



December 2013

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## COMMUNITY EVENTS

### Men's Basketball at Moby Arena

The Rams' historic 10-game home stand continues through New Year's Day. Faculty and staff appreciation game against Utah State at 7:15 p.m. Tuesday, Feb. 11. Use promo code C2CMB online at CSURams.com/tickets to get your half-price tickets. For more information visit CSURams.com or call 1-800-491-RAMS (7267). Follow the team on Twitter @CSUMensBBall.

### Women's Basketball at Moby Arena

The team returns from three games in Honolulu on Dec. 5, and will play some of their toughest rivals through December and January. Faculty and staff appreciation game against San Diego State at 2 p.m. Saturday, Feb. 1. Use promo code C2CWB online at CSURams.com/tickets to get your half-price tickets. For more information visit CSURams.com or call 1-800-491-RAMS (7267). Follow the team on Twitter @CSUWomen'sBBall.

See Events page 7

## Happy holidays, Ram Family!



Faculty member Jan Lackett brought along her children to sit on Santa's lap and share the fun wishes at the annual Faculty and Staff Appreciation Night on Dec. 4 in the CSU Bookstore. Photo courtesy of Shaylyn Boyle

## The faces of conservation: CSU's energy initiative

by Hannah Woolums

CSU's initiative to be a green campus is spreading rapidly, and as the Campus Energy Coordinator, Stacey Baumgarn is working hard to spread energy savings across campus.

Baumgarn has been at CSU since 2012 in Facilities Management. He was hired to find a way to save energy and water, and implement ways to enforce resource conservation. He calls his initiative the Faces of Conservation.

"My first pilot program was initiated in the Facilities Services north building," Baumgarn said. "I came up with the name Faces of Conservation thinking about how each of us has a role to play in energy and resource conservation at CSU."

To get a feel for his new team, Baumgarn met with his co-workers to not only help educate them

on the how to engage in resource conservation, but to learn from them as well.

Baumgarn created a list of the issues at hand, and then went to different buildings encouraging the employees to pledge to practice any of the items they could do to save energy.

"Any person that agreed to make a pledge to regularly practice three things on the list would become one of the Faces of Conservation," said Baumgarn. He took the pictures of those who pledged and posted them in the lobby of the building he works in. "This became a public way for all of us to see who else has made a pledge, and to see we are all working together toward energy and resource conservation," Baumgarn said.

While the pledges ranged from turning off

See ENERGY page 9

## Noticing signs of student distress

by Kyla Skye Allmon

When students on this campus are in trouble, it's important that staff and faculty know how to assist that student. Trainings and role playing teach us how to engage with students in distress, but before that, it starts with one thing: Noticing.

Laura Giles, director of Residence Life, says that noticing drastic changes in a student should raise concern. "Some signs to be aware of relate to a change in behavior, personality, appearance, class attendance, or drastic weight changes," she said.

CSU continues to find ways to train its employees to serve students' health with such programs as the recent Notice and Respond workshop. The workshop was created as a part of CSU's efforts to maintaining mental health on campus. Ellen Audley, support specialist for Training and Organizational Development, helped coordinate the workshop.

The workshop was adapted from curriculum at Cornell University, but has been tailored to meet the unique needs of CSU students. "I would say we are right in line with what we do with the best practices

See DISTRESS page 4





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# APPLAUSE

## Colleges of Agriculture and Engineering; Warner College of Natural Resources; Extension

An interdisciplinary team of researchers in four states led by Colorado State University and the Colorado Forest Service will study an economical way to convert beetle-killed trees into liquid biofuel under a \$10 million grant from the U.S. Department of Agriculture. Partners include University of Idaho, University of Montana, Montana State University, and the University of Wyoming; U.S. Forest Service Rocky Mountain Research Station; and National Renewable Energy Lab. Bioenergy Alliance Network of the Rockies was formed specifically to allow the collaborators to address the technical, environmental and economic challenges of the project.

The team, led by **Keith Paustian**, professor in the Soil and Crop Department in the College of Agriculture, is working with Cool Planet Energy Systems, based in Greenwood Village. The company has developed a prototype system that can be deployed near stands of beetle-killed timber, a key element in making the use of the trees as feedstock plausible.

## College of Health and Human Sciences

CM Cares, an initiative of the **Department of Construction Management**, was honored not once but twice this fall.

The Associated General Contractors of Colorado presented CM Cares with the 2013 Construction Education Challenge Award at the Nov. 1 ACE Awards and Industry Gala in Denver. This new award celebrates unique initiatives or innovative programming in construction education programs across Colorado that promote the engagement of the construction industry in the education process, prepare students to join the industry after graduation and make an impact in the community.

In October, at the Fort Collins Commission on Disabilities Mayor's Awards, CM Cares was given the 2013 Service Provider of the Year Award. This honor recognizes a business or organization that provides exemplary and life-enriching services to people with disabilities.

CM Cares focuses on teaming students, faculty, staff and industry partners to assist with construction-related projects for people with special needs or local community service agencies needing assistance that cannot be provided by other sources. The organization has completed numerous projects, with most designed to help people with special needs.

...

Current and former students have spoken: CSU's **Department of Occupational Therapy** is the best in the country. The latest rankings by GraduatePrograms.com were recently released, and CSU beat out schools like Washington University in St. Louis, Ohio State, Boston University, New York University and the University of Southern California for the top spot.

The professional program in Occupational Therapy long has been recognized as one of the nation's best. U.S. News and World Report ranks the program No. 6 in the country in its 2014 survey. The GraduatePrograms.com ranking is unique because it is based on current and former student satisfaction, in areas such as academic competitiveness, career support, financial aid, and quality of network.

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## School of Global Environmental Sustainability

**Diana H. Wall**, world-renowned ecologist, Antarctic researcher, and University Distinguished Professor at Colorado State University, has been named one of the 10 inductees to the Colorado Women's Hall of Fame for 2014.

Wall and five other contemporary women, along with four historical figures, will be honored during the Colorado Women's Hall of Fame 2014 Induction Gala on March 20 at the Denver Marriott City Center.

Wall, founder and director of the School of Global Environmental Sustainability and a University Distinguished Professor as well as a member of the faculty in the Department of Biology, has spent 25 seasons in Antarctica researching some of the planet's smallest animals, microscopic worms called nematodes, that play a vital role in soil nutrition and biodiversity. In Antarctica, the worms can be studied unhindered by plants and animal life.

In 2005, Wall Valley in Antarctica was named for her achievements.

Earlier this year, Wall received The Tyler Prize for Environmental Achievement, the premier international award for environmental science, environmental health and energy conferring great benefit upon mankind. In November, she was presented the President's Award from the Soil Science Society of America, the highest honor bestowed by the organization on someone whose work will have a lasting impact on the future of soil science.

## Office of International Programs

President **Tony Frank**, Provost **Rick Miranda**, Vice Provost for International Affairs **Jim Cooney** and Vice President for External Relations **Tom Milligan** accepted the Sen. Paul Simon Award for Campus Internationalization on behalf of CSU in Washington, D.C. in November. CSU was one of three institutions honored by NAFSA: Association of International Educators.

CSU was cited for its efforts to increase international student enrollment and enhance the educational experience for those students. Cooney has led the efforts to make CSU an attractive destination for international students, and those efforts have been rewarded with a 70 percent increase in enrollment over the past five years.

CSU

Life

for Faculty & Staff

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Contact us at [CSULife@colostate.edu](mailto:CSULife@colostate.edu)

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Do you have news from your department or unit you would like to share with the rest of the CSU community? Send it to [csulife@colostate.edu](mailto:csulife@colostate.edu) for inclusion in our Applause section.

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# DISTRESS | Connecting students with resources

From page 1

the field with our training and our resources,” said Giles. The way CSU approaches students in distress training is among the best of the best, but CSU tailors its fundamentals to be more relationship oriented.

