



December 2012

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COMMUNITY EVENTS

15th Annual Faculty and Staff Appreciation Night

Join the CSU Bookstore from 4-7 p.m. Dec. 5 for a night full of discounts and giveaways. The event is open to all CSU faculty and staff.

A Conversation with
Connie Duckworth

Duckworth is the founder and CEO of ARZU Studio Hope, an organization that helps Afghan women weavers and their families break the cycle of poverty by providing them steady income and access to education and healthcare by sourcing and selling the rugs they weave. Her lecture, which is free and open to the public, is from 4:30-6 p.m. Dec. 6. in the Lory Student Center.

See **EVENTS** page 6

World Unity Fair celebrates diversity



The World Unity Fair on Nov. 10 involved more than 20 international groups within the Fort Collins and campus community and showcased food, art, artifacts and activities. The fair demonstrates cultural diversity and world-wide understanding.

2012 Colorado Combined Campaign kicks into gear

by Nik Olsen

Temple Grandin asks a simple question when deciding where she will make a charitable donation: Is it going to do something real?

"People want to know that their money is going to something real," Grandin said.

Grandin, a professor of animal science at CSU, is the honorary chair of CSU's Colorado Combined Campaign drive this year. The Colorado Combined Campaign is the one opportunity for CSU faculty and staff each year to support their favorite community charities — including United Way — via payroll deduction.

This year's campaign runs through November and December, with a goal of

raising \$135,000 to help worthy non-profit organizations and people in need across Colorado.

This is the only charitable payroll deduction authorized by the state of Colorado, and it is designed to help state employees easily contribute to the charities of their choice. Colorado State University has been donating to the Colorado Combined Campaign since 2000 and has consistently been a statewide leader in contributing to agencies that benefit Colorado.

Grandin said she is a strong supporter of charities that help young people learn new skills. "We've got to get to kids when they are young and give them technical skills," she said.

CSU employees can donate by check, cash,

See **CAMPAIGN** page 7

Mathematics emeritus professor's caring equation inspires alum to give back

by Emily Wilmsen

Myron S. Henry almost didn't get his doctoral degree at Colorado State University. He almost didn't teach as a professor or serve as an administrator at five major universities around the country.

But thanks to some encouragement from CSU Emeritus Professor F. Max Stein, Henry not only obtained his advanced degrees, he had a long career in a field he loved.

"Max meant a lot to a lot of students," Henry said in an interview from his Florida home. "He was really important to the evolution of the mathematics department. I was his PhD student and he was pretty influential in guiding me in directions I didn't think I'd ever go."

Henry, and his wife, Mary, have created an endowed scholarship to honor Stein with an initial gift of \$22,000. The scholarship will be housed in the Department of Mathematics in the College of Natural Sciences.

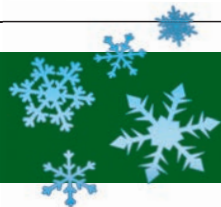
The new F. Max Stein and Myron S. Henry Scholarship will help undergraduate math students with financial need.

See **MATH** page 6



Colorado State University

applause



Office of Budgets

Angie Nielsen was officially named interim director of the Budget Office in November. Nielsen comes to this position with experience in CSU's Facilities and Sponsored Programs. In addition to working within these units, Nielsen has been a team member in the Office of Budgets for the past five years. During her tenure, Nielsen has played an instrumental role in the implementation of the Kuali Financial System, particularly the budget construction component of the system. She is an alumna of CSU, holding a bachelor's degree in business administration with an accounting concentration. She is committed to ensuring her team has the resources and leadership to properly support the CSU community in developing, managing and monitoring all aspects of their budget operations.

Animal Cancer Center

CSU's Dr. **Stephen J. Withrow**, one of the world's leading veterinary surgical oncologists, has been honored by the American College of Veterinary Surgeons with the "Founders' Award for Career Achievement. This award recognizes the service of ACVS diplomats who have made "significant contributions to the development of surgical techniques and methodology, and dissemination of knowledge to colleagues, residents and students."

Withrow developed a limb-sparing surgical technique to treat osteosarcoma, a malignant tumor of long bones in dogs. This technique revolutionized osteosarcoma treatment in dogs and has been widely adopted at human cancer centers, significantly increasing the likelihood that children diagnosed with osteosarcoma will be cured. This collaboration demonstrates how canine cancer research has had

a far-reaching influence on human medicine and cancer research.

College of Business

CSU's own **Kelly Mapes** of the College of Business graduate program has been selected from more than 35,000 participants as the top 4th finalist in the Panera Bread Sandwich Showdown.

Mapes has been entering recipe competitions for years and is thrilled to be a Panera showdown finalist. Her sandwich creation is an Italian inspired Tuscan bruschetta panini with decadent ingredients such as tomato basil bread, salami, mozzarella cheese, baby spinach, basil, oven-roasted tomatoes, vinaigrette, balsamic mayo, olive oil and basil pesto sauce. This creation was influenced by Mape's trip to Italy to visit a childhood friend. For more information on her recipe, visit <http://recipes.howstuffworks.com/panera-bread-sandwich-showdown-contest.htm>.

Atmospheric Science

Richard Johnson, CSU professor of atmospheric science, will receive the 2013 American Meteorological Society Verner E. Suomi Award at the society's annual meeting, Jan. 6-10, in Austin, Texas. The award is named after the father of satellite meteorology, Verner E. Suomi.

Johnson is recognized for his design of rawinsonde networks in field campaigns, which use balloon-borne meteorological sensors to measure wind, temperature and moisture in the atmosphere. The AMS will honor him for his in-depth analysis of convective cloud interactions and large-scale atmospheric circulation.

Construction Management

Carla Lopez del Puerto, an assistant professor in the Department of Construction Management at CSU, was recognized with the 2012 Full-Time Faculty Distinguished Design-Build Leadership Award from the Design-Build Institute of America.

This year, the student team she coaches won the DBIA Rocky Mountain Section student competition once again. The team accompanied Lopez del Puerto to the DBIA annual conference in New Orleans for lectures and networking, as well as to see her receive the award for excellence in the design-build field, research and classroom leadership.

Lopez del Puerto's past accomplishments include participation in nine funded research projects worth more than \$1.5 million, co-authoring a book and coaching the CSU design-build competition team on the path to winning the DBIA student competition four years in a row, from 2009-2012.

Statistics

After years of devastating storms along the U.S. coast, the National Science Foundation has awarded a team of researchers a three-year, \$550,000 grant to develop more predictive computer models of the ocean, including the impact of storm surge during a hurricane.

Send in your Applause

Our Applause section features notable highlights from CSU's colleges and departments. The campus community is invited to submit material for Applause to celebrate the good work, service, outreach, research and personal triumphs that keep the people of CSU engaged and committed to higher education.

