Rams make ag an adventure

Orientation and Transition Programs honored with inaugural Ram Pride Service Award in December

by Nik Olsen

Service above self™ can be seen through a commitment to professionalism, an honest desire to help another person, and putting the best foot forward on behalf of Colorado State University.

Service is among the core missions of land-grant universities such as CSU, and to honor the people, programs and units that exemplify a service-above-self credo, CSU President Tony Frank has created the Ram Pride Service Award.

“Service is one of our most cherished values as a public institution,” Frank said as he presented the inaugural award to CSU’s Orientation and Transition Programs team at a December meeting of the Board of Governors of Colorado State University System. “It’s a commitment that is modeled, for better or worse, in every interaction we have with students, alumni, parents and the public – which means the quality of service we provide depends entirely on the commitment and professionalism of our faculty and staff.

“This award is designed to recognize those who ensure that the value we place on service is more than just rhetoric; those who treat service as one of the highest callings of a public university.”

The selection of CSU’s Orientation and Transition Programs honored with the inaugural Ram Pride Service Award is a testament to the commitment of the entire CSU community to giving back and making a difference in the lives of others.
Health and Exercise Science
The Department of Health and Exercise Science will be receiving
new scholarship funding from alumna
Jane Sullivan (90, M.S.). She is
committed to generating an endowed
scholarship fund for students
interested in group fitness instruction,
corporate fitness, cardiac rehab,
medical professions and scientific
research. The gift also includes
sponsorship of the Microscope Room
in the Human Performance Clinical/
Research Laboratory in memory of
her husband, Doug Sullivan.
The facility is focused on research
concerning diabetes, heart disease,
obesity and aging.
“Obtaining my master’s degree
not only gave me the scientific
knowledge that I was yearning for,
but it also gave me confidence in
my ability to help participants, and
allowed me to enjoy teaching all the
more,” Sullivan says of the education
she received at CSU.

Microbiology, Immunology and
Pathology
CSU scientists who make up one of
the world’s top tuberculosis research
laboratories have helped test the first
tuberculosis drug approved by the
Federal Drug Administration in 40
years.
Johnson & Johnson Co. recently
announced that the drug bedaquiline
had obtained initial approval for the
treatment of multidrug-resistant
tuberculosis—a rapidly growing and
dangerous strain of tuberculosis
that now afflicts more than 650,000
people around the world.
Bedaquiline was discovered by
Johnson & Johnson researchers in
Belgium in 2005. In 2007, a research
team led by CSU’s Anne Lenaerts
and Ian Orme published a paper with
J & J collaborators revealing that
the drug showed fast-acting, highly
effective treatment of tuberculosis.
The university’s tuberculosis
researchers—the largest group in the
nation—have attracted more than $93
million in funding since 1981.

Fish, Wildlife and Conservation
Biology
CSU Professor Delwin Benson has
been awarded the Wildlife Society
Distinguished Service Award. Benson
was nominated by the Central
Mountains and Plains section,
receiving the award at the Wildlife
Society’s annual meeting in Portland,
Ore.
Benson has been honored by the
society on three additional
occasions for conservation and
hunter education, the national Wildlife
Habitat Evaluation Program and a
book award for “Wildlife Stewardship
and Recreation on Private Lands.”
Benson has consistently pursued
teaching students wildlife and
conservation at CSU for 37 years and
continues sharing his passion.
Ken Wilson has been appointed by the
U.S. Department of Agriculture to a
two-year term on the National
Wildlife Services Advisory Committee.
Wilson is the head of the Department
of Fish, Wildlife and Conservation
Biology at CSU’s Warner College
of Natural Resources, and is a
prominent expert in wildlife
management and conservation.
During his term, Wilson will counsel
the USDA on the actions and
strategies of wildlife services, a
program within the U.S. Department
of Agriculture’s Animal and Plant
Health Inspection Service.

In Memory
Jerold C. “Robbie” Robertson
Jerold C. “Robbie” Robertson, Fort Collins, died on Dec. 8, at Poudre Valley Hospital.
He was born on March 20, 1933, in Provo, Utah. He was a chemistry professor
at CSU and retired after 35 years of teaching. Following retirement, he worked an
additional five years for Environmental Services at Colorado State.

Carole Sue Freemole
Carole Sue Freemole was born in Belle Fouche, S.D, on Jan. 19, 1947. She worked
for nearly two decades as a counselor at CSU. She also maintained a private practice
where she focused mostly on helping the underprivileged. She passed away Dec. 2.

David Alan Kinkaid
David Alan Kinkaid, 63, of Fort Collins passed away on Dec. 19. He was born in
Wichita, Kan., on July 2, 1949. He served as an environmental health offi cier at CSU
1981. He was a chemistry professor
at CSU and retired after 35 years of teaching. Following retirement, he worked an
additional five years for Environmental Services at Colorado State.

Wanda L. Mayberry
Wanda L. Mayberry passed away in her sleep Dec. 18, in her Fort Collins home.
She was 78. She was born Feb. 5, 1934, on a farm near Brighton. From 1973 until
her retirement in 2000, she spent her academic career at CSU as a faculty member,
department head and coordinator of graduate studies.

Complete obituaries are available at Today.colostate.edu.
CSU sweethearts share on-campus romance

by Courtney Riley

Romance among members of the Colorado State University community is more than campus crushes. Two couples on the faculty and staff share their love for each other and CSU — and their stories.

After meeting one another when both were working at Big Brothers Big Sisters in Tennessee, Brent Waugh and his wife of less than a year, Megan, went on their first date. It started off a little “bumpy.”

“He’s bumpy,” said Megan, who works two jobs at CSU: as an events and communications coordinator for the College of Engineering and as a marketing and development assistant for the University Center for the Arts.

