



Marilee Stonis, measures the newest bud growth on her poinsettia at the Horticulture Center.
Photo by Sara Graydon.

Budding Blooms

Annual poinsettia sale returns second week of December

by Annika Mikkelsen

The Department of Horticulture and Landscape Architecture will host the 22nd annual poinsettia sale during the second week of December. You can join in on this CSU tradition from Dec. 11-15.

Poinsettias have become a classic part of celebrating the holiday season, popular for their festive red color. Poinsettias are native to Mexico, but were quickly assimilated into American holiday culture after being introduced in the 1800s. The plants for sale this year will be in a variety of colors and variations. They're perfect for displaying around the home oreven giving as gifts.

As a bonus, buying the plants from the Department of Horticulture and Landscape Architecture directly benefits the university, as revenue made from plant sales is directly returned to the department to fund greenhouse activities for the upcoming semester. This year, plants will run \$9 for a 6-inch plant, \$12 for an 8-inch plant, and new to this year's sale, a 4-inch pot for \$6.

The poinsettia crop is the result of a semester of hard work for the 12 students in CSU's Floriculture Practicum course, who have put in hours at the greenhouse over the last several months to ensure that the crop would be healthy and ready for this year's sale. Professor Steve Newman, CSU's



Greenhouse Crops Specialist, believes the practicum is a valuable opportunity for his students.

"My primary motivation isto provide a real-world experience for my students," Newman said."It also gives the students the self-confidence that they can do the job."

Rams Against Hunger: A giving tradition

Funds more than double goal set

by Annika Mikkelsen

Colorado State University's Rams Against Hunger program reports that one in 10 CSU students experience food insecurity. Nearly 2,800 students don't have reliable access to a sufficient amount of healthy and affordable food. Rams Against Hunger acts as a source for emergency food relief for students who experience food insecurity.

The CSU community takes part in Rams Against Hunger's efforts to support students in need by participating in the program's annual Giving Tuesday. During Giving Tuesday, Rams Against Hunger accepts donations and uses the money to provide meals to students. Donations of \$13 provide two meals, and gifts of \$32.50 cover a student's meals for a week.

This year, Giving Tuesday was Nov. 28.

The CSU community contributed a total of \$73,290 in donations which will provide Rams Against Hunger with 10,470 meals to students in need. Rams Against Hunger also matched Giving Tuesday donations dollar for dollar.

Their initial goal was to reach 5,000 meals, and thanks to a large donation from an anonymous source, they raised their goal to 7,142 meals. Rams Against Hunger reached their goal of \$70,000 by 5 p.m. on Giving Tuesday, and continued to raise beyond their goal. Their overall success is thanks to 1,480 donors that contributed a grand total of \$120,264 before and during Giving Tuesday.

Students are grateful for the support that Rams Against Hunger offers. One student said, "Rams Against Hunger does more for students than just provide food. It provides them a way to focus on school and not worry too much about financial difficulty."

Another student emphasized the emotional impact of the program, saying, "People at CSU care and help students. I felt part of a community and that I matter."

Giving Tuesday is an opportunity for anyone in the CSU community to support their Ramily in a time of need. The fundraising campaign has been a pivotal part to the Rams Against Hunger program since its first go in 2015. Rams Against Hunger relies strictly on donations to provide resources to students.

The need for the program is unquestionable, demonstrated by the long waitlist of students seeking assistance. Currently, Rams Against Hunger provides meals to 331 students. If you have questions or would like to offer your support to Rams Against Hunger, contact Jen Johnson at jennifer.jo.johnson@colostate.edu or visit the office of Student Leadership, Involvement Community Engagement Center at the Lory Student Center in room 210.

>>>GIVING TUESDAY RESULTS ON PAGE 4

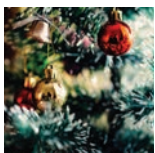


PURCHASE PLANTS

THE CSU HORTICULTURE DEPARTMENT'S POINSETTIA SALE IS DEC. 11-15.
VISIT SOURCE.COLOSTATE.EDU FOR MORE INFORMATION.



pg 4
Join the MLK march and celebration



pg 15
Keep your holiday season green



pg 19
What will you do with your extra day off?

APPLAUSE

CSU HEALTH NETWORK

Joel Schwartzkopf, a physician assistant with the CSU Health Network, has been named one of Northern Colorado’s “40 Under Forty” community leaders by BizWest. The program recognizes 40 up-and-coming business leaders under 40 years of age who are making their mark on their communities. Schwartzkopf works in the CSU Health Network Medical Services acute care clinic, and is developing a narcotic-prescribing policy that will help improve treatment of acute pain and ensure that the Health Network is doing its part to help combat the opioid-abuse crisis. He’s also studying for his master’s in business administration at CSU and plans to graduate in 2019.

COLLEGE OF LIBERAL ARTS

English Professor **Camille Dungy** has been awarded a prestigious \$25,000 Creative

Writing Fellowship from the National Endowment for the Arts. Dungy won the Fellowship in Prose from among 1,692 eligible applicants this year; her book, *Guidebook to Relative Strangers*, was published in June.

COLLEGE OF NATURAL SCIENCES

Rachel Pries, professor in the Department of Mathematics, has earned the title of Fellow of the American Mathematical Society. The society named Pries among its 63 newest fellows in November, “for contributions to arithmetic geometry, and for service to the mathematical community.”

COLLEGE OF VETERINARY MEDICINE AND BIOMEDICAL SCIENCES

The IT Team at the James L. Voss Veterinary Teaching Hospital was recently recognized by the Employee Appreciation Board for its excellent service and positive attitude. Darci Hathaway, Mark

Ducoff, Steven Ericson, Jaclyn Janero and Mark Johlgren were honored for having consistently gone above and beyond, through two completed remodels at the Flint Animal Cancer Center and another beginning in radiation oncology. The team enjoyed breakfast burritos, coffee and juice at the morning reception. The event featured a drawing, and everyone got to choose a CSU item to take home.

WALTER SCOTT, JR. COLLEGE OF ENGINEERING

Melissa Burt, a research scientist in the Department of Atmospheric Science, has been elected to the American Meteorological Society Council for 2018. Burt will be one of three representatives for the Academic Sector of the council, which oversees the policies and activities of the 12,000-plus member organization.

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HAVE A DEPARTMENT OR OFFICE YOU WANT TO NOMINATE FOR RECOGNITION BY THE EMPLOYEE APPRECIATION BOARD? VISIT THE EAB WEBSITE AT CSUEAB.COLOSTATE.EDU TO SUBMIT A NOMINATION FORM. RECOGNITIONS TAKE PLACE DURING THE ACADEMIC YEAR.

SEND GOOD NEWS FROM YOUR DEPARTMENT OR UNIT TO CSULIFE@COLOSTATE.EDU FOR INCLUSION IN APPLAUSE.

Drop off your tree for at these five locations!

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DECEMBER 26, 2017 – JANUARY 15, 2018

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**
1420 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)
- Fossil Creek Park**
5821 S. Lemay Ave. (enter from Lemay Avenue)
- Wellington Recycling Drop-Off**
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fcgov.com/recycling



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- 2014 Snowline Pinot Gris

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- 2016 Natale Verga Gavi
- 2015 Il Rocollo Montepulciano d'Abruzzo



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- 2014 Chateau Bel Air Haut-Medoc
- 2015 Chateau Gantonnet Bordeaux Blanc
- 2015 Chateau Bellevue D'Espy Bordeaux Rouge

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

- 2016 Baus Family Pinot Noir
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- 2015 Fog Mountain Cabernet Sauvignon
- 2014 Park Lane Chardonnay



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Dr. Martin Luther King March and Celebration

New lineup of facilitated discussions invites attendees to better the Fort Collins community

by Megan Hanner

For 30 years, the CSU Dr. Martin Luther King Jr. Celebration has brought the Fort Collins community together.

