

February 2014

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Romance in the air  
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Valentine's Chocolate Bark  
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COMMUNITY  
EVENTS

RecycleMania

**Feb. 2-March 29**  
**Campus Wide**  
RecycleMania, a nationwide recycling and waste reduction competition among more than 650 universities, continues through March 29. Over the eight-week period, schools report the amount of recycling and trash collected each week and are in turn ranked in various categories. CSU has placed in the top 5 percent of schools in the last 11 years of the competition. Clean out those file cabinets into the recycling bin this month and help CSU make it to the top!

Black/African American  
Studies Scholars: A  
Colloquium Featuring  
CSU Researchers

**Mondays at noon, Tuesdays at 12:30 p.m., Feb. 4, 10, 18 and 24**  
**Morgan Library**  
Feed your mind with CSU Libraries in an exciting brown bag series, part of the 2014 Black History Month celebration, which will highlight scholars on campus who are researching topics in Black/African American studies. Coffee and tea will be provided. This program is free, open to the public and no registration is required.

See EVENTS page 11

Ride ‘em, sheepboy!



Mutton bustin' pits the grip of the tiniest cowpokes against rambunctious sheep, and is always a crowd favorite during CSU Day at the National Western Stock Show, which was Jan. 18 this year. Photo by John Eisele, CSU Creative Services

How to get from here to there

The VanGo system creates a secure way for commuters to get to and from campus

by Hannah Woolums

Not many may know this, but there is an easier and more cost efficient way to get to and from campus than driving your own car.

CSU faculty and staff can take advantage of a van pooling system called VanGo, in which employees can meet up with others who work at CSU and carpool every day to and from campus.

“The VanGo Program is very simple in that the rider would pay a monthly fare based on where he/she boards the van and where he/she disembarks,” customer & business relations Representative Jeff McVay said.

This program, which is administered by the North Front Range Metropolitan Planning Organization in Fort Collins, can not only help lessen the amount of commuter traffic on campus,

creating a greener environment, and help produce less wear and tear on one’s own vehicle, but also is a great way for employees to save money.

It’s a win-win-win, for the employee, the employer and traffic congestion.

According to David Bissell and Sara Graffis, both CSU employees and users of the VanGo program, this is a very practical investment for the price and all it includes, especially coming from Greeley. The price covers gas, maintenance and the van itself.

For both of them, the perks of saving money go hand-in-hand with building more of a community within CSU.

“[Our] favorite part about the program is of course saving money. Besides that, [we] really enjoy making friends and getting to know the people [we] vanpool with,” Bissell and Graffis said in an email.

See VANGO page 5

Training  
Sessions  
for CSU  
Employees

by Kyla Skye Allmon

Training comes in all shapes, sizes and genres here at CSU. Whether you’re looking for a brush-up in leadership or communication styles, or want to be prepared and well versed in campus safety, the Training and Organizational Development (TOD) office has you covered.

It doesn’t hurt to be prepared when it comes to campus safety. The CSU Police Department is partnering with TOD to provide a series of trainings about realistic safety strategies.

These courses offer an alternative to self-defense by focusing on actualities of violence against women. Even though the courses are designed with women in mind, men are encouraged to attend. The series consists of four different levels, and participants do not have to attend all four levels.

An active shooter training is also available through the TOD and CSUPD. This training is open to individuals who are involved in emergency response to an active shooter situation on campus. Building proctors and other campus staff who are interested in receiving the training can participate as well.

The course focuses on the showing of a DVD called “Shots Fired – When Lightning”  
See TRAINING page 11

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# APPLAUSE

## DIVISION OF STUDENT AFFAIRS

CSU's Division of Student Affairs recently was recognized for its many outstanding people and programs by the Student Affairs Administrators in Higher Education professional association, or NASPA.

**David McKelfresh**, executive



director of Research and Assessment and program chair for the Student Affairs in Higher Education graduate program at CSU, was recognized with the Distinguished Service Award/Fred Turner Award for Outstanding Service to NASPA. McKelfresh's dedication to CSU students, their success and the student affairs profession all played integral roles in his receiving the award.

**Campus Recreation Department's** "Risk Management in Campus Recreation – The David Karspeck Memorial Video" received national recognition in the annual NASPA Excellence Awards. The video, developed as a student employee training tool, was a Silver Award Winner for its touching and realistic portrayal of a tragic situation that transformed how students learn about and practice safety and preventive risk management at the Student Recreation Center. The video also received the NASPA Region IV-West regional publication award in the video/computer software category in fall semester 2013, as well as the National Intramural-Recreational Sports Association's

Creative Award in spring semester 2012.

**Emily Ambrose**, program coordinator in Student Leadership, Involvement and Community Engagement (SLICE), received NASPA's Outstanding New Professional Award.

**Jason Foster**, facility scheduling and event coordinator with the Campus Recreation Center, was recognized with the Colorado New Professional Rising Star Award.

**Seth Butler**, a student-athlete



majoring in Human Development and Family Studies, received the Colorado Undergraduate Rising Star Award.

The **Supporting Student Success** brochure highlights services and programs available to students through the Division of Student Affairs. It received the Publication Award for a campus-based publication.

The **Fostering Success Program**, supporting former foster youth at CSU, received an honorable mention for NASPA's Innovative Program Award.

The **Rams Engaging in Active Leadership (REAL) Experience** is a co-curricular program that has been serving CSU students for five years. A collaboration of many offices across the Division of Student Affairs and academic partners, the REAL Experience received an honorable mention for the Innovative Program award.

## COLLEGE OF ENGINEERING

**Carmen Menoni** recently was



elected a Fellow of SPIE, the international society for optics and photonics. Menoni, a professor of electrical and computer engineering, was honored for "innovative contributions to extreme ultraviolet and soft x-ray imaging and for contributions to advancing optical materials." The SPIE award is Menoni's fourth Fellow honor. She also holds appointments with the Institute of Electrical and Electronics Engineers, American Physical Society, and Optical Society of America.

