



FEBRUARY 2016



A slow-moving storm dumped about a foot of snow on campus, ultimately canceling all classes and events on Feb. 2. Photo by Kyle Deuschle

Principles of Community articulate shared campus values

By Kate Hawthorne Jeracki

With nearly 30,000 students and more than 6,000 faculty and staff on four campuses in Fort Collins – and thousands more online students and Extension staff and alumni throughout the state and nation – Colorado State University is bigger than many towns in Colorado. To be effective, such a large and diverse population needs to feel engaged with the community, not just in pursuing our land-grant mission but also on an individual level of mutual respect.

The Principles of Community, endorsed by the President's Cabinet in December, provides a framework for that engagement. The 200-word document sets out how we treat each other and how we expect to be treated every day.

"They're really pretty common-sense ideas, values that we all for the most part already share," explains CSU Vice President for Diversity Mary Ontiveros. "But when we started looking into it, we found that we had never clearly articulated them in one place."

While Ontiveros says there was no one triggering event that began the process about two years ago, community members had noticed several small but disturbing incidents that spoke to an attitude of casual

[See Principles on page 8](#)

Employees keep CSU humming through any storm

By Kate Hawthorne Jeracki

Snow day!
The kid inside us all can't help but be excited at the thought of a day off school, playing in the snow or staying warm inside.

But for a surprising number of CSU employees, a snow day is anything but a day off. From the administrators and police officers who monitor and evaluate weather conditions

throughout the night before to those responsible for the care of living things – plants, animals and students – a lot of people work hard to keep the University operational during a storm the size of the one that closed campus Feb. 2.

How much work is it? Just for starters, 500 Facilities Management employees are responsible for clearing 4.5 million square feet of parking lots, 162 miles of sidewalks

and 15.8 miles of campus roads. Wielding everything from shovels to trucks, tractors and pickups they are joined by ROTC students and report to work at 3 a.m. with the goal of having campus ready to open, if it does, by 7 a.m.

"The Facilities Management teams are the real heroes, plowing streets, maintaining critical systems, and protecting our buildings," said Steve Newman, professor of

Floriculture, Horticulture and Landscape Architecture, who is responsible for the greenhouses at the Horticultural Center. "We had alarms during the night that required action from Facilities crews, and I needed to come in to check the heat, make sure that the snow wasn't damaging the glazing, and water the plants."

How bad does it have to be to close campus for the day?

[See Snow Day on page 9](#)

INSIDE:

SECRET LIFE:
Toni-Lee Viney, yogi
page 14

How do you
commute?
page 20

**Re-Envision
CSU:**
Ideas Wanted
page 18

APPLAUSE

College of Health and Human Sciences

The team that created CSU’s innovative Design Lab, or [d] lab, has received a top research honor from the international Environmental Design Research Association (EDRA).

The [d] lab, part of the Department of Design and Merchandising in Aylesworth Hall, is an open, configurable learning area designed to enhance creativity and collaboration. The project was one of only nine recipients of EDRA’s inaugural Certificate of Research Excellence (CORE) in 2015. [d] lab was recognized for “rigorous, valuable and impactful practice-based research to spark innovation and promote best practice in environmental design.”

The CSU team included **Professor Katharine Leigh; Assistant Professor Laura Malinin; the late Professor Kenneth Tremblay Jr.; alumna Amy Huber**, now a faculty member at Florida State University; and Derrell Jackson of furniture manufacturer Herman Miller’s education team.

Leigh and Malinin also received the 2015 Vice President for Research’s Emerging Team award, recognizing that their interests and experiences meld to tease out the best in their research activities.

Paula Coleman, an administrative assistant in the Department of Food Science and Human Nutrition, has been named an Everyday Hero by the Classified Personnel Council.

Coleman wears a large number of different hats in the department, often at the same time, and always has a smile on her face. She provides invaluable information to everyone in the department, including incoming and current graduate students. Coleman has a very welcoming approach in her dealings with others and students love interacting with her as she guides them through their time at CSU.

Coleman, a state classified employee, attended CSU in 1971, and worked in the admissions office as a typist from 1976 to 1979. Then she served as a secretary in the Department of Food Science and Human Nutrition from 1979 until 1986, when she left CSU to raise a family and work for her husband’s construction business. Coleman came back to CSU in 2006 to work as an Administrative Assistant III for the department.

College of Veterinary Medicine and Biological Sciences

The American Society for Tropical Medicine and Hygiene recently honored **Carol Blair** with the Richard M. Taylor Award, which recognizes scientists with outstanding careers in arbovirology and is presented every three years. Blair – an expert in insect-borne viruses – is the first woman to win the award.

In fact, she was the first female department head in the College of Veterinary Medicine and Biomedical Sciences. Now a professor emerita in the Department of Microbiology, Immunology, and Pathology, Blair spent 39 years teaching and conducting research at CSU. During those years, she developed notable expertise in viruses spread by arthropods, the family of blood-sucking bugs that includes mosquitoes and ticks that spread viruses including West Nile, dengue, tick-borne encephalitis and yellow fever viruses, among others.

Student Financial Services

Joe Donlay, associate director for operations in Student Financial Services, was elected as president of the Rocky Mountain Association of Student Financial Aid Administrators. RMAFAA serves to promote the professional preparation, leadership development, effectiveness, and mutual support of those involved in student financial aid administration across an eight state region. In addition to managing the association’s board of directors and multiple committees, Joe will also serve as a member of the board of directors for the National Association of Student Financial Aid Administrators (NASFAA).

Enrollment and Access

Vice President **Robin Brown** was recently elected chair of the National Council for Enrollment Policy and Planning. The Council consists of 27 senior enrollment managers from institutions across the country, including such universities as Rutgers, Vanderbilt, University of Southern California, Boston College, University of Connecticut, Ohio State, and Santa Clara. Brown is only the second chair of the Council since its inception 12 years ago. Membership is by invitation only.

CSU Health Network

On Jan. 27, the Employee Appreciation Board recognized CSU’s triage nurses for their hard work, determination and long hours caring for students — all while being down one nurse and provider. The CSU Health Network Triage Clinic is a small unit of five to six registered nurses who are trained in quick evaluation to provide same-day access for urgent medical conditions. They see 60 to 70 unscheduled students/patients a day. In an effort to accommodate patients as quickly as possible, they’ve shortened their lunch breaks and have committed to coming in early and staying late.

Even though they have been short-staffed, they have recently developed a nurse outreach committee that will educate students during the semester by visiting residence halls, attending safety fairs and handing out flyers during the academic year.

Housing & Dining Operations Management

Brad Hudson, Maintenance Supervisor, personifies what it means to go above and beyond the call of duty. Brad has worked closely with staff on warranty work and follow ups. Throughout the year Brad and his team have had an abundance of work orders coming in and through it all Brad’s dedication is always to our residents, his crew and co-workers. That’s why he was named Employee of the month for November 2015.

The Team Award went to **Gary Jack, Russ Parrish, Trevor Brown and Billy Henson** for the diligent work given during the installation of one of the largest heating coils we have at Braiden Hall. This team broke the record time, completing the job in 2 hours! They cut the time in half, saving time and money.

Recognition for hard work

The CSU Employee Appreciation Board recognizes employees for their hard work and promotes community spirit among CSU faculty and staff through events such as breakfasts and luncheons. Have a department or office you want to nominate? Visit the EAB website to submit a nomination form for a department or office.



CSU LIFE ADVERTISING

Want to promote your business through CSU Life? Contact Kim Blumhardt at **kim.blumhardt@collegian.com** or **(970) 491-1146**

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** for inclusion in our Applause section.

Editor
Courtney Deuschle

Staff Writers
Courtney Deuschle
Diego Felix
Melissa Leavenworth

Photographer
Kyle Deuschle

Advisors
Kim Blumhardt
Kate Jeracki
Kate Wyman

Designer
Kailee Kwiecien

CSU Life is published monthly through a partnership with CSU Department of External Relations and Rocky Mountain Student Media. The publication is mailed to faculty and staff on campus. Contact us at



WHO'S ON YOUR TEAM MAKES ALL THE DIFFERENCE

THE GAME CHANGERS IN CANCER CARE.

Whether you're talking about the football field or the medical field, your team can mean the difference between staying sidelined and getting back on your feet. With the #1 ranked cancer center in Colorado, this is the team you want on your side. uchealth.org/cancercare

New updates arrive for CSU's interactive map

By: Courtney Deuschle

Many new updates are about to be launched for the interactive map of CSU's campus. A basic version of the map has always been available on the CSU website, but it will look completely different once the updates launch this month. The initiative to improve the map came about in order to not only help people navigate our campus, but also make the campus a more welcoming and friendly place.

The map will receive an entirely new interface, that includes a 3D base map and a long directory list. The detailed list will make it easier for students, faculty and visitors to find exactly what they are looking for.