Every year attendees have the opportunity to walk in the annual March from Old Town to campus. The March is only a part the Dr. Martin Luther King Jr. Celebration. In past years, participants took part in essay and poetry contests. This year the celebration will include music, spoken-word, a community-service opportunity and a keynote speaker in addition to new facilitated discussions.

According to Bridgette Johnson, Director of the Black/African American Cultural Center, these discussions will better communicate the theme of this year's celebration, "Rise Up, Take Action!"

"We all have a responsibility in this community to create and promote unity and equity across differences," Johnson said.

The added discussions in the celebration is an effort to bring awareness of inequities within the Fort Collins community. In addition, it is the committee's goal to provide tools that will assist attendees in recognizing these inequities and combatting oppression.

Combatting oppression begins with dialogue on how to make the community a better place for all people, with a focus on those who continue to be marginalized by a system of oppression. The addition is designed to discuss how to recognize and fight oppression in Fort Collins, and to "Rise Up, Take Action!" in order to make the community a better place for all groups.

According to Johnson, the discussions are meant to be authentic and span across all generations.

"We hope to create a space for those who are underserved to be heard, as well as a space for allies to learn and do differently," Johnson said.

The 2018 Dr. Martin Luther King Jr. Celebration will take place Jan. 15, and anyone is welcome to participate in the dialogues. The day is a chance to celebrate Dr. Martin Luther King Jr, and recognize the progress that has been made. Attendees can also learn about and discuss the work left to be done.

"This event will be open to the entire community, and we are finalizing details," Johnson said.



JOIN THE MLK MARCH AND CELEBRATION

Martin Luther King Junior Day falls on Dr. King's actual birthday in 2018, and Fort Collins will celebrate his life and legacy with a march from Old Town to the CSU Campus.

The march will begin on the south side of Old Town Square at 11 a.m. After a charge, March Leaders will lead participants south on College Avenue, turn west onto Laurel Street, and head south through the CSU Oval and into the Lory Student Center Ballrooms where the formal program will begin. The program will begin shortly after noon and continue through 2:30 p.m.

IF YOU HAVE ANY QUESTIONS OR THOUGHTS, EMAIL ALI RAZA AT: ALI.RAZA@COLOSTATE.EDU

FOR MORE INFORMATION

LSC.COLOSTATE.EDU/CAMPUS-ACTIVITIES/DR-MARTIN-LUTHER-KING-JR-MARCH-CELEBRATION

Giving Tuesday results, thank you Rams!



THIS GIVING TUESDAY, YOU HELPED US EXCEED OUR GOALS:

10,470
Meals Donated to Rams Against Hunger
\$73,290
Dollars Raised for Rams Against Hunger
1,480
Giving Tuesday Donors
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Calling all Colorado artists

Help commemorate 20th anniversary of President’s Commission on Women and Gender Equity



The President’s Commission on Women and Gender Equity is seeking a work of art to commemorate its 20th anniversary at Colorado State University. All Colorado artists over 18 years old – as well as artists who have a professional or academic affiliation with CSU – are encouraged to apply.

A total of \$5,000 in prize money will be awarded. No more than two winning pieces will be selected, and the winning entr(ies) will become a permanent part of the Colorado State University collection.

The commission is seeking a completed work of art to commemorate not only this anniversary but also the contributions of women to Colorado State University since its founding. Women at CSU are and have been scholars, researchers, educators, innovators, artists, athletes, front-line workers, outreach specialists, role models, groundbreakers, and leaders in the organization as well as in their disciplines.

Submissions must speak in creative ways to the theme of advancing women in higher education and celebrating their contributions at Colorado State University. The creative interpretation of that theme is up to each artist, and works in all media, techniques, and styles are encouraged.

The University’s Lilla B. Morgan Arts and Culture Grants Committee will review all entries. The final selection will be made by the Office of the President and the President’s Commission on Women and Gender Equity.

FOR MORE INFORMATION

Entry deadline is Feb. 9, 2018; entry fee is \$25 (current students with a valid student ID can have this fee waived; stop by the Office of the President in 102 Administration to receive a coupon code). The winning entry will be announced during Women’s History Month in March.

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CONGRATULATIONS



Dining Services is proud to announce that KELLAN TURNEY, Production Assistant at the Braiden Dining Center, has been awarded the November Remarkable Service Award! This recognition program honors Dining Services’ employees who demonstrate remarkable service by going above and beyond their normal duties.

Kellan has shown leadership and direction to all his student employees including those with special needs. He takes time from his own duties to train others and help them avoid injuries while working in the kitchen. Braiden General Manager, Carol See, notes, “Kellan is always pleasant and respectful to both students and coworkers. He is a perfect example of an employee who upholds the Principles of Community by creating and nurturing an inclusive and welcome environment.”

Congratulations, Kellan!

Deadline to donate to Colorado Combined Campaign is Dec. 31



Dear CSU Colleagues:

TAs employees of the State of Colorado, the Colorado Combined Campaign is our one opportunity each year to make personal charitable contributions via payroll deduction. The choice of whether to give and to what organizations is completely up to you, and that information is kept confidential to the extent possible. Last year, state employees across Colorado gave almost \$1 million to the statewide campaign, supporting more than 600 nonprofit charities. CSU faculty and staff were the most generous contributors to the entire statewide effort, donating more than any other state agency or university.

As leaders of the Colorado State University employee councils, we're proud to lend our support and encourage your participation in the 2017 Colorado Combined Campaign. CSU takes part in this campaign to offer employees the convenience of giving to their favorite charities by payroll deduction. What we give through the campaign comes back to help make our communities stronger and healthier, benefiting charities that feed the hungry, aid the sick, promote arts and culture, support victims of disaster, and much more.

The 2017 Colorado Combined Campaign at CSU is happening now through the end of December. You should already have received your paper pledge form through your department. If you prefer to donate online, you can do so

easily at facultyandstaff.colostate.edu/ccc.aspx. To learn more about the campaign and which charities are participating, visit coloradocombinedcampaign.org.

Once again, all CSU donors will be entered in a drawing for a free CSU parking permit for next year, donated by Parking & Transportation Services, as well as other great incentive prizes.

The choice of whether to give – and to what organizations – is completely up to you, and that information is kept confidential to the extent possible. But every gift helps, and we hope you'll remember that even gifts of just a few dollars add up to make a big difference.

The CCC is a great tool for giving to charities outside of CSU. Though some CSU organizations are part of the CCC, if you wish to give to CSU programs, please do so directly through the university, which can also be provided through payroll deduction. You can do this at supporting.colostate.edu.

Colorado charities need our help – so let's show them, once again, that CSU cares. Please join us in lending a hand today by making a pledge to the Colorado Combined Campaign.

Sincerely,

Stacey Baumgarn

Chair, Classified Personnel Council

Tim Gallagher

Chair, Faculty Council

Shannon Wagner

Chair, Administrative Professional Council

New Professional Development Award program for CSU staff



The Classified Personnel Council (CPC), Administrative Professional Council (APC), and Commitment to Campus (C2C) have announced a new Professional Development Award program. Awards up to \$2,000 are available to support State Classified and Administrative Professional employees' requests to pursue a professional development activity of their choosing.

The activity must relate to the employee's

current job or career ladder at CSU and be approved by the employee's supervisor. Up to \$12,000 in award funds are available each fiscal year.

An award committee made up of CPC and APC appointees will consider each application, evaluate it based on established criteria and written responses, and select awardees accordingly. Only one award per year may be granted to any one employee.

