to 100 percent renewable energy by 2030. The campus also has a goal to reach full climate neutrality by 2050.

Celebrate sustainability on campus during Earth Week

COLORADO STATE’S REPUTATION AS A LEADING SCHOOL FOR SUSTAINABILITY RESEARCH, ACADEMICS, AND OPERATIONS CONTINUES TO GROW.
Monday, April 17
7:30-9:30 a.m. • Carpool to Coffee
Parking lots 310 (Engineering) and 425 (Morgan Library)
10 a.m. - 12 p.m. • Earth, Sun & Fire Tour
Bus departs from Lot 575 (South of the S. College Ave. Garage). RSVP required.
10:30 a.m. - 1:30 p.m. • Celebrate Undergraduate Research and Creativity Showcase
Lory Student Center Ballroom

Tuesday, April 18
7:30-8:30 a.m. • Bus to Barista
LSC Transit Center
11 a.m. - 1 p.m. • Compost Giveaway and E-Waste Collection
Lot 740 (Research Blvd. Remote Lot)
2-5 p.m. • Sustainable Futures Fair
LSC North Ballroom
5-6:30 p.m. • Biodiversity Ignite
Avogadro’s Number

Wednesday, April 19
7:30 a.m. • Bike to Breakfast
Plaza between Education and Chemistry buildings
1:30 - 3 p.m. • Sustainability Milestones Celebration
Bob Davis Hall at Moby Arena (RSVP required)
4 p.m. • Distinguished Ecologist Seminar Series: Ruth Shaw, University of Minnesota
LSC North Ballroom

Thursday, April 20
10:30 a.m. - 1 p.m. • Longboard to Lunch
Meridian and University
11 a.m. - 1 p.m. • Plate Waste Audits
All Residential Dining Centers
4-5:15 p.m. • Eco Leaders Project Showcase
Laurel Village Pavilion
4 p.m. • Distinguished Ecologist Seminar Series: Ruth Shaw, University of Minnesota
LSC North Ballroom

Friday, April 21
10 a.m. - 2 p.m. • EARTH DAY FESTIVAL
Sutherland Sculpture Garden on the West side of LSC
2:30 p.m. • Arbor Day/Tree Campus USA Event
West side of the Vietnam Era Memorial Bridge

Saturday, April 22
11 a.m. - 5 p.m. • Earth Day Fort Collins
Civic Center Park

Monday and Tuesday, April 24-25
8 a.m. - 5 p.m. • Environmental Justice in the Anthropocene Symposium
Lory Student Center

Wednesday, April 26
6:30 p.m. • “Is the Poudre River Ecologically Sustainable? What Does ‘The Science’ Say?” Panel
Behavioral Sciences A101

source.colostate.edu/earth-week
“We Liberian women decided to step out to change the dynamics of our communities. We fasted, we prayed, we did whatever it took. But primarily, we stood firmly on our conviction that peace was more important than politics, religion and ethnicity,” Gbowee said. Her words were met with thunderous applause.

Gbowee took some time to highlight the destructive nature of the stereotypes that we all carry. Whether we want to admit it or not, everyone has bias. But what counts is if you act on those negative perceptions. Gbowee said that if we don’t let down the walls these negative stereotypes build, we’re missing out on the actual person.

“You think your country is divided? Work towards uniting it. How can I do that? By seeking out one person and getting to know them,” Gbowee suggested. She went on to say how news coverage in the U.S. overemphasizes political divides. She thinks it’s better to talk about the issue, not fit it into a republican or democratic scope.

In an interview before her speaking event, Gbowee gave some tips to those who want to make a real change in their world. She said to find the thing that lights a fire in your soul. What issues keep you up at night? She advised that you work within these passions. And as a final piece of advice, she simply said, “Start off small, bite off what you can chew.”

What does that look like? Be kind to everyone, even those whose beliefs differ from yours. Volunteer. Educate yourself on issues you don’t understand. Break down stereotypes. Maybe these actions won’t win you a Nobel Peace Prize, but every ray of light cast into the dark is a step towards enlightening the world. So turn on your light.
NO MATTER WHAT THE OCCASION – WE’VE GOT YOU COVERED!

Shamrock Foodservice Warehouse – the one-stop shop for restaurant operators, caterers, food trucks and more, is also open to the public. We are offering extra savings for Colorado State University Students, Faculty and Staff – simply show your CSU ID at checkout and get 10% off your purchase*

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Exclusive Savings
10% Off

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Foodservice Warehouse

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*Dairy products excluded. Subject to termination at any time.
Salary Equity Committee completes analysis of tenure/tenure-track faculty salaries, releases report

By Pam Jackson

The CSU Salary Equity Committee has concluded its 2017 analysis of tenure/tenure-track faculty salaries, and has released two reports with its findings and recommendations to the administration for moving forward.

“The committee is confident these findings and recommendations will serve to encourage the ongoing dialogue on campus related to salary equity for faculty,” said Diana Prieto, executive director of Human Resources and Equal Opportunity and chair of the Salary Equity Committee. “Among other recommendations, the committee suggests the models developed for the salary analysis be modified for application to other employee groups in CSU’s continued exploration of salary equity.”

In spring 2015, President Tony Frank called for the formation of a committee of internal and external experts to develop a reliable and transparent methodology for assessing faculty salary equity and a path to move forward. The committee was formed in the summer of 2015.

Findings and recommendations

The committee developed two regression models to assess salary differences between groups — one model for gender and one for minority status — which were completed separately for each faculty rank to assess salary variances. The models were used for a single year analysis (FY17) and to assess change over time (FY13-FY17), but did not speak to the salary of any individual faculty member.

“It takes a great team to accomplish great things, and the CSU Bookstore has a great team,” Parry said during his remarks. “Thanks to our career staff as well as our student and seasonal staff, and the dedicated employees from previous years who helped set the stage for previous success we continue to experience. Thanks goes to great administrators who continue to support us and what we are doing. Thanks also to the entire CSU community.”

Highest level of excellence

The award recognizes a college store that demonstrates the highest level of collegiate retailing excellence. Judging is based on six criteria: campus connection, academic support, customer commitment, shopping experience, workplace culture and profitability.

“Every entry made an impressive case for collegiate retailing excellence, but the submission from Colorado State University Bookstore stood out as particularly exceptional,” said Tom Hoffa, vice president of channel partnerships for Pearson Education and NACS Foundation president. “The judges loved their strong campus and community connections.”

