



Living history



Rabbi Nissen Mangel spoke to a full audience of more than 650 CSU and Fort Collins community members on Feb. 23 in the LSC Theatre. A survivor of Auschwitz, Mangel chronicled his journey through seven concentration camps, the death march, and two experiences with the famous Dr. Josef Mengele at the age of 10. He credits his survival to his faith in God and the acts of kindness he experienced from others in the camps. A world-renowned scholar, author, speaker, and philosopher, Rabbi Mangel shares his story around the globe to educate people about the Holocaust. *Photo by Shaylyn Boyle.*

Ripple Effect announces grant recipients

By Dell Rae Ciaravola and Hannah Woolums

Sharing success stories, mentoring programs, polishing up writing skills, and a leadership-focused book club are examples of the seven employee-generated ideas funded by the Ripple Effect at Colorado State University.

“We are so pleased by the innovation and creativity shown in the proposals we received,” said Amy Parsons, vice president for University Operations, who oversees the Ripple Effect project. “Hearing directly from our colleagues and embracing their ideas is key to moving us toward our goal of making CSU the best place to work for women. I’m looking forward to seeing these ideas implemented and becoming part of the fabric of our university.”

Funding the proposals was made possible by a gift from an unnamed donor in support of giving good ideas seed funding. In addition, CSU President Tony Frank and Provost Rick Miranda supported the effort with additional funding because of the number of quality proposals submitted.

Nearly 50 proposals were submitted by male and female faculty and staff from across campus, representing a diverse array of departments and collaborations.

See Ripple Effect page 3

Colorado State University

New horticulture center ‘dream come true’

By Kate Hawthorne Jeracki

Anyone born in 1949 is probably at least thinking about retirement by now. So it’s not surprising that faculty and staff in the College of Agricultural Sciences are planning for the “retirement” of the 65-year-old greenhouses at the W.D. Holley Plant Environmental Research Center this summer.

The programs currently housed in PERC will be moving into a new \$7.5 million horticulture center and greenhouse at the corner of Bay Drive and Centre Avenue. The site is directly south of the Aggie Village Apartments and near the popular Gardens on Spring Creek, a community botanic

garden operated by the City of Fort Collins, and the USDA Sugar Beet Research Station.

“It’s a dream come true,” said Steve Newman, floriculture professor and greenhouse crops specialist. “This new facility is a vote of confidence for Horticulture and Landscape Architecture at CSU by the administration. It will set us apart from other schools, and I can see it growing into a regional Center of Excellence.”

The areas to the west of the PERC greenhouses, including the arboretum and perennial garden, will remain in place and will be upgraded with additional displays.

Newman said that while the old greenhouses will be making way for the

new on-campus stadium, throughout the planning process President Tony Frank has supported the need to protect the educational mission and funded programs within PERC.

“It’s time to move on to a facility that is modern and efficient,” Newman added. “We’ll take what’s out there – the perennial garden and the arboretum – and protect it. And in 10 years, we will have something truly fabulous at the front door to our campus, through our partnership with the City and other entities.”

The concept for the plan that integrates the new facility with the arboretum,

See Greenhouse page 5

INSIDE:

CAREER CENTER
means business **page 4**

CAKES:
Why altitude matters
page 7

APPLAUSE

University of the Year

Colorado State University was recently recognized as the University of the Year by the **National Hispanic Institute**. The honor recognized CSU’s 25-year-long partnership promoting and encouraging higher education within the Latino community. The university, the only state-supported institution identified to work with NHI, was recognized for hosting the Lorenzo de Zavala Youth Legislative Session each summer in addition to promoting participation through the Alliance Program and other partnership activities. The Alliance Program unites students, families, high school personnel, and CSU with a common goal of envisioning education beyond high school, ultimately sending a greater number of Colorado students to college.

College of Liberal Arts

The **Department of Communication Studies** has been selected as a recipient of the National Communication Association’s 2014 Outstanding Master’s Degree Program Award. The honor recognizes excellence in research, teaching, and student mentoring and was presented to Communication Studies Professor and Director of Graduate Studies Kari Anderson at the 2014 NCA conference in Chicago in November. Anderson herself was honored at the NCA conference with two awards, one for a book she co-authored, Woman President, and a second, also from the Master’s Education Section, for “Outstanding Graduate Mentor.”

All 15 faculty members in the department have won teaching awards, many have won major national and regional research awards, and faculty members’ publishing rate is equal to that of many scholars in Ph.D.-

granting departments with lower teaching loads.

This is the first time CSU has won this award.

College of Health and Human Sciences

Arlene Schmid, associate professor in the Department of Occupational Therapy, recently received the 2014 American Congress of Rehabilitation Medicine Mitchell Rosenthal Award. The award recognizes researchers with outstanding leadership and organizational abilities who have made significant contributions to rehabilitation medicine through ongoing research.

Schmid’s current research focuses on exploring how individuals develop a fear of falling and how falls impact the quality of life and everyday activities of people with stroke. She is also an internationally known researcher in the development of yoga interventions as a complement to rehabilitation for people with stroke, traumatic brain injury, and other injuries.

Facilities Management

On Feb. 11 the **University Village Maintenance staff** was recognized by the CSU Employee Appreciation Board for their professionalism, dedication, and courtesy. The team has oversight of over 700 university apartment units.

They tackle run-of-the-mill problems like no hot water, no heat, no electricity, or a malfunctioning lock. They handle emergencies like gas leaks, flooding, a broken window with glass shards, or someone locked in an elevator, day or night, weekends, or holidays. Their mission: provide a home-like, clean, and safe living environment for residents and guests at University Village.

The appreciation event was held at the 1600 University maintenance shop. This very deserving unit was treated to breakfast burritos, heart-shaped donuts and other delectable items as a way of saying thank you for

all of their hard work and service to the residents of University Village, International House and Aggie Village (currently under complete rebuild).

Congratulations to **Earl Thomas** and his team for finding ways to exceed their residents’ expectations and exemplifying outstanding teamwork!

Have a department or office you want to nominate for recognition? Go to the CSUEAB website at csueab.colostate.edu to

CSU LIFE ADVERTISING

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

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 for inclusion in our Applause section.

download a nomination form. For more information, contact board president Trina Burgermeister, College of Natural Sciences, at trina.burgermeister@colostate.edu, (970) 491-1948.

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Ripple Effect | Grant recipients

From page 1

Contribution: Financial Literacy and Home Repair and Maintenance Series

Scott Bailly
Director, Academic Computing and Networking Services



Inspiration for proposal: “One of my daughters recently relocated to Cleveland, Ohio. I helped her purchase an older home. After she moved in, I was surprised to learn that she was nervous about doing simple home repairs such as replacing the p-trap under the kitchen sink. Apparently I had failed to teach her these things! I was thinking that there should be some kind of outreach program to help women like her learn about simple home repair jobs. We found what looked like a pretty good program here for women who wished to become more independent or self-sufficient. Seemed like a great idea for a Ripple Effect project!

“I’ve also known women who, after becoming widowed or divorced, found themselves in a very uncomfortable position after depending upon someone else to take care of financial matters be remedied with the right kind of training or coaching. Enter Ripple Effect idea number 2!