FOR MORE INFORMATION

To apply for the Professional Development Award, submit an online application at the C2C website: COMMITMENTTOCAMPUS.COLOSTATE.EDU

APPLICATIONS ARE DUE JANUARY 15, 2018.



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A round of applause! CPC awards and recognitions

by the CPC Communications Committee

Educational Assistance Award

The Classified Personnel Council would like to congratulate the recipients of our bi-annual Educational Assistance Award. This semester, the CPC had the privilege of awarding \$500 to five deserving individuals.

- Anthony Martinez**
Custodial Supervisor (Facilities Management)
- Tegan R. Deeney**
Laboratory Support II (Soil and Crop Sciences)
- Ellen T. Audley**
Program Coordinator (Provost Office, Summer Sessions)
- Charlene J. Spencer**
Administrative Assistant III (Cell & Molecular Biology Graduate Program)
- Anthony R. King, Assistant Manager**
(Residential Dining Services)

Award recipients are able to use these funds for trade courses, certifications and college courses at any educational institution. Here is what employees are saying about using their awards and what opportunities they hope the additional education will provide:

- I am pursuing coursework in the Spanish language. I believe that learning Spanish is essential in communicating tasks and policies effectively to my Spanish speaking crew members and hope it will enhance opportunities for promotion within my department where a bilingual employee is an asset.
- I am working on completing a B.S. Business Administration/Human Resource Management. I believe this degree will not only help in my current position but will help forge a path to a city, state or national entity that assists transitioning military and veterans find meaningful employment to better the quality of

- life for themselves and their families.
- I am enrolled in a program through CSU Online. I feel that obtaining this degree will allow me to expand my employment opportunities at CSU and am already seeing the effects of the additional knowledge in my current position.

The Classified Personnel Council Education Assistance Award was established in 2009 to assist State Classified employees seeking to move ahead in their jobs or careers. It assists with costs associated with furthering their education, such as tuition, books, child care expenses and gas for traveling to and from class. Awards are determined by the amount of donations received. Applications will be open again in the spring 2018.

Outstanding Achievement Award

The Outstanding Achievement Award recognizes meritorious and outstanding achievement in job skills and services to the university by State Classified employees. Up to five awards are granted each year, which consists of a plaque, an award of \$1000 and special recognition at the Celebrate! CSU Awards Ceremony and Classified Personnel Council Recognition Luncheon. Nomination materials are also included in the recipient's permanent employment record.

The Outstanding Achievement Award provides an important opportunity for the University community to recognize the valuable contribution of State Classified employees at CSU. We hope you will consider nominating a deserving employee in your area.

FOR MORE INFORMATION

Nominations will be accepted from Jan. 3 to Feb. 16. Contact Carol Carroll at Carol.Carroll@colostate.edu with any questions. Visit CPC.colostate.edu for more information on all award and recognition opportunities available to CSU state classified employees.



Katie Esquivel received an Outstanding Achievement Award from Stacey Baumgarn, chair of the CPC, at this year's Celebrate! CSU Awards.



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Former staff member receives highest French order of merit

by Megan Shaw

Former staff member LeMoyné “Lee” Anderson was honored with the National Order of the Legion of Honor by the French government in Windsor last October. Long before his time at CSU, Anderson served in the Army and was involved in liberating France during World War II.

The award was given to Anderson along with five other veterans who reside in Colorado. Established in 1802 by Napoleon Bonaparte, the award is the highest French order of merit for military and civil merits.

“I was overwhelmed,” Anderson said. “I knew that there was such a medal available, but I didn’t expect this. *Je suis très content*. In French that means, ‘I am very pleased.’”

Anderson worked at CSU for 28 years as the director of libraries.

“CSU was on the route to developing when I came,” Anderson said. “The library collection was scattered, and our mission was to build a new central library and improve the collection.”

Beginning his long career with the university at 33 years old, Anderson believes his time at CSU was a terrific professional challenge for him.

“It gave me a chance to use my background and participate in a lot of professional organizations,” Anderson said. “I was president of the Association of Research Libraries, which was a professional achievement for me.”

Prior to his employment at CSU, Anderson’s military journey was extensive. In the same year that Anderson graduated high school, the war began with the attack on Pearl Harbor. He was called into active duty in 1942 while in Minnesota.

After his first frightening experience in combat at 18 years

old, Anderson and his unit made many movements in pursuit of German forces throughout Europe. During that time, he suffered several gunshot wounds, returned to combat and then found his way to France. The main goal of his unit was to liberate French towns from German forces one-by-one. During the process, he and his team were captured as prisoners of war.

“We were assigned to set up an outpost, and we got a little too reckless,” Anderson said. “We were surrounded by German forces and captured.”

“I KNEW THAT THERE WAS SUCH A MEDAL AVAILABLE, BUT I DIDN’T EXPECT THIS. JE SUIS TRÈS CONTENT. IN FRENCH THAT MEANS, ‘I AM VERY PLEASED.’”

Anderson and his fellow men were taken to an abandoned chalet by the Germans where they were held in captivity. Not long after, there was an uproar of rifle shots and the men believed they were being attacked by German forces yet again. Surprisingly, it was the Free French Independence (FFE), an underground organization that fought for the French.

“When we finally convinced the FFE we were Americans, they were so happy to see us,” Anderson said.

The FFE and Anderson’s unit joined forces and convinced their captors to turn themselves in, further aiding the French in liberation. After their return from capture, Anderson and the others rejoined their original unit and headed to the French Vosges Mountains. Here, Anderson developed trench foot. Due to this injury, he was classified as unfit for combat and assigned to the supreme headquarters of Gen. Dwight D. Eisenhower.

Following his service in the war, Anderson finished his bachelor’s degree at University of Minnesota, gained a doctoral degree from University of Illinois, and began a career in academia at University of Illinois at Chicago and Iowa State University. Following these pursuits, he arrived at CSU in 1957.



Former CSU staff member LeMoyné “Lee” Anderson pictured with the National Order of the Legion of Honor, the highest French order of merit for military and civil merits.

Following his service in World War II, Anderson worked at CSU for 28 years as the director of libraries.

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Volleyball team keeps going...and going...and going...

by Tony Phifer

When the CSU volleyball team opened play in the NCAA Tournament Dec. 1 vs. Michigan in Palo Alto, Calif., it was the 23rd consecutive NCAA appearance for the Rams. The team earned their coveted spot in the 64-team field by winning their 14th Mountain West title in the 20-year existence of the league.

Think about that for a second. The Rams have played in every NCAA Tournament since 1995. It is a streak so long, so enduring, that not a single member of the current team was born when it began.

Some historical context, circa 1995: The average price of an American home was \$113,500. The average car cost \$15,500. Braveheart was a box-office sensation. eBay made its debut, and DVDs were introduced. The DOW closed above 5,000 for the first time.

Sunny days

Closer to home, Rams football coaching legend Sonny Lubick had just claimed his second consecutive WAC title and Holiday Bowl trip. Campus landmarks like the McGraw Athletic Center, Computer Science Building and Academic Village did not exist. And the population of Fort Collins was 103,000 – more than 60,000 fewer than currently live here.

CSU's streak is something that no other Division I program in Colorado or the Mountain West can relate to. CU, which played CSU earlier this year and also earned a spot in the NCAA field, had a program-best 11-year NCAA run – less than half as long as CSU's – that ended in 2001. Only four other Division I volleyball programs have put together longer streaks.

Finding motivation in the streak

Heck, Tom Hilbert – the winningest Division I coach in Colorado in any sport – hadn't even arrived at CSU when the streak began. He was earning still NCAA berths at Idaho in 1995 – and didn't come to CSU until 1997, while the streak was at two. It's something he doesn't take for granted.