Here are just a few new updates we can expect from the new and improved interactive map:

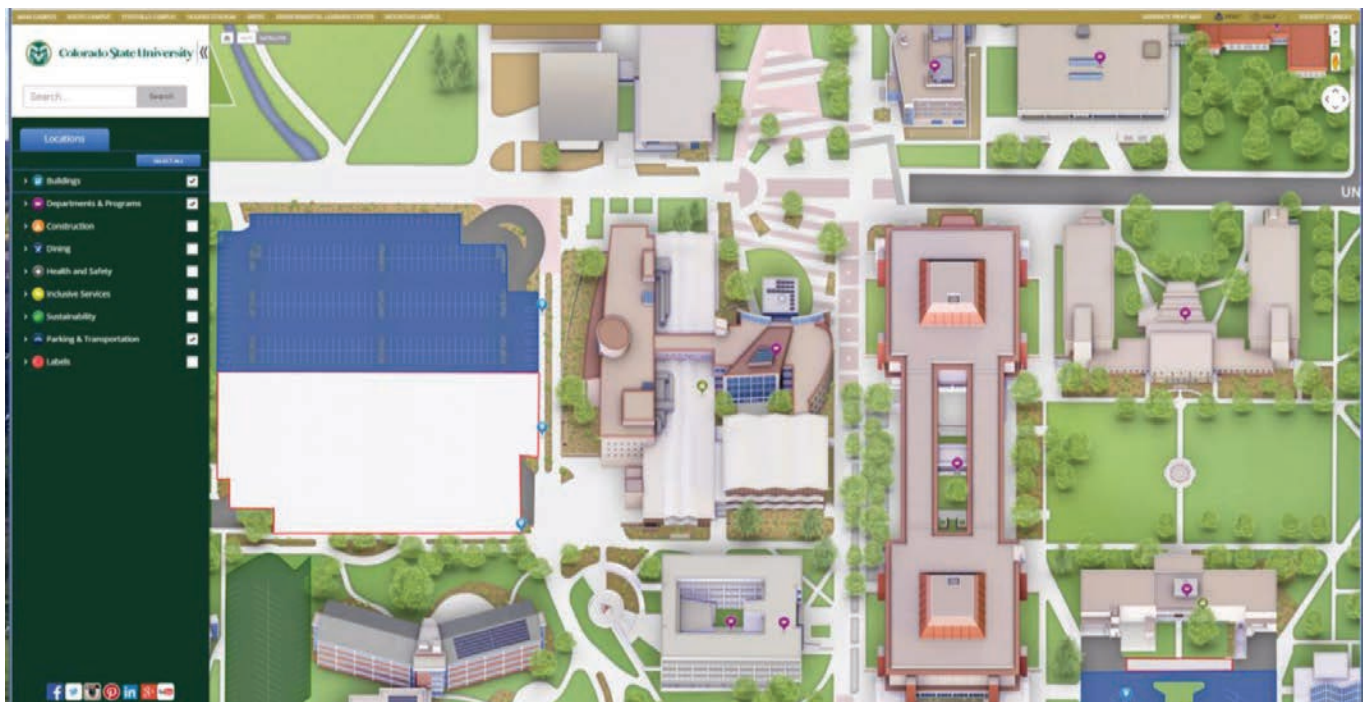
- A detailed list of buildings, departments and dining options
- Construction zones including closures, detours and suggestions for alternate routes
- Health and safety — including where the new Smoke-Free zones are
- Inclusive services — including all-gender restrooms, computer labs and meditation/reflection areas
- Sustainability — including LEED buildings and Solar
- Parking and Transportation — including parking lots, bus routes, bike paths and where handicapped accessible parking is available

The map also includes an option where visitors can suggest changes and additions.

“Many people and departments at CSU came together to fund and contribute to the project to make this map the best it could be,” said Martha Coleman of Facilities Management, who has been spearheading the project.

The new map also expands to show the Main campus, the South campus, the Foothills campus and ARDEC.

Another new feature being added this year to the map is the ability to take a virtual tour of the campus. Photos and videos can be uploaded to create tours for any part of the campus. This feature is particularly special because it will highlight all of the best



The new map features 3D images, as well as parking lots on campus.



The new map features a full drop down list of options for you to find your route and destination.

parts of the campus, and anyone can access the tour from wherever they are.

Map users will also be able to share and embed links and screenshots of the map easier than before. “We tried to make the new map function to fit the way we communicate with each other today,” explained Coleman.

Finally, the map can be customized to your specifications so you are only seeing what you need. You can see as much or as little information as you want. The map can also change for special events that are happening on and around campus. This feature will be especially helpful for game days,

move-in/orientation days, parades and other events that don't occur year round.

“The best part about this map is it highlights what makes CSU so special,” said Coleman.

Here are just a few new updates we can expect from the new and improved interactive map:

- A detailed list of buildings, departments and dining options
- Construction zones — including closures, detours and suggestions for alternative routes
- Health and safety — including new Smoke-Free zones
- Inclusive services — including all-gender restrooms, lactation rooms and meditation/reflection areas
- Sustainability — including LEED buildings and solar arrays



RECYCLE

METAL CANS & GLASS



PLASTIC BOTTLES, TUBS, JUGS & JARS



CONTAINERS & CARTONS



NO THANKS!



PAPER & CARDBOARD



COMMUNITY EVENTS

Mindful Drop-In Group

Every Tuesday, 12:10 p.m.
LSC Room 324

This free mindfulness meditation practice opportunity is open to all CSU students, staff, and faculty. Each week includes a brief introduction, a guided practice, and discussion. No registration is required. Sponsored by the CSU Health Network.



Faculty/Staff Employee Appreciation Week at The Rec

Feb. 8-12
csurec.colostate.edu

Founder's Day

Feb. 11

After signing CAM's birthday card and celebrating with green and gold cookies on the Plaza, join the CSU community to honor Dr. Stephen Withrow, veterinary surgical oncologist and University Distinguished Professor, as he receives the 2016 Founder's Day Medal. A reception will be held in the Cherokee Park Ballroom in the Lory Student Center, 4-5:30 p.m. Dr. Withrow's many contributions to the College of Veterinary Medicine and Biomedical Sciences, including as founding director of the Flint Animal Cancer Center, will be celebrated.



1870 Dinner

Feb. 13

Invitation-only celebration of the donors who help make Colorado State great.



Valentine's Day

Feb 14

Women's Basketball v. Utah State

Feb. 17, 7 p.m.
Moby Arena
csurams.com



Men's Basketball v. Wyoming

Feb. 20, 2 p.m.
Moby Arena
csurams.com

Gro Harlem Brundtland

March 2, 6:30 p.m.
csutix.com

Former prime minister of Norway and former director-general of the World Health Organization – and the person who coined the term “sustainability” as chair of the World Commission on

Environment and Development in the 1980s — will speak on “Our Common Future: Sustainable Development and Addressing Climate Change.” Sponsored by the Office of International Programs and the Women and Gender Collaborative. Admission free, but tickets required.



TEDx CSU 2016

March 5, 11 a.m.-5 p.m.
csutix.com

Lory Student Center Theatre is the place to be for 10 live talks as well as interactive

exhibits where innovators and audience members can engage in the spreading of ideas. Tickets are \$30 for community members, \$5 for CSU students, and go on sale Feb. 15.



Ram Good Time Auction

March 5, 5-8 p.m.

This annual celebration of athletics and auction to support current and upcoming student-athlete scholarships takes place at the Embassy Suites Loveland. Tickets \$135 for Ram Club members, \$155 non-members, \$1,350 for a

Give your love an address

Maps by
A.JAFFE
EST. 1892



Maps start at \$125

Honor the places you hold dear.

Each custom-made piece can be engraved with any location the world over. A diamond marks the spot of a favorite memory.

Available in Sterling Silver, Rose, Yellow or White Gold.

Come in and let us help you design your heirloom.

Exclusively in Fort Collins at

Sather's
SINCE 1910
LEADING JEWELERS

The Diamond Tower | 300 E. Foothills Pkwy., Fort Collins | SathersJewelers.com

Celebrate your love this

Valentine's Day

...with wines from the world!



Mumm *Cordon Rouge*
750ml.....**\$44.99**



Cuvee *Papale*
750ml.....**\$29.99**



Angel's Landing
Merlot, Cab Sauvignon.....**\$14.99**



Ink Monster
Zinfandel.....**\$10.99**

**WILBUR'S
TOTAL BEVERAGE
WINE & SPIRITS**

Principles |

From page 1

disrespect among some individuals. “Some of the things we saw and heard were, frankly, shocking, especially on a university campus in the 21st century,” Ontiveros adds. “We needed to have this conversation.”

So she convened about 150 volunteers, from deans and administrators to students, faculty and staff, to discuss what it means to be part of the CSU community and how we could treat each other better. Over many months of regular meetings, the group discussed and dissected concepts such as inclusion and integrity – and the actual words used to communicate those concepts.

Aspirational statement

At the same time, the University was developing its policy against workplace bullying. Bob Schur, executive director of CSU’s Department of Policy, Risk & Environmental Programs who was also part of the working group that drafted the Principles of Community, explains the difference between the two.

“The bullying policy sets the floor for acceptable behavior; it is prescriptive and actionable,

and you should expect there to be consequences,” he says. “The Principles of Community statement is not a policy, per se. It is aspirational, a statement of what we as a community would like to achieve.”

Once the full committee approved the working group’s document, Ontiveros and a team from the group took the Principles on the road, presenting to more than 800 individuals in 30 meetings on campus for their input and reaction.

“That was fascinating,” Ontiveros says. “After all the time we spent on every single word, we still learned so much about how other people interpret and feel about how we talk about important issues.”

The document was tweaked based on that input before it went to Cabinet, which made only minor edits before endorsing it at its last meeting of 2015.

Now what?

Ontiveros says the goal is to have the Principles of Community become as ingrained in life at CSU as other aspects of Ram Pride.

“It needs to be a living, breathing document, with the ideas in it part of

how we conduct ourselves every day,” she says. “It can’t just go into a binder and sit on the shelf.”

Ideas for how to make that happen are still taking shape, but so far, some colleges have posted the Principles on slides that rotate with messages on their digital monitors, and Extension and Engagement sent an electronic poster of the Principles to every office throughout Colorado’s 64 counties. Other suggestions have been to include the Principles in all job postings and as topics for Admissions essays, to let everyone know from the beginning

what the CSU community stands for.

“When we began the process, we looked at other universities to see if they had similar policies, and they did,” recalls Shannon Archibeque-Engle, director of diversity for the College of Agricultural Sciences. “This was in February 2014, remember, and one of the most impressive documents we found was from the University of Missouri. We asked them what they had done to implement the concepts on their campus, and the answer was essentially, ‘Nothing.’ We see how that turned out.”

Colorado State University Principles of Community

The Principles of Community support the Colorado State University mission and vision of access, research, teaching, service and engagement. A collaborative and vibrant community is a foundation for learning, critical inquiry, and discovery. Therefore, each member of the CSU community has a responsibility to uphold these principles when engaging with one another and acting on behalf of the University.


Inclusion: We create and nurture inclusive environments and welcome, value and affirm all members of our community, including their various identities, skills, ideas, talents and contributions.

Integrity: We are accountable for our actions and will act ethically and honestly in all our interactions.