CSU employees can contact case management if they are concerned about a student. Case management advocates for students in a time of crisis. Giles says the student defines the crisis, and case management assists the student in connecting to the resources to help navigate that crisis in a healthy way.

“We are just trying to keep people healthy and help people watch out for each other, whether they be staff or students,” said Audley. This workshop is new to campus, and Audley says

will take place again in the future. “It’s such a prevalent problem in Northern Colorado, and it affects our staff, our students and our families.”

CSU employees can also utilize an online training module to learn how to assist students in distress. The “At-Risk” training will educate its users about common indicators of distress, how to approach an at-risk student, and how to help refer them to the counseling center. The training can be accessed at [www.safety.colostate.edu](http://www.safety.colostate.edu) under the training and video resources link.

The idealistic goal is to have everyone trained in this area. “This whole thing should be a part of university culture, and [people] should be made aware of [it] the minute they hit the employee door,” said Audley.

If you are concerned about a student’s well-being, it can be a difficult



conversation. “Especially for the first time the person is asking someone how they’re feeling, and being able to do it in a non-judgmental way and a

helpful way,” said Audley. “The most important thing is to just show them that somebody cares.”

## BOOK REVIEW

### *Backwards* - a trip through the events of suicide

by Hannah Woolums

Suicide is a tough issue for most to talk about, let alone write about. Events earlier this year on campus have brought the issue into sharp focus for the Ram family.

In his new book Todd Mitchell, an English professor here at CSU, tackles this difficult issue. *Backwards* takes on the standpoint of a guy trapped inside the body of a man – not him -- who has just committed suicide. The main character is taken on a journey through time to find his purpose.

“*Backwards* is an unusual book,” Mitchell said. “It’s a bit of a mystery, a psychological thriller, and a romance, all narrated from the point of view of a character called The Rider. The Rider comes into existence at the moment of another character’s [Dan’s] death. So the Rider needs to figure out why he’s there, what his purpose is, and ultimately, how he can make Dan’s life his own.”

After suicide hit close to the heart for Mitchell, his unanswered questions gave him the inspiration to write this book. The book seeks to answer these questions and bring light to the issues that lead to suicide.

“The book was inspired by some tragic events, although I don’t consider it a tragic book,” Mitchell said. “A few years ago I was deeply affected by two students who killed themselves. Around the same time, one of my closest friends attempted to kill himself. For me, books often start with a question, and at that point in my life I had many questions I felt I needed to explore and respond to.”

Instead of taking on a dark persona that can coincide with suicide, or highlighting the act, Mitchell addresses the issue from a more uplifting point of view.

“Trouble was, I didn’t like how most books and movies addressed suicide. Too many books (especially

teen books) seemed to romanticize suicide, or reward the suicide fantasy, while other books I’d read were so depressing that I could barely get through them,” Mitchell said.

Although his book does not contain one specific message, he hopes that this will trigger some much needed conversation and lead to more understanding about the issue of suicide.

“In writing fiction that addresses difficult issues, I try to create an occasion for vital conversations to take place,” Mitchell said. “I’m a firm believer that nothing is too terrible to talk about, but there are many things that are too terrible not to talk about.”

Although Mitchell strives to bring more knowledge to this subject, his own writing helped him acknowledge things about himself as well. Although he has come to his own interpretation of his book, he knows that many readers will get different messages about the underlying cause of suicide.

“For me, one of the things I gained from the book was a realization of my own anger, and how to develop compassion for myself and others. The beauty of fiction is that other readers may have completely different experiences and interpretations,” Mitchell said.

Being a published author, Mitchell feels like he can come into his book with the attitude of any other reader reading his book for the first time. He frequently finds himself listening to the audiobooks of his two books and still being intrigued with the plot and wanting to find out what happens next. Mitchell gets the excitement of his books every time he hears them and loves being able to have that feeling of a reader rather than their creator.

“Honestly, that’s one of my favorite things about publishing — getting to experience the books not as a writer, but as a reader,” said Mitchell.



Photo by Hannah Woolums



# Dr. Jenn’s advice on helping someone who seems suicidal

by Jenn Mathesen

**Q:** I teach a student who seems to be depressed. Should I be worried about the possibility of suicide? How can I help?

First, know that the University has resources to help this student as well as any employee in need. CSU Resources are listed nearby.

While the stigma surrounding depression is lifting in some areas of American society, there is still a taboo about being overt and direct about noticing signs that someone may be depressed or suicidal. Every one of us has a role in changing this, because all evidence shows that ignoring the signs of depression and suicide is not the right way to respond.

People worry that saying something to someone who is depressed or suicidal will make them worse. In fact, most people find it comforting to know someone “sees” them in their pain and struggle. In our Ram community, it is everyone’s place to notice pain in others and try to help. It’s simply having compassion for your fellow human, and everyone deserves more compassion in this world.

## What are signs of depression and suicide?

You might notice someone saying, writing, or drawing something about violence, suicide, or death. You also can often see unusual changes in behavior -- in academic performance, relationships, level of activity, and motivation. They might be abusing drugs and alcohol and withdrawing from everything that used to give them meaning in life. They may seem tired and distracted in class and report that they can’t focus. Some

people seem unreasonably agitated and preoccupied with thoughts that the world would be better off without them. Young people who are suicidal will not always give away their belongings or put their affairs in order, but that is also a sign. Also remember that someone who has been depressed or suicidal in the past will be at higher risk of future suicidal thinking.

## What do you say?

First, imagine that suicide is not a taboo topic in our society. Imagine that talking about suicide is something as casual as asking whether someone saw the latest funny YouTube video or last night’s Broncos game.

- Create one-on-one time with the person by calling, inviting them to your office or taking a walk between classes, and then just say it. “Hey, I notice something seems different about you this week. What’s going on? I’m worried about you.” When I’ve spoken to people this way, they know I’m sincere and they don’t shy away. If you practice saying what you want to say, it gets easier to say it. I always imagine how I would want the same thing said to me, and then I know exactly how I want to say it and even what tone of voice to use.
- Let’s say you now know this person is hurting emotionally and is in a dark place. They even tell you that it’s as bad as it gets for them. They seem hopeless and believe that there is no way out of their situation. You can say, “Hey, I’ve never seen you this down before. I can really tell this is as bad as it’s been for you. Are you thinking it’s getting so bad

you might hurt yourself? Even kill yourself?”

- What if they admit they have had thoughts of hurting themselves? Now it’s time for you to be as brave as they have been in telling you this. Say, “What have you thought about doing? Do you think you will?”
- If they say yes, it’s time to jump in with the helping part. People can tell me about what they are going through all day, but at this point, you need to get them help they need to stay safe. And you have several options.

## What do you do?

- Use the on-campus Tell Someone system so that this person -- student or employee -- can be confidentially connected to university resources. Also consider talking to them about accessing help on their own. You might say, “You’ve got great things to do in this world that even you don’t know about yet. But I can see it. You can trust me. There’s way too much to live for to let this really tough time affect everything that happens from here on. You’re too important to suffer like this by yourself. I know someone who can help you.”
- If you are on campus during regular business hours, walk with the person over to the CSU Health Networks and stay there while they are seen by a crisis interventionist. The interventionist will determine the next steps to keep that person safe.
- Another option is to call 911 for the campus police. CSUPD officers receive extensive training in helping people who are having suicidal thoughts. Tell the dispatcher, “I’m

here with someone who is having thoughts of suicide and I want to get them some help.” The dispatcher will send someone over immediately.

- Finally, don’t leave the person alone. Stay and talk more about whatever they want to talk about. Simply staying with someone as professional help is on its way can be a life-saving act.