“In both cases, I was trying to think of ways we can help to empower women who, for whatever reason, desire to be more self-sufficient. I’m thrilled and truly honored that my proposals were funded by the review committee, and I’m really excited to see them come to fruition.”

Contribution: Leadership Book Club for Women

Lindsay Mason
Off- Campus Life Coordinator



Inspiration for proposal: First, “The Lean In Circles built for the book Lean In. There are thousands of these circles, so there is clearly a desire for people to have intentional conversations around leadership and similar topics.”

Second, “My experiences working in caucus groups.”

Third, “My love of book clubs. I can get wrapped up in a book and feel like I live in that world, and I love discussing that world with others. It helps me even better connect with the characters and events happening in the book.”

Finally, “My desire to create a space that is meant for leadership discussions.”

“I just mashed these ideas together to create the program. I believe all humans care about their fellow humans and want to help each other. This was an opportunity I wanted to use to help my fellow humans. What’s the worst that could happen? I could be told no, and then other awesome ideas would be implemented. I and my fellow humans could only benefit!”

Contribution: CSU Writes

Kristina Quynn
English Instructor



Inspiration for proposal: “A few years ago, I was part of a writing group while working on my doctorate and that group of fellow graduate students was instrumental to my completing an over 300-page dissertation on contemporary experimental women’s fiction in a timely manner. So not only was my research topic on women writers, but as a woman writer myself, I found my work and life enriched immeasurably through my participation in a writing group.

“After completing my PhD and while teaching, I started looking for writing group support here at CSU, and doing research into how faculty and student writing groups are structured on other college campuses. The Ripple Effect grant seemed the perfect opportunity to organize and foster writing groups at CSU that are all-inclusive but that would also be sensitive to the particular writing and publishing challenges women confront. CSU Writes’ goal is to help writers access an academically rich and personally supportive environment at CSU so that they might achieve their professional and personal writing goals.”

Contribution: Stories ‘n’ Steps
Darrie Matthew Burrage
The Institute for Learning and Teaching



Inspiration for proposal: “This is a project that showcases stories of challenge, revelation and strength of CSU students, staff, faculty and alumni through photos and stories. The stories center on the impact of gender on experiences learning and working at CSU.”

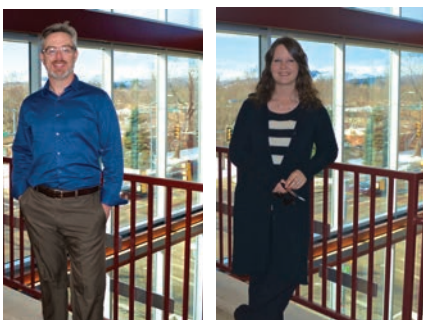
Contribution: Mentoring Women
Barry Braun
Head, Department of Health and Exercise Science



Inspiration for proposal: “Creating networks that bring together senior men and women who are recognized as fantastic mentors for women, including men in current or future positions of leadership who want to be great mentors for women. Potential mentors will be trained through workshops and meetings to develop a cadre of men and women who are committed to exceptional mentoring for women and enthusiastic about spreading knowledge to the rest of campus.”

Contribution: Women’s Recreation Ride

Aaron Fodge and
Amanda Fitzpatrick
Parking and Transportation Services



Inspiration for proposal: “Parking and Transportation Services will host bicycle safety and group rides for women, including monthly lunchtime rides, educational classes for women who want to polish up their bicycle skills, and lunch-and-learn presentations every other month. The interactions created by this project will help women overcome barriers to bicycling including demands of childcare, and to provide positive social and physical experiences for women on campus.”

Contribution: We Lead
Patricia Vigil
Director, Alliance Partnership



Inspiration for Proposal: “This grant will help develop an institute for underrepresented, high-school aged women to help them explore career possibilities as well as network and develop self-esteem.

“The annual, three-day, interactive program will help encourage a greater number of Colorado students to attend college and provide a framework for CSU women and men to share their stories, strategies and disciplines with young women to develop their leadership potential through relationships, experiential activities and mentoring. CSU students will also provide support and encourage participants’ academic and personal growth.”

Additional ideas that were not funded by this grant are being reviewed for funding through other sources. The funded proposals will be implemented over the next few months. For more information about each proposal, including event and workshop announcements, watch SOURCE, source.colostate.edu.

The Ripple Effect was launched in fall 2013 after President Frank charged Parsons with leading an effort to make CSU the best place for women to work and learn. The project seeks ideas, feedback and comments from women and men across the campus community about what changes can be made at CSU to reach that goal.

To become part of the conversation, visit rippleeffect.colostate.edu.

Career Center staff really mean business

By Sarah Sparhawk

Faculty and academic advisors often bear the brunt of preparing their students for interviews with potential employers in their chosen field. This can be as involved as reviewing resumes and offering available job opportunities to simply reminding students that they are in college primarily to get a career in the real world.

The on-campus Career Center hopes to pick up where, in experience-building, class activities may leave off. The center holds a career fair once a semester to provide faculty with a little reinforcement to their encouragement. It has been doing so for 18 years.

“[The career fair] is really an ongoing process year-round – we’re really never NOT planning a career fair,” said Katie Flint, senior associate director of employer relations (ER). “But in terms of the in-depth detail planning, I’d say around 6 months of dedicated planning go in to every major fair we host.”

With about six months of planning, it is no surprise the amount of work that goes into a career fair. The team at the center must coordinate with campus partners and Colorado colleagues, so event dates do not conflict with other engagements. On top of that, there are the tasks of securing space, determining pricing structures and working with marketing to develop communication strategies to both students and employers – this is just the beginning, according to Flint.

“And finally, day of, making sure our employers receive concierge service from us and that our students feel comfortable and connected with employers in attendance,” she said.

It is all an effort for the students. However, it starts with the contacting and engaging businesses.

“We have an ER Team that focuses solely on cultivating relationships with employers and letting them know about all the ways in which they can recruit at CSU,” said Flint.

These businesses can register for the fair through CareerRam, the Career Center’s online job and internship posting system, as well as their event



Representatives from more than 250 employers came to campus to meet students at the annual Career Fair. Staff from the Career Center work all year to put together the once-a-semester event to help Rams find a job.

management system. So that every major is represented, the center works with a counselor liaison within each college to “get feedback from them on what employers their students would like to see on campus”. From this information, a “target employers” list is created.

“The ER Team makes a special effort to engage these target employers, sending them invitations to our Career Fair and following up with phone calls encouraging them to attend,” she said.

The work is not in vain, either. “Last fall we had 1900 students come through both days of the fair and 230 employers in attendance,” said Flint. “...94 percent of top 35 employers hire on campus; 80 percent of top 90 employers recruited on campus; 60 percent of top 200 employers recruited on campus.”

This semester’s career fair saw record numbers of registered employers, even in the weeks before the two-day fair even started, showing a trend with the preparedness of Colorado State University students and, thus, making the opportunity to come and network here very desirable.

“College hiring is predicted to increase by 16 percent for May grads and we are definitely seeing that trend play out in the amount of employer engagement we’re experiencing,” said Flint.

