

COMMUNITY  
EVENTS

- Great Plates Fort Collins

March 1-14

More than 30 downtown restaurants will offer unique evening dining specials for just \$25 for a full two weeks to help support the Food Bank for Larimer County. Last year's event raised more than \$35,000 to feed the hungry in our county. Full details available at [downtownfortcollins.com](http://downtownfortcollins.com)
- Reception for Michael Carolan

March 4, 4-6 p.m.

108 Johnson Hall

The School of Global Environmental Sustainability hosts CSU professor and chair of the department of sociology Michael S. Carolan, who will discuss his latest book, *Reclaiming Food Security*. Copies of the book will be available for purchase and refreshments will be served.
- Recyclemania/ Trash Audit

March 5

The national RecycleMania competition continues through the end of March, and CSU will be checking in on what we're tossing that should be recycled. Last year, student volunteers found that 26 percent of campus trash could have been recycled –
- See Events page 7

Founders Day Celebrations



Jean Sutherland and husband Tom, both longtime members of the CSU faculty, were awarded the Founders Day Medal on Feb. 11. *Photo courtesy CSU Creative Services.* [More photos on page 11](#)

Lory Student Center Update

Tracey Abel: The method behind the LSC maddness

by Sarah Sparhawk

When it comes to the remodel of the Lory Student Center, every person at Colorado State University is wondering “When?” But the “Who?” is Tracey Abel.

Well-spoken and organized, Abel is the construction project manager for CSU, and has been lending her talents to the LSC construction. She received her background in interior design and started small before working her way up to stay at the university.

“I manage the scope of the whole portion for CSU: budget, schedule, and contracts between us and the design team,” she said.

Abel previously worked on the University Theater remodel. She was not originally going to work on the LSC project, but she was asked

specifically to do so. After seeing the result of her theater work, and the many awards that can be seen around her office space, it is no wonder why she was asked.

“The LSC remodel will be truly unique. It does not repeat at all from interior to exterior,” she said. “The university will never have an opportunity to expand like this again.”

The new design will still be based on the vision of the original designer, James Hunter, such as the main staircase in the center, but Abel gave some small glimpses into what the new student center will feature. A large outdoor staircase, a glass overhang and an east-to-west stretching red sandstone wall are just a few of the changes faculty and staff can anticipate.

“As the heart of the campus, it was important that we stick with the history, and wanted to

[See LSC page 5](#)

Women making waves at CSU

by Kyla Skye Allmon

A campus wide initiative is beginning to ripple through the CSU community. Striving to make CSU a premier place for women to work and learn, the Ripple Effect was set in motion by President Tony Frank and VP of Operations Amy Parsons.

“All the credit goes to Tony for thinking of it in the first place,” Parsons says. Frank charged her with the mission to find out how to make CSU one of the best places for women to work and learn.

Parsons says that there were no real issues on campus to bring about this idea. “Tony was watching a lot of the national dialogue on pay gaps and wanted to make sure that CSU didn’t have any of that going on.” The team Parsons has assembled is now looking at pay equity, and heading up this portion of the initiative is Diana Prieto, Director of Office of Equal Opportunity and Chief Human Resources Officer. Parsons says that the university has done a good job looking at pay equity of faculty over the years, making sure it’s competitive with other universities.

“What we’ve found is that we have not paid the same amount of attention to that comparative data with regard to our state classified employees and our

[See RIPPLE page 6](#)



Colorado State University



**OPEN!**  
Lory Student Center  
RE-VITALIZATION  
throughout  
renovation  
July 2013 to Spring 2014

The UNIVERSITY CLUB

Lory Student Center above the CSU Bookstore

Join the U Club!

Faculty, Staff,  
Grad Assistants,  
and Alums only

\$18<sup>a</sup> month

[sc.colostate.edu/membership.aspx](http://sc.colostate.edu/membership.aspx)

Continental Breakfast  
for members

Mon-Fri: 7-9:30 am

— Open to the Public —

Happy Hour

Thursdays 4-6 pm

See you at the U-Club!



# APPLAUSE

### Athletics

**Karla Lewis**, food and beverage general manager at Colorado State University Athletic Facilities, recently received the Ovations Food Services Rookie of the Year award. Lewis has worked with Ovations at CSU since August 2012, where she oversees catering pregame meals, team functions, recruiting dinners and fan dining at venues including Hughes Stadium and Moby Arena. Ovations operates more than 135 public assembly facilities across the country.

### Provost Office

**Mike Palmquist** has been named Associate Provost for Continuing Education. Palmquist, who served previously as the associate vice provost for learning and teaching, will lead OnlinePlus, the division that expands access to CSU faculty and research through online degrees and courses and the Institute for Learning and Teaching (TILT). Palmquist is charged with pursuing innovations in learning and teaching across the university, with a strong focus on enhancing the university's use of instructional

technology in online, blended, and face-to-face courses. Palmquist, a professor of English and University Distinguished Teaching Scholar, is internationally known for his work in computer-supported writing instruction and writing across the curriculum.

### Faculty

Three Colorado State University faculty members have been named Fellows of the American Association for the Advancement of Science. **Patrick Byrne**, **Debbie Crans**, and **Nora Lapitan** are among 388 new fellows recognized for their contributions to science and technology the AAAS meeting in Chicago in February.

Byrne, professor of soil and crop sciences, was cited for "pioneering work on the genetics of drought tolerance and disease resistance in plants, and exceptional public engagement on the science of genetically engineered organisms." His work focuses on the application of quantitative and molecular genetics to crop improvement.

Crans, professor of chemistry, was cited "for distinguished contributions elucidating the chemistry and biochemistry of vanadium, as well as professional service within the field of inorganic chemistry." Her research focuses on the chemistry of transition metal compounds and she has expanded her work to include lipid and lipid-like environments in bulk and on the nanoscale.

Lapitan, professor of crop sciences, was cited for "distinguished contributions to the field of plant genomics,

particularly in the study of genome organization and the genomics of important traits in crop species." She focuses on DNA "intelligence," examining how DNA structure fits its function and how DNA evolves to respond to the needs of the organism.



**Editor**  
Kyla Skye Allmon

**Staff Writer**  
Sarah Sparhawk

**Photographer**  
Shaylyn Boyle

**Advertising Account Executive**  
Meghan DesRochers

**Advisors**  
Kim Blumhardt | Kate Jeracki

**Designer**  
Sarah Thomsen

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 [CSULife@colostate.edu](mailto:CSULife@colostate.edu)

SEND IN YOUR APPLAUSE

Do you have news from your department or unit you would like to share with the rest of the CSU community? Send it to [csulife@colostate.edu](mailto:csulife@colostate.edu) for inclusion in our Applause section.