Jenn Matheson is an associate professor of Human Development and Family Studies and the director of the Center for Family and Couple Therapy. She will respond to questions from the CSU community focused on relationships on a regular basis in CSU Life. If you have a question or topic for Dr. Jenn, email her at [cfct@colostate.edu](mailto:cfct@colostate.edu).

## CSU RESOURCES

For more information about what to look for in terms of signs of depression and suicide, and to learn more about what you can do as a member of the CSU Community, go to the Tell Someone website at [supportandsafety.colostate.edu/tell-someone](http://supportandsafety.colostate.edu/tell-someone)

If you are worried about someone and want to consult with a professional here on campus, call a case manager at **(970) 491-1350**.

If you are on campus and have someone with you who you want to get an assessment right away, take the person to the CSU Health Networks at 123 Aylesworth NW, or call **(970) 491-6053** during regular business hours. Outside of office hours, call the campus emergency dispatcher at **(970) 491-7111**.

In a life-threatening emergency, go directly to the Poudre Valley Hospital Emergency Room (1024 S. Lemay Ave., Fort Collins) or call 911 for an ambulance.

Our Center for Family and Couple Therapy in the Gifford building is not an emergency or crisis center, but if you’d like some advice on how to approach someone you care about, come talk to us. We can set up an appointment to help you with a wide range of issues including depression. Call us at **(970) 491-5991**.

CSU Employee 911 Guide

Emergencies: Threats to life and safety

Call 911 from anywhere on campus

CSUPD non-emergency number (970) 491-6425

Non-Emergencies

Report concerns about students or employees of concern

**Tell Someone:**  
(970) 491-1350 or at [www.safety.colostate.edu](http://www.safety.colostate.edu)

Conflict Resolution and Student Conduct Services (to report students):  
(970) 491-7165

**Quick Guide to Resources**

**Tell Someone:** (970) 491-1350

Ombuds Office and Employee Assistance Program:  
(970) 491-1527

Dean of Students Office: (970) 491-5312

Conflict Resolution and Student Conduct Services:  
(970) 491-7165

Student Case Management: (970) 491-8051

CSU Police Department: (970) 491-6425 or 911

On-Call Counselor (after hours): (970) 491-7111

CSU Health Network main line: (970) 491-7121

CSU Health Network Counseling Services: (970) 491-6053

Victim Assistance Team (24/7): (970) 492-4242

Office of Equal Opportunity: (970) 491-5836

**CSU 911 Guide for Employees**

**Tell Someone**

Concerned about someone? Tell Someone.

If you are concerned about the health, well being or safety of a CSU student or employee, you are encouraged to Tell Someone. Examples of when to Tell Someone include but are not limited to:

- Threats, gestures, writings or attempts related to suicide or violence
- Harmful to themselves or others
- Self-injurious behavior (e.g. cutting self)
- Alcohol or other substance abuse problems
- Pattern of bizarre behaviors or actions
- Hospitalization for mental health issues or drug or alcohol use
- Sudden, rapid weight loss or gain
- Poor health due to restrictive eating or possible eating disorder
- Disruption to the living, learning or working environment

Tell Someone by calling (970) 491-1350 or filling out the online form at [www.safety.colostate.edu/forms/report-distressed-individual.aspx](http://www.safety.colostate.edu/forms/report-distressed-individual.aspx).

The Tell Someone system is designed to help the individual you are concerned about, not to punish them. All reports are treated with discretion and with a reasonable expectation of confidentiality.

**If in doubt, Tell Someone.**

**Helping Distressed or Disruptive Students or Employees**

Individuals who are distressed or disruptive may be:

- Irritable, sad, unduly anxious, withdrawn;
- Confused, lacking motivation or concentration;
- Seeking constant attention;
- Behaving in a bizarre, erratic or concerning way;
- Referencing self harm;
- Interfering with the learning environment;
- Reckless, disorderly, destructive, defiant;
- Aggressive, dangerous to self or others.

**Handling Disruptive Students and Colleagues**

- Ensure your safety first.
- Use a calm, non-confrontational voice and manner when approaching the person.
- Set limits by explaining how the behavior is inappropriate.
- If behavior persists, inform the person that their behavior may be reported.
- If behavior escalates, report it.

**If you feel unsafe or if an illness or injury is involved, call 911 for immediate CSUPD response.**

The Red Folder was distributed to all CSU faculty and staff in March to make sure that everyone on campus has easy, desktop access to health and safety information at CSU. The Public Safety Team is currently reprinting the folder and will be distributing them again in a few weeks. Watch for it in your mailbox after the holidays.



# CSU Women's Association honors students and remembers group's legacy of service

by Sarah Sparhawk

The Colorado State University Women's Association honored 20 student scholarship recipients on Nov. 7. Five of the scholarships were funded by the CSUWA's volunteer work and fundraising that has been the mission of their society for more than 30 years.

The Women's Association is a group that has roots in the history of CSU, and has grown to keep pace with the changing roles of women on campus.

"When [CSUWA] started, it was social group of CSU wives," said Shirley Ames, the current scholarship chair. Today membership is open to all members of the community as well as CSU faculty and staff, who play an active role in the life of CSU.

The goal of Carrie R. Lory, wife of University President Charles Lory, and other founding members is still carried out today by the current society members.

"Our goal has always been fellowship and raising money for scholarships," said Ames. "We help with the Bonfils blood drive twice a semester on campus, serving cookies and drinks, as well."

The blood drive is just one of many ways that CSUWA gives back to the

university. Through other groups, such as Creative Cards and a monthly Quilt Drawing, the women are able to sponsor and raise money for the scholarships to be awarded to students. Last year, CSUWA and Creative Cards were able to raise \$2,500, which made the awarding of the five students at the luncheon possible.



Judson Harper, former CSU Vice President, is pictured with Cherie Bess, Natural Resources and Recreational Tourism major, at the 2013 Colorado State University Women's Association Scholarship Luncheon. Bess was the recipient of the Patricia Ann Harper Memorial Scholarship. Joining Harper and Bess at the table are from left, front row: Lana Eustachy, Kaylee Graham, Lyndy Williams. Back row: Karen McElwain, Judson Harper, Cherie Bess, Catherine Bess, and Ginger Graham. *Photos by Shaylyn Boyle*

An additional 15 students received awards from donors to the organization. Many of these donors have past connections to CSUWA.

"The donor scholarships are memorials, mostly to CSUWA members that have passed away," Ames said.

Ames believes it is these ties that are the reason the donors are so supportive

of this group and the students.

According to Ames, CSUWA members are always hoping for new and younger members to continue their traditions, so even more students can be awarded with scholarships.



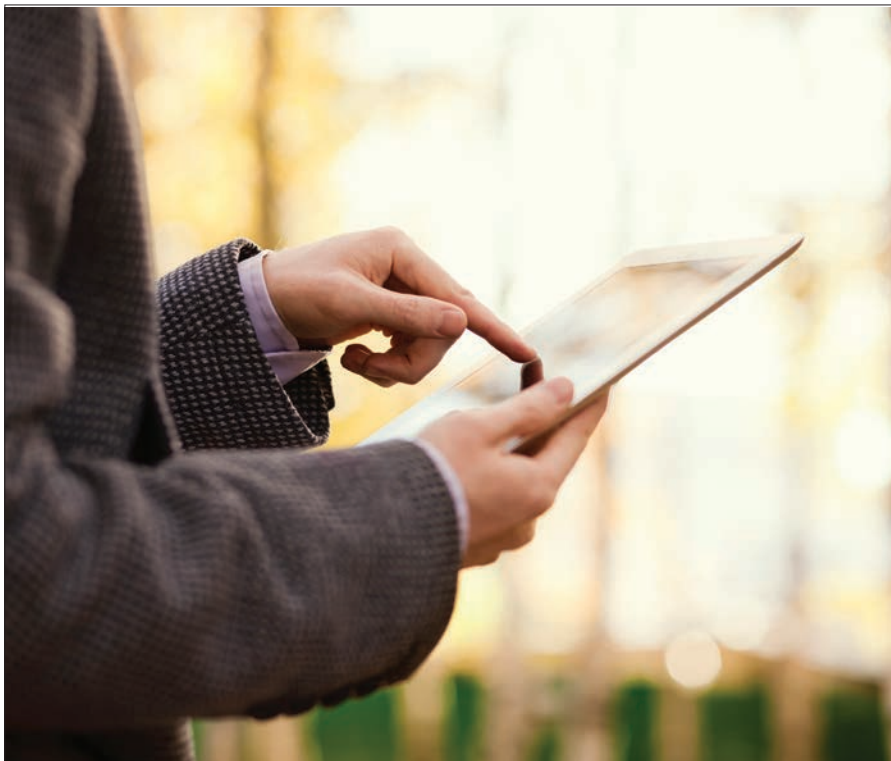
Virginia Fanning, director of development for Scholarships and Student Affairs, addresses the audience as CSUWA Scholarship Chair Shirley Ames looks on. *Photos by Sarah Sparhawk*



