



DECEMBER 2015



Preschoolers from the Early Childhood Center filled the atrium of the Administration Building with sweet sounds in their annual serenade of President Tony Frank on Dec. 9. From *You Are My Sunshine* to *Jingle Bells* and a rousing rendition of the *Proud to be a CSU Ram* chant, the program brought end-of-semester smiles all around. *Photo by Kyle Deuschle*

## Check your Milestones

Colorado State University employees achieving a decade of service or more this year will be honored at the annual Celebrate! CSU Milestones event in the spring.

This all-University event recognizes those faculty and staff who have reached milestones — 10, 15, 20, 25, etc. — as well as retirees. *Celebrate!* CSU Milestones will take place on Thursday, April 28, 2016, in the LSC Grand Ballroom.

To ensure that all employees who are celebrating a milestone are included, and everyone's name is accurate, the Office of CSU Events has provided the draft list of honorees online for your review. Each column header allows for easy sorting.

Please take a moment to check the list, and report any corrections by Monday, Feb. 1, 2016, to the Office of CSU Events & Donor Engagement via e-mail or by calling (970) 491-4601.

*Celebrate!* CSU Milestones is part of Celebrate! Colorado State, a series of events held each spring to recognize achievements of the campus community.

And speaking of milestones, all CSU employees contemplating retirement should schedule a counseling appointment with Human Resources – Benefits Unit at (970) 491-6947 60 to 90 days before your planned retirement date.

## Rams go Bowling in Tucson December 29

By Tony Phifer

Warm sun. Palm trees swaying in the breeze. And a chance to watch the CSU Rams play in their 15th bowl game.

All of that and more is on the menu when CSU plays Mountain West rival Nevada in the inaugural NOVA Home Loans Arizona Bowl, set for 5:30 p.m. Dec. 29 in Tucson.

"Our guys are excited about it," first-year CSU coach Mike Bobo said. "I know everybody is excited to get the chance to

go to Arizona. It's going to be an exciting time for us to have another opportunity to play together with this 2015 team, and we're looking at that as an opportunity to go 8-5."

### Tickets on sale

Tickets can be purchased through the CSU Ticket Office either online, by phone (800-491-7267) or in person at the McGraw Athletic Center ticket windows during regular business hours. Fans can best support CSU Athletics by

purchasing their tickets, which start at \$25, through the Rams ticket office. Purchasing from the official CSU allotment ensures the best seat locations and seating with fellow Rams fans.

CSU faculty and staff will receive a 20 percent discount on any tickets they purchase through the CSU ticket office.

Fans can even purchase tickets for the CSU Alumni Association pregame tailgate event with game tickets. Find more information on

the Alumni Association website.

Travel packages to Tucson to see the bowl will be available through Colorado State's official travel partner New Horizons Travel. Fans may call New Horizons at (970) 223-7400 for information.

If you're unable to see the game in person, it will be televised by the American Sports Network and available in Colorado on KWGN, and streamed globally by Campus Insiders online and on mobile devices.

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Feed your potential.  
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**CSULife@colostate.edu**

# WAHOO'S CATERERS. HOLIDAY PARTIES & MORE.

The central image shows Santa Claus, dressed in his traditional red suit and white beard, holding a large plate of Mexican food. The plate contains rice, beans, salsa, and what appears to be a taco or burrito. He is also holding a glass of yellow cocktail with a lime wedge. Below this main image are several smaller photos: three burritos on a plate, a bowl of food with black beans and rice, two halves of an avocado, a close-up of a burrito being pulled apart, and a bunch of green jalapeños.

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# Reinventing the Wheel – How do you commute?

**Janice Schemp doesn't just use VanGo to get to campus — she drives the van.**

Schemp works at the Colorado 4-H Foundation, part of CSU Extension, with offices on the corner of College Avenue and Pitkin Street. She lives in Greeley, and when the vanpool she had been part of was discontinued for lack of riders, she figured it would be worth driving to Loveland to pick up a van to Fort Collins. Because VanGo allows each vanpool to be flexible enough to meet the needs of individual riders, Schemp completed the paperwork and passed the test that allows her to keep the van and pick up other riders in Loveland on the way to Fort Collins. She has been driving this particular VanGo pool since March.

**How many days a week do you vanpool?**

4 or 5 days.

**How long does it take to commute to work? How does that compare to driving yourself?**

The vanpool takes 45 to 50 minutes one way to and from work. When I drive myself it takes as little as 30 minutes but usually takes 40 minutes, especially in the afternoon.

**Describe your route and how the vanpool works.**

I typically leave my house at 5:30 a.m., am in Loveland before 6, make pickups in two locations, and get to campus at 6:15 a.m. Depending on who is in the van I either take Wilson Avenue or Taft Avenue/Shields Street straight into Fort Collins. Staying off of I-25 prevents unexpected delays.

The other three riders all work at the USDA at Centre Avenue just south of Prospect. I drop them off and continue to CSU.

Each van has a coordinator, who is responsible for making appointments for upkeep for the van and gets a slight break in the monthly fee. It is usually the main driver, but the coordinator was already in place by the time I came into the vanpool.

There is a flat monthly fee paid directly to VanGo that varies for the pick-up point and destination. The fee for Greeley riders to Fort Collins is different from the Loveland riders to Fort Collins. The fee is analyzed each year to determine



Photo credit: Kyle Deuschle

if it is enough to cover costs. So far there has been \$1 increase in the fees for the last two years. Riders can receive a tax incentive on their individual income taxes; you can deduct up to \$130 per month.

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

Since I do most of the driving I spend my time concentrating on getting everyone to work and home in one piece. Of course I have a captive audience, so they get to hear my life story! I also get to listen to my radio station of choice when by myself.

**What concerns did you have about vanpooling before you started?**

I wasn't sure the extra time driving was worth using the van and if it was cost effective. When I first started the cost of the van was about even with the cost of the fuel I used in my fuel-efficient car.

**Do you ride with the same people every day?**

Yes. The USDA workers work nine-hour days, so the van is never at full capacity as most everyone has one day off a week. Another reason I drive, besides living the farthest from my final destination, is that my schedule is more regular. We have a calendar in the van where everyone is to write their schedules, but I usually send a quick text the night before, just to make sure.

**How do you manage workday business trips without having a personal vehicle on campus?**

I don't have many business trips or meetings off campus, but I have access to the state car used by all Extension employees. The van can be used for personal use up to a certain amount of miles per month. For example, I have used the van for doctor appointments during work hours. When one of the others needs the van, they will drop me off at work so they can use the van for their errands.

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

Because gas prices are at a low, I'm not saving anything in actual dollars at this time. Not having to buy a campus parking permit has helped the cost of the fee to use the van. The cost of driving your own car and starting a carpool/vanpool is about even, but you are saving in wear and tear on your own vehicle, as well as helping the environment.

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

Find what works for you. If you can, find a carpool/vanpool that is close to where you live and/or work which can cut down on the drive time. The best is to form a pool with co-workers so you would find a central pickup point. With VanGo, interested parties can request to ride a van they would be interested in for two or three days to determine if they would benefit from joining the van. Not having to drive on I-25 in the afternoon has been the greatest benefit for me.

**Find more information about VanGo, available routes, and more at [smartrtrips.org](http://smartrtrips.org).**

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

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



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New this year! Drop-off center at Fossil Creek Park!

# RECYCLE YOUR CHRISTMAS TREE

DECEMBER 26, 2015 – JANUARY 18, 2016

Watch for instructions about where to place your tree, posted at each location, which will enable City crews to do more efficient on-site chipping. When it's time to recycle your Christmas tree, drop it off at these free sites.

**Edora Park** 1400 E. Stuart St.  
(tennis court parking lot)

**Rolland Moore Park** 2201 S. Shields St.  
(southeast corner of parking lot)

**City Streets Facility** 625 Ninth St.  
(southwest corner of Lemay and Vine)

**NEW! Fossil Creek Park** 5821 S. Lemay Ave.  
(enter from Lemay Avenue)

**Wellington Recycling Drop-Off**  
Town Garage (corner of 6th and Grant)

**Larimer County Landfill**  
5887 S. Taft Hill Rd.

*[fcgov.com/recycling](http://fcgov.com/recycling)*

Please remove all decorations from your trees, including tinsel, metal hooks, and nails. Please, no plastic bags.





