

INSIDE:

The science of love

p.6

CSU's new top chef

p.9

COMMUNITY
EVENTS

University Art Museum,
1400 Remington St.

Mexican Prints from the
Calle Collection: The Taller
de Grafica Popular and
Graphic Commitment runs
Jan. 28-April 7; Small Worlds:
European Portrait Miniatures
runs Jan. 28-June 9.

Hatton Gallery, Visual Arts
Building

Opening: Telegraph Art
Collective: Conversations
and Collaborations, 6-8
p.m. Feb. 16; artist talk at 5
p.m. The exhibit runs Feb.
16-March 23.

Curfman Gallery, Lory
Student Center

"Structure & Flow" by Sara
Schneckloth through Feb. 10.
Closing reception, 6:30 p.m.
Feb. 9.

Duhesa Lounge, second
floor lobby and east lounge,
Lory Student Center

Art exhibit of Native American
pottery, dance regalia, and
sculpture concentrating on
Colorado and the Southwest;
through spring 2012. Exhibit
details: 491-2810.

See Events page 6

CSU Celebrates MLK Day



Blane Harding, director of Advising, Recruitment, and Retention for the College of Liberal Arts, speaks in Old Town Square before the Martin Luther King Jr. Day march on Jan. 16. More photos by Bryan King are on p. 12.

Staying in shape inside and out

Nothing better than exercising more
and lounging around less

by Lisa Weintraub

For Kristin Slattery, everyday life is pretty hectic – but not hectic enough to avoid exercise. In addition to teaching core classes in the Communication Studies department, Slattery is co-owner of the Old Town Athletic Club. She initially became involved with the club as a member, when it was located in the Opera Galleria. When the club moved to the current location on Linden Street, Slattery and her husband decided to purchase the club. It was a good decision and helped her dream of owning a business come to fruition.

Programs offered through the gym are seemingly endless, with more than 30 group fitness classes per week. From cardiovascular-driven workouts to boot camp to more relaxed and stress-relieving yoga workouts, there's something for everyone to enjoy. The fitness classes also are great for building ac-

countability because, as we know, getting to the gym is more than half the battle.

Because many of us are taunted by yearly resolutions to lose weight and buff up, some good advice would be useful to keep in mind. And because Colorado has many wonderful outdoor activities, it isn't all that hard to find inexpensive ways to get in shape. Aside from heading to the local gym, just simply walking around the block is good exercise. Slattery's five-year old son, Teagen, just recently learned to ride a bike. "My husband, my daughter and I trail behind him while he zooms around the block. It doesn't take planning or preparation. It's cheap, and the weather is usually lovely in Colorado," she said.

It's also important to remember a word that's all too familiar - moderation. Slattery emphasized the concept: "The best piece of advice I can offer folks for healthy eating and dieting is moderation. Most people overdo everything. It usually doesn't work for me to omit any one thing from my diet for any

See Exercise page 10

Ram
Resolutions



CSU faculty and staff ring in
the New Year

by Amy McDaniel

The countdown is over and the confetti is cleared. Now the only thing that's left is the dreams and resolutions to be fulfilled in the year that lies ahead. Or at least, that's the idea.

Like the rest of us, faculty and staff at CSU vow that 2012 will be the year they save more money, hit the gym with a vengeance, eat right, and say no to all toxic habits. (But we all know that Panda Express in the LSC is sometimes just too good to pass up.)

Not everyone on campus is stuck with unlikely or clichéd resolutions, however. Nick Cummings, coordinator in the Office of Equal Opportunity, resolves to finish what he starts. "I want to finish my dissertation, but I also want to finish various creative projects, finish organizing my study, and finish the Back to the Future Wii game," he said. He said the latter is probably the first part of the resolution he'll get to.

Cummings embodies the idea that "All work and no play makes for a dull Ram." He enjoyed New Year's Eve with his wife cooking carnitas, drinking champagne, and singing Christmas carols to the guitar until midnight, when they sang "Auld Lang Syne."

Aleshia Jaramillo, an employee at the Lory Student Center, also understands the importance of having fun before

See New Year page 10



applause



College of Engineering

Sandra Biedron, associate professor of Electrical and Computer Engineering, was named a 2012 Fellow of SPIE, the international society for optics and photonics. Biedron, who joined ECE last year and who is the only 2012 Fellow from a Colorado-based university, shares the Fellows honor with other international colleagues from industry, academia, government agencies and national and government laboratories.

Extension

The Alton Scofield Distinguished Service Award, CSU Extension's highest honor awarded to field staff, was presented to Jackson County Extension Director **Deb Alpe** at a recent Extension Forum and banquet. She was nominated by the Colorado 4-H Agents association and the Jackson County commissioners. **Tony Koski**, turfgrass specialist and professor in CSU's Department of Horticulture and Landscape Architecture, received the F.A. Anderson Award, which recognizes Extension professionals for outstanding performance during their careers.

College of Natural Sciences

The Colorado Bioscience Association recognized **Melissa Reynolds**, assistant chemistry professor, as Educator of the Year. This is her second major award in the past year. In 2010, the Boettcher Foundation named Reynolds as one of only six inaugural Boettcher Investigators as part of the Webb-Waring Biomedical Research Program, which helps recruit, retain and advance scientific talent in Colorado.

Two chairs of the College of Natural Sciences – **Daniel Bush** in biology and **Ellen Fisher** in chemistry – were named Fellows of the American Association for the Advancement of Science, a prestigious peer honor awarded to a select group of scientists across the country each year.

Bush was recognized for research on plant assimilate metabolism and for his service as president of the American Society of Plant Biologists and chair of the AAAS Section on Agriculture, Food, and Renewable Resources. Fisher is being honored for her important contributions to understanding gas-phase and plasma chemistry and plasma-surface interactions.