This year's scholarship recipients are shown with the CSUWA Scholarship Committee, from left, Donna Beard, chair Shirley Ames, Pat Venable Jungmeyer, and Anita Basham. *Photos by Sarah Sparhawk*



# Cellular or WiFi connection – what’s the difference?



by Jim Farnell

Today’s smartphones and tablets can get voice and data from various wireless networks. All of these networks use radio waves to deliver connectivity. The differences in these technologies come down to range, speed and cost.

Cellular networks tie back to a cell phone provider, while wireless or WiFi networks tie back to an Internet Service Provider or ISP. WiFi is only effective within 50 to 200 feet of a wireless access point. Third-generation (3G) and fourth-generation (4G) cellular are effective within miles of a base station or tower, but are usually poor inside buildings. WiFi is typically the fastest choice, followed by 4G and 3G connections.

For most users the primary difference between cell service and WiFi is cost. Data traffic across your cellular networks is billed at a different rate than phone usage. Most users have a limited data plan, with excess traffic billed at substantially higher rates. Data usage on public WiFi networks is generally free, and even WiFi from your home Internet connection is billed

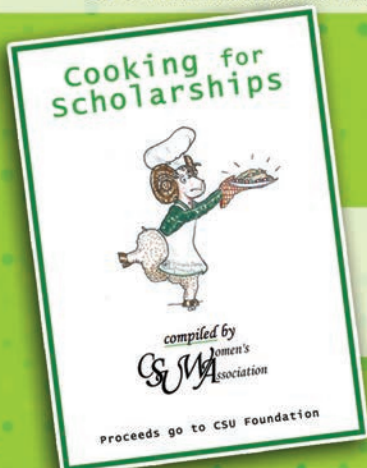
at a cheaper rate than phone traffic. Most smartphone applications can be restricted to only use available WiFi connections.

If set up to connect to WiFi networks, most phones will switch automatically from cellular to wireless for data traffic when a connection is available. While on campus, faculty, staff and students will find they receive the most reliable connectivity if they configure their phones to use the “csu-net5” WiFi network, if possible.

An upcoming wireless standard called “Hotspot 2.0” will attempt to merge connections between cellular and wireless automatically. When you leave a building your call or data traffic will switch seamlessly over to cellular, and reverse the process when you enter another building or wireless area.

*Jim Farnell is an IT professional with CSU’s Academic Computing & Network Services. If you need assistance with wireless connections on campus, stop by the Help Desk in Morgan Library. If you have a general question about on-campus wireless services, email him at [help@colostate.edu](mailto:help@colostate.edu) with “CSU Life question” in the subject line.*

In keeping with the mission of the CSUWA, Cooking for Scholarships is a fundraiser for scholarships for CSU students. The cookbook features more than 250 recipes from CSUWA members and scholarship named donors.



To purchase a cookbook contact  
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**Introductory Price**  
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An updated edition will be available at the CSU Bookstore and other retail outlets in February.

## COMMUNITY EVENTS

### From page 1

#### Commencement

Dec. 20-21  
Sports take a break so December graduates can fill Moby Arena and the Student Rec Center Main Gym for one last time before completing their academic journey at CSU. A complete schedule of which colleges hold ceremonies when and where is at [commencement.colostate.edu](http://commencement.colostate.edu)

#### Winter Break

Dec. 20-Jan. 21  
University Offices Closed  
Dec. 25-27; Jan. 1, 2014  
Enjoy the holidays!

#### Professional Development Institute

Jan. 13-15  
The theme for the 35th annual PDI is “Explore the New, Enhance the Old.” It encourages us to explore new things with open minds. In doing so, we might improve upon those “tried-and-true” routines that we do out of habit. Registration begins in early December; check your email inbox or visit [tilt.colostate.edu](http://tilt.colostate.edu) to see all the programs available.

#### CSU Day at National Western Stock Show

Jan. 18  
National Western Complex, 4655 Humboldt St., Denver  
Colorado State University employees, families, friends, and guests are eligible for discounted prices on reserved seating at CSU Day at the National Western Stock Show. Pro Rodeo starts at 11 a.m., featuring Frontier Airlines Mutton Bustin’, Westernaires, bulls and broncs, cowboys and cowgirls. Visit the College of Agriculture’s Ag Adventure, a tour of Colorado’s crop production, animal husbandry, livestock production, land stewardship and farm to plate, every day of the Stock Show, Jan 11-26.

### NEXT ISSUE OF CSU LIFE

#### First week of February 2014

Send your items for Applause, story ideas, comments or suggestions to  
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## AM AHL AND THE NIGHT VISITORS

ONE BOY, THREE KINGS, AND A NIGHT FILLED WITH MIRACLES ~ DON'T MISS THIS CLASSIC HOLIDAY TALE FOR THE ENTIRE FAMILY!

**SATURDAY DEC 21**  
**2:00 & 4:00 PM**  
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**FORT COLLINS SYMPHONY**

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## winter Song

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# ENTERTAINMENT CALENDAR

## Theater

**‘Over the Tavern’ by Tom Dudzik**

Bas Bleu Theatre Company  
401 Pine St.  
through Jan. 5  
\$5-\$25

In the nostalgia-laden Eisenhower years of the 1950s, the large Pazinski family has a lot going on in their cramped apartment Over the Tavern. This is a warm and hilarious look at family, love and growing up Catholic.

[www.basbleu.org](http://www.basbleu.org)

**‘Little Women’ by Louisa May Alcott**

University Theatre  
University Center for the Arts  
through Dec. 15  
\$8/CSU students and under 18, \$18/adult

A new stage adaptation of the classic stories of the March girls growing up in Civil War New England. In Alcott's lasting tribute to feminine strength and independence, all four face dilemmas and decisions driven by their conflicting desires to be dutiful daughters and sisters while pursuing their artistic passions and freedoms. Little girls and who they grow up to be can be seen side-by-side. Past, Present, and Future will exist on stage simultaneously, in real time, something only the theatre can do.

[csuartstickets.com](http://csuartstickets.com)



## Art & Literature

**Nature Inspired: North American Native Arts**

University Art Museum  
University Center for the Arts  
through Dec. 20

Free admission

Select works of art primarily from Alaska, the eastern shores of Canada, the northwest and southeast of the United States are brought together in this exhibition to demonstrate native artists' sensitivity to the natural world. The exhibition features work from the University Art Museum's permanent collection as well as examples from private collections in Colorado. Curated by Department of Art professor Dr. Patricia Coronel.