"I use the streak to motivate myself," said Hilbert, who



is 538-125 in 21 seasons at CSU. "Every off season I think we might not make it the next year, and I talk openly about weaknesses on our team. That's the way I keep an edge. It helps me prepare for the grind of the season, and I think it helps our players prepare for the challenge."

Hilbert wasn't exactly sure what to expect from this year's team. The Rams returned some talented veterans but were plagued by injuries and went into the season dependent on unproven players. But, as has been the case since 1995, the Rams found a winning formula.

Michigan...again

They took a 28-3 overall record and No. 23 national ranking into this year's tourney opener against Michigan – the same Michigan team they swept in their eighth match of the season. Five Rams were named to the all-Mountain West team announced at the end of November, including player of the year Katie Oleksak and newcomer of the year Breanna Runnels.

"This is as good of a team, in terms of balance, that we've ever had; we're really good in all areas," Hilbert said. "We'll need to have everyone on our team elevate their game at the same time if we hope to beat Michigan again. It's hard to do, but it can be done."

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FACULTY AND STAFF

Follow CAM through the LSC during

LSC LATE NITE DURING FINALS



shop

3:15 p.m.

Cam stops by the **CSU Bookstore** to pick up a couple of holiday gifts.



eat

3:45 p.m.

Cam warms up with a hot cocoa from **Intermissions**.



relax

4 p.m.

Cam heads over to the **LSC study room** he booked to grade final papers.



play

7 p.m.

Cam meets a colleague for dinner at **Garbanzo Express** in the **LSC Food Court**.



gather

7:45 p.m.

Cam stops to recharge at a **Late Nite Zen Space** to pick up stickers, an LSC coloring book, and colored pencils.



learn

8:10 p.m.

Heading back to finish grading papers, Cam grabs a mocha at **Intermissions** or **Sweet Sensations** for a caffeine boost.



gather

11:30 p.m.

On his way home after grading papers, Cam stops to get a relaxing chair massage, compliments of **Campus Activities**.

An equal-access and equal-opportunity University.

COMMUNITY



The Ugly Sweater Contest is only part of the fun at the Bookstore's faculty and staff appreciation night.

FACULTY AND STAFF APPRECIATION NIGHT

DEC. 6
4 – 6:30 P.M.

CSU Bookstore

Faculty and staff, along with friends and family, are invited to an evening of fun at the CSU Bookstore to celebrate all you do for CSU throughout the year. Open to all CSU faculty, staff and their families.

MINDFUL DROP-IN GROUP

DEC. 6
12:10 – 1 P.M.

LSC 324

Mindfulness has been shown by research to help manage stress, improve attention, boost the immune system, and promote health and well-being. Beginners welcome. Sponsored by the CSU Health Network and CSU's Center for Mindfulness. Free and open to all CSU students and faculty.

AFRICA CENTER COFFEE SOCIAL

DEC. 6
8:30 – 10 A.M.

Johnson Hall Room 108

Coffee socials offer students, faculty and community members the opportunity to gather and share their work in Africa. This is also an opportunity to learn about the continent, and it's a great way to meet others and discuss collaboration ideas! African coffee is served, with breakfast snacks, tea, juice and water. This event is free and open to the public.

MENORAH LIGHTING AND CHANUKAH CELEBRATION

DEC. 14
5 – 6 P.M.

Lory Student Center Plaza

Join President Tony Frank, students and faculty for the annual Menorah Lighting and Chanukah Celebration, featuring lighting of the giant Menorah, Jewish holiday music (including Adam Sandler) and traditional Chanukah foods (donuts and chocolate gelt). Come celebrate the Jewish Festival of lights.

COMMENCEMENT

DEC. 15-16
5 – 6 P.M.

Moby Arena and Lory Student Center

UNIVERSITY HOLIDAY OFFICES CLOSED

DEC. 22 – 27 AND JAN 1

CITIZEN OF THE WEST DINNER

JAN. 8
5 – 9 P.M.

National Western Events Center, Denver

Colorado State University President and CSU System Chancellor Tony Frank, DVM, Ph.D., will be honored as the 40th Citizen of the West at this event. Each year, the Citizen of the West is selected from community leaders who exemplify the spirit and determination of a western pioneer and are honored for their economic and philanthropic endeavors in the West. Proceeds from ticket sales help support approximately 100 scholarships for students studying agriculture, rural medicine and veterinary science in Colorado and Wyoming.

NATIONALWESTERN.COM



CSU Day at the National Western Stock Show is Jan. 13.

39TH ANNUAL PROFESSIONAL DEVELOPMENT INSTITUTE

JAN. 8 – 10

Lory Student Center

The 2018 PDI is an opportunity for all members of the Colorado State University community to come together, explore issues, share ideas and gain new insights from one another.

CSU DAY AT THE NATIONAL WESTERN STOCK SHOW

JAN. 13, ALL DAY, RODEO BEGINS AT 11 A.M.

Denver National Western Complex. More information to come at

ALUMNI.COLOSTATE.EDU.

2018 DR. MARTIN LUTHER KING JR. CELEBRATION

JAN 15, BEGINS IN OLD TOWN SQUARE AT 11 A.M.

The annual Dr. Martin Luther King, Jr. March and Celebration takes place in collaboration and partnership with many community partners. Celebrating the life and legacy of Dr. King reminds us of the progress we have made, and allows us to come together to work towards equity and justice for all. The theme this year will be "Rise Up, Take Action!" Sign up, volunteer and view the itinerary at

LSC.COLOSTATE.EDU.

ENTERTAINMENT

MUSIC AND DANCE

CSU HONOR BAND FESTIVAL CONCERT

DEC. 7 – DEC. 9

University Center for the Arts

Griffin Concert Hall

CSU's nationally renowned annual Honor Band Festival includes the best high school musicians from the Rocky Mountain Region. The festival features guest conductors and clinicians from across the country, and it is capped off with a performance by the High School Honor Band.

THE NUTCRACKER BALLET

DEC. 8 – DEC. 10

Canyon Concert Ballet and Fort Collins Symphony
Lincoln Center Performance Hall

See a classical ballet accompanied by a live, full orchestra, telling Tchaikovsky's iconic holiday story full of mystery, battles, and sparkling tutus.

LCTIX.COM

SINGING ON TAP COMMUNITY SINGALONG

DEC. 20
7 P.M.

McClellan's Brewing Co.
1035 S. Taft Hill Road

Larimer Chorale hosts a hoppy holiday sing-along, the second in the Chorale's popular Singing on Tap Series. Admission is free, food and traditional Celtic-style ales available for purchase.

LARIMERCHORALE.ORG

FIRST NIGHT FORT COLLINS

DEC. 31
5:30 – 10:00 P.M.

Downtown Fort Collins

This non-alcoholic, family-oriented, arts-based celebration attracts all ages. Audiences can enjoy more than 30 performances at seven venues throughout downtown. A firework show will begin in City Park at 10 p.m. This event is produced by the Downtown Fort Collins Business Association, and presented by UCHealth. Free and open to the public.

LITERATURE AND ART

JAPANESE FILM NIGHT "ONMYOJI"

DEC. 5
7 – 8:55 P.M.

Behavioral Science Building Room 131

The film "Onmyoji" is about practitioners of the art of onmyōji. The Heian period was a time when humans and various supernatural beings still coexisted with each other, the latter occasionally causing trouble to humans. The onmyōji were able to control and subdue these malevolent entities and other paranormal phenomena, and were thus held in high regard, being employed by the imperial court. This event is free and open to the public.

FRIDAY AFTERNOON CLUB: PAINTING AND HOT COCOA

DEC. 8
6 – 7:30 P.M.