As the numbers and Flint suggest, the career fair can be a great starting point for students, but faculty and staff are encouraged to get involved, too.

“We love it when CSU faculty and staff get involved!” Flint said in an email. “First, we’d love for them to encourage their students to take advantage of the fair – when else will 260 employers be seeking them out? We’ve found that when faculty personally encourages their students to attend the fair, the students show up!”

The career fair can even offer the faculty and chance to connect.

“Second, it’s great when faculty come to the event itself to connect with employers that relate to their field. Our employers love the interaction and a lot of great collaborations and partnerships between academia and industry have been formed this way.”

This semester’s career fair ran from Feb. 18 – 19. Don’t miss your chance to check out next fall’s fair!



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Greenhouse | New facility this summer

From page 1

perennial gardens and landscaping around the stadium was developed by Joe McGrane and Zach Johnson, professors of landscape architecture in the Horticulture and Landscape Architecture department.

The new facility will house the current greenhouse research as well as future growing seasons for the world-renowned Annual Flower Trial Garden at Lake and Remington streets and horticulture and floriculture programs, including the Floriculture Practicum in which students to grow and sell poinsettias for the holiday season and bedding plants for spring. In addition to supporting the Gardens on Spring Creek and the green industries across Colorado, the center will strengthen the research, teaching and educational programs within the College of Agricultural Sciences and all of CSU.

“The new horticulture facility and greenhouses will better reflect the quality of our academic program and the critical role it plays in supporting the state’s green industry,” said Craig Beyrouthy, dean of the college. “Our students and faculty will benefit from a space that can more fully meet the needs of this program, and our community will benefit from the strengthened connections between this vital facility and the surrounding gardens and research programs. In essence, we’re

creating a horticulture research park in the center of Fort Collins. We’re truly excited about the opportunities that will be created by this move and the greatly improved facilities.”

Newman expects construction on the new facility to begin this spring, weather permitting. Once the new buildings are up, about mid-summer, a fence will go up around the PERC greenhouses to separate the work zone from ongoing research projects. The demolition will begin in earnest in the late summer as stadium construction gets underway.

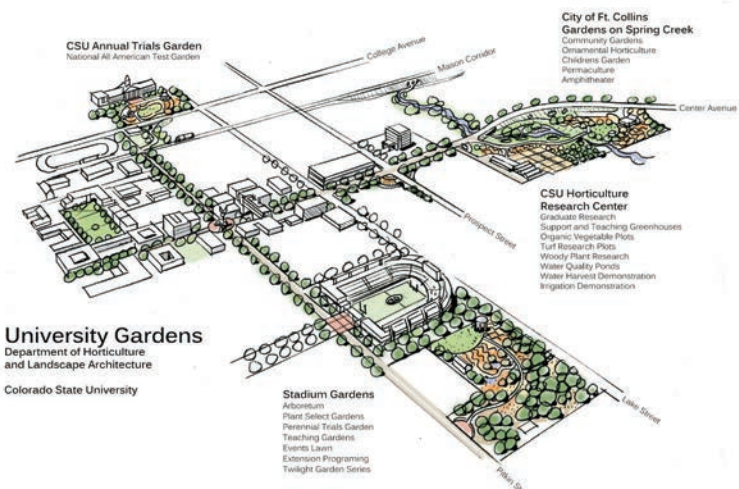
“I think this is one of many opportunities that will come to CSU as the result of the stadium project,” Newman said. “There are always unknown opportunities in a project such as this, but if the administration hadn’t listened to the needs of our faculty and supported them, they wouldn’t be doing this.”

For more information on this project or to learn about opportunities to contribute to the facility’s construction, please contact Joe Leisz, associate director of development:

Joe.Leisz@colostate.edu
(970) 491-1758



Artist’s view of the new PERC greenhouses from the research nursery, facing north. Plans call for the new facility to open this summer. Drawing by Jon Altschuld, Facilities Management



The new PERC project is a part of CSU’s unified garden program, providing continuity on campus from the Annual Trial Garden to the Gardens on Spring Creek and the new stadium site. Drawing by Joe McGrane, Department of Horticulture and Landscape Architecture

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Colorado State University

High Expectations:

Remembering Inga Allison and the High Altitude Baking Club

By Sarah Sparhawk

Colorado State University is used to having faculty and staff whose contribution and work sets the bar high – in fact it’s written in our history. Perhaps no one set the bar for women on campus as high as Inga Allison, who not only served as dean of the influential Home Economics College, but also founded the High Altitude Baking Club.



Inga Allison. Photo courtesy Morgan Library Archives

High hopes for women

In 1894, back when CSU was still known as Colorado Agriculture College (and “the most populous prairie dog town in Larimer County”), the Home Economics field of study was just starting to make “strides in terms of women’s role in society.” It was within this major that women were finally allowed to take advantage of a high quality education. Many women served as dean of the college, some of whose names may sound familiar – Theodosia Ammons, Elizabeth Gifford – memorialized as buildings on campus. However, these women also had a hand in Allison’s work with elevation impact on recipes. Allison, who possessed “talent and proclivity for research,” teamed up with Charles Lory, a physics instructor at the time, to run her experiments with baking. Using tools like air pumps, a bell jar resting on an electric plate and a manometer, she gauged the cooking times of foods in water at various levels of atmospheric pressure. Thank Professor Allison and her High Altitude Baking Club students for that nicely cooked potato you had for dinner.

Reaching new heights

For several years, Allison conducted her studies. One proposed experiment took Allison and her team up Fall River Road, baking cakes that were successful at Fort Collins elevation, but not so much at Estes Park’s higher reach. Another almost had her driving around Colorado with a portable stove attached to the car, hoping to test baking at different altitudes.

Setting the bar

Allison took over as dean of the college in 1910, which had been renamed to the Division of General Science and Home Economics. It was as dean that she began to make great changes for women on campus, urging “emphasis on the physical, biological and social sciences as a basis” to gain ground for Home Economics. As you might have guessed, she is now remembered in another building on campus –Allison Hall – for giving CSU not only attractive looking and tasting baked goods, but also an understanding of the duty faculty and staff have to better education for students.

“Any college, worthy of the name, must accept responsibility as an institution of high learning, and that implies continuous intellectual development,” Allison maintained.

High Altitude Baking today

The High Altitude Baking Lab carries on Allison’s work today. Martha Stone, a professor in Food Science and Human Nutrition, has been one of the people continuing to work toward adapting baking mixtures for high altitude, specifically right now for a gluten-free bread, which has been in high demand. “Most recently we have been working on gluten-free baking which is more of a challenge at high altitudes,” said Stone. “Samples were sent all over the world for a ring test where laboratories at different altitudes tested my correction equation and confirmed my results. It is an approved method of the American Association of Cereal Chemists.” As always, the High Altitude Baking Lab is taking food science to new heights, even space, according to Stone. “I also have been involved with several projects with NASA involving high altitude. We worked on foods grown on the International Space Station such as sweet potatoes,” said Stone.

COMMUNITY EVENTS

March 1-April 4 Recyclemania!