Staff

Farrah Bustamante, strategic sourcing specialist for Procurement Services, received a Certified Professional Public Buyer (CBBP) credential through the University Public Procurement Certification Council. She was among 137 professionals who successfully completed the CPPB examination held in October 2011. The CPPB certification recognizes only those professionals who have fulfilled prescribed standards of competency in public procurement. To date, 8,769 procurement professionals have achieved this accomplished status.

College of Liberal Arts

Anthropologist **Kathleen Galvin** has been invited by the president of the American Anthropological Association to sit on a new Global Climate Change Task Force developed to help increase communication, provide a forum for engagement and highlight anthropological contributions to climate change policy. The task force is charged with helping to promote a better understanding of adaptation through research and an in-depth analysis of vulnerability, resilience and other factors influencing global climate change.

A 1987 alumnus in political science, **Col. David Béen**, was nominated in late November by President Barack Obama for the rank of brigadier general. Béen is commander, 7th Bomb Wing, Air Combat Command, at Dyess Air Force Base in Texas. As commander, he is responsible for the health and welfare of more than

12,000 active duty members, civilian employees and family members. In addition, he provides combat-ready B-1 aircraft, crews and associated combat support for global engagement. He is married to Liz Weaver, also a CSU graduate, and they have two children.

College of Veterinary Medicine and Biomedical Sciences

CSU veterinary students last year helped organize, pack, and transport their own donated books to benefit students at Wollega University in Ethiopia. CSU students collaborated with the International Veterinary Student Association and the Colorado State Student Chapter of the American Veterinary Medical Association to ship 16 boxes of books to Ethiopian students who lack good academic texts, reference materials, and access to journals that report the latest research in veterinary medicine.

College of Agricultural Sciences

Laura Bonner, a staff member in the Department of Animal Sciences, received the State Classified Distinguished Service Award at the College of Agricultural Sciences Winter Recognition Reception on Dec. 6, 2011. Bonner, in her role as assistant to the department's undergraduate teaching coordinator, is known as a key point person for students on issues as wide-ranging as admissions, class scheduling, graduation requirements and academic procedures. Colleagues said she is critical to success of the department's undergraduate program.

Temple Grandin, world-renowned animal scientist and autism advocate was the subject of a clue on the TV quiz show "Jeopardy!" on Dec. 29. Here's the clue: Scientist and author Temple Grandin overcame this alienating condition, from the Greek word for "self" or "same." Response: What is autism?

Emily Hudson, research associate in the Department of Soil and Crop Sciences, received the Distinguished Research Associate Award at the College of Agricultural Sciences Winter Recognition Reception on Dec. 6. Hudson has worked for about six years with CSU's renowned Wheat Breeding and Genetics Program, in which she is considered an

Free classified ads

CSU Life is now offering free classified ads for faculty and staff. If you have a sabbatical housing notice, items for sale, a home to rent, furniture to sell, or other classified notices, send an e-mail to CSULife@colostate.edu with your brief announcement. Include your contact information.

indispensable team member known for conscientiousness, motivation and organization.

Kris McKay, assistant director of development for the College of Agricultural Sciences, will be inducted into the Colorado High School Activities Association Hall of Fame as part of its 23rd annual class during a ceremony in January. McKay and her sister, Cari, who also will be inducted, are twins who grew up in Fowler, Colo., and were successful in volleyball, basketball and track. The two were co-valedictorians and earned volleyball scholarships to Kansas State University.

Jan Naves, who handles budgeting, finance and human resources for the College of Agricultural Sciences, received the Administrative Professional Excellence Award at the college's Winter Recognition Reception on Dec. 6, 2011. Naves has worked at 24 years at CSU and is known as a model of efficiency, organization and professionalism – as well as for her warm and upbeat manner. She now plays a critical role in the college's Agricultural Business Center.

Correction

The December 2011 issue of CSU Life identified a researcher on Page 3 as Christopher Fisher. The researcher is Stephen Leisz.

In the same story, LiDAR was called Light Detection and Radar, but the name is Light Detection and Ranging.

Send in your Applause

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

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

CSU FACULTY & STAFF

Life



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New personnel in the top tiers

Dean of the College of Veterinary Medicine and Biomedical Sciences

Dr. Mark Stetter was named dean of one of the top-ranked veterinary and research programs in infectious disease, cancer and related health research.

Stetter, who has more than 23 years of experience in veterinary medicine, will join CSU from the Walt Disney Co., where he is director of animal operations. He will begin working at CSU in May and become dean in July. Stetter will replace Dr. Lance Perryman, who completes his tenure as dean in July. Perryman has been dean of the college since October 2001.

CSU President Tony Frank said Stetter embraces the vision, leadership, research and administrative experience to advance the college's research, support faculty achievement, engage alumni and constituents, and provide the best education to students.

Director of Facilities Management

Steve Hultin, a long-time veteran of Facilities Management, was named director of the unit late last year. Hultin joined CSU in 1986 as a design engineer and project manager. He has since served as manager of engineering and utilities, and as the department's assistant director, he was responsible for engineering,



Steve Hultin, long-time employee of CSU, is the new director of Facilities Management.



Joe Blake, who stepped down as chancellor Dec. 31, 2011, is continuing to work for the university in the CSU Denver Center office.



Mark Stetter will be the new dean of the College of Veterinary Medicine and Biomedical Sciences in July.

small-remodel construction, trades operations, and utilities services for more than 10 million square feet of campus buildings on several different campuses.

"Steve demonstrates an exceptional commitment to service and a willingness to approach problems in innovative, positive and collaborative ways," said Amy Parsons, vice president for University Operations.

Chancellor of the Colorado State University System

Joe Blake, who joined CSU's Board of Governors in 2005 and was named chancellor of the system in May 2009, stepped down as chancellor on Dec. 31. He will continue to work for the university in the CSU Denver Center office and focus on ambassador functions, donor and alumni relations, guest lecturing and special assignments.

Blake was the first stand-alone chancellor of the CSU System, which includes the CSU campus in Fort Collins, CSU-Pueblo and the CSU-Global Campus. During his tenure at the CSU System, he helped spearhead expanded relationships with Colorado's business community and played a leadership role in developing a range of innovative programs.

