Spring fling on the Plaza

Embracing healthy lifestyles

CSU’s summer camps keep kids moving with fun activities

by Amy McDaniel

The Youth Sports Camps program through CSU’s Health and Exercise Science Department offers not only a chance for students and faculty members to promote physical activity to Fort Collins youngsters, but also a chance for hands-on coaching and research experience for the volunteers. Camp Director Brian Butki says that, in the last decade, the youth camp program has been revamped in a positive way. “We want kids to realize that physical fitness can be enjoyable. Being active is a healthy thing – it’s a fun thing that they can do for their whole lives,” he says. Children today aren’t getting that message, Butki says, and it’s the goal of the program to change that for the better.

“We can give them great role models with the students, faculty and staff that we hire. We want to teach them responsibility and healthy lifestyles. Put it all together with good role models, and we have a pretty good camp,” he says.

Beginning May 28 and running all summer through Aug. 17, kids can sign up to enjoy sports and other activities such as martial arts, rock climbing, aerobic dance and more. The 2012 camp season offers one-week sessions, FunLIFE (Learning to Improve Fitness and Eating), Music and Movement, and Super Sport Camp. More information is in the Health and Exercise Science website under “Outreach: Programs and Services.”

The camp program targets children in their formative years, from about age five when they are entering kindergarten through age 14, when they generally move on to more competitive sports. No matter what age or level of athleticism, there is something for every child at the camps.

See HEALTH page 10

Colorado State University

Hit the trail

Summer is high season for outdoor activities

by Hannah Woolums

Summer is a time to spend outdoors and get into shape before the start of the next school year. Kellie Walters, director of Adult Health, offers easy ways to stay active over the summer months.

“There are plenty of ways for CSU employees to be active on campus during the summer and all year round,” she says. “In addition to the many beautiful places to walk or bike around campus (the Oval is quite nice during the summer), there are three fitness facilities that CSU employees can join (for a significantly reduced cost) on campus: the Adult Fitness Program, Noon Hour Fitness, and the Campus Recreation Center.

“Each facility offers a one-month free trial as well as a 50 percent membership costs to all CSU employees. Employees can also enjoy half-off discounts for services offered through the Kendall Anderson Nutrition Center in the Department of Food Science and Human Nutrition, which include individual nutrition counseling, cooking classes, and more.

“Remember, the key is to make lifestyle changes that are sustainable. This means what works for one person, may not work for another. Although

Seefirst page 10

COMMUNITY EVENTS

Celebrate! CSU Milestones

CSU honors employees celebrating retirement and years of service to the university at 3 p.m. May 3 in the Lory Student Center Main Ballroom. Celebrate! CSU Milestones, part of Celebrate! Colorado State, is open to the campus community. Contact CSUEvents@colostate.edu or call (970) 491-4601 for details.

‘Dido and Aeneas’ by Henry Purcell with Opera Scenes

The free event presented by the new Charles and Reta Ralph Opera Center with string quartet and harpsichord/piano accompaniment begins at 8 p.m. May 4 in the UCA Organ Recital Hall.

Dance Majors Capstone Concert

Senior dance majors showcase choreography, performance and production talents in a senior capstone event at 8 p.m. May 4-5 and 2 p.m. May 5 in the UCA Dance Theatre.

See EVENTS page 6
College of Agricultural Sciences

Professor Rajiv Khosla in the Department of Soil and Crop Sciences will work as a Jefferson Science Fellow in Washington, D.C., for one year beginning in August. The influential national fellowship will allow him to work with the U.S. Department of State to shape federal policy on global food security.

Khosla is an international expert in precision agriculture, an emergent field that uses global positioning and other remote sensing technologies to increase food production while protecting the environment. “I cannot think of a better opportunity to contribute to the lives of others on a global scale,” Khosla said. “We are international leaders in agriculture, and our food policies affect the rest of the world.”

College of Business

Charisse McAulliffe has been named managing director for the College of Business’ Institute for Entrepreneurship, which focuses on creating learning experiences for CSU students and training entrepreneurs who will positively impact the community, state, country and world. “Charisse brings a wealth of knowledge as a former entrepreneur engaged in the green economy and extensive expertise in communication, marketing and entrepreneurship,” said Dawn DeTienne, faculty director for the Institute.

Colorado School of Public Health

Dr. David Goff, a distinguished epidemiologist/physician, has been named dean of the Colorado School of Public Health and will assume the role in June to replace Interim Dean Judith Albino. Goff comes to CSU from Wake Forest School of Medicine in North Carolina, where he is chair of the Department of Epidemiology and Prevention in the Division of Public Health Sciences and professor of public health sciences and internal medicine. “Faculty, staff and students at the Colorado School of Public Health have done an impressive job in setting the foundation for this young school,” Goff said. “I am looking forward to building upon that strength to advance our mission of improving the overall health of people and communities in the state and the region.”

College of Liberal Arts

Donald Estep, University Interdisciplinary Research Scholar and professor in the Department of Statistics, has been appointed as founding co-editor in chief of a new Journal of Uncertainty Quantification to be offered as a joint publication of the Society for Industrial and Applied Mathematics and the American Statistical Association. The new journal will be the first to be jointly offered by the Society for Industrial and Applied Mathematics and the American Statistical Association.

Michele Betsill, professor of political science, is one of 32 social scientists worldwide who collaborated to write a report seeking to improve earth system governance. The report, highlights of which were published in an article, “Navigating the Anthropocene: Improving Earth System Governance,” in the March 16 issue of Science Magazine, calls for fundamental reform of the institutional framework for sustainable development to avoid dangerous changes in the Earth system. The report was written as an input to the United Nations Conference on Sustainable Development, set for Rio de Janeiro in June. The goal of this effort was to highlight the fact that discussions about sustainable development have to think big,” Betsill said. “Without fundamental change around the world, we are on a path that is simply unsustainable.”

In January, Eric Aoki, professor of communication studies, traveled to Kigali, Rwanda, to present at the Conflict, Memory, and Reconciliation: Bridging past, present, and future symposium presented by the School for International Training (SIT). “After studying documented workshop behaviors of the survivors and perpetrators, learning from international scholars and local Rwandans, and then being physically present in Rwanda, it has transformed the way I think and feel about the word ‘genocide’,” he said. Aoki was recently featured in Today@CSU, the university’s online news and information service.

Elizabeth Williams, assistant professor of Organizational Communication, was awarded the 2012 W. Charles Redding Award for Outstanding Dissertation of the Year in Organizational Communication. The award recognizes her dissertation’s theory, methodology, and significant contribution to the field of organizational communication. The dissertation deals with relationships between leaders and their teams as they relate to the broader mission of the system as a whole in emergency response systems.

College of Natural Sciences

Professor Steven Strauss, a leader in boron and carbon chemistry research, was named Professor Laureate by the College of Natural Sciences for his contributions to CSU and the chemistry community. “In addition to being a world-renowned researcher, Steve is widely acknowledged as one of the most effective and popular teachers in the chemistry department,” said Ellen Fisher, chemistry department chair. Strauss has won four teaching awards during his 30-year tenure at CSU. The college will host a lecture by Strauss at 4:30 p.m. May 4 in the Lory Student Center Grey Rock Room. The event is free and open to the public.

Office of the Vice President for Research

James Owiny, director of the animal care program at CSU and university veterinarian, was selected president elect of the Mile High Branch of the American Association of Laboratory Animal Science. Owiny has also been appointed to the American College of Laboratory Animal Medicine Recruitment and Education Oversight Committee, another honor in the animal science community. Both positions are three-year commitments.

Outreach

CSU and Bonfils Blood Center celebrated 40 years of saving lives with an award presented to the university by Jessica Maltland, vice president of Marketing and Community Operations for Bonfils. “The students, staff and faculty at CSU never cease to amaze me, and the dedication from the entire community is what makes this partnership so strong,” Maltland said. More than 15,000 units of blood have been collected at blood drives during the past 40 years at CSU and, during this time, more than 45,000 patient’s lives have been enhanced thanks to the generosity of the CSU and Fort Collins communities. CSU hosts 15 blood drives each year with an average of 75 people donating at each drive.

