



STORY THAT MUST BE TOLD — Albert Rosa, 91, filled the Lory Student Center Ballroom with people of all ages who came to hear about his experiences as a survivor of the Nazi concentration camp in Auschwitz, where he received his number tattoo during World War II. After liberation, Rosa fought alongside Allied troops and earned five combat medals. His talk was part of this year's Holocaust Awareness Week on campus. *CSU Photography*

Women and Gender Collaborative launches for Women's History Month

By Dell Rae Ciaravola

Educate to empower.
Engage to change.

That's the mission ahead for the Women and Gender Collaborative as it readies for a formal campus launch in March alongside Women's History Month celebrations at CSU.

Since 2012, when President Tony Frank gave the charge to the university to become the best place for women to work and learn, many on-campus committees and offices have dedicated their efforts and passion to that goal. Independently and collaboratively, they have helped move the university closer to realizing a culture and climate of gender inclusiveness for faculty, staff and students.

Among those groups are the President's Commission on Women and Gender Equity, the Standing Committee on the Status of Women Faculty, the Center for Women's Studies and Gender Research, the Women and Gender Advocacy Center, and the Office of the Vice President for Diversity. Until recently, a central way to bring together and more broadly communicate the significance of these efforts with the rest of campus had been missing.

See Women's History on page 18

One billion reasons to State Your Purpose

By Tony Phifer

One. Billion. Dollars.

In 2012, Colorado State University celebrated the early and successful conclusion of its first comprehensive campaign. Now, less than four years later, the University is embarking on a far more ambitious quest, looking to raise \$1 billion to invest in the never-ending pursuit of across-the-board excellence.

State Your Purpose – The Campaign for Colorado State University officially launched Feb. 13 at the annual 1870 Dinner on the CSU campus. The goal is to complete the campaign in 2020 to mark the 150th birthday of the university.

"We're incredibly proud of this campaign – the goals it embodies, the promise it holds, and its symbolism," CSU President Tony Frank told the gathering of the University's

most passionate donors. "This isn't a campaign that quietly questions our thinking about the future. This is a campaign that demands a declaration: State Your Purpose. That theme embodies the character of a university that is committed to continuous improvement, that rolls up its sleeves and redoubles its efforts, and that leaves no one behind as we move forward."

Brett Anderson, vice

president of University Advancement, shepherded the first campaign to a successful conclusion despite the lack of an established culture of giving at CSU. He announced that the new campaign already has raised more money – nearly \$540 million – in just over three years than the previous campaign raised in seven full years.

See Your Purpose on page 20

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Jo Ann Hedleston
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How do you
commute?
page 9

YOU@CSU
NEW MENTAL HEALTH PORTAL
page 13

APPLAUSE

College of Liberal Arts



SPCM 200: Public Speaking, a class offered by the Department of Communication Studies, was named a “Program of Distinction” at the National Communication Association’s annual convention in Las Vegas in November. **Tom Dunn**, assistant professor, is the director of SPCM 200. The award recognizes SPCM 200 as one of the most outstanding introductory communication courses nationwide and a model in communication education for other institutions in the United States.

Divisions of Academic Affairs/Student Affairs



Amy Dinise-Halter, student success projects manager, received this year’s Outstanding Commitment

to CPAC Organizational Growth award from the College Personnel Association of Colorado. She was also recognized as a co-author of this year’s Significant Research Publication, “Balancing Laundry and Chickering: Creating Supportive Educational Communities for Non-Traditional Women in Student Affairs Master’s Degree Programs.” **Madlyn D’Andrea**, director of advising for undeclared students, received CPAC’s Distinguished Service to Higher Education Award.

Division of External Relations

The Council for Advancement and Support of Education (CASE) recently gave CSU communications and public relations programs one platinum award (their national/international award), three gold awards (their highest regional award) and two bronze awards for work promoting the people and programs here at Colorado State and for innovative use of technology.

The platinum award went to **SOURCE**, our innovative digital content distribution system. This award means it is now entered into international competition for innovative use of digital media in communications, noting it is one of the best examples of use of technology in communications nationally. The CASE Region VI Awards were presented Jan. 26 in Kansas City. The winner of the Platinum Award will be announced and presented in New York City in July.

In addition, the University’s Instagram account, managed by **CSU’s Social and Digital Media team** in DER, was named the No. 1 Best College Instagram Account in the world by HubSpot, which said, “When it comes to posting a diversity of Instagram content, Colorado State University covered it all — and everything came out beautifully.”