An 11-member search committee will identify and recommend chancellor candidates to the Board of Governors, which will make the final hiring decision. The search committee is scheduled to complete work by March 2012.



Making a mark on the future

Back to the future

With theater renovations well on the way in the Lory Student Center, the LSC Governing Board and Association for Student Activity Programming invited faculty and students to sign one of the beams that will become part of the new theater. The signing event late last year helped make a "mark on the future" and allowed the campus community to become a part of history, said Abby Barry from the LSC marketing department. Stay tuned to CSU Life for updates on the new theater. (Photos by Claire Whitworth)



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Come in from the Cold!



Changes in the top tiers of Athletics

A new director and football coach are game-changers at CSU

Athletic Director Jack Graham

Jack Graham, who played quarterback for the Rams from 1973-74, stepped in as athletic director in early December.

“In Jack Graham, we have the perfect combination of dedicated Ram fan, stand-out athlete and experienced business leader with the skills and business acumen to energize and advance our overall athletics program,” said President Tony Frank. “I am excited about the enthusiasm he will generate among our students, coaches, alumni, donors and fans.”

Graham graduated from CSU in 1975 with a bachelor’s in U.S. history. After playing football for CSU, he was drafted by the Miami Dolphins then went on to a successful 30-year career in the international insurance and reinsurance markets.

His initiatives here include an evaluation of all athletic programs and engaging with donors and supporters about their goals for CSU athletics.

CSU Athletics supports nearly 400 student-athletes competing in 16 varsity sports including football, men’s and women’s basketball, volleyball, track and field, tennis and water polo.

Football Coach Jim McElwain

Shortly after joining CSU, Graham announced with Frank the hiring of Jim McElwain as head coach for Rams football. McElwain is a Montana native who returned to the West after successful tenures at Alabama, Fresno State, Michigan State, Louisville, Eastern Washington and the Oakland Raiders.

McElwain was offensive coordinator for the Crimson Tide’s victory over LSU in the BCS National Championship game on Jan. 9. He then immediately returned to CSU to begin his tenure.

“In Jim McElwain, we have a coach who has throughout his career demonstrated the level of excellence we’re aiming for at Colorado State, and we’re confident he’s the right man to lead us to a bold new era for Rams football,”



President Tony Frank introduces CSU's new athletic director, Jack Graham, to the media and CSU community in early December.

Graham said. “Not only has Jim excelled at the very highest levels in college football, but he’s spent time in the NFL, he’s been part of rebuilding programs and he’s a native Westerner. He really is the right coach at the right time.”

New look at on-campus stadium

Regional media for weeks have been dissecting the possibility of a new, on-campus stadium. Such speculation and media coverage, as President Frank noted in a recent letter to campus, captures the paradox of college sports – it’s “a level of impact from a non-core mission area that disproportionately reflects on the university, for good or ill. The challenge before all of us at large public universities is to determine how to harness the best of such potential while avoiding the pitfalls.”

CSU is at the very beginning stages of a process that will include extensive public discussion on stadium feasibility, funding, location, and many other related topics.

“It’s just not in the culture of a university to pursue such a project without careful consideration and input, and we’ve worked carefully to define a process for moving forward,” Frank said. “The process involves the establishment of a 15-person Stadium Advisory Committee with student, faculty, and community representation, and we are building in significant opportunity for public comment and involvement. We are fully committed to pursuing the feasibility of the project, but inherent in a discussion about whether we can fund a stadium and the pros and cons of where we might locate it is the assumption that if we can’t work out the details, then this might not proceed.”

Members of the campus community and city residents are encouraged to participate in upcoming public comment and discussion meetings. The first meeting of the Stadium Advisory Committee will be 7-8:30 p.m. Feb. 3 in the Lory Student Center.




Jim McElwain, a Montana native who returned to the West after tenures at several colleges and the NFL, is the new head coach for Rams football.

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My favorite professor

Celebrating the art of teaching
by Hannah Woolums

Through all the classes and all the different professors here at CSU, there are many that touch students and stand out as favorites. For construction management major Matthew Kaufman the professor who stood out most to him during fall semester 2011 was Professor Paul Crumby because of his style of teaching.

“Paul Crumby taught POLS 131, which is an intro to political science. I liked his class the most because he was able to bring a comedic teaching style to an otherwise boring class. He also moved around the classroom a lot which meant you were always watching what he was doing,” Kaufman said.

As an experienced teacher, Crumby still appreciates being able to touch his students and make his class an enjoyable one for all who attend. Crumby teaches a wide range of subjects within Public Policy.

“This is my second year teaching the Current World Problems (POLS 131) course. I have been teaching, off and on, for several decades. I also teach a course on the Presidency (POLS 306). And this summer, I will be teaching the Introduction to American Government course. I am what is known as an American government generalist. I can teach any course involving Public Policy,” Crumby said.

To keep his students engaged,

Crumby tries to make his class as relevant as possible to the most recent events happening in our world today. He also tries to add in a bit of humor to tone down harsher topics.

“As a social scientist, my main concerns are to teach the content of the course with some additions. As the title of the POLS 131 course indicates, my intent is to keep the class as involved as possible by making the material relevant to what is going on now. We live in such dynamic times that it’s fairly easy to add current events into the material. This keeps each class fresh. (This is important to the instructor as well as to the students).

“Additionally, I use humor where I can to keep the material a little lighter than it might be otherwise. To paraphrase Mark Twain, if you’re going to tell people the truth, you better make it funny.”

Keeping information, acquisition and humor a part of every class is a difficult task, but overall in the eyes of his students Professor Crumby does just that. And with contributing so much to schools and the community, Crumby is able to stay humble and appreciative for the positive feedback from his students.

