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*Photos from MLK March*



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*Meet Christopher Lamb, spiritual care resident*



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*Creating an icon: The CSU logo through the years*



pg 22

*Once in a blood moon*

# Mobile food pantry returns to CSU



Volunteers gather squash, carrots and onions to distribute to students, faculty and staff.



Rams collect yogurt and spaghetti squash at the food pantry drive. Photos by Sara Graydon



### FOR MORE INFORMATION

If you'd like to know more about RAH or the mobile food pantry, contact Jen Johnson at [JENNIFER.JO.JOHNSON@COLOSTATE.EDU](mailto:JENNIFER.JO.JOHNSON@COLOSTATE.EDU) or visit the office of Student Leadership, Involvement Community Engagement Center at the Lory Student Center in room 210.

## Food Bank for Larimer County reaches campus

by Annika Mikkelsen

The mobile food pantry stopped on campus Jan. 18 as part of Rams Against Hunger's attempt to combat food insecurity at CSU. Food insecurity can be described as little to no reliable access to sufficient amounts of nutritious food.

The previous success of the mobile food pantry prompted RAH to continue the program this year. Last semester, the program attracted 450 to 550 Rams, including faculty, staff and students, to each distribution.

Anyone with a staff or student ID can visit the mobile food pantry and receive up to 50 pounds of food. The only other requirement is that faculty, staff and students must bring their own bags to carry the food.

Nutritious food at the grocery store can be expensive, and individuals on a budget can rarely get a consistent amount of nutritious food that they need to live a healthy lifestyle. According to the RAH website, signs of food insecurity include skipping meals or cutting meal size for financial reasons, being unable to afford balanced meals, or experiencing hunger but not eating. The mobile food pantry aims to alleviate these behaviors.

The Larimer County Food Bank provides approximately 12,000 pounds of food for each mobile food pantry distribution. This includes fruits, vegetables, yogurt, meat and baked goods. RAH provides guidelines for how much of each item students and staff can take, but maintain a flexibility that respects the needs of the individual.

"Food is important to health and success at school and at work," Jen Johnson, assistant director of SLiCE, said. "Eating makes everything better."

RAH programs are designed to fight food insecurity on CSU campus. Like Johnson, the organization believes that CSU Rams should worry only about their educational and professional endeavors, not how to get a healthy meal.

### SPRING 2018 STOPS @ CSU

**DURING THE SPRING 2018 SEMESTER, THE MOBILE FOOD PANTRY WILL MAKE SEVERAL MORE STOPS ON CAMPUS.**

**IT WILL BE OPEN ON:**

**FEB. 1**

**MARCH 1**

**APRIL 5**

**MAY 3**

**FROM 4 P.M. TO 6 P.M. ON THESE DAYS, YOU CAN FIND THE MOBILE FOOD PANTRY ON WEST UNIVERSITY AVENUE, ACROSS FROM THE HARTSHORN BUILDING.**





# APPLAUSE

## COLLEGE OF LIBERAL ARTS

**Albert Bimper**, associate professor of ethnic studies and senior associate athletic director for diversity and inclusion, has been selected by Diverse: Issues in Higher Education as one of its 15 Emerging Scholars across the nation. Bimper, 34, is writing a book that explores the experiences of black college athletes in the sociocultural climate of the 21st century at the complex interface between intercollegiate athletics and higher education.

## COLLEGE OF NATURAL SCIENCES

**Alan Knapp**, a professor in the Department of Biology, has been inducted as a 2017 fellow in the American Geophysical Union, dedicated to studying and communicating earth and space sciences. The designation recognizes Knapp’s lifelong work on grassland ecology and climate change.

**A.R. Ravishankara**, a professor in the Department of Chemistry and the Department of Atmospheric Science, received an international Scientific Leadership award from the United Nations Environment Programme, the agency that coordinates the U.N.’s environmental activities. The award recognized his lifelong work studying and finding solutions to climate change and ozone layer depletion.

## WALTER SCOTT, JR. COLLEGE OF ENGINEERING

**Siddharth “Sid” Suryanarayanan**, associate professor of electrical and computer engineering, was named the 2017 recipient of the C. Holmes MacDonald Outstanding Teaching Award by IEEE-Eta Kappa Nu, the honor society of the Institute of Electrical and Electronics Engineers. Created to honor early-career engineering faculty who have demonstrated special dedication and creativity in teaching, the award honors leadership and excellence in curriculum design, course delivery, and the education and mentorship of electric power engineers.

## DIVISION OF EXTERNAL RELATIONS

CSU collected a total of nine CASE Division VI institutional awards this year, including Gold in two different special event categories for efforts to celebrate the historic on-campus stadium opening. The winning entries captured the comprehensive efforts of the division around a wide array of events, including social media, video, photography, writing, web development, design, branding, signage, promotion and messaging for parking, alternative transportation, safety and accessibility.

DER won a third Gold for “Forge the Path,” a fundraising video produced by CSU videographers **Ron Bend** and **Brian Buss** with University Advancement Communications and CSU Events. Also winning Gold was “No longer lost in translation,” a short video created by **Anne Manning** of the PR team and **Jen Smith** of Team Social.

Manning and fellow science writer **Mary Guiden** won Silver for Excellence in News Writing: Research, Medicine and Science.

A Silver for Periodical Staff Writing went to the PR team who authored “Student Success: Reaching New Heights,” the spring 2017 issue of Colorado State Magazine: **Jeff Dodge, Kate Jeracki, Manning** and **Tony Phifer**.

**CSU Events** shared honors with two colleges: Grand Gold in the single-day event category for the April 19 **Walter Scott, Jr. College of Engineering** naming celebration, and Gold for “Take Flight ... Tonight,” a June 9 fundraiser for the College of Agricultural Sciences’ Temple Grandin Equine Center.

**The Warner College of Natural Resources** won a Bronze for its home page redesign, which included a new content management system as well as new navigation and menu systems.

# CSU LIFE STAFF

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CSU LIFE IS PUBLISHED MONTHLY DURING THE ACADEMIC YEAR THROUGH A PARTNERSHIP WITH CSU DEPARTMENT OF EXTERNAL RELATIONS AND ROCKY MOUNTAIN STUDENT MEDIA. THE PUBLICATION IS MAILED TO FACULTY AND STAFF AND DISTRIBUTED AT NO CHARGE ON CAMPUS.

CONTACT US AT [CSULIFE@COLOSTATE.EDU](mailto:CSULIFE@COLOSTATE.EDU)

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# Going above and beyond

## Outstanding Housing & Dining Services staff recognized among peer institutions

By Sylvia Cranmer

CSU Housing & Dining Services recently won top recognition in several categories at the Association of Intermountain Housing Officers (AIMHO) annual conference. The Association includes 97 member institutions in eight western states and Saskatchewan, Canada, and its purpose is to work for continual improvement and coordination of housing and food service operations for students and staff members in institutions of higher learning.

**Professional Staff Social Justice Award: Andre Roberts, Residence Director, Newsom Hall**

Andre works with his hall staff to create a space for conversations around identity development, and its impact on the community and staff members. He uses technology, current events, theoretical frameworks and concepts to lead discussions with his staff to recognize their role in supporting ALL students. He utilizes his voice and his experience to highlight instances of unconscious bias across campus that affect under-represented staff. This ability to stand up in the face of adversity and advocate for

himself and others is the epitome of Social Justice action that is needed in today’s society.

**Outstanding Mid-Level Professional Award: Lauren Shulman, Residence Life, Coordinator for Selection, Training, and Development**

Lauren has a magical way of communicating changes, selling individuals on new ideas, challenging the status quo and having staff follow her lead. Lauren’s responsibilities include serving as chair of the Residence Director Search Committee, leading and coordinating the selection process and training for 350 student staff, and collaborating with the Student Affairs and Higher Education program to hire graduate assistants. She creates and leads processes that are grounded in inclusion, equity, respect, and high touch. During the short time in her position, she transformed the Residence Life selection processes and increased recruitment efforts for under-represented candidates.

**Outstanding Graduate Student Award: Benjamin Petrie, Assistant Residence Director, Edwards Hall**

Benjamin is a second-year graduate student in the Student Affairs in Higher

Education program, with a bachelor’s degree in chemical and biochemical engineering. He works with the Resident Assistants to help them become strong leaders and self-actualized students. He has supervised students who have gone on to lead in larger campus organizations, indicative of his ability to inspire sustainable leadership in others. Benjamin also provides strong representation in Residence Life’s partnership with the Scott College of Engineering, helping connect students to the college, and he has given his personal time to help students with complex homework problems while giving them some words of encouragement.

**Outstanding Service Award: Tina Kelley, Residential Dining Services, Supervisor, Allison Dining Center**

Tina embodies outstanding leadership, thoughtfulness, creativity, and collaboration. She consistently goes above and beyond, serving as a role model for outstanding leadership to her student employees. Tina mentors students in how to do their job (and even more basically, how to have a job) and instills in them critical University values, which helps provide all student customers with an optimal dining experience. Tina

is recognized by peers and supervisors as being proactive in addressing positive policy changes, developing and following through with social justice and inclusion initiatives, and making improvements to create more impactful personal interactions.

**Grad Staff Social Justice Award: Tyler Fultz, Assistant Residence Director, Allison Hall**

Tyler’s first semester on campus was highlighted by recruitment, through the Pride Resource Center, to be a facilitator at the annual retreat – a special honor for a graduate student, especially one in the first month of the program. Through connections made over that weekend, Tyler gained traction with outreach to our students, maintaining and growing relationships with individuals and becoming a highly approachable administrator on campus. Tyler constantly reflects on what it means to work within systems of oppression and the norms that coincide with those systems, while also advocating for transformative practices that advance equity and justice. Tyler continues to provide a great example of how professionals can keep social justice in the center of their work.