School of Global Environmental Sustainability

CSU made the list of “Final Four” universities across the nation excelling in environmental education, according to Envision Inc., an environmental data management company, and EnviroLeaders, an energy and environment trade publication. The companies originally announced CSU was one of the “Sustainable 16” as part of their inaugural March Madness Tournament for Environmental Studies. CSU — the only Colorado university listed — made it to the “Environmental Eight” and “Final Four.” The university’s School of Global Environmental Sustainability, whose founding director is University Distinguished Professor Diana Wall, led efforts in the competition. In addition, Wall will be presented the 2012 SCAR President’s Medal for Excellence in Antarctic Research in July.

Student awards and projects

Daeryong Park, Ph.D. student in civil and environmental engineering, has been awarded the 2012 Best Paper Award for his article in the prestigious Journal of Hydrologic Engineering. The paper, part of his doctoral research at CSU, is “Performance Modeling of Storm Water Best Management Practices with Uncertainty Analysis.” The paper is among the first to characterize the uncertainty processes by which water quality improvements are achieved and lay the foundation for stormwater detention basin design approaches that achieve a desired level of statistical confidence or safety factor in recognition of the water quality model uncertainty.
Celebrate! Top awards for CSU’s best

Each year, Colorado State University celebrates the teaching, research, and service achievements of academic faculty, administrative professionals, classified staff, and students.

This year’s celebration on April 24 included top awards given by the university to exceptional faculty and researchers.

University Distinguished Professors

The two newest University Distinguished Professors are David Randall, atmospheric science, who is largely responsible for bringing a $40 million NSF center to CSU; and Phil Risbeck, art, who brought the university the world-renowned Colorado International Invitational Poster Exhibition, or CIIEP.

Randall is principal investigator and director of the multi-institutional NSF Science and Technology Center for Multi-Scale Modeling of Atmospheric Processes, which is based at CSU. As one of the department’s top researchers, Randall received the 2005 Scholarship Impact Award, the university’s top annual honor for research accomplishments, and is the creator of a peer-reviewed major scientific journal for cloud modeling that is based at CSU.

Risbeck, who has been teaching at CSU for nearly 50 years, is founding co-director of CIIEP, which was launched as a biennial show in 1979. Risbeck began teaching at CSU in 1965, and his posters are among the finest in the world. He has had solo and group exhibitions on four continents and in some of the world’s most influential art centers.

“This designation is the highest honor CSU bestows to faculty,” said President Tony Frank. “Drs. Randall and Risbeck have transformed their respective fields of study and are recognized as among the most accomplished and creative in their disciplines. These scholars contribute significantly to the research quality and educational excellence of this institution.”

University Distinguished Teaching Scholar

Professor Matthew Hickey in the Department of Health and Exercise Science was named a University Distinguished Teaching Scholar in recognition of his exceptional teaching skills, his ability to make connections with students as a mentor and his leadership in ethics in research and teaching at CSU.

“Dr. Hickey’s students write amazing testimonials to his remarkable teaching style which involves engaging the student in the learning process,” said Jeff McCubbin, dean of the College of Applied Human Sciences. “His love, passion and enthusiasm for teaching are infectious. He strives not only to teach, but to engage, motivate and inspire his students.”

Hickey, who came to CSU in 1997, has often been recognized for his talents and expertise in teaching, including national acclaim for undergraduate student research mentoring as well as being recognized with multiple teaching awards given by CSU students and administrators.

Hickey also is recognized for his work in teaching research ethics as well as developing programs around research ethics for professionals at CSU.

Monfort Professor Award

Cardiovascular researcher Scott Earley and John McKay, a plant biologist, were named CSU Monfort Professors, an award established in 2002 through a gift from the Monfort Family Foundation.

Earley, a professor in the Department of Biomedical Sciences, studies blood flow regulation and a how to treat cardiovascular-related diseases, the leading cause of death in the United States. He has rapidly established himself as an innovative researcher in the field and publishes in high-impact journals. His work has attracted national and international attention. His educational background includes degrees in electrical engineering, microbiology and biomedical sciences.

“Dr. Earley has established himself as a highly effective biomedical educator who clearly invests himself in exceptional mentoring of his students,” said Dr. Lance Perryman, dean of the College of Veterinary Medicine and Biomedical Sciences. “In addition, he is an outstanding citizen of his department, college, university and research community.”

McKay is an associate professor of Bioagricultural Sciences in the College of Agricultural Sciences. His research focuses on plant biology. Early in his career, McKay made significant contributions to plant biology, particularly in the area of plant adaptation. He uniquely integrates his expertise in fundamentals of plant ecology, physiology and evolution to address plant adaptation to climate.

“Dr. McKay’s contributions and achievements have spanned active research in multiple disciplines of plant ecology, genomics, genetics, physiology and evolution,” said Jan Leach, University Distinguished Professor at CSU. “He is generous with his comprehensive knowledge and tremendous passion for science, and this benefits his students, post-docs and collaborators as well as our community.”

Scholarship Impact Award

Carmen Menoni in the College of Engineering was honored with the Scholarship Impact Award, which recognizes outstanding faculty whose scholarship has had a major impact nationally and/or internationally. Menoni is a chemistry and electrical and computer engineering professor.

Since joining CSU, Menoni has been a leader in the use of bright beams of extreme ultraviolet laser light that are used to demonstrate novel nanoscale table-top microscopes. She also has established world-leading research in optical materials. Her research contributions have resulted in more than $45 million in federal funding to CSU.

“Dr. Menoni’s leadership as an educator and researcher has garnered much recognition for CSU around the world. Her funding success is phenomenal, and she serves as a role model and mentor for women in engineering and science,” said Bill Farland, vice president for Research.

Board of Governors Award

Branislav Notaros, associate professor of Electrical and Computer Engineering, was awarded the 2012 Board of Governors Excellence in Undergraduate Teaching Award for his innovative and unique approach to teaching.

After joining CSU in 2006, Notaros quickly earned respect and praise among undergraduate and graduate students and staff members. Although electromagnetics, his class subject matter, is considered difficult, Notaros is revered by his students as an inspiring, superior teacher with an outstanding reputation.

Notaros received the ECE Excellence in Teaching Awards for the 2009, 2010, and 2011 school years as a result of nominations and votes from ECE students.
Faculty and staff at CSU work hard to be leaders and supporters throughout the school year. But something that may be forgotten or taken for granted is that many employees have families to go home to. Most of the staff aren't lucky enough to work with family members on campus, but the few that do wouldn't give it up for the world.

Mother's Day is a special time of celebration. This year, the important day hits close to home for one family: Salome Cardona in the Office of Admissions has had the privilege of working with her mother, Nora Cruz, in the same office since 1999 – and for an extra family benefit, Salome’s daughter, Aliyah Cardona, is taking classes here as a first-year student in human development and family studies.

“I began my career at CSU in 1995 in Athletics, moved to the Career Center in 1998 and moved to the Office of Admissions in 1999,” Salome said. “She (Nora) has worked her entire CSU career in the Office of Admissions – since 1992. So we’ve had the opportunity and privilege to work in the same office since 1999.

“Although we don’t always work together on every project, we do have the chance to work together often at programs hosted by our office, and it’s great to work toward common goals in welcoming and hosting prospective students and their families,” Salome said. “She is a strong support with behind-the-scene, detailed efforts, and I get to interact in front of the scene more closely with student group visits and answering questions through ‘on stage’ information session presentations etc. so we’re a good team for Admissions needs.”

As a freshman, Aliyah enjoys being able to see her family frequently and is grateful for being able to grow up on campus and be around her family.

“I’m an only child, so my mom has always been my best friend,” Aliyah said. “Even though I don’t see her every single day, it’s nice to know that she’s close and there for me when I need it. My grandma and I have a really great relationship too.

“I love having them work on campus. My mom started working here the year I was born, so I’ve been a Ram my whole life.”

For Mother’s Day, the three have a tradition they enjoy with the whole family. One generation after another keeps the tradition of a family gathering and flower planting alive. While Aliyah and Salome take some time to be only with each other, the bulk of Mother’s Day is also spent tending to the joy of the tradition.

