



pg 4

Martin Luther King March from Old Town to CSU



pg 6

Happy Valentine's Day Rams! Couples share their stories.



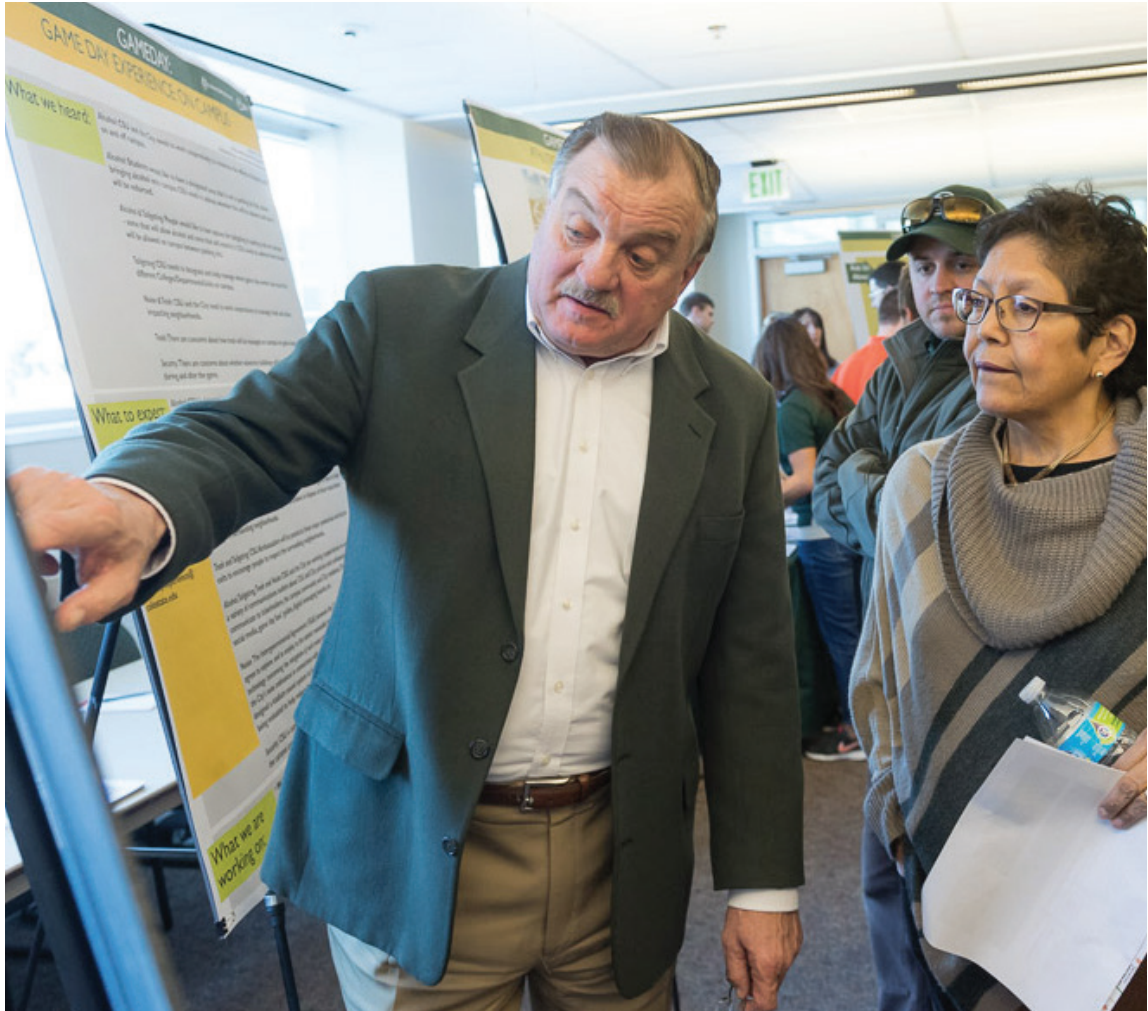
pg 16

Former CSU student has a name worth remembering



pg 19

CSU's history with the National Western Stock Show



Game Day Experience Open House informs community

Transportation, traffic and parking plans explained

By Veronica Baas

Friday, Jan. 27, CSU and the City of Fort Collins co-hosted an Open House in the LSC to share information about plans for game day at the new stadium.

Fred Haberecht, assistant director of Facilities Management, said he was impressed by the turnout, which was about 200, and is excited to move forward with plans.

“Based on attendance and our history of trying to get people to those kind of venues, this is the most people we’ve ever had show up for an event having to do with planning, or parking or the stadium,” Haberecht said.

The event was a team effort organized by External Relations and Facilities Management. It was designed to inform people of plans for change, and to solicit their feedback.

“We had a series of meetings last fall that dealt with this, and that was at an earlier stage in the process,” Haberecht said. “We got a tremendous amount of feedback in that, and now we’re trying to communicate to the community just what the plan is.”

>>Continued on page 9

Full house open house –Doug Max, senior associate athletic director of facilities and scheduling, explains part of the game day experience at the new on-campus stadium to Vice President for Diversity Mary Ontiveros. About 200 people, most CSU faculty, staff and students, attended an open house on Jan. 27 to learn more about game day operations – parking, transportation, tailgating, City of Fort Collins traffic management and road construction, and the Good Neighbor Fund to mitigate impacts on nearby neighborhoods. *Photo by John Eisele, CSU Photography.*

Building Proctors build a safe community

Training program for emergency procedures available for all

By Hannah Woolums

Safety at Colorado State University has always a high priority for faculty and staff across campus, and training programs are available to make sure everyone knows what to do in an emergency.

The Proctoring Program, started in 2006, is one that provides safety and organization when serious events happen on campus. The program has been refined and updated over the years to better prepare those on campus.

Proctors from each building are chosen to be the point of contact in emergencies to keep other faculty, staff and students safe as well as staying in contact with Facilities Management.

“Sandy Sheahan at Facilities and I, while I was at the police department, had been talking about building proctors, people who would be a really good resource for law enforcement, and could be a really great resource for buildings along with custodial staff,” said Bob Chaffee, Preparedness Training Coordinator. “Custodians are an important part of not only maintaining buildings, but custodians also see things going on in the buildings, because of the hours they work, that nobody else even sees.”

The proctor plan continued to grow after a safety audit revealed that the safety plans around campus needed stronger implementation and updating.

“In 2003, the university’s auditing department did a review of the emergency preparedness plan and they came to a couple conclusions,” Chaffee said. “One, it was a good plan but needed to be updated. Two, that the police department, Facilities, Environmental Health, and the local responders, the fire department, and those folks had a really good understanding of our emergency preparedness plan but nobody else on campus even knew it existed.”

This was fuel in itself to develop a new plan that would involve more people all across campus – the proctors.

“There are 390 to 400 proctors on campus; we have trained 1,500 to 1,600 in the nine years we’ve been doing this,” Chaffee said.

Three-tiered training

The training process for building proctors has three tiers.

“This resulted again from the audit

in 2003. Tier One is an introduction to what a building proctor does,” Chaffee said. “It is the basic job, what are the things that the proctor needs to know? What are the policies that apply to the proctor? What does the proctor’s manual say? Those kind of things. Plus an introduction to emergency preparedness.

“Tier Two, the focus now becomes emergency preparedness, the personal, public, workplace safety stuff, and it is an introduction to that,” Chaffee said. “Tier One and Tier Two are required for building proctors; they are not required for anybody else on campus but they are open to everyone.”

>>Continued on page 5

APPLAUSE

GRADUATE SCHOOL

Mary Stromberger has stepped into a new leadership role at Colorado State: associate dean of the Graduate School. Stromberger has been a faculty member since 2001, served as Faculty Council chair since 2014, and held other leadership roles at CSU including associate chair of the Department of Soil and Crop Sciences in the College of Agricultural Sciences. She will assist in providing leadership and management for all areas of graduate education, focusing on enrollment management, student recruitment and retention, professional development, and activities related to the overall graduate admissions and graduation process.

COLLEGE OF ENGINEERING

The work of **Michael Bell**, associate professor in the Department of Atmospheric Science, observing and modeling tropical cyclones has earned him a Presidential Early Career Award for Scientists and Engineers (PECASE), the highest honor bestowed by the U.S. government on science and

engineering professionals in the early stages of their independent research careers. It comes with a \$1 million award that Bell plans to use on a new project called Propagation of Intra-Seasonal Tropical Oscillations (PISTON).

COLLEGE OF HEALTH AND HUMAN SCIENCES

When Department of Design and Merchandising faculty members **Anna Perry** and **Diane Sparks** took garment designs to Vancouver, Canada, in November for the International Textile and Apparel Association annual conference, they returned with more than just their work: They garnered a total of three prestigious awards. Perry received the Lectra Outstanding Faculty Modaris Award and the Cotton Incorporated Innovations in Cotton Design Award. Sparks received the Lectra Kaledo Award for Faculty for her design Fortuny with Flare and a Post-Modern Twist.

COLLEGE OF NATURAL SCIENCES

Colorado State University Professor Emeritus and former chair of the Department of Physics **Harold R. Kaufman** has been inducted into NASA's Glenn Research Center Hall of Fame. With an exemplary career in the research and development of physics and engineering, Kaufman was recognized for his trailblazing ion propulsion apparatus, which is still used in space exploration today. He received his Ph.D. from CSU in 1970, joined the faculty in 1974, and holds more than 30 patents.