Respect: We honor the inherent dignity of all people within an environment where we are committed to freedom of expression, critical discourse, and the advancement of knowledge.

Service: We are responsible, individually and collectively, to give of our time, talents, and resources to promote the well-being of each other and the development of our local, regional, and global communities.

Social Justice: We have the right to be treated and the responsibility to treat others with fairness and equity, the duty to challenge prejudice, and to uphold the laws, policies and procedures that promote justice in all respects.




Colorado State University

Morgan Library presents

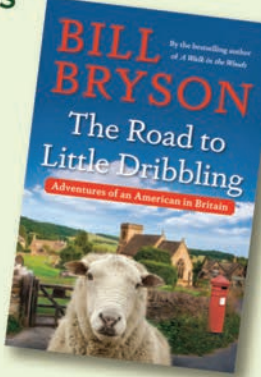
BILL BRYSON

author of *The Road to Little Dribbling* and *A Walk in the Woods*




**Sunday
March 6, 2016
2-3:30 p.m.**

CSU Lory Student Center
Grand Ballrooms



**Tickets only at CSUTIX.com
or (970) 491-4849**



Limited Tickets:
\$55 General Admission, \$25 CSU Students,
\$110.00 Gold Reserved.

Gold Reserve tickets include one signed copy of *The Road to Little Dribbling* and a reception following the public presentation.

How do the Principles of Community live with you?

Do you have an idea of how the Principles of Community can become a part of everyday life at Colorado State? Send us your suggestions at csulife@colostate.edu with Principles in the subject line. We'll pass them on to the administration, and feature some of the best ideas in a future edition of *CSU Life*.

Snow Day |

From page 1

That’s a call made by President Tony Frank, with input from the Public Safety Team, made up of administrators from across campus. They consult with emergency managers from the City of Fort Collins, Larimer County, Poudre School District, city and CSU police and Facilities Management as well as make their own personal observations out on the streets, even in the early morning hours.

The primary concern in making these decisions is safety, and the team usually comes together on a conference call at 5 a.m. to make the final decision.

Then crisis communicator Dell Rae Ciaravola and other members of the PR team from External Relations make sure the word gets out to all media outlets – TV and radio stations in Fort Collins and Denver as well as the Coloradoan, the Denver Post and campus media — before people start coming to campus. They also make sure internal and social media channels, such as SOURCE, the CSU Facebook page, and the CSU main webpage, are updated, and texts and emails go out to the campus community.

Care and feeding on campus

Students may have rejoiced at the early morning notice, but they still needed breakfast. That’s why Housing & Dining Services staff report to work like a regular day, if they can, to make sure the more than 6,000 students in the residence halls and university apartments get fed. The storeroom also remains open to take deliveries of needed supplies.

HDS Operations Management staff also come in to respond to maintenance requests and urgent work orders in the halls and apartments. Many Residence Life and Apartment Life staff work as usual to keep front desks open, provide services to students, and carry on with programs.

“For Housing & Dining Services we continue operating to ensure that the students who live on campus have warm food and support services,” said Tonie Miyamoto, communications director for Housing & Dining.

Other CSU creatures also need to be fed and watered, from livestock at ARDEC to animals in labs – even CAM the Ram.

Jerry Black, director of the Equine Sciences program in the College of Agricultural Sciences, spent a good deal of the day on a tractor digging the facilities on the Foothills Campus out from two feet of snow while others looked after the care and feeding of the horses.

“We are fortunate here that there is a large crew working here at Foothills campus under the leadership of Rick Brandes (Foothills Farm Manager) and our facility manager Wayne Miller,” Black said. “If a member of the crew cannot make it in we have plans in place for backup personnel. Some of our colt training class was here also helping as over 30 colts in training for the Legends of Ranching have recently been put in stalls for the last



Seventy years of snow removal: 1946 and 2016.
Photos courtesy CSU Libraries Archives and William A. Cotton, CSU Photography



three months of their preparation.”

On a smaller scale, Professor Greg Florant checked in on Baby and the other hibernating marmots in the zoology building on the snowy Groundhog Day.

“Each facility has its own policy, but it is required that someone come in to feed and check the animals,” said Debbie Garrity, professor of Biology. “The feeders should have each other’s personal contact information so that in the event it is impossible for them to come in they can arrange a substitute.”

And the fish might get only two feedings — the weekend schedule — not the usual three.

Newman from the Horticultural Center pointed out that tending to plants and fish and sleeping rodents is important to protect the university’s investment in research, which doesn’t get a snow day, either.

For companion animals with medical needs, the James L. Voss Veterinary

Teaching Hospital remained open, although with minimum staffing, for scheduled appointments as well as emergencies, according to hospital director Dr. Tim Hackett. The ambulatory field service of the VTH was available to respond to any veterinary emergencies on the Foothills Campus, but were not needed.

And it would be wrong to leave the impression that all students spent the day frolicking in the snow. Campus radio KSCU stayed on the air, and the staff of the Collegian put together Wednesday’s edition on a normal schedule.

“Our real heroes were our delivery drivers Todd and Dave, who showed up at the dock at 5 a.m. on Tuesday morning to take papers around town,” said Kim Blumhardt, advertising director for Rocky Mountain Student Media. “That’s real dedication.”

Jennifer Dimas, Anne Manning and Ashley Manweiler contributed to this story.

Snow Day by the numbers

Housing & Dining

296: Staff who worked

9,314: Meals served

5,000+: Social media views of video of students skiing on the living slope at Pavilion

3: after-hours operations calls responded to

Uber, taxi, and a sled: Alternative forms of transportation staff used to get to campus during the snow day

Facilities Management

500: Management employees, who are joined by ROTC students, to clear campus

3 a.m.: Facilities staff report to work on weekdays to clear snow of overnight snowfall accumulations

4.5 million: Square feet of parking lots to clear

162: Miles of sidewalk to be shoveled or broomed

15.8: Miles of campus roads to be plowed

36: Trucks, tractors, pickups and other vehicles moving snow

400: Tons of ice melt ready each winter for use on campus

42: Organized routes on campus including routes to shovel, sand, plow and broom

5: Hours spent clearing each route including sidewalks, streets, parking areas

7 a.m.: All snow removal tasks to be completed if snow has stopped for campus to remain open

ENTERTAINMENT CALENDAR

Art & Literature

Avenir Museum

216 E. Lake St.
11 a.m. – 5 p.m. Monday – Friday

The newly renovated and expanded Avenir Museum opened with four exciting exhibits that will be on display throughout the semester.

Mr. Blackwell: "Artist of Subtle Witchery" — This collection features pieces that have never been on exhibition before. Several are also quite delicate and this will be the last time they will ever be on view to the public due to their increasingly fragile condition.

Layers of Meaning: Color and Design in Guatemalan Textiles — This colorful exhibition in the Avenir Museum Gallery features traditional Guatemalan textiles.

Tiny Bits and Pieces — Lucile Hawks ('58), donor and longtime supporter of the historic costume and textile collection, is also a talented quilter. This exhibition, in the Lucile E. Hawks Gallery space, features exquisite miniature quilts, part of the Avenir Museum's permanent collection.

The Power of Maya Women's Artistry — A traveling exhibition of contemporary work by the textile artists of Cooperativa de Alfombras de Mujeres Maya en Guatemala, (The Maya Women's Rug Hooking Cooperative of Guatemala), is in the Avenir Gallery, Room 115 of the main University Center for the Arts.

Support Local Culture first anniversary commemorative

Gallery Bleu

Bas Bleu Theatre, 401 Pine St.

Tuesday - Friday 12:30-5:30 p.m., Saturday 1-4 pm
Through February

Throughout 2015, a dozen artists have been showcased on community radio KRFC-FM as part of the Support Local Culture program supported by Noosa Yoghurt. Now come experience the visual art in many media created by these talented local artists.

Author Bill Bryson

March 6, 2 p.m.

Lory Student Center Ballroom

Tickets \$55; \$25 students; VIP reception following \$110

Humorous tales of hiking the Appalachian Trail and opinions on the best and worst about Britain will be discussed by travel author and humorist Bill Bryson, whose book, *A Walk in the Woods* was recently made into a major motion picture with Nick Nolte and Robert Redford. Signed copies of Bryson's newest book, *The Road to Little Dribbling*, will be available for purchase. Presented as part of the Colorado State University Morgan Library Author Series.

Music

LSC Live

Every Wednesday, 3:15 and 4:15 pm
Ramskeller, Lory Student Center

Take a midweek break for some free live music on campus. RamEvents and SpokesBuzz present some of Fort Collins' favorite bands in genres from Americana to reggae funk, with an occasional touring act and student musicians in the mix. Pull up a chair and have a listen throughout the semester.



Classical Convergence Series: Igudesman & Joo

Feb. 25, 7:30 – 9 pm
Lincoln Center

Aleksey Igudesman and Hyung-ki Joo have taken the world by storm with their unique and hilarious theatrical shows, which combine comedy with classical music and popular culture. Equally comfortable performing in classical concert halls and in stadiums in front of crowds of 18,000, their collective dream is to make classical music accessible to a wider and younger audience. Classical Convergence is a co-produced season that features world-class performers and ensembles performing at the University Center for the Arts and the Lincoln Center.



Singer of the Year

Feb. 27, 7:30 - 9 pm

University Center for the Arts Organ Recital Hall
csutix.com

This popular annual event features CSU's top undergraduate vocal students competing for over \$50,000 in scholarship monies including the top Singer of the Year Award, the Charles and Reta Ralph Undergraduate Scholarship, the Most Improved Award, and the James McDonald Memorial Scholarship. The awards are based on the students' vocal performance and on progress toward their degree.

Theatre & Dance

Hide Sky, by Caridad Svich

Through Feb. 28
Bas Bleu Theatre, 401 Pine St.
basbleu.org

Making its world premiere at Bas Bleu, *Hide Sky* depicts how a mother's passing brings an estranged sibling home to the Florida Panhandle. Upon return, she confronts matters of love, faith and reconnecting with the brother and sister whom she left behind.