CSU LIFE ADVERTISING

Want to promote your business through CSU Life? Contact Mackensie Stiff at [advertising1@collegian.com](mailto:advertising1@collegian.com) or (970) 491-2126



LUCKY JOE'S  
ST PATRICK'S DAY  
PARADE  
& OLD TOWN IRISH PARTY

Come Downtown for the community parade. Stay to enjoy our Irish flare at restaurants, shops and the Old Town Irish Party!

Saturday, March 15th at 10am

Annual Downtown Fort Collins Sponsors:





Official Sponsors:





Media Partners:




Produced By:





Support your community while dining out during Great Plates of Downtown

March 1 - 14

\$25 dinner specials and a chance to donate to feed people in our community!

~ Read all the delicious menus on our website. ~



# Why your choice **matters.**

GOLD STANDARD | SPECIALIZED NURSES | TRUST | BETTER NURSES=BETTER CARE



Poudre Valley Hospital is one of only 10 hospitals in the nation to receive the **Magnet Hospital for Nursing Excellence** designation four times.

The Magnet award validates PVH nursing practices and the quality and expertise of nurses who care for you and your family. Your choice matters to our nurses. And you matter to them.



UNIVERSITY  
of COLORADO HEALTH

Greeley Emergency and Surgery Center | Medical Center of the Rockies | Poudre Valley Hospital  
*Supported by more than 40 UCHealth clinics.*

[uchealth.org](http://uchealth.org)



# CSU Fashion Week



2013 Fashion Show. Photos courtesy CSU Creative Services.

By Sarah Sparhawk

Just as New York Fashion Week finishes up in its own Lincoln Center in New York, the Colorado State University Fashion Show will be taking the stage in Fort Collins' Lincoln Center on March 7 at 5:30 p.m.

It was Carol Engle-Enright, internship coordinator for the apparel design and merchandising program and instructor for the CSU Fashion Show, who noticed this coincidence. However, it is the students participating in the show that are making the production seem just as big as the New York version, she says.

"[The fashion show] is completely student run," Engle-Enright said. "My participation in the show is very hands off."

Engle-Enright has been working with the fashion show for about four years, so she understands how important it is that students get a lesson in fashion design and show production as close to the real industry as possible.

"The students began with a budget of zero," she said. "It is up to them to find financial support for the entire show, on top of planning and creating their clothing designs. This is done mainly through sponsorships, both in and out of the community." This year, the show has some big name sponsors, like UGG Boots and Mercedes Benz.

In addition to developing their own unique fashion lines, the students must come up with a complementing show set up, including lights and music. This year's show theme is called Rendering Reality. The inspiration behind this comes from the different phases of life, or reality, that the designers try to bring to life with their capstone collections.

The show will also include gowns made by apparel and design juniors made from recycled army parachutes, using a technique called draping.

The fashion show used to take place in a LSC ballroom, Engle-Enright recalled. She has been working as the coordinator for about four years, but says the program has been around even longer than that. It has grown to become the large gala event at the Lincoln Center.

Engle-Enright stresses that this is a very difficult production for the 30 female and six male designers who put on the show for a variety of audience members including other students and fashion professionals.

Faculty who have not been involved in the process are strongly encouraged to come, as exposure outside of the curriculum is important to the show's growth. Engle-Enright also said that more community sponsorship for this huge moment for the students' career is greatly appreciated.

Tickets are for sale online at [lctix.com](http://lctix.com), or \$10 tickets at the Lory Student Center.



## AVENIR MUSEUM OF DESIGN AND MERCHANDISING

### Jewel of CSU being updated, expanded

CSU's highly regarded Avenir Museum of Design and Merchandising has hired Doreen Beard as director of operations and engagement. In her newly created position, she will oversee a remodeling and expansion project that will double the museum's space in the University Center for the Arts, thanks to a lead gift from the Avenir Foundation and funding from other benefactors.

The Avenir Museum is a part of the College of Health and Human Sciences. It has moved from a collection of textiles and clothing housed in the Gifford Building to its current gallery space, accompanied by improved storage and classroom space in the UCA complex. Thanks to the Avenir Museum, design, history and textile students and scholars have access to more than 18,000 catalogued clothing, textiles and interior furnishing artifacts.

Among the jewels of the collection are designer dresses from the late Mr. Blackwell, Arnold Scaasi, Carolina Herrera, James Galanos and Calvin Klein. It is also home to the internationally renowned Hellmann lace collection, which includes rare examples of 17th- and 18th-century handmade lace.



# Testing for the MAX Rapid Transit System

Fort Collins prepares for transportation addition that will cut down traffic around campus

by Hannah Woolums

Come May 2014 there will be a new transportation system that will hit the CSU campus and the Fort Collins community.

The MAX line will offer a new way to get around town and cut down on the traffic that comes in and out of campus.

The installation of a new transportation system requires a lot of preparation to make sure that it will be up and running.

The MAX system is currently going through a series of tests to make sure that when May hits, it will be fully operational and safe for riders. According to Denise White, the Public Relations coordinator for the City of Fort Collins, these tests are to make sure that all of the technology involved is working properly.

“The testing for the MAX started in February 2014, and this is done to make sure that all of the technology works the way that it should,” White said.

This includes the gates, the ticket activation booths and messaging. The MAX system will act like a train, but instead of being on tracks it will be on something called a guide way, which will basically be its own separate road. Due to this new road, training for bus drivers is underway. The testing is put on by a variety of people in the Fort Collins community. The majority of this training and testing is led by the Transfort staff and happens through Transfort itself. Carol Thomas is one individual who is helping get all of the Transfort drivers on the same page.

According to White, this training covers driving on the guide way, how to pull in and out of the stations, how to make sure all of the signals at the stations are working properly, conducting drills with emergency services, and



The rapid-transit buses that will travel the Mason Corridor every 10 minutes are in town, getting ready for their May debut.

working with snow removal to learn how to properly remove snow from the guide way.

Part of the technology will be the GPS that will now be located in each bus. This GPS will be available on an app that can tell you when your bus is scheduled to arrive, and you can even set alarms to remind you when your bus will be there.

“Each bus will have its own GPS that will follow the buses and will be able to tell people if there is a problem that will cause a delay,” Aaron Fodge, head of alternative transportation at CSU, said.

There will be very little community impact due to the testing besides the construction that has already been taking place. The team is working hard to make sure that there are minimal traffic impacts.

While the MAX line is still under construction and testing White cannot stress enough the importance to not use the guide ways. “We realize that the guide way is tempting, but we need people to stay off of it now that the buses are running,” White said.

The projected date for the public use of the MAX system is May 10, 2014.

## LSC | Abel has remodeling under control

From page 1

that we stick with the history, and wanted to celebrate the original thought and architecture of Hunter’s student center,” Abel said.