Don Estep, professor and University Interdisciplinary Research Scholar, is the new chair of the Department of Statistics. Estep follows **Jean Opsomer**, who was the chair of the department for more than five years. Estep joined the Department of Mathematics in 2000 and moved to a full-time position with statistics in 2014. Now with 13 faculty members, the Department of Statistics is expanding to meet new opportunities. The latest addition to the department is **Julia Sharp**, director of the Graybill Statistical Laboratory.

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2017 MARTIN LUTHER KING JR. MARCH

More than 1,000 people, young and old, filled the Lory Student Center Ballroom after the march from Old Town Square that stepped off at 11 a.m.

Ray Black, assistant professor of literature in the CSU Department of Ethnic Studies, delivered the charge to the marchers before they left Old Town.

At the LSC, attendees heard remarks by Fort Collins Mayor Wade Troxell and CSU President Tony Frank, as well as the poetry and essay competition winners from the Poudre School District, entertainment by singer Sierra Lee and dancer Ratu, both CSU students. The program wrapped up with a powerful spoken word performance by Michelle Mendoza, a junior in the CSU College of Agricultural Sciences.

Shared governance in action: supervisor development program launches at CSU

By Administrative Professional Council

The CSU employee community voiced a need and the Administrative Professional Council, Classified Personnel Council, and Faculty Council took action.

When the CSU Campus Climate Survey first provided faculty and staff with the opportunity to share feedback on their working conditions, the councils were listening. They noticed a trend in the data: employee satisfaction was often heavily influenced by their supervisor and many felt that more supervisory training was needed.

With a focus on their shared missions to voice the concerns of employees across campus, the three councils worked tirelessly to bring this issue in front of CSU leadership. There are many professional development opportunities at CSU, but there wasn't a concrete training or certification program on-campus for supervisors. CSU Administration was supportive and was moved to action when the councils requested funding to develop the program.

Through this budget initiative, the Training and Organizational Development unit was able to hire two new specialists.

The Office of Training and Organizational Development will launch the new Supervisor Development Program in spring 2017. The Supervisor Development Program is designed to help supervisors become more effective and inspired in their role at CSU for the betterment of

“
The self-paced program empowers supervisors to select courses and experiences that best fit their unique needs as a supervisor, and focuses on four themes including self-discovery, interpersonal skills, team effectiveness, and systems thinking.

”
“The Supervisor Development Program is a notable example of long standing effort and engagement in shared governance by many people all across CSU. APC is honored to be a part of making the Supervisor Development Program a reality. I am beyond excited to see this program be a part of our culture of learning at CSU,” says Toni-Lee Viney, Administrative Professional Council Chair.

themselves and their team members. All employees of Colorado State University in a supervisory role are encouraged to complete the certificate program in supervision. The self-paced program empowers supervisors to select courses and experiences that best fit their unique needs as a supervisor, and focuses on four themes including self-discovery, interpersonal skills, team effectiveness, and systems thinking.

“TOD is very excited about being able to offer the Supervisor Development Program in a format that allows supervisors’ to customize their own development plan. We think the program will provide opportunities for growth for supervisors across campus,” shares Marsha Benedetti, associate director of Training and Organizational Development.

“The Supervisor Development Program is a notable example of long standing effort and engagement in shared governance by many people all across CSU. APC is honored to be a part of making the Supervisor Development Program a reality. I am beyond excited to see this program be a part of our culture of learning at CSU,” says Toni-Lee Viney, Administrative Professional Council Chair.

FOR MORE INFORMATION

To register for the Supervisor Development Program or to learn more about the class offerings, visit training.colostate.edu.



Commitment to Campus launches new website

Check out the new website for info about C2C's benefits for CSU faculty and staff

By Selena Rodriguez

Commitment to Campus, CSU faculty and staff's resource for discounts, benefits and support programs, recently got its very own website. You used to be able to find information on the program hosted on SOURCE but it was tricky to locate within the heaps of content on the site.

Now, the tools Commitment to Campus, or C2C, has to offer are easily found. The new site hosts sections on CSU athletics, health and wellness, family and education, and lifestyle. Rams for Rams, a series of emergency hardship programs, can also be found along with Get Green, Save Green benefits.

The site links to helpful resources and Commitment to Campus's partners, with contact information.

C2C encompasses a wide range of programs, discounts, and special benefits available to CSU faculty and staff.

“Hopefully [the site] is easier to navigate,” said Robert Schur, executive director of the Department of Policy, Risk and Environmental Programs in the Division of University Operations. He expressed the goal of creating a user-friendly site with a “fresh, new look.”

With the new site, faculty and staff have a means of taking full advantage of the benefits offered to them. Although there are no changes to the program itself, the site syndicates all of the information on Commitment to Campus in one spot. Moving forward, employees will have a one-stop-shop for all of their benefits, making it easier to take advantage of them.

>>From page 1

The first two tiers of training are offered three to four times a year. Tier Three is an optional class, offered once a year, that lasts around four hours and provides information on a number of topics such as the emergency communications system. Each course has a number of trainers well-versed in many areas.

“This is stuff trained not just by me, but it's Facilities, it's the police department, it's Environmental Health, it's the IT folks,” Chaffee explained. “We have Ergonomics and the public safety people — it's a team of folks that teach all kinds of stuff.”

All faculty and staff are welcome at these training sessions, and Chaffee hopes that more people get involved.

FOR MORE INFORMATION

For additional information about proctor training and registering for a class, visit training.colostate.edu/proctor/



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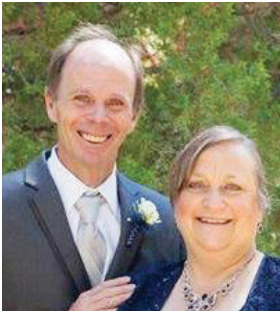
CSU faculty reminding us to believe in love this Valentine’s Day



John Rodgers and Josh Casto



Carol and Keven Carroll



Jon and Deborah Peterson



Camille Dungy and Ray Black

JOHN & JOSH

Q & A with Josh Casto

When and where did you meet John Rogers?

“It was the Spring of 2003, when we were in high school. We were visiting college programs. He is originally from Texas, I am originally from West Virginia, and we were touring colleges. We both ended up at the same university (Johnson and Wales University) to study marketing, and ended up as classmates for our undergrad program.”

When did you get married?

“Three and a half years ago is when we had our civil union, the marriage wasn’t actually legalized until more recently.”

What are some of John’s features you consider to be your favorites?

“John is a really patient person. He’s a lot of fun to hangout with and to just spend time with. He’s an excellent dresser, so he often brings my style game up a bit so that’s always good.”

Do you consider your personality to be similar to John’s?

“I think we’re similar in the most important ways, and different in a lot of ways that compliment each other. In terms of values and beliefs we align well, so I’d say I’m just a little more assertive, a little more outgoing, and he’s a little more easygoing and flexible.”

What are some benefits of working at the same institution as your husband?

“This is the second university that we’ve both worked at together and in both instances we worked in somewhat similar but very different areas so I think being at the same institution allows us to be on the same page about where the university is headed and it keep us both committed to the same end goal, even though we’re doing very different things.”

RAY & CAMILLE

Camille Dungy and Ray Black have worked at the same institution since the day they met. When Dungy reached out to Black after noticing they shared similar interests, little did she know that 7 years later they would be married and moving to Fort Collins.

Here at CSU, not only do they work on the same campus, but in the same building -- Eddy. Dungy is an English professor; Black is an assistant professor of literature in Ethnic Studies. He says he enjoys being able to occasionally grab lunch together or drop in for a kiss.

“CSU is a great school,” Dungy said. “The world is full of all kinds of curveballs that we don’t expect, but I’m not looking to go anyplace else.”

Sharing home life and work life has become a convenience for the couple. Black enjoys being able to talk about his job to someone who fully understands the environment he works in.

“We can help each other out with navigating the campus and the community,” Black said. “It’s nice that we’re in the same building, we can talk about what we do.”

In 2008 Dungy and Black were married in Los Altos, Calif. on what Black claims felt like the hottest day of the year. “It was awesome, I ended up married,” he said.

Ever since he has been laughing at Dungy’s sense of humor and enjoying her fast-paced mindset.

“She makes me laugh all the time,” Black said. “Other than being smart, and beautiful and funny, she usually has four or five thoughts and two or three sentences going on at the same time, so listening to her is sometimes an adventure.”

JON & DEBORAH

Deborah and Jon Peterson are newly married, but not to be confused with newly acquainted. They have been together for close to 16 years, and last summer they decided to finally make it official.

The wedding took place at the Poudre Canyon Chapel, which Jon’s parents were instrumental in building.

“We’re really good companions,” Deborah said. “It’s just been great.”

The two met at the Durrell Center when they were both working there. Deborah was a supervisor and Jon had recently gotten a job at CSU.

“My kids took a really good liking to him and they just always made sure we were in the same place at the same time,” Deborah said. “It was just kind of fun.”

The couple has six kids between the two of them. Deb just recently retired at the start of February, but Jon will continue to work Parking and Transportation Services for the next several years.

CAROL & KEVEN

Carol and Keven Carroll grew up in the same town and graduated from the same high school, but never met until they were both employees at Allen Plumbing & Heating.

Carol worked in the office and Keven was a plumber. They never dated while working there, but reconnected one night in Old Town.

“I had since quit Allen’s but ran into Keven July 10th, 1981 at Washington’s Bar & Grill while out with a friend,” Carol said. “We dated from that day on and married that same year on Nov. 21, 1981.”

In four months they were married at the Plymouth Congregational Church in Fort Collins. This year marks their 35th anniversary, which the couple celebrated in Cabo San Lucas, Mexico this January.

Today they work for CSU in the Facilities Management Department. Carol is now a Project Accounting Supervisor, and Keven is a plumber on campus.