# COMMUNITY EVENTS

## Gardens of Light through Jan 4



Stroll through the whimsically decorated and twinkling Gardens on Spring Creek, 2145 Centre Ave., lit by hundreds of thousands of LED lights. See your favorite perennial flower beds, huge sculptural flowers, a brilliant blue LED pond, John Deere tractor, cornfields and farmer, and a Primordial Forest with dinosaurs, all created entirely from holiday lights.

## Commencement Dec. 18-19 Moby Arena

## Winter break No classes Dec. 19-Jan. 19

## University Holiday All offices closed Dec. 23-25

## First Night Dec. 31



Make plans to be Downtown on New Year's Eve for First Night Fort Collins! This non-alcoholic, family-oriented, arts-based celebration attracts

an all-ages audience to 50+ performances at six venues throughout Downtown. This year's 20th anniversary of First Night will kick off in Old Town Square at 5:30 pm with a "Kid's Countdown" and Illumination of the Plaza, and will be capped off with a fireworks display at 10 p.m.

## Professional Development Institute Jan. 11-13



This year's theme is "Feed Your Potential," and CSU faculty and staff have hundreds of on-campus learning sessions to choose from, presented by TILT.

## CSU Day at the National Western Stock Show Jan. 16



This annual tradition starts at 11 a.m. and features future Rams in the mutton bustin' competition and CSU leadership riding the stagecoach in the Pro Rodeo. Visit the CSU booth in the Hall of Education for great giveaways, and watch for CAM the Ram! Discounted tickets are on sale now at the National Western website. Enter the promo code NWSSCSU.

## Martin Luther King, Jr. Day Jan. 18 University holiday All offices closed

## MLK Day March Jan. 18



The annual march from Old Town Square to the Lory Student Center steps off at 11 a.m. The celebration in the LSC starts at 11:45 a.m. and features the winners of the Poudre School District poetry and essay contest as well as entertainment and refreshments. This year's theme is "Facing Racism: Our Responsibility to Act."

## Avenir Museum of Design and Merchandising Grand Opening Jan. 30



Honoring the past with an eye to the future is the theme as the CSU Avenir Museum of Design and Merchandising opens in a beautiful new facility. The grand opening has been set for Saturday, Jan. 30, from 2 to 5 p.m., at 216 E. Lake St.





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**Activ. Fee:** \$36/line. Credit approval req. **Starter Unlimited Data Plan:** No discounts apply to access charges and early upgrade add-on charge. Includes unlimited domestic Long Distance calling and texting. Data allowance as specified. Starter Data also requires purchase of unlimited talk and text for \$20/mo/line. Third-party content/downloads are add'l charge. Select int'l svcs are included. Max of 10 phone/tablet/MBB lines. Includes 1GB of on-network shared data usage and 100MB off-network data usage. After high-speed data allotment is used, speeds will be reduced to 2G until the end of your bill cycle. Add'l on-network data allowance may be purchased at \$15/GB. High-speed is access to 3G/4G data. Add'l off-network data can be added by opt in only for 25¢/MB for tablets/MBBs. Mobile Hotspot Usage pulls from your shared data and off-network allowances. **Discounted Phones Access (\$40):** Invoice will show a term access charge of \$40/mo/line charge until the customer enters into a new device transaction that does not have an annual term service agreement. **Family Share Pack:** Limited time offer. Includes unlimited domestic Long Distance calling and texting while on the Sprint network. Data allowance as specified. Third-party content/downloads are add'l charge. Select int'l svcs are included—see [sprint.com/globalroaming](http://sprint.com/globalroaming). No discounts apply to access charges and early upgrade add-on charge. Max of 10 phone/tablet/MBB lines. **Data:** Includes 40 GB of on-network shared data usage and 100 MB off-network data usage. Add'l on-network data usage: 1.5¢/MB. Add'l off-network data can be added by opt in only for 25¢/MB for tablets/MBBs. Mobile Hotspot Usage pulls from your shared data and off-network allowances. High Speed data is access to 3G/4G data. **Access Charge Waiver:** Limited time offer. Access charges waived for as long as customer remains on eligible 40 GB plan. Lines 5-10 carry additional data access charges up to \$20/mo./line. **Usage Limitations:** To improve data experience for the majority of users, throughput may be limited, varied or reduced on the network. Sprint may terminate service if off-network roaming usage in a month exceeds: (1) 800 min. or a majority of min.; or (2) 100MB or a majority of KB. Prohibited network use rules apply—see [sprint.com/termsandconditions](http://sprint.com/termsandconditions). **SDP Discount:** Avail. for eligible company employees or org. members (ongoing verification). Discount subject to change according to the company's/org's agreement with Sprint and is avail. upon request for select monthly data svc charges. Discount only applies to data service for Sprint Family Share Pack (including Starter Unlimited Data). Not avail. with no credit check offers or Mobile Hotspot add-on. **Other Terms:** Offers and coverage not available everywhere or for all phones/networks. No discounts apply to access. May not be combined with other offers. Restrictions apply. See store or [sprint.com](http://sprint.com) for details. © 2015 Sprint. All rights reserved. Sprint and the logo are trademarks of Sprint. Other marks are the property of their respective owners.

N155630  
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# Snow day or work day? Guidelines for campus weather closures

By Dell Rae Ciaravola

Living in Colorado means living with snowy weather, and, unless conditions are extreme and street crews are unable to keep up with clearing the snow, Colorado State University will likely stay open.

In rare cases, extreme weather may necessitate a decision to cancel all classes and events and close campus or to operate on a delayed schedule. However, the university's goal is to remain open when possible.

So how does CSU make the decision to close campus due to inclement weather?



## Who makes the decision?

The Public Safety Team gathers information and makes a recommendation to the President regarding whether to stay open, delay classes, cancel classes or cancel all activities.

## They consider the following information:

- **Local school district status.** CSU does not automatically close if local school districts close.
- **City of Fort Collins and Larimer County offices and operations,** including the operating status of Transfort.
- **City of Fort Collins Emergency Management** recommendations.
- **Road conditions to and from campus,** as well as on campus.
- **The condition of parking lots and sidewalks,** including if Facilities Management has been able to adequately clear most areas.
- **Assessments by CSUPD and CSU Facilities Management** of safety on campus such as tree damage, sidewalks, etc.

- **Personal assessments.** Members of the Public Safety Team actually get out on the streets, even during early morning hours, and drive their neighborhoods or to campus.

Safety is the primary concern in making these decisions. However, individual employees who cannot travel safely should use sound judgment and make arrangements with their supervisors.

Individual departments or colleges do not have the authority to close down university operations. Events may be canceled at the discretion of event planners.

## When is the decision made?

Administration aims to make the decision by 5:30 a.m. for overnight storms. Some circumstances may push the decision to a later time. During daytime storms or emergencies, safety officials keep tabs on conditions throughout the day and continually assess conditions.

## How are faculty and staff notified?

**The university notifies employees and students directly through a variety of means:**

- An email sent to all employees and students; generally reaches all subscribers within 15 to 20 minutes
- An all-campus text alert to subscribers who have signed up via RamWeb
- CSU official social media sites (Facebook and Twitter)
- CSU homepage ([www.colostate.edu](http://www.colostate.edu))
- SOURCE ([source.colostate.edu](http://source.colostate.edu))
- Local and Denver news media — the Coloradoan, Collegian, TV channels and radio stations
- CSU Status Line (970-491-7669)

Once the decision is made, all news media, the status line and other notification methods will be updated; the process may take 15 minutes to complete.

## If the university is closed, can I still be on campus?

- Employees and students who do not live on campus are asked to leave once it is closed. This allows facilities crews to more readily clear snow from parking lots and roadways as it accumulates.
- Employees with emergency duties should check with their supervisor about whether they are expected to report to work even if the university is closed.