“I remember that Brent quickly befriended, said Megan, “and we met a lot of people who enjoyed the same things. I guess we were showing off because the Brent I know now is definitely a house-wine kind of guy!”

“Before we met, I thought he would rather be sitting at dinner with her than me,” she said. “Now I know that’s just Brent; he makes friends everywhere he goes.”

After dinner, the couple ventured to Oodles, a wine bar.

“After dinner, the couple ventured to Preservation Pub. ” Brent said, “and Meg always kids me that it’s the most expensive date we’ve ever been on. It definitely is.”

That first date was very special, Megan said, and after some great conversation, she knew there would be more to come.

The Waughs were married last summer in Granby, and Megan describes their relationship as “the perfect balance.”

Brent is definitely a Type A personality, and I am more reserved,” she said. “I value my relaxing time while Brent can’t sit still. He kicks me into gear and I calm him down. He’s the yin to my yang.”

According to Brent, his wife is the most beautiful person he has ever met, inside and out.

“She’s kind and cares deeply about others,” he said. “She’s funny, she’s deep, she’s open-minded, she loves to read, she volunteers in the community, she enjoys art and good conversation — so many traits to fall in love with.”

In addition to building friendships and memories at CSU, Brent and Megan walk or bike to work together almost every day.

“That simple activity has brought us together more than one would think,” Brent said.

The couple moved to Fort Collins when Megan was admitted to CSU’s graduate school and Brent was offered his job with the university.

“I found out I was admitted the same week he got his job,” Megan said. “CSU brought us to Fort Collins, where we were able to grow our relationship. It’s no wonder we decided to tie the knot in Colorado — it’s where we really became the strong couple we are today.”

Love over the long term

The Waughs can look forward to those bonds deepening with the years, if Patrick Brennan and Carol Blair are any indication. The couple, both microbiology, immunology and pathology professors, have been married for almost 45 years. They say they also have been brought closer together while being part of the CSU community.

CSU and the stability of our positions over the years strengthened the family/husband relationship,” Brennan said. “It provided us with joy (and sorrow) through our Ram Club membership, Adult Fitness Program and cultural events. Out of other CSU faculty sprang our greatest friendships.”

Brennan was a postdoctoral fellow at the University of California-Berkeley, and Blair a graduate student in the Virology Lab at UC, when they met at a party in Berkeley in February 1966. They saw a double-feature movie when they went on their first date.

“Then I bored Carol to tears talking about my research,” Brennan said.

“He came highly recommended by a mutual friend, who remains a good friend of ours today,” Blair said. “His Irish accent, culture and sense of humor, and his knowledge of history and geography, among other things, were intriguing.”

Brennan said he was impressed with Blair’s vivacity, humor and intelligence.

“She has a broad education at Utah and Berkeley, such that she seemed to understand and know not alone scientific principles but literature, music, nature.”

“She taught me to drive a car,” he added.

“But I hope I’m not given credit for his driving skills,” Blair said. “He has his own style.”

In addition to being good friends and having fun together, Brennan views his relationship with his wife as loving and respectful and he recognizes her independence.

“She is thoughtful, considerate and exceptionally bright,” he said. “She works very hard, and she’s committed to our children and the many graduate students that she has nurtured during 35 years at CSU.”

Blair said her husband shares her devotion to their family, and is patient, tolerant and even-tempered.

CSU has provided the couple with successful and happy careers, along with an enlightened community in which they raised their three children.

“The environment, location and support from our leadership has attracted outstanding faculty and students, such that the legacy of our research continues,” Brennan said.

Weddings on campus

- Number of weddings held on campus each year: 25-30
- Most popular location on campus to get married: The Oval
- The Oval is rented almost every weekend for a wedding from May through September
- Other campus locations that hold wedding ceremonies: The Danforth Chapel and the gazebo at the Research Trial Gardens

Source: Facilities Management
Tickets still available for Monfort Lecture

A few tickets remain for this year’s Monfort Distinguished Lecture by George F. Will on Jan. 31 at Moby Arena. Tickets are free but required for entry, and can be reserved at the Lory Student Center Box Office in person or by phone at (970) 491-4849, or online at csutix.com.

Will’s topic is “The Political Argument Today,” followed by a moderated question-and-answer session. The lecture begins at 7 p.m.; doors open at 5:30 p.m.

The Monfort Excellence Fund supports engagement, opportunity and community at Colorado State University. The fund, part of the Monfort Family Foundation, supports scholarships, professorships, professors-in-residence, the Distinguished Lecture Series and overall advancement and achievement at Colorado State. The Monfort legacy is a decade old yet timeless and priceless as we celebrate the family’s commitment to CSU and Fort Collins.

“The Monfort family represents everything that is great about CSU: unwavering commitment to educational excellence, a dedication to the campus and community, and extraordinary generosity,” said Brett Anderson, vice president for University Advancement. “We are tremendously grateful to the Monfort Family Foundation for improving lives, individually and collectively, through the Excellence Fund.”

The Monfort Scholarship program provides scholarships for students across all degree-seeking majors. In the last decade, 57 scholars have earned, or are in the process of earning, their degree through the fund. Monfort Scholar alumni have gone on to pursue careers in an array of areas including zoology, curating, dance, engineering and law.

“My education at CSU and my Monfort Scholarship allowed me to fully pursue both my academic and extracurricular pursuits, which ultimately provided the foundation for my life, and career,” said Justin H. Moninger, systems engineer and project director and 2003 Monfort Scholarship recipient. “At CSU, I learned how to be an exacting engineer, capable leader, global citizen and was given the motivation to affect change. It was my Monfort Scholarship that made it all possible.”