If you have applause to share, send an e-mail to CSULife@colostate.edu with your brief announcement and the best way to contact you.

The award is shared by a team of investigators from Colorado State University, the University of Notre Dame and the University of Texas at Austin as part of a new NSF program, called Computational and Data-Enabled Science and Engineering in Mathematical and Statistical Sciences.

Even before Superstorm Sandy, a series of events during the past seven years has driven a demand in improving scientists' ability to predict hurricane impact.

Through the project, titled "Data-Driven Inverse Sensitivity Analysis for Predictive Coastal Ocean Modeling," Notre Dame and UT Austin team members are providing expertise in physical and computational modeling of storm surge while the CSU team of Don Estep, who is a University Interdisciplinary Research Scholar, and Troy Butler in the Department of Statistics are providing new mathematical and statistical theory to solve the calibration inverse problem and quantifying uncertainty in model predictions.



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HJ Siegel, director of ISTeC and professor in the Department of Electrical and Computer Engineering, alongside his daughter, Sky, and wife, Janet, was recognized by Gov. John Hickenlooper for his efforts as a first responder during this summer's wildfires. Hickenlooper hosted an appreciation reception at the Governor's Mansion to honor the firefighters who tirelessly worked to contain the summer's wildfires and the police officers and paramedics who rapidly responded to the tragic shootings in Aurora. Siegel has been a member of the Rist Canyon Volunteer Fire Department since 2001.

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Political science professors prevail with expertise and passion throughout presidential campaign



Bob Duffy

by Mary Willson

Nov. 6 marked the end of the 56th presidential election, and as the states declared blue or red status on flat screens across the country, a trio of political science professors watched as the numbers they have been analyzing, predicting and explaining for months revealed themselves.



Kyle Saunders

“As an analyst and a professor I do all that I can to keep it straight down the line. I really put myself in a place where I never tell people what to think,” Kyle Saunders, political science associate professor, said.

Saunders, Robert Duffy and John Straayer have been active in CSU’s political science department through many elections. As the presidential election season just finished another course, they shared their expertise and knowledge through lectures to CSU students and to a broader, global audience through mass media. Sought out by international media sources, all three professors juggle teaching and grading with the time commitment of political analysis.

“We look at what’s happening and what’s happened in the past and put those things together,” Duffy says. “It’s all a big puzzle and we try to make sense of it all.”

According to Duffy, in 2008 alone, they gave interviews to media sources from every continent other than Antarctica. Straayer says he had some days where he had up to 10 calls from reporters.

“People just want to know ‘how does the election matter to me, what does this mean, why does it matter?’ I think it is all part of the job. You do all that you can to provide the information,” Saunders said. “We are



John Straayer

here to provide a public service. CSU is a land grant institution, and that’s what we are about.”

Colorado has fallen into a new national political position within the last two presidential elections, which ramped up the media coverage locally.

“The two election cycles that were most unlike others were 2008 and 2012 because Colorado became a major focus in the presidential elections, which it has not been before,” Straayer said. This past election marks his 12th election while teaching at CSU.

Different issues, candidates and seasons call for different numbers, outcomes and results. Yet, no matter how drawn out the election season gets, and how much time is spent juggling academic and election duties, the fact that it is part of the passion these three feel for their job is never diminished.

“It almost takes over what you do, but we teach politics so it all fits right in,” Straayer said. “It is fun, but it also is exhausting.”

Straayer runs the legislative internship program, which has given more than 900 students the opportunity to intern in Denver on Capitol Hill with legislative professionals, and he is an expert in Colorado politics.

“I became fascinated about why people act the way they do politically,” Saunders said, explaining he was raised in an evangelical union household. “I know what it’s like to think about both sides. It requires you to think about it and therefore still teach with passion and skill.”

Duffy is department chair and is actively interested in environmental politics and policy.

“It’s always different so it doesn’t get stale,” Duffy said. “I may teach the same class but the issues constantly change, because there is always something new happening in the world.”

Election season ramps up about several months before early voting starts, with interviews, phone calls and e-mail requests. Then, two to three weeks before Election Day, media attention spikes. After the election has been called, the proceeding week is filled with questions about the results. Eventually the media requests dwindle and the frenzied pace in the political science department at CSU lessens — until the next election.

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Christmas tree care after dry summer

by Joi Dandridge and Colorado State Forest Service staff

This holiday season, Michael Hughes, assistant district forester at the Colorado State Forest Service – or CSFS – offers tips on how to safely care for Christmas trees after a dry, fiery summer.

Each year, Hughes has the privilege of selecting fresh trees for CSU’s Office of the President and the Warner College of Natural Resources, and in some years for the state capitol and the governor’s office in Denver.

The week of Thanksgiving, Hughes takes CSFS foresters to state trust land to select Christmas trees for these offices. They all participate in what Hughes calls a “feel-good” office enrichment project. While selecting Douglas-fir or subalpine fir trees, they search for eight- to nine-foot trees, good for caroling around.

This process helps to thin the forest, providing better growing space for trees and more room for sunlight.

“Some people don’t think cutting trees is environmentally friendly, but in reality it is a win-win for the forest and the person who wants to have a Christmas tree in their home,” he says.

Hughes recommends specific steps to care for trees to prevent dryness that can lead to fires in the home:

- Select a fresh tree. Needles should not fall off of the tree when you brush your hand along the branches or shake

the tree. If the tree is already in your home and needles begin to fall, Hughes recommends removing the tree or replacing it to reduce likelihood of a fire.

- Cut an inch off of the tree base before immersing it in water. This helps the tree take in more water. Hughes also treats the stump by soaking it in a solution that helps moisten the tree and increases water absorption. The solution of water, corn syrup, bleach, borax and other ingredients can be made at home (see recipe below).
- Keep decorated trees in your home far from fireplaces, sunlight, heating vents or other heat sources. This speeds the drying of the tree. Overloading circuits with too many light plugs also can be dangerous and should be minimized.
- Don’t forget to regularly care for your fresh Christmas tree. Water it every other day. Give it two to three inches of water in the tree stand to reduce dryness.

Once the Christmas tree season has come to an end, the uses for the tree don’t have to stop. The city of Fort Collins will recycle Christmas trees for free.

“Just make sure the tree doesn’t go to the landfill,” said Hughes.

For more information about caring for and finding fresh locally grown Christmas trees, contact the CSFS Fort Collins District at (970) 491-8660 or CSFS_FortCollins@mail.colostate.edu.