School of Public Health



Lorann Stallones, director of the Colorado School of Public Health at CSU, has been named Peer Reviewer

of the Year by the Journal of Agromedicine. The award is given to a peer reviewer who, according to the Journal, “exemplifies a commitment to assuring the high scholarly quality of what we publish.” Stallones is a professor in the Department of Psychology

and deputy director of the High Plains Intermountain Center for Agricultural Health and Safety (HICAHS), one of 10 agricultural safety and health centers funded by the National Institute for Occupational Safety and Health.

Facilities Management



Facilities/BSG Custodial Team 6 is the team that keeps the CSU Foothills Campus running smoothly no matter the weather. This team comes in very early

in the morning to get the buildings at the CSU Foothills Campus ready for the day; they also come in, when needed, on weekends to shovel snow or wax floors or complete a special project that couldn’t be completed during the work week when the buildings are full of people.

On Dec. 10, 2015, the Facilities/BSG Custodial Team 6 was recognized by the Colorado State University Employee Appreciation Board for their dedication and hard work at the CSU Foothills Campus. The 10 members of the team were treated to snacks, punch, and a CSU t-shirt as a way of saying thank you for all you do – even before the storm at the beginning of February!

Recognition for hard work, community spirit

The CSU Employee Appreciation Board, originally formed in 1968, recognizes employees for their hard work and promotes community spirit among CSU faculty and staff through events such as breakfasts or luncheons. Each month, the Board hosts a prize drawing for all faculty and staff who submit an entry form, including a coveted reserved parking space for a full month.

The board meets monthly during the academic year to discuss and plan employee recognition events, as well as to help promote university events. One of the main objectives of the board is the monthly recognition of a group, entity or college.

Have a department or office you want to nominate? Please visit csueab.colostate.edu/nominate-a-unit/ to submit a nomination form!



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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.

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

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The new UCHealth Emergency Room offers more than just top-quality emergency care. Walk in for lab services when it fits your schedule or refill a prescription at our 24/7 pharmacy. And if you need immediate care, our emergency room is designed to reduce wait times and handle any type of medical emergency.

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UCHealth Emergency Room

Harmony Campus

4630 Snow Mesa Drive, Fort Collins

(At the corner of E. Harmony Road and Snow Mesa)

International learning finds a home away from home in Baja at CSU Todos Santos Center

By Nik Olsen

Colorado State University students are engaging in learning experiences that combine curriculum with a global perspective – and it’s all happening just more than 1,000 miles from the Oval.

The CSU Todos Santos Center is the university’s first international location, and being CSU-owned and -operated allows for continuous research opportunities and courses integrated into standard curriculum.

Taking students out of the classroom can provide a transformational learning experience, said Ken Wilson, professor and department head of the Department of Fish, Wildlife, and Conservation Biology in the Warner College of Natural Resources, who joined 16 students and fellow faculty member Paul Doherty for a two-week course in Todos Santos in January. Students adapt to cultural differences, work in groups, and gain an international perspective, he said.

“Globally we are dealing with many of the same issues, such as not enough water, energy demands, poverty, and understanding that we really are one big community living on planet Earth,” Wilson said. “For those in Fish, Wildlife, and Conservation Biology, they got to experience firsthand the conservation and environmental issues in another country, and see firsthand some of the things only spoken of in books and videos.”

Opportunity to teach abroad

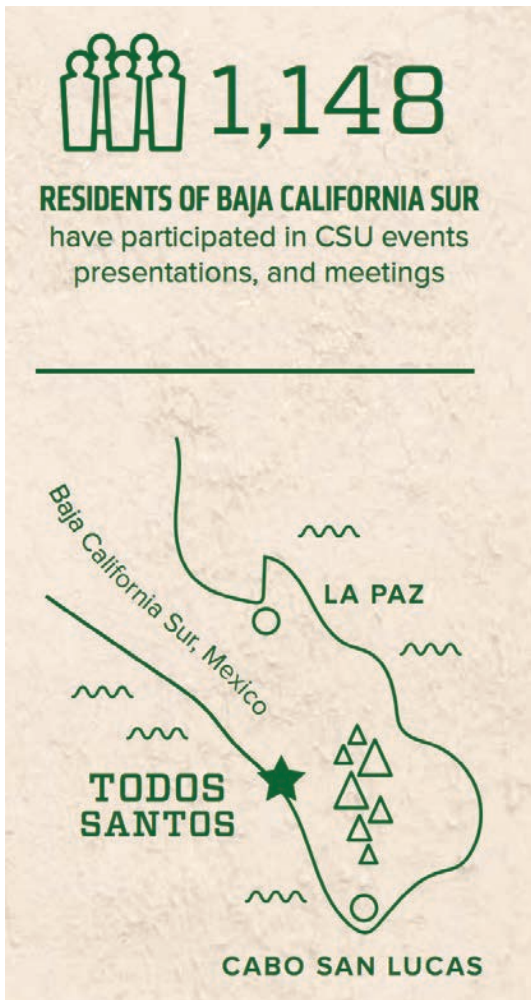
The Center is unique in allowing CSU professors and faculty an opportunity to teach abroad and there are possibilities for many academic disciplines to create courses that utilize the Center, Wilson said, noting that as with all international opportunities, there are cost considerations. Such costs can be addressed when designing a course to ensure alignment with university access priorities, said Kim Kita, director of special projects and partnerships at CSU.