The **American Society of Mechanical Engineers** recently awarded former head of the Department of Mechanical Engineering **Allan Kirkpatrick** and three others its Ben C. Sparks Medal for their leadership in revamping undergraduate mechanical engineering education as part of the organization's Vision 2030 project. Vision 2030, emphasizing innovation, leadership, teamwork and entrepreneurship, has been adopted by mechanical engineering programs around the world, and has "sparked a move toward a more flexible, creative, industry-practice-oriented mechanical engineering," according to the society.

## CSU LIFE ADVERTISING

Want to promote your business through CSU Life? Contact Mackensie Stiff at [advertising1@collegian.com](mailto:advertising1@collegian.com) or (970) 491-2126

## SEND IN YOUR APPLAUSE

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



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

For more news about CSU people and programs, visit the ColoStateU page on [coloradoan.com](http://coloradoan.com). And look for a monthly insert in the print edition of The Coloradoan highlighting our Colleges and units.

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# CSU turns 144 years old in February

by CSU Life Staff

On Feb. 11, 1870, Colorado Territorial Gov. Edward McCook signed the Colorado Morrill Act establishing the State Agricultural College in Fort Collins. In the 144 years since, the institution now known as Colorado State University has become one of the nation's leading research universities with world-renowned research in infectious disease, atmospheric science, clean-energy technologies and environmental science, with research expenditures exceeding \$300 million annually.

On Feb. 11, Colorado State 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, with events at the State Capitol and on campus in Fort Collins.

Students, faculty, staff, alumni and friends are invited to join CAM the Ram and the CSU cheerleaders on the plaza of the main campus for CSU's birthday celebration. The celebration begins at 1:44 p.m. in honor of the 144 years CSU has been in existence. Birthday cupcakes will be available while supplies last.

## CSU Day at the Capitol

Meanwhile, in Denver, Feb. 11 is also CSU Day at the Capitol. From 9 a.m. to noon, the Colorado State University System and its three campuses will celebrate Founders Day with remarks from CSU President Tony Frank, performances by the CSU Chamber Choir, appearances



by CAM the Ram, and the reading of the CSU Day Proclamation on the floor of the House and the Senate. With your attendance, you show your support for our CSU campuses and higher education in the state.

## CAM's Birthday Party

And what would a birthday be without a party? CAM's Birthday Party - a Kid Friendly Founder's Day Celebration takes place on Saturday, Feb. 8 at Monkey Bizness in Centennial, and Feb. 15 at the rec center on the Fort Collins campus.

Bring the family for a free CSU Alumni Day and help CAM the Ram blow out the candles on another year. There will be all the trimmings of an awesome birthday party and lots of CSU fun.

Go to [calendar.colostate.edu/alumni.aspx](http://calendar.colostate.edu/alumni.aspx) for more information. Kids of all ages are welcome!

# Outstanding Achievement Awards

by Debra DeVilbiss

Here is your chance to give that exceptional Classified Staff co-worker the recognition he or she deserves. Nominations for the CSU Outstanding Achievement Awards are being accepted by the Classified Personnel Council through 5 p.m. Monday, March 3, 2014.

Even if your co-worker is not awarded one of the five awards, the nomination materials become part of that employee's permanent record, a lovely recognition in itself.

Beyond the effort it takes to fill in the nomination form, there's really no downside to nominating a deserving employee. If they do win, here's what they will receive: \$1,000 (yes!), a special plaque, and recognition at special events. Details of how to nominate and a list of previous winners can be found at: [cpc.colostate.edu/annual-cpc-awards/outstanding-achievement-award/](http://cpc.colostate.edu/annual-cpc-awards/outstanding-achievement-award/)

You may know a State Classified employee who provides strong team leadership, or perhaps this person

is always there to mentor co-workers. Maybe they have contributed to the CSU community in a broader way, impacting the way we work here, or the environment we work in. And think about the one you always go to because you know whatever you ask will be done quickly and seemingly effortlessly. You might know someone who has made a creative suggestion that made life easier for you or your team, or saved the University resources in some way. Just having excellent job skills is enough to write a nomination, so think of the person you always rely on when you need a little extra help completing your task.

Nominees need to have been employed as a State Classified employee at least three years at CSU to be considered. Nominators need to complete the nomination form, and can submit up to two pages of additional double-spaced, single-sided pages, in a font no smaller than 12 point. If others in your unit are supportive, you can also include one letter of support. Focus on what makes the employee exceptional and

provide detailed examples. Watch the deadline of March 3 because late applications will not be accepted.

So many of our employees show up every day and help make the experience of working at CSU a pleasure. When they give exceptional effort, let's show them how much they are valued and respected. Write that nomination today!





# BOOK REVIEW

## Love and Lords in London: CSU employee publishes romance novel

by Sarah Sparhawk

This February, the Colorado State University campus will be sizzling with some extra romance for everyone -- and not just on Valentine's Day.

Ilene Withers, a customer service specialist at the Registrar's Office for over 13 years, recently published her first novel *The Blackmailed Beauty*, a Regency romance. Set during the early 1800s, the novel is well suited for adults and older teens.

Readers journey to 19th-century London and accompany a vicar's daughter on the run from ruin, as she is being blackmailed, but along the way she, and the readers, get tangled in a love triangle with a Lord and an Earl.

"I don't remember how I got hooked on Regency romances, but it was about the same time that my mother and I started doing enough genealogical research to find out that on her side of the family we go back to Charlemagne past a lot of titled English lords and ladies," said Withers in an email. "This knowledge made me hunger for more information about this time period and lifestyle."