Put the green into the green and gold. The competition to see which college or university in the country can divert the most trash from landfills continues throughout the month. So, if you’re cleaning out those old filing cabinets, make your waste count! Contact Housing & Dining Services for more information.



March 4 President’s Community Lecture, Ajay Menon, Dean, College of Business, 6:30 p.m., University Center for the Arts Organ Recital Hall

This free talk will be on the topic of Imagining Innovation: Building smart and innovative communities. Tickets are required and available online at <https://advancing.colostate.edu/PresLectureSeriesMar15>



March 7 Ram Good Time Auction, 5 p.m., Embassy Suites Loveland

34th annual fundraiser for scholarships for student-athletes.

March 9 Shiza Shahid, co-founder of the Malala Fund, 6 p.m., Lory Student Center Main Ballroom

This free talk is presented by the Office of International Programs and the Ripple Effect, in honor of International Women’s Day. Tickets required and available at the Lory Student Center box office.



March 16-20 Spring Break

No classes, University offices open

March 18-20 Advancing the Agriculture Economy Through Innovation Lory Student Center

This summit will demonstrate the broad scope and significance of the agricultural industry within Colorado and the world, while connecting innovators prepared to reimagine its future. Discounts are available for faculty and staff interested in attending. For more information, visit <http://csuaginnovationsummit.com>.

March 24 Administrative Professional Recognition Luncheon, 11 a.m.-1 p.m., Lory Student Center Ballroom B

Celebrate the success of all APs on campus with a free lunch, entertainment, and door prizes! We will also be awarding the AP Stars Awards to our outstanding APs! Register online at <https://advancing.colostate.edu/EVENTS/APLUNCHEON2015>

March 24 Rob Jackson, Stanford University, 5 p.m., Lory Student Center Ballroom

The co-chair of the Global Carbon Project will talk about the environmental footprint of unconventional natural gas and oil in this free lecture, open to the public. Presented by the School of Global Environmental Sustainability.



April 3 Spring Fashion Show: “Confluence”, 7:30 p.m., Lincoln Center, 417 W. Magnolia St.

The annual Department of Design and Merchandising Senior Fashion Show showcases the senior collections of students in the Apparel Design and Production concentration. Tickets: \$50 VIP (includes reception); \$25 orchestra seats; \$15 general admission; \$10 student, available through Lincoln Center, fcgov.com/lctix

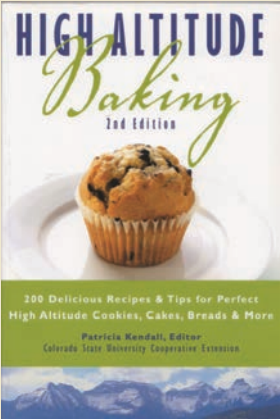


CSU COOKS

Does altitude really matter?

Colorado State University pioneered the science of high altitude cooking, as part of its land-grant mission of service to the community. (read more on Page 6). *CSU Life* put the science to the test. Advertising advisor Kim Blumhardt followed a recipe for angel food cake developed for high altitudes by long-time CSU nutritionist Pat Kendall (for whom the Kendall Anderson Nutrition Center in the College of Health and Human Sciences is named). Editorial Advisor Kate Jeracki followed an old family recipe from back East.

If this were “Mythbusters,” we’d have to say high altitude baking adjustments are Confirmed! Kate’s cake was dense and sticky while Kim’s definitely earned its light and heavenly name. While the ingredients in the two recipes vary only slightly, the real trick is in the technique. Learn all about High Altitude Preparation from CSU Extension at www.ext.colostate.edu/pubs/foodnut/p41.pdf



Kim’s Angel Food Cake

High Altitude Baking, second edition
By Pat Kendall



Ingredients

- 1 cup + 1 tablespoon sifted cake flour
- 1 cup + ½ cup sugar
- 12 large egg whites
- ¼ teaspoon salt
- 2 teaspoons cream of tartar
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract

Altitude adjustments

6,500-8,500 feet: Increase flour to 1 cup + 3 tablespoons. Decrease the 1 cup of sugar to ¾ cup + 2 tablespoons.
8,500+ feet: Increase flour to 1 ¼ cups. Decrease the 1 cup of sugar to ¾ cup. Raise oven temperature to 400 degrees.

Directions

- Preheat oven to 375 degrees. Sift flour and 1 cup of sugar together 3 times into a bowl. In a separate bowl, beat egg whites, salt and cream tartar with a mixer at high speed until soft peaks (that barely fall over) form. With mixer running at low speed, slowly add the remaining ½ cup of sugar close to the beaters.
- Add vanilla and almond extracts; beat until stiff (but not dry) peaks form. Add flour mixture to egg white mixture, ¼ at a time, mixing at low speed for 10 seconds after each of the first 3 additions and for 20 seconds after the last addition. Scrape the bowl constantly during mixing.
- Pour batter into an ungreased tube pan. Bake for about 35 minutes, or until a toothpick inserted in the center comes out clean. Remove cake from oven and cool in an inverted pan.

Kate’s Angel Food Cake

Woman’s Home Companion Cook Book, 1942



Ingredients

- 1 cup cake flour
- 1 ¼ cups egg whites – 12 — at room temperature
- ¼ teaspoon salt
- 1 teaspoon cream of tartar
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1 ½ cups sugar, sifted

Directions

- Sift flour; measure; sift twice again. Beat the egg whites until frothy; sprinkle over them the salt and cream of tartar and extracts. Continue beating until they are stiff enough to form peaks but not dry.
- Gradually fold in flour with a wire whip or spoon, sifting about ¼ cup at a time over the surface.
- Turn into ungreased tube pan. Bake in a slow oven (300 degrees) about 1 hour; removed from oven. Invert pan, let cake stand in the inverted pan about 1 hour or until cooled.

And if these recipes sound like a lot of work, you can always buy a mix. Betty Crocker packages offer adjustments starting at 3,500 feet – a little lower than Scottsbluff, Neb. The Duncan Hines website offers no altitude adjustments until you reach 10,000 feet – about the elevation of Leadville.

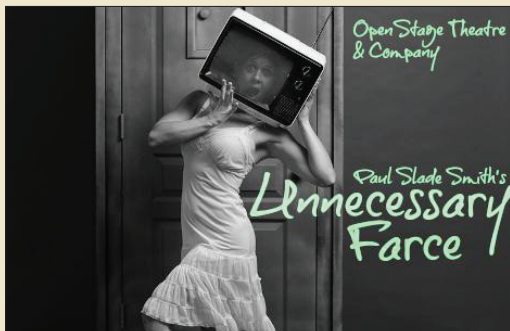
ENTERTAINMENT CALENDAR

Theater

Unnecessary Farce by Paul Slade Smith

OpenStage Theatre and Company
Through March 14, 8 p.m., matinees at
2 p.m. on March 1 & 8
Magnolia Theatre at Lincoln Center

When a pair of under-qualified yet blindly ambitious detectives set out to catch the town's embezzling mayor in the act with his sexy accountant, even the simplest tasks go unnecessarily awry – with hilarious results. fcgov.com/lctix



Memphis

Midtown Arts Center
March 13-May 30
3750 S. Mason St.