Out on the construction site, it is easy to tell who is in charge. Abel, on the site three times a week, can confidently lead a tour of the site and knows where everything will be. But, she does not forget that this process would not be the same without the workers who show up in all kinds of weather, and repaid them with popcorn and other snacks on Valentine’s Day for all their hard work.

When all this construction is said and done, the campus will be greeted to an upgraded Lory Student Center that is “five times” what the previous one was, Abel said, but will still be recognizable and feel nostalgic to alumni. For now, we can rest easy knowing that there is a passionate and qualified woman behind it all.



Tracey Abel on site inside the Lory Student Center. Photo by Shaylyn Boyle.



# RIPPLE | Current focus on employment

From page 1

universities.

“What we’ve found is that we have not paid the same amount of attention to that comparative data with regard to our state classified employees and our administrative professionals,” Parsons said.

Determining pay equity isn’t as easy as making sure everything is even across the board. Parsons explains that 100 people

may have the title of director; however, they may have different responsibilities, supervise different numbers of people, and their jobs may include special skills. All of these factors have to be considered.

“It’s difficult to make those comparisons and make any sort of rational analysis about if there are differences based on gender or educational attainment or years at the university,” Parsons said.

The main focus of the Ripple Effect

right now is to tackle the question of pay equity. If any discrepancies are found at CSU, Parsons and her team will implement a plan to address the problem.

Right now the focus is examining equality in levels of employment, but the mission is to analyze the environment of learning at CSU as well. The next step is to turn the discussion to female students.

Female employees of CSU can engage in conversation and topics regarding the

woman’s work environment on campus by engaging in the online discussion board that can be found at [www.letsmakeripples.org](http://www.letsmakeripples.org).

The website is closely monitored and feedback is reviewed by the Ripple Effect team, including Amy Parsons, Tony Frank and Provost Rick Miranda.

To learn more about the Ripple Effect, and to begin making ripples of your own, visit [www.rippleeffect.colostate.edu](http://www.rippleeffect.colostate.edu).

## Big Women on Campus

Of the 38 named buildings on the Colorado State University campus, eight are named for women (eight and a half, if you count the new Suzanne and Walter Scott Jr. Bioengineering Building). Who were these founding mothers of CSU? And which buildings bear their names?

Special thanks to G. “Hap” Hazard in Morgan Library Special Collections for compiling this list.

### Allison Hall Inga M. K. Allison



Inga Allison joined the Home Economics department at the Colorado Agricultural College in 1908, at a time when faculty members were starting to study the unique effects of high altitude on both crop growth and food preparation. Lacking an established lab, Allison conducted her experiments on cooking at altitude with improvised equipment in challenging conditions – for example, baking in a rough Estes Park shanty located at 11,800 feet above sea level, where the baked goods failed to rise at all. Allison eventually became head of her department and expanded its focus greatly to include Child Development and Welfare, and Nutrition and Dietetics – and added a food lab. Allison Hall is a residence near the College of Business.

### Corbett Hall Virginia H. Corbett

Virginia H. Corbett joined the faculty of the Colorado Agricultural College in 1900 as a professor of literature and history and, after a short tenure as professor, became the Dean of Women. Among other duties as dean, Corbett assisted college women in finding quality homes in Fort Collins and maintained close personal contact through frequent conferences and visits to their homes, travelling

by horse and surrey. Corbett oversaw the development of a special women’s governmental organization, the Associated Women Students, which emerged just before World War I. Corbett Hall is a newly renovated residence hall on the north side of campus.

### Durward Hall Margaret Durward

Margaret Durward joined the faculty of the Colorado Agricultural College as a professor of mathematics in 1909. She became the first house mother of Sigma Alpha Epsilon fraternity in 1917. In 1919 she became assistant dean of the School of Agriculture, and later the first female Dean of the school. Durward Hall was built in 1966, one of the two 12-story towers residence halls.

### Gifford Building Elizabeth Dyer Gifford

In 1940, Elizabeth Dyer Gifford became a faculty member in food science and nutrition at Colorado Agricultural and Mechanical College. She was the first dean of the College of Home Economics in 1950, and hired the first male in the history of Home Economics on campus. She acted as dean until her retirement in 1976. The Gifford Building on Lake Street was dedicated that year and allowed the College’s five departments to be consolidated under one roof. It became the College of Applied Human Sciences, now known as the College of Health and Human Sciences, one of the largest on campus with eight departments and schools.

### Palmer Center Miriam Palmer



Miriam Palmer joined the Zoology and Entomology Department of the Colorado Agricultural College prior to World War I, part of President Charles Lory’s push to add credibility to the faculty. Palmer completed her master’s thesis in 1925 and became a distinguished illustrator of scientific papers as well as a world authority on aphids. The Palmer Center, near Laurel and Shields, was built in 1968, and now houses Housing and Dining Services.

### Parmelee Hall Amy Parmelee

Amy O. Parmalee became Dean of Women at the Colorado Agricultural College in 1934, the year before the school became known as the Colorado State College of Agriculture and Mechanic Arts, or Colorado A&M. She worked tirelessly for improvements in housing conditions for women and for making more scholarships available for women who could not otherwise go to school. Her vision for an on-campus girls’ dormitory was realized in 1940 with the opening of Rockwell Hall. Parmelee Hall is a residence near the Student Rec Center.

### Rockwell Hall Aileen Rockwell



Until completion of the first women’s dormitory on campus in 1940, female students had to seek housing in sororities and boarding houses throughout Fort Collins. The new residence hall on Laurel Street was named for Aileen Rockwell, wife of governing-board member Robert Rockwell. It is now one of three buildings housing the College of Business.

### Routt Hall Eliza Routt

As wife of John Routt, Colorado’s first state governor, Eliza Pickrell Routt became the state’s first First Lady in 1876. When women’s suffrage in Colorado passed in 1893, Routt was the first woman to register to vote. Routt was also the first woman on the Colorado State Board of Agriculture, the governing body of the Colorado Agricultural College. During her decade on the board, Routt started the School of Domestic Economy, giving wide access to higher education for women, and obtained the first professorship for a female instructor. Routt Hall, formerly the Domestic Sciences Building – the forerunner of Home Economic s – at the corner of Laurel and College, is named in her honor. She was inducted into the Colorado Women’s Hall of Fame in 2008.

*About half of the buildings on campus are not named for people at all. Which would you like to see renamed? And who should they be named for? Send your suggestions to [csulife@colostate.edu](mailto:csulife@colostate.edu).*



# CPC needs members to represent employees

by Debra DeVilbiss

If you have ever considered joining the Classified Personnel Council (CPC), now is the time. At the end of this term, there are nine vacancies and five alternate positions open, and we need you!