## When is a decision made to reopen campus?

The decision to reopen the campus will be made by the President with information from the Public Safety Team, based on weather and road conditions. If the campus is closed and weather conditions improve during evening hours, a decision to reopen the next day may be made that evening, or before 5:30 a.m. the next day.

## What should I do if campus is open and I cannot make it to work?

It is your responsibility to make timely accommodations with your supervisor. Employees who cannot safely travel to work during adverse weather and who are not authorized or cannot work from home should use annual leave or take leave without pay.

## Who should still report to work if campus closes?

Some employees may be required to report to work because their job functions include maintaining or protecting the health, safety, or physical well-being of campus and students, faculty and staff, such as police officers, some facilities employees, those caring for certain research laboratories, or employees providing dining

services to students. Employees should ask their supervisor about their designation.

Employees who are required to work will be paid at the regular rate for hours worked.

Employees who are not required to work or are released early during a campus closure will be granted paid administrative leave.

Employees required to work during a campus closure who do not report to work or leave work early without authorization will not be granted administrative leave and must use annual leave or leave without pay to cover the absence.

**For more information about how leave is handled during a closure, contact your supervisor or MyHR at 970-491-MyHR (6947).**

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# ENTERTAINMENT CALENDAR

## Art & Literature

### Scrimmage: Football in American Art from the Civil War to the Present

Through Dec. 18  
University Museum of Art  
University Center for the Arts, 1400 Remington St.

The exhibition brings works from major museums and private collections by important artists from the 19th through the 21st century including Winslow Homer, Frederic Remington, George Bellows, John Steuart Curry, Thomas Hart Benton, Andy Warhol, Robert Rauschenberg, and a host of others. Through paintings, prints, sculpture, photography, and new-media art featured in this exhibition, football can be read as a cultural narrative that reflects attitudes and transitions in our country's history.

Free and open to the public.

### Bob Coonts: Art and Influence

through Jan. 10  
Fort Collins Museum of Art  
201 S. College Ave.

Bob Coonts has developed a style unique to his creative expression, but it is one that is based on color, design, pattern and stylization. As much as this exhibition is about his artistic career, it also celebrates his incredible legacy as a mentor and teacher and his decades of teaching at Colorado State University. Bob invited 20 designers to display a memorable piece of work as part of this exhibition. All of the artists and designers below were either students of Bob's while at CSU or were employees of Bob Coonts Graphic Design.

ftcma.org

### Center for Fine Arts Photography

through Jan. 16  
400 N. College Ave.

Refresh your vision of the world through the lens of three very different photographers whose work is on display at the Center: Illuminate with Juror Elizabeth Avedon is in the Main Gallery; Firmament: An Incalculable Distance by Andrew Beckham in the North Gallery, and Zoe Zimmerman's Of Men: Strength and Vulnerability, First Aid in the Gould Gallery (closed Jan. 9).

C4fp.org

## Music

### Shaley Scott Band

Dec. 17, 7-9 p.m.  
Lincoln Center  
417 W. Magnolia

Shaley Scott's sound can be described as piano pop-rock, acoustic and blues all rolled up into one — with memorable melodies and hooks that are hard to forget. Shaley grew up in Fort Collins, received a music scholarship to Colorado State University, but soon packed up and moved to Los Angeles to act as well as play and write music. This homecoming performance is presented by SpokesBuzz and the Lincoln Center as part of the Local Link series.

Lctix.com

### A Candlelight Christmas with the Larimer Chorale

Dec. 19 7:30 p.m., Dec. 20 3 p.m.  
First United Methodist Church

This Christmas, the Larimer Chorale will be revisiting old favorites and exploring new classics. This "surround-sound" presentation of holiday pageantry and wonder features glorious music from across different cultures, time periods, and genres along with the signature candlelighting vignette.

larimerchorale.org

### The Minguet Quartet with Andreas Klein, Piano

Jan. 28, 7:30-9 p.m.  
University Center for the Arts  
Griffin Concert Hall  
1400 Remington St.

The Minguet Quartet is among one of the most well-received string quartets internationally, and performs at major concert venues worldwide. The quartet focuses on the Classical and Romantic repertoires, as well as contemporary music, and promotes the latter by premiering numerous compositions of our own times. They team up with distinguished German pianist, Andreas Klein, for a truly incredible performance.

The Classical Convergence Series builds on the classical concert programs of both University Center for the Arts and the Lincoln Center.

csutix.com

## Theatre & Dance

### A Tuna Christmas

through Dec. 27  
Bas Bleu Theatre Company  
401 Pine St.



"A Tuna Christmas" takes place in fictitious Tuna, Texas. How can only two actors make fun of such a big state? First, it's an easy target and secondly, they each play 10 different male and female characters ranging from radio announcers to pre-teens to elderly aunties to a middle-aged woman who owns the local used weapons store.

basbleu.org

### Merry and Bright

through Jan. 2  
Midtown Arts Center  
3750 S. Mason St.

This original production is a toe-tapping, heart-melting holiday musical medley. This fresh new show features fresh arrangements of classics and some modern favorites and new arrangements too. Tickets include a holiday buffet dinner. Seating is limited.

Midtownartscenter.com

### Outside Mullingar by John Patrick Shanley

Jan 9-Feb. 2  
OpenStage Theatre and Co.  
Magnolia Theatre, Lincoln Center

Freckled and fierce, Irish lass Rosemary nurses a childhood grudge against her slow and socially awkward neighbor Anthony in this Tony-nominated play about a generations-old land dispute. In the face of an impending land sale, the pastoral countryside ignites into an argument that is anything but neighborly. Feelings and fur fly in this unlikely love story.

lctix.com



# WILBUR'S TOTAL BEVERAGE

## Gift Giving Ideas for Christmas 2015



### "Portugal Picks"

Normal Price \$47.99

**Special Priced 3 Bottles  
Gift Box \$34.99**

Portugal has more wine than just Ports, introduce these incredible red wines at your next dinner party.

- 2011 Novo Mundo
- 2010 Liceiras
- 2012 Casaleiro



### "Sweet Deal"

Normal Price \$72.99

**Special Priced 4 Bottles  
Gift Box \$49.99**

Treat yourself and friends with a quality representation of sweet wines from around the world, including Italy, France, Germany, and California.

- 2014 Babarosa Moscato d'Asti
- 2009 Chateau St. Michel Sauternes
- 2012 Jacob Heims Kabinett Riesling
- 2012 Curran Creek Moscato

### "Spanish Fiesta"

Normal Price \$52.99

**Special Priced 4 Bottles  
Gift Box \$39.99**

Educate yourself with these unique and delicious wines from Spain.

- NV Clos La Soleyra Cava
- NV El Jamon Garnacha
- 2014 Vieira de Plata Albarino
- 2013 Tossals Red Blend



### "Southern Stars"

Normal Price \$65.99

**Special Priced 4 Bottles  
Gift Box \$39.99**

Explore the wonderful wines from the Southern Hemisphere including ones from New Zealand and Argentina.

- 2013 Roy's Hill Sauvignon Blanc
- 2011 Ara Pathway Pinot Noir
- 2013 Spice Block Malbec
- 2014 Ocaso Torrontes



### "Mambo Italiano"

Normal Price \$57.99

**Special Priced 4 Bottles  
Gift Box \$44.99**

You'll be drinking and dancing like an Italian, with these delectable wines.

- 2014 Monte Campo Pinot Grigio
- 2014 Berselli & Oliveri Chardonnay
- 2012 Supreno Sangiovese/Merlot
- 2013 Ink Monster Zinfandel



### "California Dreaming"

Normal Price \$55.99

**Special Priced 4 Bottles  
Gift Box \$39.99**

Revel in the New World wine of California where these varietals shine bright.

- 2013 Ringside Pinot Grigio
- 2012 Baus Family Chardonnay
- 2014 Pleasures Pinot Noir
- 2013 Angels Landing Cabernet Napa

### "Best of Bordeaux"

Normal Price \$52.99

**Special Priced 4 Bottles  
Gift Box \$34.99**

Enjoy drinking these wines from the most popular and well known region in France.