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



**Andy Warhol Prints from the Cochran Collection**

Fort Collins Museum of Art  
201 S. College Ave.  
Dec. 13 - March 16, 2014  
Admission \$4 adults, \$2 students and seniors, \$1 ages 6-17

This exhibit includes works from various periods of the artist's career and features complete sets of his prints from the important Myths and Cowboys and Indians series. Myths dates from the same period as Warhol's visit to Fort Collins in 1981, when he signed the soup can that stands in front of the University Center for the Arts.

In conjunction with the exhibit, the Lyric Cinema in Old Town will show a series of Warhol films, Thursdays at 7 p.m.; tickets \$10 at the Lyric, (970) 493-0893.

Jan. 9: *Vinyl*

Feb. 6: *Screen Test #2*

March 6: *The Velvet Underground* and *Nico*

## Music & Dance

**‘The Nutcracker’**

Canyon Concert Ballet with Fort Collins Symphony  
Lincoln Center  
417 W. Magnolia  
Dec. 13-15, 7 p.m. Friday and Saturday, 2 p.m. Saturday and Sunday  
Tickets \$15-\$32



This is the 32nd year for Canyon Concert Ballet to bring this time-honored tradition to Northern Colorado, this year under the direction of new Artistic Director Richard d'Alton.

[lctix.com](http://lctix.com)

**SpokesBUZZ Vol. IV: Band Together CD Release Party**

Hodi's Half Note  
167 N. College Ave.  
Dec. 19, 6 p.m., Tickets \$10

SpokesBUZZ's annual compilation CD features music from bands that the Fort Collins organization has taken under its wing, including Lindsey O'Brien Band, Justin Roth, Common Anomaly, Grant Farm, The Yawpers, Shatterproof, The Deadwood Saints, Maxwell Hughes, Better Than Bacon, The Echo Chamber, Wasteland Hop and Winchester Holiday. And this is your chance to see them all live. All ticket and CD sales go toward funding the SpokesBUZZ 2014 SXSW showcase in Austin.

[spokesbuzz.org](http://spokesbuzz.org)



# Awards help classified staff go further

by Debra DeVilbiss

Since 2009, the Classified Personnel Council (CPC) has awarded Educational Assistance awards of \$500 each to state classified staff seeking to further their education at CSU. While the university tuition benefit includes nine credit hours per year, the Educational Assistance awards for Classified Staff is for supplemental expenses, such as fees, books, child care, transportation, etc., that might be incurred while pursuing an education.

Current and past winners of this award are listed on the CPC website: <http://cpc.colostate.edu/annual-cpc-awards/>.

Awards from CPC also include the Everyday Hero Award to recognize outstanding employees at CSU, no matter their classification. The Outstanding Achievement Awards honor state classified employees with a \$1000 cash award for meritorious and outstanding achievement in job skills and/or service to the university. And the Positive Action Award honors individuals or groups that have significantly contributed to state classified employees through systemic change.

This year, one Educational Assistance awardee, Hiroko Ishimaru, a data specialist for six years in Development and Advancement Information Services, is enrolled in CSU Global pursuing a certificate in data analysis. As she says,

“I like to learn various skills in analyzing, interpreting and effectively reporting useful data.”

Hiroko has a long history of pursuing education. Her undergraduate degree while at home in Tokyo was in American Studies. After working a few years for a large company in Japan, she was awarded a graduate scholarship for study in the US. She attended Indiana State earning a master’s in educational technology. She was drawn to the southwest through her interest in art, and worked for the University of New Mexico in Albuquerque. During her 8 years there, she earned her MBA.

The biggest challenge in returning to class has been the mental game. When you have a full time job, it can be difficult to find time to study. “Education is easy to postpone. There is always another goal and something to stop you,” she explains. Even though there is always an easy excuse to avoid studying, encouragement from her co-workers, supervisors and acknowledgement from CPC with this award help keep her focused and on task.

Another awardee, Scott Chase, a structural tradesman in Housing and Dining, is working on a master’s in organizational leadership. His undergraduate degree in political science kept him interested in the political scene,



Hiroko Ishimaru. Photo courtesy of Debra DeVilbiss

and working in higher education allows him a different perspective. He would like to apply his master’s to operations management, and to become a more effective manager.

Scott’s wife is a teacher in Fort Morgan, so you can imagine how the parenting duties of an 18-month-old son complicate things when your wife commutes three hours a day. His master’s program is offered through CSU Global, which allows Scott to squeeze in his studies when he has time. He says, “Work-life balance is my



Scott Chase. Photo courtesy of Debra DeVilbiss

biggest challenge. Trading off parenting duties is time consuming!”

The common theme from both award winners is this: Pursue your education. Scott suggests that you keep your options open, perhaps focus on a certificate, or try one class, to see if you can manage it in your life. Hiroko emphasizes having a support system in place. Having people around you for encouragement makes the discipline less difficult. CPC is proud to support these life-long learners.

## ENERGY | Teams reduce use at building level

From page 1

equipment when not in use, recycling, reporting broken sprinkler heads, or riding a bike to work, the real focus and intent is to help reduce the amount of electricity used on campus.

After the initial six building success, Baumgarn has reached out to other

buildings around campus to get them involved in the program. “Johnson Hall started an energy challenge this fall, and [its] occupants have taken pledges,” Baumgarn said.

Initially, Baumgarn works with the building proctors to get that particular building involved. “Each building on campus has a building proctor, and they

are a great point of contact [because] they know their buildings and people really well,” Baumgarn said.

Each building also has ambassadors that serve as the point of contact with Baumgarn. These individuals help to relay tips, messages and updates to the building, as well as help make the energy saving changes. “Some make

changes to my message to help it better fit the culture of a given building, and I love that,” Baumgarn said.

Baumgarn is inspired by the thought of everyone on campus being a part of the Faces of Conservation initiative. “The more people that get involved the bigger the impact we all have together.”



Custodial Team 6 at the Foothills Campus, from left, David Schossow, Izzy Roybal, Joey Muniz, Dorris Johnson, Deb Sell., have taken the pledge to help reduce energy usage at CSU, and are some of the Faces of Conservation. Photo courtesy Stacey Baumgarn



# PET HEALTH

## Keep pets safe for a happy holiday season



by Dr. Heather Weir

Emergency visits increase for both dogs and cats during this time of year – a reminder that holiday threats can come from a variety of sources, including food, decorations, gift wrapping, and even the comings and goings of friends and family members.

### Food-related reminders

Most people do more cooking and baking this time of year. Here are some important food-related reminders for pets:

- Chocolate – especially rich, dark chocolate – can be toxic to dogs. Symptoms range from vomiting and diarrhea to tremors and seizures.
- Ingesting uncooked yeast can cause serious discomfort and possible intestinal rupture in pets.
- Grapes, raisins, and nuts are often found in holiday recipes, and they can pose serious risk to your pets. The ingestion of grapes and raisins, for instance, can cause toxicity that leads to development of kidney failure and lack of urine production.
- The alternative sweetener xylitol can cause acute hypoglycemia, sometimes leading to internal bleeding and liver failure. Xylitol is extracted from corn fiber and other vegetable material and is used as a sugar substitute. Its use has grown in home kitchens, and some pet poison helplines have simultaneously reported increased cases of xylitol toxicity in pets.
- Sharing our delicious ham dinner with our pets can induce vomiting, diarrhea, or even pancreatitis, primarily because of the effects of high fat and salt content.

### Dangerous decorations

Holiday decorations and gift wrapping also pose dangers to cats and dogs:

- Tinsel and holiday ribbon, if ingested, can cause serious intestinal damage.
- Many household plants, such as mistletoe and holly, can cause gastrointestinal upset if ingested.

- Lilies are highly poisonous, and it takes only a small taste of a leaf to kill a cat.
- Tree ornaments can be ingested and lead to blockage of the intestines.
- The water your Christmas tree is sitting in may contain substances from the tree that could make your pets sick.

