



February 2013

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## COMMUNITY EVENTS

Best Teacher  
Appreciation Night

Best Teacher Award recipients will be honored at the CSU Rams v. Boise State men's basketball game. The game starts at 7 p.m. Wednesday, Jan. 30, at Moby Arena. Tickets are available at [www.csurams.com](http://www.csurams.com).

Monfort Lecture  
featuring George F. Will

George F. Will, Pulitzer Prize winner and *Washington Post* columnist, will deliver this year's Monfort Distinguished Lecture at 7 p.m. Thursday, Jan. 31, at Moby Arena. His lecture, "The Political Argument Today," will be followed by a moderated question-and-answer session. This is the 10th anniversary of the Monfort Excellence Fund. Limited number of tickets available through the Lory Student Center Box Office, (970) 491-4849.

See **EVENTS** page 6

## Rams make ag an adventure



The CSU booth at the National Western Stock Show showcases the strong programs within the College of Agricultural Sciences. Staffed by volunteers all weekend, the collaboration between students, faculty, industry and the stock show is unique to CSU.

## Education focal point for National Western Stock Show

by Mary Willson

The 107th annual National Western Stock Show in Denver is a showcase for livestock, horses, and the country's robust agricultural industry. Each year, the National Western provides an opportunity for Colorado State University and its students to demonstrate their connections to agriculture – and to help educate throngs of visitors about the importance of an industry that's a foundational part of the university and is critical to people's everyday lives.

CSU's College of Agricultural Sciences and its students had a notable role at the National Western, which ran Jan. 12-27.

A highlight was the 2013 Citizen of the West dinner on Jan. 14, when retired professor John Matsushima was honored for his teaching and pioneering research into beef-cattle nutrition and feeding. In addition, students on the Seedstock Merchandising Team showed and sold CSU cattle in the Stockyards. Other students represented CSU on judging teams, at university booths, and in Stock Show internships.

"It's important that we educate about agriculture

See **STOCK SHOW** page 6

## 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

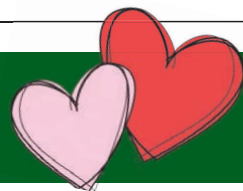
See **AWARD** page 10



Colorado State University



# applause



## 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.

## Citizen of the West

**John Matsushima**, a CSU emeritus professor and a pioneer in beef-cattle nutrition, was honored as 2013 Citizen of the West by the National Western Stock Show, joining a roster of Western luminaries who have notably contributed to Colorado and the region.

During his 30-year career as a professor and researcher in the Department of Animal Sciences, Matsushima became a world-renowned expert in beef-cattle feeding for greater efficiency, profitability and carcass quality. His innovations, beginning in the 1960s, helped modernize and expand U.S. beef production with scientific underpinnings, data-based decision-making and global reach.

## Microbiology, Immunology and Pathology

CSU scientists who make up one of the world's top tuberculosis research laboratories have helped test the first new 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.

## Send in your Applause

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

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

## 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 Fouché, 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 officer at CSU where he fulfilled his true calling for more than 30 years.

### 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](http://Today.colostate.edu).*

CSU

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# 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.”

“Her dog peed on me,” said Brent, CSU Events & Constituent Engagement assistant director. “But after some cleaning up, we went to a restaurant called Sangria’s, an Italian place for dessert, and then to a bar named Preservation Pub.”

The couple’s waitress was a local opera singer whom Brent quickly befriended, 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.

“At first 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.

“He sprung for an expensive bottle,” Megan said. “I was trying to be polite and go with the house. I guess he was showing off because the Brent I know now is definitely a house-wine kind of guy!”

“I remember that I spent a lot of money,” 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 many 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.”



Brent and Megan Waugh in the fall of 2012.

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/ wife-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



Patrick Brennan and Carol Blair in 2009.



Patrick Brennan and Carol Blair sit with their three children in December 1975, shortly after Blair came to CSU.

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



# Monfort Excellence Fund celebrates 10 years of providing opportunity at Colorado State University

## MONFORT LECTURE SERIES *10th Anniversary* MONFORT EXCELLENCE FUND

by Mary Willson

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 zookeeping, 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 catapulted 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. 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.



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# Kate Wyman: Rolling over friends after work

by Joi Dandridge

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 (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



For more recipes and other information, visit [www.nutritioncenter.colostate.edu](http://www.nutritioncenter.colostate.edu)

#### 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



# STOCK SHOW | Rounding up Rams

From page 1

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.”



Shannon 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.



An agriculture student interacts with a toddler during CSU Day at the National Western Stock Show on Jan. 19.

## COMMUNITY EVENTS

From page 1

### 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](mailto: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](http://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](http://www.csurams.com).