Through the Monfort Professorship, the Excellence Fund assists professors looking to advance their careers while giving back to the academic and broader community through research.

“The Monfort Professorship has provided a very timely and highly productive thrust to my research program,” said Rajiv Khosha, soil and crop science professor and 2008-2010 Professorship recipient. “It has catalyzed my research findings and applications from a local to a global scale, addressing one of the most pressing challenges of our times, global food security.”

Professors representing 16 departments have been awarded the unique opportunity to follow those above-and-beyond passions that are instrumental to CSU’s land-grant philosophy.

In addition to recognizing the strength of CSU’s students and faculty, the Monfort Excellence Fund creates close ties with the local community.

Through the Monfort Professor-in-Residence program creates unique learning opportunities for students, faculty and community members. It brings accomplished leaders in industry, government, the arts and sciences - everyone from authors, actors and advocates to NASA scientists and geomorphologists – to campus for classroom teaching, small group interaction and community events.

The Monfort Distinguished Lecture Series is perhaps one of the most widely known lecture series in northern Colorado. For the past 10 years, Monfort Excellence Fund support has brought world thought leaders such as Jane Goodall, Desmond Tutu, Condoleezza Rice, Madeleine Albright, and others, to campus, free of admission.

George F. Will, Pulitzer Prize-winning Washington Post columnist, will present this year’s Monfort Lecture at 7 p.m. Jan. 31 in Moby Arena.

Tickets still available for Monfort Lecture

A few tickets remain for this year’s Monfort Distinguished Lecture by George F. Will on Jan. 31 at Moby Arena. Tickets are free but required for entry, and can be reserved at the Lory Student Center Box Office in person or by phone at (970) 491-4849, or online at csutix.com.

Will’s topic is “The Political Argument Today,” followed by a moderated question-and-answer session. The lecture begins at 7 p.m.; doors open at 5:30 p.m.
To some, sisterhood is found through shoulder thrusts, hip bumps and bottom bashes. Kate Wyman, a coordinator with CSU's Department of Creative Services, has an excuse to use all of these as she skates into her fifth year on the flat track. Roller derby is her sport of choice; she steps into skates and protective gear to release aggression after an honest day's work.

"It is tough, competitive play that just looks like so much fun," Wyman said. She describes roller derby as a full contact sport. Five women per team enter a skating track with the mission of jamming and blocking the opposing team. The blockers try to keep two opposing jammers from scoring points by passing them. The pack tries to stop the jammers with shoulder, hip and booty jabs.

"Even though most of us enjoy wearing fishnets and booty shorts, I can tell you with certainty our sport is not scripted," Wyman said. "The falls, hits and amazing footwork is all legit. These women are true athletes."

In 2007 she jokingly went along to support a coworker in a game, called a "bout." She found herself in love with the game. Wyman quickly joined the FoCo Girls Gone Derby League soon after and renamed herself "Winnie Chester." This alter ego pays homage to Winchester rifles because she comes from a home of hunters. "My first experiences started out with a lot of bumps, bruises, migraines and super sore muscles. I had no previous experience skating outside of elementary school field trips," Wyman said.

Regardless of these obstacles, she pressed through to become a dependable member of her team, the FoCo Micro Bruisers, in a sport that features lots of broken bones, even more sprains and torn ligaments. This persistence and commitment to teamwork has taught her a lesson for other areas of life as well, she says.

Since joining this group of boisterous women, Wyman builds sisterhood off of the track, with a plethora of stories to tell. "Anywhere we go, we have a common bond, and even if we're beating the snot out of each other on the track, we can go have beers together afterwards," Wyman said. "We have also had a real, live derby wedding for one of our skaters at halftime."

Wyman continues to take advantage of this rare privilege, meeting women from all walks of life. She's even connected more deeply with people from across campus, saying she's made professional and personal connections.

"I've known a couple of Ph.D.s from CSU, nurses, veterinarians, vegetarians, stay-at-home moms, a tattoo artist, CSU college students - go Rams! - a motocross racer, social workers, photographers, a Mormon, a massage therapist and a lawyer," Wyman said, "We come in all shapes and sizes, ethnicities and ages - 21 to 41."

Kate Wyman: Rolling over friends after work

Kate Wyman (in center with blue jersey) and the FoCo Micro Bruisers taking on the Castle Rock'n Rollers Sept. 22 at the Qdoba Events Center in Fort Collins. The line of blue is successfully keeping their jammer (black jersey, star on helmet) from scoring.

Courtesy of G. Mark Lewis

Kate Wyman with her husband, Mike.

Culinary creations

from the Kendall Anderson Nutrition Center

Cherry Chocolate Clusters

These are fantastic for a sweet tooth – not too sweet, and full of fiber and antioxidants.

Ingredients

- 1 cup toasted almonds, coarsely chopped
- 1/2 cup dried cherries, coarsely chopped
- 1/2 cup fiber twig cereal such as All Bran
- 6 ounces dark chocolate, finely chopped, or chocolate chips

Directions

- Line a baking sheet with waxed paper.
- Mix together the almonds, cherries and cereal.
- Melt the chocolate in the microwave for 30 seconds; stir and return to microwave for additional 15 minute intervals as needed.
- Combine the fruit-nut mixture and the chocolate. Spoon out heaping tablespoon-sized clusters onto the baking sheet.
- Refrigerate the clusters for 15 minutes or until set. Store and serve at room temperature.

Tips

- To toast your own nuts, you can either place the nuts on a baking sheet and bake them in a 350 degree oven for 10 minutes, or toss them in a skillet on low heat for 10 minutes.
- If you don’t have dried cherries, you can substitute dried cranberries.