“We celebrate Mother’s Day with our whole family with a brunch or other meal,” Salome said. “Being together is so special to her and sometimes with both of my grandmothers there, too. Mom enjoys the beauty of colorful flowers all around the yard for summer, so my daughter and I always buy her flowers for Mother’s Day to plant and enjoy for the season too.”

“Every year I ask for flowers that I can plant and my grandkids come over and help me plant these flowers. That’s so special for me, and really we all have fun,” Nora said.
Creative Corner
by Claire Whitworth

With spring here and summer around the corner, it’s a great time to have beautiful flowers in the house and to prepare for bugless drinks.

A great project for spring and summer, and a great gift for Mother’s Day, is an arrangement of flowers. All you need is empty soda bottles and the box they came in. For the bottles, it’s important to spray paint the bottles any color you like. It can even be a fun project for kids to paint and make designs on the bottles.

Spray paint the box a different color. It’s important to get beautiful flowers from either the store or garden to put in the bottles. To give it a more creative look, make the flowers different heights.

Another idea for bugless drinks is as easy as using Mason or jelly jars, and instead of keeping the metal piece in the top, replace it with paper. Make a small hole in the paper for a straw. You’ll keep bugs from getting into your drink while you enjoy the warm weather, day or night.

These are great ways to enjoy the warm weather and fun activities for both adults and children.

Larimer’s lovable pets

Save an animal by adopting from Larimer Humane Society
by Amy McDaniel

For years, Larimer Humane Society in Fort Collins has been dedicated to locating, sheltering and finding caring homes for pets in Larimer County that want nothing more than to be adopted by a new family or returned to their owners. The good people at Larimer Humane Society hope to teach and promote the responsible care and treatment of all animals, and have successfully done so through their adoption program, lost pet location, wildlife rehabilitation, animal cruelty investigation and much more.

Not only does this non-profit organization aid injured, abandoned, abused and sick animals, it helps to provide all kinds of people and families with companionship and unconditional love.

Larimer Humane Society’s website is a great place to search, browse and read about all the animals available for adoption as well as learn more about the organization as a whole.

Each week, the site features “Pets of the Week” complete with pictures and biographies of each critter looking for a home.

Furry friends bring joy to life. If you’re interested in adopting or donating to the Larimer Humane Society, visit www.larimerhumane.org, and check out a few of this week’s featured pets below and the costs. One of them just might be the perfect addition to your household!

Growing their own with permaculture

High-altitude gardeners work the land with Colorado State Forest Service help
by Ryan Lockwood

Do beavers make great teachers? According to high-altitude gardening guru Sandy Cruz, they certainly do. Not because they show others how to fell trees or build dams, but because they demonstrate a fundamental behavioral trait: they are driven to create an environment that is better for themselves and their neighbors.

On a two-acre site northwest of Salida, Colo., Cruz and her partner, Gene Tkatschenko, have spent the past year working their land using the principles of an increasingly popular practice called permaculture design. Their ultimate goals include providing sustainable food and shade, and conserving water for the benefit of themselves, their neighbors and the arid local environment.

“We’re looking to regenerate a disturbed area so that it’s healthy and thriving,” Cruz said.

Cruz and Tkatschenko readily compare permaculture practitioners to beavers because of the mammals’ vital role in streamside ecosystems. When beavers chomp down trees and dam up streams, their efforts benefit themselves and the many other organisms around them through habitat alteration and increased food availability. Cruz says that the beaver’s role demonstrates that co-existence and cooperation are more important in a natural setting than Darwinian competition.

“Permaculture design shows us how we can put together communities where everyone is cooperating, not competing,” Cruz said. She explains that with permaculture, various plants, animals, fungi and other organisms are encouraged to work together with humans for the mutual benefit of all.

Permaculture originated in Australia in the 1970s. The word is derived from blending “permanent” and “agriculture,” though Cruz says “perennial agriculture” is a more apt description. The practice requires imitating nature to achieve a level of sustainable self-reliance. Specific principles guide the permaculture process, such as producing no waste, using renewable resources, minimizing water loss and obtaining a crop yield. Cruz says that the no-till, eco-friendly system is gaining ground not only in Colorado, but throughout the world.

“The practice applies larger ecosystem concepts and processes to small-scale food production, which can be a great tool for educating the public about how interrelated our actions are with changes in our environment,” said Megan Sweeney, forester at the Colorado State Forest Service Salida District.

Over the past year, Sweeney has helped Cruz select and purchase more than 300 CSFS seedling trees and shrubs for use in her permaculture garden. Planted between two parallel fencerows surrounding Cruz’s property are CSFS trees and shrubs that grow well at 7,200 feet. In addition to providing food, the eventual living fence will block wind and enhance wildlife habitat.

Cruz has spent the last four decades learning firsthand about strategies for high-elevation permaculture. Before moving to Salida in 2011, she rebuilt a cabin west of Boulder and created the original demonstration site for High Altitude Permaculture – an organization she founded to teach courses on the practice. That site, located 2,000 feet higher in elevation than Salida, has thrived over the past few decades. Despite several years of neglect, it recently has been yielding what Cruz calls “bumper crops” of Nanking cherries and chokecherries. Her new Salida property will now serve as a second demonstration site for teaching others about permaculture.

High-altitude gardeners work the land with Colorado State Forest Service help
by Ryan Lockwood

Do beavers make great teachers? According to high-altitude gardening guru Sandy Cruz, they certainly do. Not because they show others how to fell trees or build dams, but because they demonstrate a fundamental behavioral trait: they are driven to create an environment that is better for themselves and their neighbors.

On a two-acre site northwest of Salida, Colo., Cruz and her partner, Gene Tkatschenko, have spent the past year working their land using the principles of an increasingly popular practice called permaculture design. Their ultimate goals include providing sustainable food and shade, and conserving water for the benefit of themselves, their neighbors and the arid local environment.

“We’re looking to regenerate a disturbed area so that it’s healthy and thriving,” Cruz said.

Cruz and Tkatschenko readily compare permaculture practitioners to beavers because of the mammals’ vital role in streamside ecosystems. When beavers chomp down trees and dam up streams, their efforts benefit themselves and the many other organisms around them through habitat alteration and increased food availability. Cruz says that the beaver’s role demonstrates that co-existence and cooperation are more important in a natural setting than Darwinian competition.

“Permaculture design shows us how we can put together communities where everyone is cooperating, not competing,” Cruz said. She explains that with permaculture, various plants, animals, fungi and other organisms are encouraged to work together with humans for the mutual benefit of all.

Permaculture originated in Australia in the 1970s. The word is derived from blending “permanent” and “agriculture,” though Cruz says “perennial agriculture” is a more apt description. The practice requires imitating nature to achieve a level of sustainable self-reliance. Specific principles guide the permaculture process, such as producing no waste, using renewable resources, minimizing water loss and obtaining a crop yield. Cruz says that the no-till, eco-friendly system is gaining ground not only in Colorado, but throughout the world.

“The practice applies larger ecosystem concepts and processes to small-scale food production, which can be a great tool for educating the public about how interrelated our actions are with changes in our environment,” said Megan Sweeney, forester at the Colorado State Forest Service Salida District.

Over the past year, Sweeney has helped Cruz select and purchase more than 300 CSFS seedling trees and shrubs for use in her permaculture garden. Planted between two parallel fencerows surrounding Cruz’s property are CSFS trees and shrubs that grow well at 7,200 feet. In addition to providing food, the eventual living fence will block wind and enhance wildlife habitat.

Cruz has spent the last four decades learning firsthand about strategies for high-elevation permaculture. Before moving to Salida in 2011, she rebuilt a cabin west of Boulder and created the original demonstration site for High Altitude Permaculture – an organization she founded to teach courses on the practice. That site, located 2,000 feet higher in elevation than Salida, has thrived over the past few decades. Despite several years of neglect, it recently has been yielding what Cruz calls “bumper crops” of Nanking cherries and chokecherries. Her new Salida property will now serve as a second demonstration site for teaching others about permaculture.
Healthful hummus

If you’re looking for a light dip for vegetables or crackers, you’ll like this tangy puree that is much less expensive, and tastier, than most purchased dips.