The North Plan, by Jason Wells

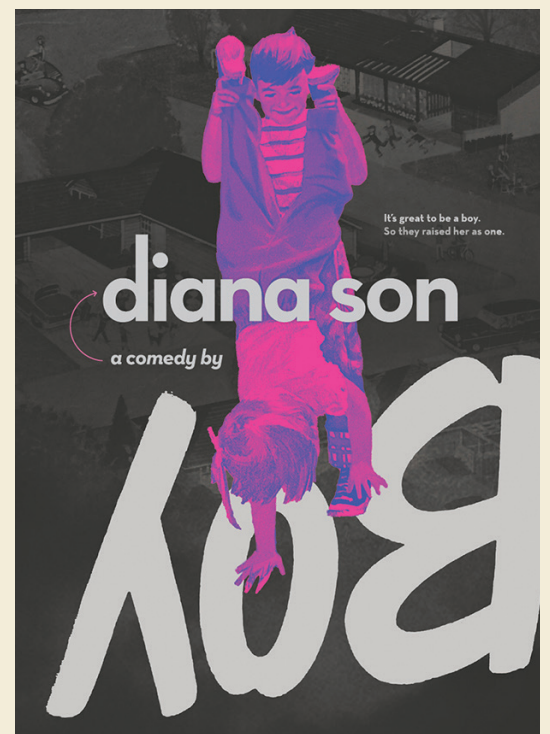
Feb. 20-March 19
OpenStage Theater and Company
Magnolia Theatre, Lincoln Center
ictix.com

Hapless Carlton Berg is a mid-level bureaucrat from the U.S. State Department with a price on his head. After a ruthless faction seizes power in Washington, the unlikely hero flees to the Ozarks town of Lodus with the new regime's top secret Most Wanted list, where a motor-mouthed repeat offender by the name of Tanya becomes his greatest ally. Contains extensive adult language.

BOY, by Diana Son

Feb. 12-13
Studio Theatre
University Center for the Arts, 1400
Remington St.
csutix.com

In this workshopped production, an "everyman" couple conspires at the birth of their fourth daughter to announce they finally have a son, and they raise the baby as a boy. They call her Boy. This seems to work, until Boy begins to develop characteristics of Girl. The play is funny, touching, and explores gender like it has never been explored before.



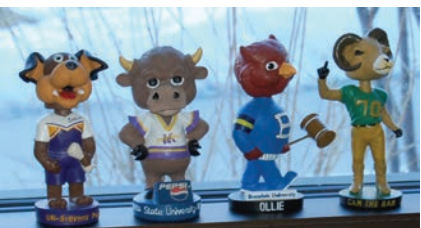
Campus Trivia with Russ Schumacher

This month's trivia winner is **Amanda Daul**, Summer Housing and Special Events Coordinator in the Office of Residence Life. She was one of many entrants who knew Martin Luther King Jr's birthday was first observed as a federal holiday in 1986 – three years after it was declared a holiday by Congress.

Amanda is responsible for scheduling housing for summer school and Ram Orientation, which means her busy season is starting now. She returned to CSU and her new position about two years ago, after a four-year gap, and says she enters the *CSU Life* trivia contest every month.

For having her answer chosen from all the correct entries, Amanda received a \$10 gift certificate to Mary's Mountain Cookies and a CAM the Ram bobblehead autographed by Russ Schumacher of the Atmospheric Science department, the winningest Ram to ever appear on *Jeopardy!*

CAM has already taken his rightful place in Amanda's collection of bobblehead mascots from her undergrad and graduate schools, and where she found her first professional job. He looks right at home.



Q. The home of Rams basketball, volleyball, commencement and convocation is the subject of this month's question. The facility, which was called the Auditorium-Gymnasium when it opened 50 years ago, was nicknamed "Moby Gym" by the Collegian even before construction was finished - and the name stuck. Who decided to make the name Moby Arena official?

Email your answer to csulife@colostate.edu with March Trivia in the subject line by Feb. 22 at 5 p.m. The winner will be chosen at random from all the correct answers received by *CSU Life* staff.



Nominate a Student Employee of the Year

Know an outstanding student employee? Here's a chance to see that student get some well-deserved recognition.

Student Employment Services sponsors an annual award for the Student Employee of the Year. Outstanding student employees are nominated by their supervisors and one student is selected to represent Colorado State University in consideration for the state, regional and national awards sponsored by the Western and National Student Employment Associations.

To be eligible, the student must be enrolled at CSU for both fall and spring semesters as a degree-seeking student; must have worked or planning to work at least 6 months between July 1, 2015 and June 30, 2016; and must be either a work-study or student hourly employee.

The deadline to nominate someone for Student Employee of the Year is Feb. 19 at 4:45 p.m. The nomination form and more information is online at the Student Employment Services website: ses.colostate.edu/student-employee-of-the-year-2016

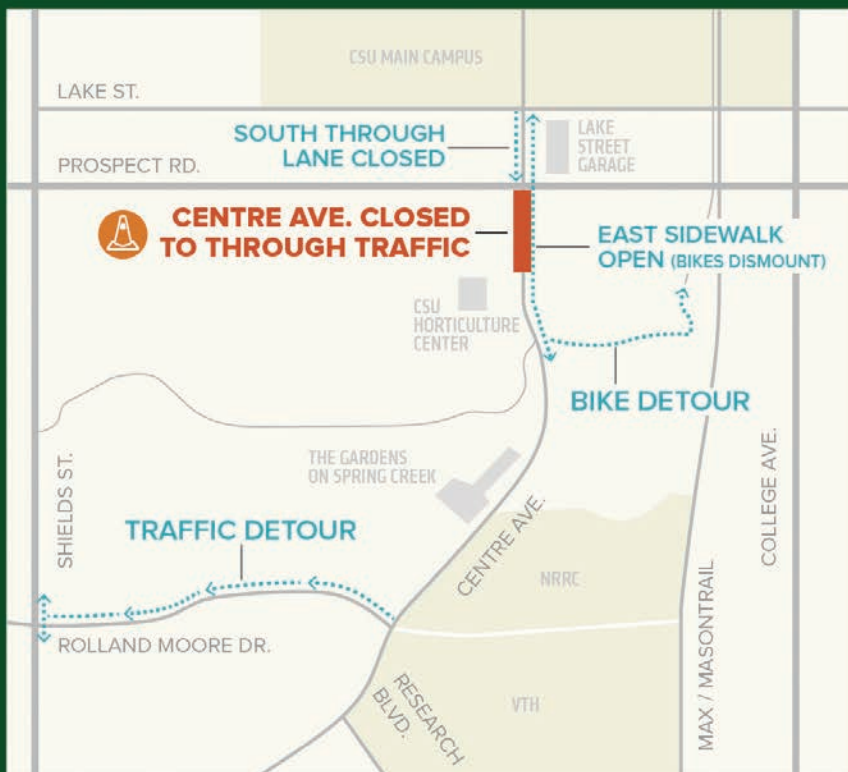
CENTRE AVENUE ROAD CLOSURE

Centre Avenue will be closed at Prospect Road south to Bay Drive from **Feb. 8 – Feb. 19.*** This closure also will impact sidewalks and temporarily reroute Around the Horn.

**dates subject to change due to weather impacts on construction timeline*



For more information on this and other construction impacts on campus, visit:



source.colostate.edu/construction-and-parking

Tips to keep your New Year's resolutions on track

By Stephanie Seng

Setting New Year's resolutions can be a way to start fresh, break old habits or accomplish new goals. If by February you find it hard to stick to those resolutions, you don't have to give them up. A few simple strategies can help you get back on track.

1. Be realistic. Are your goals attainable and in a realistic time frame? If your resolution is to run your first marathon in under 2 hours, you likely won't succeed. A more attainable goal (assuming you've already been running) would be to simply finish your first marathon.

2. Be purposeful in your goal setting. The most popular resolutions tend to be around exercise and weight loss. But if you've set those goals for the last five years and haven't reached them, ask yourself, "Why?" Are there barriers in your way, or are these goals actually not very important to you at this time?

3. Set priorities. Choose a small number of accomplishments that are the most important to you. Even simple goals can be thwarted when we attempt to accomplish too many. When one resolution is accomplished, set another one.

4. Create a plan. Break your resolution into small steps. Set dates and times by which you intend to accomplish each step. Connect these steps directly to behaviors. Try setting goals that extend your current behavior – if you already run twice a week and want to bump it up, you could start by adding one day a week, then add minutes to each day until you reach your goal.

5. Build in rewards and incentives along the way. If your goal is to work out more, then reward yourself with a new pair of workout clothes after five trips to the gym. Trying to eat healthier? Treat yourself by taking a cooking lesson after two weeks of healthy eating.

6. Expect imperfection and be flexible in your thinking. One of the biggest reasons we abandon resolutions is that we have a tendency to give up after one misstep. Allow yourself to make mistakes and instead of giving up, regroup and try again. If you find your plan isn't working, evaluate what part isn't working and change it rather than abort it.

7. Engage your willpower. Experts have compared willpower to a muscle. The more we use it, the stronger it gets. Some ways to improve willpower include:

- **Get happy.** Research shows that when you are in a good mood, willpower increases.
- **Be nice.** Studies also indicate that our willpower improves when we show kindness to others.
- **Balance your blood sugar.** When our blood sugar gets off track it can affect our mood and our motivation.
- **Write down your goals.** People who put their goals on paper, post them where they can see them often, and share them with others increase their willpower to accomplish those goals.

8. Give yourself credit for the things you do well. Take time to write down everything you accomplished during the past year. Did you get through a difficult life experience? Say "no" to something that was weighing you down? Writing down what you are proud of will force you to recognize the strengths you do have and help you figure out how to utilize those strengths to reach your new goals.

9. Get a buddy. You'll likely be more successful if you have someone else holding you accountable, and you'll enjoy the journey even more.

For more tips, visit the **College of Health and Human Sciences Pinterest board.**



Stephanie Seng is director of the Center for Family and Couple Therapy, part of the Marriage and Family Therapy Program in the Colorado State

University Department of Human Development and Family Studies. CSU's Center for Family and Couple Therapy provides high-quality therapy services to families, couples, individuals, adolescents, and children. The CFCT offers services to all members of the Larimer County community, as well as to students, faculty and staff on campus. For more information, see www.cfct.chhs.colostate.edu.