Since the Center opened in April 2015, nearly every college has utilized the Center in some way, from studying organic agriculture, wildlife biology, and veterinary medicine to conducting “Kids Do It All” children’s theater workshops.

Augusta Ahlm, a College of Agricultural Sciences graduate student, has visited the CSU Todos Santos Center for a sustainable agriculture course and an anthropology course. She is conducting research for her master’s program, and noted the nature of the Center creates cross-disciplinary



The historical town of Todos Santos in Baja Sur California sits right on the Pacific Ocean. *Photo courtesy CSU Todos Santos Center.*



aspects for learning.

“Here on campus, we can learn theory and in labs,” Ahlm said. “But to learn from other places and value the knowledge of the people there, adds a valuable dynamic.”

Educational experiences are not limited to curriculum, as CSU has established several partnerships with the regional community, including formal Memoranda of Understanding (MOUs) with local universities and research institutions UABCS and

CIBNOR. CSU has welcomed more than 1,200 residents of Baja California Sur to the Center for community workshops and student presentations, and students have visited local farms and fisheries to learn how industries operate from locals.

“My original intent on coming on this trip was to learn about marine conservation and to be able to interact with the people and practice my Spanish,” said CSU student Brice Culhane, a senior, who was part of the



About the CSU Todos Santos Center

- Opened in April 2015
- Gathering and meeting space as well as residence-hall style lodging for up to 50 participants
- Education abroad courses for CSU students in wildlife ecology and conservation, agriculture, hospitality, nutrition, ecology, human development and family studies, the arts and more
- Multicultural learning opportunities for adults through workshops, alumni trips and OSHER Institute programs
- More than 1,200 residents of Baja California Sur have participated in CSU events, presentations, and meetings

January Department of Fish, Wildlife and Conservation Biology class that visited Todos Santos.

“Reflecting back on the trip I believe I achieved both these goals and so much more,” Culhane said. “The experiences I had in Mexico have deepened both my understanding and my appreciation for the diversity of wildlife and I feel I am better prepared for any future career I may have in this field because of it.”



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COMMUNITY EVENTS

Mindful Drop-in Group

Every Wednesday, 12:10 p.m.
Lory Student Center Room 324
No meeting March 16
mindfulness.colostate.edu

Mountain West Basketball Tournament

March 7-12
Thomas and Mack Center, Las Vegas
Both men's and three-time regular season-winning women's Ram teams compete for the Mountain West Conference Championship — and a chance to go to the Big Dance!

Mike Connor, Deputy Secretary of U.S. Department of the Interior



March 9
Lory Student Center Theatre, 7 p.m.
First in the Dr. Norm Evans Endowed Lecture Series, sponsored by the Colorado Water Institute and the Colorado Water Center

Followed by a panel discussion featuring CSU water experts.
watercenter.colostate.edu/NormEvans_Lecture.shtml

Supply Chain and Human Trafficking in Colorado

March 10
Bohemian Auditorium, Rockwell Hall West, 2 p.m.
The final Social Justice Workshop presented by the College of Business Undergraduate Program for the spring semester features a panel of experts, facilitated by Lumina Albert of the Marketing Department.
source.colostate.edu/college-of-business-hosts-social-justice-workshop-on-human-trafficking/

CSU Ethics Colloquium

March 11
Eddy 200, 4:30 p.m.
Andrew Corsa, Visiting Assistant Professor, Philosophy, CSU Pueblo with discuss "Magnanimity, Modern Technology, and the Value of Nature."
Ethics.colostate.edu

Spring Break

March 14-18
No classes



Dining with Sustainability

March 17
SoGES dinner series on collaborations for sustainability solutions. Reservations required, seating is limited.
sustainability.colostate.edu/dining-with-sustainability

11th Annual Women's Conference

March 26
Throughout the Lory Student Center, 9 a.m.-5 p.m.
www.wgac.colostate.edu/womens-conference



The State of Women and Girls in Colorado

March 28
Lory Student Center West Ballroom, 6-8 p.m.