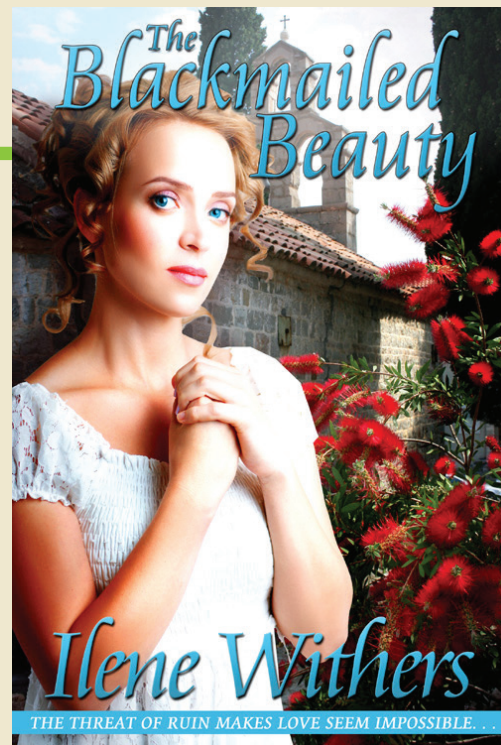
This inspiration grew into Withers' own book in 2004, but it was not until May 2013 that she was able to have it published by Astraea Press at the Romantic Times Convention in Kansas City, after having it

turned down at another convention in Denver because publishers weren't interested in any "clean romances" at the time.

"I went straight to Stephanie Taylor, the owner and editor of Astraea Press. A minute and a half later she slid me her business card and told me to send it to her as soon as I got home. Two weeks later, I had a contract," she said.

Withers' novel is currently available for purchase as an e-book through [www.astraeapress.com](http://www.astraeapress.com), Amazon, and Barnes and Noble for \$2.99.

She had a book signing at the Loveland Barnes and Noble in January and was interviewed by the *Loveland Reporter-Herald* last year, but Withers said that she is using her social media sites like Facebook and Twitter to publicize her novel further, and so far reviews have been positive.



"One person compared my book on Goodreads to Jane Austen's *Pride and Prejudice*. I don't think I'm quite that good, but I really appreciated the compliment and it gives me something to strive for in the future," she joked.

While *The Blackmailed Beauty* is Withers' only novel, she hopes it will not be her last, and has plenty of plot ideas in mind -- all with more romance to spread to readers.

# Black History Month offers impressive events

February is Black History Month, and Colorado State is celebrating with a wide range of events, from the kickoff at noon on Feb. 3 with a proclamation by Fort Collins Mayor Karen Weikunat to an open mic night at Parmalee Hall on Feb. 27 at 6:30 p.m.

In between there will be plays and lectures, a hair fashion show and a sampling of soul food, and some serious discussions of serious issues open to everyone on campus.

Events during Black History Month are sponsored by Africans United, ASAP, ASCSU, Aspen Grille, Black Definition, Black Student Alliance, Black/African American Cultural Center, Colorado State University Libraries, CSU Athletics, Hospitality management Program, RHA, United Men of Color, United Women of Color, GLBTQ2A Resource Center, and finding from a Coke Grant.

### Check out these events:

*Breaking Away* is a play based on historical events that took place after the

1908 Democratic National Convention in Denver, when black and white Republicans collaborated to develop a strategic plan. Feb. 3, 7 p.m. LSC North Ballroom.

REAL Talk is a series of informal discussions about current topics such as the current effects of the civil rights movement, affirmative action, slave mentality, and current and future black leaders. Feb. 4, 11, 18, and 25, 4 p.m., BAACC office

Sex for Chocolate is an opportunity to educate and protect yourself. Feb. 12, 5:15 p.m., Clark C 142

### Featured speakers coming to campus include:

#### Janks Morton, *Misconceptions of the Black Man*

Director Morton will speak about his film, *Hoodwinked*, an exploration of how negative depictions of African Americans has effected Black identity. Feb. 6, 6 p.m., LSC 228

#### Shade Ashani, *Author*

The first-time author of the memoir

*In Search of My Father* will speak about her experiences, journey, embarrassing mistakes and the wisdom gathered along the way. Feb. 11, 7 p.m., LSC North Ballroom

#### LZ Granderson, *Dare You to Move*

A journalist and commentator for CNN and ESPN, Granderson will discuss his experiences as an openly gay man working in the sports industry today. Feb. 20, 7 p.m., LSC Theatre

#### Adrian Miller, *Soul Food Junkies*

Miller takes us on a journey where Souther food ends and Soul Food begins, with a short documentary, discussion and an opportunity to indulge. Feb. 25, 5 p.m., Cherokee Park Room, LSC

#### Terry McMillan

The renowned author of several novels, including *Waiting to Exhale* and *How Stella Got Her Groove Back*, will talk about her works and her personal journey. Feb. 26, 7-9 p.m., LSC North Ballroom



Bridgette Johnson

Following her talk, McMillan will share the inspiration behind her new book, *Who Asked You?* In an intimate, ladies-only setting. Contact Bridgette Johnson for more details and to RSVP by Feb. 14 at [Bridgette.johnson@colostate.edu](mailto:Bridgette.johnson@colostate.edu) or (970) 491-5781.







# Happy anniversaries, CSU!

2014 will be a big year for many organizations on campus. You can read more about all of these -- and more -- in the upcoming Spring issue of CSU Magazine.

## The University Center for the Arts – 5 years



The UCA is also a teaching facility, with guest artists such as Borromeo String Quartet member Nicholas Kitchen sharing his expertise and insights with CSU students and faculty during a Master Class in 2010.  
*Photo courtesy CSU Creative Services*



*Photo courtesy Shaylyn Boyle*

Dancers, artists and performers of all kinds have had a permanent place to express themselves for five years now, thanks to the University Center for the Arts.

Publicity and Alumni Coordinator, Carrie Care, said the UCA building served as Fort Collins High School from 1925 to 1995, until it was bought by CSU. The grand opening of the theatre in 2008 was funded by student fees.

The UCA has many performances scheduled to celebrate their fifth anniversary during their Season of 5ths. Dates and times can be found on [UCA.colostate.edu](http://UCA.colostate.edu).

## Pingree Park – 100 years

Pingree Park is celebrating its 100-year anniversary as part of CSU at the start of the WCNR summer field session program, according to Pat Rastall, director.

The park was founded by George W. Pingree in 1832, and since has been a destination for outdoor enthusiasts and a living, growing classroom for many CSU students. Open from mid-May to mid-October, the park hosts conferences, retreats and workshops for over 5,000 visitors per season, with special getaway weekends available for CSU employees.