The council is the voice of State Classified employees, and its mission is to represent State Classified employees at CSU by promoting, improving and protecting their role within the University system.

Its elected members form a united voice on issues and decisions that directly affect State Classified employees. To find out more about the nomination process and how to nominate yourself or a co-worker, visit our website at <http://cpc.colostate.edu>.

The university counts on the CPC to disseminate information to their constituents, host informational sessions and employee appreciation events, to review and weigh in on bills before the state legislature, and to recognize and award employees.

Many outreach events initiated by the CPC are coordinated with the Administrative Professional Council (APC). Perhaps, you may remember the Valentine event at the library, and the tour of the vet teaching hospital in January.

Elected representatives to CPC are expected to attend monthly meetings and serve on committees. That's really where you have a chance to make a difference. To see a list of the committees, visit: <http://cpc.colostate.edu/about-cpc/cpc-committees/>. All CPC monthly meetings are open to the CSU community, so plan to attend and check them out.

A highlight of membership includes an annual trip to the Capitol in Denver to observe how laws are created, and we often interact with our local congressional representatives. In 2013 CPC and the APC had the opportunity to meet with Sen. John Kefalas, sit on the House and Senate floor, attend minority and majority party committee meetings, and meet with Chancellor Michael Martin.



Front Row (left to right): Sandra Dailey, Scott Simonds, Debra DeVilbiss, Sheela Backen, Stacey Baumgart, Sheri Hofeling. Middle Row (left to right): Carol Carroll, Diane Hellbusch, Farrah Bustamante, Terri Ratzlaff, Marvin Withers, Kristin Stephens. Back Row (left to right): Scott Chase, Terri Pecora, Lori Bates, Eric Gardner, Debra Parker, Jeff Sturgeon

# CSU Life is now online!

You've asked for it, and now it's here. Issues of CSU Life are now available, in pdf format, online at <http://facultyandstaff.colostate.edu/csulife.aspx>. Back issues for a year and the current issue will be available to peruse page by page, just as you saw it in the printed newspaper. We hope you like having the issues at fingertips; we're working to make it more interactive in the future.

Let us know what you think. Email [csulife@colostate.edu](mailto:csulife@colostate.edu).

## Faculty & Staff

resources

CSU A-Z: a b c d e f g h i j k l m n o p q r s t u v w x y z

Quick Search:

### CSU Life

CSU Life is published monthly, when classes are in session, through a partnership with the CSU Department of External Relations and Rocky Mountain Student Media. The publication is distributed to all faculty and staff mailboxes and is available for free on campus. Electronic copies of recent issues are available for download as .pdf documents. Contact [CSULife](mailto:CSULife) with news from your department or unit you would like to share with the CSU community for our Applause section, or if you would like to request a past issue not listed below. For more news about CSU people and programs, visit [ColoStateU](http://ColoStateU) on the Coloradoan's website.

#### Resources

- Home
- Academics, Advising & Teaching
- Commitment to Campus
- Community & Family
- Computing & Networking Services
- CSU Life
- Employee Resources
- The Ripple Effect
- Today @ Colorado State
- University Grievance Officer

#### Administrative Tools & Links

- Administrative Services
- ARIESweb
- Business & Financial Services
- Campus Admin Portal
- Institutional Research
- RampPoint Portal
- University Administration
- More Tools & References

#### Finding Information

- CSU A-Z
- Search CSU
- Online Directory
- Ask a Question!

#### February 2014

VanGo: How to get from here to there, Training Sessions for CSU Employees, Black History Month, Romance in the air, Valentine's chocolate bark

#### December 2013

Happy Holidays, Ram Family! The faces of conservation: CSU's energy initiative, Noticing signs of student distress, CPC awards, Tony Frank's Holiday Dish

#### November 2013

Native American Heritage Month, Food trucks fill campus dining gap until LSC reopens, CSUCares continues to serve the Ram family, A Dickens' dinner, CSU cooks Thanksgiving

## COMMUNITY EVENTS

### From page 1

have been recycled – down from 40 percent in 2009, but still leaves room for improvement. Watch your bins!

TILT website, [tilt.colostate.edu/learning/skills/workshops](http://tilt.colostate.edu/learning/skills/workshops).

### International Women's Day Observance

March 5-6

The Ripple Effect will present a series of free events on campus in honor of International Women's Day on March 8.

March 5, 10-11:30, Lory Student Center Room 228: **Women + Men = Transformational Leadership seminar**

March 5, Noon-1 p.m., Lory Student Center Room 228: **Women Senior Faculty at CSU: What Needs to Change? panel discussion**

March 5, 6-8 p.m., Behavioral Sciences Building Room 131: **Screening of the film "Girl Rising"**

March 6, 4-5 p.m., Behavioral Sciences Building Room 107: **Ripple Effect Progress Report and Listening Session**

The keynote address by Leila Janah on March 6 is sold out.

For information on all these events, go to [rippleeffect.colostate.edu](http://rippleeffect.colostate.edu)

### Mindfully Managing Stress

March 6, 6-6:50 p.m.  
TILT 221

How to be more present in the moment. How mindfulness can help with stress.

For more information contact Darrie Matthew Burrage, 970-491-2519, [darrie.burrage@colostate.edu](mailto:darrie.burrage@colostate.edu); register at the

### Women's Basketball

March 7, 7 p.m.  
Moby Arena

The Rams have clinched the Mountain West Conference for the first time in 12 years. Cheer them on in their final regular season game against Wyoming – then make plans for the championships that start March 10 in Las Vegas.

### Spring Break

March 15-23  
Enjoy!

### St. Patrick's Day Parade

March 15, 10 a.m.  
Old Town Square  
More than 80 floats and Irish-themed entries will parade along the streets of historic Downtown Fort Collins. The parade begins on Walnut Avenue, on the north side of Old Town Square, north on Walnut, south on College Avenue to Magnolia. The last stretch of the parade will be north along Remington Avenue until it connects with Mountain Avenue again. After the parade the Old Town Irish Party celebrates 10:30 a.m. to 5 p.m. with live Irish music, beer, food and more.

### International Tea

March 27, 3:30-5 p.m.  
Laurel Hall

An opportunity to meet people from around the world right here on the CSU campus, while enjoying tea and cookies. Sponsored by International Initiative, International Programs, International Student and Scholar Services.

# PANINOS

## New Monday Special

### Happy Hour ALL Day!

[Sunday - Thursday 2 - 6 p.m.]

Close to Campus!