CSU Fashion Show

April 1
Lincoln Center, 417 Magnolia St., 7:30 p.m.
Annual showcase of work by students in the Department of Design and Merchandising.
lctix.com

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| • CSU Housing & Dining Services | | • Walrus Ice Cream |



Colorado State University



Coloradans
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You can learn a lot just by walking around

By Jim Rodenbush

By my own estimations, I have made the commute to work in my adult life around 4,200-or-so times.

Through three times zones, five states and many jobs, that commute has taken on different forms. I’ve lived less than one mile from the office and made a 4-minute drive. I’ve been more than 50 miles away and spent hours in the car each week.

I’ve walked to work. I’ve taken a bus. I’ve sat on a light rail train. At times, I’ve combined all three. Short of hopping on an airplane or biking, I’ve done it all. In terms of uniqueness – and, at times, entertainment value – nothing has topped my five months in Fort Collins.

First, a quick recap on how I get to the Lory Student Center. I walk, just a little over four miles round-trip. The path is predominately residential. It starts on Elm Street and takes me on Wood Street, Laporte Avenue and finally Loomis Avenue before reaching the CSU campus.



and roads each day. To anyone who is interested in finding out about their neighborhood, and their neighbors, I recommend this as the way to go.

I have seen the unusual. That came one late afternoon when I was startled to find a Rottweiler perched on the roof of a house. I don’t know how it got there. I didn’t stick around to ask. (There will be more on the local dogs in a minute.)

I have seen the heartwarming when, after getting some work done on Christmas Eve, I witnessed a reunion between grandparents and their grandchildren that came complete with a giant stack of presents, a few covered dishes, and a lot of screams, tears and hugs.

I’ve started that walk as early as 6 a.m. I’ve finished it as late at 10 p.m. In all, I spend around 70 minutes on the sidewalks

I’ve discovered the noisiest neighbor. That title belongs to the person who regularly shreds the drums on Wood Street.

I’ve heard an eclectic range of music coming from homes and car stereos, everything from “Duke of Earl” to R. Kelly’s greatest hits.

Who had the best holiday decorations? The hands-down winner could be found in the 900 block of Elm Street. The centerpiece of the display was an animated Santa Claus and his reindeer, and Christmas carols playing on a continuous loop. For about a month it was the best part of the walk.

I found out the hard way, by wiping out three times, how quickly untreated sidewalks can turn into miniature ice skating rinks.

What is one thing I haven’t seen? Not one school bus.

What about the people? A word I hear a lot as part of the Colorado lingo is “chill.” I settle for the more mundane term: friendly, from the late-night encounter with a 20-something who asked if I had any marijuana

all the way to the elderly gentleman who continuously complements the “glorious weather we’re having,” even as it was snowing 14 inches.

Without question, the biggest culture adjustment has been the neighborhood dogs. It’s not unusual to encounter up to as many as a dozen a day, sometimes more. That’s about a dozen more than I was used to. They come in all shapes and sizes. I’m convinced there isn’t a single neighborhood dog that hasn’t barked my way ... or ran up to me ... or, in a couple of cases, jumped on me.

And that’s OK with me. For me, it’s all in a day’s commute.

Jim Rodenbush is the Student Media Adviser to the Rocky Mountain Student Media Corporation. Each month, this space will highlight his experiences as a new resident of Fort Collins.

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Campus Trivia with Russ Schumacher

Today, everybody knows CSU’s 50-year-old Auditorium-Gymnasium as Moby Arena – it even has the name in big letters on its side. But **Randy Lamb** in the Structural Trades department of Housing & Dining Services knew that the Moby moniker wasn’t official until Athletic Director Oval Jaynes made it so in the 1980s.

Lamb, who has been with CSU for nine years, said he had to do a little research to find the right answer to last month’s trivia question. But for his efforts, and for having his name drawn at random from the correct answers submitted, he received a \$10 gift certificate to Mary’s Mountain Cookies and a CAM the Ram bobblehead autographed by Russ Schumacher, assistant professor of Atmospheric Sciences and the winningest Ram ever to appear on *Jeopardy!*

A carpenter by training, Lamb works out of the south shop of Housing & Dining’s maintenance operations, located in the old kitchen of Newsom Hall directly across from the site of the new stadium. The seven full-time and several part-time employees in the group repair kitchen and other portable equipment there, even fabricating parts on-site when needed. They also take care of plumbing, carpentry, mechanical and electrical work in any of the on-campus buildings that are part of Housing & Dining.