Makes 12 large clusters

Nutrition information / Amount per serving:
- Calories 162; Protein 3.3g; Total Fat 10.2g; Saturated Fat 3g; Total Carbohydrates 17.8g; Dietary Fiber 1.6g; Cholesterol 0.0mg; Sodium 2.8mg

For more recipes and other information, visit www.nutritioncenter.colostate.edu
SHANON BAYLIE, junior agriculture major, talks to prospective students at the CSU booth at the National Western Stock Show.

National Western Stock Show visitors learned where eggs come from at CSU’s Ag Adventure booth. Students manning Ag Adventure explained the basics of food production and household products derived from agriculture to visitors of all ages.

And what CSU has to offer,” said Shannon Baylie, a junior agriculture major, “I think our thing is just to get CSU’s face out there. It’s fun to see and talk with prospective students and alumni. We really try to keep those relationships strong.”

The Ag Adventure exhibit in the Hall of Education was another place where student efforts were on display. About 20 students in an agricultural outreach class helped to plan and run the hands-on exhibit, which is designed to teach Stock Show visitors about food, livestock feed, fiber and biofuels. The CSU students learned how to influence the community’s passion for agriculture, and learned to create a positive learning environment for visitors of all ages, cultures and backgrounds.

“Ag Adventure is a partnership involving CSU, agricultural commodity groups, FFA and the National Western. Together, we educate the public about why agriculture is important,” said Nancy Irlbeck, associate dean of academic affairs for the College of Agricultural Sciences. “It’s an incredible experience to educate the public about where their food comes from. Our CSU students involved in Ag Adventure also learn a great deal about their subject matter, and about effective communication skills.”

Ag Adventure is an interactive area, set up like a maze and featuring a different aspect of agriculture at each turn. Students were stationed to teach, answer questions and engage young children. An interactive dance area, honeybee hive, demonstration on how eggs are laid, and wool spinners were all fun parts of this year’s Ag Adventure.

The broad goal of Ag Adventure, Irlbeck explained, is to help people understand that agriculture is challenged to solve the global problem of sustainable food production.

“We need to feed the world, and to do that we must increase food production by 70 percent because the global population is expected to top 9 billion by 2050,” Irlbeck said. “Our farmers and ranchers must meet this challenge with less land and water, while solving environmental problems. My life calling is educating the public about this, and helping our students to find their own ways to provide solutions.”

Administrative Professional Recognition Luncheon

All Administrative Professional employees are invited to celebrate the accomplishments of fellow APs at the Administrative Professional Recognition Luncheon, Wednesday, Feb. 13, 11:30 a.m.-1 p.m., in the Lory Student Center East/Middle Ballroom. Not only will there be free lunch, live performances and door prizes, but the AP Star Awards also will be presented. Space is limited, so please RSVP by Friday, Feb. 1 to Deborah Yeung, deborah.yeung@colostate.edu, (970) 491-6563.

RecycleMania

Join CSU Sunday, Feb. 3, for the kickoff of this year’s RecycleMania, a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities on campus. The competition runs through March 30; the school that recycles the most waste wins, so watch where you toss those cans!

Founders Day

On Monday, Feb. 11, CSU will honor the creation of the institution, the values that have sustained it, and its mission of service through teaching, research and engagement with events at the state Capitol and on campus in Fort Collins. Join CAM the Ram on the LSC Plaza at 1:43 p.m. for birthday cupcakes and a celebration of 143 years of CSU with the CSU Pep Band and Spirit Squad.

Men’s basketball vs. San Diego State

Help blanket Moby in orange on Wednesday Feb. 13, for the men’s basketball Orange Out. The Rams play San Diego State beginning at 8 p.m. For tickets, visit www.csurams.com.

Women’s basketball vs. Air Force

Don your pink as CSU’s women’s basketball team takes on Air Force beginning at 2 p.m. Saturday, Feb. 16, at Moby Arena. For tickets, visit www.csurams.com.

Pucker Up!

Your TRUSTED Jeweler for over 102 years

300 E. Foothills Pkwy. | Fort Collins | SathersJewelers.com
John Matsushima, an emeritus faculty member in the Department of Animal Sciences, was honored as the 2013 Citizen of the West at the National Western Stock Show. Matsushima is a pioneer in beef-cattle nutrition and feeding. Courtesy of Creative Services

Jason Ahola, associate professor in the CSU Department of Animal Sciences, is faculty advisor to the CSU Seedstock Merchandising Team, a select group of animal sciences students who learn about the beef industry through interactions with industry professionals and by showing, marketing and selling cattle. Ahola and his students participated in the National Western Stock Show. Courtesy of Creative Services

The 2013 CSU Day at the National Western Stock Show was held on Jan. 19. The CSU/National Western partnership goes back to more than 100 years. Courtesy of Creative Services

CSU and the National Western Stock Show: A great pair for more than 100 years

Ram fans of all ages met CAM the Ram at the CSU booth. Courtesy of Creative Services

Top 10 Reasons to Visit

You want to buy local

A Fresh Blend for a New Day

Proudly serving Café Richesse premium brewed coffee.


Visit the New Bean Counter today.

Mon. through Thu. 7 a.m. - 4 p.m. and Fri. 7 a.m. - 2 p.m.

(Storing there is easy; take the first left after entering New Rock)

SAVE THE DATE

FREE Cholesterol Tests for all at CSU!

To faculty of health-related courses:
Consider informing and encouraging your students to take advantage of this free health screening!