“As a rule, I am not very good at self-deprecating humor, but I have to wonder what other courses Matthew was taking. I make every effort to make all my classes informative as well as enjoyable – not an easy, or always successful, task. It is nice to get this kind of positive feedback.”

A generous campus community

CSU faculty and staff pledged more than \$130,000 to support Colorado charities and people in need through the 2011 Colorado Combined Campaign - surpassing the campaign’s \$125,000 goal.

The generosity of CSU employees even carried through to the campaign’s incentive prize drawing. Mike Culbertson, associate professor at University Libraries, won the grand prize of a \$100 King Soopers gift card – and promptly turned around and donated it to a CSU student in need. (Check out all the prize winners in Today’s Working tab online at www.today.colostate.edu/index.aspx.)

“The thoughtfulness of CSU employees is really inspiring,” said campus Campaign co-chair Cara Neth. “Our faculty and staff across the state contribute to charities and their communities in countless ways throughout the year. The Colorado Combined Campaign is just one great indicator of that commitment, and we’re pleased people are taking advantage of the options it provides for convenient giving.”

CCC is the only opportunity CSU employees have each year to contribute to their favorite charities via payroll deduction.

Incentive prize drawings to encourage participation were donated by the Lory Student Center, CSU Bookstore, James Salon, Aspen Grille, University Club, Housing and Dining Services, CSU Athletics, University Parking Services, Office of

the Vice President for External Relations, and the statewide CCC office.

Both total gifts and number of donors were up over the previous year, when the Campaign brought in \$105,448. Still, only 5 percent (332) of all university employees made gifts through the Campaign.

“For years, CSU employees led the state in their charitable giving through CCC, but we saw a dip in contributions over the past few years because of the economy,” Neth said. “So it’s encouraging to see gifts trending up again this fall.”



Coach Tim Miles, honorary CCC chair, with his favorite CAM the Ram.

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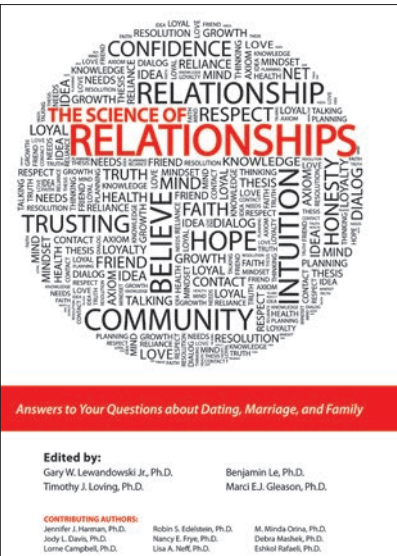
The science of love

What you always wanted to know about love, sex, and relationships

There's a science to sex, love and relationships, according to a new book published by a CSU psychology professor and her colleagues.

Relationship books are dime a dozen, but very few are written from the perspective of researchers using science to answer pressing questions, says Jennifer Harman, assistant professor of social psychology.

Harman was one of 15 university researchers nationwide who wrote chapters of "The Science of Relationships: Answers to Your Questions



about Dating, Marriage and Family," (Kendall Hunt) available on Amazon.com.

"The Science of Relationships" is based on science unlike most relationship and self-help books, which are opinion-based and written by clinicians, Harman said. In this recently released book, scientists address 40 of the most common questions on such topics as attraction and relationship initiation, love, intimacy and attachment, long-term relationship processes, the dark side of relationships, sex and parenting.

Recent topics:

- Do men really think about sex every seven seconds?

- The birds and the bees as early as age 3?

- What are the high costs of parenthood?

"This is a fun book that is written in one collective voice but is grounded in research," said Harman, who specializes in the study of how individuals think about and influence others. "We all wanted to make psychology more accessible. Plus, it helps my students learn more about what I do as a psychologist."

The book is written in a format



Jennifer Harman, assistant professor of social psychology.

that most people can understand – simple, scientific answers to basic questions about family, marriage and relationships.

"The key difference between our book and the other books on relationships out there is that all of our contributors are relationship scientists and teachers at colleges/universities who are true experts on relationships," the authors say on scienceofrelationships.com. "We take that expertise, add in a little research, and present things in an easy to read format."

A brief video of Harman talking about "The Science of Relationships" is available at <http://youtu.be/mDHNtfXao8s>.

Roadmap for making Colorado a leader in innovation



Dean Ajay Menon

Dean Ajay Menon is the state's first chief innovation officer

Dean at Colorado State is heading the Colorado Innovation Network, or COIN, developed by Gov. John Hickenlooper to promote collaboration among Colorado's private, public and academic organizations. The network will stimulate economic growth, help create jobs and attract new businesses by supporting innovative business activities and establishing Colorado as the best state for business.

As the state's first chief innovation officer, Ajay Menon will lead COIN to develop an ecosystem in Colorado that cultivates entrepreneurial and innovative activities. Menon will volunteer 20 hours a week for the state in addition to his full-time job as dean of the College of Business at CSU.

"I am honored and excited to help Gov. Hickenlooper develop a statewide network that bolsters entrepreneurial and innovative activities to benefit Colorado and all its residents," Menon said.

COIN will initially be housed within the state's Office of Economic Development and International Trade. Funding for COIN will come from private donors; no state money will be used. Kelly Quann will work as executive director of the Colorado Innovation Network.

Visit www.coloradoinnovationnetwork.com for details.

COMMUNITY EVENTS



From page 1

The Kafka Project

University Theatre

A collectively created work sampling the bizarre world of Franz Kafka runs 7:30 p.m. Feb. 1-5 in the University Center for the Arts.

Black History Month Opening Ceremony

Black History Month celebrations kick off at noon Feb. 1 in the LSC Commons. Speakers and events continue throughout February. Call the Black/African American Cultural Center at 491-5781 for more details.

Feb. 5-March 31

RecycleMania competition promotes waste reduction activities at CSU and campus communities throughout the nation. Call Tim Broderick at (215) 962-6795 for details.