Ingredients
- 1/4 cup chopped onions
- 2 medium garlic cloves, sliced
- 1/2 cup chopped parsley
- 3 cups cooked chickpeas (two 15½ ounce cans, drained and rinsed)
- 6 tablespoons tahini
- 6 tablespoons lemon juice
- 1/4 teaspoon salt
- Cumin and cayenne to taste

Directions
Place onions, garlic, and parsley into a food processor or blender. Chop. Add chickpeas, tahini, lemon juice, and salt. Puree. Season to taste with cumin and cayenne, if desired.

Servings: 16 servings, 1/4 cup each
- Nutrients per serving: 125 calories, 6 g protein, 5 g fiber, 4 g fat

Recipe provided by CSU’s Kendall Anderson Nutrition Center. For more on the center, visit www.nutritioncenter.colostate.edu/; Room 114 Gifford Building, 502 W. Lake St.; or call Melissa Widowski at (970) 491-8615.

CSU holiday schedule through December 2012
- Monday, May 28
- Wednesday, July 4
- Monday, Sept. 3
- Thursday and Friday, Nov. 22-23
- Monday, Tuesday, and Wednesday, Dec. 24, 25, and 26

Complete and continually updated information on CSU events is under “Events & Calendars” on the University’s main web page at www.colostate.edu. Visit www.csusports.com for details on CSU Rams games.

Now in print: Creative writing

CSU Life staff

Wonderful Investigations

English Assistant Professor Dan Beachy-Quick’s book, “Wonderful Investigations” (Counterpress Path) is comprised of material often thought contradictory: long essays on poetry and poetics, short meditations on reading, and four fairy tales. “My original intention was to look again at ways to read poetry that included archeaic notions of initiation, ritual, and magic,” Beachy-Quick said. “I hoped, in some small way, to undermine the study of poetry as an academic endeavor and to re-establish it as a practice of reading, a study in attention, that continually renews our ability to dwell in the world in ways that border on wonder.” The essays examine a wide range of concerns: Thoreau and “sacred of aversion,” Eliot’s and Keats’s nightingales, Apollo and Daphne, one sentence in Proust, and the monster Typhon. “I also write fairy tales, this most familiar of aversion,” Beachy-Quick said. “Each tale unfolds in a different age of human life – childhood, adolescence, young adult, and older adult – and each tale is a transition element in human life changes over the course of a life.” Beachy-Quick is the author of five books of poetry, five chapbooks, and a book of interlinked essays. His work has been a finalist for the Colorado Book Award, the William Carlos Williams Prize, and the PEN/USA Literary Award in Poetry. He is recipient of a Lannan Foundation residency and taught as Visiting Faculty at the Iowa Writer’s Workshop in spring 2010.

The Secret to Lying

Todd Mitchell, English instructor and director of CSU’s Creative Writing Teaching Program, spent five years writing “The Secret to Lying” (Candlewick Press), but the effort was worth it – the young adult novel won the 2011 Colorado Book Award. Mitchell said the book was hard to summarize: “Maybe the best way to describe it is to imagine the love child of ‘The Catcher in the Rye’ and ‘The Matrix’ with a twist of romance.” The book deals with issues of image, loneliness, sex, cutting, pranks, relationships, mortality, demons, and pancake enchiladas. Publishers Weekly called the book engrossing and entertaining: “Mitchell paints a vivid picture of teenage social and mental health issues, neither overdrawn nor understating their impact, and the result is a great read.” Mitchell’s next book “Backwards,” is due in 2013 through Candlewick Press. More details on the darkly beautiful and unusual book will be online at www.toddmitchelbooks.com.

Still: of the Earth as the Ark which Does Not Move

Matthew Cooperman’s new work, “Still: of the Earth as the Ark which Does Not Move,” is an adventurous and wildly human portrait of life and poetry in the early 21st century, where every object is available for a price and any Google search might find readers at the portal of a new and dangerous subject. Employing quotation, catalogue, a roving, sometimes aerial point of view and an ingenuous use of the colon, the book is at once a formal argument of containment and the trajectory of twilight-modernity jacked on too much “product.” Cooperman, who is a founding editor of “Quarter After Eight,” has taught since 2003 at CSU, where he is a poetry editor of “Colorado Review.” His first full-length book, “A Sacrificial Zinc,” won the Lena-Miles Wever Todd Prize and was a finalist for the Colorado Book Award. His critical interests include ecopoetics, the literature of the intermountain West, the poetry of witness, and the interview genre. Visit online at www.matthewcooperman.com for more details.

COMMUNITY EVENTS

Cinco-Cinco 5K run/Walk
The 19th Annual Cinco-Cinco 5K run/walk and Kids’ Fun Run starts at 8:30 a.m. May 5 on CSUs historic Oval. Visit www.cincocinco.colostate.edu or call (970) 491-4847 for registration and race details.

May 7-11
Finals for CSU students.

May 11-12
Commencement ceremonies

President’s open forum
President Tony Frank hosts an open forum open to the community from 4-5 p.m. May 7 in the LSC Cherokee Park Room.

Robert Cavarra Organ Concert Series
Thomas Murray, concert organist and recording artist, performs at 7:30 p.m. May 7 in the UCA Organ Recital Hall.

Youth Sports Camps
CSU’s Youth Sports Camps featuring summer day-camp activities for kids from kindergarten to eighth grade begins May 29 and ends Aug. 17. Early registration is recommended. See www.hes.cahs.colostate.edu/ YSC for details on mail-in or online registration; register in person at 201A Moby B Complex.

Exhibits
University Center for the Arts, 1400 Remington St.
The Avenir Museum of Design and Merchandising features “Hawaiian Quilts: God in Expression” from the Henry and Angels Hite Collection through Aug. 2.

University Art Museum, UCA
- Small Worlds: Collection of European portrait miniatures produced from the 17th to the early 20th centuries, through June 9.

MFA Thesis Exhibition, the culmination of a three-year degree program in the visual arts that fosters individual research and creative studio practices, through June 9.

Gustafson Gallery, Room 318, Gifford Building
Digital ikat textiles: New Directions for the Silk Road, exhibit of printed silk textiles created by hand-dyeing and hand-weaving combined with state-of-the-art technology, through June 30.

Hatton Gallery, Visual Arts Building
BFA Thesis Exhibition, the culminating event in art students’ program of study in drawing, painting, pottery, sculpture, printmaking, metalworking/jewelry, photography, fibers, and graphic design, through May 11, with a closing reception 4-6 p.m. May 11.

Cufman Gallery, Lory Student Center
2012 Undergraduate Exhibition presented by undergraduate students from any major, through May 11.

Benefits Open Enrollment
Benefits Open Enrollment for state-classified employees runs Tuesday, May 1, to Wednesday, May 16. CSU’s Human Resources Office will sponsor a Benefits Fair on May 8 from 9 a.m.-2 p.m. in the North Ballroom of the Lory Student Center. Questions about the open enrollment period or Benefits Fair may be addressed to HR at (970) 491-MyHR (6947).

From page 1

ECSU Life

6

poetry, /f_ive chapbooks, and a book
Quick is the author of /f_ive books of
over the course of a life. “  Beachy-
as element in human life changes
young adult, and older adult – and
life – childhood, adolescence,
unfolds in a different age of human
Beachy-Quick said. “Each tale
undoes in a different age of human
life – childhood, adolescence,
young adult, and older adult – and
shows the ways in which wonder
as element in human life changes
over the course of a life.” Beachy-
Quick is the author of five books of
poetry, five chapbooks, and a book

of interlinked essays. His work has
been a finalist for the Colorado
Book Award, the William Carlos
Williams Prize, and the PEN/USA
Literary Award in Poetry. He is
recipient of a Lannan Foundation
residency and taught as Visiting
Faculty at the Iowa Writer’s
Workshop in spring 2010.