Michael Hughes of the Colorado State Forest Service works to cut a tree for the holidays. *Courtesy of the Colorado State Forest Service*



A Christmas tree provided by the Colorado State Forest Service shines at the Colorado State Capitol in Denver. *Courtesy of the Colorado State Forest Service*

Tree water solution:

- 2 gallons hot water
- 2 cups corn syrup
- 2 ounces liquid bleach
- 2 pinches Epsom salts
- ½ teaspoon borax
- 1 teaspoon chelated iron (available at garden shops)

Mix and cool the solution before use. Keep some on hand to regularly fill the tree stand.



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Finding your calm during the holidays

by Marie Allen, CSU Health Network

Most people think of the holiday season as a time to enjoy traditions and catch up with family and friends, but this time of year can bring its own set of health concerns. Beside the obvious dangers to the waistline, stress during the holidays can cause emotional, behavioral and even physical side effects.

If you find yourself feeling anxious as you prepare to ring in the New Year, consider these techniques for finding your calm from Janelle Patrias, the CSU Health Network's coordinator of Mental Health Initiatives. Remember, if you're concerned that chronic stress is causing health complications or troubles in your relationships, seek the advice of your medical provider.

Deep breathing is a great way to relax your body and mind. It's also an important part of many other relaxation methods.

- Choose a quiet spot. Sit or stand in a comfortable position.
- Put one hand on your stomach, just below your rib cage.
- Slowly breathe in through your nose. Intentionally use your stomach to fully expand your lungs. Inhaling your stomach

should feel like it's rising.

- Exhale slowly through your mouth or nose, emptying your lungs completely and letting your stomach fall.
- Repeat several times until you feel calm and relaxed.
- Breathing deeply like this for just three to five minutes will trigger your body to return from stress mode to relaxation mode.

The calming response takes the deep breathing method a step further. Use this technique to calm yourself before or during a stressful event.

- Breathe in deeply. Hold your breath for five seconds.
- Blow out slowly and focus on relaxing all the muscles in your body.
- Repeat the following words to yourself: "I am relaxed."
- Continue for a few minutes until you feel calm.
- Imagery is a good method to use when you need a mini-break from the stresses of the day.
- Close your eyes and picture a peaceful, restful, beautiful, happy scene.
- Allow your imagination to run free. For example, imagine yourself on the beach. "See" the

palm trees. "Hear" the breaking waves. "Smell" the ocean air. "Feel" the sun on your body.

- If stressful thoughts enter your mind, gently push them aside by focusing on the details of your scene.
- Think about the scene until you feel rested and relaxed.

Progressive muscular relaxation involves tightening then relaxing the major muscle groups in your body. If you would like to feel the release of tension, this may be a good relaxation method for you.

- Sit or lie down and close your eyes.
- Inhaling deeply, tighten the muscle you want to relax, feel the tension, hold it for a couple of seconds, then release the tension as you exhale, feeling the muscles become loose.
- Repeat this process with throughout the muscles in your body.
- You can work down from the head to your toes.



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Center for Family and Couple Therapy



Commitment to Campus now covers 50 percent of the cost of therapy services for CSU employees and their families at CSU's Center for Family and Couple Therapy.

The center is housed in the Department of Human Development and Family Studies, in the College of Applied Human Sciences. It is a full-service therapy center dedicated to empowering families, couples and individuals strengthen their relationships, resolve troubling issues and achieve personal well-being.

Services covered by Commitment to Campus include:

- Individual, couple and family therapy [*Available after employees exhaust services covered through Employee Assistance Program benefits]

- Family Safety and Support Program
- Adolescent alcohol and other drug assessment
- Resolving Ambivalence: A Group for Adolescents with Substance Misuse
- Campus Corps Therapeutic Mentoring

Contact the center for a confidential consultation at (970) 491-5991. More information is available at http://www.hdfs.cahs.colostate.edu/centers_outreach/cfct/.

COMMUNITY EVENTS

From page 1

Commencement

College ceremonies and ROTC commissioning will recognize undergraduate and graduate students Dec. 14 and 15.

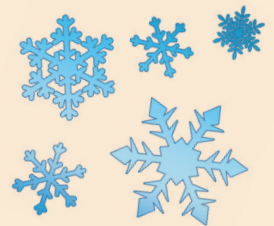
For details, visit commencement.colostate.edu.

University Holidays

CSU offices are closed Dec. 24-26, Jan. 1 and Jan. 21. As part of winter break, there are no classes Dec. 17 – Jan. 21.

Martin Luther King, Jr. Day Celebration

The CSU, Fort Collins and Loveland communities will celebrate Martin Luther King, Jr. Day on Jan. 21. The theme of this year's celebration is "Faces of Freedom: Past-Present-Future."



IMPORTANT DATES

Last day of classes

Dec. 7

University withdrawal deadline

Dec. 7

Final examinations

Dec. 10-14

Commencement

Dec. 14-15

Grades due

Dec. 18

Grades available on RAMweb

Dec. 19

Classes begin

Jan. 22

End restricted drop

Jan. 25

Deadline to add without override

Jan. 27

Add with override begins

Jan. 28

MATH | Alum endowes scholarship in honor of CSU prof

From page 1

"They had kind of a new doctoral program and I struggled a little there," Henry said of his early days at CSU. "I wanted to get a degree in mathematics education and there's a big difference between getting a bachelor's in mathematics education and a bachelor's in mathematics. Max was really helpful – he had me apply

for a NASA traineeship, which gave me three years of doctoral support.

"Over the years, he's been a good advisor, someone to look up to and a good friend."

"We are grateful for the generous contribution that Dr. and Mrs. Henry have made to the mathematics program in honor of Dr. Stein," said Jan Nerger, dean of the College of Natural Sciences. "And we are thankful

for faculty members such as Dr. Stein who take the time to connect with our students – this is a great example of the wonderful relationships that can occur."

Henry always visits Stein when he comes to Fort Collins. Back in the day, they'd even play a little tennis together, but Henry wouldn't comment on who won the games.

Henry and Stein also shared a love of poetry. Earlier this year, Stein submitted a limerick to the university's Society of Senior Scholars:

*His title is College Professor,
On campus, he's a knowledge
possessor.
Cares little for looks;
Prefers reading books,
Neath robe, he's an untidy dresser.*

Henry went on to a successful career as a math professor and provost at numerous institutions, serving as mathematical sciences professor at the University of Southern Mississippi from 1998 through 2008. He served as provost of USM from 1998 to 2001. He retired from USM in July 2008, but he continued on a part-time basis until the summer of 2011 through U.S. Department of Education funded grant

activity.

From 1992 to 1998, Henry worked as provost and professor of mathematics and computer science at Kent State University in Northeast Ohio. He also held positions at Old Dominion University in Norfolk, Va., where he served as provost and vice president for Academic Affairs (1987-1992); and Central Michigan University, where he was dean of the College of Arts and Sciences (1980-1987). Henry worked his way up to full professor at Montana State University (1968-1980), where he served as interim dean of the College of Letters and Science in 1978-1979. In a sabbatical year, Henry taught at North Carolina State University (1975-76). He also briefly taught high school mathematics in Alexandria, Ind.