From the underground dance clubs of 1950's Memphis, Tenn., comes a hot ne Broadway musical that burst off the state with explosive dancing, irresistible song and a thrilling tale of fame and forbidden love. Winner of foru Toy Awards including best musical. midtownartscenter.com



Juno and the Paycock by Sean O'Casey

Bas Bleu Theatre
April 4-May 3, 7:30 p.m. Friday and
Saturday, 6:30 p.m. Thursdays, Sunday
matinees 2:30 p.m.
401 Pine St.

A working-class Dublin family in the 1920s contends with the strife of Ireland's revolutionary years and their own inner demons. This comic reversal-in-expectations play shows what can happen when you believe your dreams have come true. basbleu.org

Art & Literature

An Evening with Author Jacqueline Winspear

March 25, 7 p.m.; doors open at 6:30 p.m.
Hilton Fort Collins, 425 W. Prospect

The author of the popular Maisie Dobbs series of mysteries, set in England between the World Wars, will talk about her work in this free evening sponsored by the Friends of CSU Libraries and Poudre River Library Friends. Seating is on a first-come, first-served basis, no tickets required. Sales and signing of the newest in the series, *A Dangerous Place*, will take place following the program.



Poudre School District K-12 Art Show

March 26, 5 p.m., opening reception
April 23, 5 p.m., closing reception
Clara A. Hatton Gallery
Visual Arts Building

The gallery will be filled with expressive and colorful works from students in kindergarten through 12th grade with two different shows that will run for two weeks each. Celebrate the young artists in Fort Collins and the art teachers who have encouraged their creativity. Free and open to the public.

Visualize: A New Art Museum Expansion

March 27, 6 p.m. groundbreaking,
7 p.m. reception
University Center for the Arts
1400 Remington St.

A vibrant party with exhibition viewing, live music, fine wines, craft beer and delicious appetizers to celebrate the groundbreaking of phase one of the expansion of the University Art Museum. Tickets, which include a gift to the expansion campaign, start at \$75, and are available online at advancing.colostate.edu/VISUALIZE/2015, or call (970)-491-4887.

Music

Joshua Bell

March 12, 7:30 p.m.
Lincoln Center

The next concert in the Classical Convergence Series, co-presented by CSU and the Lincoln Center presents one of the world's most celebrated violinists, Joshua Bell. The multi-award winning "classical music superstar" enchants audiences with his breathtaking virtuosity, tone of sheer beauty, and charismatic stage presence. Tickets \$45-\$75, fcgov.com/lctix

CSU Brass Festival

March 12-14
University Center for the Arts
1400 Remington St.

The first-ever CSU Brass Festival will bring nationally recognized guest artists on all brass instruments and jazz specialists to the University Center for the Arts, including Sinister Resonance, a quartet know for their experimentation with the sonic possibilities of acoustic instruments. For more information, call (970) 491-2787.



Ideomeneo by Mozart

March 26-28, 7:30 p.m. and
March 29, 2 p.m.
Griffin Concert Hall, University Center
for the Arts

Mozart's great opera seria is a beautiful blend of Italian and French styles, with a story set against the backdrop of the Trojan War. Presented by the Charles and Reta Ralph Opera Center, directed by Tiffany Blake and conducted by Wes Kenney. Ticket \$10 CSU students, \$20 adults, \$1 youth. csuartstickets.universitytickets.com

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LOCAL LIQUOR DISTILLERIES CULTIVATE CREATIVITY & COMMUNITY

By Lucille Skrobacz

It is no secret that Fort Collins has a vast array of craft brewers, but due to support from local liquor stores, a new form of competition is emerging within the liquor industry.

Craft liquor distilleries are creating new, innovative products that consumers won't be able to find anywhere else, and the Fort Collins community is the perfect place for craft distillers to call home. The local community inspires an atmosphere of creativity and has a reputation of providing strong support for local businesses.

Businesses like Wilbur's Total Beverage help to create awareness for local distilleries CopperMuse and Feisty Spirits by stocking their shelves with the local product.

"We want to keep Colorado crafty and unique," said Mat Dinsmore, owner of Wilbur's Total Beverage. "In all the creativity and local support, we create a culture unlike anywhere else."

Dinsmore describes the passion and creativity cultivated in local businesses as "vibrant" because that very passion and creativity is evident in their work and finished product.

"It's fun to see new and innovating businesses coming from your neighborhood," Dinsmore said.

Because companies like Wilbur's are recognizing the artisanship of local distilleries, money and jobs are kept within the local economy.

The drive and spirit behind small businesses is largely personal — the drive to be proud of your work. Even the name CopperMuse is a telling sign of this ambition.

"Copper is a central identifier for distilleries," said Jason Hevelone, co-founder of CopperMuse Distillery. "Muse is your inspiration, according to Greek myth. And we permeate this brand (CopperMuse) through the crafting."

In the same way that there are so many different craft beers, a lot of new creativity is being brought to the distillery table.

"There's a lot of whiskey people that are used to what is mainstream, but we have so many more flavors than the big guys," said Jamie Gulden, co-founder of Feisty Spirits.

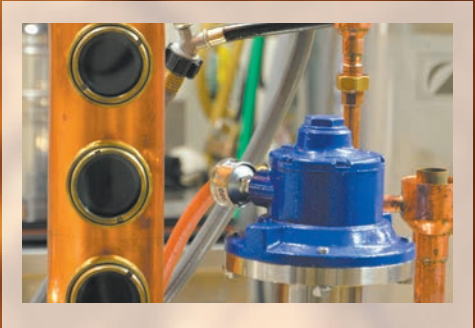
Craft liquor distilleries can create a product unlike

anything developed by well-known brands because a family-owned business can oftentimes be more flexible in the creative process. Distillers are able to test out different ingredients in their products and create flavors that mainstream brands don't have. This helps local product stand out against the big name competitors and creates a competitive advantage against other craft distilleries.

Hevelone describes how one of CooperMuse's award winning rums, Gold Rum, has a richer flavor because the molasses and sugar mixture used creates a caramel-like taste. The rum is "barrel-aged in used bourbon barrels, which has flavor stored and soaked in the oak," Hevelone said.

While the flavor pioneering began in Fort Collins, the future for these distillers may grow beyond the city's limits into the national distribution scene. "We hope to grow over time," Gulden said.

Feisty Spirits and CopperMuse both have award-winning products. Feisty Spirits has won 10 medals since 2013, and CopperMuse recently won two gold medals at the 2014 Breckenridge Craft Spirits Festival's Still on the Hill Competition, which was attended by 30 other craft distilleries.



What's up with Wi-Fi on campus?

By Pat Burns

Wi-Fi connectivity is provided by ACNS at Colorado State University, is inside almost all CSU buildings, is especially critical in class and meeting rooms, and is being upgraded to the next generation using a combination of student and CSU funding.

For this, Wi-Fi antennas are installed inside CSU buildings in strategic locations to provide coverage. The newest technology (termed 802.11ac) being deployed broadly across CSU is generally very good, solves most of the problems we have been having with Wi-Fi, and provides much better connectivity than cellular wireless.