For more information, go to [pingree.colostate.edu](http://pingree.colostate.edu).



In photo from left to right: Leslie Shaner, conference coordinator; Patrick Rastall, director; and Seth Webb, assistant director. *Photo courtesy Shaylyn Boyle*



*Photo courtesy CSU Creative Services*

## CAM the Ram – 60 years

Our woolly mascot made his official debut on Feb. 6, 1954, at halftime at the Colorado A&M vs. Wyoming basketball game.



# The CSU Weather Center – 125 years



Photos courtesy of Shaylyn Boyle

The snowiest winter in Fort Collins was 1979-1980 with 114 inches of snow according to data collected by CSU climate researchers. Almost as old as the university itself, the Campus Weather Station will be celebrating its 125th year of recording weather history in our community later this year.

“[The station] was originally a part of the Colorado Agricultural College’s Irrigation Engineering program, which later transitioned to Civil Engineering. The Weather Station became part of the Department of Atmospheric Science when this ‘new’ department was established at CSU in 1962,” state climatologist Nolan Doesken said.

Since then, the campus station has played an important role in recording daily measurements of temperature, wind, precipitation in the Fort Collins community.

Doesken said the Campus Weather Station will have a campus and community ceremony this summer to celebrate its 125th anniversary, and to dedicate a plaque in honor of its history and importance in the community.

Anyone interested in touring the facility and learning more Fort Collins weather history should call (970) 491-8545 and request a visit.



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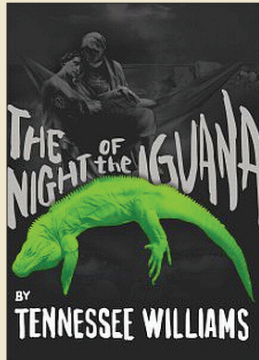
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# ENTERTAINMENT CALENDAR

## Theater



### **'The Night of the Iguana' by Tennessee Williams**

Directed by Walt Jones  
Feb. 6-16, 7:30 p.m.  
University Center for the Arts Studio Theatre  
Ticket Thursdays – free for CSU students, space available, first come, first served

Ticket Sundays – free for adults space available first come, first served

This classic masterpiece, made into a 1964 film starring Richard Burton and Deborah Kerr, explores complex human relationships developing in a cliff-side hotel above Puerto Vallarta. Featuring Jonathan Farwell, Actor's Equity Professional.

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

### **'Becky's New Car' by Steve Dietz**

Directed by Sarah Zwick-Tapley  
Feb. 6 – March 9, 7:30 p.m., Sunday matinees at 2 p.m.  
Bas Bleu Theatre  
Valentine's Day Special, all ladies' tickets only \$15.

A comic cruise through the perils of middle-aged longing and regret, "Becky's New Car" is a thoroughly original comedy with serious overtones, a devious and delightful romp down the road not taken.

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

### **'Moonlight and Magnolias' By Ron Hutchinson**

Directed By Justin Batson  
OpenStage Theatre and Company  
Feb. 8-March 8, 8 p.m., Sunday matinees at 2 p.m.

Lincoln Center Magnolia Theater

In 1939, pressed for time and talent, film producer David O. Selznik locks director Victor Fleming and screenwriter Ben Hecht up in his office for five days and nights to salvage his vision for the legendary screen gem, *Gone with the Wind*. This comedic marathon peeks inside Hollywood's golden age as three industry giants battle egos and deadlines to create timeless movie magic.

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

## Art & Literature

### **Colorado State University Art and Science Exhibition**

Feb. 10-March 7, Opening reception  
Feb. 13, 5 p.m.

Clara Hatton Gallery, Visual Arts Building

Showcasing the creative energies of students, faculty and staff, this exhibit exemplifies the common ties between scientific inquiry and artistic practice and celebrates the wide range of creative output founding the juxtaposition of these distinct yet undeniable related disciplines. Free and open to the public.

[central.colostate.edu/venue/clara-hatton-gallery](http://central.colostate.edu/venue/clara-hatton-gallery)



### **Terry McMillan**

Feb. 26, 7-9 p.m.  
Lory Student Center North Ballroom

As part of Black History Month, the New York Times No. 1 bestselling author shares her inspiration and personal

journey behind her books, including *Waiting to Exhale* and *How Stella Got Her Groove Back*.

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

### **'Masquerade: What Will the Night Reveal?' Recycled Fashion Exhibit**

through March 7, 9 a.m.-5 p.m. Monday-Friday

Gustafson Gallery, Gifford Building

The student members of Fashion Group International (FGI) of Denver and Colorado State University's Department of Design and Merchandising present this exhibit in the Gustafson Gallery, part of the Avenir Museum of Design and Merchandising. The exhibit features 25 original apparel designs created by student members of FGI as well as other students in the Department of Design and Merchandising. All student designs were constructed using approximately 75 percent recyclable materials, including plastic bags, newspapers, soda taps, used textiles, and other everyday objects. The top 25 designs presented at the annual recycled fashion show sponsored by the FGI in December 2013 were selected for inclusion in this exhibit. Admission is free.

[www.dm.chhs.colostate.edu](http://www.dm.chhs.colostate.edu)

## Music

### **Mamma Lenny and the Remedy**

Feb. 5, 7:30 pm  
University Center for the Arts Griffin Concert Hall  
CSU students free, \$12 adults, \$1 under 18

This local Fort Collins band performs original rock, soul, rhythm and blues as part of the Contemporary Artist Series made possible by support from the Bohemian Foundation.

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

### **Celebrate the Chinese New Year**

Feb. 8, 7 p.m.

University Center for the Arts Griffin Concert Hall

The Confucius Institute of Chinese Opera from Binghamton University in New York will appear at Colorado State to perform Chinese vocal music, instrumental music, dance, and jingju (Chinese opera). The performance is part of the University's celebration of the Chinese New Year and is free and open to the public. Tickets are available online.

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



### **University Symphony Orchestra Concerto Competition Finals**

Feb 12, 7:30 p.m.