## EMPLOYEE RECOGNITION OPPORTUNITIES FOR SPRING 2018

By Laura Snowwhite, Classified Personnel Council

Doesn’t it feel nice when someone recognizes the great work you do? Imagine giving that feeling to someone you have worked with here at CSU. We need your nominations!

No matter if you are State Classified, AP, or faculty – there are awards to recognize outstanding achievement and service to the university (and each other). Please consider nominating someone you know who is deserving of recognition. Thanks so much for your work, your help, and for recognizing another. That feels real nice too.

### OUTSTAND ACHIEVEMENT AWARD

The OAA recognizes meritorious and outstanding achievement in job skills and/or service to the University by State Classified employees. Up to five awards are given and recipients receive a plaque, a \$1,000 award, and special recognition at the Celebrate CSU event in April. Deadline is Feb. 16.  
[cpc.colostate.edu/annual-cpc-awards/outstanding-achievement-award](http://cpc.colostate.edu/annual-cpc-awards/outstanding-achievement-award)

### POSITIVE ACTION AWARD

The Positive Action Award recognizes individuals, groups, units or departments that have made a positive contribution to State Classified employees at Colorado State University. Deadline is March 23.  
[cpc.colostate.edu/annual-cpc-awards/positive-action-award](http://cpc.colostate.edu/annual-cpc-awards/positive-action-award)

### DISTINGUISHED ADMINISTRATIVE PROFESSIONAL AWARD

The DAPA recognizes Administrative Professionals with continuing meritorious and outstanding achievement in the areas of outreach, teaching, administration and/or service at Colorado State University. Up to five awards are given and recipients receive a plaque, a \$1,000 award, and special recognition at the Celebrate! CSU event in April. Deadline is Feb. 16.  
[ap.colostate.edu/awards/distinguished-ap](http://ap.colostate.edu/awards/distinguished-ap)

### EVERYDAY HERO

On-going employee recognition. The Everyday Hero is a special program sponsored by the Classified Personnel Council to recognize the day-to-day achievements of all CSU employees. Nominations accepted year-round.  
[cpc.colostate.edu/annual-cpc-awards/everyday-hero-award](http://cpc.colostate.edu/annual-cpc-awards/everyday-hero-award)

### REWARD YOURSELF: EDUCATIONAL ASSISTANCE AWARD

The Educational Assistance Award helps State Classified employees with costs associated with furthering their education, such as tuition, books, child-care expenses, and gas for traveling to/from class. Up to five awards are given in the amount of \$500 (taxes are taken out of this amount). Deadline is March 23.  
[cpc.colostate.edu/annual-cpc-awards/educational-assistance](http://cpc.colostate.edu/annual-cpc-awards/educational-assistance)  
We hope you will consider taking a few minutes to nominate one of your outstanding colleagues. And, thanks for all you do!





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Jaelyn Coates, a master’s student in the School of Education, delivered the charge to marchers before they left Old Town on their way to the Lory Student Center on Jan. 15, 2018. Here are highlights of her remarks.

PHOTOS BY SARAH GRAYDON



“TODAY WE HAVE THE RIGHT TO VOTE, TO USE THE BATHROOM, TO DRINK CLEAN WATER, TO SIT ON A BUS.

“All of these are things that we should expect as ‘matter of fact,’ as ‘absolutes,’ as ‘duh,’ as people living on this planet. And yet, once upon a time, the very notion of equal access to these rights might have been considered pretty radical to some. This word ‘radical,’ often has negative feelings associated with it.

But I wonder if we deem people with bright ideas or big demands as ‘too radical,’ or even ‘ridiculous,’ because we ourselves are too afraid or are unsure, or unable to imagine what our world may look like if we truly re-invented our current reality.

“I think sometimes about the beautiful black people that started this work long before I stood on their shoulders, and wonder what life would be like if they didn’t dare to dream? Dare to fight? Dare to be ‘radical?’ It was Angela Davis who said, ‘You have to act as if it were possible to radically transform the world, and you have to do it all the time.’ Now let’s sit with that for a moment. ‘Radically transform the world.’ And now I ask you, what does it mean to be radical? To do radical work, to have radical dreams and demand radical actions today?

“And I want to be clear, because I’m into basic rights like access to bathrooms and clean water, but these are not decencies afforded to all. Perhaps right now there are many of us who can walk into any of these stores lining the streets of Old Town, or to our own homes and get a drink of water. But at this very moment there are also folks in Flint, Michigan, and in Appalachia and in the bayous of Louisiana without clean water, and have been without it for years. And right now there are many of us who are privileged enough not to think twice about which bathroom we will head to when this event concludes.

“But at this very moment there are trans folks in North Carolina, in Ohio, in New York City and in Fort Collins who do not feel safe to do a basic human thing like use the bathroom. And right now, there are many of us in this space who may not have to think twice about which doctor they will access when they’re sick, or which racist police officer will be the one with too much confidence and not enough common sense, or whether or not their right to an education will soon expire, or how someone will be received if they utter the words ‘me too’.”

-JAELYN COATES, MARCH LEADER

FORT COLLINS MLK MARCH, JANUARY 2018



“I’ve been participating in Martin Luther King marches for thirty years. I think it is one of the most important social issues because our country is founded on equality and freedom. If we don’t have equality, then we don’t have freedom. We need equality, not just with black people, but with all colors. Equality between the genders, and with the animals on the earth.

THE NON-VIOLENCE MESSAGE I HAVE IS FOR THE EARTH.”

Diana Zwegardt, CSU Alumni





# CPC grows with new members. Will you be one?

By *CPC Communications*

Have you wondered how you can get more involved at CSU as a State Classified employee? Have you attended events and seen the Classified Personnel Council and wanted to learn more about what we do? Consider joining CPC as a member this March!

The mission of the CPC is to promote, improve and protect the role of State Classified employees within the University. The Council advocates for employees on issues such as raises, parking, work-life balance, supervisor training, employee recognition, while also contributing to more than 25 university committees across campus.

## CPC has six committees responsible for furthering the mission of the Council:

- The Executive Committee is comprised of the Chair, Vice Chair, Secretary and Treasurer, and acts on behalf of the Council between regular meetings.
- The Communications Committee shares information about the Council, University and State Classified employees through various media channels.
- The Employee Recognition Committee oversees all aspects of Councils awards.
- The Legislative Committee reviews and reports on legislation that may affect the University, and specifically those measures that could affect State Classified employees.
- Responsible for visibility and engagement is the Outreach Events Committee who oversees the planning and execution of Council outreach and events.
- Charged with finding ways to improve the work lives of employees is the Work Life Committee.

Employee councils, the CPC, the Administrative Professional Council and Faculty Council, are the key elements in the practice of shared governance at Colorado State University, allowing us all to be active participants in changes taking place.

Stacey Baumgarn, current Chair of the CPC has these words of encouragement:

"I have learned so much about CSU through my participation in the Classified Personnel Council. I sort of found out about the Council by accident but as soon as I got involved, I was really hooked. I believe that each of us has a role to play. Getting active with CPC has allowed me to contribute to CSU and to understand more about the incredible place I work. The Council has built a great reputation through the years. I look forward to meeting the next group of new members who can take us even further. Join us!"

Are you interested in getting involved yet? All State Classified employees who have been employed by CSU for at least one year are eligible for membership. There are also opportunities to volunteer with the council. For more information on becoming a CPC Representative and the self-nomination process, please visit the CPC website: [cpc.colostate.edu/interested-in-joining-cpc](http://cpc.colostate.edu/interested-in-joining-cpc).



CPC volunteers Brian Gilbert and Wayne Hall talked with other members of the campus community at the Employee Appreciation Celebration on the New Belgium Porch in August.

## FOR MORE INFORMATION

If you want a better idea of what membership looks like, know that all CPC meetings are open to the public. This is a great opportunity to discover more of what we are all about. Meeting dates and times are located on the website [CPC.COLOSTATE.EDU](http://CPC.COLOSTATE.EDU). Hope to see you soon!

## CONGRATULATIONS



Dining Services is proud to announce that ROB LOOSE, Production Assistant at the CSU Bakeshop, has been awarded the December Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service by going above and beyond their normal duties. Not many people are aware that CSU has its own Bakeshop on campus.

Many of the desserts served in the dining centers are produced from scratch right in the middle of the Edwards residence hall. Rob is part of this team and takes great pride in the products he creates. He is a mentor to student employees not only on proper baking skills, but also proper prepping, planning, and safe food handling. He is quick to lend a hand when needed and provides a calm and positive attitude in a hectic environment. Congratulations, Rob!



Dining Services is proud to announce that BEN ELLIS, Production Assistant at the Ram's Horn Dining Center, has been awarded the January Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service by going above and beyond their normal duties.

This past fall, the Ram's Horn Express posted record numbers of sales and Ben's job of stocking, assisting customers, and training hourly staff has never been busier. He always has a smile on his face and goes the extra mile for our student customers. Ben is a valuable addition to our dining operation and we are proud he is part of our team! Congratulations, Ben!

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***By Jeff Dodge***

Debbie Mayer, full-time housing solutions coordinator, is now based in the Off-Campus Life office in Lory Student Center, Room 274. CSU has contracted with local nonprofit Neighbor to Neighbor to bring Mayer to campus, to help connect university employees to an array of services for navigating a difficult local housing market.

### The offerings include:

- Rental housing search assistance
- Short-term assistance with rent to secure housing or avoid eviction
- Homebuyer education
- Foreclosure prevention counseling
- Reverse mortgage counseling
- Homelessness prevention

It is the first significant step initiated by the task force, which was formed by CSU President Tony Frank in fall 2015 as part of the Re-Envision Colorado State initiative.