According to the NACS Foundation, the CSU Bookstore stood out with its commitment to both campus and community. Along with developing a wide network of partner groups on campus and working to support student orientation and other programs, the bookstore serves as a key partner of CSU’s “School is Cool” program, which helps local K-12 students with back-to-school supplies. The program has provided more than 40,000 supply bags to local students over its 25-year history, and the Bookstore has been involved for nearly two decades by ordering low-cost, high-quality school supplies and having them delivered.

With a mission focused on saving students money, the CSU Bookstore has also implemented a range of course material initiatives, including one of the largest buyback operations in the country, with five campus locations. The store also maintains a robust used-book program and has implemented dynamic pricing, alternative formats, rentals, e-books and inclusive access.

Savings for students

The programs allow the store to maintain a competitive market position, with its course material sales holding steady while others in the industry have witnessed significant decreases.

The store saved CSU students $4.7 million on course materials last year alone, through lower-priced options, used books, buyback and other programs.

“We find out what is most important to our campus and then figure out how to provide it in a way that makes business sense,” Parry said.

“Colorado State University Bookstore’s submission was about a true commitment to excellence in all aspects of the criteria and beyond,” said Tommie Miller, former NACS president and retired director of the Valdosta State University Bookstore in Valdosta, Georgia. “The store totally rebranded itself in light of the changing market of higher education and publishing, and did it successfully. Colorado State University Bookstore really does reflect the passion I have for the college store and the vital importance of partnerships.”

The Collegiate Retailer of the Year Award is underwritten through the Tommie and Keith Miller Endowment Fund. The Millers’ passion for the industry inspired the couple to endow a prestigious award that would celebrate a dynamic and forward-thinking store’s achievements.

The NACS Foundation Board of Directors is solely responsible for selecting the Collegiate Retailer of the Year from all the applications submitted. The $3,500 award is given on a biennial basis.
On-campus stadium to open two weeks earlier

First game on Aug. 26 now, against Oregon State

By Tony Phifer

If you count yourself among those who can’t wait to check out CSU’s new on-campus stadium, you’re in luck: The opening date for the $220 million facility has been moved up two weeks.

CSU’s Department of Athletics has announced that the first football game in the new stadium will be played Aug. 26 against Oregon State. CSU had expected to play the first game at the stadium Sept. 9 against Abilene Christian but the Rams and Beavers agreed to move their game — originally slated for Sept. 23 — to the last Saturday in August.

CSU proposed the move to Oregon State in order to avoid playing 12 consecutive games this fall. CSU’s original schedule did not include a bye week.

CSU’s fall semester classes begin Monday, Aug. 21. The Rams’ remaining home dates are Oct. 14 (Nevada), Oct. 28 (Air Force), Nov. 11 (Boise State) and Nov. 18 (San Jose State).

National TV?

By moving the start of the season ahead by a week the Rams will now be one of just a handful of teams playing Aug. 26. CSU officials are hoping the game can be televised nationally, providing fans across the country an up-close look at the new stadium.

CSU officials are working hard to adjust schedules to complement the date change. One event that will not move is the inaugural FORTitude 10K, set for Labor Day — three days after the annual Rocky Mountain Showdown vs. the University of Colorado in Denver. Registration is open now at fortitude10k.bolderboulder.com at the Early Start rate of $45. Registration increases to $50 after June 1, 2017.

In preparation for the inaugural season at the on-campus stadium, the CSU athletics department has launched a special football gameday website, which provides in-depth information on everything from tickets to parking, tailgating, gameday logistics and much more. Go to www.csurams.com/sports/m-footbl/spec-rel/football-central-2017.

GET YOUR TICKETS

New season ticket commitments are now being accepted by contacting the Rams Sales Team at 800-491-RAMS (7267) or visiting CSURAMS.COM/TICKETS. Current season-ticketholders will have first priority to select their seats during appointed times that began March 22. Those who have purchased new season tickets in 2017 will have the opportunity to work directly with a member of the Rams Sales Team to select their seat location beginning in May. Rams Sales Team members will contact new season ticket holders directly.
“LITTLE SHOP OF HORRORS” BY HOWARD ASHMAN WITH MUSIC BY ALAN MENKEN
University Theatre, University Center for the Arts
1400 Remington St.
Friday, April 28, 7:30-9:30pm
Saturday, April 29, 7:30-9:30pm
Sunday, April 30, 2-4pm
Thursday, May 4, 7:30-9:30pm
Friday, May 5, 7:30-9:30pm
Saturday, May 6, 7:30-9:30pm
Sunday, May 7, 2-4pm
Based on a 1960 American black comedy horror film directed by Roger Corman, Ashman and Menken’s sci-fi smash musical version of Little Shop of Horrors ranks as one of the longest-running Off-Broadway shows. Alan Menken, while better known for his Disney film scores (The Little Mermaid, Beauty and the Beast, Aladdin), continues to compose award-winning stage musicals (including Newsies and the upcoming Mrs. Doubtfire with lyrics by Harvey Fierstein).

AN EVENING WITH ANNE LAMOTT
APRIL 12, 7 P.M.
Hilton Fort Collins, 425 W. Prospect Road
Maybe best known for her nonfiction Bird by Bird: Some Instructions on Writing and Life, the author will discuss her newest work, Hallelujah Anyway: Rediscovering Mercy. Receive one ticket to the event for each copy of Hallelujah Anyway purchased at Old Firehouse Books, by phone, or online at oldfirehousebooks.com/lamott. Children under the age of 5 do not need a ticket.

MUSIC AND DANCE
TROMBONE FEST CONCERT
APRIL 11, 7:30 P.M.
Griffin Concert Hall, University Center for the Arts
1400 Remington St.
Enjoy “A Night at the Movies,” the culminating event of the first-ever CSU Trombone Fest. In addition to his duties with the Pittsburg Symphony, trombonist Jim Nova is a highly-regarded arranger of music for trombone ensemble. Free event, no tickets required.

SPRING DANCE CONCERT
APRIL 21, 7:30 P.M.
University Dance Theatre, University Center for the Arts
1400 Remington St.
Enjoy works by student choreographers/performers and international choreographer, Chung-Fu Chang, with Judy Bejarano, artistic director and founder of IMPACT Dance, and Sharon Wehner, principal dancer with Colorado Ballet, in a guest solo performance.