University Center for the Arts Griffin Concert Hall

Three "Star Search" finalists will perform with the CSU Symphony. After the friendly but fierce competition, the ensemble will perform the Tchaikovsky Symphony No. 5, part of the UCA's anniversary Season of 5ths.

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



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# Valentine's Day



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# CSU welcomes newest member of the National Academy of Sciences

By Kortny Rolston

A.R. “Ravi” Ravishankara recently joined CSU’s chemistry and atmospheric science departments as a faculty member and researcher. Ravishankara, an atmospheric chemist, is known for his research related to understanding ozone layer depletion, climate change, and air quality. In 2000, he was elected a member of the National Academy of Sciences, one of the highest honors a researcher can receive.

He joins CSU’s three other National Academy of Sciences members: Barry Beaty, professor of microbiology, immunology, and pathology and a University Distinguished Professor; Marshall Fixman, professor of chemistry and a University Distinguished Professor Emeritus; and George Seidel Jr., professor of biomedical sciences and a University Distinguished Professor Emeritus.

Before joining CSU, Ravishankara served as the director of the Chemical Sciences Division of the Earth System Research Laboratory of the National Oceanic and Atmospheric Administration in Boulder.

He recently shared his thoughts about his new job and his research.

**Q: Why ozone depletion research?**

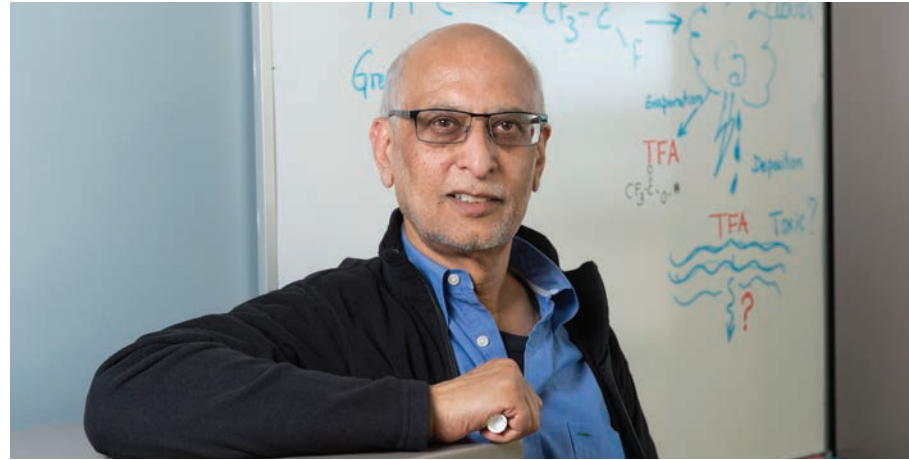
A: In 1975, while earning my Ph.D. in physical chemistry at the University

of Florida, I attended a seminar by professor F. Sherwood Rowland. He, with Dr. Mario Molina, had discovered that chlorofluorocarbons, which at the time were used in refrigerants and aerosols, would destroy the Earth’s ozone layer if their use continued. It was very interesting research and very groundbreaking. (Rowland and Molina later won a Nobel Prize in chemistry for this work along with Paul Crutzen.)

**Q: What sets your research apart?**

A: The hallmark of my work has been to utilize laboratory and field observations to identify and understand major atmospheric issues. For example, my colleagues and I established the rates of many key reactions involved in ozone layer depletion in the lower stratosphere and in polar region - including the ozone hole over the Antarctic. We developed many experimental methods to study these reactions.

Later, we developed a methodology to calculate heterogeneous reaction rates over liquid droplets that is based on parameters such as diffusion constant, solubility, and reaction rates in solution, which can be measured independently. This method, with various modifications and improvements by others, is still the foundation for calculating stratospheric heterogeneous reaction rates in atmospheric model calculation and in interpreting laboratory data.



**Q: Why are these experimental and calculation methods important?**

A: The atmosphere presents unique conditions that are complex. For example, the temperature, composition, and light levels change with location, time, and other conditions. Therefore, instruments that can obtain information for atmospheric purposes do not always exist and need to be developed.

Also, one cannot measure everything under all atmospheric conditions. Therefore, calculations based on fundamental chemical information help us not only understand what happening now but also for predicting what can happen in the future. The ability to predict is key to dealing with environmental issues.

**Q: Why CSU?**

A: CSU is strong in chemistry and

atmospheric research. It was a good fit for me.

I really enjoy working with students, as I did at Georgia Tech in Atlanta and at University of Colorado in Boulder; I am looking forward to doing that here.

**Q: What research will you do at CSU? Will you teach classes?**

A: I am looking at where my work fits in with what my colleagues at CSU are doing. I have always been active in research and will continue here. I will teach classes. I would like to use my experiences of taking science to decision makers to teach students about how policy is made and implemented. As scientists, we think all the decisions should be based on science only, but there are a lot of other inputs that must be considered in making societal decisions. I want to bring that perspective to my students and colleagues.

## Dr. Jenn explains how to beat that seasonal stress

**Q: This time of year I find myself stressed out as much as I was during the busy holiday season. Is that normal and what can I do to reduce my stress?**

A: January and February can be very stressful for so many people for so many reasons. Not only is it normal, if you aren’t prepared for the normal stressors during this time of year, it might catch you off guard or you might think you are to blame.

**What are some of the causes of this seasonal stress?**

- Bills. Those credit card statements start to appear from the holiday gift-giving season and that is enough to give most people pause.
- New Year’s Resolutions. By now, we’re all reexamining our commitment to whatever we thought on Jan. 1 might be our focus for the year. Maybe the diet is not going well, the exercise routine has become unmanageable, getting more sleep has become impossible, or quitting a bad habit is tougher than you imagined. Most people are now realizing they don’t have the resolve to stick with the lofty resolution they made and are feeling worse about themselves and their prospects for

long-term, meaningful change.

- Winter. While some of us love the snow and the cold, most people go through a bit of an emotional and physical slump in winter. Research shows this is because there is less sunlight every day, dulling our mood. Most people do not enjoy the extreme cold, so they avoid outdoor activities, thereby also limiting their natural sun exposure. People report a feeling of “the blues” when they feel cooped up indoors for too many days.