College of
**Health
& Human
Sciences**

Brand-new city has meant a brand-new me

By Jim Rodenbush

In my mind, I've always been the fat kid. It's hard to say exactly when this took hold because I don't remember a time when this wasn't the case.

It's even documented. An article about my family appeared in the early 1980s in the Lafayette (Ind.) *Journal & Courier*. Though the focus of the story was my sister, my brother and I were both mentioned. The reporter described my brother, who was 6 at the time, as "a gifted child." What about 4-year-old me? Well, I was called "chubby."

So, there you go. My brother, who holds a doctorate degree in nuclear engineering, has held up his end. I've been working on it.

My weight has been at the forefront of my adult life. It's been up, teasing but not crashing 300 pounds, before a starvation diet shaved off around 100 pounds. It went up again before an illness took off 60 pounds. You can guess what happened next. Up, up,



up it went unchecked, until a physical this past spring forced me to step on the scale. I weighed 318 pounds, to my knowledge the heaviest I've ever been.

What's the point of all of this? Fast-forward approximately 10 months, and I now check in at 197 pounds. That's 121 pounds; the most I've lost in a lifetime spent dieting. When you pull off a weight loss like this, especially around the time of New Year's resolutions, people want to know your secret.

As I've told others, the easiest way to lose 121 pounds is to first gain it. It's not a proud accomplishment and attempting to undo it is a sobering task. Despite what fad diets try to tell you, the solution is simple. You need to burn more calories than you intake. I

needed to move more and eat less.

At the start, it was mostly by accident, brought on by my move to Fort Collins.

The first part can be credited to stubbornness. When planning my move, I had no intention of paying to park at CSU or having a bus line control my schedule. My solution was to find a place close to campus and walk every day. "Close" turned out to be four miles round trip.

The second part? Well, that wasn't exactly planned either. My family has remained behind in Illinois for the time being, which means I'm cooking for one. Or, in this case, microwaving "Healthy Choice" meals for one. Add in a hectic work schedule, and the time to think about food vanished.

A few weeks into my new job, I said to my wife, "I think I might be losing weight." I bought a scale that weekend. Those first 14 pounds were all the motivation I needed. Things took off from there.

Four miles of walking per day has turned into an average of 60-70

miles per week. "Eat less" has ever so slowly changed into "eat better." In the process, I've devoured seemingly every documentary available on dieting and how we in the United States consume food. I feel like I've learned a thing or two about how I became the fat kid and how to make sure it doesn't happen again.

My advice to anyone thinking about losing weight is this: Don't copy my way, or anyone else's. Some might consider my methods crazy, particularly on days when I leave the car in the driveway and walk to work in a snowstorm (it's happened twice so far). But it works for me. Find a routine that works for you.

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

Ombuds and Employee Assistance Program expand

By: Courtney Deuschle

The Office of the Ombuds and Employee Assistance Program (EAP) has relocated to 316 General Services Building and is expanding to include a dedicated faculty Ombuds as well as a community resources coordinator.

Office of the Ombuds

The Office of the Ombuds exists to provide faculty and staff with assistance in resolving issues and conflicts that arise within the workplace at the lowest level possible. The Ombuds helps individuals learn about and evaluate various options for addressing concerns, answers questions about policies and procedures, and facilitates dialogue between people. The office is committed to four key principles: confidentiality, neutrality, informality and independence.

“By seeking assistance from the Ombuds, faculty and staff often find problems can be resolved through informal means rather than through formal grievance processes,” said director Lanai Greenhalgh. “Having a confidential resource who is impartial provides employees with a safe place to



discuss options before deciding the best course of action for them.”

While the Ombuds has always provided services to faculty as well as staff, having a dedicated faculty Ombuds who is a current or retired tenured faculty member will help expand the office’s capacity to serve more of CSU’s growing workforce and assist in serving the unique needs of the University’s faculty.

Employee Assistance Program

The Employee Assistance Program is expanding to include a community

resources coordinator whose role will be to assist employees in locating campus and community resources that may be helpful to them. As a partnership between Housing and Dining Services (HDS) and the EAP, the community resources coordinator will serve HDS employees as well as the entire campus as an expert at locating and accessing resources such as child care, transportation, government entitlements, free or low cost programs and services for kids, family activities, discounted groceries, emergency loans, etc.

Now, in addition to counseling, financial planning and legal services provided by the EAP, employees will be able to learn about a variety of resources and services available on and off campus and receive assistance in accessing them if needed.

“The goal of this position is to expand CSU’s efforts to support employees in accessing resources to stretch their family budgets, obtain needed services and benefits, and improve the quality of life of our valued workforce,” Greenhalgh said.

Buy an Apple, fund an Apple

Beginning March 1, any CSU faculty or staff member wanting to make departmental purchases of Apple computer products can help fortify the Provost’s faculty computer refresh program simply by buying through RAMtech.

Apple provides a rebate to CSU for all Apple products purchased through University channels. Until now, faculty and staff have had the option of purchasing either through the RAMtech store in Lory Student Center or the Quali Shop Catalog, according to Scott Baily, director of ACNS.

“Channeling Apple purchases through RAMtech maximizes the University benefit,” Baily said. “Apple approached us and pointed out that we’ve been leaving money on the table with each Shop Catalog purchase. After discussions with Procurement and BFS, the decision was made to discontinue the Shop Catalog option.”

The Apple Punch Out will be unavailable for use starting on March 1.

The faculty-staff pricing for Apple products is the same at RAMtech or the Shop Catalog, so the only difference is the amount returned to CSU. The extra revenue will result in a boost to the Provost’s faculty computer refresh program for those opting to purchase Apple equipment.

“It’s a win-win,” Baily said.

For more information about purchasing Apple products through RAMtech, contact the store at 491-7625.



LIQUOR

EST 1969

CAMPUS WEST DEPOT

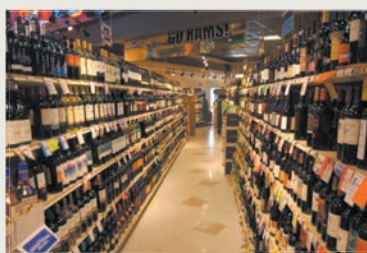


(970) 484-1107

1107 City Park Ave.

Mon. - Thurs. 9 a.m. - Midnight
Fri. & Sat. 8 a.m. - Midnight
Sun. 8 a.m. - 10 p.m.

campuswestliquors.com



FOR ALL CSU FACULTY & STAFF 13% OFF ALL PURCHASES FOR THE MONTH OF FEBRUARY*

*Just show your CSU faculty/staff ID
excludes kegs, cigarettes, & sale items

Find us on social media! @campuswliquors   /campuswestliquors

SECRET LIFE OF CSU

Toni-Lee Viney: Engineering a balance

By Diego Felix

Spending her lunch hour surrounded by American elms, historic CSU buildings and yoga mats has become a weekly institution for Toni-Lee Viney. For the past two summers, the mechanical engineering adviser has led “Yoga on the Oval” atop the sprawling lawn space that was once the geographic center of campus.

Pioneering the midday yoga sessions in May 2014, Viney said word spread after inviting fellow members from an informal group of young CSU moms. Invitees began asking friends to accompany them. Viney’s email list grew to over 50 people, 20 of whom showed up weekly during summer of 2015.

“When it’s hot, we’ll go in the shade,” said Viney. “But that’s fine, I mean, the heat doesn’t stop us.”

The summer heat poses no challenge for Viney who two times a week teaches classes at Mindstream Yoga in Fort Collins, where room temperatures hover at 98 degrees. Her style, Power Vinyasa, is a fast-paced flow focused on connecting breath and movement. She recommends bringing a towel.

At her busiest, Viney taught nine classes of yoga a week at Mindstream and also Corepower. Although classes typically run an hour long, often times the instructor arrives 30 minutes early to set up, prepare and aid yogis who are new or need assistance, while staying 30 minutes after class to answer questions and chat with students.

“Even though it’s more time for work, I don’t consider it work. It’s like a treat,” Viney said. “You’re present; you’re getting something out of it; you’re getting the energy from all the people in the room.”

Initially trying yoga while earning her undergraduate degree from Ripon College in Wisconsin, Viney revisited the practice as a communications grad student at CSU.

“(Coming back) I tried a different style of yoga and really liked it,” Viney said. “So being stressed out from graduate studies and working on all the things that comes with, I just needed something that was going to help me balance.”

Having just married and moved from Wisconsin, Viney and her husband initially believed their time in Colorado would be a fun, temporary adventure. Ten years later, the couple is expecting their second child Feb. 15. While pregnant, Viney was leading two yoga classes a week up until Jan. 1.

In class, she said students would be motivated to work harder after looking toward the front of the studio and seeing their pregnant instructor flowing through motions and calling out cues.

“But as I got bigger there were things were I would be like ‘Okay, I’m going to show you how to do this,’” Viney said. “I’d go to do it and then say, ‘I think this is off my list for now, so maybe I’ll describe how to do this one.’”

She said she plans to start teaching again after the baby is about three months old, but maintains that for 2016 her main focus will be her family.

“I just like to lead a busy life,” Viney said. “My family helps me stay present. There are some days I’ll go into work knowing I have to teach that night or next morning and think ‘oh gosh, I don’t think I can do this,’ but I’ve never felt that way coming out.”




Toni-Lee Vey, chair of the AP Council, is also an accomplished yoga teacher.



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

Lots to love...



DINE IN
Grab lunch or dinner & save 10%
(pick up or dine-in only with CSU ID)

TAKE OUT
Feed your staff or students & save 20%
(any order over \$60 with CSU ID)

No order too big. We'll work with your budget & time frame.