A native of North Central Indiana, Henry earned his bachelor's degree in mathematics and history from Ball State University. With support as a NASA trainee, Henry earned his master's and doctoral degrees in mathematics from Colorado State University.



CSU Emeritus Professor Max Stein with Myron Henry. Henry endowed a scholarship in honor of Stein.

For more on Colorado State University's
2012 Colorado Combined Campaign drive, visit:
www.facultyandstaff.colostate.edu/ccc.aspx

ENTERTAINMENT CALENDAR

THEATER	ART & LITERATURE	MUSIC
<p>“The Nutcracker” Lincoln Center Performance Hall Dec. 6-9 This is the 31st year that the Canyon Concert Ballet will perform “The Nutcracker.” This performance is directed by Stefanie Kitty Bloch, a guest choreographer. lctix.com</p> <p>“A Christmas Story” by Philip Grecian University Center for the Arts, University Theatre Through Dec. 16 In the weeks leading up to Christmas, 1939, in the fictional northern Indiana town of Hohman, Ralphie Parker desperately wants a Red Ryder BB gun and will do anything to make sure he gets it. The play, directed by Laura Jones, is based on the 1983 motion picture classic of the same title. csuartstickets.com</p> <p>“Almost, Maine” Bas Bleu Theatre Company Through Dec. 30 By John Cariani and directed by Dulcie Willis, “Almost, Maine” tells the story of life and love in a small Maine town. basbleu.org</p> <p>“Forever Plaid” Midtown Arts Center Through Dec. 31 One of the most popular shows in the history of Northern Colorado, this play tells the story of the Plaid boys as they return from the afterlife to play their own hilarious Christmas special. adinthertheatre.com</p> <p>“A Musical Christmas Carol” Lincoln Center Magnolia Theatre Dec. 21-23 Presented by la-de-da, “A Musical Christmas Carol” tells the classic Charles Dickens story with original songs written by la-de-da’s Nick Turner and Troy Schuh. lctix.com</p>	<p>Craig Johnson Author Signing CSU Bookstore Dec. 4 Johnson, author of the Walt Longmire novels and New York Times bestseller, will visit the CSU Bookstore at noon. The Longmire novels, comprised of eight books, are the inspiration for A&E’s series, “Longmire,” a crime thriller set in Big Sky country. A book signing will follow the event which is free and open to the public.</p> <p>First Friday Gallery Walk Downtown Art Galleries Dec. 7 Every first Friday of the month, the art galleries in Old Town Fort Collins open their doors free of charge for visitors from 6-9 p.m. A full list of participating galleries is online. downtownfortcollins.com</p> <p>“Ft. Collins Through the Eyes of Those Who Have No Home” Center for Fine Art Photography Dec. 7 This exhibit features photos and quotes from homeless residents in Fort Collins after they were given cameras by Homeward 2020 and the Ten Year Plan to End Homelessness to document their experiences. beetstreet.org</p> <p>“Collaborations, Affinities, and Friendships” University Art Museum Through Dec. 14 This free exhibit is from the collection of Doug and Susan Casebeer, featuring modern and contemporary ceramics.</p> <p>“ABCs of the Avenir” University Center for the Arts, Avenir Museum Through Feb. 1 This exhibition features a wide assortment of items from the Avenir Museum’s permanent collection normally not on view. “ABCs of the Avenir” focuses on the historical, traditional and cultural importance of clothing and accessories, women’s work and technological changes that affected costumes and accessories in the 19th and 20th centuries.</p>	<p>Virtuoso Series Concert University Center for the Arts, Organ Recital Hall Dec. 3 CSU faculty member John Seesholtz will play the baritone. Some of his personal awards include the Irwin Bushman Award as one of the top 12 national finalists in the NATSAA competition, second place in the Singer of the Year Competition in 2006, the Alice Dutcher Thornton Award, the D. Ralph Appleman Award, the David L. Schrader scholarship and finalist for the Merola San Francisco Opera program. csuartstickets.com</p> <p>“The Old Maid and the Thief” by Menotti University Center for the Arts, Runyan Rehearsal Hall Dec. 7 The 2012-2013 season opera workshop features one-act operas by American composers, including “The Old Maid and the Thief” (1939), which was one of the earliest operas composed specifically for radio and helped further establish Menotti’s career. “The Old Maid and the Thief” will be performed from 7:30-10:30 p.m. The event is free and open to the public.</p> <p>Wishes and Dreams Holiday Concert Bas Bleu Theatre Company Dec. 10 A mix of traditional and modern holiday songs are sung in barbershop style by the Blend Chorus, a women’s a cappella chorus affiliated with Sweet Adelines International. basbleu.org</p> <p>Christmas with the Celts Lincoln Center Performance Hall Dec. 11 The Celts’ recent TV special, “Christmas with the Celts,” aired on more than 90 PBS stations and associated regional networks and featured Celtic Christmas carols dating back to the 12th century, along with modern drum loops and synth work. lctix.com</p> <p>Holiday Stocking Lincoln Center Performance Hall Dec. 17 This 90-minute performance features music presented by the student musicians at Rocky Mountain High School. lctix.com</p>



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CSU research scientist moonlights on own NASA-funded cancer research project

by Dell Rae Moellenberg

It's not unheard of that a researcher believes so strongly in a hypothesis that she spends her own time tracking it down. That's why Paula Genik, a research scientist at Colorado State University, moonlights in a laboratory.

Genik studies whether radiation exposure impacts cancer and healthy cells differently depending upon the time of day or night an individual is exposed. Her theory is based on the knowledge that cellular functions differ from night to day, with cells primarily multiplying late in the day and repairing at night while we sleep. Genik looks at radiation exposure in medical clinics and from radiation in the environment.

Most tissues produce new cells every day to replace damaged or spent cells that die due to the daily work of keeping our bodies going. But different cells, in different tissues, in different organs multiply and die off at their own very characteristic rates throughout a 24-hour cycle.

"People who have radiation treatments for cancer suffer from hair loss, nausea and blood changes. What if treatments at certain times of the day cause less negative effects? And is it possible that radiation damages cancer cells more effectively at certain times of the day or night?" said Genik.

During the day, Genik conducts cancer research funded by NASA under Michael Weil, a College of Veterinary Medicine and Biomedical Sciences professor. At night, her own research, also funded by NASA through a seed grant and some CVMBS awards, is a spin-off of her work on radiation and leukemia in the Weil lab.