Feb. 6

Virtuoso Concert with CSU faculty Tiffany Blake, soprano, and Michelle Stanley, flute, at 7:30 p.m. in the UCA Organ Recital Hall.

Feb. 8

University Symphony Orchestra Concert: "Fate and Finals," 2012 Concerto Competition Finals and Winter Tour Preview at 7:30 p.m. in the UCA Griffin Concert Hall.

Feb. 9

4 X 4 Creative Writing Reading Series with M.F.A. students from CSU, University of Colorado, Denver University, and Naropa University at 7:30 p.m. in the LSC Bookstore. Free and open to the public.

Feb. 10

Founder's Day Celebration
Join CAM the Ram on the LSC Plaza for birthday cupcakes and a celebration of 142 years of CSU with the university's Pep Band and Spirit Squad. Celebrations start precisely at 1:42 p.m.

Feb. 11

Engineering Exploration Day in the LSC, Engineering Building and Glover Building from 8 a.m. to 3 p.m. Visit the College of Engineering website for registration details.

Feb. 21

Band and Orchestra Concerts at 7:30 p.m. in the UCA Griffin Concert Hall.

Feb. 23

Creative Writing Reading Series with Eric Baus and Shannon Cain at 7:30 p.m. in the University Art Museum.

Feb. 27

Virtuoso Concert: New Third Stream Quartet at 7:30 p.m. in the UCA Organ Recital Hall.

Complete and continually updated information on CSU events is under "Events & Calendars" on the University's main web page at www.colostate.edu. Visit www.csurams.com for details on CSU Rams games.

A literary powerhouse

Colorado Review offers great reading and a career boost for authors

CSU Life staff

CSU's renowned literary journal, Colorado Review, doesn't offer just great fiction, nonfiction, poetry, and book reviews.

"Publication in the journal leads to bigger things in writers' professional lives – book publications, teaching positions, and tenure, for example," said Stephanie G'Schwind, editor of the Review, which was founded in 1956, and director of the Center for Literary Publishing. Stories, essays and poems have recently been reprinted in Best Travel Writing and Best Food Writing and listed among the Notable Essays and Distinguished Stories lineup in the Best American Essays and Short Stories series.

Writers from all over the world submit pieces for consideration, and almost the entire process of publishing – from selecting manuscripts to copyediting, design, and subscription management – is done on campus, said G'Schwind, who received her bachelor's and master's degrees at CSU and has been working with the magazine since 1998. She has been editor since 2003. "The only thing we don't do is put ink on paper," G'Schwind said. "Other than that, all facets of the Review live right here on this campus."

Outreach to rural communities

In 2010, the Review received a National Endowment for the Arts grant that allowed the magazine to give two-year

subscriptions to 150 rural Colorado public libraries, many of which face funding cuts. "Additionally, many of these rural communities don't have independent or big franchise bookstores," G'Schwind said. "So some writers in these communities may be unaware there are literary journals like ours. And journals like Colorado Review are where writers often start their writing careers."

The Review not only furthers writers' careers, but teaches interns how to run a publication. Since starting her internship, Sue Ring deRosset, a first-year graduate student majoring in creative writing, has honed her skills in copyediting and proofreading under G'Schwind.

Rewarding experience

"It's been the best experience of my semester for sure," Ring deRosset said. "This is the first time I've worked with something on a large scale like this, and it's just really neat to be a part of this process."

Ring deRosset attributes her positive experiences to G'Schwind. "She's a wonder to work with," Ring deRosset said. "She not only knows the art, science, history, and all the ins and outs of this business of publishing, but she's willing to share it all with us."

About 20 graduate students from the English department participate in the Center's publishing internship each year. Many former interns now work in a wide range of publishing jobs.

In 2011, the Center for Literary Publishing received a two-year NEA grant to begin the Mountain West Poetry Series. The grant supports the publication of four poetry books by poets living in the Mountain West region.



Stephanie G'Schwind is editor of the Colorado Review and director of the Center for Literary Publishing.

Visit coloradoreview.colostate.edu for more details on the Colorado Review. Discounted yearly subscriptions of the Colorado Review are available to CSU faculty, staff, and alumni.



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Best guesses for the 2012 Oscar Awards

by Claire Whitworth

Oscar season is fast approaching, and the red carpet will be rolled out in Hollywood on Feb. 26. To get the inside scoop on who and what may win the awards, we talked with Jonathon Lupo and Hye Seung Chung, both assistant professors in Communication Studies.

Which movies will be the top choices for the Oscars?

Chung: The Artist, Hugo, and The Descendents

Lupo: The Artist, The Descendents, and The Help

Which movies do you think will win, and in which categories?

Chung:

- The Artist for best picture
- Terrence Malick or Alexander Payne (The Descendents) for best director
- Brad Pitt (Moneyball) or George Clooney (The Descendents) for best actor
- Michelle Williams (My Week with Marilyn) or Meryl Streep (The Iron Lady) for best actress

Lupo:

- The Artist or Midnight in Paris for best picture
- Michel Hazanavicius (The Artist) or Alexander Payne (The Descendents) for best director

- Jean Dujardin (The Artist) or George Clooney (The Descendents) for best actor
- Meryl Streep (The Iron Lady) or Viola Davis (The Help) for best actress

If you were the final judge for best picture, which movie would you chose?

Chung: “I loved The Artist, but I hope The Descendents wins Best Picture. It is simply the most beautiful and complex American film I have seen this year. I am a big fan of Alexander Payne because I appreciate his sophisticated humor blended with darkness, cynicism, and melancholia. The Descendents is set in Hawaii but it is not touristic at all. I lived in Honolulu for two years and the film accurately captures the atmosphere of the place.

“That’s another reason why I really love Payne’s films. He is a keen cultural ethnographer as well as a talented filmmaker. Payne also did a great job of depicting Omaha, Nebraska, (his hometown) in About Schmidt, and the Santa Barbara wine country in Sideways.”

