

FACULTY & STAFF

Life



March 2013

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COMMUNITY EVENTS

RecycleMania

Take part in RecycleMania, a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities on campus. The competition runs through March 30; the school that recycles the most waste wins, so watch where you toss those cans!

Losing Ground: Community Conversation

The Office of the Vice President for Diversity is hosting Losing Ground, a community discussion about how black and Latino residents are falling further and further behind their white counterparts. The program, set for 7-9 p.m. Feb. 25 in the LSC East Ballroom, is part of a series created by I-News and Rocky Mountain PBS. The event is free and open to the public.

See Events page 7



Riding a bicycle instead of driving to the CSU campus is becoming more popular with faculty and staff as well as students. The university plans to add more bike-friendly amenities to meet the growing demand. Photo by Mary Willson.

Clear your mind by biking

by Courtney Riley

Mike Humphrey, a journalism and technical communication instructor, rides his bike or walks to the CSU campus every day he works.

Although he lives only a mile and a half from campus, Humphrey says he would bike or walk to work no matter how far away he lived.

"It clears my mind in a way that driving can't do," he says. "It's healthier than driving, and I get to know my community better because the pace is slower."

Biking and walking to work gives Humphrey the time to think through his day and be able to enjoy the fresh air around him without being distracted.

"We live in a beautiful place," Humphrey says. "I want to be a part of it, rather than have metal and glass wrapped around me."

There are many benefits to riding a bike to

work, according to Sylvia Cranmer, Residence Life coordinator and chair of the City of Fort Collins Bicycle Advisory Committee. "There are the obvious benefits such as exercise, reduced dependency on gasoline, minimizing wear and tear on a car, and keeping our air cleaner," she said. "But on another level, I like the way it makes me feel."

"You get to see things you would never notice in a car, and it's a great way to simplify your life. Above all, it's fun," says Cranmer. She adds that her husband, Brian Cranmer, a research scientist, has only driven to work maybe three times during more than 20 years at CSU. The Cranmers have never had a CSU parking pass.

Bike-friendly campus goal

CSU's Campus Bicycle Advisory Committee works on the university's priority of making campus a more bike-friendly environment so

See BIKE page 7

MAX construction to close Prospect Road for six weeks

by Dell Rae Moellenberg

Beginning March 4, the City of Fort Collins will fully close Prospect Road between College and Center avenues on either side of the BNSF railroad tracks.

The closure is anticipated to span about 6 weeks as multiple contractors and city crews update nearly every aspect of the existing infrastructure during construction of the MAX bus rapid transit system.

Updates include new water lines, sewer pipes and electric conduits along the MAX route, followed by a new concrete roadway, curb and gutter, and sidewalks to make the transit system pedestrian-friendly.

Detour routes planned by city

Traffic moving east on Prospect from College with CSU as a destination will be rerouted north on College Avenue to east/west routes on Lake or Pitkin streets. (See the detour map for CSU-bound traffic.)

Access to businesses on Prospect within the closure area will be maintained throughout construction and signs will be posted to direct drivers to the businesses. Traffic eastbound

See MAX page 11



Colorado State University

applause



College of Applied Human Sciences

The College of Applied Human Sciences is undergoing a name change to the College of Health and Human Sciences, starting July 1. The name shift allows the college to more clearly state its goals as it evolves. This change reflects the expansion of the college as a whole, relating to health, as it improves the quality of life in areas such as physical, mental, and social well-being.

School of Social Work

Nicole I. Cesnales, an assistant professor in CSU's School of Social Work, is improving the lives of those diagnosed with HIV and living in poverty.

She is currently working on research that explores the health-related quality of life for those with the disease. Her current research examines how the mental health, socioeconomic status, spiritual well-being, drug use, safety and support of HIV patients affect their holistic being. In addition, Cesnales is researching the correlation between caregiver behavior and fear of disease contraction, along with examining the attitudes of federally funded case managers.

Cesnales plans to generate more research, by analyzing the relationship between geographic-based disparities and health. She continues in her teaching to generate

enthusiasm on such research for students and faculty.

College of Veterinary Medicine and Biomedical Sciences

Departments of Microbiology, Immunology and Pathology

The College of Veterinary Medicine & Biomedical Sciences is trying something new to enrich the lives of VCMBS faculty and students. Every Thursday throughout the spring semester, they will be hosting free yoga classes. The course is taught by the certified yoga instructor, Carol Borchert in room 103 of the Pathology Building, 5-6 pm. Faculty from all levels are invited to join in on the fun.

Student Legal Services

CSU's Student Legal Services office has been recognized as the Most Outstanding Student Legal Services Office in 2012 by the University Student Legal Services Association-Western Region.

Kathleen Harward, director; **Forrest Orswell**, staff attorney; **Rob Lowrey**, staff attorney and **Valerie McIntyre**, office manager, were all recognized for their work within the SLS office.

SLS staff commit to assisting students with legal issues such as constitutional rights, landlord-tenant issues, student conduct hearings and identity theft during school.

In the 2011-12 fiscal year, SLS spent

more than 1,300 hours serving 1,173 clients and others through presentations and publications.

Black/African American Culture Center

Black/African American Culture Center staff helped students celebrate a successful month of black history in February, by assisting with events such as Lunch with CSU Black Faculty and Staff, the Natural Hair Journey and the Black History Quiz Bowl. The office celebrated with celebrities like neo-soul artist, Dwele, gospel choir Hearts of Worship, 9News reporter Megan Fitzgerald and author Omar Tyree.

FACULTY & STAFF
Life

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

In Memory

Richard Titus

Richard Titus, a former faculty member in the Department of Microbiology, Immunology and Pathology, passed away on Jan. 20 at his home.

Darrell H. Hicks

Darrell H. Hicks lost his courageous battle with mesothelioma on Feb. 7 surrounded by the family he loved. He worked at Colorado State University at the Veterinary Teaching Hospital as a painting maintenance technician.

Complete obituaries are available at Today.colostate.edu.



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How to make your career into your calling

by Courtney Riley

Bryan Dik, associate professor of psychology at CSU and coauthor of “Make Your Job A Calling,” has always thought of his career development as a quest to discern and live out his calling.