Wednesday, Feb. 13
8 AM - 12 PM
Long Student Center
Sunken Lounge - Main Floor

Screening includes:

✓ Total Cholesterol
✓ HDL - Good Cholesterol
✓ LDL - Bad Cholesterol
✓ Triglycerides
✓ Blood Pressure
✓ Blood Glucose
✓ Framingham 10-yr. Risk Appraisal
✓ American Diabetes Association Risk Appraisal Score
✓ Personalized Consultation

224-5209
healthdistrict.org/heart
**ENTERTAINMENT CALENDAR**

**THEATER**

**“Comic Potential”**
University Center for the Arts, Studio Theatre
Jan. 31 and Feb. 1, 2, 3, 7, 8, 9 and 10
A seriously funny love story, a romantic sci-fi lesson in comedy, set in a not-too-distant future when actors are replaced by robots, or rather “actoids,” and an aspiring young comedy screenwriter falls in love with one of them. central.colostate.edu

**“Mariela in the Desert”**
Bas Bleu Theatre Company
Jan. 31 through March 3
The lives of Mexican artists Jose and Mariela Salvatierra are depicted in this play that explores the destructive power of passion. basbleu.org

**“Love Letters”**
Bas Bleu Theatre Company
Feb. 10
This event features local actors Jonathan Farwell and Deb Note-Farwell reading A.R. Gurney’s “Love Letters.” A “We Love Our Bleusocks” reception will also take place, honoring Bleustocking Society members. basbleu.org

**“Amadeus”**
OpenStage Theatre & Company
Feb. 16 through March 16
In 1791, they say, Wolfgang Amadeus Mozart died accusing a rival composer, Antonio Salieri, of having poisoned him. In 1823, they say, a desperate Salieri confessed to the murder on the last night of his life. “Amadeus” is the story of Salieri’s war against God for making his music mediocre while favoring the vulgar Mozart as His divine instrument. openstagetheatre.org

**Disney’s “Beauty and the Beast”**
Lincoln Center
Feb. 21, 22 and 23
This classic musical love story is filled with unforgettable characters, lavish sets and costumes, and dazzling production numbers including “Be Our Guest” and the beloved title song. lctix.com

**ART & LITERATURE**

**Bent Like the River: Works by Terry Schupbach-Gordon**
Lincoln Center Galleries
through Feb. 23
Marrying the strength of nature with the human figure, Schupbach-Gordon says she seeks to “explore the concepts of water and buoyancy, reframing our understanding of disability, fragility, strength, beauty and body images.” The exhibit features intimate collaged prints and woodcuts, along with small artist books. Meet the Artist reception Thursday, Feb. 7, 5-6:30 p.m., followed by a Gallery Talk with Terry Schupbach-Gordon. lctix.com

**Workshop:**
Tasting the Teas of the World
Happy Lucky’s Teahouse
Feb. 21
Participants will learn the process of tea production, including the five types of tea (white, green, oolong, black and pu-er). Samples of tea will also be provided. happyluckys.com

**MUSIC**

**Virtuoso Concert Series**
University Center for the Arts
Feb. 4: CSU faculty Gary Moody, oboe
Feb. 5: Guests Michael Davis, violin, and Jeffrey Cohen, piano
Feb. 11: CSU faculty Tiffany Blake, soprano, and special guest Caleb Harris, piano
Feb. 12: Special guests Dennis Parker, cello, and Lina Morita, piano
Feb. 18: CSU faculty Wesley Ferreira, clarinet
Feb. 19: Special guest Charles Sneed, horn
Feb. 25: CSU faculty Steven Marx, trumpet, and the CSU Faculty Brass Quintet
Feb. 26: CSU faculty Ilya Sinaisyk and special guest Natasha Kislenko
All performances start at 7:30 p.m.
csuartstickets.com

**Music for Lovers: Fort Collins Symphony Orchestra**
Lincoln Center
Feb. 9
To celebrate Valentine’s Day, Fort Collins Symphony presents an evening for lovers with the popular Tchaikovsky Violin Concerto. Lina Bahn will take to the Lincoln Center stage for the first time to perform this work. The concerto is a special telling of Shakespeare's timeless classic, “Romeo and Juliet.” lctix.com

**Pink Floyd LaserSpectacular**
Lincoln Center
Feb. 15
After 25 years of touring, Paramount's LaserSpectacular has become a cult classic, presenting the music of Pink Floyd like you've never seen before. This two-hour LaserSpectacular features "Dark Side of The Moon" with the second half featuring The Best of Pink Floyd, including "The Wall." lctix.com

**The TEN Tenors**
Lincoln Center
Feb. 17
Most people think classical music and rock are at opposite ends of the spectrum, but the TEN Tenors are not most people. This group brings rock and classical music together, using inspiration from contemporary artists, such as Freddy Mercury and Meatloaf. lctix.com

**THE RETRO NIGHT**
SUNDAY - THURSDAY UNTIL MARCH 21ST
4:00 - 9:00 PM - IN HOUSE ONLY
OFFER NOT VALID THURS. FEB. 14TH

FIVE ENTREES SERVED AT $8.00 PRICES
HOMEMADE SAUCE INCLUDED

- SPAGHETTI RAVIOLI $7.50
- THE SAMPLER $4.75
- MANICOTTI $3.75
- WINE/GLASS $1.25

**The Northern Colorado Community for 37 years of support.**

It’s our way of Thanking

Clyde and staff
613 SOUTH COLLEGE AVE.
FORT COLLINS
www.caninositalianrestaurant.com
“LSC is what I will always remember from my college years because it holds most of my college memories.”

Five decades ago, our student body helped determine what would become the center of student life at Colorado State University: the Lory Student Center.

Tradition continues as we Re•vitalize our beloved LSC and ensure it’s a place that continues to make us proud into the future. As your student-centered student center, we look forward to making an indelible mark during your years at CSU and beyond....