- 2014 Chateau Briot Bordeaux Blanc
- 2012 Avant Garde Bordeaux Blanc
- 2012 Roche D'Arjac Bordeaux Rouge
- 2012 Chat Fontaine de Genin Bordeaux Rouge



### "French Favorites"

Normal Price \$62.99

**Special Priced 4 Bottles  
Gift Box \$39.99**

Taste the array of different varietals and regions of France that truly showcase the country.

- 2012 Chateaudes Templiers Muscadet
- 2013 Cuvee Prestige Ventoux
- 2013 Gabriel Meffre Cotes du Rhone
- 2013 L'Aurore Bourgogne Rouge



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# Meet the CPC committees and what they do

By Laura Snowwhite

Have you ever wondered what the Classified Personnel Council does? Have you even heard of the Classified Personnel Council? Did you ever ponder the possibility of playing a larger role in the shaping of your CSU career, of positively impacting not only your experience but those of your co-workers' as well? If so, then the CPC and its subcommittees could be for you. The council currently has 20 members and five committees. CPC membership is not a requirement for committee members. What follows is a list of the CPC subcommittees and descriptions of their missions, current projects, and achievements.

## Employee Recognition Committee

**Committee Chair:** Anthony King (anthony.king@colostate.edu)

This committee oversees all aspects of Council awards. They keep the criteria and guidelines up-to-date, solicit applications and nominations, select awardees, inform all nominees, nominators, and department heads when the selection process is complete, and publicize the achievements of award recipients. Awards may be added or deleted by a majority vote of the Council. Meetings are normally held the fourth

Thursday of every month; location and times vary. The next meeting is Dec. 17, from 10 to 11 a.m., in the LSC (east-west corridor sitting area). The awards they oversee are:

### EDUCATIONAL ASSISTANCE Biannual

\$500 awards for educational/professional development

### EVERYDAY HERO On-going

Recognition of day-to-day employee achievement

### OUTSTANDING ACHIEVEMENT Annual

\$1000 awards for exemplary service by state classified employees

### POSITIVE ACTION Annual

Recognizing individuals, or groups, units or departments that have made a positive contribution to State Classified employees and CSU.

**More information on each award can be found on the CPC website: <http://cpc.colostate.edu/annual-cpc-awards>**

## Communications Committee

**Committee Chair:** Eric Gardner (eric.gardner@colostate.edu)

Eric and his committee are responsible for disseminating information about the Council, the University, and State Classified employees. They explore different means of communication and make recommendations on the appropriate methods to use in various instances. This committee also maintains the CPC website. The Communications Committee created and produces the *CPC Communicator* which was established as a method to share information with State Classified employees. The *CPC Communicator* is only sent out when needed rather than on a regular schedule. The only way to get this colorful email is to sign up for it. This can be done on the CPC web site (<http://cpc.colostate.edu/cpc-communicator-sign-up>.) Meetings are open to all state classified employees and are held the last Thursday of the month in Eddy Hall, room 202 from 1:10 to 3:10 pm.

## Legislative Committee

**Committee Chair:** Committee Chair:

Brian Gilbert (brian.gilbert@colostate.edu)

Brian's committee reviews and reports on legislation which may impact CSU State Classified personnel, including the Governor's budget proposal, Senate and House bills, Joint Budget Committee report, and Annual Salary and Benefits Survey. The committee collaborates with CSU Human Resources, CSU General Counsel, Colorado Division of Human Resources, Colorado Joint Budget Committee, and local politicians. The committee also coordinates a CPC visit to the State Capitol during the legislative session. The committee meets each month.

**Perhaps you would like to join the Council too? For more information, visit: <http://cpc.colostate.edu>.**

## Outreach Events Committee

**Committee Chair:** Carol Carroll (carol.carroll@colostate.edu)

If you have cool ideas you might enjoy working with Carol and her team. The Outreach Events Committee is charged with increasing the visibility and engagement of the Council and State Classified employees at CSU. They oversee the planning and execution of CPC outreach events and the CPC's involvement with University events and service projects. Some of their past events include the celebration at the Trial Garden, Earth Day, Benefits Fair, and the Homecoming Parade, as well as hosting outreach events at Animal Science, CSU Online and VTH. The committee meets monthly on the last Thursday of each month at Facilities Services North from 3 to 4 p.m. pm in the middle conference room.

## Work Life Committee

**Committee Chair:** Debra DeVilbiss (debra.devilbiss@colostate.edu)

Debra and her committee are charged with researching, reviewing, and suggesting ways to improve the work lives of State Classified employees. Meetings are held the first Tuesday of the month at 9 a.m., A/Z E108 (Debra's office).

## Classified Personnel Council monthly meeting

**Council Chair:** Stacey Baumgarn (stacey.baumgarn@colostate.edu)

The CPC meets on the second Thursday of the month; please visit the CPC website for specific meeting date, time, location and agenda information. Our meetings are open and we would love to have you as our guest. The CPC does important work for the campus community. To do this work, we need and appreciate your participation and input.

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# APC’s inspirational shining AP Star winners

Get to know our inspirational 2015 AP Stars and learn how to nominate someone for 2016

By Deborah Yeung

Do you know someone that goes above and beyond in their work and contributes to the campus community? Do you admire a peer that has mastered maximizing resources and embraces the importance of work-life balance? The AP Star Award, sponsored by the Administrative Professional Council (APC), was created to express appreciation by recognizing the accomplishments of Administrative Professional (AP) employees who have demonstrated outstanding individual performance at CSU.

“One thing that I think is important to note about the AP Star Award is that while it celebrates all of the hard work AP’s do on the CSU campus, it also honors those who have a healthy work-life balance,” shares Toni-Lee Viney, chair of the APC. “Emphasizing the importance of work-life balance makes this award so special and encourages others to support this value throughout their units on campus.”

The AP Star Award began recognizing CSU employees as early as 2006. Modeled after the Classified Personnel Council’s Everyday Hero award program, the AP Star Award has recognized dozens of Administrative Professionals for their contributions.

Nominations are reviewed by the APC Awards Committee. Nominees and award recipients will be announced at the AP Recognition Luncheon in spring 2016 where they will receive an honorary gift from the APC and special recognition for their accomplishments. The stories of the AP Star Award recipients are celebrated through the APC website and SOURCE.



**Daniel Banuelos**  
Assistant Director, Educational Talent Search Program Division of Enrollment and Access, The

Access Center

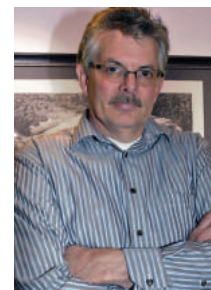
“I am honored to work with colleagues in making higher education more accessible to all students.”



**Devin Engle**  
4-H Youth Development Agent Colorado State University Extension, Pueblo County Office

“I love working with the passionate CSU community to create challenging learning experiences and forge

lasting relationships with colleagues, volunteers and youth.”



**James Graham**  
Director Environmental Health Services  
“I enjoy working with professionals in multiple disciplines. This

makes the job interesting and very challenging.”



**Jenny Harding**  
Research Coordinator Microbiology, Immunology and Pathology

“I love working at CSU, no two days are alike and it is always challenging and rewarding.”

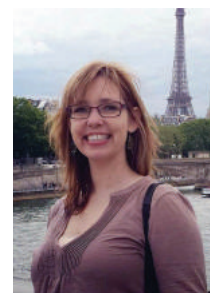


**Dr. Albert Powell**  
Director, Learning Technologies Colorado State University Online  
“Our job is to find ways to help students, faculty, and staff succeed.”



**Daniel Rees**  
Forester and Logistics Coordinator Center for Environmental Management of Military Lands (CEMML)

“Yah, we can do that.” - work motto



**Melanie Smith-Nichols**  
Academic Support Coordinator Center for Advising and Student Achievement

“Advising, teaching and mentoring are my calling and I believe in providing the holistic services that contribute to student success.”