To take greatest advantage of this technology, users must have compatible hardware (older devices cannot support the newest standards), and the device must also be configured to use 5 GHz frequencies. Please note that it is tremendously challenging to have complete coverage in all areas of all buildings, and there always will be some “holes” in the coverage geographically. However, all General Assignment classrooms and the major areas of all significant buildings are well covered.

Cellular connectivity

The other type of connectivity, cellular connectivity, is used by carriers such as

Verizon, Sprint, T-Mobile, AT&T, and others. These connections are homed to cellular antennas installed outdoors in locations established by these vendors.

Cellular connections that originate inside buildings must penetrate the building to get to these outdoor antennas, and this has become very challenging — modern building materials inhibit cellular signals, and as cellular providers upgrade their technology to higher speeds, that penetration is further diminished.

One way to improve such connectivity is to install, at great effort and expense, a cellular antenna system inside each and every building at CSU. ACNS hired an expert consultant who estimated a university-wide cost of \$36 million to do this for all major buildings at CSU — not economically feasible.

Note that modern smart phones that have Wi-Fi capabilities allow data to be transferred over Wi-Fi networks, and Internet use over Wi-Fi does not count toward cellular data plan limitations imposed by the carriers. Interestingly, we see a trend where cellular vendors are permitting use of our better, already-existing Wi-Fi networks for all services, including voice.

T-Mobile is the first vendor to allow voice calls over Wi-Fi, and we are convinced other mobile carriers will follow. In most cases, CSU's Wi-Fi

network is far superior to any vendor's cellular network coverage inside our buildings, and Wi-Fi is already deployed and managed. So, our strategy is to wait for other carriers to follow T-Mobile's example, and we will all benefit from the upgrades in progress to our Wi-Fi network. We will continue to monitor the rapidly evolving cellular-over-Wi-Fi landscape, incorporating these needs in our Wi-Fi designs going forward.

Finally, it is important to note that: 1) not all cellular telephones support Wi-Fi, 2) Wi-Fi must be configured correctly to be reliable, and 3) even the most current Wi-Fi networks cannot be 100 percent perfect all the time. So, please beware of using it for critical applications such as classroom testing or Personal Response Systems.

Indeed, the reason we install iClickers in all General Assignment classrooms is that they seem to be the most reliable technology in almost all circumstances. If you need an iClicker base station installed in a General Assignment classroom, please contact ACNS, who will install it for free.

Patrick Burns is vice president for information technology and dean of libraries for Colorado State University.

Good wireless practices

By Jim Farnell

Any data that you send over the campus “csu-eid” wireless network is encrypted over the air and is unreadable by prying eyes. The same is not true of the unsecured “guest” network or the wireless at your favorite coffee shop or hotel.

It's surprisingly simple to eavesdrop on unsecured wireless traffic, and programs are available search for plain text keywords like “account” or “password,” names, locations, etc. If you are using an unsecured network make sure you are connecting to secure sites — identified by the https:// prefix to the site's identifier.

Traffic on these sites has been encrypted by your browser and the site's server to protect your information. Your https data is protected everywhere between your browser and the server. When a secure network is available, always make the safe choice.

If you choose to have your phone, tablet or laptop save your wireless password, make sure the device itself has a password that prevents any unauthorized users from accessing it. Otherwise, if the device is lost or stolen any and all of your information is readily available for viewing, including your email. Always immediately change your eID password if you lose your phone or laptop.

To see a map of wireless installations on campus, go to <https://wsnet.colostate.edu/cwis24/csuwirelessmaps/csuwirelessmap.aspx>
For a list of compatible devices and configurations, go to www.acns.colostate.edu/wireless.
If you have issues with Wi-Fi, always feel free to contact our excellent Network Operations Center, noc@colostate.edu, (970) 491-7276.

Morgan Library help desk

By Alexandra Rager

Morgan Library is a familiar spot to faculty and staff that pass through its doors every day. Morgan is far more than a storage unit for its thousands of books, it's a meeting place, a mecca of discussion, studying and good coffee. The library and all it has to offer, however, would not be possible without the dedicated staff behind the scenes to ensure everyone can find what they need.

Amy Hoseth, the coordinator of onsite services, oversees the loan reserve desk, the handling and returning of books, circulating technology and so much more. She explains that “libraries are focused on more than books, it's a lot of technology” and with laptops being one of the most sought after items, it's easy to see that libraries have changed.

“One colleague of mine said that we should circulate a drone,” Hoseth said.

Morgan Library has also been getting more ebooks and with over 500,000 there is bound to be something that fits your needs. It has been on the cutting edge of electronically storing books and journal articles, pushed to this storing method because of the flood in 1997 that devastated the library.

“A library is critical to the successful functioning of an academic institution,” said Hoseth. Hoseth has held her position

as coordinator of onsite services for just over two years.

“I work with great student employees, it wouldn't run without them and it has kind of been a fun challenge for me.”

The passion she and so many that work to help the students, faculty and staff of the university share is inspiring. Hoseth found her passion working within libraries, however offers advice to anyone thinking about a career: “Whatever it is, make sure it is your passion and you are going to enjoy it every day.”

Beyond the stacks

The Help Desk in Morgan Library offers a wide range of devices for use by faculty, staff, students and even the general public at no charge.

In addition to the 325 desktop computers – both Apple and PC – running the latest software in the library, there are nearly 200 other items, including laptops, iPads and other tablets, video cameras, audio recorders, even phone chargers available for check out with your RamCard or registered community ID. A digital display in the lobby lets patrons know what's in stock at any time.

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CPC elections a way to help voices to be heard

By Jesse Epstein

Do topics like parking, the new stadium, and employee compensation matter to you? Being a member of the Classified Personnel Council (CPC) affords you the opportunity to get directly involved and ensure your voice is heard.

CPC member Terri Pecora believes that: “Representing State Classified employees on campus is an honor. CPC is tied into so many different organizations and committees on campus that we are always knowledgeable and current on information.”

From Lynda Hoffmann: “I wish I had gotten involved sooner, so don’t wait; attend a meeting and see what it’s all about. I think you’ll be glad you did!”

The annual election of State Classified employees to the Classified Personnel Council is happening now. This is your opportunity to get involved and affect positive change for your own work life and that of your co-workers. The deadline for completed submissions is 5p.m. on Friday, March 20, 2015.



Terri Pecora, IT supervisor at the Registrar's Office



Lynda Hoffman, library technician.

“At Colorado State University, we believe in shared governance, where everyone has a voice at the table when it comes to University planning and policy. For our State Classified staff, the Classified Personnel Council is that voice – helping to ensure that staff views, ideas, and concerns are respected in University decision making....”
- Dr. Tony Frank

Here is how you get involved:

Step 1 – Consider your current work load and availability. The term of service is three years beginning July 1. Serving on the CPC may require up to 10 hours of your time per month during normal business hours. Members also serve on Council and University committees.

Step 2 – Verify your eligibility. All certified State Classified personnel, working half-time or more, who have been employed by CSU for at least one year are eligible for membership.