When he is called out to make repairs in residence or dining halls, Lamb drives one of the E-Z Go vehicles that are part of the Housing & Dining fleet.

“It’s something different every day,” Lamb says of his job, “but I’m really impressed how some of our older buildings have really held up. They get a lot of use.”

With the party caucuses behind us and the federal elections a mere eight months away, this month’s question has a Presidential quality.

Q, Who was the first and only sitting U.S. President to visit CSU?

Email your answer with March Trivia in the subject line to csulife@colostate.edu by March 25 at 5 p.m. The winner will be chosen at random from all the correct answers received by CSU Life staff.

Exercise like a lady with strength training

By Kimberly Burke

In honor of Women’s History Month, let’s talk about women and exercise. Either from a lack of experience, knowledge, or just being afraid of getting “too bulky,” women often overlook strength training or weight lifting. Here are some reasons we should all incorporate strength training into our routine.

Overall health

There are countless health benefits to exercise in general, and strength training falls under the umbrella of exercise. You can increase your overall rate of metabolism (how efficiently you convert calories to energy), decrease blood pressure (improving heart health), decrease fat mass (decreasing risk of obesity and associated health problems), improve insulin sensitivity (decreasing risk of diabetes), and positively impact mental health and overall quality of life.

Strength training has many of the same benefits as cardiovascular training along with some separate ones that we often miss like improving functional tasks you do daily without even thinking. For example carrying all of your groceries at once. And the great thing about starting a strength training

program is it can be done at any age, and it’s never too late to see the benefits.

Confidence/self-esteem

Exercise itself has been show to increase confidence and improve body image perceptions, and strength training perhaps more so than other forms. Strength training can provide a sense of control and inner strength, particularly for women.

In this day and age, social media can leave many women feeling like they aren’t meeting the demands of magazine covers. How am I supposed to “slim,” “tone,” “get fit,” “lose weight,” “get rid of flab,” or fix any other problem I didn’t know I had? These appearance-focused ads and media have devastating effects on women of all ages and their self-perceptions. Instead of buying into this appearance-centric mindset, we can come up with ways to invest in ourselves and set goals around strength training that make us feel better. A perception change of how we think we look will likely follow.

Don't fear the bulk

Women have a greater percentage of the hormone estrogen (compared to testosterone) which means that we simply are not going to get as large

of muscles as men. Will you gain weight? It’s likely because muscle does weigh more than fat. Strength training could increase your overall your body weight, but it can also shrink your dress/ clothes size.

Weight training also doesn’t necessarily mean bench pressing 150 pounds. Lifting three pounds, great, lifting 10 pounds, great, lifting 20 pounds, great. Are you catching on here? They’re all great! Just don’t limit yourself to three pounds because you’re afraid of moving from “toning” to “bulking.” You are likely carrying more than that in everyday life—think backpacks of books or full laundry baskets.

Adding some regular strength training to your program can help you do the activities you do every day with more ease. Many women fear that

strength training will turn them into a body builder. Instead, picture a smiling, healthy you.

Kimberly Burke is the director of the Adult Fitness Program at Colorado State University, an outreach program through the Department of Health and Exercise Science. Adult Fitness offers exercise opportunities for employees of CSU as well as community members, while providing hands-on learning experiences for health promotion students.

To learn more see: hes.chhs.colostate.edu/outreach/adultfitness/



Reinventing the Wheel — How do you commute?



Tim Broderick

Tim Broderick is all about sustainability – and flexibility. The Sustainability Coordinator for Housing & Dining

Photo by Kyle Deuschle

Services, Broderick is responsible for implementing sustainability programs across the CSU campus, and co-teaches a class for Eco-Leaders and in the School of Global Environmental Sustainability. His office is in The Pavilion, the first Platinum LEED-certified building on campus – and his home is in Longmont.

A 60-mile round trip in a private car could produce a sizable carbon footprint. That’s why, since the beginning of the year, Broderick has been taking the FLEX, the new regional bus route with stops between Fort Collins, Loveland, Berthoud, Longmont and Boulder. It is operated by Transfort and made possible through regional partnerships, including one with CSU. FLEX provides five trips each weekday, two in the morning and three in the afternoon/early evening.

How many days a week do you take the FLEX?

2-3 days.

Did you use other forms of transportation before the FLEX started?