In college, Dik had a tough time narrowing down his options to pursue his ideal career path. Early in graduate school in counseling psychology, he began working as a career counselor, where he met a lot of people who were successful by every “objective measure,” he said, but hated their jobs.

“Many of them would spontaneously say that what they really wanted was to find their calling,” Dik said. “That helped reinforce that the concept was relevant to a lot of people, not just to me.”

While exploring the range of popular books and scholarly work on what it means to approach work as a calling, Dik found that very little of it included any empirical social science research.

“At that point my calling began to focus on how I could use my training as a psychologist to better understand how other people could pursue their callings,” Dik said.

“Make Your Job A Calling” was published late in 2012. Dik, who is also the cofounder and chief science officer of Career Analytics Network/jobZology, coauthored the book with Ryan Duffy, assistant professor of psychology at the University of Florida. The book is available through makeyourjobacalling.com, amazon.com, Barnes & Noble, the CSU Bookstore, and many other booksellers.

The book aims to answer two main questions: “How do I discern my calling?” and “How can I make my current job more meaningful?”

“Not everyone has the freedom to change jobs easily, but even for those who feel stuck in a job they don’t love, there are things they can do to make things better, maybe even to transform it into something that seems more like a calling,” Dik said.

Original research

The book builds on centuries of scholarly work on the topic from the humanities and decades of research in vocational psychology on healthy career development. However, the authors focus especially on the growing body of research on calling and meaningful work, including the authors’ own research and that conducted by their colleagues.

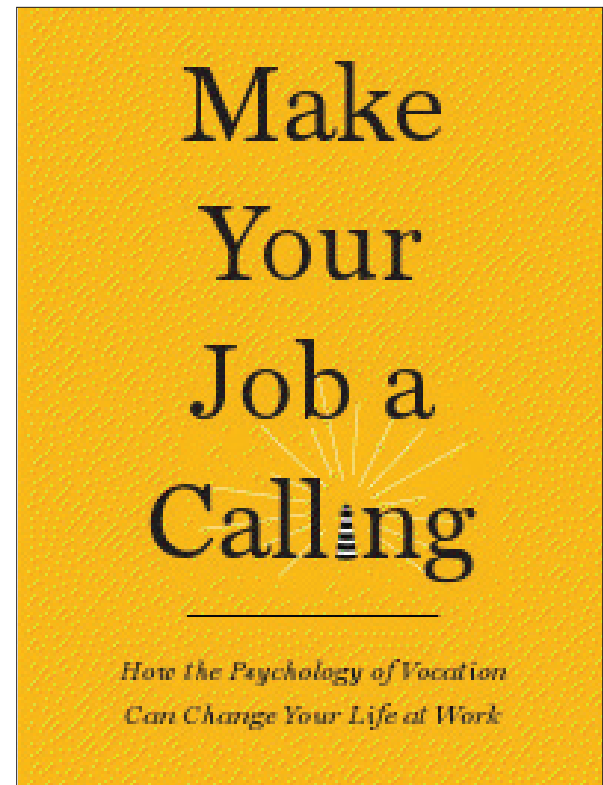
“We wanted to link new, cutting-edge empirical research back to the wealth of wisdom that has already been written on the topic,” Dik said.

The authors also gathered stories from people who were living out their calling in a unique or inspirational way. These stories came from former career counseling clients, research participants, stories reported in the media, the authors’ own social circles, and their personal experiences.

Dik hopes that the book results in positive changes in readers’ lives.

“Maybe some readers take the risk of making a career change in response to what they sense as a calling,” he said. “Maybe some take steps to make their current job situation more meaningful. Maybe some keep doing what they are doing but have more confidence in doing so. At the very least, we hope readers feel like they learned something they can apply to their lives.”

Dik is constantly thinking about his own callings, he said, and he is always asking himself if he is using his personal strengths in positive ways that can impact the world.



“All of the principles we lay out in the book are things that I try to incorporate regularly in my own life at work,” he said.

For Dik, writing “Make Your Job A Calling” was a challenging but enriching experience.

“There were stretches that were frustrating, difficult and exhausting,” he said. “But overall, the process was exciting, rewarding, and very meaningful. It was a labor of love, but it was definitely labor. I wouldn’t have expected anything else; this is the case with most any calling in life.”

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Between Kenya and Colorado: Brett Bruyere fuels his passion for adventure and teaching

by Mary Willson

Samburu, Kenya, may sound like a far-off safari destination on the other side of the globe. For Brett Bruyere, assistant professor in the Warner College of Natural Resources, Samburu is a second home.

Bruyere shares his time, and passion, between the mountains of Colorado and the plains of Kenya teaching, researching and exploring. Around the Front Range, he co-directs the Environmental Learning Center (ELC) as well as teaching environmental communication in Warner College. A Washington State alumnus, Bruyere received his Ph.D. in Human Dimensions of Natural Resources from Colorado State University in 2002. Through his post-doc research in natural resources management, he became exposed to the continent of Africa, its varied cultures, and its people. Today he connects his knowledge and time to the two places he calls home.

"There is definitely some direct connections back to the classroom," Bruyere says about bringing his adventures and experiences to his students. "Stories are important within discussions. When it comes down to it, there's a novelty factor. [Africa] is a place my students may not hear about otherwise."

While Bruyere began traveling to Kenya for research, and still teaches courses at the University at Nairobi, he

spends most of his time there in the region of Samburu in central Kenya, specifically in Archers Post, a small urban area with surrounding villages.

Addressing education issues

Through his work on research projects, Bruyere became aware of the social issues in the area, especially the educational rift. Education is increasing in importance to younger generations, who look beyond the vast fields and cattle herding of the pastoral lifestyle of older generations. There is a cliff between where the education wants to be in the country, and how to get to that point, he says.

Inspired by students who have a love for learning and work extremely hard to pursue an education, Bruyere dedicated his efforts to helping students gain a brighter future beyond that of past generations.

Primary school is provided cost-free by the Kenyan government, yet secondary school (equivalent to U.S. middle school/high school) is a huge financial burden, making a post-primary education a far-off goal for most students. Along with a CSU Ph.D. colleague, Adam Beh, and local Samburu teachers, Bruyere started The Samburu Youth Education Fund, which provides scholarships to allow students to attend secondary school. One of the most important aspects is that half of these scholarships are given to girls. The program sponsors more than 30 students,



A primary school student in Samburu, Kenya, takes a break from school work while working with CSU Alternative Break Students, led by Brett Bruyere. All photos by Mary Willson.

and added 10 new recipients this year.