Lupo: “I haven’t yet seen The Artist and I really liked The Descendents, so that film gets my vote. This has been a relatively weak year. Not a lot of huge hits that audiences and critics liked (such as Inception) but many that the different groups split on (such as The Help) so it could go a few different ways depending on what gets nominated.”



Jonathon Lupo and Hye Seung Chung, both assistant professors in Communication Studies at CSU, will be among the legions of Oscar watchers on Feb. 26.



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Meet Chef Garrett Overlee – CSU’s own ‘Top Chef’

Cooking is a pop culture trend du jour, with audiences across the nation devouring a buffet of shows like “Top Chef” and “Iron Chef America.” An entirely new communications industry has sprouted up around food in recent years – with magazines, television networks and even feature-length films focusing on gastronomic personalities and pursuits. Tuna casserole is out and steak au poivre is in as families across America mix exotic ingredients and cooking techniques into their weeknight meals.

CSU has its own “top chef.” Garrett Overlee was recently named the new instructional chef at the Aspen Grille, the university’s student-run restaurant located in the Lory Student Center. Overlee is a 2005 graduate of CSU’s Restaurant and Resort Management Program (now called Hospitality Management), and he returned here to help the next generation of chefs and restaurateurs get their start in the industry.

We recently caught up with the chef late last year while he was prepping food for a special menu at the Aspen Grille.

Q: Why did you become a chef?

A: As a kid, I was a restaurant brat. Both of my grandfathers owned and worked in restaurants. And my first jobs with my aunt were in restaurants. I came to CSU with no plan as an open option. When I found out CSU had a restaurant degree program, I immediately signed up.

Q: You are at home in your pjs. What do you make for dinner?

A: A grilled-cheese sandwich. I actually had that the other day.



Why grilled cheese?

I think right now fancy grilled-cheese sandwiches are kind of the trend. Sometimes when I’m at home I try to create one that I could charge customers to pay \$8 for.

Is there anything you don’t like to cook?

I am terrified when I do desserts. Baking is scientific, cooking is more seat-of-the-pants. You can’t do seat-of-the-pants when you bake.



CSU has its own top chef in Garrett Overlee, 2005 alumnus and new instructional chef at the Aspen Grille, a student-run restaurant located in the Lory Student Center.

What is the one ingredient everyone should have in their kitchen?

Besides alcohol? I would say heavy whipping cream because it is delicious, and a little heavy whipping cream makes everything else delicious.

What do you want CSU students to get out of working and learning from you at the Aspen Grille?

If they learn to cook anything, that’s a side product. I want them to learn is how to manage the kitchen. I think the chef runs the restaurant. I want them to understand the bare minimum of what they need to know how to do - if the dishwasher doesn’t show up and they have to wash dishes or how to fix the grill if it catches on fire. In short, I hope they learn how to run a kitchen and a restaurant.

Did you create recipes for the menu?

Yes and no. I’m new this semester, so the menu was already made. I took the old recipes and made them my own without needing to reprint the menu. Some of the recipes are very different. Some are just slightly different. Moving forward, I will change the whole menu for next semester so it will be about what I think would be cool.

When you create a dish, what elements do you keep in mind?

Always keep the guests’ perception in mind so that we meet and then exceed their expectations whenever possible. It can be tricky because if you sell something like a grilled-cheese sandwich and you make it too fancy someone can say, “Well, this isn’t a grilled cheese as I know it.” But being able to make a grilled cheese, charge \$8-\$10 dollars for it and have them say, “That was phenomenal. I can’t make that at home, but I want to see if I can make that at home because I want it again.”

I’m noticing a theme of grilled-cheese sandwiches... Obsessed.

Why is a great meal an important thing to create?

I want to create a great meal because it brings everyone together. As a chef, I think my role is to make sure the food is not the topic. If they leave my restaurant and never mention the food, from the chef’s point of view, I’m happy. If the food was terrible, they will talk about it when they leave, and I definitely don’t want that.

Some people think they’re terrible cooks. What words of wisdom do you have for such people?

Do whatever makes you happy. If you’re just cooking for you or your family, sometimes it’s OK to be selfish and say, “I really like green beans so I’m going to make green beans.” If you’re thinking too much about pleasing someone else, you forget about why something is good in the first place. So I really think being a little selfish from time to time in your cooking is completely fine.

Is it safe to say a grilled cheese is your favorite thing to eat?

I do enjoy a grilled cheese. Or a quesadilla. If I don’t have bread, a good giant quesadilla would be great.

I thought when you said green beans in that previous question you were going to slip in grilled cheese.

Yeah, I thought about it. If you want to make grilled cheese for yourself, that’s fine. If everyone else is tired of you making grilled cheese all the time, well, then, I guess they have to go out to eat.

The Aspen Grille is open to the public Tuesdays through Fridays for lunch during the academic year. Call 491-7006 to make reservations.

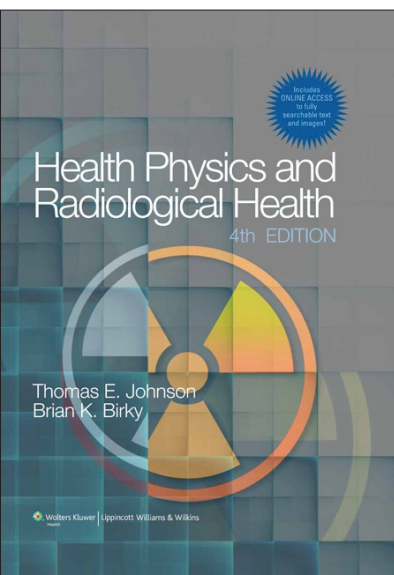
Debut books: now in print

CSU Life staff

Health Physics and Radiological Health

Radiation safety professionals and technicians now have a user-friendly, authoritative source on radionuclides and related essential data in this vast field in the new fourth edition of “Health Physics and Radiological Health.” The edition provides updated information and includes the latest recommendations from the ICRP and NCRP. Environmental and Radiological Health Sciences Associate Professor **Thomas Johnson** and co-author **Brian Birky** have expanded the text to include nuclide decay scheme diagrams and completely reformatted it for easier reading.