The need for more affordable housing has been exacerbated by growth in Fort Collins and surrounding areas. The city's population

is now estimated at 167,500, and has grown at more than twice the rate of the CSU student population since 1970. According to the Colorado Department of Local Affairs, in the third quarter of 2017 the vacancy rate for Fort Collins/Loveland was 4.1 percent, and the average monthly rent was \$1,323.

“That growth is driving up prices — not just for buyers, but also renters,” said Jean Ortega, director of Off-Campus Life and task force member. “Our community’s success has created a squeeze in terms of affordable housing. We’re faced with increased rents, decreased availability and increased demand.”

Mayer, who is available for appointments with faculty and staff during regular working hours Monday through Friday, said she will also work with Off-Campus Life to connect employees with public resources outside of Neighbor to Neighbor's suite of services.

“Either we’ll have a program that can help people, or we will make efforts to connect them to someone who can,” Maver said.

CSU Community Resources Coordinator Emma Chavez, who runs the University's CARE Program and serves on the task force, said she is grateful this program is now a reality.

“This new partnership benefits not only the employee, but CSU as well,” she said. “Having Debbie on campus offering resources to employees who are dealing with housing issues is like seeing a light at the end of the tunnel. It speaks to how committed CSU is to making life better for our employees.”



Neighbor to Neighbor housing solutions coordinator Debbie Mayer, Colorado State University community resources coordinator Emma Chavez, Off-Campus Life director Jean Ortega and Tom Milligan announce CSU's partnership with Neighbor to Neighbor. Jan. 12, 2018.

**HOUSING SOLUTIONS COORDINATOR DEBBIE MAYER WILL BE ON HAND TO TALK WITH FACULTY AND STAFF AT THE ANNUAL OFF-CAMPUS LIFE HOUSING FAIR, FEB. 7, 9 A.M.-4 P.M., IN THE LORY STUDENT CENTER MAIN BALLROOM.**

**THE EVENT ALSO WILL FEATURE VARIOUS HOUSING RESOURCES THAT OFF-CAMPUS LIFE OFFERS STUDENTS.**

**MORE INFORMATION ABOUT OFF-CAMPUS LIFE'S SERVICES IS AVAILABLE AT [OCL.COLOSTATE.EDU](http://OCL.COLOSTATE.EDU).**

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**Wednesday, February 21**  
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**SURVIVOR**  
**MRS. MARTHE COHN**  
7pm • LSC Main Ballroom

**Friday, February 16**  
**FIELD OF FLAG SETUP**  
1pm • LSC Plaza

**Monday - Thursday, February 19-22**  
**LITANY OF MARTYRS**  
10am - 2pm • LSC Plaza or Flea Market  
(weather dependent)

**Monday, February 19**  
**LECTURE: "Discovering**  
**Grandma is a Holocaust**  
**Survivor"**  
12-2pm  
LSC Grey Rock Room 290

**Tuesday, February 20**  
**MOVIE NIGHT: "The**  
**Zookeeper's Wife"**  
7pm • LSC Theater

**Friday, February 23**  
**MEMORIAL & WALK TO**  
**REMEMBER**  
1pm • LSC Plaza or Theater  
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# Honor a stellar colleague

By the Administrative Professional Council

Do you know a CSU employee who has gone above and beyond this year? Has someone made a real difference in your department or unit? There are many opportunities recognize your coworkers for their outstanding contributions.

## Administrative Professional Council Awards:

The Distinguished AP Award (DAPA) recognizes administrative professionals with continuing meritorious and outstanding achievement in the areas of outreach, teaching, administration, and/or service. Up to five annual recipients are presented with a plaque and \$1,000! Nominations open December 1. Submissions are due Feb. 16 at 12:00 p.m.

[AP.COLOSTATE.EDU/AWARDS/DISTINGUISHED-AP](http://AP.COLOSTATE.EDU/AWARDS/DISTINGUISHED-AP)

## Classified Personnel Council Awards:

The Outstanding Achievement Award recognizes meritorious and outstanding achievement in job skills and/or service to the University by State Classified employees. Annual recipients are presented with a plaque and \$1,000. Submissions are due Feb. 16 at 12:00 p.m.

[CPC.COLOSTATE.EDU/ANNUAL-CPC-AWARDS/OUTSTANDING-ACHIEVEMENT-AWARD](http://CPC.COLOSTATE.EDU/ANNUAL-CPC-AWARDS/OUTSTANDING-ACHIEVEMENT-AWARD)

Positive Action Award recognizes individuals, groups, units or departments that have made a positive contribution to State Classified employees at Colorado State University. Submissions are due March 23 at 12:00 p.m.

[CPC.COLOSTATE.EDU/ANNUAL-CPC-AWARDS/POSITIVE-ACTION-AWARD](http://CPC.COLOSTATE.EDU/ANNUAL-CPC-AWARDS/POSITIVE-ACTION-AWARD)

## All CSU Employees:

Multicultural Staff & Faculty Network Distinguished Service Awards were created to honor academic faculty, administrative professional, and state classified employees who have made outstanding contributions within the University as well as surrounding communities.

## Award recipients must have:

- Enhanced the awareness and status of individuals and groups who are ethnically diverse; or
- Fostered acceptance and understanding between the majority population and persons of color; or
- Strengthened multicultural and inclusion efforts for underrepresented people.

Nominations may be submitted by faculty, staff, or students, or administrators. The nominee must have worked at Colorado State University for at least two semesters, or the equivalent, as of the current academic year. Past recipients of the awards are not eligible for nomination.

Nominations are sought in the following categories with awards up to \$1,000.

- Full-time, part-time, tenure-track or adjunct faculty member
- Full-time or part-time Administrative Professional
- Full-time or part-time State Classified staff
- Submissions are due Feb. 12 by 5:00 p.m.

[MSFN.COLOSTATE.EDU/AWARDS](http://MSFN.COLOSTATE.EDU/AWARDS)

## AP Stars Award:

The Everyday Hero Award recognizes meritorious and outstanding achievement in job skills and/or service to the University of ALL CSU employees (state classified, administrative professionals and faculty). Ongoing submissions are accepted for this award.

[CPC.COLOSTATE.EDU/ANNUAL-CPC-AWARDS/EVERYDAY-HERO-AWARD](http://CPC.COLOSTATE.EDU/ANNUAL-CPC-AWARDS/EVERYDAY-HERO-AWARD)

## AP Stars Award:

Nominate a colleague who deserves recognition for shining in their job performance, collegiality, diligence, creativity, commitment, and contributions to this fantastic university!

[AP.COLOSTATE.EDU/AWARDS](http://AP.COLOSTATE.EDU/AWARDS)

## UNIVERSITY HOLIDAYS FOR 2018-19 FISCAL YEAR ANNOUNCED

HUMAN RESOURCES HAS ANNOUNCED THE COLORADO STATE UNIVERSITY HOLIDAY SCHEDULE FOR THE 2018-19 FISCAL YEAR.

UNIVERSITY OFFICES WILL BE CLOSED AND NO CLASSES WILL BE HELD ON THESE DATES:

WEDNESDAY, JULY 4, 2018

MONDAY, SEPT. 3, 2018

THURSDAY, NOV. 22, 2018

FRIDAY, NOV. 23, 2018

MONDAY, DEC. 24, 2018

TUESDAY, DEC. 25, 2018

WEDNESDAY, DEC. 26, 2018

TUESDAY, JAN. 1, 2019

MONDAY, JAN. 21, 2019

MONDAY, MAY 27, 2019

INDIVIDUAL DEPARTMENTS WHOSE RESPONSIBILITIES DICTATE UNUSUAL WORK SCHEDULES MAY ESTABLISH HOLIDAY SCHEDULES WHICH DEVIATE FROM THE UNIVERSITY'S SCHEDULE (SEE PAGES 2-12 AND 3-19 OF THE HUMAN RESOURCES MANUAL).

HOURLY EMPLOYEES ARE NOT ENTITLED TO PAYMENT FOR HOLIDAYS UNLESS WORK IS ACTUALLY PERFORMED ON THE DAY OF OBSERVANCE.

FOR MORE INFORMATION, GO TO [HRS.COLOSTATE.EDU](http://HRS.COLOSTATE.EDU).

## CSU CAMPUS TRIVIA WITH RUSS SCHUMACHER

Everybody loved Peanuts, the English bulldog that served as the mascot for the Colorado Agricultural College Aggies from 1912 until his untimely end in 1918. He held the position longer than an unnamed bear cub and Billy Hughes, son of Coach Harry Hughes, who shared mascot billing for just the 1919 football season. It would be another 26 years before a Ram made his mascot debut, even longer before he became our beloved CAM.



This month's winner, **Anna Marie Almanza**, knew all of this without even Googling for an answer. Although she is originally from New Mexico and not a CSU alum, her first job on campus was in Admissions, where everyone learns everything there is to know about University history and traditions.

Anna Marie is now recruitment and outreach coordinator for Key Communities, part of the Collaborative for Student Achievement. She works with incoming students, many of whom are first-generation college students or from low-income backgrounds, to connect them with the learning communities that help them become part of CSU. "Key has been around for 20 years, and there aren't many similar programs at other schools," Anna Marie said. "I'm so proud of how we help students achieve academic success through Key, by providing a supportive living and learning environment."

For having her answer drawn at random from all the correct answers, Anna Marie received the coveted CAM the Ram bobblehead, autographed by Colorado's State Climatologist, Russ Schumacher, who is also the winningest Ram to ever appear on Jeopardy!, and a \$10 gift card to Mary's Mountain Cookies.

Imagining Peanuts wandering around the Oval got us to wondering what historic buildings on campus have found new purpose in the 21st century.