Bruyere also provides educational experiences at home in Fort Collins through the Warner College's ELC with co-director Nicole Stafford. The ELC gives elementary school students a hands-on platform to learn about nature, the environment and natural resources. The ELC gives a kids chance to ignite their passion for the outdoors early on through exploration.

Bridging the learning gap

Bruyere understands that hands-on learning is a vital force for growth and education. Yet, in a distant comparison, local knowledge in Samburu is in danger of being lost as the culture transitions out of the pastoral lifestyle.

"If kids weren't in school, then they would be out with their animals all day long, where they would connect a lot of that knowledge through being out in the landscape," Bruyere says. "School is wildly important, yet let's say we find out there is a risk of losing local knowledge. The question is how will they get that knowledge outside of school?"

This question is one that Bruyere is focusing on: How to bridge the gap between local knowledge and traditional education. It is one that connects Colorado State University and far-away communities like Samburu. At the ELC, students learn about the environment, in the natural environment. Bruyere is taking that same model into Samburu, to work on preserving local environmental knowledge while protecting traditional education. Through a research project, he is taking students out on walks in the local area, and taking notice of what plants they recognize for what uses, and what aspects of the landscape they are familiar with. This is the

first step of a long-term local-knowledge initiative.

Sharing adventures

As Bruyere has had his own life changed through experiences in Samburu and around Kenya, he is now sharing African adventures with undergraduate students at CSU through the Alternative Winter Break program, run through Student Leadership, Involvement and Community Engagement (SLiCE). Bruyere leads groups of 12 students, all years and majors, on a 16-day trip to meet women's villages, engage in education opportunities such as teaching, work on construction projects, and the like. Students who may have never been out of the country, find themselves immersed in a unique diverse culture and come back to their normal collegiate lives with a new view on their own worlds, and a new motivation to make an impact, close and far away.

Bruyere is now on a year-long sabbatical, focusing on his across-the-globe experiences, Samburu Youth Education Fund, and of course, personal adventure. While he will not be on campus much during the next few semesters, he is always looking for new ways to ignite his passion for people and the natural world.

"At the end of the day, this is all about following your passion," Bruyere says. "For me, that happens to have two very distinct geographical distinctions. I just find new ways to get there. I just get a lot of fulfillment through being there."

Bruyere is documenting his adventures in a blog at www.8monthsofffreedom.blogspot.com. More information about the Youth Samburu Education Fund is available at www.samburuyouth.org.



Brett Bruyere laughs at online videos with Samburu Youth Education Fund students. A group of four secondary students were the first SYEF students are on track to graduate from Secondary School this year.



A group of CSU Alternative Winter Break students teach a class of primary school students about ecology. The group led classes in math and ecology in primary school, and taught preschool, as well as working one-on-one with students reading, and writing.

Business profs study sustainability in East Africa

by Tim Pate

“My first time in Africa had a profound effect on me,” reminisced Joe Cannon, professor of marketing in the Colorado State University College of Business, who recently returned from a 16-day research excursion in East Africa to study sustainability and supply chains. The research, which Cannon conducted with associate professor of management Brian Fugate, aims to help the rapidly growing region develop best practices to construct a sustainable future. The pair’s research promises to impact how these countries advance, but their experience also left its imprint on them personally.

For the last several years, Cannon has served on the advisory board for CSU’s Center for the Advancement of Sustainable Enterprise (CASE), which often focuses on Africa’s developing economies as opportunities for sustainable enterprise. His involvement with CASE influenced his decision to conduct research in Africa.

Cannon and Fugate made a strong research team. Having written some of the most cited articles in the supply chain and marketing field in the past



Joe Cannon

10 years, Cannon is an influential thought-leader in the discipline. His research highly influenced Fugate’s own research for his Ph.D.; so when Cannon approached Fugate about the project, he enthusiastically agreed to join. Cannon sought out Fugate (in part because he is such a nice guy) because of his expertise in qualitative research methods – which were the primary approach used on this first trip to Africa.



Brian Fugate

Rapid economic development

The rapid development of many African economies makes Cannon and Fugate’s research critical. They believe that if these economies grow in a more sustainable fashion, they are more likely to raise the standard of living for all people. This will make the countries less likely to experience the political unrest that has troubled Africa for generations. Additionally, with greater attention paid to ecosystems, these countries can grow without placing undue burden on the environment. The professors hope that their research will help these young economies develop in a sustainable way to encourage prosperity in the future.

“I walked away with a much better understanding of the importance of research similar to ours that considers specific contexts,” Fugate said. “I gained a better appreciation for programs that go beyond charity, but also teach and train people to thrive on their own.”

The trip to Africa was primarily an opportunity to better understand the issues and problems the region faces. They spent time in Kenya, Tanzania and Rwanda, where they talked to more than 20 managers at a dozen organizations. Cannon and Fugate found that many of the companies are concerned about the triple bottom line of sustainability – developing the economy, striving for social responsibility, and protecting the environment. Furthermore, they discovered that non-governmental

organizations play a key role in facilitating sustainable development.

One of the interesting insights from their research was identifying the role of NGOs. Most research in supply chain management focuses core supply chain members (buyers-suppliers; suppliers to manufacturers to distributors to retailers). But in Africa, NGOs are key partners for sustainability in many supply chains. While business organizations are relatively efficient and effective at managing their supply chains, NGOs often have a much better understanding of social and environmental issues, particularly the distinct nuances that exist within each individual country or region. To impact all three dimensions of sustainability, they need each other.

“Those with whom we met truly wanted to see their economy and people thrive,” explained Fugate. “They are tremendously eager to not just learn, but learn in a way that would be sustainable for their business and their people.”

Best practices

Their research will identify best practices for firms looking to build more sustainable supply chains in the developing economies of Africa. They will be publishing their findings in academic and managerial journals, and their experiences will translate into new content for their classes.

A first for both of them, the journey to Africa had a profound effect on the professors. During their time, they saw great poverty and great wealth. They also were exposed to great opportunity and an entrepreneurial spirit in the people they met.