CAMPUS

LAKE

CENTER

COLLEGE

PROSPECT

★ PANINOS

## \$3 Drinks

Draft Beer  
Bottled Beer  
House Wine

## \$5 Apps

Mini Meatballs  
Mussels  
Poppers  
Cheese Bread



# ENTERTAINMENT CALENDAR

## Theater



### Comedy Brewers Improv

March 9, 7:30 p.m.  
Bas Bleu Theatre, 401 Pine St.  
Tickets; \$10 pre-show, \$15 at the door

An evening of Comedy Brewers combines the fast pace of hilarious short form improv games along with long-form style improv that tells a story collaboratively. From comedy to drama, short scenes to full length epics, The Comedy Brewers will engage and entertain audiences with rich characters and relationships.

[basbleu.org](http://basbleu.org)

### Rodgers & Hammerstein's South Pacific

March 14-May 25, Thursday-Saturday evenings, Sunday matinees

Midtown Arts Center, 3750 S. Mason  
Tickets \$49-\$59, includes three-course dinner

Based on James Michener's Pulitzer Prize winning book *Tales of the South Pacific*, this 1949 classic is one of the few musicals to be awarded the Pulitzer Prize for Drama and the Tony Award™ for Best Musical.

[midtownartscenter.com](http://midtownartscenter.com)

### The Tempest by William Shakespeare

March 29-April 26, 8 p.m.; 2 p.m. Sunday matinees

OpenStage Theatre in the Magnolia Theatre, Lincoln Center  
Tickets: \$18-\$28

In Shakespeare's beloved fantasy, enchantment, humor, and justice entwine to tell one of the Bard's final tales about embracing a brave new world.

[lctix.com](http://lctix.com)

## Art & Literature

### Defined by Lace: Dresses, Frills, and Flourishes of Fashion

March 13, 7 p.m.  
UCA Room 136, 1400 Remington St.

Susan J. Torntore, Avenir Museum Curator, presents this Thursday Lecture in conjunction with the *Intricate Web: Lacemaking, Trade and Tradition* exhibit in the museum through May 16.

### Designs and Images

March 17-April 25; opening reception March 27, 5 p.m.

Clara Hatton Gallery in the Visual Arts Building on West Pitkin Street  
Gallery hours: Monday-Friday, 10 a.m.-4 p.m.

Admission free.

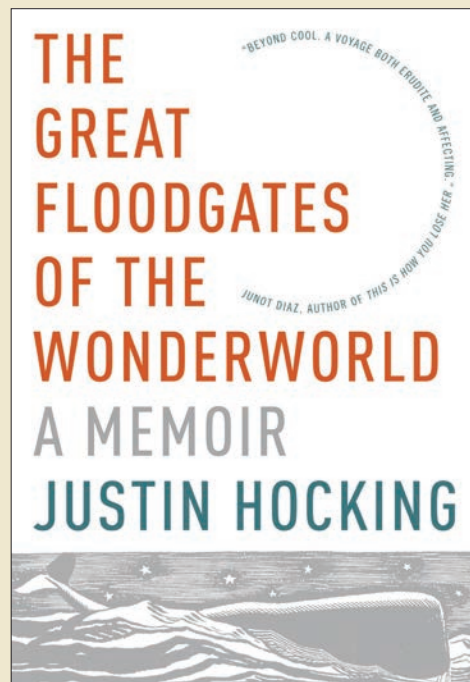
Showcasing artwork for Poudre School District students in grades K-12.

### Crow-Tremblay Alumni Creative Writing Reading Series

April 3, 7:30 p.m.

University Art Museum, University Center for the Arts  
Admission free.

Justin Hocking (MFA '02), author of *The Great Floodgates of the Wonderworld: A Memoir* (Graywolf, 2014), a Barnes & Noble Discover Great New Writers selection.



## Music & Dance

### eLeMeNO-P

March 26, 7:30 p.m.  
Organ Recital Hall, University Center for the Arts  
Free for CSU students, \$12 adults, \$1 under 18.

Contemporary a cappella singing group that will make you laugh, think and believe. Part of the Contemporary Artists Music Series, made possible by the generous support of the Bohemian Foundation.

[csuartstickets.com](http://csuartstickets.com)

### Spring Dance Tea

March 26, 3:30 p.m.  
University Dance Theatre, University Center for the Arts  
Admission and refreshments free.

An informal performance event showcasing the Ballet Repertory Ensamble, the Tour dance Company, and selected work by CSU dance majors.

### Cendrillon (Cinderella) by Massenet

March 29, April 4-5, 7:30 p.m., March 30, 2 p.m.  
Griffin Concert Hall, University Center for the Arts

Tickets: \$20 adults, \$10 CSU students, \$1 under 18.

The Ralph Opera Center presents the enchanting fairy tale of Cinderella in performances of Jules Massenet's French opera, *Cendrillon*, based on Perrault's 1698 version of the story. Wine and hors d' oeuvres reception sponsored by Friend of the UCA follows the March 29 performance.

[csuartstickets.com](http://csuartstickets.com)





# Helping Educators Retire for Over 20 Years



## Attention Faculty & Staff

You can now have your  
**CSU Retirement Accounts**  
professionally managed!

- Our Advisors can help you preserve & protect your existing 401a, 403b & 457 **CSU retirement plans**
- Locally owned with over 50 years of experience

2038 VERMONT DR | FORT COLLINS, CO 80525  
(970) 223-2377 | (888) 257-6066



Registered Representative, Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative. Cambridge Investment Research Advisors, Inc. a Registered Investment Advisor. Goodwin Financial Services, Inc. and Cambridge are not affiliated.

[WWW.GOODWINFINANCIALSERVICES.COM](http://WWW.GOODWINFINANCIALSERVICES.COM)

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

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



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



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

© 2006 002138 – 3/06



**The Melting Pot**  
*a fondue restaurant*

Join us for Great Plates!  
Call for details: 970-207-0100

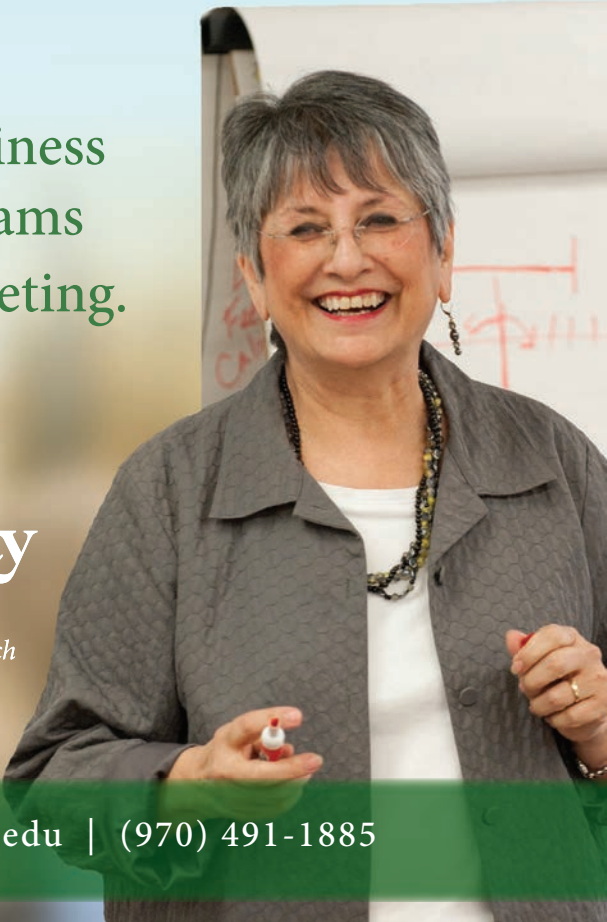


# Your best investment... You.

This spring, enhance your business  
skills with professional programs  
in finance and innovative marketing.