“The one thing we’ve always said is that CSU is our home,” Carol said. “We both love it here.”

Their family has grown after raising three children, who are raising now raising children of their own. They are expecting a seventh grandchild at the end of April.

Recently the two moved into a house south of town that Keven grew up in. Carol said she knows she will always want to live in Fort Collins.

To some, falling in love comes quick. The Carrolls were lucky in that sense. For quickly loving each other, for always loving this town and for knowing that is how it will always be.

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‘Sta-culty’ share Ram values on high seas

By Anna Gerber

At first glance, nothing about the MV World Odyssey suggests an association with Colorado State University. The ship, Semester at Sea’s floating classroom, sails around the world with 600 students twice a year, stopping in nearly a dozen countries to balance rigorous classroom learning onboard with cultural immersion experiences on land. But as you embark the World Odyssey’s gangway, you are greeted by a shipboard learning community that is infused with CSU faculty and staff, academic courses and support, and core values that permeate the ship’s culture.

Since becoming the academic partner of Semester at Sea in 2015, Colorado State University has worked tirelessly in conjunction with the Institute of Shipboard Education to implement policies, make strategic hires, and develop courses that ensure the consistency and success of the future academic voyages.

In early January, the second voyage under the new partnership left from San Diego with CSU’s Bob Kling and Jody Donovan serving as academic dean and dean of students, respectively. Kling, a professor of economics who sailed once before as an SAS faculty member in 1998, has supplemented his regular CSU teaching load for the past 18 months with recruiting the current voyage’s faculty, coaching them through the selection of CSU-approved courses, developing syllabi, and making other preparations for the unique challenges of teaching shipboard.



Bob Kling addresses “sta-culty” members before the Spring Semester at Sea. *Photo by Anna Gerber*

“We have an outstanding group of staff and faculty — or ‘sta-culty’ as we’re calling them,” Kling said, just before departure. The name was intentionally chosen to convey the concept that, aboard ship, everyone learns from everyone all the time.

“We’ve been working on this for over a year on campus, and now we’ve brought it on board, with CSU folks working with the rest of the administrative team and all of our great people. The way people have come together to share in this experience is nothing less than phenomenal.”

In the days before the students embarked, Kling and Donovan impressed upon the “sta-culty” team the importance of working together to create a collaborative shipboard community that fosters seamless learning in and out of the classroom.

“We, with you, intend to bring CSU values into the programming on the ship,” Kling said during orientation. “That extends across academic and co-curricular programming, and everything we do in our community.”

Land-grant mission at sea

Citing the land-grant mission of improving people’s lives, Kling and Donovan further explained to the “sta-culty” the importance of access, service, research, diversity and inclusion – values that CSU and SAS share.

Donovan, CSU’s assistant vice president for student affairs and dean of students, was part of the team that put together the bid to partner with Semester at Sea. At the time, she didn’t know whether or not she would ever sail, but felt passionately about bringing the two entities together to form a strong academic partnership.

Before leaving Fort Collins for the spring voyage, Donovan swapped notes with Craig Chesson, associate dean of students, who had just returned from serving as dean of students on the fall voyage. The two have worked hard to cover each other’s responsibilities on campus this year so that they could both participate in the experience.

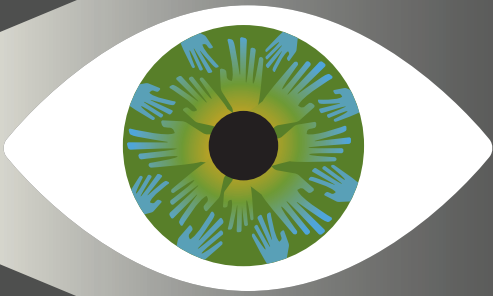
“I feel very fortunate to be a part of this,” says Donovan. “I think Colorado State has really put its imprint on this voyage – in terms of the ‘sta-culty’ concept, seamless learning, our values, the principles of community, inclusive excellence – all of that has been woven through the voyage, and it has only just begun.”

The purpose of Semester at Sea, Kling and Donovan explained during orientation, is to develop student capacity to understand the world and carry that into the rest of their lives. That is a concept that the duo could easily get on board with, as it is one that they work to carry out every day at Colorado State University.

PREPARE FOR PORT

Every student on the Spring 2017 SAS voyage is prepared to encounter new experiences and cultures in port thanks to CSU communications studies professor Eric Aoki. Aoki is co-teaching the core Global Studies course, required for all 600 students onboard. Before arriving at each of the 12 ports, Aoki briefs students on cultural considerations and observations related to the upcoming port’s country. Through a teaching style Aoki has fine-tuned during his nearly 13 years as a CSU professor, he is fostering conversations that help students understand bias, reframe their thinking, and inspire responsible learning as they experience cultures around the world.

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COMMUNICATION STUDIES
COLORADO STATE UNIVERSITY

>>From page 1


People circulated the **open house** and asked questions at six stations:

	PARKING ON GAME DAYS	TRANSPORTATION	GAME DAY EXPERIENCE
ATHLETICS	STADIUM ADVISORY GROUP (SAG)	CITY OF FORT COLLINS ROAD CONSTRUCTION	

GAME DAY EXPERIENCE



- CSU has not determined whether student tailgating will be permitted on campus
- CSU will provide programmed tailgating
- There will be a Facilities Game Day Operation plan detailing where/how to transport alcohol to campus



The new stadium will have a new, state-of-the-art sound system designed to help mitigate loudspeaker noise. This will prevent sound from traveling into neighborhood areas.

CSU ambassadors will stand at major pedestrian exits to advise proper trash disposal as the game day community exits campus.


Still in the works:
On campus alcohol policy, Facilities Game Day Operations Plan, Communication methods to provide event info to public

"A **good reason** for an **on campus stadium** is to show off the campus, to **welcome people** to campus. "We want to make their experience as **positive** as possible, and so all this **pre-planning** represented in the Open House is to make sure that this **experience is an excellent one.**" - Fred Haberecht, Assistant Director Facilities Management

TRANSPORTATION: GETTING TO AND FROM THE GAME


60 MINUTES

Time CSU expects all vehicles to clear from campus after game ending



Wayfinding will be provided to temporarily assist pedestrians and bicyclists

Satellite parking will be operated by a shuttle




CSU Ambassadors will be directing people to tailgating, bike valets, parking, and stadium

Still in the works:

Finalizing: ingress and egress plans, transit plans, parking permit programs for neighborhoods around campus, providing event info to public

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Top 10 resolutions for a nutritious new year

Tips that can easily be maintained throughout 2017

By Melissa Wdowik

Based on statistics and testimonials, half of you made a New Year’s resolution. Half of those resolutions will not be maintained, though, either because they are too broad or too difficult. But don’t quit before you start! Here is a timely top-10 list of recommendations that are specific and easy enough to lead to success, especially if you start with just one.

10. Get more sleep. Thanks to a powerful combination of hormones and brain activity, sleep deprivation leads not just to fatigue but weight gain and related disorders. People who sleep less than seven hours are more likely to make poor food choices, search for a high-calorie pick-me-up, and snack late at night.

9. Be less inactive. While many resolutions are to join a gym or exercise more, research shows it is just as important to stop being sedentary. Every half hour, get up and walk around the room, the building, or even in place. Add other bits of movement throughout the day while working on a computer, talking on the phone, or brushing your teeth. Take the stairs. Add a walking meeting. Do jumping jacks during commercials. Anything other than sitting all day.

8. Eat less sugar. Simple sugars are everywhere – table sugar, processed foods and sweet drinks, just to name a few. These sugars can contribute to tooth decay, mood swings and fatigue. Consuming less sugar will reduce your risk of cancer, diabetes and liver damage.

7. Allow treats. Deprivation often causes dieters to give up and overeat what they were trying to avoid. Instead of cutting out what you crave, eliminate the word “diet” and allow yourself occasional treats – a small serving daily if you are healthy and weekly if you are trying to manage your weight or a chronic disease.

6. Drink more water. Water is a healthful alternative to sweetened beverages, less expensive than coffee drinks, and a good filler when you are tempted to snack mindlessly.

Aim to drink 1-2 cups by lunch and 1-2 cups by dinner, and you are on your way.

5. Make fermented foods part of your eating plan. From yogurt to sauerkraut, fermented foods improve your digestion, immune system and inflammation levels.

4. Consume more functional foods. These are foods that have a health benefit beyond just basic nutrients, such as oatmeal helping to lower cholesterol and salmon improving brain function. Health claims are not regulated, so this is not a recommendation to buy fortified empty calories (cookies with added fiber are not the ideal). Instead, some top choices in addition to oatmeal and salmon include beans, nuts and berries.

3. Eat more fiber. Dietary fiber helps regulate blood sugar and weight while reducing your risk of heart disease and diverticulosis. Great sources are raw fruits and vegetables, legumes and whole grains.

2. Eat out less. If you are like many Americans, you spend more money on restaurant food than groceries. That means hidden salt, sugar, fat, calories and food additives, even when you try to make good choices. Avoid these unknowns by spending more time in your own kitchen.

1. Make your portions smaller. If you make no other changes to your eating habits, eating less will benefit your weight, your waist and your wallet. Most portions served at home and in restaurants are 50 percent to 100 percent larger than you need. No eating from the bag or munching standing up. Use a plate, serve yourself smaller amounts, then leave some on the plate. Your body will soon adapt to feeling content with less, and you will hopefully start to appreciate your food more.



Melissa Wdowik, Ph.D., RDN, FAND, is an assistant professor at Colorado State University in the Department of Food Science and Human Nutrition, and director of the Kendall Reagan Nutrition Center.