### Guest-related risks

Guests may also inadvertently introduce risks for our furry friends:

- With people coming in and out of your yard and home, doors and gates often are left open – presenting the opportunity for pets to dash out and encounter traffic and other hazards.
- Guests might also have prescription medications that, if left unsecured, could be ingested and cause serious health problems.
- Remember to share with guests that feeding pets “people food” can make animals sick, even if it seems like a nice gesture.

Even with all these potential dangers, the holidays are a wonderful time of year. With a little extra care and supervision, our pets will add to the joys of the season.



Dr. Heather Weir is a veterinarian the Community Practice group at Colorado State University’s James L. Voss Veterinary Teaching Hospital. The team provides general care, wellness services, and treatment of minor injuries and illnesses for pets.

### MEET LOUIS!



This handsome guy has been at the shelter since August waiting for his perfect partner. Louis is a 7-year-old male classified as a “Leader of the Band” in the Meet your Match Program. He’s outgoing, social and adventurous. If you’re looking for a confident cat to rule your household, come visit Louis at the shelter today and take him home for \$25.

To visit with featured pets or any other adoptable animals, stop by Larimer Humane Society at 6317 Kyle Ave. in Fort Collins. The shelter is open 11 a.m.-7 p.m. Monday through Friday, and 10 a.m.-5 p.m. Saturday and Sunday. For more info, call (970) 226-3647 or visit [larimerhumane.org](http://larimerhumane.org).



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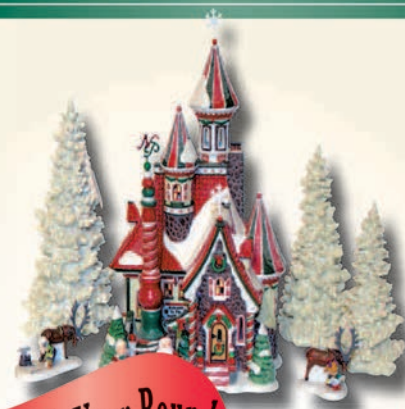
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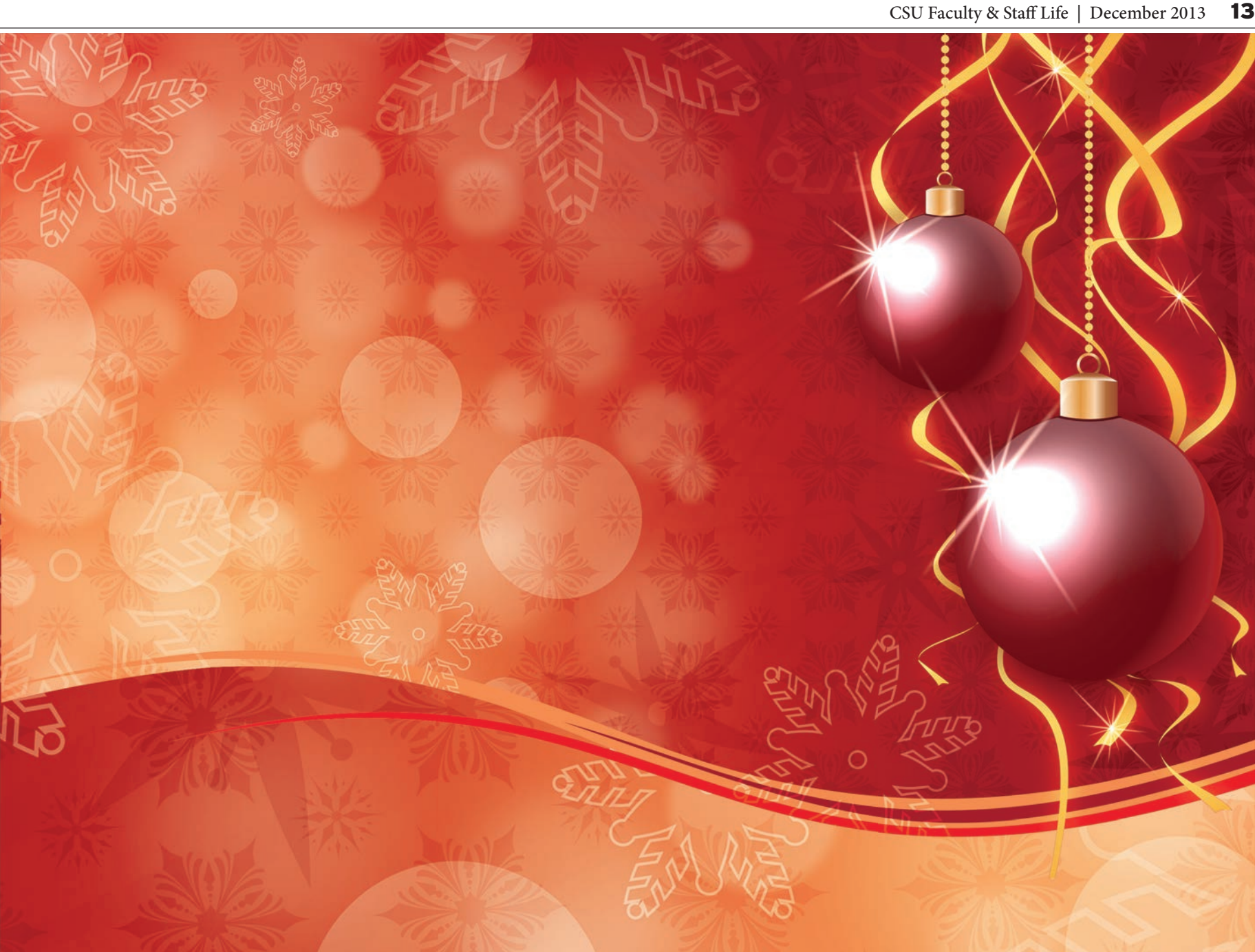
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# Holiday Faith Directory

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[www.trinitylutheranfc.org](http://www.trinitylutheranfc.org)

970.482.1226



Christmas Eve with  
Mill City Church  
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University Center for the Arts  
1400 Remington Street  
[www.millcitychurch.org](http://www.millcitychurch.org)



CHRISTMAS  
at FAITH

Christmas Concert at Faith  
Friday, December 20th - 7:00 PM  
Saturday, December 21st - 2:00 PM

Sunday Services  
9:00 AM, 10:45 AM & 7:00 PM

Christmas Eve Service  
5:00 PM

Faith Evangelical Free Church  
3920 South Shields St  
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[www.faithefc.org](http://www.faithefc.org)

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### Winter Favorites To Toast the Holiday Season

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6 Pack Btls Special Price \$9.99

#### Sierra Nevada

##### Celebration Ale

First brewed in 1981, Celebration Ale is one of the earliest examples of an American-style IPA and one of the few hop-forward holiday beers. Famous for its intense citrus and pine aromas, Celebration is bold and intense, featuring Cascade, Centennial and Chinook hops

6 Pack Btls Special Price \$6.99

#### Bridgeport

##### Ebenezer Ale

A special Holiday brew is a smooth ale with a complex palate derived from four different roasted malts and a blend of local and imported hops. Deep mahogany in color, its malty forward taste and full body is balanced with a light hop aroma, leading to a caramel finish.

6 Pack Btls Special Price \$6.99

#### Great Divide

##### Hibernation Ale

HIBERNATION ALE has been Great Divide's celebrated winter tradition since 1995. This robust, dry-hopped ale has a malty richness balanced with a complex hop profile and hearty, warming character.

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All prices good through Dec. 15th

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# CSU COOKS

Here is something you will not find in President Tony Frank's famous all-campus emails: A recipe for the holidays, exclusive to CSU Life. Who else could make "subcutaneous fat" sound so delicious? Happy Holidays, Ram Family!

## Tony's Twice-Cooked Duck

### Ingredients

A whole duck, fresh or defrosted if frozen.