"We know that radiation kills cells in plastic dishes in a laboratory differently and at different rates, depending on the state they are in cell cycle," Genik said. "Bone marrow cells in research mice, for example, typically repair and replicate in the late



CSU research scientist Paula Genick, back right, interacts with students who volunteer in her lab on a quest to solve one of cancer's riddles.

afternoon. Why not try to better understand these patterns and look for ways to use them to fight or even prevent cancer caused by radiation exposure?"

Genik raises the question of whether shift work may alter sensitivity to radiation. Studies show that shift work is associated with higher incidence of breast cancer. Genik's theory is that radiation exposure in these individuals, which compose about 15 percent of the American workforce, may need to be specifically tailored to their circadian rhythms – which is the natural rhythm of changes in bodies from day and night. Health care workers who give radiation treatments to patients may also

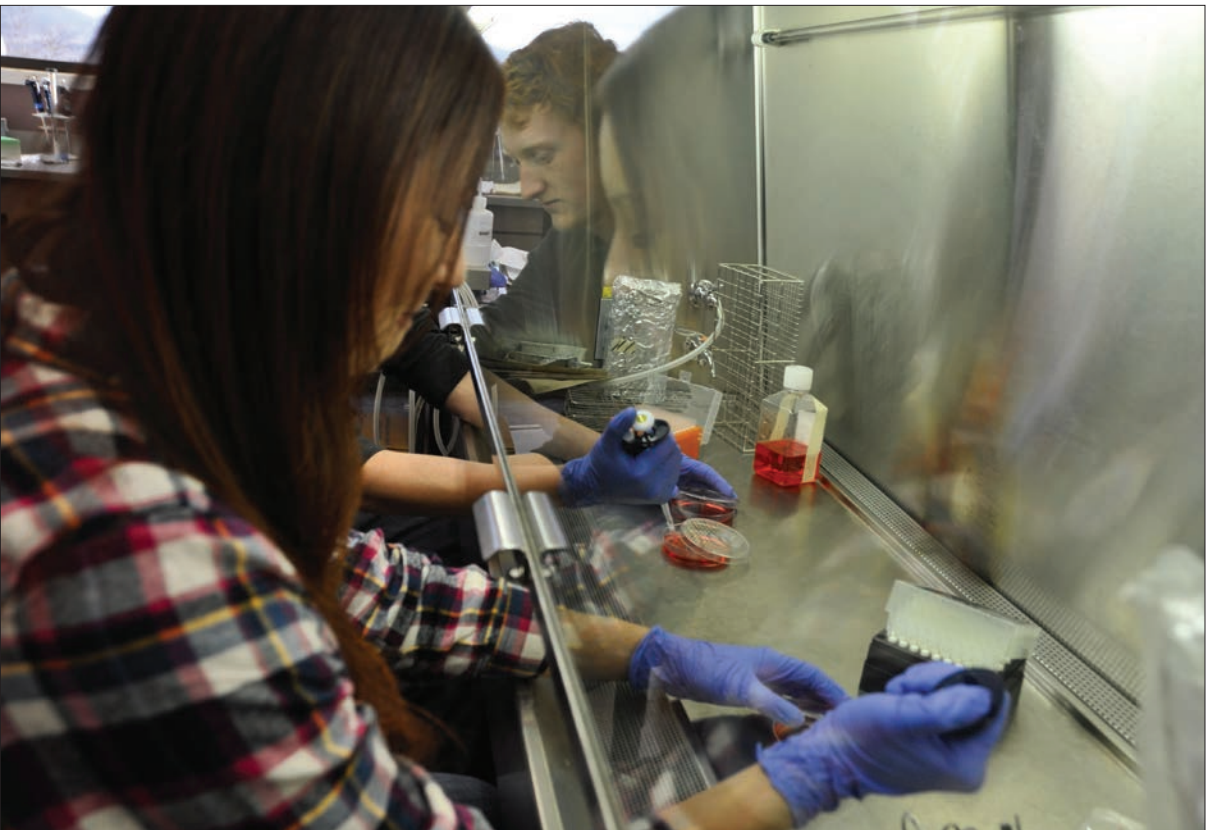
benefit from knowing times of day when harm from exposure can be reduced. Recent studies suggest that shift workers such as nurses may be at higher risk of certain cancers. Genik sees this as a health care and policy issue.

To draw her hypothesis, Genik looked at the few studies on shift work and cancer rates, at studies about how cancer and healthy cells behave differently during the day than at night, and even the effects of experimental jet lag on research mice, which show a higher incidence of cancer that develops faster than in mice that are not shifted in time.

"The impact of circadian rhythms on cancer causes, cures and prevention may be a long drawn-out and subtle affair, but potentially a very important one," Genik said. "It even impacts our everyday research results: we know that most laboratory mice used in cancer studies are nocturnal animals. When mice are given radiation as part of a cancer study, it is during the day when researchers are working – and at a time when the mouse's cells and tissues are restoring, just as human bodies do during the night. Are we using the best model to investigate radiation impacts on cancer? What can we recommend to our astronauts and future space travelers as to a least vulnerable time windows for extravehicular activity? Studying the 24-hour lethality of radiation for future space travelers may just buy us a little more time on earth."

Genik says she is indebted to Azer Yalin and to Kenneth Blehm, who direct cancer and space research initiatives, to students who volunteer to work with her, and to Weil, Bedford and Kato for space and equipment that makes her research possible.

Genik works in the Department of Environmental and Radiological Health Sciences.



A student performs research as part of Genick's moonlighting quest.

Colorado State University

Lory Student Center

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In January campus will look different though not much will have changed.

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Check out the Re•vitalization website for more information:
sc.colostate.edu/revitalization.aspx
 or scan here:



Re • Create

“ I love the atmosphere that the Lory Student Center creates. I walk in and I am immediately intrigued with the celebrations of CSU. ”

Brieon, seen here in the LSC West Ballroom, is one of 15 "new faces" of the Lory Student Center. Chosen during the LSC's 50th anniversary celebration, these "faces" will represent our campus' love for its student center over the next five decades.

Lory Student Center Revitalization: What to expect when returning to campus

by Courtney Riley

Areas surrounding the Lory Student Center will look slightly different when faculty, staff and students return to campus after winter break in January as preparations for renovating the building get underway.

These preparations will cause shifts in pedestrian traffic near the LSC. A construction fence will be in place between the west side of the LSC Theatre and the east side of Arthur's ditch, according to Doni Luckutt, director of marketing for the student center. Sidewalks over the Vietnam Memorial Era Bridge and the sidewalk between the Transit Center and University Avenue will be closed.

Changes inside the student center when students return in January are limited to the Curfman Art Gallery and the ASCSU Senate chambers, both of which will be closed. Although sidewalks from the Vietnam Memorial Era Bridge and between the Transit Center and University Avenue will be closed, access to the LSC Theatre will be open and available for use.