Before my fiancé and I moved to Longmont – she works in Boulder and we wanted something in between – I lived in Fort Collins and biked to work most days. She also takes the bus to work, and we were very intentional in buying our house about 4 blocks from the bus stop.

How long does it take to commute to work? How does that compare to driving yourself?

The trip takes about an hour and a half each way. If I can catch the express in the afternoon, there’s only one stop and that makes it about 15 minutes shorter, but it’s still longer than driving.

Describe your route and how you get to and from the FLEX.

It’s about a 5-minute walk to and from the stop in Longmont. The FLEX drops off and picks up right at the University Station on Mason Street, then I walk across campus to Laurel Village. I can also take the Around the Horn shuttle from the Oval if the weather is bad.

Do you do anything to prepare for the commute?

To be on campus on time every morning, I have to catch the 6:36 a.m. bus, which means I have to leave the house at 6:25 a.m. So I get everything ready the

night before so I can just grab and go.

Do you do anything along the way, either to or from campus (day care stops, workouts, errands)?

On days when I have different hours or things to do, I will drive to work. My fiancé and I coordinate taking care of errands – whoever has the car cooks dinner that night and picks up the ingredients. I also take advantage of the noon hour workout program at Moby Gym.

How do you spend your time on the commute?

FLEX buses are equipped with free Wi-Fi, so I can catch up on emails (when I can get a good connection) or reading for work or my master’s degree. Mostly I take advantage of the time to myself.

What concerns did you have about taking the FLEX before you started?

I’m originally from Philadelphia, where public transit is more a normal part of everyday life, so I didn’t have concerns about taking the bus to work. But we did put a lot of thought into where we wanted to buy our house to make taking transit convenient, which required some changes in our lifestyle.

How do you manage workday business trips when you don't have a personal vehicle on campus?

I’m an avid biker, so if I have meetings around campus, I usually use the communal

bike that is shared by Housing & Dining and Conference and Events Services. It’s the fastest way to get around campus.

How does the cost compare to driving and parking on campus?

With my RamCard, I ride the FLEX for free, but I don’t save significantly on parking. Because I wind up parking on campus 10-20 days a month, I buy a full permit and you don’t get the unused days back. I do save on gas, which isn’t that much right now with the prices so low, but when they go back up that can be a significant amount. The biggest saving comes from the fact that we actually sold one of our cars, which allows us to save on repairs and maintenance and all the costs associated with car ownership.

What advice would you give to a fellow employee who is on the fence about using alternative transportation to commute?

It’s not as challenging as you might think. You have to make a conscious effort to plan and commit to using transit, and there are some sacrifices involved. I think that adding children or other family members to the mix could alter how much we could both use the FLEX. But the important thing is to really think about it, and make the changes that you are comfortable with to reduce your carbon footprint. What’s important is that you do the best you can.

ENTERTAINMENT CALENDAR

Art & Literature

Amy Misurelli Sorensen, *The Mollusk and Her Quahog*

Through March 31, artist talk and reception,
March 9, 5 p.m.

Directions Gallery, Visual Arts Building

Art at the Lory Student Center

Moriah Hummer, *Portraits*

Through March 15

The Hallery, lower level

Cannupa Hanska, *Reliquary*

Through June 1

Duhesa Gallery, upper level

Evening with Doug Bradley and Craig Warner

March 25, 7 p.m.

Hilton Fort Collins

Authors of *We Gotta Get Outta This Place: The Soundtrack of the Vietnam War*.

Free and open to the public, no tickets required. Book signing follows discussion.



Music & Dance

eLeMeNO-P

March 19, 7:30 p.m. | Midtownartscenter.com
Midtown Arts Center, Theatre One

eLeMeNO-P -- Jalyn Courtenay Webb, Dan Hoeye, Mike Olson and Chris Bloom - met in 1992 at Rocky Mountain High. The friends discovered they sang well together, and over two decades later, they still perform, record, and goof around as all great friends should. This concert features special guest Anne Terze Schwarz.

Spring Dance Tea

March 31, 3:30 p.m.

University Dance Theatre, University Center for the Arts

For what has become a spring tradition, join us for this informal performance event featuring Colorado State University dance majors. Refreshments and performance are free and open to the public.

Spring Dance Concert

April 8-9 and 15-16, Fridays 7:30 p.m.,

Saturdays 2 p.m. and 7:30 p.m.

University Dance Theatre, University Center for the Arts | csutix.com

This concert marks the year's culmination of dance, performance, and passion for creative movement. With many original works, the concert features the work of dance faculty, students, and special guests in a variety of styles, including classical ballet, modern dance, jazz, hip-hop, and tap.