To read the full bios of AP star award recipients, please visit APC’s website at [ap.colostate.edu](http://ap.colostate.edu).

Anyone can nominate an AP employee for the AP Star award

1. Visit the APC website at [ap.colostate.edu](http://ap.colostate.edu)
2. Click on the “AP Stars” link under Awards
3. Fill out the “Nomination for 2016 AP Stars Award” form

If you have nominated an administrative professional who in the past was not selected as an AP Star, you are encouraged to renominate that individual.

**The deadline for nominations is noon on January 22, 2016.**

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# SECRET LIFE OF CSU

## Married to the Music: The Secret Lives of Sam and Kat Ernst

By Diego Felix

The couple that plays together, stays together to write another album.

When Sam and Kat Ernst leave their respective posts at Colorado State University, the duo transforms into their musical personas as half of the indie-pop quartet known as vee device.

The Fort Collins-based group recently finished recording their fifth album in 12 years, *Victory at Sea*, fusing string and brass arrangements with acoustic guitar and eclectic lyrical genius.

For Sam, the band’s guitarist and songwriter, the album concept was inspired by uncovering the stories of islands from distant corners of the world, with each song on the 11-track project dedicated to a different island.

“However insignificant the place may seem, there is something that has gone on there, some kind of story, some kind of character who’s been there,” said Sam, the assistant director of CSU’s Office of Foundation Relations. “That fascinates me.”

While vee device functions as Sam’s channel of musical expression, for Kat, program manager of the Global Social and Sustainable Enterprise MBA program in the College of Business, the band takes on a more social role.

“I don’t have the creative outlet needs some of the others do, really I more enjoy the social aspect (of playing music),” said Kat, who began playing the cello in the seventh grade. “I love the people in our band and being part of the music scene in Fort Collins.”

Band members include Sam Ernst (vocals, guitar), Kat Ernst (cello), Dennis Bigelow (vocals, accordion, banjo, concertina, upright bass), and Caitlin Morris (vocals, trumpet, glockenspiel, tambourine).

Inspiration for the name came to Sam after a conversation with his brother, a lieutenant colonel in the Army, in which the siblings discussed awards that can be won for valor. “vee device” stuck out and has been the bands name since its formation in 2003, when Sam returned home to Fort Collins after college in search of bandmates and met Bigelow, a multi-instrumentalist with a degree in music composition.

However, it was not until 2008 that Bigelow introduced Kat, who he knew from junior high orchestra, to vee device, and consequently, to Sam as well. Years before joining, Kat attended



Fort Collins band vee device, from left, Caitlin Morris, Dennis Bigelow, Sam Ernst and Kat Ernst pose during a photo shoot for their upcoming album *Victory at Sea*. Photo courtesy of vee device.

a show during the group’s early years, leaving with a signed copy of their second album, *Autobiography of a Dying Band*.

“When we first started dating, I was looking through her CD collection,” Sam said, “and I was like, ‘what the hell, why do you have our CD — that I signed?’”

Rehearsals for vee device, usually taking place in the months leading up to a performance, are held at the house of Ernst. Avogadro’s Number, Crankenstein and the Lyric Cinema Café are some of the venues the band has played, in addition to performing during FoCoMX, an annual showcase featuring northern Colorado’s premier music, for the last seven years.

The next gig for vee device coincides with the release date for *Victory at Sea*, which is Feb. 5, 2016, at Everyday Joe’s in Fort Collins.

“We’ve all known each other for so long,” Kat said. “It’s more like family when vee device gets together.”

**Do you or one of your co-workers have an interesting hobby or passion outside of CSU? Let us know at [csulife.colostate.edu](mailto:csulife.colostate.edu), with Secret Life in the subject line.**





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# PET HEALTH

## Prepare for medical emergencies when your pet is healthy, before care is needed

By Dr. Timothy B. Hackett

We humans know to call 9-1-1 or visit an emergency room when faced with serious injury or illness – but what do we do when a pet needs emergency veterinary care?

Some veterinary practices see their established patients when emergencies occur after office hours and on the weekends. Others refer patients to specific hospitals or clinics that offer emergency services. Either way, it's useful to have your veterinarian's guidance and to know about available resources before you need them, so ask during a regular office visit, when you aren't worried about a crisis.

Once you've determined where to seek emergency care, you likely will want to know when this medical attention is needed for your pet.

Some situations are clear. For instance, seek emergency veterinary care if your dog is struck by a car, bitten by a rattlesnake, or suffers deep puncture wounds from the bite of another dog or if you know your dog has ingested antifreeze, a bottle of human medication or another substance toxic to pets. (A more complete list is available on the CVMBS website.)

But what if your dog or cat acts sick? Maybe your pet starts repeatedly vomiting, develops diarrhea or exhibits behavior that seems notably off.

In these cases, it is very helpful to fully understand your pet's normal behavior and vital signs. A baseline understanding of normal vital signs will help with decision-making if you suspect something is wrong with your pet, and will help your veterinarian should an emergency arise.

**Heart rate:** Ask your veterinarian to demonstrate how to take your dog or cat's pulse. Then check and record the number of times your pet's heart beats per minute at different times when your pet is relaxed at home. This will give you a good idea of your pet's "normal." Significant heart elevation – 20 or 30 beats per minute above normal – would warrant an emergency visit if not associated with exercise.

**Breathing:** Take the same approach here that you do in measuring heart rate. Ask your veterinarian for tips, then assess and record how many times your pet breathes per minute under relaxed conditions. Take several measurements to gain a solid sense of what's normal.

**Temperature:** While normal body temperature in humans is predictable at 98.6 degrees Fahrenheit, normal body temperature in dogs and cats might range from 98 to 102. So the key is knowing what's normal for your pet. Practice

taking your dog or cat's temperature under the armpit with a digital thermometer dedicated for use with your pet

**Gum color:** During a physical exam, a veterinarian will often look at the color of your pet's gums, and might press on the gums to see how fast pinkness returns. If the animal is sick or in shock, the gums will appear bluish, pale, or it will take more time for color to return to normal.

### What to do when seeking emergency care

Have and use a vinyl, form-fitting muzzle. Even the most loving and docile pets have the capacity to bite and seriously harm an owner, veterinary professional or someone else when suffering from intense pain. To properly care for your pet, you and others must be safe. If your pet is having trouble breathing or has injuries to the face or mouth, you may wrap a towel around the head and neck. This will make it harder for the animal to bite, but will allow for easier breathing.

Take your pet's vaccine history and information about any current medications if you are headed in for emergency care, especially if you are seeking help from a clinic or hospital you don't normally visit.

Do not give your pet medication without instructions from a veterinarian. Pet owners sometimes give human medications, such as antihistamines and pain relievers, to sick or hurt animals. This can worsen a pet's problems because dogs and cats metabolize drugs differently than do people. Over-the-counter and prescription medications meant for people can even be lethal for pets. A veterinarian can answer questions about steps to take before emergency care.



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

## SAY HELLO TO THEODORA

Provided by the Larimer County Humane Society.



Say hello to Theodora, a 6-year-old domestic longhair. She is a quiet cat who likes to keep to herself. She loves to cat-nap in the sunshine and can show you how to slow down and enjoy life. She can be overstimulated during play so it is recommended that she live in a home with children over the age of 12. She likes other cats once she feels comfortable but doesn't like dogs very much. She can be yours 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 11a.m.-7p.m. Monday through Friday, and 10a.m.-5p.m. Saturday and Sunday. For more info, call (970) 226-3647 or visit [larimerhumane.org](http://larimerhumane.org).



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# Your first time in Colorado? The air is different up here

By Jim Rodenbush

The upper deck of Coors Field, the home of the Colorado Rockies, has long been fascinating to me - more specifically the 20th row, where a line of purple seats stands out from the rest of the ballpark. They're decorated as such for a specific reason. It's to mark their location, which is one mile above sea level.

I have long promised myself that I would watch my first game at Coors from one of those seats. So, why does it even matter? It's the idea of altitude, of being that high up in the air. Maybe it's my Midwest upbringing (elevation: 0 feet), or reading about the impact altitude has had on professional athletes. It's something I wanted to experience for myself.