FOCOMX MUSIC FESTIVAL KICKOFF PARTY
APRIL 13, 4 P.M.
Ramskeller, Lory Student Center
Stop by this free event, enjoy the music of Slow Caves and Write Minded, and buy your discounted wristbands for two nights with 200 bands playing only-in-Fort Collins music in 20 venues around town, April 28-29.
focomx.focoma.org

JAZZ ENSEMBLES CONCERT
APRIL 13, 7:30-9:30 P.M.
Griffin Concert Hall, University Center for the Arts
1400 Remington St.
Jazz Ensembles I and II are joined by the great Matt Wilson, drummer and jazz musician extraordinaire. Wilson is universally recognized for his musical and melodic drumming style, as well as being a gifted composer, bandleader, producer, and teaching artist.
csuartstickets.com

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csuartstickets.com

CAMPUS TRIVIA WITH RUSS SCHUMACHER
Jacque Clark says she has known that the original Aggie colors were Pumpkin and Alfalfa “forever.” She even has framed artwork in her office from back when the school was known as Colorado A&M. Clark, cost accountant/property manager in Business and Financial Systems, moved to Fort Collins in the 1970s when her father came from California to go to school at CSU. She graduated from Rocky Mountain High School, went to Regis University, and worked at Advanced Energy in Fort Collins for 13 years before joining the University. The busiest time of the year for her is coming up, as one fiscal year ends and the next begins on July 1; she is responsible for not only property contracts but also calculation of fringe benefit rates for all benefit-eligible employees. While that doesn’t include all 6,000 CSU employees, it’s still a huge job for Jacque and her team.

“I really like accounting,” she said. “And it’s something everyone always needs.”

For having her answer chosen at random from all the correct answers submitted, Jacque received a CAM the Ram bobblehead autographed by Russ Schumacher of the Department of Atmospheric Sciences, the winningest Ram to ever appear on Jeopardy!, and a gift certificate to Mary’s Mountain Cookies.

Q: The Colorado Agricultural College awarded its first honorary degree in 1896. Who received it – and why?

Email your answer to csulife@colostate.edu by April 24 with April Trivia in the subject line.
COMMUNITY

MINDFUL DROP-IN GROUP
EVERY WEDNESDAY THROUGH MAY 3, 12:10 - 1 P.M.
LSC 324
Open to all CSU faculty, staff and students. Free, no registration required.

SEXUAL ASSAULT AWARENESS MONTH
APRIL 1-30
The Women and Gender Advocacy Center is hosting a series of events, including a keynote by Sandra Kim, founder of Everyday Feminism, on April 17 at 7 p.m. in the LSC Theatre.

BIG DREAM GATHERING
APRIL 11, 6:15-8:30 p.m.
LSC North Ballroom
The BDG is a fun and inspiring event that will help YOU to get clear on your dreams and goals... and get you the boost you need to make them a reality! This is simply a safe, empowering and energizing experience that will allow you to recognize, remember or reignite some of your dreams... and then get the boost you need to get started!

BUSINESS DAY
APRIL 13
Rockwell Hall
Every year the Dean’s Student Leadership Council, along with the College of Business, hosts a campus wide event called Business Day. This event is an annual tradition that gives students, faculty, and the community a chance to learn from influential business people.

WOMEN IN SCIENCE WORKSHOP
APRIL 13, 1 P.M.
Celebrate the career paths of three prominent women science advocates who will share her experiences — highlighting successes, challenges and ‘near misses’ along the way.

ACT HUMAN RIGHTS FILM FESTIVAL
APRIL 14-21
actfilmfest.colostate.edu

EARTH WEEK
APRIL 17-25
See page 7 for more information.

CURC SYMPOSIUM
APRIL 17, 10:30 A.M.-1:30 P.M.
LSC Main Ballroom
Support students as they share their research, service learning, and creative works with the CSU community. The annual CURC (Celebrate Undergraduate Research and Creativity) showcase highlights student work from all colleges at CSU, with awards given for high honors in the categories of research, service learning, art, writing and oral presentations. The awards ceremony will take place on April 25, 5-7 p.m., also in the LSC Ballroom.

REMEMBRANCE CEREMONY
APRIL 17, 5-5:30 P.M.
Steps of the Administration Building
Rams Remember Rams. Our campus community is invited to a candlelight ceremony honoring CSU students, faculty, staff, and retirees who passed away this academic year. After the ceremony, there will be time for silent reflection in Danforth Chapel on the Oval.

I LOVE CSU DAY
APRIL 18
Who doesn’t? Wear your green and gold and watch for celebrations across campus -- and a few surprises.

CELEBRATE! CSU AWARDS
APRIL 18, 3-5 P.M.
LSC Main Ballroom
Awards ceremony to honor CSU faculty and staff for their accomplishments.

PRESIDENT’S COMMUNITY LECTURE SERIES FEATURING DR. WAYNE MCIIWRAITH
APRIL 18, 6:30 P.M.
LSC Theatre
This Presidents Community Lecture Series is an opportunity for CSU to engage with Fort Collins community and highlight Dr. Wayne McIlwraith.

LOVE YOUR STATE DAY OF GIVING
APRIL 19
Help CSU reach this year’s goal of 3,000 gifts in one day.
loveyourstate.colostate.edu

PUPs ON THE plAZA
APRIL 20, 11:30 A.M.-1:30 P.M.
LSC Plaza
Visit a variety of our four-legged friends from Human Animal Bond in Colorado (HABIC).

FREE ice cream!

CSUNITY
APRIL 22, 10 A.M. - 2 P.M.
LSC North Ballroom
CSUnity is a one-day service opportunity for CSU students to connect with Fort Collins residents while completing outdoor spring-cleaning projects.

BEST TEACHER AWARDS
APRIL 26, 5:30 P.M.
LSC Theatre
SEE PAGE 5 FOR THIS YEAR’S RECIPIENTS.

CAMPUS CLIMATE SURVEY RESULTS
APRIL 26, 11:30 A.M.-1 P.M.
Student Center 386

MAY 4, 11:30 A.M.-1 P.M.

CAMPUSS CLIMATE SURVEY RESULTS
May 4, 11:30 A.M.-1 P.M.

Take Back the Night is a speak-out and march to support victims and survivors of sexual violence. After hearing survivors share their stories, take to the streets and march to Old Town Square, for a keynote address. Sponsored by the Women and Gender Advocacy Center.