After graduation ceremonies in May, LSC central -- the center area of the student center, not including the transit center -- will be closed and the revitalization will begin. The LSC Theatre and the north



The Lory Student Center renovations will officially begin in May 2013. Prep work for the construction will be visible when students, faculty and staff return to campus from winter break in January 2013.

end of LSC, including the bookstore, transit center, University Club, Aspen Grille, Cam's Lobby Shop, Bagel Place II, Info Desk II, North Ballroom and various meeting rooms, will be open throughout the renovation project.

Throughout the entire renovation, parking in engineering lot north of LSC lot will not be disrupted. Offices and services impacted by the revitalization will be relocated to a variety of locations across

and around campus, with most being housed in the MAC gym, adjacent to the Campus Recreation Center.

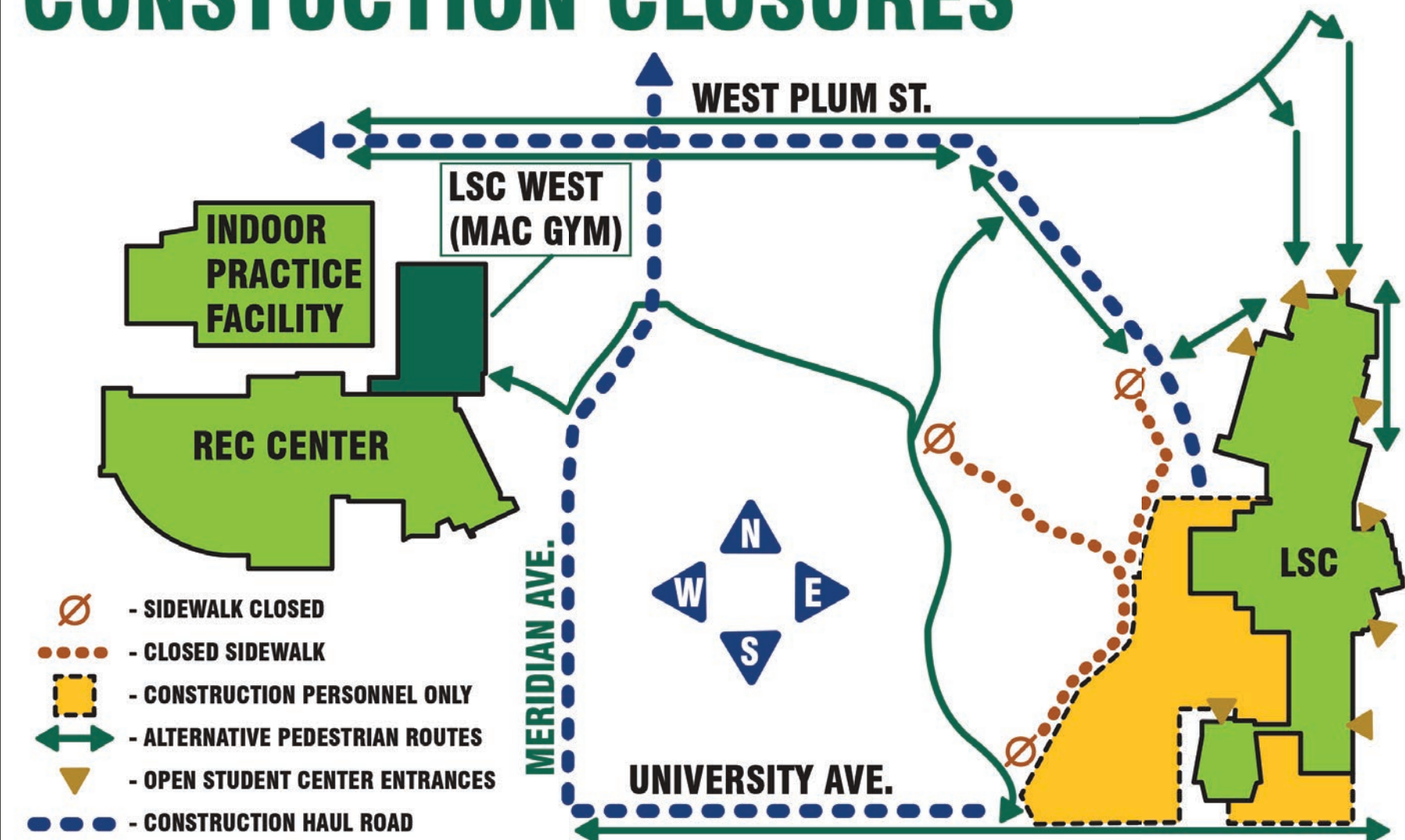
During the renovation, services and businesses in the north and south areas of the LSC will be open:

- CAM's Lobby Shop
- Bagel Place 2
- The Aspen Grille
- University Club
- North Ballroom

- Laporte Room
- CSU Bookstore
- RAMTech
- Info Desk II
- Meeting rooms on the north end of the LSC
- LSC Theatre

For up-to-the-minute Lory Student Center Revitalization information, visit www.sc.colostate.edu/renovation.aspx.

ALTERNATE WALKING PATHS AND CONSTRUCTION CLOSURES



Culinary creations

from the Kendall Anderson Nutrition Center

Pumpkin stuffing

This delicious, nutritious dressing goes well alongside turkey, ham or other holiday entrees.



Ingredients

- 1 cup diced pumpkin (from one whole, small pumpkin) or one cup diced sweet potato, peeled
- 3 tablespoons butter
- 1 ½ cups diced sweet onion
- 1 ½ cups diced celery
- ¼ cup finely chopped fresh thyme leaves
- ¼ cup finely chopped fresh sage leaves
- Salt and cracked black pepper
- 2 ½ cups cornbread stuffing mix
- 1 egg, beaten
- ¼ cup chicken broth

Directions

Preheat oven to 425 degrees. Cut pumpkin or sweet potato in half, and then cut each half into several pieces. Place the pieces on a baking sheet and roast until tender, about 30 minutes. Let them cool, then peel away the skin and dice the pumpkin or potato into smaller pieces. Lower oven temperature to 350 degrees.

In a large skillet, melt two tablespoons of butter over medium heat. Add onion, celery, thyme and sage. Sauté for five minutes or until tender. Season to taste with salt and cracked black pepper.

Meanwhile add cornbread stuffing mix to a large bowl. Add sautéed vegetables to the bowl. Stir in remaining one tablespoon butter, beaten egg and roasted pumpkin and mix well. Then add the chicken broth and mix well.

Transfer to a medium-sized casserole dish. Bake for 45 minutes.

Serving size: ½ cup

Yield: 10 servings

Nutrition information / Amount per serving

Calories 126; protein 3 g; total fat 6 g; total carbohydrates 16 g; saturated fat 3 g; dietary fiber 2 g; cholesterol 41 mg; sodium 201 mg.