International House

De-stress before finals! There will be plenty of warm drinks for everyone. Join weekly and connect with our international community, learn about special activities or volunteer opportunities and engage in new friendships from around the world. This event is free and open to the public.

WATER 2017 PHOTOGRAPHY EXHIBITION

DEC. 22-JAN. 27
ARTISTS' RECEPTION JAN. 26
6-8 P.M.

Center for Fine Arts Photography

400 N. College Ave.

This exhibition presents the prominent theme of water within the art of photography, both visually and conceptually, and across a range of photographic genres presented by 49 featured artists. Admission free and open to the public.

C4FAP.ORG

THEATRE AND PERFORMING ARTS

FALL 2017 FRESHMAN THEATRE PROJECT

DEC. 9
2 – 3:30 P.M. AND 7:30 – 9 P.M.

University Center for the Arts Studio Theatre

As a way for first-year theatre students to solidify themselves in the program, the students from the Freshman Seminar create and perform a derived production of their own in this fifth annual Freshmen Theatre Project. This event is free and open to the public.

CSUARTSTICKETS.UNIVERSITYTICKETS.COM

"A CHARLIE BROWN CHRISTMAS" PRESENTED BY LC LIVE

DEC. 22
2 AND 7:30 P.M.

Lincoln Center Performance Hall

This classic animated television special comes to life in a stage adaptation featuring all of your favorite characters and a Vince Guaraldi score. Join Charlie Brown, Snoopy, Lucy, Linus and the rest of the "Peanuts" gang as they mount a play, save a tree and uncover the true meaning of Christmas.

LCTIX.COM

"A CHRISTMAS STORY"

THROUGH DEC. 31

Midtown Arts Center

Back by popular demand! Based on the perennial holiday movie favorite, a leg lamp, pink bunny pajamas, and a triple-dog-dare are just a few of the obstacles between Ralphie and his Christmas dream. Capturing the seasonal wonder with heartfelt hilarious songs, show-stopping dancing, delicious wit, and a heart of gold.

MIDTOWNARTSCENTER.COM

Health and Exercise Science unveils new lab expansion

by Jeff Dodge

Richard “Gay” Israel would have been proud. On Nov. 15, the Department of Health and Exercise Science unveiled an expansion of the research facility that was the brainchild of Israel, who headed the department for 18 years and passed away in April 2016.

Barry Braun, who succeeded Israel as department head and ensured that the plan to increase the capacity of the Human Performance Clinical Research Laboratory came to fruition, pledged at the grand opening to raise enough donations to name the lab’s welcome area in Israel’s honor.

Then he presented his own personal check of \$3,000 as the first donation toward the \$125,000 needed.

The expanded HPCRL, located on the east side of Moby Arena, features more space for the Heart Disease Prevention Program, which identifies risk for heart disease and provides lifestyle modification plans. The initiative supports the health and wellness of firefighters, who die from heart disease at a rate much higher than the general population.

Four labs

The addition also includes new dedicated space for four labs available to donors as naming opportunities:

- **Movement Neuroscience and Rehabilitation Lab:** This lab features virtual-reality driving simulators that will be used in Assistant Professor Neha Lodha’s research on aging, the consequences of a stroke and the effectiveness of rehabilitation on older adults’ ability to drive. The lab

features state-of-the-art equipment as well as mobile, wearable sensors that assess movement in an everyday environment.

- **Clinical Biomechanics Lab:** Created in a former racquetball court, this lab is used for Associate Professor Raoul Reiser’s work on human movement during walking and running. The lab also studies interactions between footwear and playing surfaces, including the turf used in CSU’s new on-campus stadium. The state-of-the-art lab also features an instrumented staircase that records and measures downward force and joint angles to assess movement patterns and risk for falling as people walk up and down stairs.
- **Physical Activity for Prevention and Treatment Lab:** This lab will focus primarily on Assistant Professor Heather Leach’s research on exercise-based interventions for cancer patients and survivors. Several current projects focus on promoting lifelong physical activity and using exercise to improve physical and physiological outcomes in cancer survivors.
- **Sensorimotor Neuroimaging Lab:** Assistant Professor Brett Fling has set up a state-of-the-art Sensorimotor and Neuroimaging Lab where his group studies neurodegenerative diseases like multiple sclerosis and Parkinson’s disease, and tests and develops rehabilitative therapies.

The HPCRL has been designated as a CSU Program of Research and Scholarly Excellence since 2008. The Department of Health and Exercise Science is home to 1,400 undergraduate majors and is based in the College of Health and Human Sciences.

CSU CAMPUS TRIVIA WITH RUSS SCHUMACHER

Beth Hasbrouck didn’t have to do much research to get the right answer to the November trivia question about medal-winning Rams. She was an undergrad at CSU from 1996-2000, when Amy Van Dyken was swimming to her six Olympic gold medals – four in Atlanta in 1996 and two more in Sydney in 2000. Beth saw Janay DeLoach speak on campus after she won the bronze in long jump at the 2012 London Games.

“I just happened to see the question, and said, ‘Hey, I know that one,’ so I sent it in,” she said. “I’ve always been a swimmer, so I followed Amy closely.”

(Special shout-out to Sam Ernst in University Development, who knew that three-time Paralympian swimmer Erin Popovich, holder of 19 gold and silver medals, is also a proud Ram.)

Beth has been teaching English to international students for 12 years, first in the Intensive English program and now with INTO CSU. She lived in several countries while her father was in the Air Force, but her parents settled in Colorado Springs just before Beth came to campus, where they still live today.

For having her correct answer chosen at random from all the correct ones submitted, Beth received a \$10 gift card to Mary’s Mountain Cookies, and the coveted CAM the Ram bobblehead autographed by State Climatologist Russ Schumacher, the winningest Ram to ever appear on *Jeopardy!*



THE NEXT ISSUE OF CSU LIFE WILL BE IN MAILBOXES FEB. 5. SO, OVER BREAK, THINK ABOUT CSU MASCOTS.

Q: CAM the Ram has been the official mascot of Colorado State University for over six decades. Name either of the other two animals that have represented CSU during the first half of the 20th century.

Email your answer to CSULIFE@COLOSTATE.EDU by Jan. 12, 2018, with December Trivia in the subject line.

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**Monthly charges exclude taxes & Sprint Surcharges [incl. USF charge of up to 18.8% (varies quarterly), up to \$2.50 Admin. & 40¢ Reg. /line/mo & fees by area (approx. 5-25%)]. Surcharges are not taxes. See sprint.com/taxesandfees.

Activ. Fee: Up to \$30/line. Credit approval req. **Sprint Unlimited Freedom Plan:** Offer is for a limited time only. Req. eBill & new acct. activ. Incl. unlimited domestic calling, texting & data. Third-party content/downloads are add'l. charge. Sel. int'l. svc. incl. see sprint.com/globalroaming. Plan not avail. for tablets/MBB devices. **AutoPay:** \$5/mo discount may not reflect on 1st bill. **Quality of Service (QoS):** Customers who use more than 23GB of data during a billing cycle will be deprioritized during times & places where the Sprint network is constrained. See sprint.com/networkmanagement for details. **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 use rules apply — see sprint.com/termsandconditions. **SWP Discount:** Sel. SWP only. \$5/mo SWP discount on phone line 1 of svc. on Unlimited Freedom Plan. Avail. for eligible company employees or org. members (ongoing verification). Discount subj. to change according to the company's/org.'s agmt. with Sprint & is avail. upon request. Not avail. with no credit check offers. Limit one SWP discount per acct. Acct. must remain in good standing to receive discount. **Other Terms:** Offers/coverage not avail. everywhere or for all phones/networks. May not be combinable with other offers. Restrictions apply. See store or sprint.com for details. © 2017 Sprint. All rights reserved. Sprint & logo are trademarks of Sprint. Other marks are property of their respective owners. N175A18b

KEEP YOUR HOLIDAY SEASON GREEN

TIPS FOR REDUCING, REUSING AND RECYCLING THE HOLIDAY TRIMMINGS FOR A GREENER SEASON

According to Use Less Stuff, a widely read newsletter aimed at spreading the benefits of source reduction, Americans throw away 25 percent more trash during the period between Thanksgiving and New Year's Day than any other time of the year.