Allow one pound of duck per person at your festive holiday meal.

Salt, pepper and your choice of spices

A liquid seasoning: soy sauce, wine, lemon juice, etc.

### Directions

1. The day before the meal, rub the inside and outside of the duck with salt and pepper and other spices as desired.
2. Place the duck on a wire rack, at least 1 inch above a couple inches of boiling water.
  - A wok works well for this, but a large Dutch oven or roasting pan also works fine. I used a disposable aluminum foil roasting pan with a "rack" of crushed-up aluminum foil once when I was in a pinch.
3. Cover and steam the duck a couple of hours until the skin starts to pull away from the joint near the end of the drumstick, adding more water as needed. Sometimes this has taken three to four hours depending on how tightly the lid fits, etc.
  - The steaming will remove a lot of the subcutaneous fat that insulates the duck, leaving the meat moist, but without being greasy. It also makes cooking the duck on a busy meal day a lot simpler.
4. Let the duck cool to room temperature. Rub it with the liquid seasoning, cover with plastic wrap, and refrigerate overnight.
5. Heat the oven to 400 degrees, or whatever temperature is needed for your other dishes, and heat the duck for 35 to 40 minutes to rewarm the meat. Adjust the time if using a different oven temperature. You can also use a grill or smoker for this; just make sure that direct heat does not char the duck. Remove from heat, and let rest under aluminum foil for 10 to 15 minutes.
6. Carve and serve.





# Fun for all at the Bookstore



The annual Bookstore Faculty and Staff Appreciation Night included all kinds of fun and games for faculty and staff and their families. Kongjian Zhu plays a game of faculty putt-putt in the aisles of the CSU Bookstore. *Photos courtesy of Shaylyn Boyle*



Tasty treats brought faculty and staff together with students at the annual Faculty and Staff Appreciation Night on Dec. 4 in the CSU Bookstore. Students Halley McCormack and Erich Zeddies serve ice cream to faculty member Charles Butler.



Among the fun and games, a little good luck was needed for the raffle drawing at the Bookstore. Faculty and staff members Elodie Visneron and Lauren Ankarle, from the office of conference services, entered the raffle to win CSU Ram prizes from Diane Noren, director of RamTech

# Mary Ontiveros: Influential leader and student advocate

by Kayla Green

With nearly 44 years under her belt, it’s no surprise that Vice President for Diversity Mary Ontiveros has become a staple in the CSU and Fort Collins communities and a strong ambassador for diversity in higher education.

Born and raised in Pueblo, Ontiveros began her CSU career as an undergraduate student in the early 70s. It was at CSU that she focused much of her time on student government and played an integral part in campus policy as the student body vice president. Following her undergraduate studies, Ontiveros applied to CSU’s graduate school where she pursued a degree in College Student Personnel Administration. Upon graduating from her master’s program, Ontiveros was offered a job in the Office of Admissions as the assistant director of Admissions where she primarily focused on the recruitment of minority students. It was in this role that Ontiveros spent much of her time visiting high schools and finding new ways to inspire and motivate students to pursue higher education.

“While in Admissions, I felt I came to understand the values of the university, its mission and goals,” said Ontiveros.

Since her time in Admissions, Ontiveros has been making waves in the areas of student support, engagement, and primarily, diversity.

As the Vice President for Diversity, Ontiveros has spent several years working to make diversity a top priority on campus. Through her planning efforts, strategic partnerships, committees, and collaborative events, Ontiveros has been able to bring the topic of diversity to the forefront.

“Diversity is such an important topic for any university, and how diversity is defined has changed over time. More than anything, diversity means inclusiveness in treating individuals with respect and dignity, understanding the concept of social justice and assuring that you have an environment that allows for that to happen,” said Ontiveros.

In addition to her role as VP for Diversity, Ontiveros also served as the Associate Vice President of Enrollment and Access where she provided oversight for the Access Center, which includes the Alliance Partnership Program.

“The ability to influence policy that might impact future generations of students is intriguing,” she said.

## Looking forward

Ontiveros says that this role allows for her to focus on important institutional goals. For one, she wants to address issues impacting recruitment and retention of diverse faculty paying particular attention to policies, processes, and procedures that negatively impact campus climate.

Ontiveros also wants to provide more opportunities for students, faculty, staff, alumni, friends, and community members to learn and talk about diversity in safe and nonjudgmental places. Part of that goal is incorporating more training centered on cultural competence and helping people build the confidence to ask questions.

“Everyone on this campus has been exposed to and influenced by diversity in one way or another,” she said. “There are times when you find yourself in a situation where you make a mistake, and you must develop the confidence to learn from that.

“It’s ok to know you are still learning, that you can ask questions, and more importantly, that if you make a mistake, you can sincerely apologize and grow from the experience,” she said.

Through her dedication and passion for her work, Ontiveros has left quite a mark in her time here on campus and there is no doubt she’ll continue to make ever-lasting changes to the campus community and culture.

## Meet with Mary

Stop by Behavioral Sciences Building Room 107 at 2:15 p.m. Jan. 13 for a conversation with the Vice President for Diversity. VP for Diversity Mary Ontiveros will provide an informational update on the current diversity initiatives at CSU as part of the Professional Development Institute. All faculty and staff are invited.





# Eduroam network to offer wireless access on campuses across the nation



By Jim Farnell

Soon when you open your wireless network options on campus, you will see a new option: “eduroam.” This is a new worldwide wireless network that allows both individuals associated with Colorado State University and visitors from other educational institutions access to the campus network.

Individuals from CSU are also able to connect to participating institutions wireless networks without the need to set up guest access on the other campus.

The network is always identified as “eduroam” in all locations. Logins to “eduroam” must include the individual’s home institution, i.e., <your\_eid>@colostate.edu. Network credentials are authenticated at the home institution and individuals are provided with a secure, encrypted wireless connection.

You can find more details about the network and configuration options on the ACNS web page at <http://www.acns.colostate.edu/Connect/eduroam>.

CSU campus wireless will make three networks available in most

locations -- “csu-guest”, “csu-eid”, and “eduroam”. The guest network provides an open, unprotected network with limited speeds and access to the same campus resources as someone connecting from off campus. “csu-eid” and “eduroam” will offer better speeds and access to more campus resources.

Over the next year campus wireless coverage is being increased at all locations, so check back often.

*Jim Farnell is an IT professional with CSU’s Academic Computing and Network Services. If you need assistance with wireless connections on campus, stop by the Help Desk in Morgan Library. If you have a general question about on-campus wireless services, email Jim at [help@colostate.edu](mailto:help@colostate.edu) with “CSU Life question” in the subject line.*

## Check your Milestones online

CSU Events is already gearing up for the 2015 Celebrate! Colorado State events in the spring.

Celebrate! Is a special opportunity to recognize the achievements of the campus community in the past year.

Included in the celebration are events honoring university employees for years of service and retirement, outstanding alumni and university supporters, and all students, faculty, staff and researchers who have earned awards and acclaim throughout the year.

If you are celebrating a Milestone in 2015 – 10, 15, 20, 25, 30, 35, 40, 45 or more years of service to CSU or retiring – now is the time to check for your name on the official Milestones list posted on the CSU Events website: <http://csuevents.colostate.edu/employee-milestones/>

You can sort the list by name, department and Milestone to make sure all the information is accurate. If you have updates, contact Nicole Franklin in Events.

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# Support your favorite community charities via payroll deduction

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CSU Volleyball Coach Tom Hilbert,  
Honorary Chair of the 2013 CSU Colorado Combined Campaign

Everyone at CSU who makes a charitable gift through the Colorado Combined Campaign is automatically entered in a drawing to win gift cards and other fantastic prizes donated by local businesses. The CCC gives state employees the opportunity to donate to charities of their choice through a one-time pledge or payroll deduction.