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ENTERTAINMENT

THEATRE AND PERFORMING ARTS



THAT CHAMPIONSHIP SEASON BY JASON MILLER THROUGH MARCH 5

Bas Bleu Theatre
401 Pine St.

Set in the 1970s, this Pulitzer-winning drama features a group of emotionally bankrupt and disillusioned men, reliving their glory days at a get-together with their terminally ill high school basketball coach. Each man comes to the table with a big personality and equally big problems in his life.

basbleu.org



AUGUST: OSAGE COUNTY BY TRACY LETTS FEB. 18 - MARCH 18

Magnolia Theatre, Lincoln Center
417 W. Magnolia St.

A vanished father. A pill-popping mother. Three sisters harboring shady little secrets. On the Oklahoma plains, home is where the heartbreak is in this 2008 Pulitzer Prize and Tony Award winner.

lctix.org

THE RESISTIBLE RISE OF ARTURO UI BY BERTOLT BRECHT MARCH 3-5, 9-11 (2 P.M. MATINEES MARCH 5 AND 11)

Studio Theatre, University Center for the Arts
1400 Remington St.

Brecht’s shudderingly accurate parallel between Hitler and his henchmen on the one hand, and the old crime lords of Chicago on the other, is a vigorous eye opener.

No charge for CSU students with ID, \$8 under 18, \$18 general public.

csutix.com

ARTS AND LITERATURE

STUDENT PHOTO WORKS THROUGH FEB. 28

The Hallery, Lory Student Center ground floor
Open during LSC hours of operation

Curated by Professors Pete Seel and Larry Steward from photos taken by students in the Journalism and Media Communication 335 and 430 photography course.

SPEAKING VOLUMES: TRANSFORMING HATE THROUGH MARCH 19

Fort Collins Museum of Art
201 S. College Ave. and
Lincoln Center Art Gallery
417 W. Magnolia St.

FCMA admission: \$5 adults, \$4 students and seniors, \$1 youth 7-17, under 6 free.

ftcma.org

Lincoln Center admission free.

As part of the exhibition, Nate Phelps, active LGBT activist and son of Westboro Baptist Church founder Fred Phelps, will present a talk about his transformation, “Not My Father’s Son,” at 2 p.m., Feb. 26, in the Lincoln Center Magnolia Theatre. Tickets \$5;

lctix.com



ART AND SCIENCE EXHIBITION FEB. 21 - MARCH 24

Curfman Gallery
Lory Student Center

View the 10th juried exhibition of work in a variety of media that explores the intersection of art and science, by CSU students, faculty, and staff.

Free admission; opening reception Feb. 21.

cns.natsci.colostate.edu

MUSIC AND DANCE



MUSIC IN THE MUSEUM CONCERT SERIES FEB. 7 NOON-1:30 P.M. AND -7:30 P.M. MARCH 7 NOON-1:30 P.M. AND 6-7:30 P.M.

Gregory Allicar Museum of Art
University Center for the Arts
1400 Remington St.

This new series explores the cross-fertilization between music and the visual arts, with performances by CSU Music faculty and brief historic background given by faculty from the Department of Art and Art History and

the School of Music, Theatre and Dance.

Feb. 7: Musicians: Michelle Stanley, flute, with John Seesholtz, baritone; Jeff LaQuatra, guitar; and Tim Burns, piano

Art Historian: David Riep
Music Historian: Dawn Grapes

March 7: John Seesholtz, voice
Art Historian: Emily Moore

Free, registration required.
artmuseum.colostate.edu

2017 COLORADO ALL-STATE ORCHESTRA FEB. 11



Philharmonic Orchestra, 4 p.m.
Symphonic Orchestra, 6 p.m.

Griffin Concert Hall, University Center for the Arts
1400 Remington St.

This annual event features top instrumentalists from around the state. For information and tickets:

coloradoallstateorchestra.org



CLASSICAL CONVERGENCE: THIRD COAST PERCUSSION MARCH 1, 7:30-9:30 P.M.

Griffin Concert Hall, University Center for the Arts
1400 Remington St.

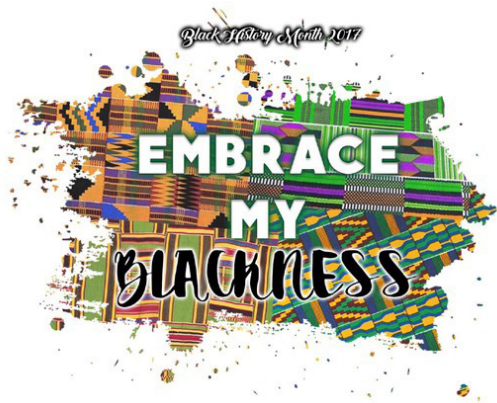
Third Coast Percussion explores and expands the extraordinary sonic possibilities of the percussion repertoire, delivering exciting performances for audiences of all kinds. Formed in 2005, Third Coast Percussion has developed an international reputation with concerts and recordings of inspiring energy and subtle nuance.

Classical Convergence is a co-produced season that builds on the classical concert programs of the University Center for the Arts and the Lincoln Center, the co-produced season featuring seven world-class performers and ensembles, performing at both venues.

\$30 public, \$10 CSU students with ID
lctix.com

COMMUNITY

BLACK HISTORY MONTH ALL OF FEBRUARY



The Black/African American Cultural Center celebrates history and heritage all month long, as well as 40 years of serving Black students at CSU. Featured speaker Ibram X. Kendi, author of *#STAMPED from the Beginning*, appears Feb. 7, 6 p.m., LSC Grey Rock Room; comedian Nate Jackson, Feb. 10, 7 p.m., LSC North Ballroom. Full schedule at:

baacc.colostate.edu

MINDFUL DROP-IN GROUP EVERY WED., 12:10-1:00 P.M. THROUGH MAY 3 (NO GROUP MARCH 15)

Lory Student Center Room 324
(March 1 and April 5 in LSC 326-28)

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Sponsored by CSU Health Network, CSU Center for Mindfulness, and CSU Training and Organizational Development.

PRESIDENT'S OPEN FORUM FEB. 7-8

Cherokee Park Ballroom
Lory Student Center

Faculty and staff can share questions, comments and ideas with CSU President Tony Frank in a Q&A setting.

Feb. 7, 10:30-11:30 a.m.: Administrative Professional Staff

Feb. 7, 11:30 a.m.-12:30 p.m.: State Classified Staff

Feb. 8, 3-4 p.m.: Faculty

SOUL FOOD LUNCH FEB. 16-17

Aspen Grille
Lory Student Center

Reservations 491-7006

FOUNDERS DAY CELEBRATION FEB. 6-10, 4-5:30 P.M.



Lory Student Center Ballroom

Celebrating the values that have sustained the university, the people who have shaped it and its enduring mission of service. The seventh CSU Founders Day Medallion will be presented to Stephen J. Withrow, D.V.M., in recognition of his dedication to, vision for, and transformative support of Colorado State University and the Fort Collins community.

VPR GRADUATE FELLOWSHIP CHALLENGE FEB. 13, NOON-5 P.M.

Long's Peak Room
Lory Student Center

Watch as graduate students from all different colleges at CSU compete to explain their thesis research using only 1 slide and 3 minutes. Winners will be chosen to become part of the Vice President for Research Fellowship Cohort of 2017-18 and will receive up to \$4,000 in scholarship and support.

LEYMAH GBOWEE MARCH 6, 6 P.M.

Lory Student Center



Leymah Gbowee shared the 2011 Nobel Peace Prize for her work in ending civil war in Liberia in 2003. She continues to advocate for the rights of women to fully participate in peace-building work, and will speak in observance of International Women's Day. Sponsored by International Programs, Office of the President, Colorado School of Public Health at CSU, Associated Students of CSU, Residence Life, First National Bank, Vice President for University Operations, Student Leadership, Involvement & Community Engagement, School of Global Environmental Sustainability.

Free admission; tickets required.
csutix.com

TEDXCSU 2017 MARCH 4, 11 A.M.-4:30 PM.



Lory Student Center

Features 10 speakers and interactive exhibits where innovators and audience members can engage in the spreading of ideas and passions. Full lineup at tedxcsu.wordpress.com. Tickets available Feb. 6 at LSC Information Desk; more information at

RamEvents.colostate.edu.

36TH ANNUAL RAM GOOD TIME AUCTION MARCH 4, 5-10 P.M.

Lory Student Center

Annual event to celebrate CSU Athletics, and support scholarships for student-athletes. More information and registration at:
csuramclub.colostate.edu

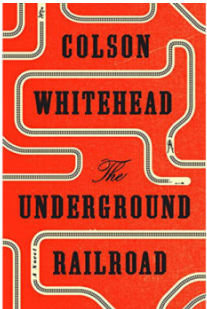


WOMEN READING @ CSU FEB. 21, NOON-1 P.M.

LSC Grey Rock Room

Anyone, staff or faculty member at CSU, who identifies as woman can participate in the Women Reading @ CSU book club. One of the unique aspects of this club is that women are not required to commit to the club itself, but rather can choose which books and meetings to join based on their interest. Three book club meetings will be held in each fall and spring semesters, with roughly 6 weeks in between each meeting. This book club is funded by the Women and Gender Collaborative Grant Program. February's title is *The Underground Railroad*, by Colson Whitehead. For more information, contact Lindsay Mason:

Lindsay.mason@colostate.edu



Art professor go this start in Africa

SECRET LIFE OF CSU

David Riep continues his interest with CSU Meets Africa

By Veronica Baas

When David Riep moved to Africa he hoped to help a few friends get a non-profit organization off the ground. From 2000-2002 he helped homeless children, disabled children and conducted HIV/AIDS education.