126 West Laurel • 970-221-9144
pizzacasbah.net

Sun-Wed 11am - 11pm • Thurs 11am - 12am
Fri-Sat 11am - 2:30am



PET FOOD • PET TOYS • PET BEDDING & CRATES



\$5 OFF

When you spend \$25 or more!*

*Save \$5 off when you spend \$25 or more at any Pet Club in Colorado. Coupon must be presented at time of purchase. Coupon may not be reprinted or photocopied. Cannot be combined with any other coupons. One coupon per household. Excludes fed & hay. Pet Club reserves the right to limit or remove this coupon at any time. Certain restrictions may apply. See Pet Club for details. Expires Feb 29th, 2016.



Find your nearest Colorado location
www.ThePetClub.net

PET HEALTH

Veterinary dentistry takes the bite out of gum disease

by Dr. Chad Lothamer

February is National Pet Dental Health Month, making this a good time to learn about your companion's oral health.

Gum disease, or periodontal disease, occurs in tissues holding teeth in place, called the periodontium. It is the most common dental disease diagnosed and treated by veterinarians. In fact, it is considered the most commonly seen disease of dogs and cats more than 3 years old.

Chronic periodontitis, the most common form of gum disease, is an inflammatory condition caused by immune response to accumulation of dental plaque.

Plaque, a biofilm that forms on the surface of teeth, is composed of bacteria, polysaccharides, and proteoglycans. If not removed, plaque hardens from minerals in the saliva and becomes calculus or tartar.

As plaque forms along the gums, the body mounts an immune response. This response is so powerful that it can cause inflammation, followed by destruction, of gum tissue.

The results may be:

- Gingivitis, or inflammation and bleeding of gums;
- Halitosis, or bad breath;
- Gum recession and loss of tissues that hold teeth in place;
- Movement and loss of teeth; and
- Circulation through the body of bacteria and molecules that trigger inflammation.

Preventing gum disease

Given the potential for problems, human and veterinary dentists alike recommend daily steps to support dental

health. To help prevent gum disease in pets:

- Remove plaque by brushing your pet's teeth. You can see how to do this in a video from The American Veterinary Medical Association on YouTube.
- Less effective methods of plaque control include use of specially formulated diets, water additives, and oral rinses.
- Chew toys or treats also can help to remove plaque. But we do not recommend toys made of hard plastic or hard natural tissues, such as bones, antlers and thick rawhides. These products increase the risk of wearing down or fracturing teeth.
- Do not start brushing your pet's teeth if gum tissue is already inflamed, as this can be uncomfortable or painful for your pet.

Once calculus has formed on teeth or plaque has formed under the gum line, a professional dental cleaning is required to safely and effectively remove the material.

Cleaning involves use of sharp instruments and the potential for irritation during treatment of inflamed tissue. Professional dental cleaning also involves thorough oral exam and dental radiographs, allowing complete evaluation of tissues of the mouth.

For these reasons, general anesthesia is required to ensure procedures are safe for the pet and the clinician.

Advanced treatments

If advanced periodontal disease is diagnosed, treatments may be performed to halt progression or to potentially repair or regenerate lost periodontal tissue. Tooth extraction may be recommended

if disease has advanced past our ability to effectively maintain a tooth.

After dental procedures are complete, the pet will be recovered from anesthesia and in most cases may go home later that



Bruce, a French bulldog puppy, has received treatment from the Dentistry and Oral Surgery service at CSU's Veterinary Teaching Hospital. Photo courtesy of Source.

day. After gum tissues have healed, we recommend that pet dental care begin or resume at home.

Even with attentive dental care, plaque and calculus often form in hard-to-reach places, so it is important to have a pet's oral health periodically evaluated and to have professional cleanings and exams performed.

The practice of veterinary dentistry has grown considerably in the past decade and a half, with an increase in demand from pet owners – and an increase in knowledge and ability among veterinarians interested in dentistry. We are here to provide specialty care that helps pets to live more comfortable and longer lives.

Dr. Chad Lothamer is an assistant professor in Dentistry and Oral Surgery at Colorado State University's James L. Voss Veterinary Teaching Hospital.



20% discount for CSU employees!

SUSTAINABILITY • WORLD HEALTH • CLIMATE CHANGE

DR. GRO HARLEM BRUNDTLAND

Former Prime Minister of Norway

"There can be no real growth without healthy populations. No sustainable development without tackling disease and malnutrition. No international security without assisting crisis-ridden countries. And no hope for the spread of freedom, democracy and human dignity unless we treat health as a basic human right."

Wednesday, March 2 | 6:30 p.m.

Lory Student Center Grand Ballroom

FREE ADMISSION

Ticket Required | Reserve online at csutix.com

 **Colorado State University**
Office of International Programs

Women and Gender Collaborative: Colorado School of Public Health at CSU
Apartment Life | Residence Life | SUCE | Women and Gender Advocacy Center
Global Social & Sustainable Enterprise MBA Program | ASCSU | KUNC



- Norway's First Woman Prime Minister 1990-1996
- Director-General of the World Health Organization 1998-2003
- UN Special Envoy on Climate Change 2007-2010
- Deputy Chair of The Elders

an opportunity society

Come One, Come All

Appointments and 24/7 Emergency Services



Colorado State University
JAMES L. VOSS VETERINARY
TEACHING HOSPITAL

300 W. Drake Road | (970) 297-5000 | csuvth.colostate.edu

*Discount does not apply to pharmacy, central supply, or services provided by the Veterinary Diagnostic Laboratories and the CSU Orthopaedic Research Center.

Crucial Conversations: tools for tough talks

By *Diego Felix*

This spring, an acclaimed communication and conflict-resolution training program, used by Fortune 500 companies, reemerges for a third year at Colorado State University. Designed to foster better dialogue centered on emotional or sensitive topics, Crucial Conversations training provides participants with concrete tools for improving interpersonal communication.

Facilitated by Marsha Benedetti, associate director of Training and Organizational Development at CSU, the program is split up into four, 4-hour sessions. First offered to employees in the fall of 2013, Crucial Conversations will be hosted March 24, 31, and April 7 and 14 in Johnson Hall.

"The program provides a model that takes something intangible like communication and gives participants a means for breaking down why certain conversations are not going how they would like," Benedetti

said. CSU's four certified Crucial Conversation instructors have trained around 200 faculty members in the last three years.

"It is the misunderstandings where people aren't able to get all the information out on the table that I think often makes our jobs more challenging and sometimes more frustrating," Benedetti said. "So, I think any tools that can help people in the communication process are very valuable."

According to Crucial Conversations, when faced with a difficult conversation, people often times are affected by the amygdala hijack. The amygdala, the part of the brain responsible for handling emotions, gets immediately overwhelmed in response to the environmental stimulus.

Benedetti explained that the program "gives you opportunities to recognize when you're headed down that emotional hijack in a conversation. Something that's going to cause you maybe to say things or

act ways that won't be beneficial to the conversation — it's also beneficial to recognize when the other person involved in the conversation is headed that way."

The program is limited to 20 people and charges \$240 for the cost of materials. When offered off-campus, Crucial Conversations typically comes with a price tag close to \$1000.

"It's always interesting to me, people will say, 'Wow, I walked out of this class and got a chance to practice it the very next day,'" said Benedetti. "That's truly what we're trying to get them to do, to realize that any of this stuff is stuff you can start using immediately, whether it's your professional life or in your personal life."



Registration website:
www.training.colostate.edu/register.html

Questions: Ellen Audley
ellen.audley@colostate.edu

Cost of the program:
\$240

Schedule: 16-hour training split into four sessions hosted March 24, 31 and April 7 and 14

Location: Johnson Hall

Space is limited to 20

Facilitated by Marsha Benedetti, associate director of Training and Organizational Development

Commitment to Campus benefits are numerous, varied

By *Caitlin Kotnik*
AP Council

CSU faculty and staff members are eligible for a variety of discounts, programs and benefits on and around campus through Commitment to Campus (C2C).

"Commitment to Campus' mission is to improve work-life balance by providing these small opportunities to our faculty and staff as a thank you for your ongoing contributions to the institution," said Bob Schur, executive director of the Department of Policy, Risk, and Environmental Programs and manager of C2C.

Additionally, goals for C2C include inspiring employee wellness, encouraging employee engagement with students outside of the classroom, and promoting personal advancement.

The program, developed in 2010, offers a range of opportunities to administrative professionals, classified staff and faculty members, including health and wellness initiatives, educational scholarships and discounted tickets. Among the most popular programs are counseling services for couples, families, and teens; summer day camps for children; and the heart disease prevention program.

Faculty and staff are welcomed and encouraged to submit ideas for new C2C programs by e-mailing Kellie Rainwater at kellie.rainwater@colostate.edu.

Popular C2C benefits

- Discounted individual game and season tickets through Athletics
- Family, teen, and couple counseling
- Reduced-price after school programs and summer camps for children
- Wellness membership discounts
- Tuition discounts
- SafeWalk
- One free pair of CSU music, theatre, & dance tickets
- Heart disease prevention program and nutrition services
- Veterinary care discount
- Education, training, and career development opportunities
- Free access to Around the Horn bus and Transfort bus line (including Max)
- Employee appreciation events at athletics matches
- Emergency grants and hardship loans

For a comprehensive list of C2C offerings, please visit the newly updated website at source.colostate.edu/commitment-to-campus/.

AP of the Month

Get to know some of the Administrative Professionals who make Colorado State a great place to work!



Mark Barry

Student Engagement Coordinator with the Division of Continuing Education

Years of service at CSU:
6 months

Fun fact: Mark is an avid runner who has completed several marathons and triathalons.
"I truly enjoy working with students. That is the reason

I got into higher education, and that is why I'll end my career in higher education. I've really embraced CSU's Principles of Community and appreciate that at CSU these are not just words on a page but are also actively worked day-to-day through professional development and trainings."

If you know someone you would like to see as the next featured AP, contact apc@colostate.edu.



career communities

powered by The Career Center



connect • explore • aspire

find your community:
colostate.vineup.com



Colorado State University

Center for Public Deliberation helps Re-Envision Colorado State chart course for the future

By Nik Olsen

When Colorado State University was founded in the 1870s, the people who worked and studied here had a vision of what the institution would become. These founders, and their successors, imagined what Colorado State could be and planted the seeds of what the University is today.