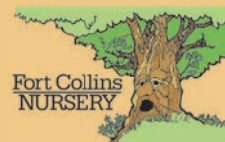
## Grand Prize:

A free CSU parking pass for the 2014-15 academic year  
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## 2nd Grand Prize:

A catered lunch for 20 from Spoons Soup & Salad

Thanks to all prize sponsors and CCC donors for helping make  
this year’s campaign the best yet!



The Colorado Combined Campaign is the only opportunity for CSU faculty and staff to support their favorite community charities — including United Way — via payroll deduction. Last year, CSU employees gave to more than 162 different charitable organizations.

Visit <http://www.facultyandstaff.colostate.edu/ccc.aspx> for more details on giving and to browse the online 2013 Campaign Resource Guide.



# Congrats to newly tenured and promoted faculty

The annual reception for newly tenured and promoted Colorado State University faculty was held on Nov. 14 in the Lory Student Center, hosted by Provost Rick Miranda. Eighty-two teachers and researchers in all eight CSU Colleges and the University Libraries were honored for their achievements.

## College of Agricultural Sciences

Jason Ahola,  
*Animal Sciences*

Allan Andales,  
*Soil & Crop Science*

Marco Costanigro,  
*Agricultural & Resource Economics*

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# Stay healthy and happy over Winter Break

by Laurie Elwyn, M.D.

**M**agazines are full of advice for staying healthy during the frenzied holiday season and it usually reads something like this:

*Get enough sleep— at least seven hours if you can’t manage your usual eight. Bring healthy snacks like almonds and apples on your marathon shopping trips to help avoid the temptation of spur-of-the-moment fat-filled fast food. Continue exercising, even if you have to whip thought your normal routine in half the time and can only squeeze in half your normal number of weekly sessions. Scan the buffet tables at parties, and then fill most of your plate with nutritious foods, leaving space for a few treats available only at this time of year. Pace yourself while drinking alcohol, making sure you eat while drinking and alternate alcoholic drinks with nonalcoholic ones. Enjoy the extra time with family and friends and take a few minutes for yourself every day to relax and smell the hot chocolate.*

But none of these great tips will do you much good if you’re felled by influenza or one of the other common but preventable winter illnesses and end up miserable and in bed for days. Flu season is just starting to pick up and getting a flu vaccine is your best insurance against coming down with influenza, the viral illness that can leave you feeling a as if you’ve been hit by a truck. Sounds dramatic, but the intensity of the muscle aches, fever and chills, headache and cough feel pretty dramatic too.

And while the closeness of family and friends is

the best part of the holidays, all that closeness can increase the spread of flu and other illnesses. Antiviral medications can shorten the duration of the flu’s symptoms by a day or so, but the best prevention is the flu vaccine. The vaccine takes a couple of weeks to take effect; so the sooner you get it, the sooner you’ll be protected.

## Booster shots are not just kid stuff

Another illness, pertussis, or whopping cough, has been above epidemic levels in Colorado since 2012. Although the symptoms can be mild for adults, pertussis can be deadly for infants under 12 months. In adults, the symptoms are like many other respiratory viruses and include runny nose, fatigue, and cough. However, the cough can linger for weeks and can be severe enough to cause coughing fits that lead to vomiting. As a bacterial infection, pertussis can be treated with antibiotics, but like influenza, pertussis is a vaccine-preventable disease. The pertussis vaccine is given in combination with tetanus and diphtheria immunizations, so if you can’t remember that last time you had an update, check with your health care provider and get a booster shot.

Besides staying up to date on your immunizations, other ways to avoid illness are to wash your hands frequently or use hand sanitizer; stay three feet away from people who are coughing and sneezing; and avoid touching your eyes and nose. And to protect those around you, cough or sneeze into your elbow or

a tissue and stay home when you’re sick.

Happy healthy holidays can definitely be yours this year and every year.



Laurie Elwyn, M.D., is the Medical Director of the CSU Health Network. Contact her at [laurie.elwyn@colostate.edu](mailto:laurie.elwyn@colostate.edu).

# Martin Luther King Jr. Celebration set for January

**T**he Colorado State University and Fort Collins communities will celebrate Martin Luther King Jr. Day with several events on Monday, Jan. 20. This year’s theme will recognize the Civil Rights Act of 1964 and its influence on America over the past 50 years.

The celebration kicks off at 11 a.m. with the traditional community march from Old Town Square to the University Center for the Arts, 1400 Remington Street – a change from the traditional route due to the student center renovation.

The march leads to the Martin Luther King Jr. celebration, which starts at 11:45 a.m. at the Griffin Concert Hall at the University Center for the Arts. Free transportation back to Old Town will be available.

For more information about this year’s Martin Luther King Jr. Day celebration, visit [www.mlkfortcollins.org](http://www.mlkfortcollins.org).





# Theatre Department presents new adaptation of ‘Little Women’ by Louisa May Alcott

A new stage adaptation of Louisa May Alcott’s beloved novel explores the coming-of-age adventures of four “little women,” Meg, Jo, Beth, and Amy.

The classic stories of the March girls growing up in Civil War New England are told with humor, fierce tenderness, and pride.

In Alcott’s lasting tribute to feminine strength and independence, all four face dilemmas and decisions driven by their conflicting desires to be dutiful daughters and sisters while pursuing their artistic passions and freedoms.

The performance occurs nightly starting at 7:30 p.m., Dec. 5-7 and 12-14. Matinees are at 2 p.m. Dec. 8 and 15. Tickets are \$8 for CSU students and youth under 18, and \$18 for the general public. Tickets are available at the University Center for the Arts (UCA) Ticket Office in the UCA Griffin Lobby, by phone at (970) 491-2787, or online.

## Adaptation unique to CSU

The world premiere adaptation, by writer/director Laura Jones, is CSU’s own molding of the popular novel. “It’s a devised work, meaning we

took the material that was in the public domain and we were free to use it how we wanted,” Jones said. “[The play] is unique to this particular ensemble of actors and designers – a collaborative process.”

Part of that process was exploring a rare path that truly made this production a work that was unique unto CSU: improvisation.

“What we did was to take incidents from the book and improvise them,” Jones said. “We staged the actors, put them on their feet, and told them not to worry about specific dialogue, but just to banter back and forth. Then I would go back and write from that improvisation.”

## Past, present and future commingle

Another truly challenging aspect of Little Women is the passage of time within the story. The story follows these four women from when they are young until they come of age and become women in their own right. And therein lays both an opportunity and a challenge.

“We decided in our adaption that we wanted to show passage of time but also show the whole notion of the girls growing up,” Jones said. “We start when [the girls] are little, but we see their personalities really coming through to establish the status of the four.”

“So how do you switch it up to when they grow older and keep it consistent?” Jones continued. “I think that is going to be really cool for an audience to see.”

Little Women is a classic American

story that has stood the test of time and remained an audience favorite through the years. Family and friendship and the love that stems from these relationships will be the preeminent theme in the production, coinciding with the joy and hope of the Holiday Season.’

“It all comes back to friends and family and those relationships,” Jones said. “And that is something that holds true in this play. It will warm the cockles of your heart.”



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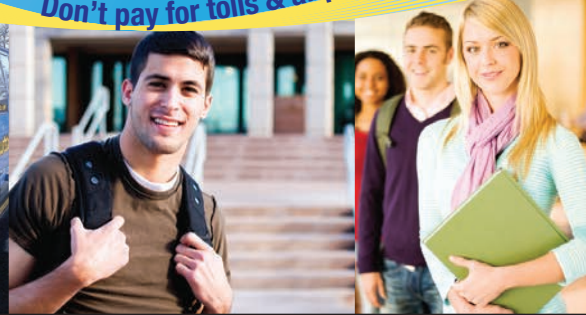
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