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



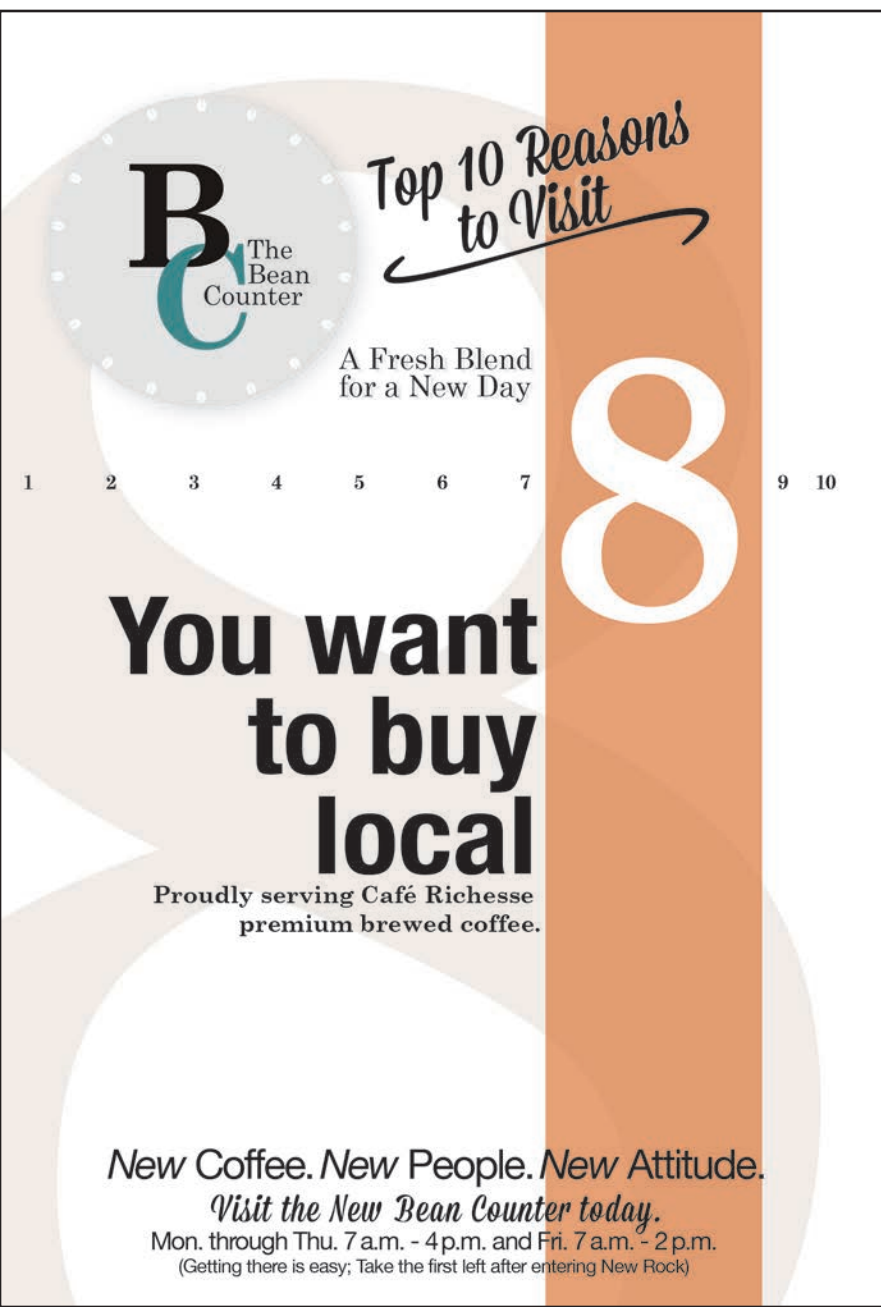
John Matsushima, an emeritus faculty member in the Department of Animal Sciences, was honored as the 2013 Citizen of the West at the National Western Stock Show. Matsushima is a pioneer in beef-cattle nutrition and feeding. *Courtesy of Creative Services*



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*



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



# SAVE THE DATE



## FREE Cholesterol Tests for all at CSU!

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- ✓ Personalized Consultation



# 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 Snead, horn  
Feb. 25: CSU faculty Steven Marx, trumpet, and the CSU Faculty Brass Quintet  
Feb. 26: CSU faculty Ilya Sinaisky 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





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## 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.



Colorado State University

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*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](http://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.



# 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](http://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](mailto: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.





# Skygazing for all at Fossil Creek Reservoir

by Hannah Woolums

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.