In a part of the world where people have experienced tremendous strife, it was encouraging for Cannon and Fugate to converse with people so eager to learn. The people with whom Cannon and Fugate met are unparalleled in their pursuit of knowledge to help their countries grow successfully.

“Young people in particular are optimistic about the future and see business as the path to economic development,” said Cannon. “There are people I met that I expect to remain friends with for the rest of my life.”

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Send your ideas along with your contact information to Kate Hawthorne Jeracki in the Department of External Relations. kate.jeracki@colostate.edu

Put the fire back into your workout plan

by Joi Dandridge

Everyone seems to begin the New Year with a fire in their eyes. They make resolutions to improve their fitness and keep at it until they reach their goals, no matter how hard that workout plan seems. By March, many people are just as fired up to put the workout plan on the back shelf.

Kristin Slattery, CSU communications instructor in the Communication Studies Department and part owner of Old Town Athletic Club on 351 Linden St., shares her passions and tips on how to obtain those seemingly long lost goals to get fit despite springtime discouragement.

While balancing a career as a professor with the demands of being a gym owner is heavy-duty work,

Kristin and her husband, Josh Slattery, have found flexibility in working as a team.

Josh has a graduate degree in nutrition and food science from CSU and it was his idea to ask the previous owners of OTAC to sell the gym to his family when he graduated in 2011. The owners said yes and this launched the Slatterys into a new type of partnership.

“We jumped at the opportunity to combine our skills, help people and have a flexible schedule allowing us time for our family,” she said.

This partnership also allows Kristin to be more relevant to her students, bringing them her real-world experience providing communication materials for her own gym.



Owning Old Town Athletic Club gives CSU instructor Kristen Slattery and husband Josh more time with their children Ryan and Teagan.

Get fired up for fitness

We asked Kristin to provide a bit of real-world instruction on how to get a fitness routine fired back up for spring.

Recommit. “We find that by the end of February, the gym is already slowing down, New Year’s resolutions forgotten,” Kristin says. “So, I would say, first remind yourself of your goals, then why you have them and how you are going to attain them.”

Start with a professional. The most difficult part about starting to work out is that most people don’t know what an effective plan looks like and what limits their bodies have, Kristin says.

“I think it’s a great idea to start with a professional. Maybe just a short set of personal training sessions. You can use the workouts again and gain a lot of knowledge from a good trainer,” she adds. “You don’t have to figure out what to do, just show up.”

Build a committed team. Having partners who will support you on the treadmill can make a major difference, according to Kristin.

“Group fitness is a great way to reinvigorate your workout,” she says. “It also provides community, which is essential for many.”

Try something new. Novelty can help recapture the passion to work and endure to the end of your goals. “Sign up for a race, try a new group fitness class, set a goal. Then change it up when you get bored,” Kristin says. “Monotony is the enemy.”

Utilize what you already have. We live in a world with numerous tools surrounding us, so why not use them?

“I think the key in Colorado is to get outside, even if it is for a walk - it will be fun, beautiful and beneficial,” Kristin says. “Josh is a big fan of parking at the back of parking lots, taking stairs, carrying grocery bags, walking or running with friends - things that fit into your everyday actions.”

She also recommends employing one of the workout apps available on smartphones.

“Like communication, your health is central to your life,” Kristin concludes “The quality of your communication can enhance the quality of your life, and the same goes for your health. It’s important that you don’t ignore it.”



If your workout plan has hit a pre-spring slump, Kristin Slattery suggests trying something new, like a group fitness class, or shoot for a new goal in your established routine. All photos courtesy Old Town Athletic Club.

BIKE | Ride to work



More bike racks are coming to campus. Photo by Mary Willson.

From page 1

all faculty, employees and students can have biking experiences as positive as Humphrey’s.

The committee meets monthly to discuss issues impacting cyclists on campus, as well as bike access around campus, Cranmer explains.

“Our committee also plans bicycling education and encouragement events throughout the year,” Cranmer says. “We have also created and produced a campus-specific bike map.”

In 2010, CSU achieved the Silver Award of the first-ever Bicycle Friendly University designation from the League of American Bicyclists, and the committee is aiming to reach gold status during the next round of designations, Cranmer says.

The University’s infrastructure is becoming more bike-friendly, according to Fred Haberecht, Facilities Management assistant director. “There have been lots of bike improvements within the last year,” he says.

Those improvements include a bicycle path that runs from University Avenue to Pitkin Street, which was funded by University Parking Services and Housing and Dining Services.

“Bike lanes are almost everywhere,” Humphrey says.

Bike racks have also been added to campus, making it easier for cyclists to find a place to park.

“With each new building (being built), there are bike racks being added to campus,” Haberecht said.

The abundance of bike racks makes it easy to get almost anywhere you want to go, Humphrey says.

“In winter, especially, it’s no

problem,” he says. “Even at the busiest times, I’ve always been able to find a lock-up in a reasonable distance.”

There are also eight bike fix-it stations scattered throughout campus that help cyclists with flat tires and other bike issues.

On-going improvements Humphrey says the bike path from the Morgan Library to Lake Street has also improved within the past couple of years he has worked at CSU.

“The signs have been better to (help cyclists) find the path,” he says. “It’s more clear on where to turn, and it’s safer and not as involved with vehicles.”

Developments for making campus bike-friendly are planned to continue. In the summer of 2014, the Mason Corridor project, including the MAX Bus Rapid Transit system, is scheduled to be complete, and it will include a bike cage at the University Station.

“A bike-friendly campus adds to the active, cool culture of the campus,” Cranmer says. “It also sends a clear message to people outside, as well as inside, the University that we value sustainability, and that we support activities that add to the overall health and vitality of the campus.”

“Campus is awesome (with bike accommodations),” Humphrey says. “Compared to most college campuses, we have it great here.”

An online version of the CSU campus bicycle map is available at www.bicycle.colostate.edu/Data/Sites/7/GalleryImages/csu-bike-map-2012corrected.pdf. Printed versions are available at various locations on campus.

COMMUNITY EVENTS



From page 1

Women’s Leadership Webinar Series

Hosted by the Office of the Vice President for Research, 11 a.m.-12:30 p.m. Feb. 26 in Rockwell Hall, this event gives early and mid-level career employees the opportunity to interact with senior-level and executive-level staff, listen to a webinar, enjoy lunch, and discuss work-life topics in a comfortable setting. The event is free.