FAST AND THE FURRIEST 5K RUN/WALK
APRIL 29, 9 A.M.- NOON
Monfort Quadrangle
The Fast and the Furriest 5K is a family-friendly walk/run event for individuals and their furry friends of all ages and abilities. The race will feature chip timing on a certified course, doggie demos, awards, a raffle, and more!

CELEBRATE! CSU MILESTONES
MAY 2, 4 P.M.
LSC Grand Ballroom
Colorado State University employees achieving a decade of service or more this year and retirees will be honored at this annual event.

FINAL EXAM WEEK
MAY 8-12
TEMPLE GRANDIN NAMED TO THE NATIONAL WOMEN’S HALL OF FAME

By Jennifer Dimas

Temple Grandin, Colorado State University professor of animal sciences and world-renowned autism spokesperson, has been named to the National Women’s Hall of Fame. Grandin is one of only 10 women to receive the prestigious honor this year.

‘ACHIEVEMENTS HAVE CHANGED THE COURSE OF AMERICAN HISTORY’

“We are pleased to add 10 American women to the ranks of inductees whose leadership and achievements have changed the course of American history,” said Betty M. Bayer, the Hall’s co-president and professor of women’s studies at Hobart and William Smith Colleges.

A professor of animal sciences for more than 20 years, Grandin has made enormous contributions to the livestock industry. Her autism allows her to think in pictures, and that ability has made her a visionary in her field. Her insights into animal behavior shaped innovative approaches to livestock handling, including methods and designs for humane slaughter that have become the industry standard.

ROLE MODEL FOR YOUNG WOMEN

“Honoring Dr. Temple Grandin in this esteemed group of women not only speaks to the power of her research and advocacy, but also her impact as a role model for young women everywhere,” said Colorado State University President Tony Frank. “Early in her career, her determination helped her break into what was a largely male-dominated animal production industry, and she continues to serve as an advocate for women in the sciences, for young people with autism, and for anyone unwilling to let artificial boundaries stand in the way of their personal and professional success.”

The Hall notes that Grandin’s life and work have revolutionized the study of autism, reflected in the title of her TED Talk: “The World Needs All Kinds of Minds.” Grandin’s research, teaching and international consultation on autism, animal behavior and handling as well as advancing quality standards and assurance in the meat and livestock industries were highlighted in the announcement.

Women selected for the National Women’s Hall of Fame must be citizens of the United States, either by birth or naturalization, and their contribution must be of national or global importance and of enduring value.

Other luminaries honored

Previous inductees include such luminaries as Madeleine Albright, Louisa May Alcott, Maya Angelou, Susan B. Anthony, Hillary Rodham Clinton, Sylvia Earle, Ella Fitzgerald, Ruth Bader Ginsburg, Georgia O’Keeffe, Rosa Parks, Sally Ride, Eleanor Roosevelt and Oprah Winfrey.

The new inductees will be celebrated at the Hall’s biennial induction ceremony in September. In 2010 Grandin was honored in Time magazine’s ”100 Most Influential People in the World,” and in 2016 she was inducted into the American Academy of Arts and Sciences.

ABOUT THE NATIONAL WOMEN’S HALL OF FAME

The National Women’s Hall of Fame was founded in 1969 and is the nation’s oldest membership organization and museum dedicated to honoring and celebrating the achievements of distinguished American women. In pursuit of its mission of “Showcasing Great Women… Inspiring All,” the National Women’s Hall of Fame honors the women of the past, relates the history of women’s struggles, prepares the women of the future and serves as the voice celebrating the value of women.

CONGRATULATIONS OPERATIONS MANAGEMENT STAFF

February Employee of the Month

Amber Nicole Martinez - Amber is an extremely hard worker. She often volunteers for extra assignments during her normally scheduled hours. She also volunteers to work extra weekends whenever a Supervisor needs a weekend off. She also works extra weekends during the school year when there are special tours or INTO is scheduled for Parmelee. Amber never seeks any special attention or praise she just steps it up. Amber is well respected by her staff, she always takes time to teach her staff properly, she answers any questions staff might have and goes above and beyond guiding them when they are filling out applications for advancement.
SAAM
sexual assault awareness month

APRIL 6
Supporting Survivors: Guide for Faculty

APRIL 6
Rape Supportive Culture in the Media

APRIL 10
Let’s Talk About Porn!

APRIL 13
Healing and Self-Care After Trauma

APRIL 17
Keynote Speaker: Sandra Kim
Building an Intersectional and Inclusive Movement to End Domestic Violence and Sexual Assault
Monday, 7:00pm-8:00pm LSC Theater

APRIL 24
R.E.D. Open House
Consent Turns Me On Carnival

APRIL 26
Take Back the Night

For all SAAM events information go to WGAC.colostate.edu

An equal access and equal opportunity university.
Take your spring training routine outside

By Kimberly Burke

For many, spring can be a transition time for exercise. We can start to make our way back outdoors and provide a little variety to our routines that have been stuck inside for winter. Here are a few ways to make sure that this spring gets you up on your feet and out in the heat.

**Change it up**

Doing the same exercise every day unfortunately does not produce long-term progression of improved health. You can stay in shape and maintain health benefits, but eventually we all hit a plateau unless we change it up a bit. This change can be in the form of amount of weight lifted, sets and repetitions you are doing, or the speed or incline of your walk/run.

For example, spring is a great time to change up your cardio routine. The same pre-planned workouts you select on your treadmill or elliptical can also be done outside. Create intervals by setting a designated time to walk and jog/run. You can create any ratio you want, starting with a 1-to-2 minute ratio of jogging to running. Every few weeks, change the ratio, progressing to longer running intervals and shorter walking intervals.

Find a park with stairs or a hill to provide an incline workout, walk down and run up either the stairs or hill, starting with 10 reps. Gradually increase your time or number of reps as you feel more comfortable and confident. You can take the strength routine outside, too, by using playground equipment and body weight exercises.

**Consider spring cleaning**

If you do not like what you're wearing to the gym or don't feel comfortable in it, you will not wear it. And if you are not interested in wearing your workout clothes, you are also likely not working out. As we start to transition seasons we should select the appropriate clothes for the weather to maintain temperature and prevent sun damage. So, invest in new hat to run in, update that sunscreen bottle if it has expired, and pick out a great new shirt to inspire your workout.

Now for the pantry. If you have leftover Valentine’s Day sweets and other holiday treats around the house, it is time to get rid of them. As Easter approaches, remember one Cadbury egg is about 150 calories — a nice treat to enjoy one at a time, not 20 in a single sitting. You do not have to deny yourself, but you also do not have to overly satisfy a craving.