The Secret to Lying

Todd Mitchell, English instructor
and director of CSU’s Creative
Writing Teaching Program, spent
five years writing “The Secret to
Lying” (Candlewick Press), but
the effort was worth it – the young
adult novel won the 2011 Colorado
Book Award. Mitchell said the
book was hard to summarize:
“Maybe the best way to describe
it is to imagine the love child of
’The Catcher in the Rye’ and ’The
Matrix’ with a twist of romance.”
The book deals with issues of
image, loneliness, sex, cutting,
pranks, relationships, mortality,
demons, and pancake enchiladas.
Publishers Weekly called the
book engrossing and entertaining:
“Mitchell paints a vivid picture
of teenage social and mental
health issues, neither overdrawn
nor understating their impact,
and the result is a great read.”
Mitchell’s next book “Backwards,”
is due in 2013 through Candlewick
Press. More details on the
darkly beautiful and unusual
book will be online at www.
toddmitchelbooks.com.

Still: of the Earth as the Ark which Does Not Move

Matthew Cooperman’s new
work, “Still: of the Earth as the
Ark which Does Not Move,” is
an adventurous and wildly human
portrait of life and poetry in the
early 21st century, where every
object is available for a price
and any Google search might find
readers at the portal of a new and
dangerous subject.

Employing quotation, catalogue,
a roving, sometimes aerial point
of view and an ingenuous use
of the colon, the book is at
once a formal argument of
containment and the trajectory
of twilight-modernity jacked
on too much “product.”

Cooperman, who is a founding
editor of “Quarter After Eight,”
has taught since 2003 at CSU,
where he is a poetry editor of
“Colorado Review.” His first
full-length book, “A Sacrificial Zinc,”
won the Lena-Miles Wever Todd
Prize and was a finalist for the
Colorado Book Award. His critical
interests include ecopoetics, the
literature of the intermountain
West, the poetry of witness,
and the interview genre. Visit
online at www.matthewcooperman.com
for more details.
New head coach leads men’s basketball

Thirty-year veteran hits campus from Southern Miss

Larry Eustachy, the 2000 Associated Press and U.S. Basketball Writers Association National Coach of the Year, was recently introduced as the 19th head coach in CSU basketball history.

“He was the first guy standing in line to talk to me,” said Colleague Jessica Alvis, a senior who works as an Ibox specialist at the LSC, has loved working in the LSC has been improved by Dolan’s presence.

“Dolan is a great guy; he is definitely the heart and soul of the student center,” Lambert said. “He has been here a long time and knows a lot of people, and he just makes working here great. His job is pretty integral to how the center operates; he helps connect our staff to the rest of the student center. People grow accustomed to him delivering the mail, and if he’s not here, then people forget to get their own mail. He also collects the lost and found from the library so that it’s all in one central location.”

Eustachy began his coaching career at age 22 as an assistant coach at Citrus (Calif.) College, where he played two seasons after a standout prep career at Arcadia High School. From 1981-90, he honed his skills as an assistant at Division I schools Mississippi State (1981-86), Idaho (1986-87), Utah (1987-89) and Ball State (1989-90) before taking his first head coaching job at Idaho (1990-93).

Following his stint at Idaho, Eustachy spent five seasons (1993-98) as the head coach at Utah State (1993-98). He then took over for close friend Tim Floyd at Iowa State, spending five seasons in Ames, Iowa, and leading the Cyclones to the Elite Eight in the 2000 NCAA tournament.

Eustachy spent the last eight seasons at Southern Miss, where he resurrected the Golden Eagles program and led USM to four 20-win seasons, including each of the last three campaigns.

Life is full of change.
Has your insurance kept up?

An outdated policy could mean costly policy gaps or overlaps. To know for sure, call me for a free, no-obligation Personal Insurance Review.

Larry Eustachy, the 19th head coach in CSU basketball history.
Graduating students reflect on their academic careers
by Claire Whitworth

Aimee Winemiller, a communications major with a minor in business administration, is interested in make-up and possibly creating her own line. Winemiller has worked for Sephora, a cosmetics store, in Fort Collins for several years. She’s enjoyed meeting many interesting people in college. One favorite professor includes Eric Aoki, who she found to be “inspirational and an amazing professor.” She felt that Jon Lupo and Andy Merolla also were great professors who helped her in her college career.

Winemiller’s interpersonal communications and conflict management courses were her favorites, and she found them useful for her future career. They were “eye opening and allowed me to really see how I communicate with others.”

Laura Bowman, political science major with a minor in media studies and concentration in diversity in law, is excited for her plans after graduation. She’ll stay on campus as a teaching assistant in the master’s program for Public Policy and Administration. She’s also excited to take her next step as a graduate student here in the fall.

In Bowman’s undergraduate years, she learned the importance of community and wants to make a difference. Her experience includes Habitat for Humanity (current president), University Honors Program, Ram Handler for Cam, and mentoring in CSU Campus Corps.

One of her favorite professors is Jen Krafchick because “she cares about her students in and out of the classroom. She has always supported me in any way she can.”

Eric Dewey, communications major with a history minor, appreciates the opportunities that college in general has provided.

“I became involved with CSU’s radio station, 90.5 KCSU, because I wanted to get involved with sports broadcasting,” he said. He also had the chance his senior year to direct the sports department and was able to announce for volleyball team – even in Hawaii!

Dewey’s favorite professors are Jon Lupo and Andy Merolla, both in communications. Jon Lupo, Eric said, “uses humor better than any other teacher and really connects with his students.” Andy Merolla was “a fantastic teacher who cares about his students, and his capstone class was the most beneficial in my college career.”

After graduation, Dewey plans to get involved in sports broadcasting. “My goal, and I’m sure most people’s goal, is to never feel like I’ve worked a day in my life, and sports broadcasting would provide this feeling.”
Face-to-face with climate change

A few words about one of the highest, driest, most windy and empty continents on the planet

CSU Life staff

Diana Wall's collection of penguins includes a bumper sticker with the penguin crossed out and the words "Refrigerate, do not freeze" underneath. It's fun, but also a nod to her important research on climate change and the affect that change is already having on Antarctic species. Wall, a terrestrial ecologist, has worked in the most extreme ecosystem on earth, the Antarctic Dry Valleys, for more than 20 field seasons.

A University Distinguished Professor, she recently returned from a visit to the Antarctica's Palmer Station as one of only three scientists chosen for a White House Blue Ribbon Panel to evaluate the future of U.S. research in Antarctica.

While she was gone, she found out she'll receive the 2012 SCAR President's Medal for Excellence in Antarctic Research from the Scientific Committee on Antarctic Research – an interdisciplinary committee of the prestigious International Council for Science. She will receive the award, which is presented once every three years, this summer at the SCAR Open Science Conference.

"Getting recognized by your peers for the quality of your research is the best," Wall said. "Particularly because Antarctica is a continent set aside for international scientific study and the award signifies recognition of my contributions by numerous outstanding Antarctic scientists, geologists, oceanographers."

Here are a few more words from Diana Wall about one of the highest, driest, most windy and empty continents on the planet.

Q: What did you learn from your most recent trip in February?

A: I was face-to-face with climate change. The place I went to in Antarctica is the fastest warming place on the planet: the Antarctic Peninsula has warmed 4.5°F. We went to one island nearby where 900 pairs of Adelie penguins had been 10 years ago, but now there are 11 pairs. Their food lives beneath the ice, but the ice that once surrounded their island has melted and moved far away. The parents are having to swim further and further for their food, and when they return, they don't have as much food to give their chicks. Additionally, the climate patterns have changed and there is more snow: when that snow melts, the eggs get wet. They just don't survive.

Q: Members of your Blue Ribbon Panel visited Antarctica to evaluate the logistics involved with U.S. research. What did you find?

A: Our charge is to conduct an independent review of the U.S. Antarctic Program to ensure that the nation is pursuing the best 20-year plan for conducting science and diplomacy in Antarctica - a plan that is environmentally sound, safe, innovative, sustainable and consistent with the Antarctic Treaty. We're looking at everything - from how much energy we're using at U.S. stations and on ships, to alternative energies, more efficient wastewater handling, transfer of data from the field, water efficiency use, shipping, transportation and housing. We're looking at more remote sensing of data, when to use ships and when to use planes.

Q: What did you observe about international partnerships?

A: We are going to increase our collaborations internationally. At Palmer Peninsula, a large number of international stations – Chile, Argentina, Korea, Russia, China, Brazil – were all located within a space the size of our campus in Fort Collins.