This time of year also can be tough for some because of the let-down of the celebratory atmosphere around the holidays. January begins the long series of months of much less celebration, and that can feel like a sad time for many people.

**Reduce stress, improve mood**

There are many ways to reduce stress and improve mood in general.

- It is important to get enough vitamin D during the winter months. Natural vitamin D comes from sun exposure and it is recommended that we get 20 minutes a day without sunscreen. Sun lamps designed to mimic the sun can be helpful as well. You also can make sure you get the

recommended daily allowance of dietary supplements of vitamin D and get tested by your doctor; he or she may prescribe vitamin D to bring your levels up.

- Regular exercise is associated with improved mood and stress reduction. So are plenty of hours of high quality sleep.
- Eating healthy foods that are good energy sources also help reduce stress and improve mood. Stress can be mediated by a number of techniques.
- Mindfulness meditation is a relatively simple process to learn and, if practiced daily, can help reduce stress.
- People find that having someone they trust in their life to talk to is very helpful for stress. If you don’t have a loved one who is a good listener, consider going to see a counselor or therapist about your stress. Therapy, both psychotherapy and massage therapy, has been found to improve problematic stress in the short and long term.

If you or someone you know is under more stress than they can manage, call our Center for Family & Couple Therapy on campus to set up an appointment to talk to one of our therapists. We are part of Commitment to Campus, so the University picks up

half the fee for therapy at our center. Now if that’s not promoting stress reduction, what is?



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



# TRAINING | Be prepared

## From page 1

Strikes.” This course is also a part of Residence Life training. Preparing resident assistants, assistant residence directors and residence directors to be prepared if the moment ever strikes. CSU employees can log in with an eID on the CSU Public Safety website to view the video.

## Other training available

Outside of safety trainings, TOD also offers classes in leadership development, and a Crucial Conversations course geared toward teaching skills in how to navigate difficult situations.

The leadership classes are taught by Dr. Russell Sanders. Some of the highlights of the course include learning how to build high performing teams and exploring the

importance of mission, vision and values in the workplace.

The Crucial Conversations training is open to CSU employees who wish to enhance their communication skills and effectiveness. The course consists of four 4-hour classes; it is important to attend each class because all of them are connected.

Crucial Conversations will equip participants with skills to create an environment of open dialogue during high-stakes, emotional, or risky topic conversations.

Dates and prices for each course differ, so if you are interested in registering, or want to find out more, visit [www.training.colostate.edu/register.html](http://www.training.colostate.edu/register.html), or contact Ellen Audley at [ellen.audley@colostate.edu](mailto:ellen.audley@colostate.edu).

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# COMMUNITY EVENTS

## From page 1

### Founders Day Celebration

**Feb. 11, 1:44 – 2:44 p.m.**  
**Lory Student Center Plaza**  
Join CAM the Ram on the LSC Plaza for a celebration of 144 years of Colorado State University with the CSU Pep Band and CSU Spirit Squad!

### ‘Can a Collapse of Global Civilization be Avoided?’

**A lecture by Paul R. Ehrlich, sponsored by the School of Global Environment and Sustainability**  
**Feb. 17, 5-6 p.m.**  
**Griffin Concert Hall, University Center for the Arts**

For the first time in human history, a global collapse due to multiple drivers (overpopulation, overconsumption by the rich, poor choices of technologies, etc.) threatens. A dramatic cultural change is needed to avert calamity -- the topic of this free lecture by renowned ecologist Paul Ehrlich.

Ehrlich is Bing Professor of Population Studies, President of the Center for Conservation Biology, Department of Biology at Stanford University, and Adjunct Professor, University of Technology, Sydney. He is author and co-author of more than 1,000 scientific papers and articles in the popular press on a wide array of problems ranging from the dynamics and genetics of insect populations, studies of the ecological and evolutionary interactions of plants and herbivores, and the behavioral ecology of birds and reef fishes, to experimental studies of the effects of crowding on human beings and studies of cultural evolution.

For more information, visit the SoGES website [sustainability.colostate.edu](http://sustainability.colostate.edu), email [soges\\_frontend@mail.colostate.edu](mailto:soges_frontend@mail.colostate.edu), or call (970) 492-4215.

### Finance and Real Estate Summit

**Feb. 19, 7 a.m.-1:30 p.m**  
**Grand Hyatt Denver**  
**1750 Welton St.**  
Alison Felix, Denver branch executive at the Federal Reserve Bank, delivers the breakfast keynote; Michael McKee, economics editor for Bloomberg Television and Radio and a CSU alum, is the luncheon speaker at this high-powered half-day event sponsored by the Everitt Real Estate Center. Executives from regional leaders in Urban Renewal, Banking, and Oil & Gas will share their insider insights in panel discussions with College of Business faculty and experts.

Cost: \$125 per person includes breakfast and lunch; 2.5 hours of CRE credit available. For tickets, and information about CSU employee discount, go to [advancing.colostate.edu](http://advancing.colostate.edu)

For more information, email [eric.holsapple@colostate.edu](mailto:eric.holsapple@colostate.edu)

### Third Annual Equine Symposium

**Feb. 21-23**  
**Behavioral Sciences Building**  
The SCAAEP Equine Symposium will consist of lectures, a wet lab, and small-group case discussions, and will focus mostly on the musculoskeletal system with emphasis on alternative/ rehabilitative therapies, lameness, and joint injection techniques. Lectures will cover field medicine emergencies, equine ophthalmology, and equine nutrition.

Friday starts with a tour of the James L. Voss Veterinary Teaching Hospital, which will be followed by a dinner for CSU faculty and attending clinicians. Saturday will kick off with lectures focusing on the musculoskeletal system, and will be followed by the option of attending the joint injection wet lab or small-group interactive case discussion. Dinner will be at an off-site location with our very own Dr. Patrick McCue to speak on the evolution of assisted reproduction. Sunday will consist of lectures on field medicine emergencies, ophthalmology, and equine nutrition.