Theatre

The North Plan

Through March 19 | Ictix.com
OpenStage Theater and Company
Magnolia Theatre, Lincoln Center

Hapless Carlton Berg is a mid-level bureaucrat from the U.S. State Department with a price on his head. After a ruthless faction seizes power in Washington, the unlikely hero flees to the Ozarks town of Lodus with the new regime's top secret Most Wanted list, where a motor-mouthed repeat offender by the name of Tanya becomes his greatest ally. Contains extensive adult language.

Ring of Fire

Through March 25 | Midtownartscenter.com
Midtown Arts Center, Main Dinner Theatre

This Broadway show delivers a heartfelt musical tribute to the country legend Johnny Cash, The Man in Black, a true American legend. More than a dozen classic hits, including "I Walk The Line," "A Boy Named Sue," and the title tune promise to move and exhilarate! Tickets include dinner.

The ___ Monologues

March 25-26

Lory Student Center Theater, Friday at 7 p.m.
and Saturday 4 p.m. and 7 p.m.

Bailey Cross, CSU Student and Puksta Scholar, produced this collection of 25 different personal stories told by 15 different CSU students to open up dialog on a number of taboo subjects, including racism, exploitation, assault and gender identities. Tickets at the LSC Box Office.

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THE HISTORY OF BUSHMILLS

IRISH WHISKEY



Bushmills Irish Whiskey came into creation in 1608 when King James I granted Sir Thomas Phillips — land-owner and Governor of County Antrim, Ireland — a license to distill. That means Bushmills started making whiskey long before America declared its independence.

In 1784, the Bushmills Distillery became official. The Pot Still became the trademark for the company and it still remains the same today.

When a malt tax was introduced in the 1850s, Bushmills stuck to their original recipe while other distillers were forced to change due to the extra expense.

In 1933, prohibition came to an end, which was good news for Bushmills and even better news for Americans. Samuel Wilson bought the Bushmills Distillery 10 years before prohibition ended because he believed that one day he would make his fortune and whiskey drinkers very happy.

The Distillery faced tough times in the mid-1900s when World War II halted production and a bomb destroyed the archives. But, production resumed after the war and the world couldn't have been happier.

To mark the 400-year Anniversary of Bushmills in 2008, the Bank of Ireland put the Old Bushmills Distillery on the new banknotes, which goes to prove that money can buy happiness in the form of Irish whiskey.

Today, Bushmills continues to be one of the most popular brands of whiskey. Wilbur's Total beverage is proud to celebrate the craft behind fine whiskey by offering Bushmills Irish Whiskey. *By Courtney Deuschle*



THIS ST. PATRICK'S DAY, CELEBRATE IRISH TRADITIONS AND HISTORY IN AN IRISH FASHION WITH BUSHMILLS IRISH WHISKEY AVAILABLE AT WILBUR'S

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2016 CPC Elections: Classified Personnel Council wants you — to run for representative

As a representative of the CSU Classified Personnel Council (CPC), you have the opportunity to be directly involved with the process of shared governance here at CSU. The CPC represents over 1,700 CSU State Classified employees. This is a sizeable group with an important voice!

The CPC, through you, makes a real difference.

Do topics like affordable housing, campus parking, diversity, employee recognition, and employee compensation interest you?

CPC Representatives pay special attention and contribute to the issues and decisions that directly affect State Classified employees at CSU. In addition to six standing CPC Committees, CPC Representatives participate in university decision-making and planning through involvement on many university committees and campus-wide initiatives. Here are just a few of the groups on campus that CPC contributes to:

- Budget Area Review Committees (BARCs)
- Campus Safety Advisory
- Child Care Task Force Committee
- Commitment 2 Campus Committee
- Diversity Initiatives Committee
- Employee Appreciation Board
- Employee Hardship Loan Fund
- Housing Solutions Task Force
- Parking Services Committee
- President's Commission

- Re-envisioning CSU
- University Benefits Committee

Get involved. Shared your knowledge and experience. Get to know your campus and your CSU community. Make new friends and make a difference. CPC Representatives are elected to serve a three-year term. Representatives elected in the spring of 2016 will begin their term effective July 1, 2016 and serve through June 30, 2019.

If you are interested in becoming a CPC Representative, please follow the self-nomination process outlined below. The deadline for completed nominations is 5:00 p.m. on Friday, March 18, 2016.