Step 3 – Complete the nomination paperwork, which involves filling out a Prospective CPC Member Form and writing a letter of interest. The letter should include a short bio and explain why you want to become a CPC representative.

Step 4 – E-mail, mail, or deliver the nomination paperwork to the CPC Chair, Jeff Sturgeon

If you have more questions, please check out cpc.colostate.edu or contact the CPC Chair, Jeff Sturgeon, directly at jeff.sturgeon@colostate.edu or 970-491-2319.

Campus trivia with Russ Schumacher

Bill Gargan, last month’s trivia winner, knew it took nine long years from the legislative authorization of the Colorado Agricultural College to the first four students arriving on campus in September 1879.

Bill has been with the University for seven years, the last two in University Information Systems, where he does web development. He started in Extension, working with the Colorado 4-H Foundation.

For having the correct answer, Bill received a CAM the Ram bobblehead autographed by Russ Schumacher, the winningest Ram to ever appear on *Jeopardy!*, and a \$25 gift certificate to Mugs on the Oval.

For Women’s History Month, we go back to the turn of the 20th century for our next question.

Q: Who was the first female dean at what is now Colorado State University?

(While her title was originally Dean of Woman’s Work, she quickly renamed her area the Department of Domestic Science. And the building on campus that bears her family name was actually christened in honor of her brother, a Colorado governor, who funded its construction.)

Email your answer with March Trivia Answer in the subject line to csulife.colostate.edu by March 20. One winner will be selected at random from the correct answers received by the CSU Life staff.



Russ Schumacher, left, presented the February trivia prize to Bill Gargan, IT professional with University Information Systems.



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Canvas training prepares faculty for fall, many options available

by Julia Selby Smith

As the university-wide transition from RamCT to Canvas is set to be completed by the beginning of the Fall 2015 semester, it is important for instructors to become familiar with the new learning management system. While most of the faculty who have already adopted Canvas say it's easy to learn, they also say it takes some time to explore and understand all of its features.

To help instructors become familiar with the system, a number of Canvas training opportunities are available now, in a variety of formats to cater to different learning styles and preferences.

Kevin Nolan, learning management system application administrator, says for those who want to learn directly from a Canvas expert and get a chance to “experiment, get the feel of the system and have individual questions answered,” there are hands-on workshops offered periodically on campus. Workshops will be offered this month from March 9–12. Learn more and register for sessions at lib.colostate.edu/cat/registration.

For those who prefer to speak one-on-one with a Canvas expert, Nolan suggests going to the Canvas Information Center in Morgan Library room 185. For those who like to learn at their own pace,

Canvas Overview

Monday, March 9, 2–4 pm, Clark C 143
Tuesday, March 10, 1:30–3:30 pm, Clark C 143

Learn to navigate the Canvas dashboard, as well as configure notifications so they can be sent to email, text, Facebook or Twitter. Also learn how to navigate a Canvas course, how to select which tools to display on the course menu, how to configure different tools, and how to use the Student View feature.

Build a Course in Canvas

Tuesday, March 10, 10 am–noon, Morgan 174
Wednesday, March 12, 2–4 pm, Morgan 174

Discover the best ways to display the content in your Canvas course to students. Learn how to upload files and organize content in manageable portions.

Prerequisites: It is recommended that participants take the Canvas Overview workshop or have a working knowledge of how to navigate in Canvas.

Canvas Assignments and Grade Book

Wednesday, March 11, 2–4 pm, Morgan 174
Thursday, March 12, 10 am–noon, Morgan 174

Learn about the relationship between graded assignments (papers, quizzes, discussions) and the grade book. Also learn to create and grade assignments, and enter grades into the grade book.

Prerequisites: It is recommended that participants take the Canvas Overview workshop or have a working knowledge of how to navigate in Canvas.

Nolan suggests using the online guides, videos, and training handouts from the workshops available at <http://canvas.colostate.edu>.

Regardless of which option you choose, faculty who participated in the Fall 2014 Canvas pilot emphasized in a survey that “training should not be missed.”

CURC needs judges and student creativity

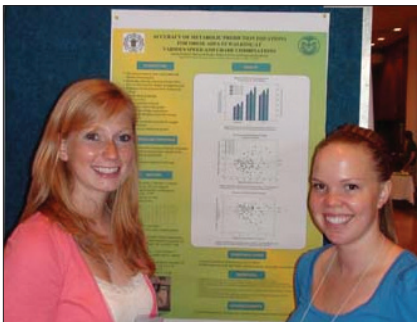
The Celebrate Undergraduate Research and Creativity Steering Committee is looking for judges for the annual Undergraduate Research and Creativity Showcase, April 22 in the Lory Student Center Ballroom.

Faculty in all colleges and departments should encourage their students to present their research or creative projects at CURC. Registration closes March 24 at 11:59 p.m.

Judges should be willing to spend approximately 1 hour between 10:30 am and 1:30 pm on Wednesday, April 22, to judge up to five student posters. Rating sheets must be turned in immediately following the poster session. Because one of the purposes of CURC is to prepare students to communicate their disciplinary work to a broader audience, judges may be evaluating posters from outside their discipline.

The steering committee – Susan Athey, Computer Information Systems; Thomas Borch, Soil and Crop Sciences; Mark Brown, Cell and Molecular Biology; Matt Hickey, Health and Exercise Science; Nancy Levinger, Chemistry; Chris Myrick, Fish, Wildlife and Conservation

Biology; Christie Peebles, Chemical and Biological Engineering; and Stephan Weiler, Economics — urges all CSU faculty and staff to join us in celebrating the achievements of our amazing students.



For more information and to sign up to judge this event, go to curc.colostate.edu

CSU to host National Data Integrity Conference

The first Colorado State University National Data Integrity Conference will be held in the Lory Student Center Grand Ballroom on May 7 and 8. A pre-conference workshop on May 5 and 6 will discuss how to process and analyze data using R, Python, SQL, and shell scripts.

The Data Integrity Conference aims to provide attendees with a high level understanding of data management topics including reproducibility, visualization, publishing, validity, curation, rights management and preservation.

“Across the nation, researchers are involved with projects that generate large volumes of complex data. This brings new challenges regarding research data and integrity” said Kathy Partin, Director of the Research Integrity & Compliance Review Office at CSU.

“Researchers and institutions struggle to properly manage datasets that are becoming larger and more complicated. The goal of this conference is to hear best practices from the experts, and generate conversations about innovative strategies to meet future challenges,” Partin said.

There will also be concurrent gatherings on both days with different themes including the data publication landscape, data community building, data support services and data reproducibility and integrity.

A lineup of 19 nationally-acclaimed speakers scheduled to present include:

- Philip Bourne the Associate Director for Data Science at National Institute of Health
- Elizabeth Iorns the Co-Founder and CEO of Science Exchange
- James Kroll the Director of Research Integrity and Administrative Investigations at the National Science Foundation
- Veronique Kiermer the Director of Author and Reviewer Services, Nature Publishing Group
- John Dahlberg the Deputy Director in the Office of Research Integrity at the U.S. Department of Health and Human Services
- Michael Kahn the Co-Director of the Colorado Clinical and Translational Sciences Institute or CCTSI

Preceding the conference is a two-day, hands-on Data Carpentry Workshop on May 5 and 6. The goal of the workshop is to teach basic concepts, skills and tools for working more effectively with data. This workshop is for learners with little to no prior knowledge of programming, shell scripting or command line tools.