**Plan a trip to the farmers’ markets with a friend**

This spring, make your workout a “partner workout” by setting up time with a friend to get outdoors. Sign up for a race together. Here in Colorado, we have a variety of race distances, from 5Ks to ultra-marathons, on almost every weekend, and most of them support great causes.

It is easy to set up a coffee or lunch date, but why not set up that time for an early morning farmers’ market stroll? Plan to walk by every booth, making your workout longer, and you can capitalize on the time and location to get some fresh produce.

We live in a great place that has a lot to offer, so make sure you get out there to experience it all.

**FOR MORE INFORMATION**

Adult Fitness offers exercise opportunities for employees of CSU as well as community members, while providing hands-on learning experiences for health promotion students.

To learn more visit:
hes.csu.colostate.edu/outreach/adultfitness/
GET YOUR RETIREMENT BACK ON COURSE

ADVICE MATTERS

Recent studies emphasize the importance of client-advisor conversations. These reports prove that advisors can add 3% to clients’ net returns and retirement savers who sought investing advice enjoyed a median annual return almost 3% higher than those who didn’t—even after the fees they paid for that advice.

Target Date Funds vs Personal Advice

Target Date Funds (TDFs) shift investors from stocks to bonds over time in an effort to become more conservative as retirement approaches. This transition is referred to as a “glide path” and while the basic concept seems reasonable, TDFs are widely criticized for the limits of their mass market approach. TDFs cannot incorporate all the relevant personal facts that determine the ideal allocation for one’s retirement investments, and investors can find themselves either forfeiting needed growth or accepting unnecessary exposure to an increasingly volatile market.

By definition, a TDF is a fund of fund model that invests predominantly or exclusively in mutual funds with a certain maturity or specified date in mind, typically the time at which a participant is planning on retiring. Because TDFs are designed to change their allocation and objectives overtime, it is important for investors to revisit their investment selection periodically to make sure that the investment selected is consistent with their goals and objectives. TDFs are not guaranteed and past performance does not guarantee future results.

Don’t settle for a generic TDF that was designed for millions of participants when you can determine and create your personal retirement date portfolio. With advice from the advisor you trust, you can have comprehensive investment management and cohesive financial planning in your company retirement plan.

Don’t let Wall Street determine your future. Take back control of your retirement.

Financial Educators Network

MAKING THE PIECES FIT

Terri Fassi, CPA, MBA, CDFA  Michael Fassi, CLU, ChFC
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terri@financialeducatorsnetwork.org  michael@financialeducatorsnetwork.org

WITH ADVICE

ADVISORS CAN ADD VALUE:
• As effective behavioral coaches (up to 1.5%)
• Applying asset allocation strategy (up to 0.75%)
• Employing cost effective investments (up to 0.45%)
• Managing allocations and rebalancing (up to 0.35%)
• Managing a spending strategy (up to 0.70%)

WITHOUT ADVICE

Portfolios of people who didn’t get help suffered from:
• Inappropriate risk levels
• Market time mistakes
• Misunderstanding risks and market volatility

Source: Vanguard’s study based on their Alpha framework. Putting a value on your value: Quantifying Vanguard Advisor’s Alpha. Vanguard Research, 2014. 1 The study of 14 large retirement plans with more than 721,000 individual participants and over 55 billion in assets, by Ann Hewitt, a consulting firm, and Financial Engines, an investment advisory firm, between 2006-2012.
By Veronica Baas

Providing the campus community with new parking technology has not been as challenging as teaching people where to find it and how to use it.

CSU Parking and Transportation Services constantly works to ease the process of parking on campus, but unfortunately many people are unaware of these conveniences and do not make use of them.

One example is Way to Park, an application that allows drivers to pay for parking on their cell phones. The program has been in full launch for over a year, and recent statistics show that an average of 16 percent of parkers are paying with the app.

“We launched it in January of 2016 and people picked up on it right away,” said Doug Mayhew, associate director of parking and transportation services.

Both the meters and the application used on campus are manufactured by Cale Parking Meters. Those multi-space pay stations were installed in 2008 and replaced coin-only, single space meters.

In 2013 the permitting system transitioned to virtual permits. Each space became pay by plate and the department implemented license plate recognition enforcement to monitor the new programs.

“So we changed our Cales from just putting in coin and card to now you can put in your license plate with coin and card,” Mayhew said.

It also allows anyone to purchase a permit online without ever going into the office. The provided license plate number is the permit itself.

In 2015 a new parking guiding system was installed. This allows Mayhew to monitor trends in the on-campus parking garages as they fill up.

Now that garage vacancy and parking patterns can be watched from his desktop, Mayhew would like to implement a similar technology in the surface lots.

“I’d like to try and figure out a way to do it in the surface lots,” Mayhew said. “The issue with that is we have mixed use.”

Most lots on campus are both pay to park and permitted spaces. It is difficult to get an accurate count of how many spaces are available of each. Lots with more than one entrance pose an even bigger challenge.

Mayhew said garage vacancies provided by the parking guiding system will be posted online for the campus community to use. Eventually, a layer on the interactive campus map will indicate where all the major parking areas are, and what the occupancy is.

“If you could see where the availability is before circling the lot it would be a lot easier,” Mayhew said. “We’re constantly trying to maneuver and get the best product to our customers.”

“The Way to Park is just a small part of what we do,” Mayhew said. “We don’t get enough information out there to tell people what’s available.”

MORE THAN PARKING

Parking & Transportation Services offers more than just a place to stash your car. Go to pts.colostate.edu to learn about transit – including the free Around the Horn on-campus shuttle – bicycle options, Zipcars, car and vanpooling, even longboarding and where to charge your electric vehicle.

For the latest on road closures and the location of parking lots and bicycle routes, go to maps.colostate.edu and click on the interactive Transportation layer.

CSU LIFE | Faculty & Staff

DO YOU KNOW ANY STUDENTS INTERESTED IN GRAPHIC DESIGN?

If you know any freshman, sophomore, or junior CSU students interested in graphic design, the creative services team at Rocky Mountain Student Media is looking to hire graphic designers for fall 2017!

HAVE ANY INTERESTED STUDENTS EMAIL THEIR COVER LETTER, RESUME, AND DESIGN SAMPLES TO LILLYJLUKE@GMAIL.COM
Harry Belafonte on campus April 21 for ACT film fest

Singer, actor and activist Harry Belafonte will be on hand for the screening of the Oscar-nominated documentary I Am Not Your Negro on Friday, April 21, as part of the ACT Human Rights Film Festival, produced by CSU’s Department of Communication Studies.