Antarctica needs an international observation system that's collaborative and interdisciplinary to see how fast the ice is melting with climate change, and how the ocean and terrestrial life is responding, so we need to have everybody's input. All the nations around the Arctic Circle are already collaborating on an observation network of how the land is changing and the sea ice is changing, but there isn't a similar network for Antarctica.

Q: When will the report be published?

A: We have one more meeting in late April, and the chair of the Blue Ribbon Panel (Norm Augustine - retired chairman and CEO of Lockheed Martin) expects the report will be finished by late May or early June. It was really great working with him.

Q: Did you have fun on the trip?

A: Yes! Going across the Drake Passage can be horrible and I was lucky I didn't get seasick. We had a delay coming back – we just had another day on the ship. Weather delays are common.

Q: What was the coolest thing you learned?

A: I think the coolest thing I learned was about the impact climate change is having on animals we take for granted: Adelie penguin populations declining after 600 years in one spot and now they're gone. We have seen soil invertebrates decline with changing climate in the most extreme region of Antarctica where I work, the Dry Valleys. Antarctica, like the Arctic, is changing quickly in our lifetime. That's an amazing story.
From page 1

the trial-and-error process can seem frustrating, maintaining a positive attitude and sticking with a consistent program will result in positive changes," Walters said.

Walters strongly recommends an active and healthy lifestyle. And in doing so, make sure that the activities you choose are ones that are enjoyable to you. Don’t force yourself to do things that you have no interest in doing.

I suggest making an active lifestyle a family affair. Northern Colorado hosts a number of fun runs and walks that can be enjoyed by the entire family. The summer is also a great time to take advantage of beautiful hikes (Greyrock is one of my favorites!) and to participate in water sports in local reservoirs. Remember, if you choose an activity that is fun, the experience becomes enjoyable, rather than feeling like a chore!" Walters said.

Summer activities for bicyclists and hikers

- Poudre Trail - this lovely trail runs right next to the Poudre River
- Spring Creek Trail - this trail follows Spring Creek and joins with the Poudre Trail
- Foothills Trail - a good trail for people looking for a more rugged experience
- "A" - hike to this Foothills landmark above Hughes Stadium
- Horsetooth - enjoy open space as you hike this versatile terrain
- Greyrock - this trail is for people who enjoy moderate to difficult hiking in the open countryside – and the views on top are tremendous
- Rocky Mountain National Park - don’t forget Colorado’s crown jewel of a park!

More details on trail locations and availability are online at www.fcgov.com/parks/trails.php.

In addition to seasonal programs, Health and Exercise Science offers help with child care for CSU and Fort Collins parents. "The great thing about us is we’re right here (on campus),” Butki says. “During the day, you can drop your kids off as early as 7:30 a.m. and pick them up as late as 5:30 p.m., and you know they are somewhere safe and they’re going to be active.” He describes the price as very affordable and cheaper than most babysitters.

With choices from basketball to geocaching, each summer camp is run by CSU students and some faculty members who have a passion for fitness and children's education. Each camp coordinator and counselor is hand-picked for the coveted position, ensuring that kids are under the supervision of only the best and brightest CSU students and staff.

Amanda Bennett is a recent CSU graduate with a degree in Health and Exercise Science who has been an integral part of the youth program for more than three years. She says her interest in joining the program stems from her love of working with children and her passion for dance. Along with her best friend, Bennett started the Music and Movement program available over the summer camp session, which combines rhythm, aerobic dance and martial arts with music.

"The thing that keeps me coming back to the program is the kids. I'll see them in the grocery store or somewhere and they'll still remember me and remember a dance routine we taught them from a previous year. It's a really unique and special opportunity to help these kids," Bennett says.

The fun atmosphere makes Youth Sports Camps an ideal choice for busy parents this summer. Instead of plopping them in front of the TV or giving them a coloring book, why not give them a chance to use their energy? As Butki sees it, a healthy lifestyle is the only way to go. "Kids need to be active, and that's where we step in.”

Vitals: Forestry college student in Fort Collins; re-user of old t-shirts he turns into cleaning rags; avid recycler.

WHAT LEADS YOU TO DO YOUR PART? Two things, my older sister and my childhood summer camp that really emphasized conservation of the earth’s resources.

DO YOU RECYCLE AT HOME AND WORK? At home with my roommates, we recycle all our cans and bottles. At work, they’re ahead of me in recycling. We recycle lettuce for compost and dirt for the plants downtown. We switched from Styrofoam to easily-compostable to-go boxes.

HOW WELL IS FORT COLLINS DOING? One thing that grinds my gears is people being extra lazy. Recycling is easy and obvious; it’s recyclables in one, trash in the other. Fortunately, I don’t see too many people being lazy.
It’s you-time at the University Club

The Lory Student Center’s University Club, founded in 1987, is a welcome gathering place for faculty, staff, alumni and graduate students.

Cycles. He recalls preparing to graduate from CSU, and says, “A week before graduation, everyone was preparing for the ceremony, while I was preparing to launch my bike store.”

While Hudson shared his passion with U-Club members, customers also enjoyed drinks uniquely named after bikes, such as the “Flying Cloud” and “Tourmalet.”

Upcoming Thursday Night Live preparations for May include a Mother’s Day appreciation, which is open to the community. Now, can you visualize yourself trying your hand at event planning? Members may reserve the U-Club’s space for special events like birthdays, weddings, retirements and award recognitions. Call (970) 491-0229 for details and for summer season hours of operation.

The Lory Student Center is made for faculty, staff, alumni and graduate students – people united by a love for CSU and a comfortable place to gather. U-Club is continuing to embrace the goal from its founding in 1987: provide an opportunity for comradeship at CSU.

U-Club member Karen McCormick likes connecting with people from all over campus. “U-Club is a place where you can meet up with friends for coffee, tea or juice,” she says.

Now envision spending a Thursday with complementary hors d’oeuvres and live music. Or enjoy spa days along with beer and wine tastings after a hard day’s work at the U-Club’s monthly Thursday Night Live events.

Next, picture a team built of marketing specialists, designers, web managers, a photographer, chef, community partners and director, all who plan months in advance for U-Club events. These dedicated people are united to bring events like weekly Thursday afternoon happy hours to campus for people looking to de-pressurize.

Membership in the U-Club allows new members to receive 10 to 20 percent off discounts at places like James Campus Salon in the LSC. Lisa Kennedy, the salon manager, says they partnered with the U-Club to provide members with special, exclusive savings.

Doni Luckutt, director of Marketing at the LSC, says they work hard to engage all of your senses in that atmosphere as well. She also wants all of CSU’s community to know they are invited to experience the U-Club way.

April’s Thursday Night Live featured a vintage bicycle collection. Dave Hudson, a 1978 CSU alumnus, brought his passion to U-Club through his business, Recycled Cycles. He recalls preparing to graduate from CSU, and says, “A week before graduation, everyone was preparing for the ceremony, while I was preparing to launch my bike store.”

While Hudson shared his passion with U-Club members, customers also enjoyed drinks uniquely named after bikes, such as the “Flying Cloud” and “Tourmalet.”

Upcoming Thursday Night Live preparations for May include a Mother’s Day appreciation, which is open to the community. Now, can you visualize yourself trying your hand at event planning? Members may reserve the U-Club’s space for special events like birthdays, weddings, retirements and award recognitions. Call (970) 491-0229 for details and for summer season hours of operation.
Discovery of theater leads to a lifetime on stage

Bruce Freestone is lucky – lucky because he is one of the few people who can actually say he turned his life-long passion into a career. He discovered theater in high school, pursued a degree at CSU, and plans on staying involved with theater as long as he can.

Freestone was born in Iowa and moved to Colorado at a young age. Unlike most children who dream of being a professional athlete or firefighter when they grow up, Freestone’s plan was to become an accountant for the Navy. “I wanted to travel places when I grew up, which is pretty much the reason I wanted to join the Navy,” Freestone said.

Just a few miles from CSU in his sophomore year at Poudre High School, Freestone discovered theater. “I was hooked after the first play I decided to do,” he said.