**Colorado State University**  
COLLEGE OF BUSINESS  
*Center for Professional Development and Business Research*





# Ask Dr. Jenn about in-laws always on the outs

**Q:** *I am a 40-something -year- old female who is happily married with two children. For the most part, my life is happy and secure, but I am always struggling with the fact that my husband doesn't just dislike my family, he HATES them. It keeps me up at night. What can I do?*

**A:** A few people are lucky enough to have loved ones who get along great! Most of us, however, have some people in our families who don't get along at all. It is normal to feel your own stress and unhappiness when others around us who we care for deeply are not getting along. The problem often comes when you either have to hear about the conflict from both members of your family, or you take it upon yourself to try to intervene.

There are a few things we can do to manage our own stress around other people's relationship struggles. First, sometimes we need to practice better listening. Usually when people vent to us, they don't want us to solve their problem for them. They just want empathy and a person who won't tell them they are wrong and crazy. My guess is you have a tendency to want to take sides with either

your husband or your parents at times, but it's important to ready yourself for their venting sessions and focus not on making them feel differently, but on just hearing their words and the emotions behind their words. Try reflecting what you hear them say and the emotions you can tell they are having.

Second, it is crucial that you not become part of an unhealthy triangle between your husband and your family. Listening to them vent is one thing, trying to intervene is a bad idea. It won't work for you to talk to your family about your husband and his feelings, or him about theirs. This simply puts you in the middle of their conflict.

Ideally every adult should be able to manage their own conflict with another without a third person intervening and trying to influence the way the two behave or think. In fact, I believe it is the only way they will grow and learn is by trying to resolve their own differences themselves without another family member between them. But until they are ready to sit together and make a plan for how to keep the peace, they won't be ready for you to step in the middle. What will happen is your husband will be upset

with you and your parents will be upset with you, and then you will resent them both for "putting you in that situation" when really it was up to you to not engage in the first place.

Families grow and change over time, just like individual human beings do. Families have a developmental process, and we can expect that over time things will change naturally. But it is also true that if families change in an unhealthy way and do not work hard to improve their relational health, they may get stuck in poor patterns of communication and behavior.

Having said that, it is not up to us individually to fix our families' problems. Seek a therapist who is trained in family systems theory who can help you and your family members think through what they are willing to change and what they simply won't budge on. Be patient as they weigh the pros and cons of getting along for the sake of you and the rest of the people who love them equally.

If you would like to meet with one of our therapists here on campus, we offer Commitment to Campus benefits for all staff and faculty after you have utilized your Employee Assistance Plan

benefits. That means 50 percent of the cost of your therapy with us is covered by the University. We have no waitlist and therapists who are highly trained to deal with exactly these kinds of issues. Call the Center for Family and Couple Therapy at 970-491-5991 or cfct@colostate.edu for a confidential intake.



*Jenn Matheson is an associate professor of Human Development and Family Studies and the director of the Center for Family and Couple Therapy. She will respond to questions from the CSU community focused on relationships on a regular basis in CSU Life. If you have a question or topic for Dr. Jenn, email her at [cfct@colostate.edu](mailto:cfct@colostate.edu).*

## BOOK REVIEW

### Cheaponomics: A CSU professor's take on economy

By Sarah Sparhawk

Colorado State University's Michael Carolan, sociology department chair and professor, comments on the current state of our nation's economy in his recently published book "Cheaponomics: The High Cost of Low Prices."

"The book looks at how our economy is failing us, in terms of its inability to efficiently and effectively generate well-being for the majority of the world's population," Carolan said in an email.

Carolan has been prolific in this genre for some time, encouraging thought-provoking glimpses into the

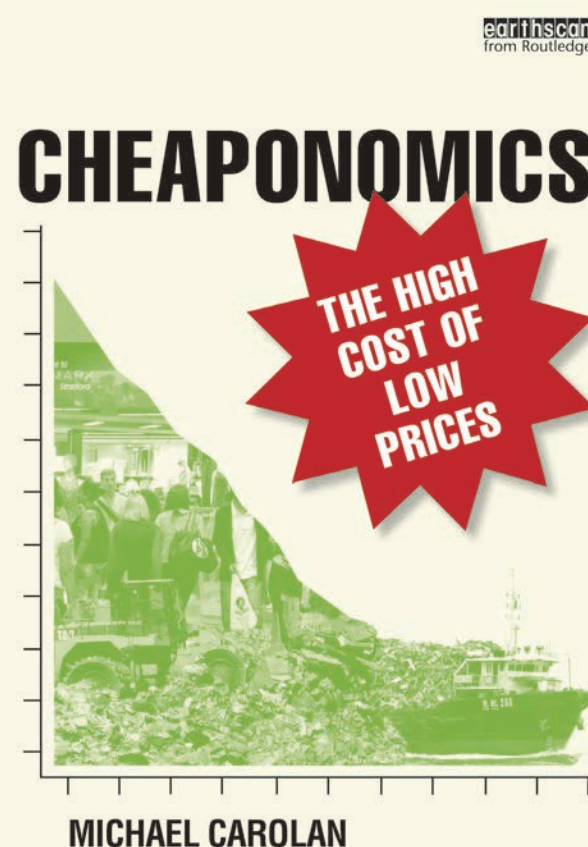
nation's interaction with sustainability and the general well-being of the population.

His most recent book, Carolan explains, is an extension of this interest.

"["Cheaponomics"] focuses especially on how it has evolved into a system of what I call cost-socializing socialism. Another way of putting it, more simply, is that it has gotten very good at socializing costs and concentrating benefits," he said.

Carolan has written six other books on these subjects, and is under contract to produce two more focusing on food.

Recently, Carolan has been invited to give lectures in China and Australia due to his book's great success.