A contemporary of James Baldwin – the film’s main subject – Belafonte met a young Dr. Martin Luther King Jr. on King’s historic visit to New York in the early 1950s. Belafonte and King developed a deep and abiding friendship, and Belafonte played a key role in the civil rights movement, including the 1963 March on Washington.

“Like Baldwin, Belafonte brought the power of art and imagination to the civil rights movement,” said Greg Dickinson, department chair and festival producer. “He brings to CSU his lived experience as an artist and an activist. We cannot think of a better person to help put Baldwin’s achievements as a writer, speaker and humanitarian into perspective.”

The festival kicks off on April 14 and continues throughout the week in the LSC Theatre. The final day starts at 4:30 p.m. with a speaker and humanitarian into perspective.”

Ain’t no fool like an April Fool

By Jim Rodenbush

This is a story about forgiveness and a guy named Lirpa Sloof. Sloof’s led a fascinating life. The Internet offers all the proof of his interesting adventures.

According to information provided by the team the next day, the first home run hit at the stadium was caught in the stands by Sloof, age 30, a native of Norway who visiting Pittsburgh. It was clearly an April Fool.

When the editors of The Rocky Mountain Collegian began discussing producing their own April Fools’ Day content, I didn’t say a word. And I braced myself when the newspaper’s website greeted me with these headlines... CSU to add another football practice facility, liberal arts to move to underground; Sloof made his debut is largely unknown. This much is certain: When he comes around, some readers are fooled. But most aren’t. Even in today’s world of “fake news,” we understand that once a year stuff is simply going to be made up. Everyone has a good laugh.

Except, back in 2001, I wasn’t laughing. That’s when Sloof made his debut is largely unknown. This much is certain: When he comes around, some readers are fooled. But most aren’t. Even in today’s world of “fake news,” we understand that once a year stuff is simply going to be made up. Everyone has a good laugh.

One of those was no joke, with or without an appearance by my friend Lirpa. When I began advising student media in 2009, I made it a goal to make sure that I would never be associated with a publication that ran an April Fools’ story, or was duped by any content. And I was successful until this year.

What did it do? It left me feeling sorrow toward any form of an April Fools’ Day story, with or without an appearance by my friend Lirpa. When I began advising student media in 2009, I made it a goal to make sure that I would never be associated with a publication that ran an April Fools’ story, or was duped by any content. And I was successful until this year.

The item appeared as fact in the April 2 edition and led to an awkward correction the following day. Though I was not working that night, it was my desk that let the mistake go through. I took it personally. To this day, 16 years later, I still get Lirpa Sloof jokes sent my way.

Ain’t no fool like an April Fool
Wilbur’s Total Beverage features a wide variety of crisp, revitalizing wines that are perfectly refreshing for the cool Colorado spring season.

Raspberry-colored with salmon-pink hues, Rioja Bordon Rosé features fresh, elegant and broad flavors for your palate. This wine highlights notes of raspberry and citrus, and has a very persistent flavor that is both decadent and crisp. This wine is beautiful with almost any main course dish, but is paired most excellently with fish, pork, poultry and pasta with tomato-based sauce. At $14 per bottle, this wine is sure to please any palate and pocketbook.

With grapes sourced from a number of California’s most celebrated growing regions, Mirassou California Chardonnay exhibits a deep flavor that can be sourced from only the most celebrated vineyards. Exposure to malolactic fermentation on oak staves results in a slightly creamy texture and a fuller feel. Mirassou California Chardonnay highlights aromas of peaches and nectarines, in addition to tropical fruits such as pineapple. Intense fruity notes result in a satisfying concentrated finish. At $10 a bottle, this wine will lead you to experience the true, renowned flavors found only in California vineyards.

Silver Beach Sauvignon Blanc sourced from the wine region of Marlborough, New Zealand features concentrated grapefruit and passion fruit aromas. These citrus flavors are enhanced by crisp acidity to provide gratifying flavor across the palate. At $15 per bottle, this wine is attractively paired with appetizers, seafood, light salads, chicken, pork and goat cheese.

This month at Wilbur’s Total Beverage check out their great supply of wines perfect for any Easter or spring event.

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**Chicken Chardonnay**

**Ingredients:**
- 2 (6 oz.) chicken breasts, boned and skinned
- 2 tbsp. butter
- 2 tbsp. shallots, chopped
- 1 c. fresh mushrooms, sliced
- 1/4 c. chardonnay (or other dry white wine)
- 1 tbsp. lemon juice
- Flour
- 1 tbsp. veg. oil
- 1/4 c. heavy cream
- Parsley, chopped

**Instructions:**

Pound chicken flat; set aside. In butter, saute shallots; add mushrooms and saute 2 to 3 minutes. Add wine and lemon juice; let simmer 6 to 7 minutes. Dredge chicken in flour and season if desired. Saute in oil in frying pan. Add cream to mushroom mixture and heat until reduced. On warm serving plates, place mushrooms over chicken breasts. Sprinkle with chopped parsley and serve immediately.

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**Rosés of Spring**

- Rioja Bordon Rosé $13.99
- Mirassou California Chardonnay $9.99
- Silver Beach Sauvignon Blanc $14.99
- Cuvee du Roy Rosé $16.99
Common household items could be dangerous for our pets, so keep them secure

By Dr. Timothy B. Hackett

Accidental poisoning is among the most common problems we see in emergency veterinary medicine, so it’s a good idea for pet owners to understand sources of toxicity, to take preventative steps, and to have a plan for response in case of ingestion.

Food, medications and household substances often seem perfectly harmless to us, yet are dangerous – and may even cause death – if eaten or inhaled by our pets. Even the most ardent dog lovers might not know about human food and household items that pose poisoning risks.

Dogs, in particular, are curious and like to chew – a combination that can lead to trouble.

Small items
Small objects in your home – including pennies, batteries, small toys and even clothing – could harm your pet’s digestive tract or pose obstruction risks if eaten. We might joke about a friend’s dog that has chewed and swallowed socks, for instance. Yet the humor drains away when surgery is required for removal.

In many cases, pet owners suspect potential poisoning when they find an empty bag, wrapper or bottle, or if they witness ingestion of something hazardous.