Find what you need on campus, and get questions answered during the LSC Re•vitalization, at sc.colostate.edu/renovation.aspx or scan here.

Re•Member

Lory Student Center RE•VITALIZATION

HANNAH, SEEN HERE IN THE SCULPTURE GARDEN PLAZA, IS ONE OF 15 “NEW FACES” OF THE LORY STUDENT CENTER, CHOSEN DURING THE LSC’s 50TH ANNIVERSARY CELEBRATION TO REPRESENT COLORADO STATE UNIVERSITY STUDENTS’ LOVE FOR THEIR STUDENT CENTER FOR THE NEXT 50 YEARS.
LSC is what I will always remember from my college years because it holds most of my college memories.

ReMember

The LSC Revitalization has begun!

Access the student center from the east (Plaza side) entrances and the north entrances at the Transit Center.

Please note the ASCSU Senate Chambers, Curfman Gallery and Sutherland Sculpture Garden are closed. All other LSC offices and businesses are open Spring Semester.

Find what you need on campus, and get questions answered during the LSC Re•vitalization, at sc.colostate.edu/renovation.aspx or scan here:

Hannah, seen here in the Sculpture Garden Plaza, is one of 15 "New Faces" of the Lory Student Center, chosen during the LSC’s 50th Anniversary Celebration to represent Colorado State University students’ love for their Student Center for the next 50 years.
Improving your health and wealth in 2013

by Nancy M. Porter, CSU Extension financial resource management specialist

The new year is a good time to look forward to a fresh start and to make improvements in our lives. Did you make a New Year’s resolution to improve your eating habits, get more exercise, or improve your financial situation? If so, you are in good company; these topics often top the list of New Year’s resolutions. Have you managed to stick to your resolutions thus far? If not, you also are not alone. According to a study from the University of Scranton, 45 percent of Americans usually make resolutions yet only 8 percent are successful in achieving them.

Colorado State University Extension offers a class that can help you keep up the momentum in sticking to health and financial resolutions. “Small Steps to Health and Wealth Colorado” provides insights into how financial problems can affect your health and how poor health can affect your finances. Research has found direct links between your health and wealth habits. For example, both positive and negative habits generally start small, develop slowly over time, and take time to change.

People generally fear making drastic changes. If you believe you must make drastic changes to your lifestyle to improve your health and wealth, you may “freeze” and just do nothing. However, learning how to make simple, small changes can make a big difference in both areas of your life. The “Small Steps to Health and Wealth Colorado” program outlines 13 useful health and finance strategies that are easy to implement in your life, including:

**Tracking your current behavior**

Establishing a starting point helps you become more aware of how much you eat, move, and spend throughout a typical day/week/month.

Keeping records can be tedious at first. However, losing this awareness can lead to a disconnect between health habits, financial practices and goal achievement.

**Think balance – not sacrifice**

Balancing resources and consumption is very important. Just as the more food we eat, the more calories we have to use in order to maintain energy balance, spending more than our income reduces our net worth. Balance is achieved by reducing expenses so we do not spend more than we make or making more money so we can spend more.

**Step down/step up to change**

Taking small “steps down” can help you find healthier or lower cost alternatives instead of completely depriving yourself of something you enjoy. This can decrease your consumption of extra calories or what you spend on certain items. Taking small “steps up” can create ways to gradually increase your nutritional intake, physical activity or savings without becoming overwhelmed.

**Say “no” to super-sizing**

Selecting larger portions can often seem like a bargain, but can lead to overeating and unwanted weight gain. On the financial side, sale prices can seem like a bargain and are tempting, but can lead to overspending and unwanted debt.

**Make progress every day**

Breaking down large goals into smaller, more easily attainable goals helps you slowly move forward. This promotes a healthy attitude about behavior change. Setting realistic and attainable goals can help you successfully achieve them by making small progress steps each day.

Achieving smaller goals gives you positive feedback and is motivating. Make 2013 your year to eat healthier, be more active and give your finances a boost!

For more information about small steps you can take to improve your health and your wealth, visit CSU’s Small Steps to Health and Wealth website at www.ext.colostate.edu/smallsteps, join us on Facebook at http://on.fb.me/SSHWCOfacebook, or contact your local county Extension office. Extension office in Larimer County is located on Blue Spruce Drive in north Fort Collins.

Contact Extension's financial resource management specialist Nancy Porter at Nancy.Porter@colostate.edu.

---

AWARD | Generating goodwill

From page 1

Transition Programs for the inaugural Ram Pride Service Award was an easy one, according to Frank. OTP may well generate more positive feedback from students and parents than any other campus program, he said.

“We want to recognize and thank this team for their coordinated efforts to get CSU students off to an outstanding start through Preview, Ram Welcome and Transfer Student Orientation,” Frank said. “These programs generate remarkable goodwill among parents and students, and they have had a significant impact on the connection that incoming students feel with the university.”

The award was presented to Kerry Wenzler, program director, and program coordinators Keith Lopez, Paul Giberson and Zach Mercucio.

Also on hand for the presentation were Gayle DiGregorio, executive director for the Center for Advising and Student Achievement; Blanche Hughes, vice president for Student Affairs; and Alan Lamborn, vice provost for Undergraduate Affairs.

“I think that we do a great job in taking a fairly large group and creating experiences at a small-group level so that each student has the chance to interact with other new students and with students that are already on campus,” said DeGregorio.

The CSU staff working at OTP makes the difference, said Jody Donovan, dean of students at CSU.

“I can’t say enough great things about Kerry Wenzler and her leadership of the department, and Zach Mecurio, Keith Lopez and Paul Giberson as a unit, plus all the additional student staff,” Donovan said.
What does the night sky hold? Skygazing at Fossil Creek provides a fun and interesting way to learn about astronomy.