# Schumacher on Jeopardy! again

When Russ Schumacher isn't studying intense weather events, he hangs out with Alex Trebek. The assistant professor of Atmospheric Science makes his fourth appearance on Jeopardy! on April 2, playing for a chance at more big bucks.

And depending on the outcome of this Battle of the Decades show, Schumacher may be headed for a fifth. (He can't say how the January taping came out before it airs.) He's representing the 2000s along with other top players from this decade, and could compete against champs from the 1980s and '90s, with the ultimate prize of \$1 million.

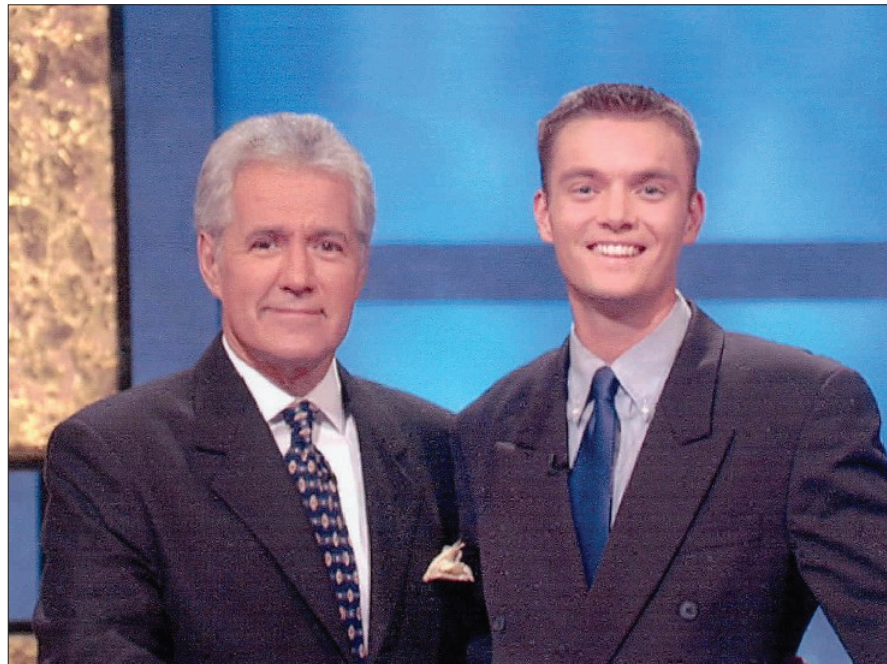
"I was a grad student here at CSU the first time I was on in 2003," he said. "It was two weeks before I was defending my master's thesis. That time I won \$64,800 in four games. Then they asked me back for the Tournament of Champions in 2004 – while Ken Jennings was still on his run, so I didn't have to play him."

That's when Schumacher, by then working on his Ph.D., won \$250,000 in four days. Atmospheric Sciences relocated to C.B.& Potts each day at 3:30 p.m. to watch him play (the show now airs at 6 p.m. on Channel 7 in Denver).

What did Schumacher do with his winnings 10 years ago?

"I bought my then-girlfriend an engagement ring, and we had a much more elaborate wedding than we would have had otherwise," he said. "We put a down payment on a house, did some traveling, saved some." They've been married nine years now. Like all contestants, Schumacher remembers the question he missed in Final Jeopardy! back then.

"The answer in the category Internet Terms, was 'It is named in honor of a Monty Python sketch that used the word more than 100 times in 2 1/2 minutes,'" he recalled. "Colleagues were leaving cans of Spam on my desk for weeks."



Russ Schmacher with Alex Trebek during Schumacher's first appearance on Jeopardy! in 2003. Photo courtesy Russ Schumacher

## Founders Day Gallery From page 1



Feb. 11, 2014, marked the 144th anniversary of the founding of what is now Colorado State University. To celebrate, students handed out cookies on the plaza and everyone signed a giant birthday card. CAM the Ram dressed up nice to appear at the state Capitol in Denver, and President Tony Frank presented the Founders Day Medal to Jean and Tom Sutherland, in recognition of the dedication of CSU and the Fort Collins community. Photos courtesy CSU Creative Services.





# CSU COOKS

## Caprese Salad Sorrento Style



Mix up your traditional holiday fare with a taste of the Bay of Naples. Communication Studies Assistant Professor Julia Khrebtan Hoerhager and her husband Philip provide their take on this classic dish all the way from Sorrento, Italy. The red ripe tomatoes, fresh green basil leaves and snowy mozzarella even dress up the table in festive colors of the season – and the Italian flag. Buon Natale and felice anno nuovo!

### Ingredients

- 1 dozen vine-ripened small tomatoes, ideally organic heirloom
- room temperature mozzarella di buffala from Campania region in Italy (D.O.C. only)
- room temperature fresh basil, some chopped, some whole leaf for garnish
- extra-virgin cold-pressed olive oil aceto balsamico di Modena (D.O.C. only)

### Directions

Slice the tomatoes and mozzarella, chop the basil, and arrange in circular form on a nice large plate. Salt the tomatoes as needed. Decorate with basil leaves, drizzle with olive oil generously and only a hint of balsamic vinegar. Serve as an antipasto or for whenever you want a little piece of Italy to come visit Colorado.



# CSU COOKS

“There is no love sincerer than the love of food.” - George Bernard Shaw

## T-Phifer's Guinness Irish Stew

This stew is a wonderful feast for St. Patrick's or any day!



### Ingredients

- 1/2 pound bacon cut into 1/2-inch dice
- 32 oz. beef stock
- 3 large potatoes, sliced
- 1 medium white onion, peeled and diced
- 3 carrots, sliced into coins
- 1/3 cup brown sugar
- 1 can or bottle Guinness Stout
- 1/4 cup red wine vinegar
- 4 bay leaves
- 2 pounds sirloin steak, cut into bite-sized cubes
- Salt and pepper
- 1/2 cup flour
- 4 tablespoons vegetable oil

### Directions

1. Start by frying the bacon until just crisp. Drain and set aside.
2. In a large pot, combine beef stock, carrots, potatoes, onion, carrots, brown sugar, Guinness, red wine vinegar and bay leaves in a large pot. Boil on medium heat until vegetables are tender.
3. In a separate pan, heat vegetable oil to medium heat.
4. Pour flour in shaker bag and coat steak.
5. Place steak and any remaining flour in pan and cook until brown, seasoning with salt and pepper.
6. Add bacon and steak to liquid, cover and simmer on low heat until meat is tender – 2 hours or more – stirring often. Broth should thicken and create a rich, thick stew.