THE EXTRA WASTE AMOUNTS TO

25 MILLION TONS OF GARBAGE

OR ABOUT 1 MILLION EXTRA TONS PER WEEK



Minimize wrapping paper by giving gifts in reusable boxes, bags or gift baskets.

Consider purchasing some gifts with minimal packaging and always recycle as much packaging as possible.

Tissue and wrapping paper (except foil wrapping) as well as No. 1-7 plastics, cardboard and paperboard can all be recycled in Fort Collins. Local recycling centers can be found online at fcgov.com.

SHOP LOCALLY WITH REUSABLE BAGS

If you need to shop online, have the gifts delivered directly from the vendor instead of mega-site to save on shipping and carbon footprint.

REUSABLE AND WELL MADE DECORATIONS

Can be enjoyed and used for many years

TIMED LED LIGHTS

Ensure lights are on in the evening but not overnight or during daylight hours to save energy with your holiday displays.



A LIVING TREE IN A POT

can be brought indoors year after year, or planted in your yard in the spring.

PREFER LIVE CUT TREES?

Local trees will be fresher, have a smaller carbon footprint, and will last longer than trees that have traveled.

RECYCLE YOUR TREE

The City of Fort Collins as well as many neighborhoods host collections in early January.



CUT YOUR OWN

Permits for harvesting in Red Feather Lakes available at the US Forest Service Visitor Center in Fort Collins.

Cutting dates are Dec. 2-10.

Call 970-295-6700 for more information.

You can avoid waste all together by giving **EXPERIENCE GIFTS** like a dinner out, seeing a show, or donating to a favorite charity. Supporting community theater, museums, restaurants, spas, and artists is a fun way to give back and go green.

Winter Workouts

The changing seasons and colder weather may have you considering whether you should move your workout indoors but in Colorado you don't have to. You can keep up with year-round outdoor activity between Colorado's signature sunny days. Here are some tips for adapting your workout to the colder weather. Clothing, hydration and traction are key for winter workouts for both runners and bikers.

by Kimberly Burke

Clothing

Check the weather and dress accordingly. There is a big difference between 40 degrees and sunny, and 40 degrees and windy. Cover key areas including your head, ears, hands, and feet. This includes hats, earmuffs, sunglasses, scarfs, gloves and shoes that may be waterproof or water-repellent. Layers make the difference in any workout, especially a winter workout. Be sure that you can adjust your layers easily on the go by choosing garments with zippers. Many athletic apparel lines offer seasonal clothing to help you select the right winter items such as running tights or biking gloves. Although not traditionally thought of as clothing, another layer you should include

during winter is sunscreen. Sunburns are a year-round concern in Colorado. Avoid the goggle burn and keep your skin safe and healthy by lathering on the SPF. Clothing can contribute to your safety during this time of year Stay visible during workouts, especially if you are working out by roads. Early sunsets and grey mornings may make you hard to see, so use your layers to make sure you're visible.

Hydration

It is important to stay hydrated no matter what time of year it is. In warmer weather we may be triggered by heat and sweat to ensure we drink enough water. In the colder months these signals may be harder to read. Think about consumption before, during and after exercise. Always keep water close at hand, and consider hydrating with a warm drink after working out.

Traction

When the winter gets snowy, icy and everything in between, having bike tires and shoes with good traction makes a world of difference. Bike tires can be modified for greater traction during the winter months, and wider tires with a little less pressure than usual can be advantageous. These modifications give the tire more surface area and contact with the road when biking. When braking, start with rear brakes before front breaks to prevent spinning out. Shoes with good tread will keep you safest, and options with more traction like trail shoes or clamps will provide greater grip if running on snow and ice. Many surfaces will be plowed during the winter, so you can generally keep to your regular routes without changing much. Keep an eye out for ice and stay safe!

MEET THE COLUMNIST

Kimberly Burke is the director of the Adult Fitness Program at Colorado State University, an outreach program through the Department of Health and Exercise Science. Adult Fitness offers exercise opportunities for employees of CSU as well as community members, while providing hands-on learning experiences for health promotion students. To learn more see hes.chhs.colostate.edu

Congratulations!

September Employee of the Month – Joe Bohman

Joe Bohman has been on the Housing and Dining Facilities After Hours Crew since it began over 25 years ago! The After Hours crew is in operation 365 days per year to provide emergency or urgent response after business hours to Housing and Dining Services' customers. Joe takes this responsibility seriously and if no one is available to cover, he steps up and takes the shift or multiple shifts to ensure coverage is available. Joe has made the on-call schedule for years and he ensures that the schedule is covered for every week, including holidays and weekends! Joe deserves to be recognized for all the time and energy he puts into the After Hours program.



Employee of the 3rd Quarter – Shelly Gritten

Shelly Gritten has shown unrivaled initiative and an outstanding sense of ownership in ensuring on-campus partnerships paramount to the success of HDS Facilities are not only maintained, but improved.



Prior to Move-In, Shelly took it upon herself to form critical relationships with both Residence Life leadership and incoming staff. Feeding on lessons-learned from previous years, she spearheaded the overhaul of the annual training given to Community Desk Managers. Her efforts, no doubt, prevented countless hours of rework historically caused by miscommunication and misconceptions. Later that same month, Shelly was a consummate professional with record-keeping for the complex and high-stakes reconfiguration of the CSUPD key system. Sgt. Adam Smith personally thanked her for her extraordinary attention to detail, and her work allowed the seamless issue/re-issue of all keysets utilized by sworn police officers in a single day.



Colorado State University

RAM  **ZONE**

THE OFFICIAL STORE FOR CSU RAMS

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for the holidays*

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In the Northern Hotel
970-492-4977

475 17th Street
CSU Denver Center
303-376-2624

751 W. Pitkin
CSU Stadium
970-491-2416

December 22 added as University holiday

Colorado State University will observe Friday, Dec. 22, as a holiday, in addition to the regularly scheduled closure Dec. 25-27. The additional day off is authorized as a day of administrative leave for State employees, which includes Colorado State employees.

The additional day is the result of Gov. John Hickenlooper declaring Friday, Nov. 24, as an additional holiday for state employees. The University's current holiday schedule designates Nov. 24 as a day of closure. Therefore, CSU will observe the extra day off on Dec. 22.

Departments not able to fully close on Dec. 22 should reschedule this day of administrative leave for essential employees in accordance with the provisions of Holiday Leave as outlined in Section 3-3 on page 19 of the Human Resources Manual, available on the Human Resources website at hrs.colostate.edu/pdfs/hrs-manual-3-state-classified.pdf.



Registration is open for this year's Professional Development Institute

by Melisa Leavenworth

Leap into the New Year by registering for The Institute for Learning and Teaching's 39th Professional Development Institute. The annual event will be held from January 8 to 10 at the Lory Student Center.

PDI offers CSU faculty members, state classified personnel, administrative professionals and graduate students an opportunity to enhance their professional growth and personal enrichment. 135 sessions focus on teaching and learning, CSU processes and procedures, and personal exploration will be offered at this year's event.

"This is a great opportunity to learn and grow," said Debora Colbert, Director of Professional Development. "Attending to network with others is a large benefit in its own."