Riep lived in a small town just outside Harrismith, South Africa. The trip was a new beginning after deciding he hated working as an editor for a sports marketing company.

“It was a good way for me to cut ties with that, and go do some volunteer work and kind of get a fresh start,” he said. “I always had it in my mind that when we got back I was going to study art history at graduate school.”

When Riep moved back to the states he began graduate work studying art history at the University of Kentucky. Riep met with his advisor on the first day and she recommended he take African art since he had just spent two years living there.

“So I just did, kind of on a whim, and fell in love with it,” Riep said.

When he started the class he became interested in finding a book about the history of south Sotho art. He had just spent two years working with south Sotho people and wanted to learn more about their culture.

Riep discovered this book did not exist, and decided to target his field research on the topic. He returned to South Africa in 2007 for more field work, and again from 2008 to 2011.

On his first two trips he had lived in a flat in Harrismith. “When I went back again in for the longer stretch,” Riep said. “I lived on a farm which was outside of the town there.”

He said both living situations were unsettling at times due to the racial discrimination he watched the south Sotho people endure. The white people who lived in town banished the black, indigenous population to the outskirts of town in places referred to as “locations”.

“That was really unsettling, and it was just an odd experience to see that,” Riep said. “Especially when I was working with the south Sotho people and spending all my time with them.”

Riep lived on a farm owned by white South Africans who had a black labor pool. He began to befriend the farm workers and was eventually asked to manage the farm. He accepted, and continued to develop relationships with the workers.

These people became the contacts for his field research. They helped connect him to different artists or families



David Riep with South Sotho female initiates.

that he wanted to meet, and brought him to events or to do activities.

“They are great friends of mine, I still keep in touch with them today,” Riep said. “That was kind of an amazing turn of events to help me with my research.”

When he returned home again, home was now in Iowa City. Riep had been accepted to do his Ph.D. work at the University of Iowa studying art history with a specialization in the arts of Africa. This is where he lived during his last two research trips to South Africa.

Riep now teaches introductory art history classes, Upper Division Arts of Africa and Arts of the Pacific at CSU. His focus on non-western art carries over to various seminars he hosts for students. These often apply theories of museum display too.

“I did one not too long ago where the students worked with my own collection of South African art and did an exhibit here in the building,” Riep said. “They looked at museum studies and museum theory.”

Riep also directs a project called CSU Meets Africa. This is a 30-day study abroad opportunity in South Africa for art majors.

Every other year he brings a group of students to teach art to kids at rural schools who do not regularly have a budget for supplies to learn art.

“A lot of these students have never made art ever. They don’t have papers, and pencils and crayons at home,” Riep

said. “So it was pretty amazing to go into these schools.”

CSU Meets Africa is a segment of a bigger project Riep has been working on since 2009 called Africa Meets Africa. This is a project that makes curriculum for rural, public schools in South Africa.

It uses local, indigenous arts to teach mathematics. It deconstructs art like beadwork or murals to show translation geometry and number sets. Riep writes curriculum and designs workbooks for the program.

“It’s just new ways of thinking,” Riep said. “I like it because it involves the arts, but the spectacular thing is that our pilot schools have increased their standardized tests in mathematics.”

Riep hopes he will return to QwaQwa, South Africa with another group of students this year to continue teaching this new curriculum. He thinks of it as a small way to give back in exchange for the openness and sharing of culture he has experienced.



David films the litema mural-making process with his son.



David and South Sotho oral historian Tsatsi Motlounq at Thaba Bosiu, Lesotho.



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A mystery solved, a name worth remembering

CSU LIFE AS I SEE IT

By Jim Rodenbush

This column is about a former Colorado State University student. One that I never met but started thinking about last month during a walk to lunch in Old Town. My guess is that most of you reading this never met her either. But hundreds, if not thousands of CSU students and employees walk past her name each day. You'll find it on the north side of The Oval, just west of S. Howes St. There, attached to a bench, is this plaque:

*In loving memory of
Elena Xochitl Snedden
February 23, 1986 – June 29, 2007
Your radiant smile lives in our hearts; your joy for
life is our inspiration; your love remains forever.*

What caught my attention was the date – 2007. A 10-year anniversary is coming soon. Anyone who has lost someone close measures that person's death in different ways. It has been nearly 18 years since my Mom died. Some days, it seems like forever. At other times, it feels like yesterday.

No matter how you measure it, 10 years is important. It's a perfect reason to look back and to remember. So I wanted to know: who was Elena Snedden? I assumed she was a student. Where was she from? What was her major? What was she involved in on campus? What happened?

The Internet, as it tends to do, provided all of the answers.

Elena was from Healdsburg, Calif., located around 70 miles north of San Francisco in Sonoma County. June 2007 marked the end of her junior year at CSU. She initially studied veterinary medicine but changed her major to undeclared before deciding to leave the university. She planned to return to Sonoma County and attend nearby Santa Rosa Junior College while deciding on a new path in life.

She had been home for only a day when she lost control of her car and was killed in a single-vehicle accident.

The Press Democrat covered Elena's death. In the article, reporter Mary Callahan wrote this:

"Born and raised in Healdsburg by her mother, a former Peace Corps volunteer and longtime student of Spanish language and culture, Elena Snedden was known for her spirit and energy. Rough-and-tumble by nature, yet feminine all the same, she loved sports and dancing from the start, pursuing both with equal fire."



Four groups dedicated to Elena can still be found on Facebook today. Some of the tribute messages included...

"I will always remember her contagious smile and constant positive outlook on life. I knew her all through school and she was always a great friend and human being. She will never be forgotten."

"You always put a smile on my face ... even though you are gone, every time I think of you I will remember all our crazy times and the same smile will be on my face. Love you forever!"

I tried contacting Elena's mother Elisa but wasn't successful. To be honest, I'm not sure what I would have asked her. Her daughter would have turned 31 this month. What new career path would she have found? Would she have a family today? Where would she be living? What would be her memories of Colorado State? They're all impossible questions to answer.

I've passed by that bench a few times since I first wondered about Elena Snedden. I pause now each time. Her on-campus tribute might not be as prominent as those in place for Harry Hughes and Charles Lory. But it's still worth stopping and remembering.

10 ways to connect with your partner daily

HEALTH & WELLNESS

By Amy Bishop

Couples can live together yet realize they hardly know what's going on each other's lives. Partners can see each other often through the day, yet at the end of the day, realize they haven't made time for an adult conversation.

To improve your relationship in the coming year, share with your partner the ways in which you wish to connect with them more. Start small by picking two or three ideas from this list. Then, as these connections become habit, add more to your repertoire. Creating connection adds to a sense of intimacy and happiness in your relationship — right in time for Valentine's Day!

- Respond to your partner**
This may sound like a no-brainer, but couples who respond when their partner talks, touches them, or asks a question (these are known in the therapy world as bids for attention) are less likely to get divorced. When your partner asks for your help, suggests you do an activity together, or comments on something as seemingly small as the weather or recent news, they are reaching out for connection or attention. Make it a goal to recognize these bids for attention -- and don't forget to reach out yourself.
- Hug when you get home**
After extended separations, such as when a partner has been out of town, as well as shorter daily separations, humans' nervous systems may become subconsciously aroused and primed to attack when they reunite. This may take the form of starting an argument, criticizing, or feeling attacked. One way to regulate each other during these reunions is to give a full body hug with stomachs touching until you feel each other physically relax. I usually tell my clients to embrace for at least 20 seconds when they reunite. Not only does the touch feel good, but it also lessens the desire to start arguments.
- Create a ritual for your nighttime routine**
Bedtime can be a perfect time to connect after a busy day. If possible, get ready for bed and go to sleep together. If that isn't possible, try to do some activities together,



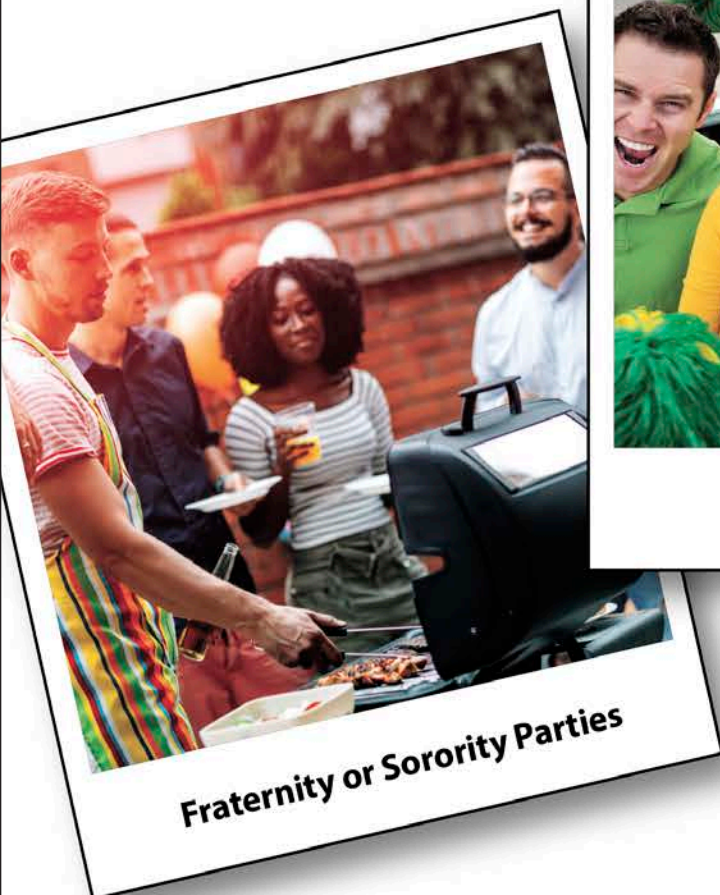
such as brushing your teeth. Develop a habit to look forward to each night before falling asleep, whether it's telling each other "Good Night," or "I love you," or always touching each others' hands or giving a nightly kiss. This creates an atmosphere of love and affection before you catch some zzzs.