Interdisciplinary Water Resources Seminar Series

The Interdisciplinary Water Resources Seminar series brings together guest lecturers from around the West to address a wide range of water-related topics, from climate projections to economic impacts. Seminars are from noon to 1 p.m. every Wednesday through May 1, excluding March 20 and 27, in Lory Student Center. Learn more at cwi.colostate.edu.

Renowned Author Omar Tyree

Black History Month wraps up with renowned author Omar Tyree, who will discuss women’s issues and struggles, 7-9 p.m. Feb. 28 in the LSC Cherokee Park. The event is free and open to the public.

Creative Writing Reading Series

Award-winning nonfiction writer and CSU professor John Calderazzo will read from his recent work, 7:30-8:30 p.m. Feb. 28 at the UCA’s Clara A. Hatton Gallery.

TEDxCSU 2013: Expanding Your Perspectives

Attend TEDxCSU 2013: Expanding Your Perspectives, 1-6 p.m. March 2 at the LSC Theatre, to hear engaging talks from passionate speakers and enjoy free food. Tickets are free for students and \$16 for community members. Visit www.csutix.com to purchase tickets online or stop by the Campus Box Office in the Lory Student Center. Learn more at tedx-csu.wordpress.com.

Women’s Conference

The Women’s Conference, set for 9 a.m.-5 p.m. March 9 in the LSC North Ballroom, is designed around issues of social justice and intersectionality. There will be speakers, workshops and other educational breakout session that are welcoming to all, creating a safe and open environment. To learn more, visit wps.colostate.edu.

Spring Break

Spring Break runs March 16 through March 24.

Moby Madness

Men’s and women’s basketball is heating up! Check out the upcoming home games, and get your tickets at csurams.com.

Men’s basketball vs. Fresno State

The Rams play Fresno State beginning at 7p.m. Wednesday, Feb. 27.

Women’s basketball vs. Boise State

The Rams play Boise State beginning at 2 p.m. Saturday, March 2.

Women’s basketball vs. Wyoming

Don your green as CSU’s women’s basketball team takes on Wyoming beginning at 7 p.m. Wednesday, March 6, at Moby Arena.

Men’s basketball vs. Nevada

Help blanket Moby in green on Saturday, March 9, for the men’s basketball Green Out. The Rams play Nevada beginning at 6:30 p.m. at Moby Arena.

Mountain West Championships

Cheer for the Rams as they take on the best of the Mountain West, March 12-16 in Las Vegas. Then on to The Big Dance!

ENTERTAINMENT CALENDAR

THEATER

“Legally Blonde: The Musical”

Midtown Arts Center
March 7 through May 19

This musical, based on the hit film, was written by Northern Colorado's Heather Hach. “Legally Blonde” is perfectly pink and infused with fun, frivolity and a come-from-behind, feel-good story. Don't miss this “smart” celebration of knowing who you are and what you've got.
midtownartscenter.com

“Amadeus”
OpenStage Theatre & Company
Through March 16

This winner of the Tony Award for Best Play and Academy Award for Best Picture tells the story of Wolfgang Amadeus Mozart who died in 1791,

supposedly accusing Antonio Salieri, another composer, of poisoning him. Years later, Salieri confessed to the murder. “Amadeus” is the story of Salieri's war against God for making his music mediocre while favoring the vulgar Mozart as His divine instrument.
openstagetheatre.org

“Viva Las Vegas”
OpenStage Theatre & Company
March 23

A riotous evening of 1960s fab fun, hip-shaking music and Elvis sightings to celebrate OpenStage's 40th anniversary and raise funds for the company. Every ticket includes hors d'oeuvres, casino games, a silent auction, prizes, and original, show-stopping entertainment

complete with Sin City brawls.
openstagetheatre.com

“Traces”
Lincoln Center
March 28-30

According to Entertainment Weekly, “Traces” is “the most fun and memorable 90 minutes you will have all year.” The production combines “awe-inspiring acrobatics with infectious urban energy. The artists of ‘Traces’ employ every trick in the book—from music, dance and illustration to skateboarding, basketball and high-risk acrobatics— to make a lasting impression.”
lctix.com

ART & LITERATURE

CSU Fashion Show: “Destinations”
Lincoln Center
March 8

More than 25 selected design students will have their collections featured in the CSU Fashion Design Show, “Destinations,” produced by the Department of Design and Merchandising. The show will also showcase a line made of recycled military parachutes. Attendees can also meet the

student designers and VIP guests after the show.
lctix.com

“Dirt! The Movie”
City of Fort Collins Environmental Services
215 N. Mason, 1A
March 19

An insightful and timely film that tells the story of the glorious and unappreciated material beneath

our feet. “Dirt!” takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will later return to. “Dirt! The Movie” will make you want to get dirty.
artbeetfc.com

MUSIC

Virtuoso Concert Series
University Center for the Arts
March 4: CSU faculty Eric Hollenbeck, percussion
March 5: Guest Joseph Gramley, percussion
March 11: Mendelssohn Trio
March 12: CSU faculty Murray Oliver, Trombone
All performances start at 7:30 p.m.
csuartstickets.com

“Kiss Me Pops”
Lincoln Center
March 17

This concert features the Foothills Pops Band, conducted by Glenn Shull. The Foothills Pops Band is a nonprofit organization of local musicians.
lctix.com

An Evening with Judy Collins
Candlelight Dinner Playhouse, Johnstown
March 19 and 20

Grammy-winning musician Judy Collins has performed for audiences across the world with her interpretive folk songs and contemporary themes. A relentlessly creative spirit, she is also an accomplished painter, filmmaker, record label head, musical mentor, and an in-demand keynote speaker for mental health and suicide prevention. She continues to create music of hope and healing that lights up the world and speaks to the heart.
artbeetfc.com

Community Side-by-side Play Along with the Fort Collins Symphony
Lincoln Center
March 24

This inaugural event provides an opportunity for local amateur musicians to play along with their Fort Collins Symphony counterparts.
lctix.com

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Pruning 101: shape up your shrubs for spring

By Alison O'Connor

With spring (hopefully) right around the corner, it's time to start thinking about pruning woody landscape plants. Pruning before budbreak is an ideal time, since the entire structure of the tree can be seen.