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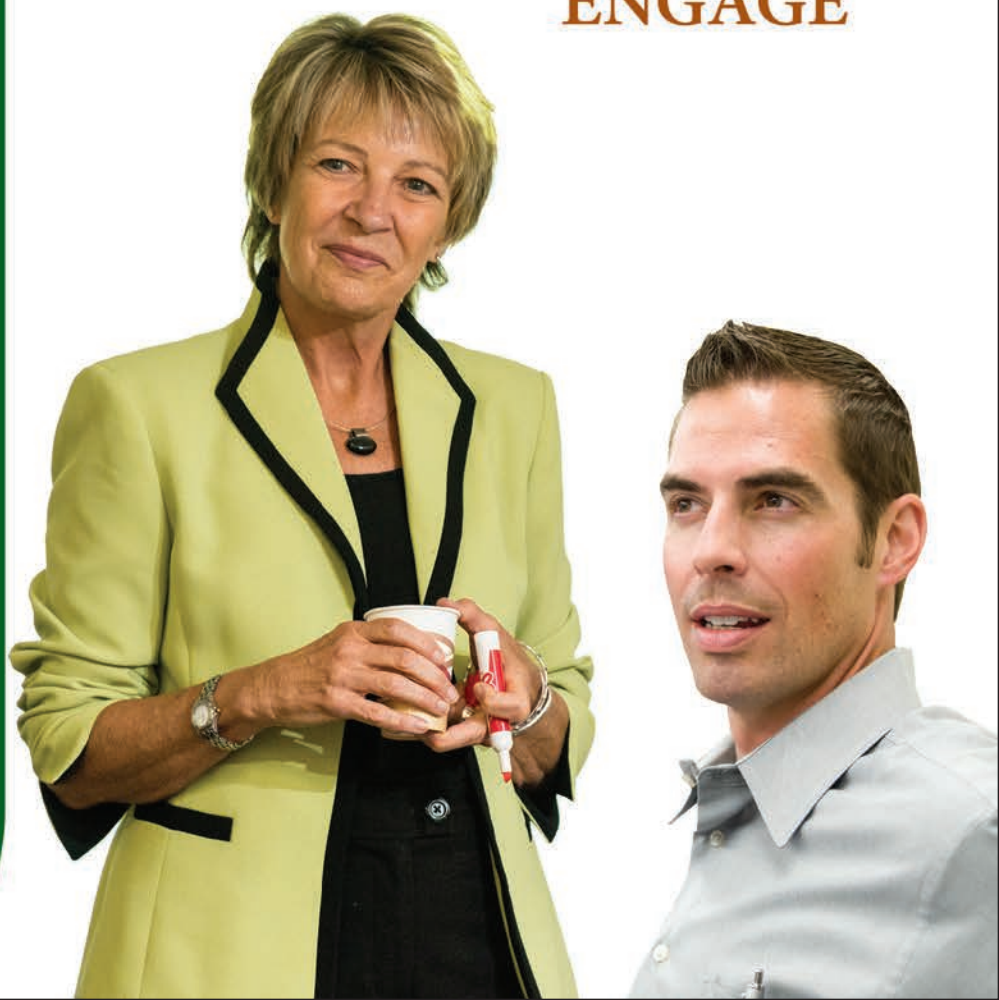
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CSU Sports Hall of Fame inductee: Harvey Achziger

The Colorado State University Sports Hall of Fame honors former Ram and Aggie athletes, coaches and administrators for their achievements and contributions to the university.

by Enes Ozekin

The CSU Sports Hall of Fame welcomes Harvey Achziger, considered one of the best offensive linemen in CSU football history.

Early life

Achziger lived in the farming community of Eaton. Known as a hard worker from a young age, he especially focused his efforts on two passions: agriculture and football.

Achziger began playing football in grade school, and it quickly became a focal point of his life.

“I loved football from an early age,” Achziger said. “But, while the game was my pastime, farming was my trade.”

Achziger grew up on his family’s farm, and his dreams in life were not only to become a professional football player, but also to own his own farm. Achziger opted to attend college at the only school in

the state at the time that could make both his dreams a reality: Colorado A&M, now Colorado State University.

“Attending Colorado A&M truly was an out-of-this-world experience; it added so many highlights to my life,” Achziger said. “The best part of my education is that it allowed me to study agriculture while continuing to play football.”

Two goals, fueling each other

Achziger loved all of his days at Colorado A&M and especially appreciated the unique opportunities his university gave him.

He earned a scholarship to play football, which ensured that his passion for the sport and his drive for an education in agriculture would be met. Achziger says football was a different game when he played for Colorado State – at the time, football didn’t have its “platoon system” like it has now, meaning there weren’t separate offensive and defensive squads.

“It was a terrific experience playing both sides of the ball – both offense and defense,” Achziger said. “It was hard work, but it really gave me a feeling of accomplishment.”

In addition to his workload on the gridiron,

Achziger made sure to maintain grades while working toward a degree in agriculture.