Pets also exhibit symptoms of toxicity. These include: vomiting, diarrhea, drooling, racing heart rate, breathing trouble, pale or discolored gums, high temperature, seizures, weakness or physical collapse. These symptoms are wide-ranging, typically the result of neurologic problems, gastrointestinal distress, internal bleeding, kidney failure or liver failure.

Because symptoms are so variable, it’s crucial to be aware of your pet’s normal behavior and to question the cause of abnormal behavior, just as you would for a human family member.

Poison response and prevention
• If you think your pet has ingested something toxic, act fast in seeking veterinary help. Know that ingesting even a small amount of a poison might endanger your pet.
• Don’t wait for symptoms to appear because some toxic substances, like mouse and rat poisons, might circulate in your pet’s body for three to five days before you see signs.
• Program your veterinarian’s emergency telephone number into your cellphone, and keep the number posted in a central place in your home. Make sure your children, other family members, babysitter or pet sitter know where to find this emergency number.
• If an emergency visit is needed, provide all the information you can about what your pet has ingested and when. Take wrappers, packages or medication bottles with you.
• Understand that dogs like to devour. So put up, lock up and close off potential toxins. In the case of marijuana edibles, be sure to stash the stash. Don’t forget the kitchen trash can, which might contain any number of potentially hazardous items.
• Understand that stressful times – such as a household move, introduction of a new pet, the comings and goings of the holidays – might be the very time that your docile dog becomes a counter jumper and for the first time snags and chows something toxic. These are good times to clear counters and tabletops!

Unsafe Foods

Watch for pet poisons around your home

By Dr. Timothy B. Hackett

Accidental poisoning is among the most common problems we see in emergency veterinary medicine, so it’s a good idea for pet owners to understand sources of toxicity, to take preventative steps, and to have a plan for response in case of ingestion.

Food, medications and household substances often seem perfectly harmless to us, yet are dangerous – and may even cause death – if eaten or inhaled by our pets. Even the most ardent dog lovers might not know about human food and household items that pose poisoning risks.

Dogs, in particular, are curious and like to chew – a combination that can lead to trouble.

Small items
Small objects in your home – including pennies, batteries, small toys and even clothing – could harm your pet’s digestive tract or pose obstruction risks if eaten. We might joke about a friend’s dog that has chewed and swallowed socks, for instance. Yet the humor drains away when surgery is required for removal.

In many cases, pet owners suspect potential poisoning when they find an empty bag, wrapper or bottle, or if they witness ingestion of something hazardous.

Pets also exhibit symptoms of toxicity. These include: vomiting, diarrhea, drooling, racing heart rate, breathing trouble, pale or discolored gums, high temperature, seizures, weakness or physical collapse. These symptoms are wide-ranging, typically the result of neurologic problems, gastrointestinal distress, internal bleeding, kidney failure or liver failure.

Because symptoms are so variable, it’s crucial to be aware of your pet’s normal behavior and to question the cause of abnormal behavior, just as you would for a human family member.

Poison response and prevention
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• Understand that dogs like to devour. So put up, lock up and close off potential toxins. In the case of marijuana edibles, be sure to stash the stash. Don’t forget the kitchen trash can, which might contain any number of potentially hazardous items.
• Understand that stressful times – such as a household move, introduction of a new pet, the comings and goings of the holidays – might be the very time that your docile dog becomes a counter jumper and for the first time snags and chows something toxic. These are good times to clear counters and tabletops!

Unsafe Foods

Dr. Timothy Hackett is director of Colorado State University’s James L. Voss Veterinary Teaching Hospital. He is a specialist in veterinary emergency and critical care.

TOXIC FOODS FOR PETS

• Chocolate
• Grapes and raisins
• Onions and garlic
• Macadamia nuts
• Products containing the sweetener xylitol, such as gum, toothpaste, gummy vitamins and candy
• High-salt foods and products, including ham, pretzels and homemade Play-Doh
• Coffee grounds
• Antifreeze
• Drugs, including prescription medications, marijuana edibles and illegal drugs
• Acetaminophen and pain relievers known as nonsteroidal anti-inflammatory drugs. The latter group includes aspirin, ibuprofen and naproxen. These drugs are sold over the counter under brand names Tylenol, Bayer, Advil and Aleve.
• Rodenticides designed to poison gophers, mice and rats
• Cats may become very ill after ingesting lily plants, including species common in homes and gardens. These include Easter lilies, tiger lilies, Asiatic lilies and day lilies.

Dining Services is excited to announce that JULIE SADD, Line Cook at the Ram’s Horn Dining Center, has been awarded the March Remarkable Service Award! This recognition program honors Dining Services’ employees who demonstrate remarkable service by going above and beyond their normal duties.

Julie exemplifies excellent customer service and trains the hourly staff to also emulate those qualities. She volunteers to stay late or cover shifts when others need time off and she willingly comes in on her days off to provide additional help with visiting groups. Julie always has a smile and a kind word for both students and employees alike and enjoys bringing treats for all to enjoy. Julie inspires others to uphold the CSU Principles of Community values and has done so consistently throughout her 15 years of service! Congratulations, Julie!
BRIE CHEESE QUESADILLAS WITH STRAWBERRY SALSA

BRIE CHEESE IS A SOFT FRENCH CHEESE THAT HAS THE NICKNAME “THE QUEEN OF CHEESES.” THIS DELICIOUS, BUTTERY CHEESE IS GREAT FOR PAIRING WITH FRUIT AND DESSERT. THIS IS THE RECIPE OF THE MONTH FOR APRIL FROM THE KENDALL REAGAN NUTRITION CENTER.

INGREDIENTS

• 2 cups small diced strawberries
• 2 teaspoons balsamic vinegar
• 2 teaspoons maple syrup, or honey
• 2-3 basil leaves cut in a chiffonade
• 1 small pinch of salt
• 1 small pinch black pepper
• 4 large tortillas, gluten free if necessary
• 7 ounce wheel of brie cheese (leave rind on if desired)
• Butter or oil for cooking

DIRECTIONS

1. Place strawberries in a medium-sized bowl.
2. In a small cup, whisk together the balsamic vinegar and maple syrup. Add mixture to the strawberries.
3. Stir in the basil and season with a pinch of salt and pepper to taste. Set aside. This will be your strawberry salsa topping.
4. Heat a large pan/skillet over medium heat greased with butter or oil if desired.
5. Lay out the tortillas and thinly slice the brie cheese. Place brie slices on one half of the tortilla.
6. Fold the other half of the tortilla over and place in the skillet.
7. Cook for 2-3 minutes until the sides of the tortilla are browned and the cheese melts completely.
8. Repeat with the remaining tortillas and cheese and top finished quesadillas with strawberry salsa just prior to serving.