The first thing is to think about the size of the tree or shrub. The big trees should be left to a certified arborist, a tree care professional. If you have a newly planted tree or plan on removing branches less than four inches in diameter, you can likely tackle the job.

Pruning is easier and more effective

with the right tool. Branches less than 1.5 inches wide can be removed with a pair of hand pruners (use those with a bypass blade, which work like scissors).

For anything larger, a hand saw is warranted. Buy the best tools you can afford, and take care of them with regular cleaning, oiling and sharpening. A sharp pruning tool makes a cleaner cut and reduces effort. Clean cuts also seal faster, reducing the time during which possible disease and insect problems can move in.

Know where to cut

Before pruning, identify where to



Make the first cut from the bottom of the branch.



Always cut outside the branch bark ridge.



Broken branches can be removed at any time. All photos courtesy CSU Extension.

make the cut. There are a couple clues to look for on the branch: the branch bark ridge (BBR) and the collar. The BBR is the area where the tissues from the branch and trunk overlap, sometimes making a furrowed ridge at the crotch of the branch. The collar is a slightly swollen area where the stem tissues meet the bark.

When a branch is removed, make the cut outside the BBR; don't cut into the collar. Cutting into the collar will not activate the cells needed to callous over the pruning wound, leaving the tree susceptible to decay.

To eliminate the possibility of tearing bark when making the pruning cut, use the three-cut pruning technique with your pruning saw. First, make a cut on the bottom of the branch, about 12 to 15 inches out from the branch union, and cut halfway up through the branch. Next, move another couple inches further out on the branch and cut through the branch. As the weight of the branch pulls down, the first cut will cause the branch to snap and break off (instead of having the weight of the branch tear the bark). The final cut will be to remove the remaining portion of the branch, just outside the branch collar.

Know when to cut

So, when should you prune? It depends on the plant, but in general:

- Prune spring flowering shrubs (forsythia, lilac) after they bloom, or you'll risk removing the flowers. These shrubs bloom on old wood (from buds formed the previous summer).
- Prune summer flowering shrubs (spirea, potentilla) before they bloom, as they flower from new wood formed that spring.
- Most trees can be pruned in late winter to early spring, prior to budbreak, or in the summer, after the leaves have hardened (July to early August).
- For trees/shrubs that may 'bleed' (ooze sap), such as maple, walnut and willow, delay pruning until mid-summer, once the leaves have hardened. The sap flow from spring



Use the right tools.

pruning will not affect tree growth, but may attract insects.

- Evergreen trees often do not need pruning, unless you're trying to minimize size; prune the emerging bud (candles) in the spring to the desired length. Avoid removing lower branches from spruce or pine, as it permanently alters the shape and form of the tree.

Know how much to cut

A couple other notes about pruning:

- The use of pruning paint to cover the pruning cut is not recommended; research found that the use of pruning paint actually delays sealing of the cut. A properly made pruning cut will result in the most rapid sealing.
- The recommendation for the amount of branches to remove each year is no more than 25 percent of the total canopy. (A tree that has been neglected may take years to get in shape.) If a tree is stressed or diseased, remove no more than 10 percent to 15 percent of the total canopy.
- Dead or diseased branches can be removed at any time.

For more information, visit ext.colostate.edu.

Alison O'Connor is a horticulture agent for CSU Extension in Larimer County

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From page 1

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on Prospect will be directed to detour onto Shields Street, then to use Mulberry Street or Drake Road to reach College Avenue, then back to Prospect. Westbound traffic on Prospect will detour onto College Avenue, then use Mulberry or Drake to reach Shields and back to Prospect. Pedestrians and bicyclists will be detoured to Lake Street or the Spring Creek Trail.

A Q and A from the city about this portion of the project can be found at www.fcgov.com/max/pdf/prospect-road-faq.pdf

Crews working to complete project quickly

Crews will work 7 days a week, 12 hours a day (from 7 a.m. to 8 p.m.) to accomplish the utility updates and reopen Prospect Road as quickly as possible. This extended closure minimizes inconvenience by shortening the time and duration of construction rather than spreading it throughout the year.

All construction work is subject to change due to unforeseen construction obstacles or extreme weather.

For more information, visit the city's website at fcgov.com/maxconstruction or call the MAX construction hotline, 970-416-2617.



Beginning March 4, Prospect Road will be closed at the BNSF railroad tracks between College and Center avenues for six weeks. During construction, eastbound traffic on Prospect will be directed onto Shields Street, then to Mulberry or Drake to reach College Avenue, then back to Prospect. Westbound traffic on Prospect will be directed to detour onto College Avenue, then to Mulberry or Drake to reach Shields, and back to Prospect. There will be no pedestrian access across the closure on Prospect. Pedestrians will be directed to use Lake Street or Spring Creek Trail.

Fight the cold and flu with a healthy diet

by Melissa Wdowik


There's nothing like waking up with a cold to motivate me to be more proactive about my health. Giving your immune system a boost can prevent cold viruses from claiming you as a victim, but many products are marketed as benefiting your immune system – ever wonder which ones may really work? I sorted through the hype to find the best tips for fighting colds and flu with a healthy diet.

Vitamin D seems to be at the top of every list, and with good reason. Vitamin D plays an important role in the immune system and studies have found that people with low vitamin D levels are at increased risk for colds and other upper respiratory tract infections. To make matters worse, our exposure to the sun — which makes your body produce vitamin D — is limited in the winter, making more of us susceptible to a deficiency. Increase your intake of vitamin D by consuming more of these food sources:

- Fatty fish such as salmon and tuna.

- Vitamin D-fortified milk, yogurt and orange juice.
- Vitamin C** is a popular fix, but it's been documented that vitamin C does not prevent colds except in some people who are physically stressed, such as marathon runners. However, there is evidence that extra vitamin C during the first stage of a cold can help shorten its duration and intensity. Vitamin C is a powerful antioxidant, which enhances immune defense and lowers risk of infection. Get plenty of these:
 - Grapefruit, oranges, clementines and berries.
 - Deep-colored vegetables such as spinach, broccoli and red bell peppers.
- Probiotics** are good bacteria that strengthen immunity and keep bad bacteria in check. Some research shows probiotics may reduce respiratory infections. Your best sources:
 - Yogurt that contains live, active cultures.
 - Kefir, miso soup, buttermilk and tempeh.