**Q. BEFORE THE LORY STUDENT CENTER OPENED IN 1962, WHICH BUILDING SERVED AS THE ORIGINAL STUDENT UNION?**

Email your answer to [CSULIFE@COLOSTATE.EDU](mailto:CSULIFE@COLOSTATE.EDU) by Feb. 19, with February Trivia in the subject line.



**20% discount for CSU employees!**

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# Meet CSU's first Spiritual Care Resident

By Sara Gradyon

Spiritual care is not often something one thinks about when concerning themselves with the hustle and bustle of balancing work and school.

However, CSU identified a need to provide Rams with a resource and someone to connect with, should they find need to redefine their purpose and meaning in the world.

Christopher Lamb is CSU's first Spiritual Care Resident. He graduated from the Iliff School of Theology with a master's of Divinity. He has a certificate in pastoral and spiritual care, which was the focus of his graduate studies.

Lamb has been working as a hospital chaplain for a year at UCHHealth, where he gained much of his experience in pastoral and spiritual care. He is the first person to do a one-year residency at the CSU Health Network, which will conclude in August 2018.

We all have challenges in life, and that is where spiritual care can come in. Lamb is available for one-on-one spiritual care sessions with faculty, staff and students.

"If you feel like you are not authentically engaged in work, or don't have a sense of purpose you once did," said Lamb, "these are areas where I can be of help."

Lamb's role is to honor your belief system and where you are in life, as well as to offer a spiritual framework of support. He emphasizes meaning, purpose and connection.

"The gift of spiritual care is a chance to just be with someone who can hear you where you are and won't try to fix, advise, or save your situation," said Lamb.

Instead, Lamb suggests opening up to what can be born in the moment. His main concern is to help care for his clients' well-being, but to also honor where they are in life.

"The magic happens when we stop trying to fix things or even to make a plan," said Lamb. "It's not about making a step-by-step plan to fix your life's problems."

## Spirituality, religion distinct

In Lamb's role, spirituality and religion are quite separate. He serves people of any or no faith background. He makes a distinction between spiritual care and religious care.

Religious care is not something he provides, though he can refer to someone in the community.

"Spiritual care is really about what gives you meaning, what helps you discern your place in the world, and what helps you find comfort, joy and safety," said Lamb.

The spiritual care process can look similar to counseling, but it is not the same. Lamb's work is not limited to talking through things together. A few examples of what spiritual care can look like are singing a song together, reading poetry together, or sharing a scripture together.

"Whatever kind of ritual is meaningful to that person," said Lamb.

Spiritual Care is available for CSU faculty, staff and students through the CSU Health Network. As of now there is no cost associated with any of Lamb's services. He will be facilitating two groups this semester: Eco-Spirituality and Caring for Loss and Grief.

"You have everything you need to live a purposeful, connected, beautiful life. Spiritual care is available to help you shine a light on your own inner resources so that you can access those and be your full self," said Lamb.



Christopher Watkins Lamb is part of the CSU Health Network. Photo by Sara Graydon

## FOR MORE INFORMATION

For more information please visit: [health.colostate.edu/resources/spiritual-health](http://health.colostate.edu/resources/spiritual-health). Christopher Lamb can be contacted directly by calling (970) 495-4223, or by emailing him at [cwlamb@colostate.edu](mailto:cwlamb@colostate.edu).

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OFF-CAMPUS LIFE  
COLORADO STATE UNIVERSITY

# Learn from women leaders at CSU

By Dell Rae Ciaravola

The Women's Leadership Series brings some of the University's most remarkable women in leadership positions together to share lessons that have helped them succeed.

The series, sponsored by the Women and Gender Collaborative with the Office of the Vice President for Diversity and the Office for Equal Opportunity, is a three-part series. The February session featured HERS Institute attendees; March and April sessions will cover understanding University budgets and funding, and navigating University systems.

Registration is required for each session and lunch will be provided. Register through the Training and Organizational Development website at [training.colostate.edu](http://training.colostate.edu) to sign up for one or both sessions.

**Understanding University Budgets and Funding:**  
11 a.m.-1 p.m., Friday, March 2,  
Lory Student Center Cherokee Park Ballroom

It can be hard to make things happen if you don't have a budget. This session offers

foundational information for understanding budgets and funding from the perspectives of three women leaders within the University: Lynn Johnson, vice president for University Operations; Kim Tobin, vice president for University Advancement; and Jan Neger, dean of the College of Natural Sciences.

**Navigating Systems as an Outsider**  
Within: 11 a.m.-1 p.m., Friday, April 6,  
Lory Student Center Longs Peak Room

Institutions are built around systems, but for many people, those systems were not initially designed with their involvement or success in mind. The program will feature women of color in executive leadership positions at CSU who will share personal stories of navigating these systems throughout their careers as outsiders within: Kathy Sisneros, assistant vice president for Student Affairs; Mary Ontiveros, vice president for Diversity; Blanche Hughes, vice president for Student Affairs; Diana Preto, executive director of Human Resources, and Sandra Quackenbush, associate dean for Academic and Student Affairs in the College of Veterinary Medicine and Biomedical Sciences.





# Holiday tradition

CHILDREN FROM COLORADO STATE UNIVERSITY'S  
EARLY CHILDHOOD CENTER SING FOR PRESIDENT  
TONY FRANK, PARENTS AND STAFF. DEC 6, 2017.

PHOTOS COURTESY CSU PHOTOGRAPHY



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# COMMUNITY

## BLACK HISTORY MONTH

This year's theme is "A Rose that Grew from the Concrete." Visit [baacc.colostate.edu](http://baacc.colostate.edu) for complete schedule of events.

## RISING HATE IN AMERICA

FEB. 8, 5 — 6 P.M.

Lory Student Center Cherokee Park

What is the evidence of the rise of hate groups and hate-fueled incidents spiking in America? What does it look like in our communities? What groups are most frequently targeted today? Lecia Brooks from Southern Poverty Law will discuss what theories might explain this rise, and what can Americans who value tolerance can do to fight back.

[THIS EVENT IS FREE AND OPEN TO THE PUBLIC](#)

## FOUNDERS DAY ON THE PLAZA

FEB. 9, 1:48 P.M.

Celebrate the University's 148th birthday with CAM and cookies.

## MARDI GRAS

FEB. 13

## VALENTINE'S DAY

FEB. 14

## LUNAR NEW YEAR

FEB. 16

## PRESIDENT'S DAY

FEB. 19

## CSU WRITES: FACULTY WRITES STRESS-FREE WRITING

FEB. 20, 3 — 4:15 P.M.

Lory Student Center 308-310

This workshop draws on the work of Charles Duhigg's "The Power of Habit & Smarter, Faster, Better" and Brené Brown's "Daring Greatly & Gifts of Imperfection" to foster a conversation strategies for writing regularly with ease.

## HOLOCAUST AWARENESS WEEK KEYNOTE SPEAKER MARTHE COHN

FEB. 21, 7 — 8:30 P.M.

Lory Student Center Main Ballroom

After her sister was sent to Auschwitz and her family went into hiding, Marthe Cohn joined French Army Intelligence and posed as a German nurse to gather information about Nazi troop movement. At the age of 80, Marthe was awarded the Medaille Militaire, one of the highest honors from the French military. This is an increasingly rare opportunity to hear firsthand testimony from a Holocaust survivor, and being able to listen to Marthe Cohn is a once in a lifetime opportunity for many CSU students and community members.

[HOLOCAUST.COLOSTATE.EDU](http://HOLOCAUST.COLOSTATE.EDU)

## HUMAN TRAFFICKING SYMPOSIUM

FEB 22, 8 A.M. — 5 P.M.

Lory Student Center

Northern Colorado's First Annual Human Trafficking Symposium is open to students, community members and professionals. It is designed to meet various levels of training needs. Participants will go through a free track that includes Colorado Human Trafficking Council's 101 Core Curriculum, all the Plenaries, and sessions on demand, the intersection of business, and localized response and resources. Professionals will choose from two to three break-out sessions in each of our five time slots. Plenaries will include survivors, authors and experts in the field.

[STUDENT/ CSU FACULTY- FREE](#)  
[101 CONCERNED COMMUNITY MEMBER- FREE](#)  
[PROFESSIONAL 201 TRACK- \\$25.00](#)  
[BOXED LUNCH- \\$8.00](#)  
[CEU- \\$54.00](#)  
[AFACETOREFRAME.ORG](http://AFACETOREFRAME.ORG)

## PRIDE RESOURCE CENTER SAFE ZONE TRAINING

FEB. 28, 2:00-5:00 P.M.

Lory Student Center, Room 226-228

MARCH 12, 9:00 A.M.-12:00 P.M.

Lory Student Center, Room 226-228

This training is meant to help faculty learn how they can create safer spaces for LGBTQ+ students.

## GINA MCCARTHY

FEB. 28 AT 6 P.M.

Lory Student Center Grand Ballroom

A leader in health and environmental protection helping to develop the Climate Action Plan, McCarthy signed the Clean Power Plan and spurred international effort to secure the Paris Climate Agreement. Part of the Office of International Programs Global Engagement Lecture Series. Free admission, but tickets are required, available online at

[CSUTIX.COM](http://CSUTIX.COM)

## AARP TAX-AID SERVICES ON CAMPUS

SATURDAYS FEB. 3 — APRIL 14  
(NOT OPERATING ON MARCH 10 OR 17) 10:00 A.M. — 4:00 P.M.

Basement of Old Rockwell Hall. Look for signage.

The Department of Accounting in the College of Business will be partnering up with AARP Tax-Aide this year to offer individual tax return assistance to the CSU and Fort Collins community. Students who are studying accounting and tax work with professional tax advisors and preparers to learn valuable professional skills, while giving back to the community.