*Tony Phifer is a Public Relations Coordinator in the Division of External Relations.*



# PET HEALTH

## Effective alternatives to declawing a scratching cat

by Dr. Rebecca Ruch-Gallie

As many pet owners know, cats like to scratch -- and this natural behavior can result in shredded furniture and other troubles. For many years, cats were routinely declawed to prevent such problems, but the tide is turning on this surgical procedure as a growing number of people begin to question it.

### Declawing as a last resort

In fact, some debate is rising over whether declawing should be deemed illegal in Colorado. Although no other state has completely outlawed declawing, more than 20 other countries have banned the practice.

The American Veterinary Medical Association advises that declawing of domestic cats -- called onychectomy -- should be considered only after attempts have been made to prevent the cat from using its claws destructively, or when its clawing presents a health risk for owners.

Why the concern over onychectomy? It is the surgical amputation of all or part of the end bones of the cat's toes. Declawing removes not only claw, but bone. It is not a procedure we, as veterinarians at Colorado State University, choose to perform without careful thought.

Up to three-fourths of cats entering animal shelters in the United States are euthanized for a variety of reasons. Cats are relinquished most commonly because their owners are moving or because of unwanted behavior -- including missing the litter box, called inappropriate elimination; aggression between animals in the house; and destructive behavior, usually clawing in the wrong spot.

### How can we help avoid declawing or relinquishment?

First, it's helpful to know that scratching is a natural behavior. It conditions the claws by removing aged cuticle; serves as a visual and scent territorial marker; provides defense from attack; and stretches the muscles of the limbs, thorax, and back.

Here are some ways to redirect scratching and to prevent damage from the behavior:

- Train your kitten to a scratching post. Food and toy rewards will

encourage your cat to scratch on the post rather than on your couch. The ideal post depends on the cat. Some cats prefer upright or vertical posts, while others prefer horizontal surfaces. Some prefer soft surfaces, like carpet, while others like sisal. All cats prefer their posts to be in a main living area, and the more scratched up, the better!

- Trim nails. If you don't know how to clip cat nails, ask your veterinarian. Kittens can be trained to this procedure with rewards and a little patience. Ideally, trim a few claws at a time after a good play session.
- Discourage scratching. If you don't like kitty's favorite scratching spot, make it less attractive. Consider using double-sided tape or feline facial pheromone spray to make the surface less attractive. Your veterinarian may have other suggestions.
- Create fun in the house. Cats like fun and challenging environments. To accomplish this, use tactics such as hiding meals, providing multiple levels for play, and visually stimulating your kitty. That will help keep your cat entertained and out of trouble. The Indoor Pet Initiative website is a great source for creating the perfect home for you and your pet.
- Plastic nail caps. Vinyl nail caps, which are temporarily attached to the claws with nontoxic glue, may be another option. These caps are sold under the brand Soft Paws and Soft Claws.

Your veterinarian might have other suggestions to provide alternatives to declawing.



Dr. Rebecca Ruch-Gallie is a veterinarian and clinical coordinator for the Community Practice service at Colorado State University's James L. Voss Veterinary Teaching Hospital. Community Practice provides general care, wellness services, and treatment of minor injuries and illnesses for pets.

### MEET BRITTANY!



Brittany is a 6-month-old, female Pit Bull puppy that is oh-so-excited about life. She thinks everything is fun, most especially you, your friends, your friends' friends and the friends of your friends' friends. Come meet Brittany at the shelter and get ready for a grand adventure together. She can be your partner in crime for \$100 at the shelter today!

To visit with featured pets or any other adoptable animals, stop by Larimer Humane Society at 6317 Kyle Ave. in Fort Collins. The Shelter is open 11a.m.-7p.m. Monday through Friday, and 10a.m.-5p.m. Saturday and Sunday. For more info, call (970)-226-3647 or visit [larimerhumane.org](http://larimerhumane.org).



## Come One, Come All

Appointments and 24/7 Emergency Services



**Colorado State University**  
JAMES L. VOSS VETERINARY TEACHING HOSPITAL

300 West Drake Road, Fort Collins, Colorado, 80523  
[csuth.colostate.edu](http://csuth.colostate.edu) | (970) 297-5000

**20 percent discount for CSU employees!**

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



## Radon: A Health Hazard with a Simple Solution

Apply for a Zero Interest Air Quality Loan

Fort Collins residents can apply for a loan and receive up to \$3,000 to install a radon mitigation system in their home.

[fcgov.com/airquality/loan](http://fcgov.com/airquality/loan) • 970-221-6604

## L.A. Nails

Monday - Saturday 9AM - 8PM  
Sunday 11AM - 5PM

Walk-Ins Welcome  
Appointments Available

1015 Taft Hill Road • Suite R  
Cedarwood Plaza in King Soopers Shopping Center

**BEST OF CSU 2013** (970) 472-9279  
Visit our website at [www.lanailsfortcollins.com](http://www.lanailsfortcollins.com)

Pedicure & Manicure with Hot Paraffin Wax **\$35**  
Not valid with any other offers. Must present coupon. Expires 12/31/14

**\$45** Pedicure & Full Set with Eyebrow Wax  
Not valid with any other offers. Must present coupon. Expires 12/31/14

Shellac Manicure **\$24**  
No chipping or smudging  
Not valid with any other offers. Must present coupon. Expires 12/31/14

**\$6 OFF** Any Full Set of Nails \$35 and up with 3-D design  
Not valid with any other offers. Must present coupon. Expires 12/31/14

Bracelets start at \$28

## ALEX AND ANI®

### (+) ENERGY

POSITIVE ENERGY | ECO-FRIENDLY  
MADE IN AMERICA WITH LOVE®

POSITIVELY AUTHORIZED RETAILER

**EXCLUSIVE**  
in Fort Collins

*Sather's* SINCE 1910  
LEADING JEWELERS

The Diamond Tower • 300 E. Foothills Parkway • Fort Collins  
[SathersJewelers.com](http://SathersJewelers.com) Stay Connected!

# EDUCATION +

# YOUR LIFE

CSU OnlinePlus makes the equation work. Put your 9 free credits to use in one of our online programs that offer the flexibility your busy schedule requires.

[CSUStaffStudy.com](http://CSUStaffStudy.com)

## Colorado State University

### OnlinePlus

Courses offered through the Division of Continuing Education



WINTER~SPRING

# MONTAGE

12 BOTTLES ~ 3 OF EACH:



The new year brings a season of transition. As snow turns to rain, then sun, and a little more snow, we turn to beers inspired by fresh starts and fresh ingredients. Here are three of our favorites, plus as always, our latest Roots Release beer—an experimental, limited-release beer inspired by our five-barrel pilot system and typically available only in our Ft. Collins taproom.

## WINTER~SPRING MONTAGE

12 | 3 OF EACH  
BOTTLES VARIETY

ODELL BREWING CO.  
FORT COLLINS, COLORADO