- Protein** is essential since it provides the building blocks of immune molecules. In addition to the dairy and fish already listed, include these protein sources on a regular basis:
 - Animal protein found in eggs, lean beef, poultry, pork and lamb contains iron and zinc, two important immune system minerals.
 - Almonds and sunflower seeds are a good source of protein and are high in vitamin E, another immune-boosting vitamin.
- Liquids** are key to keeping your body hydrated, which helps your immune system keep viruses at bay. If you drink juice, limit it to 4 to 6 ounces of 100 percent fruit juice per day so that you don't get excessive calories and sugar. Also include plenty of these:
 - Black tea and green tea, which contain antioxidants.
 - Water, which is pure, simple and inexpensive. Keep a cup or water bottle with you and drink it throughout the day. Squeeze in a lemon or lime wedge

- for an extra antioxidant boost.
 - Overall good nutrition also is important, so be sure to eat a variety of fruits and vegetables every day. There is scientific evidence that what you eat and drink can affect your immune system. I hope you use these tips to stay healthy; I know I will!
 - Melissa Wdowik is an assistant professor at Colorado State University, director of the Kendall Anderson Nutrition Center and a CSU Extension affiliate.*
- 

Preparing for spring: How Outdoor Services gets the campus ready for the warmer months



The results of early spring work by CSU's Outdoor Services crews pop up in more than 40 flowerbeds across campus later in the year. *Photo courtesy CSU Creative Services.*

by Hannah Woolums

Not many CSU community members realize how much time and effort goes into getting the campus ready for spring.

As the end of winter approaches, Outdoor Services staff is getting ready to begin preparations to transition the campus for the upcoming warmer months.

With snow still falling in February, it may be hard to believe that Outdoor Services are already able to start preparing for spring. They perform what it is called “turf sweeping” to rid the grasses of the accumulation from the past winter.

“We start turf sweeping in late February or early March,” says Doug Nagel, Outdoor Services manager. “We

have a machine that sweeps and vacuums the grass to pick up the debris, and we concentrate on the Athletic and I.M. Fields as well as the Oval area.”

During March is when the campus crew starts to do more of the challenging preparations. The crew members leave it up to the weather to determine how early they can start transferring water onto campus.

“We start bringing water into campus from College Lake in March to fill the irrigation lines,” Nagel says. “This is a big job and takes a couple of weeks to complete. Depending on the weather we may start some limited irrigating in late March.”

Preparing flower beds

To get the array of colorful flowers around campus takes more than just planting them in the ground. The Outdoor Services crew members must first prep

the approximately 40 beds where the new flowers will be planted in late April and throughout May.

“Prepping and cleaning of the flower beds is done as the weather permits,” Nagel says. “We start planting in April but most of the flowers are planted in May.”

According to Nagel, most of the flowers come from local growers; Outdoor Services is not responsible for the Annual Trial Gardens at Remington and Lake Street.

The preparation doesn’t stop there. Outdoor Services’ 24 employees and 30 part-time employees have to continue to work hard in every aspect of the land affected by the previous winter. This season’s dry conditions present a challenge.

“In a drought the weeds grow very well while our annuals and perennial plants suffer,” Nagel says. “We have to make sure all of the shrub beds are mulched to help retain moisture and that the irrigation system is working properly. We have been watering trees and some shrub beds throughout the winter due to the lack of snow.”

Award-winning efforts

CSU community members are not the only ones who have noticed the hard efforts of the outdoor service members.

“In 2005 we won an award for our field maintenance at Hughes Stadium. In 2012 we were awarded the Tree Campus USA status,” Nagel says.

Although many things go into the preparation for spring, the job is never done, between the vast landscapes and the continual work.

“We have approximately 240 irrigated and landscaped acres and 1,200 rangeland acres. We do take care of Hughes, inside and out,” Nagel says. “I believe our biggest job is the size and intensity of our landscaped areas on campus. It is a never-ending job weeding, mowing, trimming and maintaining the irrigation system. You are never done with any of the aforementioned tasks, as with your lawn at home - you water, mow and weed every week.”



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SACNAS provides role models for future scientists

by Rachel Griess

CSU’s chapter of the Society for Advancement of Chicano and Native Americans in Science won the award for Role Model Chapter of the Year at the SACNAS National Conference in October - the sixth consecutive year the chapter has received an honor for its support and advancement of Hispanic/Chicano and Native American scientists.

We asked the chapter’s director, Arlene Nededog, and president, JiHye Chun, about the chapter’s success and impact on students.

What is SACNAS, and why the focus on science?

Nededog: SACNAS is the society of scientists focused on the advancement of Hispanic/Chicano and Native American student and professional scientists. Historically, there hadn’t been an organization or group to advance these individuals; so, the focus on this demographic can target and improve their underrepresentation in the professional realm.

Chun: SACNAS fosters the success of scientists — from college students to professionals — to attain advanced degrees, careers, and positions of leadership in science. The CSU chapter provides students with a really good opportunity to work with your peers, network, and gain opportunities to advance themselves in the sciences.

How do you become an award-winning SACNAS chapter, receiving the SACNAS Outstanding Native American Member Outreach Role Model Award?

Chun: The focus is primarily on qualitative analysis and retention of each chapter. I was responsible for putting together an annual report



Arlene Nededog

workshops, assist with networking, and provide academic and moral support for the students.

Arlene, we would like to congratulate you on your Distinguished Service to the Society Award. Could you tell us what made you want to work as a mentor for students?

Nededog: The CSU SACNAS chapter was founded in February 2006 after a colleague of mine was exposed to the group at a conference. We immediately brought the idea to the students and asked them if it was something they would be interested in. I just like to mentor students. My goal with this group is to empower students to become leaders in the sciences. It takes many things to create this empowerment, and mentoring is a strong component of that. Then, you create the domino effect: I mentor students who, in turn, mentor younger students, and as they get older, they mentor other students. Each student is not only dependent on the academic and moral support they can get from me and others on the faculty board, but their

ability to help each other be successful.

Can you share some of the success stories from former students in this program?

Nededog: Success, to me, is seeing students take advantage of the opportunities they have to grow academically and professionally. I’ve seen students graduate with undergraduate degrees in the sciences, and then go on to graduate schools. I’ve seen students graduate grad school and start their professional careers. I have even begun to see students leave and contribute to, or even create, SACNAS chapters at other schools. The success of the chapter is because of the team’s ability to work effectively and efficiently to achieve goals. Our students are constantly evaluating what has been done and envisioning what they can do next.