- Connect before you get out of bed**
If you and your partner wake up at the same time, create a space to connect as you wake up. Maybe you set a first alarm to cuddle before beginning your day, or talk to each other about what you each have scheduled for the day. If one partner leaves before the other wakes, the awake partner can still make this connection by offering a short but meaningful kiss or greeting before leaving, or writing a note for the sleeping partner.
- Reach out during the work day**
Along with nighttime and morning rituals, this will look different for every couple, but the message is still the same: "I'm thinking about you." Whether it is a text or email asking how the other's day is going, or sharing a funny picture or an article you come across, a small gesture will bring your different lives together in that moment.
- Start nice**
The success of a 15-minute conversation can be predicted -- with 96 percent accuracy -- by what happens in the first 3 minutes. "Why didn't you walk the dog, you never do what I ask," may elicit a completely different conversation than "I am able to get so much more accomplished when you take Lola for a walk. Could you make sure to walk her during lunch?" Having positive interactions elicits the desire to connect further.
- Show appreciation**
Find a reason to be grateful for your partner every day, and express that appreciation. Whether it's a chore like making the bed or preparing dinner, a parenting task, or a trait such as patience or nurturance, express gratitude for a specific action. While feeling the gratitude is helpful for you personally, expressing it makes it a point of connection.
- Find time for yourself**
The best relationships are ones where both partners feel satisfied with outside hobbies and relationships. When you return to your partner, you will feel more replenished and better able to have positive interactions with the person you love.
- Keep each other informed**
Let your partner know about your day. Set aside 10 minutes or more to share the parts of your life that they don't get to see. If you are working on a big project at work, or have been trying out new potty training tactics at home, keep each other in the loop about what you are spending your energy on.
- Celebrate successes**
You gave a presentation at work after weeks of preparation. Your toddler went pee in the potty twice. It's time to celebrate. Congratulate your spouse on big achievements, and even little ones. Find time to toast, high-five, watch a movie, or do another activity in honor of your spouse's hard work and accomplishment! If nothing else, this is an excuse to set aside time for each other over a happy occasion.

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Stress management around campus

Integrating yoga and mindfulness into the workday

By Hannah Woolums

With the constant stream of things to take care of throughout the week, relaxing and managing stress is not always the first thing that comes to mind.

Here at Colorado State University, some are working to increase mindfulness and stress relief habits to relieve not only the stress of the mind, but in the body as well.

“Office yoga is becoming something that is written about and demonstrated more and more,” said, Liz Atwood, who works in the Provost’s office.

She started practicing yoga in the workplace after she found solace in the poses from classes outside of work.

“I started practicing yoga regularly about four years ago because I was struggling with back, neck, and wrist pain from using a computer all day,” Atwood said. “As I began to feel relief from practicing yoga outside of my time at work, I started incorporating yoga, meditation, and breathing exercises into my workday, especially whenever I noticed that I hadn’t changed positions in a while or if stress was impacting my focus and productivity.”

Atwood has already started leading sessions to teach others how to successfully utilize yoga in the workplace during the short breaks they have throughout the day.

“I led two sessions at the Professional Development Institute on Yoga in the Workplace, which included breathing exercises, a chair-based yoga practice, and a guided meditation,” she said. “While it’s nice to do a guided yoga practice in a complete series at the PDI, most of us only have time for a few short breaks during the day, and any of these poses can be done separately to improve flexibility and strength during the day.”

Yoga in a chair

Atwood’s idea for yoga, one that can be done in an office setting, came from her experiences from senior yoga classes since they often are done in a chair.

“I actually took most of what I do at my desk from going to chair yoga classes with my grandma as a kid and learning

to teach seniors now that I am a yoga instructor,” Atwood said. “Yoga classes for seniors often utilize a chair because it can be used in a variety of ways to help with stability and to make yoga adaptive for people with varying degrees of ability. Most of us have access to a chair that can be used as a yoga prop throughout the day.”

The yoga positions do not always consist of having to set aside time to do them, they can be done while conducting routine computer activities.

“Personally, I try to do some of these poses whenever I am reading a document or longer email, if I’m on a conference call, or any task that requires my mental focus but not physical engagement,” Atwood said.

Repetitive motions

Being active in the workplace has become increasingly important for those who may be stuck in the same positions for the majority of the day.

“Sitting and doing the same motions over and over wreak havoc on our bodies,” Atwood said. “People are starting to develop ‘tech neck’ or forward head syndrome because we spend so much time looking down at devices and not pulling our head in line with our shoulders, putting a huge amount of pressure on our spines and the muscles in our necks and upper backs.”

Yoga in the workplace can not only help to relieve the body aches that come all through the day but can have a positive impact on mentality that may also contribute to physical symptoms.

“Mental stress can have physical impacts as well, contributing to high blood pressure, muscle tension and pain, headaches, depression and anxiety, insomnia, digestive upset, and lowered immune functions,” Atwood said. “Taking time to care for ourselves throughout the day can lessen these symptoms and make us more productive and more pleasant.”

Be mindful

If you are not one to take to chair yoga, CSU offers a

number of other ways to relieve stress.

“The CSU Center for Mindfulness has resources related to meditation, yoga, and mindfulness on their website,” Atwood said. “They also hold events throughout the year, including a weekly Mindful Drop-In Group on Wednesdays to teach stress relief techniques. Campus Rec has a great variety of mind/body and exercise classes, and so does the Adult Fitness Program.”

If none of those fit into your schedule there is always the option to get some fresh air.

“There is also something to be said for getting outside and taking a walk in the fresh air,” Atwood said. “We have a beautiful campus with lots of green space. Finding time to unplug and take in natural beauty encourages creativity and relaxation, not to mention getting your blood pumping and revving your metabolism. Try having a ‘walking meeting’ during a one-on-one, take a walk during lunch, or deliver something in person, rather than sending it through campus mail.”

Atwood fuels her passions by the effects she has witnessed herself.

“My personal experience is that when I take time to relieve stress and relax during the day, I am more focused while at work, less likely to take stress home with me where it would then impact my family, and I am sick less often,” she said.



CONGRATULATIONS

OPERATIONS MANAGEMENT STAFF

Operations Management October Team Award: Purchasing Team



When working with the Buyers, no matter which one (Lindsey, Tennille Kathy, Kay & Amber L), it is always a pleasure working with them. No matter what I throw at them or which one answers my call I always get excellent first rate service. Lindsey is always willing to train/explain TMA. She has the ability to explain things that even I can understand (this is no small feat). Kathy is the pinch hitter, when I can't get a hold of Tennille or Lindsey, she always has a plethora of information. Through her years of dedicated service she knows the history of Ops, the history of the Res Halls, & the history of the apartments that helps her work with all her customers. If she doesn't know it, she makes it her number one priority to figure it, and within a relatively short amount of time. Tennille is actually my assigned Buyer, she is always helping me out, answering questions, finding some piece or part that makes ES job easier. When I make a mistake, she is good about contacting me, explaining how to correct the problem, sometimes deleting an entry that I screwed up. Tennille helped me with the Morale Focus Holiday prize purchase. She got some great deals and awesome discounts for the Morale Focus. She also took out some of her personal time to go to Walmart to purchase the items. Kay & Amber L held to jobs ES & then working with the Buyers, I often asked them questions about supplies & chemicals when they were helping as ES. If they knew the answer they would tell me. Amber was really good with helping people when they got their new phones.

Operations Management November Employee of the Month



Earl Thomas Earl was nominated for various reasons. He has filled in for the other supervisors on numerous occasions and always does such a wonderful job communicating the pertinent information to technicians. Earl is a very pleasant person to work with and exemplifies the traits that we strive for at Ops.

Operations Management December Employee of the Month



Ben Stephen Ben was a huge asset to our procurement team while they went through lighting and electrical materials at Lodgepole. Ben's insight and helpful attitude was invaluable! This is one of many examples of how Ben goes above and beyond within Operations Management.

CSU and the National Western Stock Show

A comprehensive history between the institutions

CSU External Relations Staff

Colorado State University has a history with the National Western Stock Show that dates back to the first stock show. From the first grand champion steer at the stock show to becoming a key partner in the reimagining of the National Western Center more than 100 years later, CSU is proud to honor its agricultural roots, and to utilize the university's broad expertise, research, and innovation as part of being a Carnegie 1 Research Institution with more than \$350 million in research annually.

1870: Territorial bill authorizes creation of Colorado Agricultural College, a land-grant institution, in Fort Collins.

1899: National Exhibition of Range Cattle is held January 24-26 in Denver.

1902: Colorado Cattle and Horse Growers Association hosts a small livestock show in November.

1903: The success of the Colorado Cattle and Horse Growers Association's livestock show triggers the development of an animal husbandry department at Colorado Agricultural College.

1905: The Western Stock Show (now the National Western Stock Show) formally opens in January under the direction of Elias M. Ammons, president of the Colorado Cattle Growers Association and brother of Theodosia Ammons, professor of domestic economy at Colorado Agricultural College; George Ballentine, general manager of the Denver Union Stockyard Company; and Fred P. Johnson, publisher of the Record Stockman.