After high school, Freestone came to CSU to pursue his degree in theater, but would soon find a love greater than the stage. Bruce met his wife Denise, who was pursuing a degree in theater, during a rehearsal. “Being in the theater department together was a wonderful time,” Denise said.

“We have done so much in the way of theater together since we met.”

Bruce and Denise began working with Openstage Theatre in 1973 while they were still undergraduates at CSU. This was the beginning of their life-long passion together, as they are still produce Openstage Theatre plays today.

The desire to produce theater is what brought Freestone to CSU as the technical service coordinator.

“Coming back to CSU to further my career in producing and theater was a great decision,” he said.

Freestone noted the primary reason he got the job was because of his extensive theater background. As technical service coordinator, Freestone manages everything from lights to stages to props for students and departments throughout CSU.

Freestone is involved with many activities in addition to his work at CSU. He and Denise are actively involved with producing shows for Openstage Outside their busy theater lives, Bruce and Denise enjoy gardening together, spending time with family, and relaxing.

Looking back, Freestone says he “feels very fortunate to have found a passion early and made a career out of it.”

“It’s also great being able to live in this community by choice and having family nearby,” he said.

Retirement is not in the plan right now for the Freestones due to their unwavering passion for theater. “We never accumulated much in the way of retirement,” Bruce said, “and I feel I can keep doing this forever. We both still love everything about theater!”

Sun-powered clothes coming soon

“Throw on a shirt and charge up your phone”

CSU Life staff

C

S

S

U

apparel design and production

Researchers and students are working to develop natural-fiber outdoor clothing that can charge MP3 devices, tablets, computers, GPS units and cell phones with built-in – but comfortable to wear – solar panels. The project is so impressive that it was selected to compete in a sustainability design competition in Washington, D.C., in April.

The project, funded by a $15,000 grant from the Environmental Protection Agency, intends to also reduce pollution on two fronts. First, the clothing will use the most recent research and technology to make natural fibers such as cotton and linen as outdoor-savvy as other petroleum-based textiles which are heralded by outdoor enthusiasts for warmth, UV ray protection, comfort and moisture-wicking. Second, the clothing will provide a solar source of energy for electronic devices, reducing alkaline battery use.

Eulanda Sanders and Ajoy Sarkar, associate professors in the Department of Design and Merchandising, along with four students, are developing natural-fiber outdoor clothing prototypes that harvest energy while the wearer participates in outdoor activities.

“This project is unique in that there are no current apparel products that combine solar power with natural fibers,” said Sanders, who specializes in apparel design and production. While a few solar-powered “smart” outdoor apparel items are on the market, they are functionally flawed with solar panels that are difficult to launder or wear and are not aesthetically pleasing.

The team is using only UV-treated natural fiber fabric, such as cotton or linen, rather than petroleum-based textiles, which contribute to pollution. The researchers have discovered that the right selection of fabric and weave, thickness, weight, dyeing and finishing of natural fabrics provides excellent protection from UV rays. The group has developed prototypes of three jackets, a vest and two helmets – one ski helmet with Bluetooth capabilities and one for possible military use.

“We believe this will fill a need in the market for the many environmentally-conscious outdoor enthusiasts,” Sarkar said. The overall goal is to develop natural, solar-powering clothing items with functionality, durability and comfort while also being aesthetically stylish.

Key factors in the success of these garments will include the cost and flexibility of the panels and strategic placement to maximize sun exposure. Comfortable and easy-to-launder panel attachment points and wiring also will be important design features. In the second phase of the project, considerations may include designs that could be adopted by road construction workers.

Eulanda Sanders and Ajoy Sarkar, associate professors in the Department of Design and Merchandising, along with four students, are developing natural-fiber outdoor clothing prototypes that harvest energy while the wearer participates in outdoor activities.

Senior Anna Rieder works on ‘Syntaics,’ an independent study project that incorporates solar panels into outdoor clothing.

Design and Merchandising, along with four students, are developing natural-fiber outdoor clothing prototypes that harvest energy while the wearer participates in outdoor activities.

“Coming back to CSU to further my career in producing and theater was a great decision,” he said.

Freestone noted the primary reason he got the job was because of his extensive theater background. As technical service coordinator, Freestone manages everything from lights to stages to props for students and departments throughout CSU.

Freestone is excited for the future as he says CSU is “launching a whole new era at the LSC for the theater department.” He is also excited about the changes around campus that are enabling the theater program to expand. “Facilities have been the biggest game-changers. We’ve built some incredible buildings, really changing the landscape of the campus since I attended here,” he said.

Freestone is involved with many activities in addition to his work at CSU. He and Denise are actively involved with producing shows for Openstage Outside their busy theater lives, Bruce and Denise enjoy gardening together, spending time with family, and relaxing.

Looking back, Freestone says he “feels very fortunate to have found a passion early and made a career out of it.”

“It’s also great being able to live in this community by choice and having family nearby,” he said.

Retirement is not in the plan right now for the Freestones due to their unwavering passion for theater. “We never accumulated much in the way of retirement,” Bruce said, “and I feel I can keep doing this forever. We both still love everything about theater!”

by Aaron Eddy
Relaxing and learning in the green world
by Joi Dandridge

Take a walk on the wild side or, better yet, the PERC side – the Plant and Environmental Research Center, that is, where nature is a little more structured and hunger for knowledge is at the heart of this resource.

PERC is a research, learning and outreach center tucked away on the south end of CSU’s campus on Lake Street. Largely run by the department of Horticulture and Landscape Architecture, it’s more than 60 years old and used for hands-on learning for students. Stroll into one of the greenhouses and someone like James Klett, PERC’s director, will be glad to give tours around the grounds for inquiring minds.

Projects by students and faculty can be seen throughout. A main project in which Klett is engaged concerns a study on adaptability of woody plants and trees. And through a horticulture practicum, bedding plants will soon be on sale at the Gardens at Spring Creek on Mother’s Day weekend.

This time of year, perennial garden displays are being used for instruction and outreach, while annual plant preparations are happening at CSU’s Annual Flower Trial Garden. There are also the twilight gardening series or short summer courses for people who want in-depth knowledge. There’s even opportunity to use the space as a simple way to relax near ponds and arrangements constructed by students.

“Often, I’ll come out here and see people just reading or enjoying the environment,” Klett says, talking about an area that seems like home to him.

Green, growing beauty

More than 100 CSU student volunteers planted 27 Valley Forge elms on April 20 to enhance the Oval’s legacy of beauty. The Arbor Day Foundation and Toyota granted the elms to CSU and teamed with students to plant the trees during a ceremonial recognition of the university being named a Tree Campus USA.

“In 1881, when another group of people planted the first Oval trees, did they realize how cherished those trees would turn out to be, and that others would be sustaining what they started 131 years ago?” said Fred Haberecht, assistant director of landscaping and planning with CSU’s Facilities Management.

“This is only the second supplemental planting in the Oval’s history. The previous supplemental planting of 16 American elms occurred in 1996. The last mass planting on the Oval took place in the 1920s.

“We’re excited for this amazing opportunity to help preserve and restore the Oval,” said Jamie Dahl, experiential learning coordinator for the Colorado State Forest Service and leading member of the tree advisory committee.

“It is a wonderful way to celebrate Arbor Day.”

CSU currently has more than 7,000 trees on campus – some are 130 years old.

A horticulture research and learning center

The Plant and Environmental Research Center, or PERC, is a valued natural resource on the southwest side of campus and a great place to enjoy spring blossoms.

Celebration of culture

A cultural celebration of spring on April 20 featured a traditional Native American drum group, Stoney Park from Canada, and an ensemble of local and regional dancers dressed in full regalia. The exhibition on the LSC Plaza featured singing, drumming and dancing under a blazing blue spring sky.

Used, out of print & rare books

Mention this ad for 15% off purchase (excludes rare books)

The Eclectic Reader

Elizabeth & Taft next to cups coffee
How are we doing?

After a full semester of publishing CSU Life for faculty and staff on campus, we’d like to hear from you about how we’re doing. Your ideas, input, and opinions on the newspaper will help us zero in on what we could improve and what’s working fine.