The book is available from Lippincott Williams & Wilkins and Amazon.



Stories from the Peace Corps

Jane Albritton from the Department of Journalism and Technical Communication published a four-volume set of books celebrating the 50th anniversary of the Peace Corps.

Albritton, who served in the Peace Corps in India from 1967-69, began several years ago to assemble first-person accounts from former Peace Corps volunteers. The stories cover the Peace Corps’ primary geographic areas of influence in Africa, the Americas, Eurasia, and Asia and the Pacific.

The books are available at Amazon.com, Barnes & Noble, Reader’s Cove and other bookstores.

Debut thriller

David Freed (’76, Technical Journalism) has published his first novel,

“Flat Spin” (Permanent Press), which features Cordell Logan, a former member of a top-secret military assassination squad who is, in turn, targeted for murder.

At CSU, Freed started out as a reporter at the Collegian and went on to a colorful journalism career, principally at the Los Angeles Times, where he was an individual finalist for the Pulitzer Prize Gold Medal for Public Service. He later shared a Pulitzer Prize for the paper’s spot news coverage of the Rodney King riots.

Freed’s experience writing for national magazines, his work for the intelligence community, and his skill as an instrument-rated pilot and airplane owner all merged to form the basis of his exuberant debut thriller. Pre-orders are available at Amazon.com.

Visit <http://david-freed.com/> for more details on the author.



Slow-Cooker Vegetarian Lasagna

Did you know lasagna can be nutritious AND easy? Try making it in a crockpot to be waiting for you after a long day at work.

Makes 8 servings.

Ingredients

- 1 large egg
- 1 15- to 16-ounce container part-skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- ½ cup fresh sliced mushrooms, or 1 small can of mushrooms pieces
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

Preparation

- 1) Mix egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
- 2) Do not drain the tomatoes. Combine them with the garlic and crushed red pepper (if using) in a medium bowl.
- 3) Coat a 6-quart or larger slow cooker with cooking spray. Spread 1 ½ cups of the tomato mixture in the slow cooker.
- 4) Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 ½ cups sauce and sprinkle with 1 cup mozzarella.
- 5) Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Save the rest of the mozzarella in the refrigerator.
- 6) Place the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. To cook for more than 4 hours, add ½ cup water to the bottom of the slow cooker.
- 7) When ready to eat, turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Nutrition per serving:

414 calories; 14 g fat; 8 g sat; 4 g mono; 48g carbohydrates; 28 g protein; 7 g fiber; 641 mg sodium.

Recipe adapted from www.eatingwell.com.

EXERCISE | Be fit and healthy

From page 1

amount of time. The best thing is to try and consume everything in moderation. I also don’t believe in any diet that asks you to go without a particular food group.”

It has been a busy past year for Kristen Slattery, and as we enter into 2012, it will also be a busy year for the CSU community – but in the end, being fit and healthy is well worth the effort.

In addition to the Old Town Athletic Club, some great programs right here on campus can help you keep in shape.

- Faculty and Staff Noon Hour Fitness Program: <http://hes.cahs.colostate.edu>.
- CSU Student Recreation Center: <http://campusrec.colostate.edu/Home.cfm>.
- CSU’s Department of Food Science and Human Nutrition: www.fshn.cahs.colostate.edu/default.aspx.

NEW YEAR | Keeping the resolutions

From page 1

the semester kicks up once again. “We went to a bowling alley and bowled until the countdown began,” she said. “Then at midnight we sang ‘Happy Birthday’ to my nephew, whose birthday is Jan. 1, and he opened his presents.”

Other CSU faculty members went for a more reserved approach to celebrating the turn of the year. Frances Marie

Maizland, administrative assistant in Purchasing, fell asleep around 11:45 p.m. and woke up at 1:30 in the morning. She had planned to watch the ball drop, “But being 41 caught up with me!”

Chinese language instructor Chuchang Chiu vows to focus on family in 2012. “I want to stay more connected with my family, especially for my elderly mother who is 87 and lives in Taiwan,” Chiu said. She decided to blow off party

invitations and stay at home to enjoy a peaceful evening with a book. “I’m reading ‘Fall of Giants’ by Ken Follett, and it’s hard to put it down,” she said.

In previous years, the CSU Chinese Language Club has performed the Dragon Dance as part of First Night in Old Town, but because the club didn’t participate this year, Chiu admitted relief that she didn’t have to cook for all the performers she normally oversees.

Whether for health, family, or fun, focusing on New Year’s resolutions past the month of January can be difficult. It’s easy to forget what our annual goals are and to let responsibilities and schedules cloud what should be our true priorities.

Hopefully in 2012, we can set aside time to think about what’s most important, and schedule more appointments for loved ones and less time for stress. What do you want to accomplish in 2012?

Biologists discover new varieties of frogs in the Amazon Basin

Amphibians are one of the most threatened species on Earth
CSU Life staff

Newly discovered one- to two-inch-long tree frogs and toadlets in the Amazon Basin may help keep the species from vanishing, says CSU biology Professor Chris Funk and his counterparts in Ecuador.

In a recently published study, Funk, who conducted the study with Marcel Caminer and Santiago R. Ron at the Pontifica Universidad Católica del Ecuador, shows the species population 150 percent to 350 percent greater than originally estimated, and that could lead to greater understanding of how to save the frogs from extinction.