Data Carpentry topics covered include:

- How to use spreadsheet programs (such as Excel) effectively and the potential limitations of such programs.
- Getting data out of spreadsheets and into more powerful tools—using R or Python.
- Using databases, including managing and querying data in SQL.
- Workflows and automating repetitive tasks, in particular using the command line shell and shell scripts.

To register for the conference or pre-conference, visit dataintegrity.colostate.edu.

For more information about the conference or the pre-conference contact Carolyn Broccardo, Responsible Conduct of Research Coordinator at Carolyn.Broccardo@Colostate.edu or Shea Swauger, CSU Data Management Librarian at Shea.Swauger@Colostate.edu.



PET HEALTH

Screening tests uncover pets’ hidden conditions early

By Dr. Rebecca Ruch-Gallie

Some dogs bury bones, while some cats squirrel away socks. But that’s not all our pets can hide; they often hide illness quite well. Veterinarians are trained to pick up subtle cues that something is not right with your pet, but cannot learn everything through senses alone.

A physical exam should be performed by a veterinarian at least yearly. For older animals, twice a year is better. During the exam, you might hear terms such as “FeLV/FIV,” “fecal,” “chem panel,” “CBC” or “UA.”

What do these abbreviations and acronyms mean? You may wonder what these tests are, and why your veterinarian considers them important – especially if your pet seems perfectly fine. Because of their role in providing important and potentially life-saving health information, veterinarians at Colorado State University consider screening tests a cornerstone of preventive veterinary care.

Here are some common tests your veterinarian might recommend to protect your pet’s health or to find a problem early:

Heartworm test: Heartworms are small parasites that your dog or cat can get from mosquito bites. The larvae, or immature worms, work their way to the large blood vessels of the lung and into the heart, causing damage and interrupting normal blood flow. The American Heartworm Society recommends annual testing and monthly preventive medicine to keep your pets safe. The test uses a few drops of blood and can be performed in the veterinary clinic.

Complete blood count (CBC): Using a small amount of blood, a CBC tells us about the body’s ability to fight infection, produce red blood cells and platelets for blood clotting, and if an infection is present. Deviations from normal values may also indicate metabolic diseases or the length of time a disease has been going on. Because some animals normally fall above or below normal ranges without disease, it is important to have a baseline test run when your pet is young and healthy.

Biochemical profile (aka “chem,” “chemistry” or “chem panel”): Another type of blood test, biochemical profiles can give us hints about kidney and liver health and give us clues about metabolic diseases like diabetes. Because some animals normally

fall above or below normal ranges without disease, it is another important baseline test to run when your pet is young and healthy.

Urinalysis (UA): As you might guess, this tests looks at your pet’s urine. Blood cells and bacteria do not belong in urine. So if these are found, we know there is a problem in the bladder or kidney. A urinalysis can also show us how well the kidney is working or whether your pet has diabetes.

Feline leukemia virus and feline immunodeficiency virus test (FeLV/FIV test): Feline leukemia and immunodeficiency are two different viruses that infect cats. Cat-to-cat contact is the most common way your cat may become infected, including mom-to-kitten transmission. Because these viruses interfere with the immune system’s ability to fight infection and can be fatal, all cats should be screened for these two viruses. Since these viruses are good at hiding in the body, all sick cats should be tested as well.

Fecal flotation (aka “fecal” or “parasite screen”): The Companion Animal Parasite Council recommends annual screening for gut worms. If your dog or cat has parasites, the eggs will be shed in feces and can be found by fecal flotation. The protozoan parasite Giardia can also be found if present. Some worms can be transmitted to people, so it is especially important to keep your pets on regular parasite control and to screen annually.

Along with a physical exam, these tests allow veterinarians to detect disease earlier and to provide treatments that can keep your pet happy and feeling good longer.



Dr. Rebecca Ruch-Gallie is a veterinarian with 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 PRECIOUS

Provided by the Larimer County Humane Society.



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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.





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Bite into a healthy lifestyle this month and all year long

By Shelby Chandler

Every March, the Academy of Nutrition & Dietetics encourages Americans to return to the basics of healthful eating. This year's theme of National Nutrition Month®, "Bite into a Healthy Lifestyle," encourages consumers to adopt a healthy lifestyle that is focused on eating and drinking fewer calories, making informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.

A major component of this year's approach is encouraging individuals to make changes one bite at a time. Small gradual changes will be most beneficial for sustainable lifestyle modification. So instead of trying to rework your entire diet pattern, start with snacking first and work your way up to each meal.

Snacks can be a fun and valuable part of a person's healthful eating pattern – but they can also add unneeded calories, sugar, sodium and fat. However, if you plan ahead and choose carefully, sensible snacks can always be part of a healthful eating pattern. Snacks provide an excellent opportunity to include nutrient-dense foods like fruits, vegetables, whole grains, proteins and low-fat dairy.



Besides being a great source of nutrients, snacks provide an energy boost and satisfy midday hunger. In order to maintain consistent blood sugar levels, you shouldn't go more than three hours without eating. A snack can help keep your blood sugar at adequate levels needed for optimal energy. If you have a small appetite or limited energy, eating several (five to six) small meals, including snacks, may be a better approach than the traditional three meals a day.

Shelby Chandler is a registered dietitian nutritionist and studying for her master's degree in food science and nutrition in the College of Health and Human Sciences.

Below are some ideas for smart snacking that can help everyone "Bite into a Healthy Lifestyle"

Plan carefully. Buy a variety of tasty, ready-to-eat foods when you shop, and keep them nearby.

Adjust meals. When you add a snack, make the next meal smaller rather than just adding calories.

Make snack calories count. Snack on foods that fill the nutrient gaps in your day's eating plan. For example, eat fruit at snack time if your meals do not include it.

Go easy on high-calorie snacks. Foods like candy, chips and sugar-sweetened beverages often contain solid fats and added sugars without giving you many nutrients. Have these only occasionally.

Snack when you're hungry – not because of stress or boredom. Exercise can be a helpful alternative for feeding those emotional urges.

Eat smart portions. Choose single-serve containers, or measure a serving in a bowl rather than eating directly from the package.

Quench your thirst. Water, low-fat or fat-free milk, 100 percent juice and herbal tea are a few options.

Mix it up. Include a variety of snacks from each food group, such as fresh fruit, air-popped popcorn, whole-wheat crackers, a dried fruit and nut mixture, string cheese or fat-free yogurt.

To find out more about National Nutrition Month, go to www.eatright.org. Making the right food and nutrition choices is a necessary part of living a healthy lifestyle. To learn more, contact the Kendall Anderson Nutrition Center, www.nutritioncenter.colostate.edu, or make an appointment for individual nutrition coaching with a registered dietitian nutritionist. Call (970) 491-8615 to schedule your appointment today!

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