On March 10, the Colorado Cattle and Horse Growers Association elects Elias M. Ammons, a Douglas County cattleman, as president of the Western Stock Show in recognition of his outstanding service to the range industry and his influence in solving range problems and meeting new conditions.

1906: The National Western Stock Show is born with the chartering of the Western Stock Show Association. The first Western Stock Show is held from January 29 to February 3.

The first grand champion steer exhibited at the Stock Show comes from Colorado Agricultural College. The 1,150-pound Shorthorn steer is bought by a Denver butcher, James D. Miller, at a record price of 33 cents per pound.

Colorado Agricultural College wins \$475 for first prizes for Aberdeen-Angus bulls and females, two-year-old Shorthorns and Grand Champion Shorthorn Bull. Complaints that the Aggies (Colorado Agricultural College) capture so many awards leads to a rule disqualifying them from competing in following shows, but the rule was not enforced.

A trainload of students from Colorado Agricultural College in Fort Collins arrives on the first day of the National Western Stock Show and spend the full day "practicing judging and practical look studying of the animals."

On a motion of Dean W.L. Carlyle of Colorado Agricultural College, "Western Livestock Show Association" is chosen for the name of the organization to operate the National Western Stock Show on an annual basis.

Alpha Zeta, the first honorary fraternity at Colorado Agricultural College, forms to recognize scholarly achievement in agriculture.

Hereford bulls at the stock show in 1948.

1907: George E. Morton accepts an animal husbandry position at Colorado Agricultural College and becomes the head of the department and a member of the governing board of the National Western Stock Show soon after.

1908: The Western Livestock Show Association reelects Elias Ammons as president for another term.

1912: After campaigning on a platform emphasizing the need for development of Colorado's natural resources in agriculture and mining, Elias Ammons is elected governor of Colorado by one of the largest pluralities ever given a governor in the state's history.

The Livestock Club at Colorado Agricultural College is founded by Roud McCann of the Animal Husbandry Department.

1914: Colorado Agricultural College has its first livestock judging team at the stock show – a tradition that

continues today.

1922: Colorado Agricultural College debuts the Pure Seed Show in Colorado Springs and quickly moves it to the stock show.

Beginning in the 1920s, faculty from Colorado Agricultural College serve on special committees for the stock show.

1925: Elias Ammons, the first and only president of the Western Livestock Show Association, dies in May at the age of 64.

W.L. Petriken, president of the Great Western Sugar Co., fine horse fancier and exhibitor in the Horse Show, replaces Ammons as president of the Western Livestock Show Association.

1929: The first female livestock judge at the stock show is Evangeline Simmonds from Colorado Agricultural College's Livestock Judging Team.

1934: Colorado Agricultural College creates the Little National Western – a tradition that continues today. Students gain experience in training, grooming and showing livestock.

Beginning in the 1930s, members of Colorado State College's livestock club serve as ushers at the Denver stock show including John Matsushima, now a professor emeritus in the Department of Animal Sciences.

1941: George Lawrence, Colorado State College's well-known herdsman, shows the Reserve Grand Champion Steer, an Angus bred by Albert Kniese of Anton, Colo.

1950s: Colorado State University graduates three of the past presidents of the National Cattlemen's Association: Robert D. Josseland (1953), Don B. Smith (1956) and Merlyn E. Carlson (1957).

1965: The Fed Beef Contest increases in entries and becomes one of the major practical education highlights under John Matsushima of Colorado State University, the Colorado Cattle Feeders and the Colorado Beef Board. Matsushima continues to this day as honorary chairman of the Fed Beef Contest.

1980: President Nicholas R. Petry announces the creation of the National Western Scholarship fund, with eight annual \$1,000 four-year grants to Colorado State University and other higher education institutions.

1989: Patrick Grant heads up "National Western 2000," a fundraising group organized to support the City of Denver ballot proposal for a \$30 million National Western Stock Show building expansion.

1990: Robert E. Moreng becomes the first Colorado State University faculty member to be elected to Colorado Agriculture Hall of Fame.

2001: Patrick Grant, president and chief executive officer of the National Western Stock Show, joins Colorado State University's Board of Governors.

2002: Albert C. Yates, the 12th president of Colorado State University,



CSU and the stock show go way back -- and have partnered for the future. Photo courtesy University Archives Special Collections.

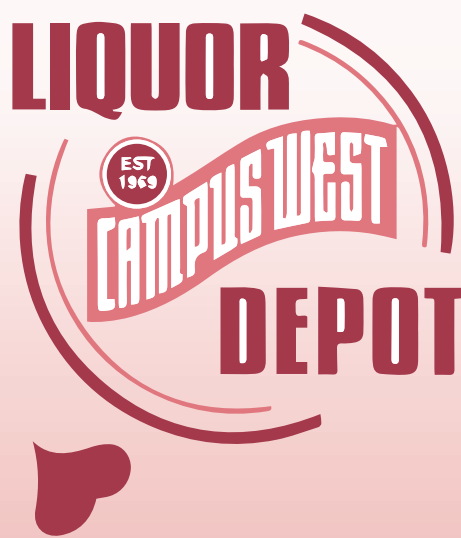
receives the stock show's Citizen of the West award.

2005: Dr. Robert Shideler, scholarship committee chairman at the National Western Stock Show and Colorado State University alumnus and retired faculty member, receives the Livestock Leader of the Year award from the university's Department of Animal Sciences. Colorado State University receives 27 \$2,500 scholarships from the stock show.

2006: The centennial celebration of the National Western Stock Show

2014: The WSSA, CSU, the City and County of Denver, the Denver Museum of Nature & Science and History Colorado sign a Memorandum of Understanding to work on re-envisioning the NWSS as a center for year-round learning, competition, the arts, and commerce.

2015: The Denver City Council approves the Master Plan for the new "National Western Center."

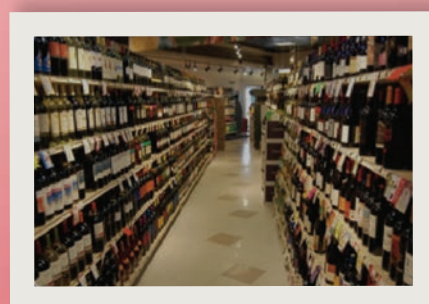


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No pupsicles, please: Protect your pets from cold weather

by Dr. Rebecca Ruch-Gallie

Cold weather is always a seasonal concern for pet owners, as many of us know from a recent snap of brutal cold. Ideally, dogs and cats should be kept inside during very cold temperatures, but that isn't always possible.

In the face of below-freezing temperatures that are even colder when factoring in wind chill, consider these tips for keeping dogs and cats warm and safe:

- Limit outdoor time if possible. Consider more frequent but shorter trips outside for work, potty, or play.
- Watch where you go. Ice can be dangerous for people and pets.
- Knit a sweater. Better yet, get Fido a water-resistant outdoor coat to help keep him warm and dry.
- Check the feet frequently. Snow between the toes causes hard and sometimes sharp ice balls that can be painful. Also, salt and de-icers can be damaging to the feet of dogs and cats. Be sure to wipe or wash off feet after animals have been outside in places that use these products, particularly before Fluffy cleans her paws herself.
- Watch pet behavior. Animals will often let you know when they have had enough cold: Lifting feet, shaking, shivering, and searching for shelter are clues to bring your animals inside.
- Provide adequate water and food. Staying warm is hard work on the body; be sure to help your pet stay fueled. For outdoor animals, frequent water changes or a warming bowl may be needed.
- Provide good shelter if your dog or cat lives outside and either cannot or will not come in. Pet housing should be raised several inches off the ground. It should be big enough for the animal to turn around and lie down comfortably, but small enough to effectively collect body heat. Provide bedding for insulation inside the house.
- Make some noise. Outdoor cats and wildlife often seek shelter under the hood of your car in cold weather, so try to scare them out before you start the engine.
- Look for dangers in your house. Space heaters or bedding on or near heat registers can be dangerous for your dog and cat.
- Look for dangers in your garage. Antifreeze can be toxic for dogs and cats, so keep it in a safe place and clean up spills immediately.
- Check with your veterinarian if you have any concerns about your pet or her ability to handle the cold. Your veterinary team can offer suggestions for your pet.



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.

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LECTURE SERIES

Colorado State University

presents

Dr. Joel Bacon

Stewart and Sheron Golden Chair of Organ and Liturgical Studies, Associate Professor of Organ

Listening to the Past: Colorado State University's Casavant Organ

Tues., Feb. 28 • 6:30 p.m. • Organ Recital Hall, University Center for the Arts

CSU's pipe organ gained international attention at its installation in 1968 and continues to inspire great music making today. Dr. Joel Bacon, Stewart and Sheron Golden Chair of Organ and Liturgical Studies, discusses the significance of this instrument, and demonstrates its extraordinary tonal resources by performing selected organ works.

This lecture is free and open to the public, however, tickets are required as space is limited. Tickets will be distributed on a first-come, first-served basis, and are available at <https://advancing.colostate.edu/PCLFebruary2017>.

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STATE YOUR PURPOSE

GET YOUR RETIREMENT BACK ON COURSE

ADVICE MATTERS

Recent studies emphasize the importance of client-advisor conversations. These reports prove that advisors can add 3% to clients' net returns¹ and retirement savers who sought investing advice enjoyed a median annual return almost 3% higher than those who didn't – even after the fees they paid for that advice².

Target Date Funds vs Personal Advice

Target Date Funds (TDFs) shift investors from stocks to bonds over time in an effort to become more conservative as retirement approaches. This transition is referred to as a "glide path" and while the basic concept seems reasonable, TDFs are widely criticized for the limits of their mass market approach. TDFs cannot incorporate all the relevant personal facts that determine the ideal allocation for one's retirement investments, and investors can find themselves either forfeiting needed growth or accepting unnecessary exposure to an increasingly volatile market.