SERVING SIZE: 1 QUESADILLA

NUMBER OF SERVINGS: 4 SERVINGS

NUTRITION INFORMATION / AMOUNT PER SERVING (WITH WHOLE-WHEAT TORTILLAS):

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<tr>
<th>Calories</th>
<th>335</th>
<th>Protein</th>
<th>15 g</th>
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<tr>
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<td>19 g</td>
<td>Total Carbohydrates</td>
<td>27 g</td>
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<tr>
<td>Saturated fat</td>
<td>11 g</td>
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<td>6 g</td>
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<tr>
<td>Cholesterol</td>
<td>52 mg</td>
<td>Sodium</td>
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</table>

FOR MORE INFORMATION

For other great ideas, check out our recipes, cooking classes and cookbooks at www.nutritioncenter.colostate.edu
THE AMAZING LIFE OF ESTER WHEELRIGHT HITS BOOKSHELVES

By Hannah Woolams

Ann Little, an associate professor in History here at Colorado State University, has been fortunate enough to have many of her works published; in her newest book, The Many Captivities of Esther Wheelwright, published by Yale University Press she covers the life of the amazing Esther Wheelwright. Esther’s story begins at age seven when she was captured by Wabanaki Indians. Little’s first discovery of Wheelwright was in 2007. “I discovered Esther Wheelwright’s story in the course of writing my first book, Abraham in Arches: War and Gender in Colonial New England,” Little said. “I was 30 and had a Ph.D. in early American history with a specialization in women’s and gender history.”

Little’s first encounter with Wheelwright left her with many questions and the inspiration needed for her newest book. “How is it that I had never heard of this remarkable woman? And when I started looking around, it wasn’t hard to find out more,” Little said. “So why was it that her story wasn’t a part of my education? That’s what I wrote the book to find out.”

Little chose to use a biography in order to tell Wheelwright’s story. “Biography is among our oldest genres of historical writing, and in the nineteenth century it was an enormously important tool for women’s history—the fashion of writing biographies of queens and great women in history was big then, but fell out of favor with the professionalization of history and the historical profession’s lack of interest in women’s history,” Little said. “Biography is still huge in my field of early America, especially biographies of the so-called ‘Founding Fathers,’ which dominate the popular imagination of American history before the Civil War.”

Little believes that in taking the approach of a biography readers will realize the importance and value of having Wheelwright’s story be a known part of American history. “I thought it would be a good way to try to convince my readers that Esther Wheelwright deserved space on that shelf, although a French-speaking woman, a Catholic, and a nun—not the kind of person we have traditionally imagined at the center of our national history!” Little said. With every writing experience there are always challenges that accompany the process. For this particular book, it was finding enough primary sources that covered the life of Esther Wheelwright.

“I had very few traditional textual primary sources that mention her specifically at all, especially before she lands at the Ursuline convent at age 12 in the winter of 1709,” Little said. “In order to reconstruct her childhood in Maine and among the Wabanaki Indians, I looked to maternal culture and environmental history. What would she have worn on her body? What kind of school or work would she have engaged in? What did she eat for supper? All of these questions guided my work and led me to some surprising insights.”

However, the writing process also leads the joy and findings that stick with the author. “I loved discovering all of the intrigue inside the Ursuline Convent, which I detail in chapters 4-6 of the book. She remains suspect as a non-native born French or Canadian, especially after the British conquest of 1759, which coincides with her election to Mother Superior,” Little said. “And it’s not just her French Canadian sisters who are suspicious. Bostonians in the 1760s suspect her of being a part of an espionage operation with her Anglo-American nephew! So there’s a lot of high political intrigue in this book, half of which is set inside an 18th century convent.”

Throughout Little’s experience in publishing she describes it in relation to childbirth—“It’s (publishing) like childbirth—a long and sometimes excruciatingly painful process, which we conveniently forget until the next time,” Little said.

Throughout the difficult yet rewarding process Little is continuing to find new projects to work on. Her next will begin with research on the Royal Archives in Windsor Castle. “I’m looking at fashion and culture at the turn of the 19th century and the ways in which free (European and Euro-American) women’s bodies were dressed and portrayed in this era,” Little said. “I think it has a great deal to do with the Age of Revolutions just past in America and in France, and how their societies are coping with new questions about women and citizenship in the early U.S. in particular.”

JBS gives $12.5 million for food innovation center

Thanks to a substantial gift from one of the world’s leading global food companies, JBS® USA, Colorado State University has begun construction on the JBS Global Food Innovation Center in Honor of Gary & Kay Smith, a new $15 million facility that will advance best practices in food safety, meat sciences and animal handling and welfare.

The state-of-the-art facility will enrich CSU’s teaching and research in meat sciences, as well as offer a space for industry collaboration through continuing education and training, equipment development and testing, and a place to engage in meaningful dialogue to advance the animal agriculture industry.

The facility will also include an educational space designed by CSU professor Temple Grandin, where students will learn about animal handling and welfare in a hands-on setting.

Volunteers needed to help disabled students take exams

Resources for Disabled Students is in need of volunteers for finals week, May 8 – May 12. Last semester RDS administered 1,400 exams during finals week for students who need specific accommodations when taking exams. This volume is increasing each semester; satellite areas are set up all over campus to meet the need. Volunteers are needed to act as monitors/proctors for these areas. Hours are from 7 a.m. to 8 p.m., so there are plenty of opportunities for you to pitch in.

Graduate students or professional staff, no undergraduates. All volunteers will be trained (mandatory, about ½ hour) before you are assigned.

Commitment to Campus launches new website

It’s easier to find the latest offerings for CSU faculty and staff through Commitment to Campus with the new website at commitmenttocampus.colostate.edu.

The site also provides links to resources across campus, such as Tell Someone, the Community Resource Coordinator (CARE Program), and the Employee Assistance Program.

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The new year brings a season of transition. As the days start to get longer and warmer, we turn to beers inspired by fresh starts and new ingredients. We’ve handpicked three of our favorites plus our latest Exclusive Release, Wolf Picker Experimental Pale Ale.

Wolf Picker’s name pays homage to a classic hop harvesting rig and is brewed with a hop variety so rare, it’s known only as HBC 698.