As an activity formed three years ago by astronomy buff Deborah Price and her partnership with the Northern Colorado Astronomical Society, this event is perfect for families and adults seeking a little more information about the stars.

Dedicated NCAS volunteers gladly dedicate time to teach the community about stars and help them search the sky for constellations and planets.

“Our volunteers bring about five to 10 telescopes to each event and then position them to look at something different,” said Zoë Whyman, the community relations manager for the City of Fort Collins Natural Areas Department.

Skygazing events occur about once a month year-round at Fossil Creek Reservoir Regional Open Space on Carpenter Road, one mile west of I-25.

“These events are free, and it’s a unique and interesting way to enjoy natural areas. It’s great for families and adults, and is a great outdoor activity that provides a fun learning experience,” Whyman said.

“At first [skygazing] got mobbed, so we decided to offer more so that the groups would become smaller,” Whyman said. “An adult group was added for adults looking for something different than families.”

Certificate in Strategic Organizational Leadership

Find the leader in you.

Certificate includes five workshops on leading strategic initiatives in organizational change, social responsibility and ethics, emotional intelligence, organizational performance, and diversity.

Program begins February 15 in Loveland

Register today at

www.biz.colostate.edu/PDBR

Colorado State University

COLLEGE OF BUSINESS
Center for Professional Development and Business Research

CSU Employee and Alumni Discounts  (970) 491-1885  Felicia.Zamora@business.colostate.edu
Ken Quintana, Colorado State University’s emergency management coordinator and a research associate with Environmental Health Services, has been recognized by the Colorado State Forest Service for his outstanding efforts during the High Park Fire.

Quintana was awarded CSFS Partner of the Year for working 20 days straight during the fire and more than 211 additional hours in the days following. He made arrangements for housing firefighters, served as the main point of contact for use of the Christian Field facility (which became the incident command post and airfield during the fire) and served as a liaison to the Colorado National Guard for use of its Armory Building. He also was a key conduit to the CSU Public Safety Team and provided input to their decisions about CSU staff serving at the Pingree Park Spike Camp. Later, he was involved in the Larimer County Disaster Recovery Center housed on the main campus.

“Ken was extremely valuable to the incident management teams, agency line officers, Larimer County and the Poudre Fire Authority in connecting the needs of a 2,000-person organization with the many resources that CSU offered,” said Boyd Lebeda, district forester for the CSFS Fort Collins District. “The university as a whole wanted to help the firefighters and the community, and Ken was the key link.”

Quintana has been with CSU for 20 years and in his present position on campus for the past two years. He first came to CSU on an athletic scholarship in track and field cross country, earned his undergraduate degree, and has been here ever since.

Earlier this year, Quintana also received an Everyday Hero Award from the Classified Personnel Council for his work on the fire, after being nominated by a training manager for the Colorado Office of Emergency Management.

“Working with Ken was a bright spot during a very challenging fire,” Lebeda said. “The CSFS owes him a debt of gratitude for his assistance.”

ANOTHER REASON TO LOVE YOUR JOB.

Stay in touch with work or home with brilliant devices from Sprint. Save with discounts on monthly service plans from where you work.

Trade in your old phone from any carrier.
Get an account credit back for eligible devices through the Sprint Buyback Program.
Visit sprint.com/buyback for details.

18% DISCOUNT FOR EMPLOYEES OF COLORADO STATE UNIVERSITY

Discount applies to select regularly priced Sprint plans. Requires a new two-year Agreement.

Visit Your Local Sprint Store
250 E Harmony Road, Fort Collins
(970) 282-8444

Sprint 4G LTE network available in limited markets.
February is all about hearts: the Valentine's Day sentimental kind and the four-chambered muscular kind. February is American Heart Month and a good time to take charge of your heart health by looking at your risk factors for cardiovascular disease and modifying those under your control.

Cardiovascular disease, which includes coronary artery disease and stroke, is the No. 1 killer of Americans, causing one in every three deaths of both men and women. The good news is that lifestyle changes can have a big impact on risk factors such as smoking, diabetes and hypertension as well as your overall health.

Quitting smoking is the best thing you can do for your health. Smoking not only increases your risk of cardiovascular disease, it increases your chances of developing chronic lung disease and many types of cancer. Secondhand smoke can cause illness in children and pets. However, once you quit smoking, your risk levels gradually return to those of a nonsmoker. Help for smokers interested in quitting is a phone call away. The Colorado Quitline at 1-800-QUIT-NOW (1-800-784-8669) provides individualized coaching and a free supply of nicotine patches as well as web-based information at www.coquitline.org.

Diet also plays an important role in cardiovascular disease. Eat more vegetables, fruits and fiber and fewer saturated fats. Increase your intake of foods rich in omega-3 fatty acids, such as fish (salmon, tuna, halibut), seeds and nuts (flaxseed, walnuts, soybeans) or consider taking an omega-3 supplement. A healthy diet will help keep your weight at a stable level and lower your chances of obesity, another cardiovascular disease risk factor.

Get your numbers checked. Diabetes is a major risk factor for cardiovascular disease, as is high cholesterol. Both can be screened for with simple blood tests. If your blood sugar indicates diabetes or your LDL cholesterol is high, then diet, exercise and weight loss are critical. Exercising moderately for 150 minutes each week, or at a more vigorous pace for 75 minutes each week, also will provide energy and keep your HDL cholesterol – the good kind of cholesterol – at an optimal level. Medications are often needed to control diabetes and high cholesterol as well.