The University has thrived from the foundation they laid. Now, the CSU community is invited to build a new foundation for the century ahead.

As Colorado State prepares to celebrate its 150th anniversary in 2020, faculty, staff and students are at the center of a University-wide process – Re-Envision Colorado State. Re-Envision Colorado State is designed to supplement institutional strategic planning and look beyond facts and figures to re-envision what the university can be and how it will continue to thrive for the next century and a half.

Supported by the university's highly regarded Center for Public Deliberation, CSU's faculty, staff, and student leadership will engage the entire campus in a yearlong process to answer larger questions about what kind of institution those who work and study here would like to see in the decades to come.

"We want everyone on campus and in our extended CSU family to share their ideas – large and small – on how to make the university better, more responsive, and more engaged in all that we do," Faculty Council Chair Mary Stromberger said. "To help, we're planning a series of campus conversations, speakers, and listening sessions, and have created a simple, electronic suggestion box so everyone has the opportunity to be part of the discussion."

Launched at Fall Address

The Re-Envision CSU process was launched by President Tony Frank in his 2015 Fall Address to the University, and will be led by CSU Faculty Council, Classified Personnel Council, Administrative Professional Council, and ASCSU. This leadership team has engaged the Center for Public Deliberation to help guide the campus discussion and solicit ideas and opinions over the coming months.

In forming the group, President Frank challenged the campus to look at its geography, culture, environment, practices, and assumptions and consider potential changes and approaches that would elevate the university and benefit future generations.



Re **Envision**. Re **Imagine**. Re **Invent**.

This Re-Envision process builds on the cornerstones of CSU strategic planning:

- teaching and learning that is student-centric;
- research and discovery with a global impact;
- engagement and outreach that change lives locally and across the world;
- a strong, inclusive campus culture;
- people as our foundation;
- a commitment to be accountable, sustainable, and responsible.

These are the "stars by which we navigate," Frank said, "but there is more than one course we can set by those stars." The purpose of Re-

Envision is to chart an innovative and forward-looking path that capitalizes on strengths and opportunities and upholds the university's commitment to excellence in all areas.

"This isn't a top-down process," APC Chair Toni-Lee Viney said. "All of us at CSU have an equal stake, and we are reaching out to all members of our campus community to help create the vision for the CSU of tomorrow."

"Faculty, staff and students may not always see how their own daily work connects to the strategic vision and plan for the university," said CPC Chair Stacey Baumgarn. "Our goal is to tap into what all of us see as we go about our work and to learn from that. What are the big ideas that aren't being heard? How can we leverage our strengths and take advantage of emerging opportunities? What does the future look like and how will CSU continue to have an impact?"

"As students, we are the future – and we have a responsibility to help shape the future we want," said ASCSU President Jason Sydoriak. "We hope that students across campus will step up and participate in Re-Envision CSU."

Three phases

The Re-Envision exercise will take place in three phases:

- **Phase One:** Discovery and Listening – Now through September 2016
- **Phase Two:** Reflection, Analysis, Prioritization – September through November 2016
- **Phase Three:** Planning, Budgeting and Implementation – November 2016 and Beyond

MAKE MEMORIES NOT EXCUSES

NOW LEASING LOWEST RATES OF THE SEASON!

2101 PERENNIAL LANE, FORT COLLINS • 970.493.1058
 Facebook: Grove.FtCollins Twitter: FoCoGrove Website: gogrove.com

grove
FULLY LOADED COLLEGE LIVING®

CALL TO SCHEDULE A TOUR TODAY.

Re-Envision ideas can be submitted online at source.colostate.edu/re-envision-csu/. Watch SOURCE for announcements of upcoming Re-Envision speakers and listening sessions.

Know someone outstanding? Tell CPC

The Classified Personnel Council (CPC) is pleased to announce that nominations for the 2016 Outstanding Achievement Awards for State Classified employees are now being accepted. Nominations must be submitted by 5:00 p.m. on Friday, February 26, 2016. Up to five awards will be given, consisting of a special plaque, an award of \$1000, and recognition at the CSU Awards Ceremony; Celebrate!, the ceremony is scheduled in April and the CPC Annual Recognition Luncheon in May. Nomination materials also become part of the recipient's permanent employment record.

CPC Recognition Committee members are available to assist you with any questions concerning the preparation of your nomination. If you have questions or need to obtain the nomination form, please contact Anthony King at (970) 492-4983 or anthony.king@colostate.edu. Nomination forms may also be submitted via the Outstanding Achievement Award webpage: <http://cpc.colostate.edu/annual-cpc-awards/outstanding-achievement-award>.

The Outstanding Achievement Award is the most prestigious award a State Classified employee can receive. It is meant to recognize individuals for outstanding achievement in their service to the University, which can include excellent job skills and workplace achievements that are above/beyond what is normally expected. Nominees must have been employed as a State Classified employee at Colorado State University for at least three years to

be considered for the award, and past recipients are not eligible for ten years. A list of recent recipients is provided on the Outstanding Achievement Award webpage.

Nominations are encouraged from anyone who interacts with State Classified employees. Please feel free to nominate your co-workers, peers, supervisors, or other colleagues within the State Classified system. Nominations should include specific examples and supporting evidence that demonstrate employee excellence. Please do not include normal job responsibilities and/or experiences. We recommend focusing on the exceptional qualities of the nominee, his/her history of service at CSU, and detailed examples of how he/she typically goes above and beyond.

The Outstanding Achievement Award provides an important opportunity for the University community to recognize the valuable contribution of State Classified employees at CSU. Please nominate someone special today!

The CPC also sponsors other awards. The Positive Action Award, an Educational Assistance Award and the Everyday Hero Award. Nominations for the Positive Action Award are also being accepted at this time and must be submitted by 5 p.m. on Monday, April 18, 2016. Educational Assistance Awards are given at the start of fall and spring semesters. The Everyday Hero Award is given in an ongoing basis. Learn more about CPC awards at <http://cpc.colostate.edu/annual-cpc-awards>.

Criteria that will be considered include:

- Contributes to the success of fellow employees and students; provides leadership, mentoring, support, etc. to others;
- Contributes to the success of the University; recognized as someone who gives back to the University; serves on University committees, volunteers in the campus community, etc.;
- Demonstrates superior efficiency and productivity; shows initiative in the workplace and/or uses innovative techniques to improve University operations.

Celebrate your milestones

Colorado State University employees achieving a decade of service or more this year will be honored at the annual Celebrate! CSU Milestones. This all-University event recognizes those faculty and staff who have reached milestones — 10, 15, 20, 25, etc. — as well as retirees.

Celebrate! CSU Milestones will take place on Thursday, April 28, 2016, in the LSC Grand Ballroom. Check SOURCE each week between now and then for a

profile of a few of the honorees.

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

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

NSSE survey can help shape CSU experience

By Heather Novak

As part of our commitment to improving the undergraduate experience and helping students successfully complete their program of study, every three to four years we ask students to participate in the National Survey of Student Engagement (NSSE). It is a brief and confidential online survey that helps us to better understand our campus environment and student behavior by asking students about their study habits, educational plans and experiences, how they spend their time, and their satisfaction with the campus, the faculty and the curriculum.

While results serve as an important data source for various levels of accreditation and program review, they are most importantly used to improve the educational experience. For example, in the past, results have influenced conversations about diversity, experiential learning and the availability of academic resources/support outside of the classroom. Students have the opportunity to help make CSU a better place for current and future students.

February 16, 2016, all first-year, second-year, and senior undergraduates

will receive an invitation from the President, via email, to participate in the survey. Students can access the survey from their email or from RAMweb. Those who complete the survey will be entered into a lottery drawing to win one of five iPad tablets.

With the help of faculty, we hope to reach a 40 percent response rate, 4 percentage points higher than in 2012. We encourage you to let your students know that the invitation will be sent soon and that student participation is voluntary and highly valued. Promotion of the survey in large 100 level courses and upper-division courses (with mostly seniors) could be most influential on the response rate.

If you have any questions about CSU's participation in the NSSE please contact Laura Jensen, the Associate Provost of IRP&E, at L.Jensen@colostate.edu. Data analyses will be distributed in the fall and utilized in the program review process. Additionally, IRP&E can provide customized analyses by request.

Heather Novak is Research Manager for Institutional Research, Planning and Effectiveness at Colorado State University.




2016

find your place, find your home

HOUSING FAIR

February 10
9AM-4PM

LSC Grand Ballroom





More info:
ocl.colostate.edu
(970) 491-2248

Reinventing the Wheel – How Do You Commute?

For Cliff Schulenberg, commuting to campus is a family affair.

Since the beginning of the year, Cliff and his wife, Jill, have been carpooling from their home in southeast Fort Collins. He works in the College of Agricultural Sciences' Agriculture Business Center in the Shepardson Building, while Jill works for First National Bank in the Lory Student Center.

How many days a week do you carpool?

I'm currently carpooling five days a week. I will mix that up with some bike commuting in warmer weather.

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

It takes me 15 to 20 minutes to commute to work. It's the same whether I carpool, or drive myself, since my carpooling partner is also my wife.

Describe your route and how the carpool works.

Our route is pretty simple since we are both leaving from the same place. My wife works in the Lory Student Center, so I usually drop her off and then I park over by Shepardson. We communicate during the day, to find



Cliff and Jill Schulenberg share commuting in the family car. Photo by Kyle Deuschle

out who will be ready to leave earliest. If she gets off before me, then she'll walk over to my office. If I get off earlier than her, then I'll pick her up in front of Lory.

Do you do anything to prepare for the commute?

We prepare for the commute by making sure our two kids are out the door and heading for school. Also, make sure we have coffee....lots and lots of coffee.

Do you do anything along the way, either to or from campus (day care stops, workouts, errands)?

We stop on the way home to pick up our daughter from BASE camp.

How do you spend your time on the commute?

We talk about all the things that families need to talk about and don't have time to, or we listen to a book. We take turns on who gets to pick which book we listen to. Once I got a kiss at a stop light. That doesn't happen when you commute solo.

What concerns did you have about carpooling before you started?