Questions: email [vita.csubap@gmail.com](mailto:vita.csubap@gmail.com)

No international returns or business entity returns. Schedule C profit without business use of the home allowed.

Please be sure to bring all necessary tax documentation so that we can process your return when you come in. Services are first come, first serve.

# ENTERTAINMENT

## THEATRE AND PERFORMING ARTS

## “WAITING FOR THE PARADE” BY JOHN MURRELL

THROUGH MARCH 4; 6:30 P.M.

THURSDAYS, 7:30 P.M. FRIDAY

AND SATURDAY, 2:30 P.M.

SUNDAYS

Bas Bleu Theatre

Set in 1940s' Calgary, four women "wait out the war" at their homes. The women soon learn to survive by working together and accepting each other.

[BASBLEU.ORG](http://BASBLEU.ORG)

## “APPROPRIATE” BY BRENDEN JACOBS-JENKINS

FEB. 16, 17, 22, 23, 24 AT 7:30 P.M.

FEB. 18, 25 AT 2 P.M.

University Theatre at the University Center for the Arts

Surprises and confrontations ensue after three adult children return to their family home to go through their dead father's possessions.

No charge/CSU Students, \$16/Senior (62+), \$18/ adult

[CSUARTSTICKETS.COM](http://CSUARTSTICKETS.COM)

[\\*MATURE AUDIENCES ONLY\\*](#)

## “MENOPAUSE THE MUSICAL” PRESENTED BY LC LIVE

FEB. 24, 7:30 P.M.

Lincoln Center Performance Hall

For 16 years, this hilarious musical has had audiences dancing in the aisles. Join four women who explore their world of getting older to the tune of 1960s, '70s and '80s classics.

[LCTIX.COM](http://LCTIX.COM)

## ARTS AND LITERATURE

## POMPEII ARCHIVE

JAN. 16 — APRIL 21, 10 A.M. — 6 P.M.

Gregory Allicar Museum of Art at the University Center for the Arts

This archive features work by American photographer William Wyllie. His images explore the archeological site of Pompeii, Italy.

[THIS EVENT IS FREE AND OPEN TO THE PUBLIC.](#)

## FIRST LOOK: CURATING DRAWINGS FROM THE HARTFORD-TANDSTAD COLLECTION

JAN. 30 — APRIL 14, 10 A.M. — 6 P.M.

Gregory Allicar Museum of Art at the University Center for the Arts

Donated to the museum in 2014, this collection is comprised of 200 works of art. It includes drawings, paintings, sculpture and decorative arts. The works date from the late Renaissance era through the late 19th century.

[THIS EVENT IS FREE AND OPEN TO THE PUBLIC.](#)

## WOMEN READING @ CSU BOOK CLUB

FEB. 27, 12-1 P.M.

Lory Student Center Room 386

Women Reading @ CSU is a book club designed for CSU employees and graduate students who identify as women. This project is continuing on with a focus on appreciating women's differences, intersectional identities and diverse experiences. This month, the book will be "The Glass Universe: How the Ladies of The Harvard Observatory Took the Measure of the Stars" by Dava Sobel

## AN EVENING WITH AUTHOR KATE MOORE

MARCH 7, 7 P.M.

Hilton Fort Collins

The bestselling author of Radium Girls: The Dark History of America's Shining Women will discuss the story of the workers who developed radiation poisoning from painting luminous watch dials, and their legal struggles that set precedents for labor safety laws. Free admission, no tickets required, seating is first come, first served, doors open at 6:30 p.m. Book sales and signing follow the program. Presented by Friends of the CSU Libraries and the Poudre River Friends of the Library.

## MUSIC AND DANCE

## UNIVERSITY SYMPHONY ORCHESTRA CONCERT

FEB 7 AT 7:30 P.M.

Griffin Concert Hall at the University Center for the Arts

The University Symphony Orchestra, conducted by Wes Kenney, takes on the highly dramatic first symphony of the great Finnish composer Jean Sibelius.

[NO CHARGE/CSU STUDENTS, \\$14/ADULT, \\$12/SENIORS \(62+\), 3\\$/YOUTH \(UNDER18\)](#)

## JAZZ ENSEMBLES CONCERT

FEB. 21 AT 7:30 P.M.

Griffin Concert Hall at the University Center for the Arts

The Jazz Ensembles are joined by acclaimed New York trumpet player, Terell Stafford. Stafford combines a deep love of melody with his own brand of spirited and adventurous lyricism; his expressive and well defined musical talent allows him to dance in and around the rich trumpet tradition of his predecessors while making his own inroads. Jazz Ensemble I performs Stafford's compositions alongside the trumpet artist.

[NO CHARGE/CSU STUDENTS, \\$14/ADULT, \\$12/SENIORS \(62+\), 3\\$/YOUTH \(UNDER18\)](#)

## SYMPHONIC BAND CONCERT

FEB. 28 AT 7:30 P.M.

Griffin Concert Hall at the University Center for the Arts

The Symphonic Band, conducted by Richard Frey, presents music of both traditional and contemporary genres.

[NO CHARGE/CSU STUDENTS, \\$14/ADULT, \\$12/SENIORS \(62+\), 3\\$/YOUTH \(UNDER18\)](#)



# Creating an icon: the Ram's head logo



1948



1879



1974



1992

By **Melissa Leavenworth**

It's hard to imagine a time when the Ram's head logo was not a staple part of CSU's identity, but it's only been around for a quarter century. The story of how the Ram's head logo begins with a search for something new, fresh and iconic.

In late 1992, CSU Athletics hosted a nationwide logo contest, inviting alumni, students and artists alike to compete for a \$2,000 award by submitting their best designs.

It was announced in early 1993 that Shawn Winchester, who lived just outside of Fort Collins in LaPorte, had taken the prize. Winchester had graduated from Northern Arizona University in 1991 with a bachelor's degree in fine arts, and it didn't take long for him to put his skills to good use.

In an interview with CSU's Alumni magazine, Winchester said that the Ram's head logo was the first big professional design project that he had worked on all on his own. He believed the simplicity of the design made the logo memorable and easy to reproduce.

CSU proudly adopted the logo, using it on promotional materials, athletic equipment and uniforms, clothing, decals and in television broadcasts. Around 2005, the logo was restricted to use only by Athletics, Admissions and the Alumni Association.

However, as the logo had become widely recognized as a symbol for CSU, it was reinstated for university-wide use about five years later.

"The Ram's head logo is a clean and strong image that is easily identifiable," said Vice President for External Relations Tom Milligan. "It became part of CSU's identity, and to restrict its usage to CSU Athletics made no sense, so we lifted that."

**More than a logo**

Creative Director and Associate Vice President for Brand Strategy Elias Martinez emphasized that a brand is not just a logo, it's the feeling one gets when the brand name is mentioned. It's about working with a brand to shape the perceptions of the company.

"The logo is not necessarily successful because of the art alone, but because of the feelings the university has created for people," Martinez said. "It feels inclusive; it feels like home."

In recent years, Creative Services has been challenged with adapting old CSU logos to new technologies like smartphones. They met this challenge with a revamped text-treatment that includes the Ram's head logo.

"We made these changes to create a more modern aesthetic," Martinez said. "We wanted to honor aspirations for the future as well as the history and heritage of CSU."

The Ram's head logo is shorthand for the experience, stories, and innovation within CSU. The history behind the symbol indicates it's not going anywhere.

"It has a timeless feel," Milligan said. "I don't envision, and would be against, changing the current logo anytime soon."

THE SPORTS CONNECTION

At Last – A New Logo For The Rams

Cam the Ram will never be the same. In February, University officials unveiled the new Ram logo, the result of a nationwide contest to update the Ram mascot image. The call for entries appeared in last summer's issues of *Alumnus*. Entries were also solicited from the campus and Fort Collins communities.

A panel of seven judges representing faculty, students, athletics, alumni, and professional graphic designers, selected the winner from 272 entries. The new logo features a green and white ram head graphic encircled by a black and gold border. The entry was selected for its graphic design quality and the strength of the ram's character communicated in the logo.

LaPorte resident Shawn Winchester designed the winning entry. He is employed within the video production unit at the University-based Cooperative Institute for Research in the Atmosphere. Winchester graduated in 1991 from Northern Arizona University with a bachelor of fine arts degree.

"This was the first, big, professional graphic design project I've tackled on my own," Winchester says. "I think the simplicity of the design helps make the logo memorable and easy to reproduce."

Contest officials awarded Winchester \$2,000 for designing the winning entry. The new logo is destined for use in connection with men's and women's athletics on promotional materials, athletic equipment and uniforms, clothing, decals, and in television broadcasts. Alumni and Ram fans will become familiar with the new ram as it is used as a design element on Colorado State merchandise.

Judges looked for a design that would hold detail when reduced to as small as one inch or enlarged to six feet in size. The winning design was required to use the ram as a central element and combinations of black, green, and gold colors. Designs using only black and gold were not accepted.

"The design had to be readily apparent as a ram because of the variety of ways we want to use the logo," says Jan Owen, contest chairwoman and director of publications and creative services. "The interest we received in the contest was gratifying. We appreciated all the time and energy people put into the designs."

Owen said many of the entries were eliminated because they did not meet the basic design criteria. Judges were looking for a design that was not too cartoonish, differed from the old ram logo, could not be mistaken for a wildlife promotion, and was not too stylistic to hold up well over time.

Winchester was recognized and received his award winnings during the half-time ceremony at the March 4 basketball game against Air Force. ■



Colorado State University

O N T H E P L A Z A

Concert Crowd Kicks Sack

One Fort Collins man got more than 800 people to kick up their heels at one of the Colorado State summer concerts held by the lagoon.