I'm still waiting to see my first baseball game in Colorado but sitting in the mile-high seats isn't such a big deal anymore. All it took was a few hours into my first-ever visit to the state in early September to learn first-hand what all the fuss was about.

**Altitude? Altitude is no joke.**

My wife and I made the drive from Southern Illinois to Colorado and arrived a day before my on-campus



interview at CSU. To fill the time, we decided our first stop would be Estes Park, not only for the trip up the mountains but to tour the landmark Stanley Hotel.

The higher elevation (7,522 feet, to be exact) was something we both forget, lost in the mountain scenery and the zigzag drive to our destination. It reminded us. Slowly at first, when we were short of breath after a quick walk from the parking lot to the hotel lobby. It delivered a knockout punch following a 90-minute walking tour that felt more like a sprint through the New York City marathon.

My wife and I became statistics that afternoon, part of the 20 percent of people who according to the Mayo Clinic suffer some form of altitude sickness while traveling to altitudes between 5,000-18,000 feet. The higher the altitude, the greater the number. While altitude sickness can be life threatening, for most the impact is

mild - but certainly not forgettable. In our case, the drive to Fort Collins, and a good night's sleep was always we needed to shake the effects.

Fast-forward three months later and now, as a full-time resident of Colorado and the almost-mile-high city of Fort Collins, I'd like to consider myself well versed in all things altitude. If anything it has taught me some valuable lessons.

1. It will get you when you least expect it. Like, when you return to Colorado after three weeks for the official move to Fort Collins, and have to re-adjust all over again.

2. It will turn your dessert into a soupy, almost volcanic-like mess if you don't make the right adjustments when baking.

3. And, most importantly, around 3,000 extra feet is all you need to turn flurries into a winter storm.

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

## Faculty and staff: CTV needs your help

By Jim Rodenbush

CTV Channel 11, Colorado State University's television station, is looking to expand its programming and is seeking the help of faculty and staff.

Do you have any video that you would like to see aired on CTV, which can be found throughout Fort Collins on Comcast cable? We are looking for a wide range of topics, from outstanding guest speakers, to department promos, to class projects and even old sports highlights. If it features Colorado State University, we're interested.

CTV is produced by Rocky Mountain Student Media. If you would like to contribute to its expanded programming, or have any questions, please contact me at [Jim.Rodenbush@colostate.edu](mailto:Jim.Rodenbush@colostate.edu) or ext. 10508.

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# Thankful for FoCo Café, feeding the community for a year

*By Sarah Sparhawk*

There were not one but many stories of warmth that Kathleen Baumgardner could recall from the FoCo Café's first year of operation.

From success stories of former volunteers achieving “life-changing” jobs, to stories of donated scarves meaning so much more than warmth for visitors. The Director of Strategic Communication for the College of Engineering opened FoCo Café with her husband, Jeff, a year ago.

"I think we were kind of at that point in our lives where we absolutely loved Fort Collins and we wanted to give back," Baumgardner said.

It was from conversations with people who shared a similar drive to help and give to others that their vision started to become realized. It took two and a half years and plenty of fundraising, but on Nov. 26, 2014, Fort Collins saw the doors of its first ever nonprofit restaurant open free of debt.

“Sometimes I look back and think ‘How in the world did this ever happen?’” she said.

The modest Maple Street location offers great soup and salad combos for a great cause. At FoCo Café, it is not about what's in your wallet. Pay what you can, what you would for a comparable meal, pay it forward or volunteer for your meal – it is about support for the Fort Collins community.

“We also plate food with people going through a serving line,” she said. “We have very, very little waste from food. Most restaurants have 25 to 30 percent plate waste and ours we estimate is right around 5 percent.”

Organic and locally grown, vegan and gluten-free friendly, the FoCo Café has a variety of different types of meals for a variety of people. Here, New Belgium employees chat with the homeless and college students can ditch fast food for the closest thing to home



From left to right, Fred Baier, Kathleen Baumgardner (FoCo Café co-founder), Amy Rocco, Jeff Baumgardner (FoCo Café co-founder), David Pinto work behind the counter at the FoCo Café. The serving line style of dining allows for patrons to pick exactly what it is they want: more or less? Organic pecans? *Photo credit: April Whicker*

cooking the town can provide.

“The thing I love is the community within the café. It is welcoming even if it’s your first time in there,” said Baumgardner. “When it is busy, it gives you the chance to sit with new people. I love that.”

The FoCo Café creates a community of more than great food. Several projects that the spot launched seek to spread great feelings, too, such as this year's Warm Wishes Scarf project.

“We are inviting people to make or purchase new scarves, and then attach something to it that’s their warm wishes to someone else,” she said. “We are going to start hanging them in the Café on Thanksgiving Day and we’ll run this through winter.”

The Baumgardners opened FoCo Café with a goal to serve 15,000 meals at the very least. At the time of their one year anniversary, they had sold 22,000.. It is thanks to warmth shared and received from the time of its

conception that have allowed the lunch spot to continue as it has, including ongoing visits from CSU faculty and staff.

“One thing I would love to ask the faculty and staff to do is to come have lunch – that would be wonderful – bring family and friends,” she said.

If you are looking for more ways to

help then simply filling your belly this holiday season, Baumgardner says you can always contribute to the FoCo Café

“Soup spoons,” she said. “We are always looking for soup spoons.”

Or simply check out their website for other ways to get involved with the FoCo Café at [fococafe.org](http://fococafe.org).

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# Best of CSU



After a record-high voter turnout, we are proud to present this year's Best of CSU award winners! The CSU community has spoken, these are your favorites, Fort Collins.