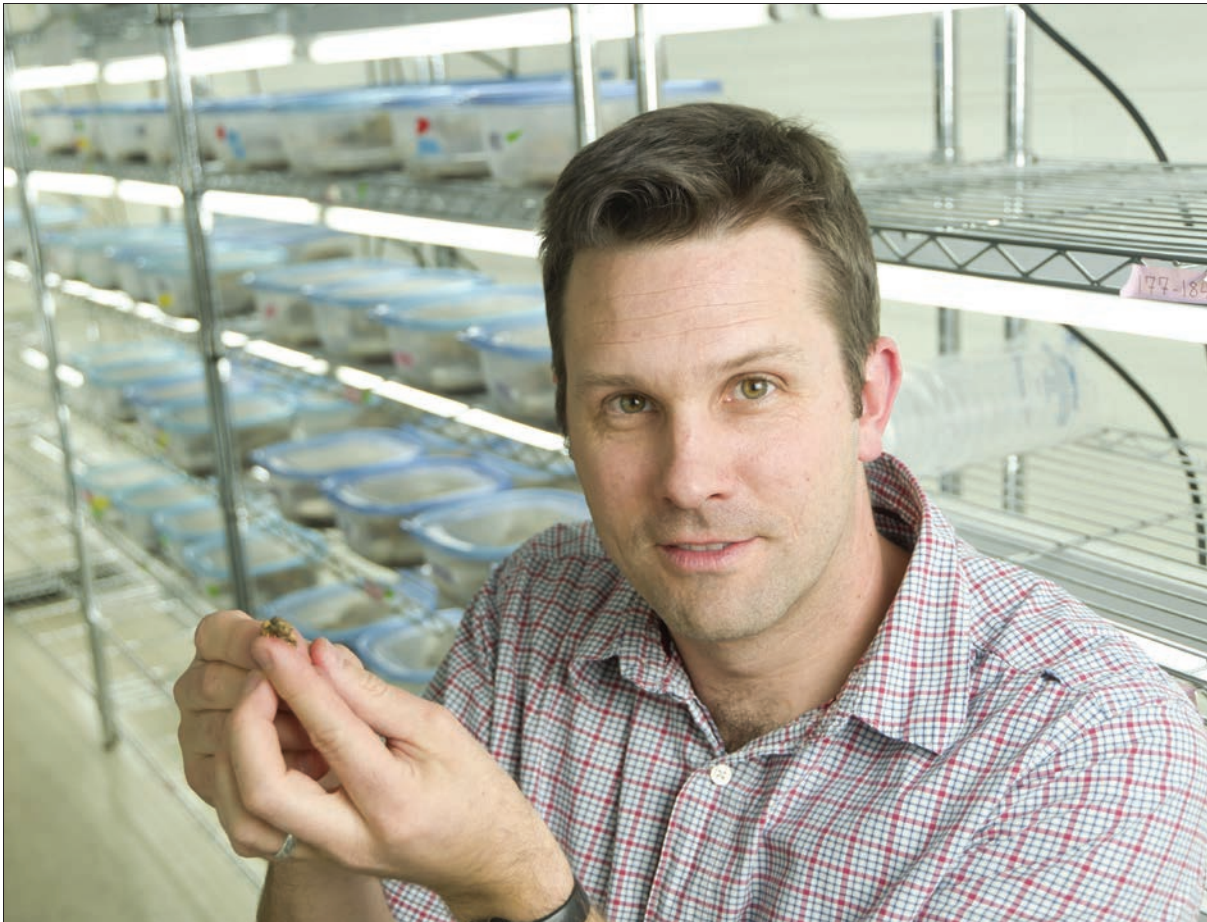
The scientists sampled specimens in six countries within the Amazon Basin but focused their research in Ecuador. They found an estimated 12 new species. More significant, Funk said, is the percentage increase of new species found using DNA sequences and recordings of frog calls to more accurately identify species.

And if the results of the study are applied to all amphibians in the Amazon, as many as 1,900 new species could be unveiled, which is significant given that amphibians are one of the most threatened groups of animals on Earth, Funk said.

“One of the greatest challenges for biodiversity conservation is a poor understanding of species diversity,” Funk said. “Although the Amazon Basin is already recognized as a global center of biodiversity, we provide new evidence that its diversity is still vastly underestimated. These species have been around for millions of years, but we’re just uncovering them now because we have new technology to do that.”

The team uncovered new species by collecting DNA, measuring physical size and shape, and recording and analyzing frog calls. Differences in calls were more pronounced than size and shape, the study found.

An increase in diversity in species doesn’t equate to less concern for the welfare of amphibians, Funk said. In fact, it



Chris Funk, a professor of biology, at home in his CSU lab with a tiny toad similar to others he discovered with team members. The scientists sampled specimens in six countries within the Amazon Basin but focused their research in Ecuador.

could be the opposite: Each frog species has a small range and one event such as a natural or manmade disaster could wipe out an entire species.

Still, the research gives scientists more information about mapping the patterns of diverse frog species so they can begin to understand how to protect them from extinction.

“Given that frogs and other vertebrates are relatively well-studied, there may be even higher levels of undiscovered biodiversity in other understudied taxonomic groups like insects and fungi,” Funk said. “While the Amazon has one of the most species-rich amphibian populations in the world, much is still unknown about

the diversity of species there. This is a pressing issue with roughly 41 percent of amphibian species classified as globally threatened with extinction. With this study, we’re showing that, with improved species sampling, that percentage is almost certainly higher worldwide.”

A one-minute video of Funk talking about his research is online at <http://youtu.be/TyY2Cf6Sp5U>.



A toadlet species – *Engystomops* – discovered by Chris Funk and team.



You have to get your feet wet to go where amphibians like to go.

MLK March

The CSU, Fort Collins and Loveland communities celebrated Martin Luther King Jr. Day on Jan. 16 under the theme, “Fulfill the Dream: A Day On Not A Day Off.” The traditional one-mile community march began in Old Town Square, Fort Collins, progressed through the center of the Oval on campus and ended at the Lory Student Center. Events included readings by poetry and essay winners from the Poudre School District. Photos by Bryan King.



Malcom Scott, associate professor in the School of Social Work, sang at a Martin Luther King Jr. Day event on campus.



Fale, the Fort Collins African Drum & Dance Troupe, lead the march and made appearances during celebrations in the Lory Student Center.



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