Pricing options are based on one- or two-day attendance, and there will be an additional cost for attending the wet lab in order to supplement the cost of materials and supplies.

All proceeds will go to further the education of CSU PVM SCAAEP Club Members.

Email [csuequinesymposium@gmail.com](mailto:csuequinesymposium@gmail.com) or go to the website [csu-scaaep.com](http://csu-scaaep.com) for details.

### The Ripple Effect presents Leila Janah

**March 6, 7-8 p.m.**  
**Behavioral Sciences Building - Room 131**  
Leila Janah will be at Colorado State University on March 6, as part of the university's celebration of International Women's Day. Janah, featured on the January 2014 cover of *Entrepreneur Magazine*, is an award-winning social entrepreneur using technology and lean business methods to promote social justice, and is the Founder/CEO of Samasource, a nonprofit social business. The lecture is free, but tickets are required; they will be available by mid-February.

For more information about Leila Janah, visit [leilajanah.com](http://leilajanah.com).

For more information about the Ripple Effect, visit [rippleeffect.colostate.edu](http://rippleeffect.colostate.edu).



# Nuts pack nutritional benefits all year long

by Melissa Wdowik

**D**id you know that nuts may help you live longer?

This could come as a surprise, because nuts have an undeserved reputation of being junk food.

A recent Harvard study of more than 100,000 men and women found that people who eat nuts regularly, even daily, are less likely to die from heart disease, cancer and respiratory disease compared to those who do not. The study also found nut eaters were healthier overall, with lower rates of obesity, smaller waists, and lower cholesterol and blood sugar levels.

According to this and other studies, the following can benefit from nuts in one's diet:

- **Brain function:** Amino acids, vitamins and minerals found in nuts support blood flow to the brain to assist with cognitive tasks, especially as we age.
- **Heart health:** Nuts contain both monounsaturated and polyunsaturated fats, which help lower LDL (bad) cholesterol and raise HDL (good) cholesterol, and assist with heart rhythm and blood flow.
- **Weight:** Nuts contain high quality protein and fiber that both fill you up and keep you feeling full longer than foods without protein or fiber. This means the potential to eat less and less often.
- **Diabetes:** Nuts have a low glycemic index, and their protein and fiber help prevent spikes in blood sugar and the crashes that often follow eating simple carbohydrates.
- **Diverticulosis:** In the past, doctors recommended people with diverticulosis avoid nuts because it was thought they would lodge in the intestine and cause inflammation. Instead, current evidence shows the fiber in nuts helps speed digestion and keeps the intestines healthy.



- **Cancer and respiratory disease:** Nuts are abundant in folate, niacin, vitamin E, potassium, calcium, magnesium and phytochemicals. These nutrients offer anti-inflammatory and antioxidant characteristics.

Given all these accolades, you may be tempted to start snacking on nuts by the handful, but a word of caution: they are high in calories, so eating too many can lead to weight gain, which would just counteract all their positives.

So use nuts to replace other foods and limit them to about one ounce per day by using these suggestions, each given in one-ounce serving sizes:

- 28 peanuts can take the place of tortilla chips
- 48 pistachios are a good substitute for potato chips
- 24 almonds make a nice trail mix combined with one-quarter of a cup of dried fruit
- 14 walnut halves taste great added to breakfast cereal

- 20 pecan halves are a delicious substitute for croutons on a tossed green salad
- 20 hazelnuts can be toasted and tossed with vegetables such as broccoli or green beans
- 18 cashews make a satisfying sweet snack in place of candy.

When I was a child, we only had nuts in the house on holidays, so I will forever think of my mom's special cookies when I taste walnuts. Perhaps you have a similar memory that you can keep alive by enjoying the taste and health benefits of nuts throughout the year.

*Melissa Wdowik is an assistant professor in the Department of Food Science and Human Nutrition, and director of the Kendall Anderson Nutrition Center in the College of Health and Human Sciences.*

## Celebrate! CSU employees with an award nomination

by CSU Life Staff

The month of February is the time to take some time to think about the people at CSU who make it such a great place to work.

Nominations are now open for a number of annual awards, which will be presented during the Celebrate! CSU Awards Event on April 29, in the Lory Student Center Theater.

The deadline for nominations for the Distinguished Administrative Professional Awards, the Outstanding Achievement Awards for State Classified Employees (see page 3), and the Multicultural Staff and Faculty Distinguished Service Award is March 3 at 5 p.m.

### Distinguished Administrative Professional Awards

DAPA recognizes administrative professionals with continuing meritorious and outstanding achievement in the areas of outreach, teaching, administration, and/or service at Colorado State University.

A maximum of four award recipients are selected each year, and these individuals each receive a commemorative plaque and an award of \$1,000.

Nomination forms are available online at [ap.colostate.edu/awards/dapa-awards.html](http://ap.colostate.edu/awards/dapa-awards.html)

In your nomination of an AP, please adequately describe how this individual's performance fits the selection criteria in the nomination form. The award will be based on demonstrated outstanding achievement within the individual's responsibilities to the University, community, and/or state of Colorado. The nomination should address at least one and no more than three of these criteria to be considered. All criteria are given equal weight.

The nomination should also include two written statements of support. Remember, you know the nominee and his/her work, but the evaluation committee might not.

If you have nominated an AP in the past who was not selected for the award, you are encouraged to re-nominate that individual. A past recipient of the Distinguished Administrative Professional Award is not eligible to receive this award within five years.

### Multicultural Staff and Faculty Distinguished Service Award

The purpose of this award is to honor

individuals who have made outstanding contributions to their profession and the multicultural community. An academic faculty, administrative professional, and state-classified member will be honored.

These awards are presented in recognition of the nominee's service within the University and surrounding communities, which has served to:

- Enhance the awareness and status of diverse individuals and groups;
- Foster acceptance and understanding between the majority population and persons of color, and/or;
- Strengthen multicultural and inclusion efforts for under-represented people.

The Multicultural Staff and Faculty Distinguished Service Awards and Recognition Committee will select the award recipients. Although the race or ethnicity of the nominee is not a dominant factor, it may be a consideration in the selection process.