By definition, a TDF is a fund of fund model that invests predominantly or exclusively in mutual funds with a certain maturity or specified date in mind, typically the time at which a participant is planning on retiring. Because TDFs are designed to change their allocation and objectives overtime, it is important for investors to revisit their investment selection periodically to make sure that the investment selected is consistent with their goals and objectives. TDFs are not guaranteed and past performance does not guarantee future results.

Don't settle for a generic TDF that was designed for millions of participants when you can determine and create your personal retirement date portfolio. With advice from the advisor you trust, you can have comprehensive investment management and cohesive financial planning in your company retirement plan.

**Don't let Wall Street determine *your* future.
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Sources: ¹Vanguard's study based on their Alpha framework. *Putting a value on your value: Quantifying Vanguard Advisor's Alpha*, Vanguard Research, 2014.
²The study of 14 large retirement plans with more than 723,000 individual participants and over 55 billion in assets, by Aon Hewitt, a consulting firm, and Financial Engines, an investment advisory firm, between 2006-2012.



WITH ADVICE

ADVISORS CAN ADD VALUE¹:

- As effective behavioral coaches (up to 1.5%)
- Applying asset allocation strategy (up to 0.75%)
- Employing cost effective investments (up to 0.45%)
- Managing allocations and rebalancing (up to 0.35%)
- Managing a spending strategy (up to 0.70%)

WITHOUT ADVICE

Portfolios of people who didn't get help suffered from²:

- Inappropriate risk levels
- Market timing mistakes
- Misunderstanding risks and market volatility

BITTERSWEET CHOCOLATE PUDDING WITH RASPBERRIES

CSU COOKS

FOR AN INDULGENT VALENTINE’S DAY TREAT THAT IS ALSO (SORT OF) GOOD FOR YOU, THE KENDALL REAGAN NUTRITION CENTER RECOMMENDS THIS DELICIOUS DESSERT THAT INCLUDES BOTH CHOCOLATE AND ANTIOXIDANT-RICH BERRIES.

INGREDIENTS:

- 1/4 cup sugar
- 2 teaspoons cornstarch
- 1 teaspoon vanilla extract
- Dash of salt
- 1 large egg
- 1 large egg white
- 1 cup skim milk
- 1/2 cup evaporated fat-free milk
- 2 ounces bittersweet chocolate, chopped
- 1/2 cup raspberries

DIRECTIONS:

1. Whisk together the first 6 ingredients in a medium bowl.
2. Heat milks in a medium saucepan over low heat, and bring to a simmer (not boil). Remove pan from heat and add bittersweet chocolate, stirring until chocolate melts.
3. Gradually stir about one-quarter of warm chocolate mixture into egg mixture. Once combined, add entire egg mixture back to pan with remaining chocolate, stirring constantly.
4. Turn heat to medium and cook about 5 minutes, or until mixture is thick and creamy, stirring constantly.
5. Pour pudding into a bowl, covering surface with plastic wrap. Chill. To serve, remove plastic wrap and top with raspberries.

Serving Size: 1/2 cup
Yield: 4 servings



Nutrition Information / Amount per serving:	
Calories 204	Total Carbohydrates 30.7 g
Protein 7.5 g	Saturated fat 3.7 g
Total fat 6.7 g	Dietary Fiber 2.2 g

Free Workplace English classes available

Do you know employees at CSU who would like to improve their English skills in speaking, reading and writing? Workplace English classes are for them. These free classes meet twice a week for 10 weeks and focus on improving communication skills and life skills to build confidence in speaking English at work and in the world.

- In the classes, participants will learn:
- Speaking, listening, reading and writing skills in English
 - Workplace vocabulary
 - Health, safety and emergency vocabulary (for yourself and your family)
 - Grammar and pronunciation
 - Communication skills

If you have questions about whether these classes are right for you or right for someone on your team, please contact the instructor, Andrea Heyman, at andrealheyman@gmail.com. Andrea has more than 20 years of experience as an English-as-a-second-language instructor.

“These classes are designed to be a safe place where CSU employees can practice their language skills, ask questions and feel their level of proficiency is improving,” Heyman said. Please note that these classes are targeted to employees in the service industry rather than those who are post-docs or academics.

DATES, DAYS, AND REGISTERING

Dates: Feb. 13 – April 27, 2017	Location: Palmer Hall
Days: Mondays and Thursdays, 3 – 4 p.m. Classes meet twice a week for 10 weeks.	Registering: Get permission from your supervisor to attend. Show up on Feb. 13. (No official registration required.)

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- Leader of the Women of Liberia Mass Action for Peace
- Founder of the Liberia Reconciliation Initiative

Student Employee Award

Student Employment Services is sponsoring its annual Student Employee of the Year Award to recognize the work done by students on this campus. Deadline for nominations is Feb. 17.

The winner will be announced during Student Employment Week, April 9-15. The winner of this award will be eligible for consideration for the state, regional, and national Student Employee of the Year Awards sponsored by the National Student Employment Association, and will be eligible to receive a \$1,000 scholarship from the Office of Financial Aid.

Make nominations at ses.colostate.edu

Take a U-Turn to the express lane to student success

The Spring semester U-Turn event will be held on Tuesday, March 7, 10 a.m.-4 p.m. in the LSC North Ballroom. Faculty are urged to help make all students aware of this opportunity to improve their academic performance, no matter their current status.

In addition to the full array of academic support resources that are always on hand, U-Turn is adding two new features this semester:

1. Students who've received U's will be able to get into the Express Lane by scheduling a 30-minute appointment in advance to meet with a U-Turn Navigator — so no wait time the day of the event.

2. Academic Success Workshops will be offered throughout the day during U-Turn. The workshops, open to all students, will alternate between the following topics every 20 minutes in Room 386 (right across from the North Ballroom): Time Management, High-Impact Learning, and Motivation & Goal-Setting.

The interactive workshops are designed to engage students in their own success, with exercises and plenty of group discussion. No registration required.

Learning Programs, in the Institute for Teaching and Learning, coordinates U-Turn. To learn more about U-Turn, workshops,

tutoring and other academic support programs available throughout the year, go to tilt.colostate.edu.

Employee discount on Chinese classes

This spring, the Confucius Institute at Colorado State University is offering a wide range of Chinese language and culture classes to members of the CSU and Fort Collins community. Courses are available for any age or level of skill, and include beginner, intermediate and advance-level Chinese language, with additional offerings for learning through music, song and play. CSU staff, faculty and their families receive a 50 percent discount off the cost of courses.

Learn more about course offerings and register at cicsu.colostate.edu

Forest Service tracks impact of beetles on forest health

Spruce beetle was the most damaging forest insect pest in Colorado for the fifth consecutive year, based on a 2016 forest health aerial survey conducted by the Colorado State Forest Service and U.S. Forest Service, Rocky Mountain Region. Douglas-fir beetle populations also continued to expand, while mountain pine beetle, western spruce budworm and Douglas-fir tussock moth populations continue to decline.

Spruce beetle populations continued to cause widespread tree mortality, impacting 350,000 acres of higher-elevation stands of Engelmann spruce statewide. The largest infestations were detected primarily in southern and central Colorado, with more than one-third of those acres "new" or not previously impacted. Since 1996, spruce beetle outbreaks have caused tree mortality on more than 1.7 million acres in Colorado.

Mountain pine beetle, which impacted nearly 3.4 million cumulative acres statewide over the past two decades, also has declined for years and remains at background levels,

with fewer than a thousand acres affected statewide in 2016. But the Beaver Creek Fire that burned more than 38,000 acres in Jackson County last year, much of it in areas previously impacted by mountain pine beetle, provides an example of how beetle-kill can help fuel large, intense wildland fires.

CSU pledges to use 100 percent renewable electricity by 2030

Colorado State University President Tony Frank signed a pledge Jan. 25 to commit the university to being powered by 100 percent renewable electricity by 2030.

More than 4,300 students, faculty and staff had signed a petition encouraging the university to consider the pledge. Faculty, staff and students from The President's Sustainability Committee, Live Green Teams, and the Green Guard also endorsed the pledge. But the level of interest expressed was not the only reason he signed the pledge, he said.

Instead, he and university leaders asked the question: Does it make long-term sense for us? The answer: Yes, it does.

In 2016, generation of electricity accounted for more than 50 percent of the greenhouse gas emissions for the main, Foothills and South campuses. Electricity costs are projected to increase from the current \$12 million each year to more than \$30 million in 20 years.

The university is already using electricity from renewable sources, with 13 solar arrays installed on all campuses. These arrays provide more than 10 million kWh per year, or the equivalent of providing electricity for over 1,150 homes in Fort Collins.

In March 2015, the City of Fort Collins adopted a Climate Action Plan to reduce greenhouse gas emissions by 80 percent by 2030, and achieve climate neutrality by 2050.

Colorado State's Climate Action Plan, originally adopted in 2010, also committed the university to climate neutrality by 2050.



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VARIETY PACK

12 BOTTLE MONTAGE

The new year brings a season of transition. As the days start to get longer and warmer, we turn to beers inspired by fresh starts and new ingredients. We've handpicked three of our favorites plus our latest Exclusive Release, Wolf Picker Experimental Pale Ale.



EXCLUSIVE
RELEASE

Wolf Picker's name pays homage to a classic hop harvesting rig and is brewed with a hop variety so rare, it's known only as HBC 638.

12
BOTTLES

3 OF EACH
VARIETY