Keep your blood pressure under control. High blood pressure usually has no symptoms but can lead to damage in multiple organs including the kidneys, eyes and blood vessels as well as increasing your risk of cardiovascular disease. Weight loss and exercise can sometimes be enough to keep blood pressure under control; there are many medication options as well. Eating less salt and avoiding heavy alcohol use help keep blood pressure at normal levels.

Drink alcohol in moderation. It has long been recognized that moderate alcohol consumption can be good for you. One drink daily is likely protective against heart disease and the amount of alcohol may be more important than the kind. Taking a daily aspirin can be protective against heart disease, but is not for everyone. Talk with your healthcare provider to see if daily aspirin therapy would be beneficial for you.

So when you’re standing in front of that rack of Valentine’s Day stuff this month, searching for the perfect heart, think about your own heart and how you can best take care of it. In the long run, that could be the best Valentine’s gift for the people you love.
Last year’s Founders Day celebration recognized the 150 years the Morrill Land-Grant Act has been in existence. Signed by President Abraham Lincoln, the act granted federal land to each state to help subsidize colleges and further educate people in agriculture, engineering and home economics. The act gave Colorado State its start to becoming the great research university we are today.

This year, CSU’s Founders Day celebration will focus on the next 50 years and the university’s plans to continue providing high-quality education to students across Colorado.

As part of this focus, the university will honor former CSU President William E. Morgan and his family with the Founders Day Medal during this year’s ceremony. Morgan, who was born in 1909, became Colorado A&M’s eighth president in 1949, and managed the transition from Colorado A&M, an agriculture and engineering school, to Colorado State University, a diverse research institution comprising eight colleges.

During his tenure, Morgan oversaw a 15-fold expansion of campus facilities, including athletic facilities, an engineering center, chemistry annex, plant and animal sciences buildings, additions to the student center, faculty apartments, several residence hall and Eddy Hall. Morgan also played a key role in obtaining funds for a new library building, named in his honor when it opened in 1965. A bust of Morgan now sits inside the main entrance.

In 1969, Morgan retired as president of CSU, and was awarded the distinction of President Emeritus by CSU’s governing board, then the State Board of Agriculture. The William Morgan Chair in the College of Liberal Arts and William E. Morgan Alumni Achievement Award also were named in his honor.

Morgan’s wife, Lilla Morgan, became a matriarch of the Fort Collins community who championed the fine arts, symphonies and theater performances. Coupled with President Morgan’s belief that the Land-Grant Act required CSU to provide a liberal – and “liberating” – arts education to the masses, the two became a cultural force in Fort Collins. The two first met on a blind date in 1929 and were married on New Year’s Eve in 1933. President Morgan always referred to Lilla as his co-president, and the two oversaw CSU for 20 years.

Lilla founded the first Fort Collins book club and led the charge to raise funds for the Lincoln Center, now Fort Collins’ major performing arts venue. Her love of the arts lives on in the Lilla B. Morgan Memorial Endowment, one of the most important funds for the arts at Colorado State. Founded in her honor by friends and family, the fund enriches artistic and cultural life on campus by providing funding to support projects in the fields of art, music, humanities, literature and the performing arts. Additionally, the William E. Morgan Society recognizes the generosity of donors who have supported the university with cumulative gifts of $100,000 to $999,999, or qualifying planned gifts.

Celebrating higher education

On Monday, Feb. 11, CSU will honor the creation of the institution, the values that have sustained it, and its mission of service through teaching, research and engagement with a Founders Day celebration. Events will occur at both the state Capitol and on campus.

Students, faculty, staff, alumni and friends are invited to join CAM the Ram on the plaza for CSU’s birthday celebration. Birthday cupcakes will be served while supplies last.

A special event in Denver also will honor the land-grant university and its dedication to providing higher education access to all. It will kick off at 8 a.m. in the West Foyer of the Capitol.

CAM’s birthday party

For a kid-friendly celebration, CSU students, faculty, staff and alumni can bring the family to CAM’s birthday party. Help CAM the Ram blow out the candles on another year at this free CSU Alumni Day, held both in Denver and Fort Collins. Pizza, cupcakes, games, bounce castles and other activities will be available for those in attendance.

The Fort Collins celebration will be held 11 a.m.–2 p.m. Saturday, Feb. 2, at Pump It Up, 1420 Riverside Ave. A Denver-area celebration is set for 11 a.m.–2 p.m. the following Saturday, Feb. 9, at Monkey Bizness, 9950 E. Easter Ave., Suite 200, in Centennial.

For more details or to register for CAM’s birthday party, visit www.today.colostate.edu/foundersday.aspx.
You don’t have cash

Happily accepting RamCash, VISA, MasterCard, and Discover.

Visit the New Bean Counter today.
Mon. through Thu. 7 a.m. - 4 p.m. and Fri. 7 a.m. - 2 p.m.
(Setting there is easy; Take the first left after entering New Rock)

Your Success is Our Cause

Because you've made our success as a University your mission, CSU is proud to offer faculty and staff nine free credits each year. In addition to on-campus programs, you also have access to online degrees and certificates through CSU OnlinePlus.

Thank you for all that you do, now let us make your achievement our purpose.

CSUStaffStudy.com
The Wilbur’s staff thanks you for making us your number one spot for beers, wines and spirits. We appreciate your loyalty.

To better serve you, please tell us what you would like to see from Wilbur’s this spring:

- Coupons and specials specific to CSU faculty and staff
- On campus wine-tasting event
- Off campus wine tasting event
- Informational tidbits about wines and spirits
- Features on new products

Go to www.surveymonkey.com/s/wilburssurvey to give us your feedback. Answer one question and you’re instantly entered to win a $100 Wilbur’s gift card.

Near or far...

let us plan your conference wherever you are.