Completed nominations should include these three items:

- A formal letter of nomination, including specific information (e.g., dates, activities, etc.) of the individual's contributions to enhancing diversity

- A curriculum vitae (CV) or resume
- Additional letter of support from a colleague, faculty member, supervisor, student, or mentor.

Send nominations electronically to the Multicultural Staff and Faculty Network at [csu\\_msfm@mail.colostate.edu](mailto:csu_msfm@mail.colostate.edu)

Any academic faculty, administrative professional and state-classified member can be nominated, but previous award winners are not eligible.

A list of previous recipients can be found on the Diversity website, [diversity.colostate.edu](http://diversity.colostate.edu)

### Celebrate! CSU Milestones

CSU will honor the faculty and staff who have reached service milestones during the 2013-14 fiscal year at the Celebrate! CSU Milestones event. This all-University event to commemorate retirement and years of service will take place on May 8, in the Lory Student Center Theater.

For more information on Celebrate! CSU, go to [colostate.edu/celebrate](http://colostate.edu/celebrate).



# CSU COOKS

Looking to impress your sweetheart this Valentine's Day? Try making your own Valentine's Day chocolates with this Chocolate Bark recipe by James Musetti, chef and graduate student in the Hospitality Management Program at Colorado State University.

## Chocolate Bark



### Ingredients

1 10 oz. package chocolate chips (dark or milk)  
1 3 oz. package white chocolate chips  
6 crushed Oreo cookies

1 Tbsp. nonpareils or decorative sprinkles  
½ tsp sea salt  
1 12 x 18 inch piece of wax paper

### Directions

1. Take half of the dark chocolate and place it in a microwave safe dish and melt in the microwave at full power in 30 second intervals until fully melted. Stir in the other half of the chocolate chips into the melted chocolate until fully melted.
2. Repeat the same procedure for the white chocolate.
3. Spread the chocolate out on the wax paper as thick or thin as you like.
4. Using a spoon, drizzle the white chocolate on top. Save one spoonful for the garnish.
5. Evenly spread the crushed Oreos, nonpareils, and sea salt over the top.
6. Let cool at room temp, or if you are in a hurry, in the fridge or freezer.
7. Break into pieces and enjoy.

**You can watch Chef James prepare this recipe in a YouTube video on the College of Health and Human Sciences webpage or at: <http://col.st/1e7CwCm>**

## Date Night Cooking Class

And for more Valentine's fun, sign up for the Date Night Cooking Class at the Kendall Anderson Nutrition Center on Feb. 14, 6-7:30 p.m.

Bring a significant other, family member, or friend for a fun night of cooking and learning. In this very "hands-on" class, you and your partner will learn to make a main dish, a side and a dessert. For just \$40 per person -- less than a dinner out -- you'll have a Valentine's Day to remember. Come hungry!

**For more information and to register, go to [www.nutritioncenter.colostate.edu/classes/index.aspx](http://www.nutritioncenter.colostate.edu/classes/index.aspx)**



# PET HEALTH

## New Year's resolutions will help pets stay happy and healthy, too

By Dr. Rebecca Ruch-Gallie

With the start of 2014, many of us are thinking about resolutions - often centered on steps to improved health and happiness.

But why stop at promises to improve your own well-being? New Year's resolutions may also include pledges to help your pets this year.

As with people, pet health often can be improved and maintained with fairly simple steps taken consistently. Here are five ways we humans can help our furry friends to be hale and hearty this year.

### Regular veterinary visits

Parents often schedule annual well-care visits for their children, and the concept also may be applied to pets. For instance, a young cat should undergo an annual exam as a standard step for good health. Yet owners of an older dog are advised to schedule two visits per year because six months in human time is around 3.5 years in the dog's time. During these checkups the vet might help pet owners with:

- Keeping up to date on vaccines appropriate to pet lifestyle;
- Heartworm preventives, particularly those that also keep gut worms at bay
- Blood tests to assess the function of pet organs, such as kidney and liver.

### Brush pet coat daily

Brushing helps distribute oils and removes dead hairs. During a few minutes with the brush, a pet owner can look for changes in skin and coat that may necessitate a trip to the vet. Plus, this daily ritual feels good to dogs and cats.

### Brush pet teeth daily

Tooth brushing is the best way to keep mouths clean and healthy, and once the practice becomes routine pets tolerate tooth brushing just fine.

Why brush? Oral disease in dogs and cats can negatively impact overall health as bacteria shed from the mouth gravitate to the rest of the body - including heart, kidneys and joints. We often hear similar messages from our own dentists.

To watch a video about how to properly brush your pets' teeth, go here: <http://pets.webmd.com/healthy-dog-teeth-10/slideshow-brushing-dog-teeth>

### Feed the right food

A veterinarian will likely make specific recommendations regarding pet food. In general, it's a good idea to look for foods that meet the species and age standards set by the Association of American Feed Control Officials (AAFCO).

Many cat owners provide free-choice food for their kitties. But if a cat's trim figure gets broader, two meals per day is a better approach. A dog owner, meantime, can boost health by replacing dog biscuits with baby carrots and stringless sugar snap peas. For both cats and dogs, treat intake should amount to less than 10 percent of total diet to help ensure optimum health.

### Exercise regularly

Pets need daily play and walks to stay trim and to keep joints moving and brain functioning. During cold months, visit the Indoor Pet Initiative for ideas that will help pets stay active.

Pets that remain healthy and happy throughout the year will reward their owners with purring and tail wagging - signs that make New Year's resolutions well worth the time.



*Dr. Rebecca Ruch-Gallie is a veterinarian and clinical coordinator for the Community Practice group at Colorado State University's James L. Voss Veterinary Teaching Hospital. Community Practice provides general care, wellness services, and treatment of minor injuries and illnesses for pets.*

### MEET CHARLIE!



Looking for a new love bird? Charlie is a beautiful, 1-year-old Dove who would make a great family pet. Come to the shelter and see if Charlie is the perfect companion for you. He can be yours for only \$10.

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



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# RUNOFF

## RED IPA

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