CSU Life, a monthly publication, is a partnership between CSU’s Communications and Creative Services and Rocky Mountain Student Media. It’s written, edited, and designed by students with the help of staff advisors and contributors.

Please take a few minutes to fill out the brief survey, and if you’d like, include some comments and suggestions. The survey is completely confidential. When you are finished please return through campus mail to the following address:

Student Media
Lory Student Center
8038 Campus

If you’d prefer an online version, log on to the survey at the address listed at the bottom of this page. Either way, we appreciate your help in making CSU Life the best it can be.

Thanks!

CSU Life staff

1. How often do you read CSU Life?
   - Monthly
   - Occasionally
   - Never

2. How much of CSU Life do you usually read?
   - I usually read all of it
   - I usually read a few select articles
   - I just skim through quickly
   - I read very little of it

3. How would you rate the quality of CSU Life’s content?
   - Excellent
   - Good
   - Average
   - Below Average
   - Poor

4. I think CSU Life is for Colorado State’s (check all that apply)
   - State classified staff
   - Administrative professionals
   - Faculty
   - Administration (department heads, deans, VP’s, directors )
   - All university employees

5. How would you rate the quality of CSU Life’s appearance?

<table>
<thead>
<tr>
<th>Highly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Highly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attractive</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sparks my interest</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Makes me want to read it</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needs improvement</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. How much do you agree or disagree with the following statements?

   - I would like to read a publication that would help me learn about what other departments and colleges on campus are doing.
   - I would be interested in a source for learning about campus activities and events from elsewhere already.

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improvement</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. Which of the following do you think would be interesting sections to you?

<table>
<thead>
<tr>
<th>Not interesting</th>
<th>Slightly interesting</th>
<th>Neutral</th>
<th>Somewhat interesting</th>
<th>Very interesting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community events</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Book debuts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applause</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recipes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Profiles</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Entertainment news</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>interest stories</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Photos</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8. If CSU Life has content that interests you, what would be the most likely way you would read this publication? (Check all that apply)

   - As it is, delivered in print to my CSU mailbox
   - As an insert in the Collegian
   - Online only, in my e-mail
   - Online only on the CSU website homepage
   - Other (please specify)

9. Have you ever read the Applause section of CSU Life?
   - No
   - Maybe, but I don’t recall
   - Yes

10. Have you ever submitted any content to the Applause section of CSU Life?
    - No
    - Maybe, but I don’t recall
    - Yes

11. Rate how interesting you think an Applause section is to you?

    | Not interesting | Slightly interesting | Neutral | Somewhat interesting | Very interesting |
    |-----------------|---------------------|--------|----------------------|-----------------|
    | Not interesting |                     |        |                      |                 |
    | Slightly interesting |                 |        |                      |                 |
    | Somewhat interesting |               |        |                      |                 |
    | Very interesting  |                     |        |                      |                 |

12. What is your employment relationship to Colorado State?
    - Faculty
    - Administrative professional
    - State classified staff

13. Would you consider submitting a story or article to the next issue of CSU Life?
    - Yes
    - No
    - Maybe, but I don’t recall

14. Do you have any additional comments or suggestions that you feel would make this publication more helpful or appealing to you?

Please take a few minutes to fill out the brief survey, and if you’d like, include some comments and suggestions. The survey is completely confidential. When you are finished please return through campus mail to the following address:

Student Media
Lory Student Center
8038 Campus

If you’d prefer an online version, log on to the survey at the address listed at the bottom of this page. Either way, we appreciate your help in making CSU Life the best it can be.

Thanks!

CSU Life staff

Go to https://www.surveymonkey.com/s/csulife to complete the survey online.
A study in cloud forest ‘fog capture’

Research in the unique and striking cloud forest ecosystems

CSU Life staff

A CSU researcher is leading an international team of scientists in examining the likely effects of climate change on vulnerable and ecologically important cloud forests in the world’s tropical regions.

The project, led by Patrick Martin in CSU’s Department of Horticulture and Landscape Architecture, is expected to provide insights about future water availability in tropical environments that rely on high-elevation forests to provide essential “fog capture,” which transforms cloud cover into water supplies for plants, animals and people.

Loss of dense but delicate vegetation in the face of rising global temperatures, drought and violent weather patterns could greatly impact this vital forest function, Martin said.

“In many parts of the tropics, mountains are the main source of fresh water as a result of cloud-zone dynamics, including direct fog capture by vegetation. This water is critical for natural ecosystems, agriculture and drinking water,” said Martin, an assistant professor who teaches ecology classes.

“Cloud forests provide all sorts of benefits, including ensuring water quality and water yield, as a result of their distinctive vegetation, especially super-abundant moss cover.”

Research innovation

The project is funded with a $500,000 grant from the National Science Foundation, a sign of its status as leading-edge research marked by novel collaboration and an expectation that findings will contribute to fundamental scientific understandings. The project also is an example of innovative work in the College of Agricultural Sciences to better understand the role of water as a natural resource that is both critical and increasingly limited in many settings.

“The substantial investment of competitively awarded NSF funds in this project is a reflection of Dr. Martin’s expertise, leadership and vision,” said Stephen Wallner, head of the Department of Horticulture and Landscape Architecture. “While this aspect of Dr. Martin’s work is focused on tropical forests, the results will be relevant to many other ecosystems and landscapes, including high-elevation forests in Colorado. This work will also enrich his teaching as he shares new knowledge and interesting experiences with his students on campus.”

A key element of the project is Martin’s collaboration with other scientists. The approach is meant to draw together research findings about the ecology of tropical montane cloud forests from different disciplines, institutions, cultures and regions. The project will build an international research coordination network to dramatically increase ecological knowledge of these ecosystems, Martin said.

“We really need to get people together to standardize and synthesize all of our work so we truly understand what is happening in these high-elevation tropical cloud forests,” he said. An outgrowth of this collaboration, Martin added, will be improved instruction for university students and web-based education about tropical montane cloud forests delivered to the public.

Wide world of expertise

The initial group of network participants includes more than 40 scientists representing 15 countries with expertise in biogography, populations and communities, climatology, ecosystem sciences, evolutionary ecology, hydrology, paleoecology, physiology, remote sensing and soil science, Martin said.

The project builds upon Martin’s earlier ecological research, which in particular has studied the effects of catastrophic disturbances, such as natural fires and hurricanes, in the pristine cloud forests within the central mountain range of Hispaniola. Above this wilderness rises Pico Duarte, which, at more than 10,000 feet in elevation, is the highest peak in all the Caribbean islands. Martin has studied the ecology of epiphytic plants, or those that grow atop others. These include bromeliads, orchids and mosses that grow in luxuriant layers in the canopy of trees in the misty forest.

“Cloud forests are a unique and striking ecosystem found at high elevations on tropical mountains where persistent cloud cover forms almost every day,” Martin has written. “These ecosystems are not only beautiful, but play a critical role in biodiversity protection, water resources and human livelihoods. Yet they are among the world’s least known ecosystems and are likely to be exceptionally vulnerable to global change.”

Martin also studies how variability in moisture influences the dynamics of high-elevation Colorado forests, another example of research on the vital issue of water availability for natural ecosystems, agriculture and human consumption.
I love CSU Day brought crowds from the Fort Collins and CSU communities to explore and have some fun in the beautiful sun. The event took place on the LSC Plaza on April 18 for students, faculty, and staff to enjoy. I Love CSU Day included a wide range of participants from alumni to student organizations to local non-profit organizations and local businesses.

This year, events included a local band, a scavenger hunt called Ram Quest, and a dunking booth where students tried dowsing their fellow students.

The Alumni Association hosted a table – one of dozens at the event – that included spinning a small wheel to receive a trivia question to win prizes. Local food companies such as Food Co-op and companies promoting growing and buying local food also participated and invited conversations about the importance of shopping locally.

Beautiful day in the neighborhood

Free Credits!

CSU is proud to treat faculty and staff to nine free credits each year. In addition to the degrees offered on campus, you have access to online degree and certificate programs through CSU OnlinePlus.

It Gets Even Better!
Your study privilege now covers more of the bill, meaning the only thing you’ll pay for are special course fees if applicable!

CSUStaffStudy.com