## Sandwich

1. Cheba Hut
2. Pickle Barrel
3. Choice City

## Breakfast

1. Silver Grill Cafe
2. Snooze
3. Lucile's

## Wings

1. Jim's Wings
2. Buffalo Wild Wings
3. Krazy Karl's

## Burger

1. Stuft
2. Big Al's
3. Five Guys

## Italian

1. Bisetti's
2. Canino's
3. Enzo's

## Mexican

1. Cafe Mexicali
2. Fuzzy's
3. Blue Agave

## Asian

1. Yung's
2. Hibachi
3. Lulu Asian

## Other International

1. Yum Yum's
2. Mt. Everest Cafe
3. Taj Mahal

## Bagels

1. Gib's
2. Rocky Mountain Bagel Works
3. The Bagel Place

## Sweets

1. Mary's Mountain Cookies
2. The Chocolate Cafe
3. Kilwins

## Ice Cream

1. Walrus
2. Cold Stone
3. Ben & Jerry's

## Pizza

1. Krazy Karl's
2. Pizza Casbah
3. Panhandler's

## Burrito

1. Big City Burrito
2. Cafe Mexicali
3. Chipotle

## Sushi

1. Jaws
2. Suehiro
3. Suh Sushi

## Vegetarian

1. Avogadro's Number
2. Restaurant 415
3. Jax

## Late Night

1. Cheba Hut
2. Pizza Casbah
3. Fat Shack

## Thai Food

1. Thai Pepper
2. Caf e de Bangkok
3. Simply Thai

## Coffee

1. The Human Bean
2. Alley Cat
3. Mugs

## Margarita

1. Rio Grande
2. Fuzzy's
3. Blue Agave

## Beer Selection

1. The Mayor
2. Krazy Karl's
3. Old Chicago

## Brewery

1. New Belgium
2. Odell
3. Horse & Dragon

## Bar

1. Lucky Joe's
2. Social
3. Krazy Karl's

## Liquor Store

1. Campus West
2. Wilbur's
3. Super Market Liquors

## Bike Shop

1. Lee's Cyclery
2. Recycled Cycles
3. Brave New Wheel

## Outdoor Shop

1. Jax Mercantile
2. REI
3. Gearage Outdoor Shop

## Tattoo/Piercing

1. Freakshow
2. Tribal Rites
3. Tobi Tattoo

## Wax Studio

1. The Screamin Peach
2. The Wax Factory
3. Waxing the City

## Tanning

1. Sienna Tan
2. At the Beach
3. Sun Bear

## Ski Resort

1. Breckenridge
2. Steamboat
3. Winter Park

## Dispensary

1. Organic Alternatives
2. Infinite Wellness
3. Flower Pot Botanicals

## Smoke Shop

1. Kind Creations
2. Mellow Yellow
3. The Joint

## Thrift Store

1. Arc
2. Goodwill
3. A Change of A Dress

## Dancing

1. Sundance Saloon
2. Rec Room
3. Downtown Artery

## Live Music

1. Aggie Theatre
2. Mishawaka
3. Hodi's Half Note

## Movie Theatre

1. Cinemark
2. The Lyric
3. Carmike

## Bookstore

1. Barnes & Noble
2. Old Firehouse Books
3. CSU Bookstore/Wolverine Farm Bookstore

## Health Club

1. CSU Rec Center
2. Miramont
3. Raintree

## Nail Salon

1. LA Nails
2. She She
3. Paradise Nails and Spa

## Hair Salon

1. Studio Be
2. Europa
3. James Salon

## Boutique

1. Kansas City Kitty
2. GG Boutique
3. Cira

## Apartment Complex

1. Ram's Village
2. The District
3. Summit on College

## On-Campus Lunch

1. Spoons
2. Panda Express
3. Ramskeller

## Dorm Cafeteria

1. Durrell Center
2. Ram's Horn (AV)
3. Corbett

## Residence Hall

1. Summit
2. Braiden
3. Parmalee/Aspen

## Radio Station

1. 90.5 KCSU \*
2. 93.3 Denver's Modern Rock
3. 96.1 Colorado's #1 Hit Music Station

## News Source

1. Rocky Mountain Collegian \*
2. Coloradoan
3. Buzzfeed

## Hangout Spot

1. Horsetooth
2. City Park
3. Oval

\*President endorsed







# Chen lab makes breakthrough in recyclable plastics

By Anne Ju Manning

The textbooks and journals said it couldn't be done.

But Colorado State University chemists have done it: They've made a completely recyclable, biodegradable polymer, paving a potential new road to truly sustainable, petroleum-free plastics.

The innovation is from the lab of Eugene Chen, professor of chemistry and recent recipient of the Presidential Green Chemistry Challenge award. Publishing in *Nature Chemistry* Nov. 23, Chen and postdoctoral fellow Miao Hong describe synthesizing a polyester that, when simply reheated for an hour, converts back to its original molecular state, ready for reuse.

Recyclable, in the purest sense of the word.

Their starting feedstock was a biorenewable monomer that textbooks and journal papers had declared could not be bonded into large molecules – polymers – typically required for use as a material.

Plastics are the most common type of manmade polymer, which is the chemical term for a long chain of repeating small molecules, or monomers. Plastics like polyethylene



Professor Eugene Chen, post doc Miao Hong and their lab team made a completely recyclable, biodegradable polymer from molecules previously thought to be impossible to bond into large chains.

and polystyrene are king among synthetic polymers, and have come under fire for piling up in landfills. Chen's lab is focused on making renewable and degradable plastics and other polymers to replace conventional petroleum-based materials.

"The big drive now is to produce biorenewable and biodegradable polymers or plastics," Chen said. "That is, however, only one part of the solution, as biodegradable polymers are not necessarily recyclable, in terms of



feedstock recycling."

There are several biodegradable plastics on the market today, chief among them a starch-based material made from polylactic acid, or PLA. Compostable cups, cutlery and packaging in dining halls are made from PLA. They're biodegradable, yes, but they're not truly recyclable – once made, they can't be completely reconstituted into their original monomeric states without forming other, unwanted byproducts.

Soda bottles, computer keyboards and millions of other plastics can be repurposed to extend their product lifecycle. But in the true, chemical sense of "recyclability" – biomolecules that can be synthesized into a useful material, and then completely converted back to the same molecules simply by heating the bulk material – is unheard of. Until now.

The researchers' starting monomer is a mouthful for being such a small molecule: Gamma-butyrolactone, or GBL. Textbooks and scientific literature had described these small molecules as too happy and thermally stable in their monomeric chemical states to polymerize.

But not only did they make a polymer, Chen and Hong figured out how to get the polymers to take different shapes, such as linear or cyclic, based on the catalysts and conditions they selected.

"In my 15 years at CSU, I would probably call this my group's most exciting piece of work," Chen said. "This work creates a class of truly sustainable biopolymers, as they are both biorenewable and recyclable, based on a bioderived monomer previously declared non-polymerizable."

## Campus Trivia with Russ Schumacher

This month's Campus Trivia winner is **Andrew Cundiff**, catering coordinator for CSU Conference and Event Services. He correctly identified University Distinguished Professor Diana Wall, professor of biology and director of the School of Global Environmental Sustainability, and Marshall Fixman, UDP Emeritus from the Department of Chemistry, as CSU faculty who are members of the American Academy of Arts and Sciences. Fixman is also a member of the National Academy of Sciences.

Andrew said he just started Googling for the answer, and eventually found himself searching the academy's membership lists.

He has been with the CSU for nearly 13 years, starting as an undergraduate and spending the last seven years with Catering. This is a busy time of the year for his department, which can provide food and beverages and all the trappings for parties – including the ever-popular potato bar – anywhere in Fort Collins as well as throughout CSU.

For having his answer selected at random for all the correct answers received, Andrew received a CAM the Ram bobblehead autographed by Russ Schumacher of Atmospheric Sciences, the winningest Ram ever to appear on Jeopardy!, and a gift certificate to Wild



Boar Coffee. Andrew said he looks forward to adding this newest CAM to his growing collection of bobbleheads.

For this month's question, let's jump ahead into the New Year. Jan. 18, 2016, is Martin Luther King Jr. Day, which will be marked by the traditional march from Old Town to campus, where a number of activities and programs will take place in the Lory Student Center. This year's theme is "Facing Racism: Our Responsibility to Act."

**Q. What year did Martin Luther King, Jr. Day become a federal holiday?**

Email your answer to [csulife@colosate.edu](mailto:csulife@colosate.edu) with December Trivia in the subject line by Jan. 11. CSU Life staff will select the winner from all the correct entries received.

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# CSU COOKS

## Gluten Free Pumpkin Muffins



Notes:

You can make your own baking mix if desired.

For even more flavor, try doubling the cinnamon and nutmeg!

Try experimenting by adding nuts and flax seed to increase the fiber content.

For other great recipes, check out our cooking classes or cookbooks at [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu). Or schedule an appointment with a registered dietitian for half price with Commitment to Campus: (970) 491-8615.

With all the festive holiday baked goods that magically appear around offices this time of year, it's good to know there are tasty alternatives for those with a gluten-free diet. These season-inspired muffins, from the Kendall Anderson Nutrition Center, are a great source of vitamin A and beta-carotene, and take only minutes to prepare. Yield: 18 muffins..

### Ingredients

- 3 cups gluten free baking mix (such as King Arthur, Pamela's, or Arrowhead Mills)
- 1 cup canned pumpkin
- 1 cup milk
- ¾ cup sugar
- 1/3 cup apple butter
- ¼ cup walnut or canola oil
- 2 eggs, lightly whisked
- 2 teaspoon vanilla
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Nutrition:

Calories 106 | Total fat 3.9 g | Cholesterol 20.5 | Sodium 19 mg  
Fiber 1 g | Protein 1.4 g

### Instructions

- Preheat oven to 350° F.
- Line regular sized muffin tins with paper liners or lightly coat with an oil spray.
- Mix all ingredients together in a large bowl and stir together until all ingredients are moistened and incorporated.
- Fill muffin cups with batter, 2/3 full, and bake for 25 – 28 minutes or until toothpick inserted into middle of muffin comes out clean.
- Remove pans from oven and let sit for 10 minutes in pan. Remove muffins from pan and cool completely on metal cooling rack.