On June 25, Scott Cleere, a Fort Collins resident, staged the world's largest Hacky Sack circle during a concert by Hot Rize, trying to set a world record.

Cleere coerced 862 people into kicking the footbag, a small beanbag which is kicked around almost like a soccer ball, usually in a small circle of participants.

Cleere organized the circle in an effort to win a \$10,000 prize from the Wham-O company, the manufacturer of the Hacky Sack. He promised to donate \$2,000 of the prize money to a Hacky Sack tournament and to the Colorado State summer concert series.

Post-graduation Depression Cured by Employment

In May, about 1,400 Colorado State grads took off their caps and gowns and made the first big step into the post-college world. But many students who yearned for a diploma for four (or more) long years may become victims of depression and frustration soon after graduation.

Bruce Hall, baccalaureate coordinator in social work at CSU, said post-graduation stress affects about 50 percent of graduating students — a result of breaking ties with close school friends and attempting to enter the crowded job market.

Fortunately, this depressing condition is not fatal.

"Most people get over it eventually," Hall said. "And the quickest way to get over it is to get a job."

Residence Halls Let Diversity Live

Who says when you've seen one hall you've seen them all? At Colorado State, residence halls work to create a diverse environment for diverse individuals.

The Office of Housing and Residence Education has set aside 14 residence hall floors that are designed to bring people together who have the same interests or majors. Students with interests ranging from skiing and performing arts to engineering and personal computers can live on residence hall floors that cater to such special interests.

The halls offer floors for students in forestry, natural resources, engineering, pre-vet, performing and fine arts and even Nordic-alpine skiing. The idea behind these floors is to help students help each other, said Beth Hellwig-Olson, program coordinator for the housing office.

Even older students, who might feel uncomfortable in a typical dorm setting, have been taken into consideration: there's a non-traditional-age floor for students 25 years and older, who are at a different stage of life than the typical freshman dorm-dweller.

Requirements Rally Procrastinators to Math

Students are rushing to math classes to avoid the dreaded pink slip.

For the first time since the beginning of Colorado State's math module system in 1972, students who have completed more than 60 credits will not be allowed to register for fall classes unless they complete three math credits before fall semester begins.

The new math module policy is designed to get students to complete their math credits before taking any upper division classes, but has turned into a tremendous source of panic for the typical student who stalls on math credits until the last semester of the senior year. As of June 6, 826 students had still not completed the math requirement, said Steve Dahl, assistant registrar.

Graphic Identity Designed by Student

The goal of a university is to provide students with strong educational opportunities, so it's only fitting that Colorado State's new logo was designed by a student, Lori Hamilton.

The new logo design consists of the words, "Colorado State" in bold, large letters, and the word "University" in smaller letters below. Hamilton's logo was chosen in a process that considered hundreds of different designs. Hamilton's work was supervised by Dale Rosenbach, university communications art director.

Colorado State Vice-President for Public Affairs Paul Wisdom said the new design was needed because the university had too many different styles of stationery, business cards and publication designs, and it was time to unify them. Wisdom said the switch was going well.

"We've had tremendous support," Wisdom said. "There's been almost no opposition."

Hamilton, who graduated in May, received no financial reward for her design, initially anyway. She did the work while an intern in university communications. But with a loaded portfolio, she was hired by an Iowa publishing company shortly after graduation.



Scott Cleere urges on volunteer hacky-sackers in his bid for a new world's record. Cleere organized the huge circle at a Colorado State summer concert.

Brian Louis

A NEWS ARTICLE FROM THE LATE 1970S DESCRIBES THE STUDENT WHO DESIGNED CSU'S GRAPHIC IDENTITY (ABOVE). ANOTHER ARTICLE FROM THE 1990S PROFILES THE DESIGNER OF THE RAM'S HEAD (LEFT).



# Follow CAM through the LSC to soak up the arts...



eat

**8 a.m.**

Cam starts his day with coffee and a pastry from **Sweet Sensations Cafe**.



relax

**8:10 a.m.**

Cam enjoys his coffee in the **Diane Warren Kindness Lounge**.



gather

**9 a.m.**

Cam gathers with his Art History class at **Curfman Gallery** to view the latest exhibit.



play

**11:45 p.m.**

Cam stops to play the piano outside the Curfman Gallery at the **South Entrance** of the LSC.



shop

**12:30 p.m.**

Cam picks up a sandwich and drink from **Bagel Place 2** and eats in the **Hallery** on Level 100 of the LSC.



learn

**1:15 p.m.**

Cam purchases a new sketchbook and a box of pastels from the **CSU Bookstore**.



learn

**3:30 p.m.**

After class, Cam walks up to the Level 300 **Duhesa Gallery** to reflect on and learn about Native American art.

An equal-access and equal-opportunity University.





COLORADO STATE UNIVERSITY HAS PARTNERED WITH THE NATIONAL WESTERN STOCK SHOW SINCE THE EVENT'S FOUNDING IN 1906. THE UNIVERSITY CONTINUED ITS LONG-STANDING TRADITION AT THE 2018 STOCK SHOW. STUDENTS, FACULTY, AND STAFF ENGAGED WITH THE STOCK SHOW IN NUMEROUS WAYS, PAYING TRIBUTE TO THE UNIVERSITY'S AGRICULTURAL ROOTS, AND TAKING THE OPPORTUNITY TO SHOWCASE THE UNIVERSITY'S AREAS OF EXPERTISE AND CONNECT WITH THE COMMUNITY.

CSU PRESIDENT TONY FRANK WAS NAMED THIS YEAR'S CITIZEN OF THE WEST, IN RECOGNITION OF HIS EMBODIMENT OF THE SPIRIT AND DETERMINATION OF THE WESTERN PIONEER AND PERPETUATION OF THE WEST'S AGRICULTURE HERITAGE AND IDEALS. CSU PHOTOGRAPHY



## Saturday Free Tea tasting 1-3 pm



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# Celebrate Heart Month with feel-good nutrition advice

By **Kalyn Garcia**

In popular media and diets, nutrition tends to take a negative light like “don’t eat that”, “this food is bad”, “10 foods to avoid.” Most of the focus is on restriction, deprivation and outright elimination. Sure, the intention of these messages is to ultimately protect health, but all this stress around eating can actually sabotage our health, including our heart health. There is a connection between stress and heart disease, and stress surrounding eating can be a contributor.

To honor national heart month, let’s shift from a negative “removal” approach to heart-smart eating and instead look at health through a positive “eat more of these foods” lens.

## Fill Your Plate with Fruits & Vegetables

Fruits and vegetables contain vitamins, minerals, fiber, antioxidants and other phytochemicals that protect the heart from many angles. Plant foods provide fiber that helps lower cholesterol and phytochemicals that defend against inflammation. A good rule of thumb is to fill half your plate with fruits and vegetables, the more variety and color, the better. Leave on skins, peels and include the seeds when sensible for added nutrition. Fruits and vegetables don’t have to be raw and fresh, frozen varieties are versatile, inexpensive and also very nutritious.

**Tip:** Start by looking for opportunities to mix fruits and vegetables into meals you already routinely make. Oatmeal for breakfast? Add a scoop of frozen berries or sliced banana. Lasagna, pizza or enchiladas for dinner? Add shredded carrots, mushrooms, zucchini, chopped spinach or peppers.

## Serve up Seafood Twice a Week

Studies have shown a pattern between people who eat seafood and lower risk of heart disease. Seafood is a good source of protein and omega-3 fatty acids—heart-healthy fats that can lower triglyceride levels and blood pressure while protecting from plaque growth. Good options include salmon, tuna, mackerel and sardines, but all seafood contains omega-3 fatty acids. Aim to eat two 4-ounce servings of fish/seafood each week.

**Tip:** Canned salmon is less expensive than fresh, just as versatile as canned tuna, and is packed with protein and omega-3 fatty acids. Canned salmon can be used to make easy sushi bowls (mix with favorite hot sauce, sesame oil, green onions, jalapeno, avocado and serve over rice) or doctored up for quick fish tacos (salsa, cabbage slaw, guacamole, corn tortillas).

## Pick Plant Fats

Heart-healthy plant fats including olive oil, canola oil, flaxseed oil, peanut oil, nuts, seeds and avocados can help to lower blood cholesterol and promote overall health. These fats are especially beneficial if they are used to replace saturated fats (the fats found in fried foods and animal products including bacon, butter, cream, cheese and more). Be cautious of marketing claims and fads focusing on coconut oil (technically a plant fat), which is actually considered a saturated fat. Palm oil, another tropical oil commonly found in processed foods, is also considered a saturated fat.

**Tip:** Make your own salad dressing by mixing olive oil with any combination of lemon juice, garlic, herbs, balsamic vinegar, red wine vinegar and Dijon mustard.

## Switch to Whole grains

Make at least half of your grains whole grains. Try to eat whole grain foods every day, including whole wheat breads and pastas, brown rice, wild rice, oatmeal, quinoa and barley. The less processed the grain, the more fiber intact, which in addition to lowering cholesterol, can help promote satiety and gut health. Weight management and gut health play an important role in heart health.

**Tip:** Start by making simple switches in your current routine. Trade white rice for brown rice, white bread for whole wheat bread, white pasta for whole wheat pasta, quick-cook oatmeal for steel-cut oats. When looking at nutrition labels, pick products that use the word “whole” in the first ingredient. “Multi-grain” does not mean “whole grain.”



## More Meatless Meals

By substituting plant foods for all, or some, of the meat in your meals, you naturally boost the fiber content in your diet while also reducing saturated fat. Beans, nuts, seeds, lentils, legumes and soy foods can be used to supplement or substitute meat in a dish. These lean plant-based proteins have the added bonus of being less expensive than animal products, but just as protein-rich (and delicious!).