How do students get involved in SACNAS?

Nededog: We hold a general meeting at the beginning of the semester and provide workshops, fundraising events, and social events to attract students into joining. Our key strategy recruitment is to personally recruit each member.

Chun: I was approached and invited to join SACNAS by the former president while in one of my chemistry labs.

Nededog: Undergraduate Research and Creativity (CURC) is instrumental in our recruitment of students. The program assists us in targeting and reaching out to students.

Chun: Through this program, students can meet with professional staff and grad students to find out what it means to be a professional. These meetings create sort of a family atmosphere amongst the group and a strong support system for each student.

This story originally appeared in Today@CSU in November 2012.

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Culinary creations

from the Kendall Anderson Nutrition Center

Kale and Avocado Salad

A fresh and flavorful green addition to your St. Patrick's Day celebration!

Ingredients

- 1 ripe Haas avocado, cut into cubes
- 1 bundle green kale
- Honey or agave nectar to taste (start with 1 tablespoon)
- Juice from ½ lemon
- 1-2 tablespoons rice vinegar
- ½ cup golden raisins
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Salt and pepper to taste



Directions

1. Boil 2 cups of water in a large pot.
2. Wash and roughly chop/tear kale into 2-inch pieces.
3. Add the kale to the boiling water for 30 seconds and then remove from heat. Drain and run under cold water immediately. Drain again and pat dry with a paper towel.
4. Place kale in a large bowl. Add the avocado cubes and raisins. Mash with a fork until avocado is incorporated.
5. Add remaining ingredients and toss.
6. Taste and add more sweetener or spices as desired.

Tip: Add additional vegetables as desired. Ideas include cucumber, green snap peas, and diced green bell pepper.

Makes about two cups of salad.

Nutrition Information / Amount per serving (1/2 cup salad)
Calories 156; Protein 2.6 g; Total fat 5.7 g; Saturated fat 0.8 g;
Total Carbohydrates 28.0 g; Dietary Fiber 4.0 g;
Cholesterol 0.0 mg; Sodium 92.6 mg

For more recipes and other information, visit www.nutritioncenter.colostate.edu

BUSINESS BUZZ

Men's Barber Shop Brings Tradition and Charity to Fort Collins



Sammie's
LUCKY 27

Sammie's Lucky 27 Barbershop and Social Club strives to bring back a time where a haircut wasn't just an 11 minute experience, but a chance to relax and catch up with friends.

Lucky 27 is an extension of the Lucky 27 Barbershop in Castle Rock, CO started by the owner's aunt and her husband, former NHL player Scott Parker. The shop serves as both a traditional barbershop as well as a social club complete with wet bar, 18th century piano, and mini-cigars. The atmosphere dates back over 100 years and four generations.

"As a social club alone, we partner with other local businesses to hold public and private events complete with the top of the line grooming, catering and beverages for a special night out bringing our New York family neighborhood here to Northern Colorado," owner

Michael Lynn said.

Michael and his daughter, Sammie Lynn, intend on expanding the shop further in the future to further develop the social club side of the business. Specifically, plans are in motion for the shop to extend behind the barbershop into a vintage speak easy.

The shop also has a strong local charity presence since it has begun donating free haircuts for Post-Traumatic Stress Disorder treatment dogs and fundraising for non-profits as well as local school organizations. In the near future, Lucky 27 plans to put together Walk a Mile in My Boots which is a mile long charity march in the donated boots of veterans to fundraise for PTSD. The event is tentatively scheduled for Memorial Day weekend.

Sammie's Lucky 27 Barbershop and Social Club is now open Tuesday through Friday 10 a.m. to 6 p.m., Saturday 9 a.m. to 5 p.m., and Sunday 12 p.m. to 4 p.m. Appointments can be made at lucky27barbershop.com or at 970-581-5559.

Advertisement



Pulitzer Prize-winning *Washington Post* columnist George F. Will delivered the 10th anniversary Monfort Lecture on Jan. 31. Photo by Mary Willson.

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AP Council recognizes 2013's 'shining stars'

The AP Star Award was created to express appreciation by recognizing the accomplishments of administrative professional (AP) employees who have demonstrated outstanding individual performance at CSU. The goal is to recognize APs who make a difference and “shine” in the CSU community.

Six outstanding CSU staffers were recognized at the annual luncheon on Feb. 13. Judea Franck of the College of Veterinary Medicine and Biomedical Sciences;

Paula Moffet, Equine Reproduction Laboratory; Kyle Oldham, Residence Life; Pat Rastall, Pingree Park – Mountain Campus; Marla Roll, Assistive Technology Resource Center, and Anne Ulrey, Center for Environmental Management of Military Lands in Fort AP Hill, Virginia, were all named this year's AP Stars.



Marla Roll
Assistive Technology Resource Center



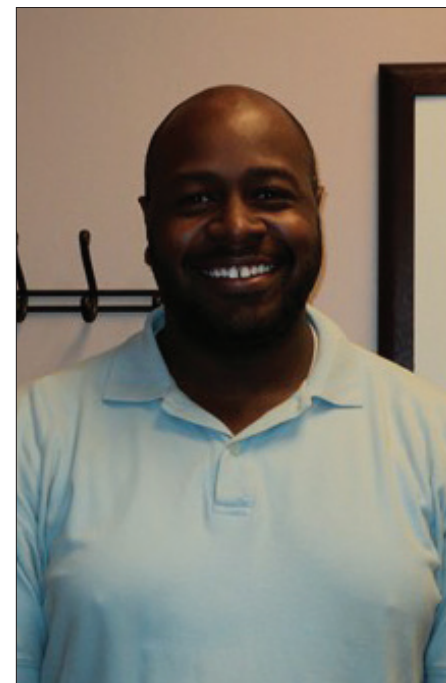
Paula Moffett
Equine Reproduction Laboratory



Judea Franck
College of Veterinary Medicine and Biomedical Sciences



Anne Ulrey
Center for Environmental Management of Military Lands—Fort AP Hill, Virginia



Kyle Oldham
Residence Life



Pat Rastall
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