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## Tips for Gifting Wine

Wine makes a great holiday gift. It's portable. It's festive. It's timely, with people entertaining more during the holiday season. Wine can be quickly gift-wrapped and tied with a bow or slipped into a decorative paper or cloth wine bag. No need to worry about enclosing a gift receipt because this is one gift that won't be returned. Since many people worry about selecting just the right gift wine, here are a few guidelines:

1. First, if you're clueless about wine, **don't hesitate to ask us**. Give us a firm and definite price range, mention anything you know about your gift recipient's taste in wine, and let us take it from there. We taste a lot of wine and can guide you in decision making. We aim to please.
2. If you're on a budget, steer clear of big-ticket categories such as Napa Valley Cabernet Sauvignon or French Bordeaux. Instead, **look for good-value categories**, such as wines from Spain and Chile, and pick a wine from one of the better producers. If the wine is a bit unusual, ask the retailer for a food pairing recommendation and mention that on the gift card.

3. **Nothing is more festive than Champagne or sparkling wine**, and there are choices in every price range. Champagne is one of the world's great pleasures and for some strange reason it is saved for rare special occasions. Even the most discriminating palate will appreciate the gift of sparkling wine or Champagne.
4. **Consider a large-format bottle** such as magnum, which is 1.5 liters or the equivalent of two 750-ml bottles. We keep a limited supply of these, but with adequate notice are able to obtain them from our suppliers, just ask.
5. **Consider an accessory**. We carry a large selection of wine and beer glasses, corkscrews and openers, wine racks and ice buckets, flasks and wine charms, and of course complimentary gift bags.
6. **Consider the gift of Wine Club**. Do you have someone on your list that already has everything? Give them the gift that keeps on giving, at least for three months. A three month subscription to Pringle's Wine Club runs as little as \$75 for the Preferred level, and if the recipient is in our

delivery area, we will deliver for a minimal fee. We weed out the dregs and offer the finest values from around the world.

7. What about **wine related books**? There are so many wine related books out there, who wouldn't be confused? And what wine-lover wouldn't appreciate a hot wine publication? Here is a list of our favorites:

- The Wine Bible** by Karen MacNeil
- World Atlast of Wine** by Hugh Johnson
- Windows on the World Complete Wine Course 2004 Edition (Windows on the World Complete Wine Course)** by Kevin Zraly
- The Oxford Companion to Wine** by Jancis Robinson
- Bordeaux: Revised Third Edition** by Robert M., Jr. Parker
- Oz Clarke's New Encyclopedia of Wine** by Oz Clarke

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# BOOK REPORT

## CSU faculty member uses professional experiences to inspire mystery-thriller series

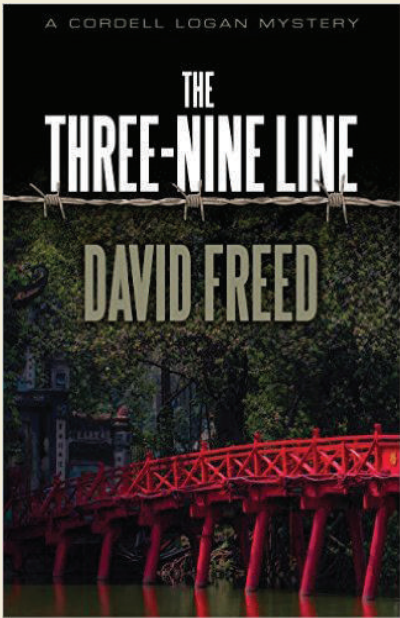
By Melissa Leavenworth

Former Hollywood screenwriter and current Colorado State University journalism instructor David Freed recently published the fourth installment in his mystery series.

In the *The Three-Nine Line*, protagonist Cordell Logan embarks on a riveting journey to Vietnam to solve a high-profile mystery.

Much of Freed’s personal life served as inspiration for his novels. Logan lives in the fictitious town of Rancho Bonita, Calif., “which looks suspiciously like Santa Barbara, California,” said Freed. Freed teaches at CSU for a portion of the year but lives in Santa Barbara for most of it.

He draws upon expertise gained through his reporting history and past professions. Through journalism, Freed became knowledgeable about police procedures and the military. He has also worked as a pilot as well as in



the intelligence community.

This combination of experiences gave birth to the main protagonist, Cordell Logan. “They always say write what you know, and I thought, ‘Well, here’s an opportunity to do just that,’” said Freed. “[The books] take advantage of a lot of my background –

my professional background – and my interests.”

Logan is a “former fighter pilot and former intelligence operative for the government,” said Freed. In the first novel Logan faces financial struggles as a civilian flight instructor and finds himself assisting the Los Angeles Police Department investigate a murder that hits close to home.

Throughout the series, Logan braves a variety of captivating mysteries. In *The Three-Nine Line*, Logan risks his life to investigate the brutal murder of a prison guard in Vietnam. He goes undercover as a psychologist to scope out the prison and reveal the true killer.

Freed noted that it was not initially easy to get his work published. “It’s very difficult to sell fiction when you’ve never published fiction before,” he said.

In order to get the series started, he followed the advice of an editor who showed great interest in the first novel. “They were very good suggestions... I think they made the story a lot better,”

said Freed. He adjusted his work but after months of waiting, the publisher decided not to publish the book.

“As is often the case in that line of work,” said Freed as he recounted the beginnings of his series, “it’s kind of feast or famine. Sometimes you have a lot of work to do... and then other times there’s not a whole lot going on.”

Freed continued to work with his agent and sent the revised version to more publishers. Three publishers took interest in the book and he chose to sell the book to The Permanent Press. They have published every book in the series so far and will also publish the fifth book – coming out next summer.

*The Three-Nine Line* is available for purchase on Amazon, through the CSU Bookstore, and other book retailers.

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# 2016 PDI: Feed your potential

By The Institute for Teaching and Learning

The Institute for Learning and Teaching is pleased to announce that registration for the 37th annual Professional Development Institute is now open. This event will be held on Jan. 11, 12, and 13, 2016.

PDI offers CSU faculty members, state classified personnel, administrative professionals, and graduate students an opportunity to explore a wide range of topics designed to enhance their professional growth and personal enrichment. Its purpose is to provide

an opportunity to share ideas, explore issues, and gain insights into learning, teaching, and service, as well as other professional and personal activities.

“Feed Your Potential” is this year’s inspirational theme. Interested in what PDI has to offer to help you feed your potential? There’s plenty to pick from, 105 sessions are being offered.

Enrollment is first come first served, and seating can be limited, so don’t wait!

Please visit our webpage for a complete schedule and more information:

[www.tilt.colostate.edu/proDev/pdi](http://www.tilt.colostate.edu/proDev/pdi)



# CSFS releases strategic plan

By Ryan Lockwood

The Colorado State Forest Service has just released a five-year strategic plan that outlines the vision, mission and strategic goals of the CSFS through 2020.

The new plan is derived from the collective voice of the CSFS and its external partners, and supports the agency moving cohesively toward the same overarching strategic goals and vision of “healthy and resilient forests.” Along with annual reports on the health of Colorado’s forests, the plan will help guide forest management decisions and programs over the next five years.

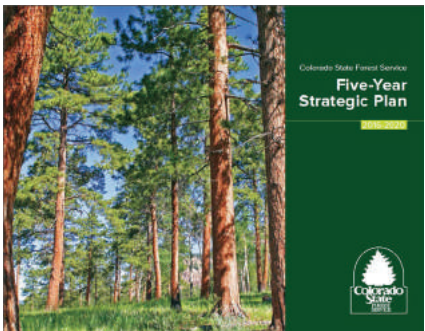
“We expect this plan to grow and change with our agency over time, as we meet important goals or otherwise modify them to adapt to a changing environment,” said Mike Lester, state forester and director of the CSFS.

Every year, the CSFS helps treat thousands of acres of forestland, assisting landowners and communities to help improve forest health and ensure related benefits to help achieve stewardship of Colorado’s diverse forest environments.

The CSFS is a service and outreach agency of the Warner College of Natural Resources at Colorado State

University, and provides staffing for the Division of Forestry in the Colorado Department of Natural Resources.

**For more information or to view the plan, go to <http://csfs.colostate.edu>.**





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