**Tip:** Start by mixing plant proteins into dishes you routinely make. For example, if you’re making burgers, tacos or chili, mix ground meat with beans, lentils, soy crumbles or chopped walnuts.

Instead of focusing on cutting foods out of your diet, emphasize these nourishing foods in your meals. Small changes overtime will add up to big benefits for your health. Stress-free eating is remembering that all foods can fit into a healthy eating pattern, and that it’s what you eat the majority of the time that matters most. With this positive approach to heart-healthy eating, it’s important to still keep tabs on added sugars/sweeteners, sodium and saturated and trans fats, but the hope is that these nutrients get displaced when we take a “Eat-more-healthy-foods” approach.

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# First Amendment Conversation Series set

By Pam Jackson

From controversial speakers to classroom discussions, from residence hall spaces to student plaza activities: What constitutes protected free speech on campus, and when does it cross the line into unprotected forms of expression?

Colorado State University launched the First Amendment Conversation Series last December to help faculty and staff understand the rights and restrictions of free speech and peaceful assembly on campus. The pilot was hosted by the Multicultural Staff and Faculty Network, which will continue to co-sponsor the series going forward.

The pilot session was an overwhelming success with registration filling up within two days of a limited announcement to campus. As a result, the University decided to expand the number of sessions it already was planning to offer during the Spring 2018 semester.

The First Amendment Conversation Series is designed to provide resources, information, and best practices for CSU faculty and staff as they navigate issues and questions around the First Amendment and free expression on campus including hate speech and incidents of bias. Each session begins with a panel presentation and then is open to audience Q&A.

Participants are encouraged to attend any or all of the sessions, as the conversation will change depending on what the audience wants to discuss.

## THE FIRST AMENDMENT CONVERSATION SERIES

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**FOR MORE TIMES, DATES, LOCATIONS AND TO REGISTER, GO TO THE CSU FIRST AMENDMENT WEBSITE AT [FIRSTAMENDMENT.COLOSTATE.EDU](http://FIRSTAMENDMENT.COLOSTATE.EDU)**



CSU First Amendment Conversation Series pilot session was held on Dec. 13.

# Dependent eligibility audit underway

By Kate Jeracki

A mandatory audit of CSU faculty, administrative professionals and other non-classified employees with dependents covered by University health plans is now underway. The audit is designed to control costs for employees and their qualifying dependents by identifying ineligible dependents currently receiving benefits from the plans.

“Paying claims and premiums for ineligible dependents may increase plan costs for all employees, and reduce future benefits for employees,” explained Lynn Johnson, vice president for University operations.

The audit began Jan. 22 and will continue through March 7. CSU has contracted with an independent firm to conduct the audit.

Faculty, administrative professionals and other non-classified staff with dependents covered by a Colorado State University benefit plan should have already received an initial letter to their mailing address with instructions on how to complete the audit process.

The process requires employees to complete an online affidavit and submit verification documents for each covered dependent.

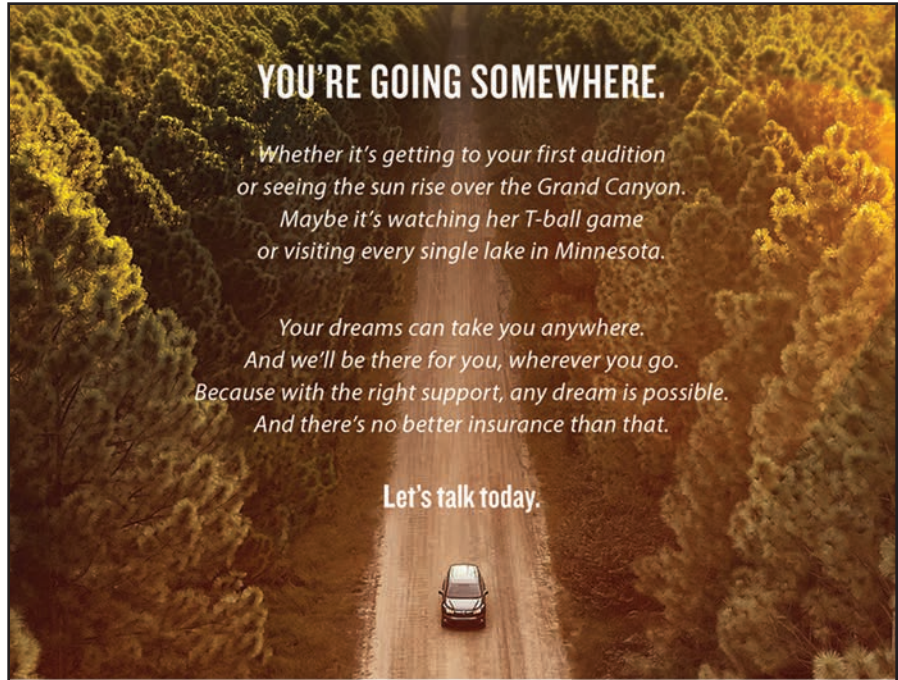
The deadline to complete the verification process is Wednesday, March 7.

If an employee does not complete the audit by the deadline, covered dependents will be removed from all CSU benefit plans as of March 31, 2018, and may not be re-enrolled until the next open enrollment period or with a mid-year qualified life event.



## FOR MORE INFORMATION

Questions? Contact the Dependent Eligibility Center at 1-866-691-6551, Monday-Thursday, 6 a.m.-5 p.m., Friday 6 a.m.-3 p.m., Mountain Standard Time.



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# New login features for YOU@CSU



By Megan Hanner

YOU@CSU underwent two major developments in January. Anyone with an eID and password can easily access YOU, and the portal has a permanent link on RamWeb.

Faculty will now have access to explore YOU with an eID login. The online tool can serve as another opportunity for faculty to better understand student struggles, and lend extra support.

According to Janelle Patrias, manager of mental health initiatives at CSU, faculty can use YOU as a tool to teach students skill-building and how to seek out resources. Integrating YOU in classes can encourage students to utilize those resources.

The service helps college students with many obstacles by offering individualized tools to the student along with customized resources and advice.

"YOU finds each individual student's challenges, and addresses them in a very intuitive way," said Paige Beaufort, director of campus programming and employee at Grit Digital Health. Grit Digital Health

is a mental health technology company in Denver founded by CSU alum Joseph Conrad.

Thousands of students have been connected to campus resources, and have been helped with planning their wellness since YOU's launch two years ago, according to Patrias. Finding campus resources can make a huge impact on the experiences of incoming students. First-year students still learning to navigate campus may benefit the most from the site.

"It will be easier than ever for students to sign in and easily access their account, and not to be dissuaded by multiple steps or having to fill out a form," Beaufort said.

The new single sign-on integration and access through RamWeb makes it simple for students to access their YOU accounts.

YOU was developed in partnership with CSU. Partnered with the Health Network, Student Affairs and other campus stakeholders, YOU first launched in spring of 2016.

Visit [you.colostate.edu](http://you.colostate.edu) to explore the platform.

# Human trafficking symposium set for Feb. 22

By Kate Jeracki

Human trafficking, in the simplest terms, is the exploitation of another person without consent for gain, and can range from prostitution to forced labor or servitude. The United Nations says every country in the world is affected by this serious crime – including the United States – and sexual exploitation is the most commonly identified form of human trafficking.

According to the Larimer County Anti-Trafficking Community Response Team, in 2016, 123 minors were rescued from sex trafficking along the Front Range, and Larimer County alone had 204 commercial sexual exploitation charges.

An all-day symposium addressing the many facets of human trafficking in Northern Colorado will be held at Colorado State University Feb. 22 to help professionals, community members, faculty, staff and students learn more about the issue and receive training on how to combat it.

The Human Trafficking Symposium, a collaboration among A Face to Reframe, Free Our Girls, the CSU College of Business, and Rescue:Freedom, takes place from 8 a.m. to 5 p.m. in the Lory Student Center, and is sponsored by the Richardson Foundation.

Keynote speaker is Rebecca Bender, a survivor of six years of sex trafficking and author of *Roadmap to Redemption*.

In addition to three plenary sessions at 8 a.m., noon and 4 p.m., breakout sessions on topics including the economics of sexual

REBECCA BENDER



exploitation; ending demand; human trafficking laws; incorporating human trafficking into academics; and what parents and others can do to prevent trafficking will be presented. Professionals can earn continuing education credits as well.

The symposium is free for CSU students, faculty and staff and community members to attend, but registration is required. The Professional 201 track costs \$25, plus \$54 for CEU credit. Boxed lunches are available for \$8 before the noon plenary; campus parking permits for \$12.