The PDI lineup offers a variety of workshops including professional topics and sessions that are more personal. Workshops cover topics such as campus computer systems, leadership mindset, support animals on campus, bicycling on campus, and gardening in Colorado, diabetes awareness, and much more.

"Diversity and self-care sessions are popular," said Colbert. "They give participants new information that can be



Leap into the New Year!

implement in real-life situations."

This year, TILT is collaborating with Training and Organizational Development to offer an opportunity complete the foundation courses that are part of the Supervisor Development Program at PDI. The Supervisor Development Program must be completed within a three-year timespan, and PDI serves as an opportunity to finish up the foundational courses.

"The supervisory role is an extremely important one because supervisors impact employee engagement and satisfaction," said Colbert. "We offer the foundational courses to the Supervisor Development Program so that supervisors who need training can finish all four sessions over a three-day period."

FOR MORE INFORMATION

To browse the program and register for sessions, visit TILT.COLOSTATE.EDU/PRODEV/PDI.

For more information, contact Debora Colbert at DEBORA.COLBERT@COLOSTATE.EDU.



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Rams on the Street

by Laurel Thompson

Now that the University has made Friday, Dec. 22, an official holiday, what will you do with your extra day off?

Mike Humphrey

Journalism & Media
Communication
Instructor

"I have the rare privilege of working at a place where my wife also works, so when you get a day off like this, the whole family does. When it gets closer to Christmas, we like to drive up to the mountains and go to one of the hot springs and the Boulder Dushanbe Teahouse, so it's a really fun, relaxing 'take care of yourself' kind of day. We use those times to reflect on things and ask big questions like 'Is this the life you were hoping you'd have?'"



Donalyn Kliewer

Resources for Disabled
Students, Services
Coordinator

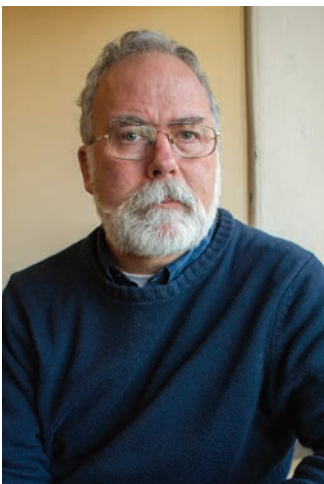
"I was really excited to get an extra day off, so I'm going to do some holiday baking that I haven't had time to do for years. I used to have like 16 favorite holiday recipes and I would bake things to share with friends and people in my neighborhood. Some of them are a cherry mash with cherry and dark chocolate, trail mix, sugar cookies, peanut butter bars and a lot of old recipes my grandma and mother-in-law used to bake for the holidays."



John Eisele

Colorado State
University
Photographer

"My wife and I will probably go up to the mountains and ski. My wife was a ski instructor back in the day and her parents have a condo in Winter Park, so we like to go up pretty often and kill a day or two up there, watching the snow and the crowds and attempting to avoid them. I do really like Mary Jane and the Sunnyside area."



Denise Apodaca

School of Music,
Theatre and Dance
Instructor

"My hope is to be able to go and stay where my dad was born in Durango, Mexico for a little while and do some kind of a music camp for the villagers there to promote the arts. I want to spend time with the kids and families and give them some light because they don't have a lot of resources like that there. We did a similar thing with 'Kids Do It All' in Todos Santos a couple years ago, which was a great camp but was sponsored in a different way. This is kind of my own thing, so it'll be a personal philanthropic venture. Plus, I go to Mexico once a year anyway because I love to visit and keep my roots."



Tara Opsal

Sociology Professor

"I will actually be working and will probably use that day to write a bunch of letters of recommendation for undergraduate and graduate students who are applying for jobs or grad school, which is a really fun task for me. But nobody should feel sorry for me working on the 22nd because I'm going to Mexico with my partner for a few weeks during break. We're spending a couple of days in Mexico City, Oaxaca and then the coast, so the plan is to do city stuff, hiking and to be at the ocean where I can read some fiction."



Judy Belarano

School of Music,
Theatre and Dance
Instructor

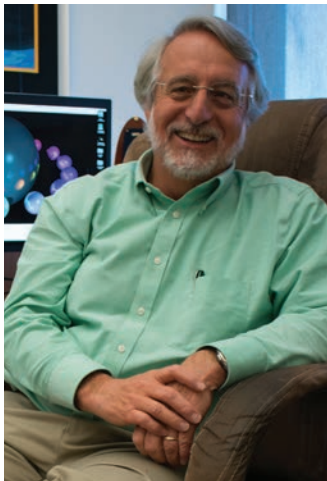
"Since what I do is always inside studios, theatres and offices, I want to be outside and rent some snowshoes or maybe make it up to a cabin. Even though I love teaching, creating and choreographing, I want to be able to step away and not think about all of it because winter break starts right after all the productions I'm involved with finish up. My sons will all be in town at that point as well, so we will definitely make something of that time together as a family."



Ross Beveridge

Computer Science
Professor

"My two kids and I are flying out to the Galapagos Islands for a Smithsonian family tour, which will be really cool because it's a pretty high-end experience that the Smithsonian Institution contracts. Rather than being an average adult tour, the expectation is that you'll have multiple generations with multiple families all learning together, which makes things much more interesting. We are meeting up with some family friends who signed up for the tour as well, so it'll be really fun to reconnect over the coming weeks."



by Megan Shaw

Three CSU services offer a wide variety of food and price options for events of all sizes. Lory Student Center Catering, Housing & Dining Services, and the Intercollegiate Meat Judging Team serve events on campus and in the broader Fort Collins community.

Lory Student Center Catering

Lory Student Center has offered catering services since the 1990s and hosts a number of events each year. The LSC had over 4,200 events last year alone. One of Lory Catering's most successful events has been the annual 1870 Gala, which is an event for more than 700 people.

“We offer food geared toward the student body, business events, and weddings,” said Patrick St Clair, assistant director of Lory Catering Services. “We strive to utilize locally grown and sourced ingredients in the most sustainable way possible.”

Lory Catering also provides service for departmental meetings, holiday parties, conferences and a wide range of other gatherings. By supporting Lory Catering, clients help provide employment to students at CSU.

For more information on Lory Catering, visit lorycatering.com

CSU Housing & Dining Services

Housing & Dining Services has offered catering to the CSU community for many years. Their main purpose is to provide hospitality and catering for groups involved in residence life and other events that use the resident facilities, such as Ram Welcome. They also work in support of the LSC with events that host large groups.

"If the LSC is unable to do events, groups on campus can utilize our resources as well," said Jennifer Kennedy, general manager of Durrell Dining Services. "We have several meeting rooms that hold several hundred people."

If groups want to reserve these spaces, they can receive



The Intercollegiate Meat Judging Team offers on-campus catering and is well-known for their Texas and Southern-style barbecue.

50 percent off their room rental by using Housing & Dining catering services.

For more information on Housing & Dining catering services, visit housing.colostate.edu/dining/catering

The Intercollegiate Meat Judging Team

CSU's Meat Judging Team provides a full-service catering menu wide and a variety of meat processed at CSU. All proceeds go toward funding travel and competition expenses

for the Meat Judging Team.

The catering services offered by the Meat Judging Team features Texas and Southern-style barbecue. According to the team's faculty advisor, Dale Woerner, they host a variety of events like small business meetings, large back-to-school functions and all types of private parties in between.