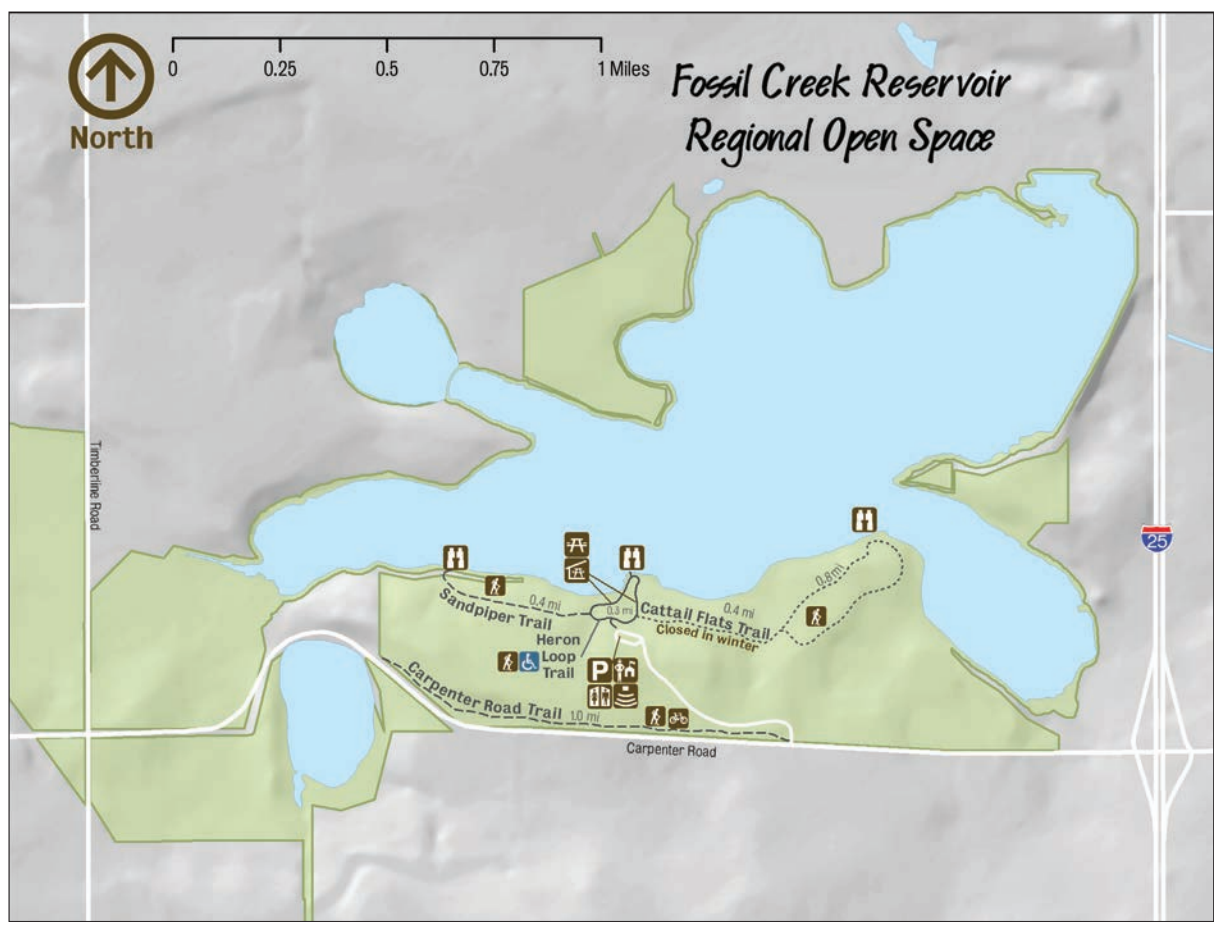
Dedicated NCAS volunteers gladly dedicate time to teach the community about stars and help them search the sky for constellations and planets.

“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.

The department has worked hard to broaden the experience for those who are looking for more of an adult event, versus those who are hoping to have a fun family outing, Whyman said. There are other events offered during the warmer months at Bobcat Ridge, including night hikes, where eager community members are able to experience nature in a different way.



Map of where you can come out and see the stars.

“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.”

For more information about the next skygazing event, visit [www.fcgov.com/naturalareas/](http://www.fcgov.com/naturalareas/) or <http://ncaastro.org/>.

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# Ken Quintana honored for High Park Fire efforts

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 Christman 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."



CSU Pingree Park Director Pat Rastall and University Emergency Management Coordinator Ken Quintana review the High Park Fire incident map as CSU's mountain campus serves as a spike camp, June 19. *Courtesy of Creative Services*

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# Be heart smart this month and all year long

by Laurie Elwyn, M.D.

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](http://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 health-care 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.



Dr. Laurie Elwyn, medical director, CSU Health Network, Care for Body and Mind

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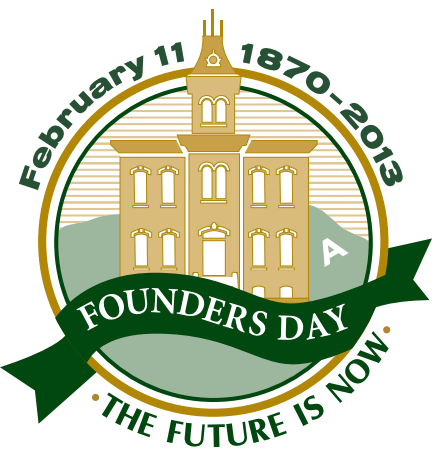
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# Bill Morgan, family honored with Founders Day Medal as CSU looks forward 50 years



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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



CSU President William E. Morgan, his wife, Lilla, and their children Dorcas and Bryan.

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. The celebration on campus begins at 1:43 p.m. in honor of the 143 years CSU has been in existence. 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](http://www.today.colostate.edu/foundersday.aspx).





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