## FOR MORE INFORMATION

FOR MORE INFORMATION AND TO REGISTER, GO TO [AFACETOREFRAME.ORG/HUMAN-TRAFFICKING-SYMPOSIUM](http://AFACETOREFRAME.ORG/HUMAN-TRAFFICKING-SYMPOSIUM)

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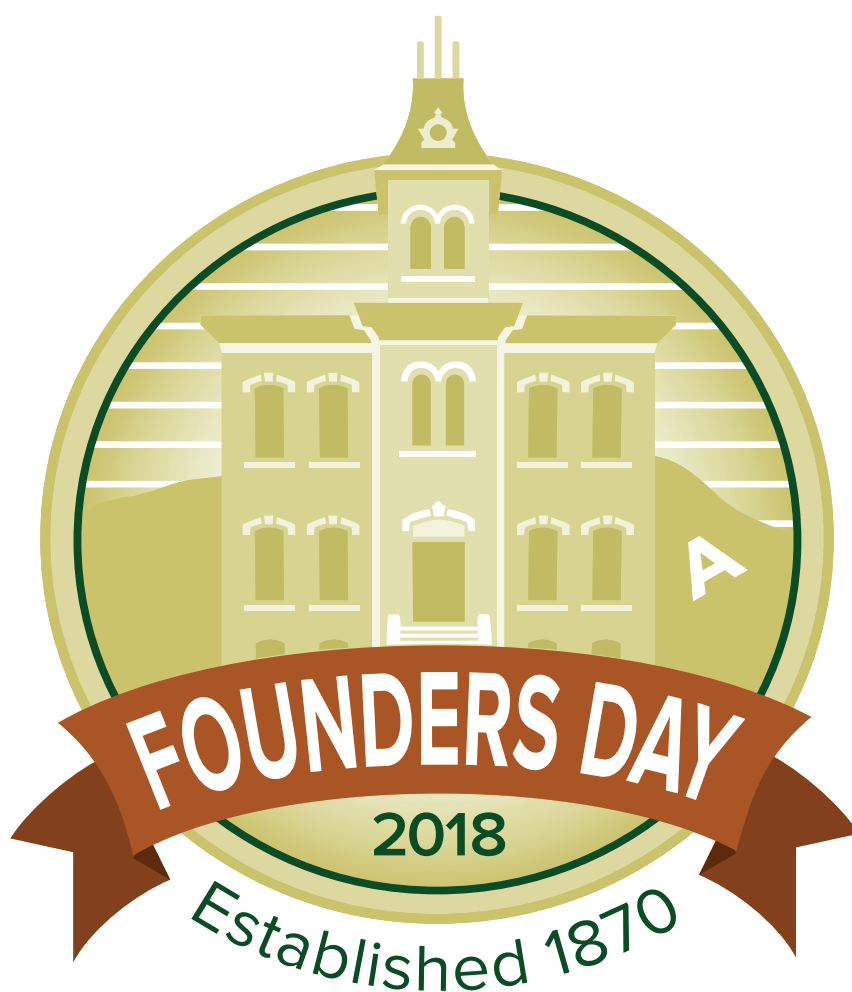
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# To blanket or not to blanket in cold weather?

By **Dr. Luke Bass**

The chilly months from late fall to early spring are generally a time of slowed activity for horse and rider, but attentiveness to horse health and management is just as crucial during the cold season. As an equine veterinarian, I'm often asked about blanketing during the cold months.

Primary considerations in making the right blanketing decision for your horse are hair coat and environmental temperature.

First, it's useful to know that horses have an innate ability to withstand cold and wind, with the important caveat that they need shelter or a windbreak, as well as proper cold-season feed and nutrition.

Blankets tend to compress a coat's layers, which compromises their insulating properties. Horses that do not live in extremely cold environments – meaning routinely colder than 10° F – will do well without a blanket provided they are either stalled during the coldest temperatures or have access to a protective shelter.

Feed and nutrition are also factors tied to blanketing, because a horse generates body heat through digestive activity. To help your horse live comfortably in cold weather, make sure calories are adequate; most important, provide sufficient forage, typically in the form of hay. As the horse digests forage, gut activity warms the body. This function, along with the natural insulating abilities of the winter coat, allows your horse to live comfortably in an environment that is not excessively cold, assuming shelter is available.

## Pros and cons

The decision to blanket your horse comes with pros and cons. A positive aspect of blanketing is that it helps maintain a short-haired show coat, thus decreasing your body clipping time if you are showing during the colder months. Performance horses may need clipping and blanketing to control winter hair growth, so they can exercise without getting too sweaty

and so that sweat dries easily. Consider a partial rather than a full clip for the benefits of easily cleaned sweaty areas and heavy hair coat in other areas.

Blankets also are used in icy and snowy weather to keep your outside horse clean and dry, ready for you to ride. For horses living in very cold places – again, places where the temperature is often colder than 10° F – blankets can provide the added warmth needed, especially when protective shelter is not available. Additionally, when a horse is moved from a warm climate to a much cooler climate, a blanket can help the horse become acclimated to the new environment.

## Blanketing tips

- Only apply blankets to clean, dry horses.
- Use the appropriate blanket for the appropriate use. A turnout blanket is for use during turnout and is designed to be waterproof. Horses that live in the elements wearing blankets should wear waterproof and breathable blankets. A blanket that is not waterproof will quickly become saturated, making your horse cold – the opposite of the desired effect with blanket use.
- If you have decided to blanket, use the blanket weight that is most appropriate for your horse's needs and



Photo by David Preston

the weather conditions. If it's 40 degrees, your horse probably only needs a lightweight blanket. If it's 10 degrees below zero, he might prefer a heavyweight blanket.

- Sweating in a blanket on a hot day can be just as problematic as wearing a non-waterproof blanket in wet weather.
- Remove your horse's blanket and groom on a regular basis.

Properly cleaning blankets is recommended for longevity of the product, but remember that most are line-dried, so either purchase a quick-drying blanket or have a backup. When cleaning or rinsing your blanket, check all the fasteners and attachments to make sure they are secured tightly to the blanket. A blanket that slips can cause your horse to spook, and may lead to injury.

Consult your equine veterinarian for more information about horse care through the winter months, and for the latest information on nutrition, dental care, and preventative medicine.

## MEET THE COLUMNIST

*Dr. Luke Bass is an equine veterinarian at Colorado State University's James L. Voss Veterinary Teaching Hospital. To contact the Equine Services team, call (970) 297-5000.*

## REGISTRATION IS NOW AVAILABLE FOR TRAINING AND ORGANIZATIONAL DEVELOPMENT'S SPRING 2018 CLASSES

By **Marsha Benedetti**

Registration is now open for Training and Organizational Development's (TOD) spring classes. We look forward to welcoming you in our classroom space at the University House on Remington Street, where the majority of our classes will be held this spring. Location and parking information is available on our website, [training.colostate.edu](http://training.colostate.edu)

TOD staff are offering more classes and we are still finding long waiting lists. Please remember to remove yourself from a class if you will not be able to attend, so we can accommodate someone from the wait list.

New classes being offered for the first time include Advanced Strengths Development; Integrity: Building the Character of Great Leadership; Mindful Leadership; Building a Vision Framework; and Rallying Around a Shared Goal – For Academic Leaders.

Work Place English will be offered again this spring. If an employee you know would benefit from this program, please share this with them. Additionally, if anyone would benefit from having a Spanish translator available for TOD classes, please contact our office in advance to request translation services.

We are pleased to announce that the Masterful Training and Facilitation series of classes will be offered during the summer of 2018. If you are interested in taking this comprehensive course be on the lookout for the summer schedule announcement in May or contact [Marsha.benedetti@colostate.edu](mailto:Marsha.benedetti@colostate.edu) for more information.

TOD staff is always available to customize your training needs, facilitate retreats or assist in strategic planning efforts. Visit our website at [training.colostate.edu](http://training.colostate.edu) or give us a call at (970) 491-1376, if you need more information or have questions. You may also contact Nakia Lilly at [Nakia.lilly@colostate.edu](mailto:Nakia.lilly@colostate.edu) or (970) 491-1376 with any questions you may have.

## FOR MORE INFORMATION

Learn more about these classes and register at [training.colostate.edu/register.html](http://training.colostate.edu/register.html)

Marsha Benedetti is associate director of Training and Organizational Development.

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INGREDIENTS:

- 1 CUP BUCKWHEAT FLOUR
- 1 TEASPOON BAKING SODA
- 1 TEASPOON BAKING POWDER (LOW SODIUM)
- ¼ TEASPOON SALT
- 1 LARGE EGG
- 1 ¼ CUPS MILK (LOW-FAT, ALMOND, OR MILK OF CHOICE)
- 1 TABLESPOON CANOLA OIL OR OTHER VEGETABLE OIL
- ½ TEASPOON VANILLA EXTRACT

OPTIONAL MIX-INS:

- BLUEBERRIES, SLICED APPLES, BANANAS, OR OTHER FRUIT
- DRIED CRANBERRIES OR RAISINS
- SHREDDED CARROTS
- SHREDDED COCONUT
- CHOPPED NUTS
- SPICES SUCH AS CINNAMON, PUMPKIN PIE SPICE, NUTMEG, OR OTHER

DIRECTIONS:

1. COMBINE ALL DRY INGREDIENTS IN A LARGE BOWL (FLOUR, BAKING SODA, BAKING POWDER, SALT)
2. IN A SEPARATE BOWL, WHISK EGG LIGHTLY. ADD MILK, OIL AND VANILLA, AND MIX WELL.
3. ADD LIQUID INGREDIENTS TO THE BOWL OF DRY INGREDIENTS. MIX JUST UNTIL COMBINED AND MOISTENED.
4. ADD MIX-INS AS DESIRED.
5. LIGHTLY GREASE A SKILLET WITH BUTTER OR OIL, AND HEAT OVER MEDIUM HIGH HEAT.
6. FOR EACH PANCAKE, POUR ¼ CUP BATTER INTO THE HOT SKILLET. TURN
7. ONCE BUBBLES APPEAR ON PANCAKES AND THEIR EDGES LOOK BROWN.
8. COOK ON SECOND SIDE BRIEFLY AND REMOVE TO A PLATE.
9. TOP WITH ADDITIONAL MIX-INS OR SYRUP, OR ENJOY AS THEY ARE.

NUTRITION INFORMATION / AMOUNT PER SERVING:

CALORIES	93.6
PROTEIN	3.7 G
TOTAL FAT	3.1 G
TOTAL CARBOHYDRATES	13.2 G
SATURATED FAT	0.6 G
DIETARY FIBER	1.3 G
CHOLESTEROL	25.2 MG
SODIUM	361.4 MG

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