Soaring high

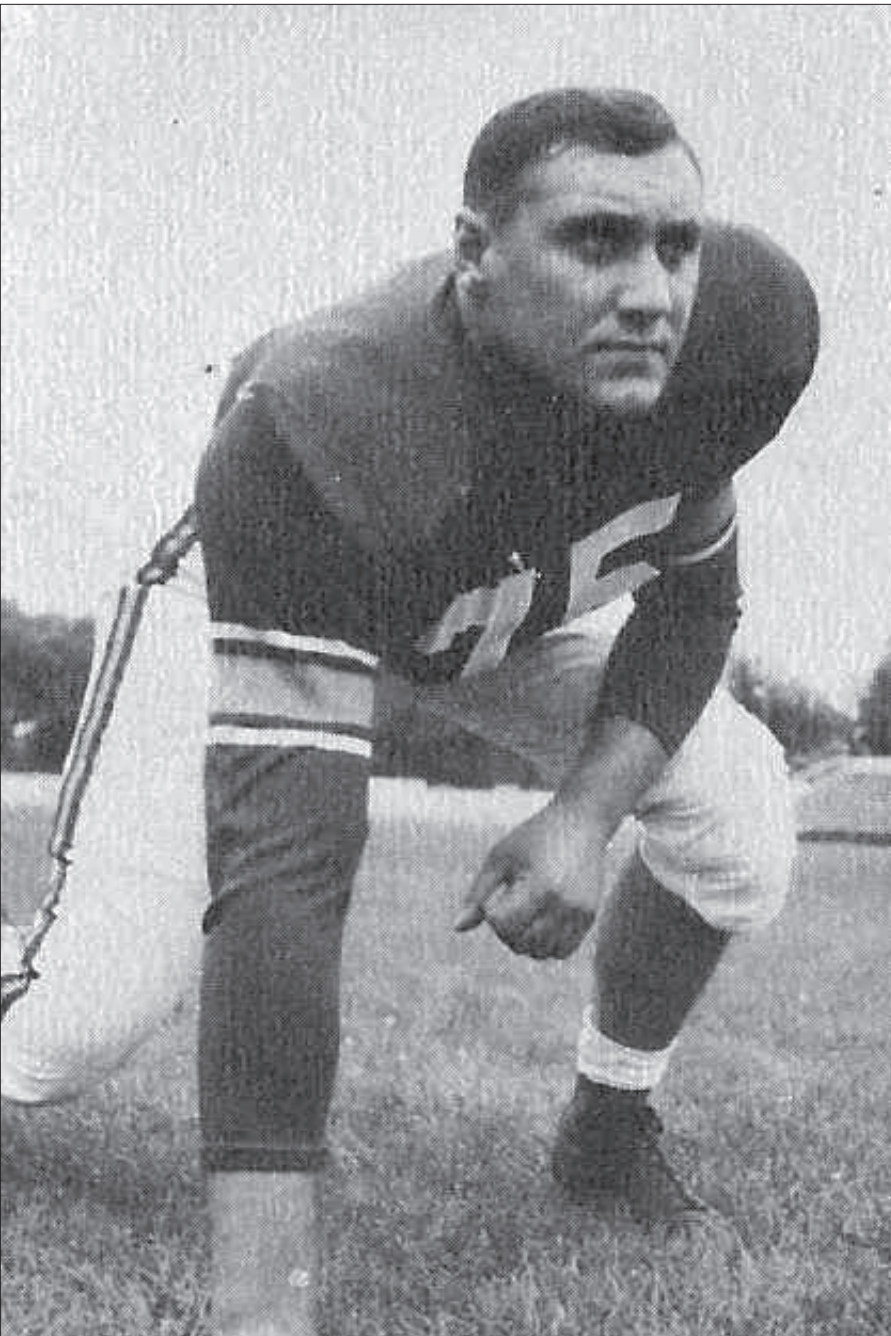
Achziger’s hard work paid off over his career: He was named a three-year starter, two-time all-conference and first-team All-America. Achziger also was drafted by the Philadelphia Eagles and later played in the Canadian Football League for the Hamilton Tiger Cats until a knee injury ended his career.

Reminiscing

Achziger lives in Sumter, S.C., and says his proudest role is being a husband, father and grandfather. He and his wife, Mary Lou, have two children; Harvey, Jr. and Mary Kaye; and a granddaughter. He is a self-described “weekend warrior” – he loves to golf and watch football.

Achziger says his advice to current Rams is to do your best, get good grades and stay in school.

“Take advantage of any opportunities that come along, and work hard to meet your goals in life,” Achziger says.



Harvey Achziger has a reputation for being one of the best offensive linemen in CSU history.



After playing for CSU, Achziger was drafted by the Philadelphia Eagles in 1953.

Safe and delicious holiday foods – temperature matters

by Marissa Bunning, Extension specialist and assistant professor of food safety

Ice-cold eggnog, tender and juicy turkey, perfect pecan pie – there are many special foods we associate with the holidays. According to CSU Extension educators, maintaining recommended food temperatures while storing or preparing food can make the difference between delicious or disastrous results. Don't overlook monitoring food temperatures in the holiday rush.

Here are a few tips to make food safety a bit easier:

Why you should monitor temperature:

Monitoring temperatures assures that bacteria that causes food-borne illness doesn't have the opportunity to grow, and also helps prevent overcooking, which causes food to be dry or tough. Keeping cold foods chilled properly also limits the growth of bacteria and helps maintain foods' nutritional value. Sea-level time and temperature guidelines can be used for roasted meats because oven temperatures are not affected by Colorado's altitude, but internal temperature is the gold standard for making sure your food is done.

Do you have the right thermometer for the job? From the refrigerator to the oven or stovetop, using a thermometer can assure food reaches the recommended temperature for 'doneness.'

There are a variety of food and appliance thermometers available at hardware and kitchen stores. These essential kitchen tools come in several styles and from easy to more advanced technology features, as well as a range of prices. All kitchens should have a thermometer

in the refrigerator (at or below 40 degrees) and the freezer (0 degrees), as well as one to test internal food temperatures when cooking and reheating foods.

The table below provides several holiday food temperature recommendations for consumers.

Recommended Internal Food Temperature	
Roasted turkey or chicken	165°
Stuffing	165°
Ham, fresh	145°
Ham, pre-cooked	140°
Beef, pork, veal, lamb	160°
Leftovers	165°
Recommended Appliance Temperature	
Refrigerator	Below 40°
Hot holding (buffet)	Above 140°
Freezer storage	0°

USDA/FSIS <http://www.fsis.usda.gov/home/index.asp>

Keep uninvited microbial guests from crashing the party. Holiday events often require transporting or serving food in a variety of situations. Remember to monitor the internal temperatures of food at holiday get-togethers and potlucks – don't leave food safety to luck. Keep cold foods cold (below 40 degrees) and hot foods hot (above 140 degrees). Use insulated containers and warming plates to keep hot foods hot. Cold foods should be stored in the refrigerator or a cooler until serving begins. One convenient way to keep chilled dishes cold is to nest

them in bowls of ice.

What about leftovers? Food that was on a table or counter at room temperature for less than two hours can be refrigerated and saved. Leftovers should be reheated to 165 degrees and consumed within two to three days. Leftover foods that exceeded two hours in the temperature danger zone (between 40 and 140 degrees) should be discarded.

Using and caring for a thermometer: It is always important to follow the manufacturer's instructions for using and calibrating a thermometer. If instructions are not available, check the stem of the food thermometer for an indentation or dimple. This is temperature sensing device's location. When checking temperatures, insert the thermometer's probe past the full length of the sensing area -- usually two to three inches deep.

Check the temperature of meats at the thickest part, away from bone or fat. Check the internal temperature of turkey in the innermost part of the thigh and wing and the thickest part of the breast. If measuring the temperature of a thin food, the probe should be inserted through the side of the food.

Treat thermometers with care. Wash them by hand between with hot soapy water to prevent cross contamination, but do not immerse them in water. Some models have plastic faces which can melt or break if placed too close to heat.

For more information about safe food handling throughout the holiday season, visit CSU's Farm to Table Food Safety website at <http://farmtotable.colostate.edu/prepare.php>.

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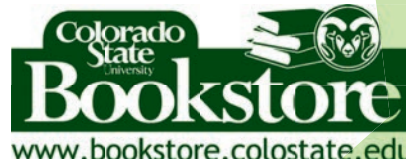
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