Working the same hours was one concern. My wife works for First National Bank, and we weren't sure how receptive they'd be to set hours that would facilitate us carpooling, but they fully supported the idea, as did my department. Once the hours were set, the other concern was making sure we could get our kids off to school, and pick them up, and still make the carpool work. So far, it's worked great.

Do you ride with the same people every day?

Yes. My carpooling partner is the best.

How do you manage workday business trips when you don't have a personal vehicle on campus?

So far this hasn't been an issue. If either of us needs the car during the day, we can just take it. Multiple sets of keys is helpful. Also, although we haven't used it, we're aware that Parking & Transportation services offers emergency rides home to registered carpoolers (two times per fiscal year).

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

Carpooling is about half the cost of both of us driving. When you consider the cost of gas, a parking pass and vehicle wear and tear, I'd estimate we are saving \$2,500 a year.

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

I think there are a lot of alternative transportation options to explore, so I'd encourage fellow employees to sample them when they can. Ride a bike, take a bus, carpool and see if anything feels right.


When the weather gets warmer, I think I'll ride my bike more than she does, so there might be some days she drives alone. We've also discussed switching off, where one of us rides to work and the other drives, then vice versa for the return home. We've also discussed issues, like doctor's appointments or days when one of us needs to put in extra hours, and I think on those days one of us will drive to campus and the other will park and ride the MAX. It's nice to have so many options.

CELEBRATE

Our State

Colorado State University

COME CELEBRATE CSU'S 146TH BIRTHDAY



THURS., FEB. 11, 2016
LORY STUDENT CENTER
BALLROOMS C AND D
AT 4:30 P.M.

Join Colorado State University in honoring
Stephen J. Withrow, D.V.M., as the 2016
Founders Day medal recipient for his extraordinary
service and contributions to the life and future of
Colorado State University.

1:46 P.M. JOIN CAM THE RAM AND THE CSU PEP BAND ON THE PLAZA FOR BIRTHDAY FUN AND GREAT GIVEAWAYS.

CSU COOKS

Dark Chocolate Chunk Oatmeal Cookie Bars

Valentine’s Day is for sweethearts – and other sweets. This delicious cookie bar will satisfy any sweet tooth while providing fiber and nutrients from whole grains and applesauce.



Photo credit Diana Keullian

Serving Size: 1 bar Yield: 18 servings

Nutrition information per serving

Calories 246; Protein 4.5 g; Total fat 12.5 g; Total Carbohydrates 29 g; Saturated fat 3.6 g; Dietary Fiber 3 g; Cholesterol 21 mg; Sodium 113 mg

For other great recipes, check out CSU’s Kendall Anderson Nutrition Center at www.nutritioncenter.colostate.edu

Ingredients

- 2 1/2 cups old fashioned oats
- 1 cup all-purpose flour
- 1 cup white whole wheat flour
- 2/3 cup brown sugar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup canola oil
- 1/2 cup unsweetened applesauce
- 2 eggs
- 1 tablespoon vanilla
- 8 ounces dark chocolate, chopped into chunks (about 1 1/2 cups), divided
- Cooking spray

Instructions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Grease a 9x13 inch baking dish with oil, or line with foil or parchment paper.
3. In a large mixing bowl, add the old-fashioned oats, both types of flour, brown sugar, baking soda, and salt. Stir to combine.
4. In a medium bowl, beat canola oil, applesauce, eggs, and vanilla until combined. Add wet ingredients to dry and stir to combine.
5. Fold in 1 cup of the dark chocolate chunks to distribute evenly.
6. Pour half the batter out into prepared pan, pushing the dough into pan. Sprinkle the remaining dark chocolate chunks on top, then pour the remaining half of the dough over the chunks. If desired, add more chocolate to the top.
7. Bake for about 20-25 minutes, being careful to not over bake. Allow bars to cool in pan for at least 30 minutes before slicing and serving.



FROM THE FIRST POUR
to the last bite –
IT’S A CRAFTED
EXPERIENCE

THE MAINLINE
ALE HOUSE

Open Mon - Sun at 11am

Happy Hour 3pm - 6pm

Late Night Happy Hour
Sun - Thurs, 9pm - Close



125 S College Avenue Ft Collins, CO 80524
970.449.5601
mainlinefoco.com



BOOK REPORT

Exposing a hidden social problem

By Melissa Leavenworth

Colorado State University Professor Zeynep Biringen Ph.D. and Associate Professor Jennifer Harman Ph.D. already have much to be proud of this year with the publication of their new book. *Parents Acting Badly* exposes an important yet rarely recognized social issue: parental alienation.

Parental alienation stems from attempts by one parent to manipulate a child into acting unfavorably toward the opposite parent. The manipulation may range from subtle to blatant and relatives other than the child's mother and father may engage in the behavior. Parental alienation is prevalent in situations of divorce or separation and can disrupt the attachment between a child and parent.

Harman became interested in the subject because of personal experiences with parental alienation and divorce. She said, "The inspiration came from... my own experiences and I've known a lot of other people that have been struggling with this too, so I had always seen it around."

Though it can be detrimental to children and their families, the court system often refuses to address parental alienation as an issue. "I've seen people misuse courts to get custody of children, to restrict parenting time... all sorts of thing," said Harman, "I was wondering, how is that possible?"

Curiosity led Harman just one floor above her office to Biringen who had previously researched parental alienation. "This is a really unrecognized area in terms of emotional abuse," said Biringen.

Their backgrounds in psychology fit the research and the collaboration between the two professors came to life when the IRB approved their research in the fall of 2014. Their research showed that people all around the world were having the same experiences with parental alienation.

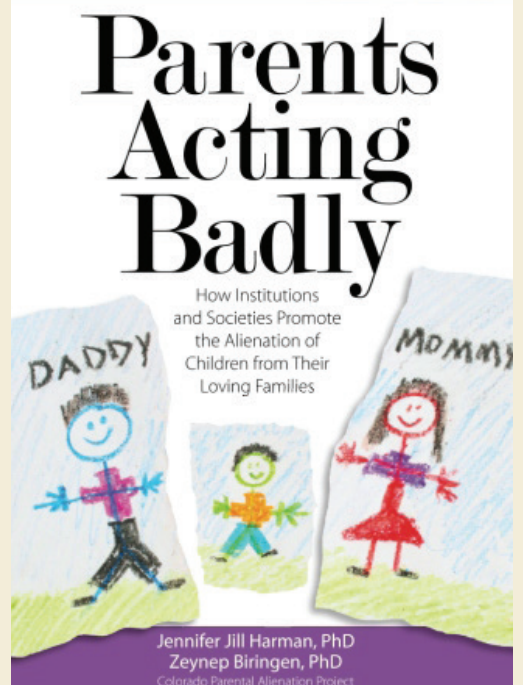
"Why is it that so few people know about it if it's so prevalent, so common and formulaic even?" Harman asked. "Why is it that it's not more publicly recognized? Why aren't there services and laws and other things to deal with it?"

Biringen and Harman aim to bring this social issue to light by using research to educate others on the impacts of parental alienation. Biringen said, "It erodes the parent-child relationship and also affects the child's sense of worth. The parent who does that is not aware of how kids develop."

They did not initially intend to write a book on their findings but hope the information prompts a change in perspective. "The goal of the book is awareness and education," said Biringen.

There will be a free luncheon on March 2, from 4-6 p.m. at New Belgium for anyone interested in the topic. Dr. Harman will perform a Ted Talk at CSU on March 4 and will hold a book signing at Old Firehouse Books on April 23 from 2-3 p.m.

"An engaging, provocative, and research-based book, with new answers and solutions to a REAL social problem facing millions of families worldwide, I highly recommend it!"
— Dr. Terri Orbach, The Love Doctor®



Parents Acting Badly can be purchased through the CSU Bookstore and Amazon.

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

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



Lesa A Ringkjob, A.R.M.
375 E Horsetooth Rd Bldg 6-100
Fort Collins, CO 80525-6800
lringkjo@amfam.com
(970) 223-0940
(888) 746-4556 Toll Free



American Family Mutual Insurance Company and its Subsidiaries
Home Office - Madison, WI 53783

© 2006

002138 - 3/06

BEER ME AT THE MAYOR OF OLD TOWN



**See how Gabe
rates your favorite
beer, every Friday on
collegian.com/blogs
and on YouTube.**



Martin Luther King Jr. honored by CSU, Fort Collins

About 1,000 members of the CSU and Fort Collins communities braved freezing temperatures on Jan. 18 to march from Old Town Square to the Lory Student Center in honor of Martin Luther King Jr., his memory and his message. At the end of the march, participants heard from CSU Chancellor and President Tony Frank and CSU Homecoming King and Queen Mohammed York and Sametra Woods as well as the winners of the Poudre School District essay and art contest, and gave a standing ovation to spoken word performer Arisson Stanfield, a CSU sophomore in philosophy. *Photos by Kyle Deuschle and CSU Photography.*



A **BREATH** OF FRESH AIR IS **COMING**
JANUARY 18, 2016

For the health of our community, CSU is expanding its smoke-free areas.

SMOKE FREE



The policy includes:

- The outdoor corridor referred to as the Centre Avenue Mall, running North to South from the Engineering Building to the Lake Street Parking Garage.
- Outdoor courtyards and common areas adjacent to or contained within the perimeter of any university residence hall or apartment.
- Outdoor areas within 25 feet of any entrance, passageway, operable window or ventilation system of any university building.
- The interiors of all university buildings and all university owned or leased vehicles.

THINKING ABOUT **QUITTING?**

tobaccopolicy.colostate.edu



Colorado State University

90 REASONS TO ENJOY A 90 SHILLING — N°16 —

NEW
V
IT COMES IN A HANDY
DRINKING DEVICE. 

*There's never not a good reason to drink a 90 Shilling.
Smoothly-complex and deliciously medium-bodied,
it's the always appropriate ale. Need another reason?
Go to ODELL90REASONS.COM.*



*Crafted in Fort Collins, Colorado.
Enjoyed everywhere it's available.
#90reasons
Please drink responsibly.*