For more information on Ram Country Meats, visit ramcountrymeats.colostate.edu/catering-services

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Regular exercise helps avoid fat cats and pudgy pooches

by Dr. Camille Torres-Henderson

This time of year, busy schedules and frequently frigid weather make it harder to stick with healthy habits, such as taking the dog for a walk. Yet finding ways to exercise your dog and cat during the winter can benefit the whole family, and save your pet from becoming a fat cat or a pudgy pooch.

In the past few years, awareness of pet obesity has increased among veterinarians and pet owners, but we still suffer from a “fat gap,” as many pet owners fail to recognize their pets’ weight problems, according to the American Veterinary Medical Association. Extra weight can lead to diabetes, heart and lung disease, skin conditions, arthritis, high blood pressure and even cancer.

Benefits of exercising your pet

- Improved overall health: “The number one thing you can do is keep your dog at a healthy weight,” says Dr. Felix Duerr, CSU’s small-animal sports medicine specialist. “They will have less arthritis and live a longer, healthier life.”
- Weight control: You should be able to feel your pet’s ribs – not a layer of fat – beneath his fur. If you stand looking down at your pet, you should be able to see a waistline. From the side, the underbelly should be tucked up.
- Reduction of unwanted behavior: Exercise can cut down on chewing, digging, vocalizing and other unpleasant habits.
- Stronger muscles and improved flexibility: Strength and agility can decrease risk of injury for pets, just as they do for people.
- A stronger human-animal bond: Spending quality time with your pet will make you both happier.

Let’s get physical

We know cold weather can make us, and our pets, want to stay inside, so when it’s cold outside, try these indoor ideas.

- Fetch: Dogs and cats enjoy playing fetch. Use different types of toys to keep the game interesting.
- Hide and seek: Hide food or low-calorie treats around the house. This is a great way to provide cats with mental stimulation any time of year.
- Food puzzles: These “toys” make the dog or cat work to get their food, which provides a great mental workout.
- Laser pointer: Both dogs and cats enjoy chasing the light around the house.
- Clicker training: Using a handheld device that makes a clicking sound is a great training tool for behavior modification in dogs and cats.
- Feather on a stick: Many cats love the thrill of hunting and chasing these feathers. It’s a great way to get them up and moving.
- And don’t forget plain-old walking: Bundle up and take your dog for a brisk walk if the temperature will allow. Start out quickly, and only allow pausing and sniffing on the return route. Consider booties to protect your dog’s feet from the snow.

After the winter months pass, more rigorous exercise should be gradually reintroduced. Consult your veterinarian with questions regarding appropriate types of diet modification and exercise that can help keep your pet active and healthy this winter – and throughout its life.



PET HEALTH

MEET THE COLUMNIST

Dr. Camille Torres-Henderson is a veterinarian with the Community Practice service at Colorado State University’s James L. Voss Veterinary Teaching Hospital.

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CSU COOKS

CARROT AND SWEET POTATO SOUP WITH CRANBERRY RELISH

WARM UP WITH THIS DELICIOUS VITAMIN A-RICH SOUP THAT FEATURES MANY POPULAR HOLIDAY INGREDIENTS! RECIPE FROM KENDALL REGAN NUTRITION CENTER.



INGREDIENTS

Soup:

- 1 large sweet potato, peeled
- 1 large carrot, peeled, cut in 2-inch chunks
- 1 small onion, cut into 8 wedges
- 1 Tbsp. olive oil
- 4 cups organic vegetable broth
- 1 tsp. finely grated fresh ginger
- 1/4 tsp. salt
- 1/4 tsp. fresh ground black pepper

Relish:

- 3/4 cup fresh cranberries, chopped
- 3 Tbsp. fresh orange juice
- 1 Tbsp. chopped shallots
- 1/2 tsp. sugar

DIRECTIONS

Relish:

1. Combine all 4 ingredients in a small bowl and set aside.

Soup:

1. Preheat oven to 400 degrees.
2. Combine carrots, sweet potato, and onion on a baking sheet, drizzle with oil. Toss to coat. Bake for 30 minutes or until vegetables are tender and just beginning to brown.
3. Place vegetables, broth, and ginger in a Dutch oven or large pot over medium-high heat. Bring to a boil, then cover, reduce heat and simmer for 20 minutes.
4. Place half of vegetable mixture into a blender. Remove center piece of blender lid (to allow steam to escape) and secure lid on top of blender. Place a clean towel over opening in blender lid to avoid splatters and blend until smooth. Pour pureed mixture into a large bowl and repeat procedure with remaining vegetable mixture. Stir in salt and pepper.
5. Serve topped with relish.

SERVING SIZE: 1 CUP
YIELD: 4 SERVINGS

Calories	114	Saturated fat	0.5 g
Protein	3.3 g	Dietary Fiber	2.7 mg
Total fat	3.5 g	Cholesterol	0.0 mg
Total Carbohydrates	17.0 g	Sodium	736 mg

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MSFN reception, distinguished service awards

by Lena Ham

The Multicultural Staff and Faculty Network is welcoming all members to its annual fall reception on Dec. 4 from 4:30 to 6:30 p.m., in the Iris and Michael Smith Alumni Center, to celebrate and recognize Colorado State University's diverse community.

The committee is also welcoming a new chair and chair-elect to the team. Shane Kanatous, an associate professor in the Department of Biology, now serves as chair. The incoming MSFN chair-elect for the new year is Patricia Vigil, director of University Partnership and Student Success in the Access Center.

"Shane Kanatous is a passionate advocate for diversity and inclusion," says Sonjia Graham, an MSFN board member. "His efforts are geared toward the inclusion of underrepresented students in the field of science."

Kanatous also serves as a faculty advisor to the Society for Advancement of Chicanos/Hispanics and Native Americans in Science, which is an inclusive organization dedicated to helping students succeed in positions of leadership in science, technology, engineering and mathematics.

What is MSFN about?

MSFN was created to serve faculty and staff who self-identify as a person of color or with a community of color, to be involved in upcoming events and issues the network is addressing. The network's vision is to

help multicultural staff and faculty voices feel visible and engaged in a community that supports, empowers and sustains them. The group's mission is to influence campus culture and conversation by building community, aiding critical dialogue around issues of diversity, providing professional development opportunities, and hosting social and networking opportunities for staff and faculty.

The MSFN Fall Reception is an opportunity for multicultural staff and faculty to build relationships, come together and enjoy one another's company.

In addition to Kanatous and Vigil, the MSFN board members include Past Chair Jimena Sagas, college liaison librarian/assistant professor at Morgan Library; Carlos Olivo-Delgado, an academic success coordinator and instructor in the Department of Chemistry; Teresa McClure, student service coordinator in the Graduate School; Michelle Foster, an associate professor in the Department of Food Science and Human Nutrition; Greg Florant, a professor in the Department of Biology; Lumina Albert, an associate professor in the College of Business; Arlene Nededog, director of inclusion for the College of Natural Sciences; Kim Austin Mbadinga-Nzamba, assistant director for diversity and inclusion for CSU Athletics; Sonjia Graham, Front Range program assistant for CSU Extension; and ex-officio member Mary Ontiveros, vice president for diversity.

MULTICULTURAL



STAFF & FACULTY
NETWORK



SHANE KANATOUS



PATRICIA VIGIL

DISTINGUISHED SERVICE AWARDS

NOMINATIONS FOR THE MSFN DISTINGUISH SERVICE AWARDS ARE NOW OPEN FOR ADMINISTRATIVE PROFESSIONALS, FACULTY AND STATE CLASSIFIED STAFF.

THE NOMINATION DEADLINE FOR THE 2018 MSFN AWARDS IS FEB. 12, 2018, BY 5 PM MST. PLEASE SEE THE MSFN WEBSITE AT MSFN.COLOSTATE.EDU FOR MORE INFORMATION ABOUT SUBMITTING NOMINATIONS.

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