Classified
Personnel
Council
CPC

Self-nomination Process

Step 1 – Consider your current work load and availability. The term of service for CPC Representatives is three (3) years beginning July 1, 2016. Serving on the CPC may require ten (10) hours or more of your time per month. All CPC Representatives are required to attend Council meetings and 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 Colorado State University for at least one year as State Classified employees (as of March 31, 2015) are eligible for membership (except employees of the Colorado State Governing Board or System's Office).

Step 3 – Complete the nomination paperwork. Fill out a Prospective CPC Representative Form and write a Letter of Interest. The form can be downloaded from the CPC website (<http://cpc.colostate.edu>), or you can request one be mailed to you. The Letter of Interest (150 words or less) 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 Office of the Vice President for University Operations (VPUO) by 5:00 p.m. on Friday, March 18, 2016. Send to:

- Attention: Erika Borges / Kellie Rainwater
- Email: operations@colostate.edu
- Physical address: 318 Administration Building
- Mailing address: 6001 Campus Delivery

Step 5 – Receive confirmation. You will be contacted as soon as the election tellers have verified your eligibility and the completeness of your nomination paperwork. Your name will then be added to the official ballot, which, if necessary, will be mailed to all State Classified employees on March 30, 2016. [Note: If the number of nominations received does not exceed the number of vacancies on the Council, those submitted may be appointed by the existing Council.]

CSU Ethics Colloquium tackles tough issues

By Kate Hawthorne Jeracki

A new Ethics Colloquium Series launched last month helps Colorado State University faculty and staff collaborate to bring an ethical perspective to virtually any issue facing the community, both on campus and beyond.

“The purpose the CSU Ethics Colloquium is to promote cross-disciplinary, cross-college conversations about ethics-related issues,” said by Provost Rick Miranda. “The Colloquium will support, highlight, and enhance new and existing activities to give our broader Northern Colorado community a window into all that is happening on campus with respect to ethics.”

While themes and topics will be broad-based, the Colloquium emphasizes ethical issues in the professions and disciplines, particularly when such issues have larger social, civic, political, and economic implications.

For example, the first talk in this

series was a conversation on “The End of the University” by Miranda and University Distinguished Teaching Scholar and Professor Matt Hickey. They described some of the issues that university faculty could/should consider in designing curricula that equip students to have a values-based approach to their education: How can our students learn to deal both ethically and effectively with the civic, social, political, and economic implications of our changing world – and how should we provide those learning outcomes?

The second Colloquium event was a panel on “Learning Analytics: Risks, Benefits, and Ethical Implications” featuring several experts on digital learning, learning analytics, and research ethics, from on campus and beyond.

Other talks this spring have addressed a range of topics, from media ethics to the intersections between ethics and diversity issues in community-based research and teaching.

The next event in the series is set for March 11, when Andrew Corsa, visiting assistant professor of philosophy at CSU Pueblo, will discuss “Magnanimity, Modern Technology, and the Value of Nature,” ways in which using modern technology can make it more difficult to develop a variety of moral virtues – in particular the virtue of magnanimity or greatness of soul. As part of his discussion, he will touch on the intrinsic value of nature and on the relation between the virtue of simplicity and other virtues. The talk takes place at 4:30 p.m. in Eddy 200.

In academic year 2016-17, the Colloquium will feature both additional campus events and a nationally prominent guest speaker with expertise in a relevant area.

The Spring Ethics Colloquium Speaker Series is co-sponsored by the Office of the Provost and Executive Vice President and other units on campus.



Provost and Executive Vice President Rick Miranda. Photo courtesy of SOURCE

Visit ethics.colostate.edu for more information and videos of previous talks in the series.

YOU@CSU: New mental health portal launches on campus

By Courtney Deuschle

Step into your own mind and discover more about yourself with a new tool at Colorado State University called YOU@CSU. This program just launched after its development by Grit Digital Health in collaboration with the CSU Health Network. . The program is designed to deliver an easy-access mental health platform directly to the students at CSU. The mission of building this platform is focused on serving the community of students in a way that is free, useful and beneficial.

Using the portal, students access three different domains to learn and explore their strengths and growth areas.

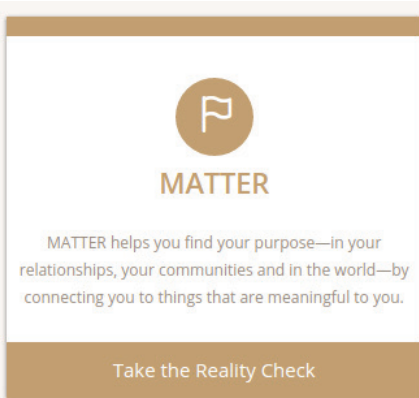
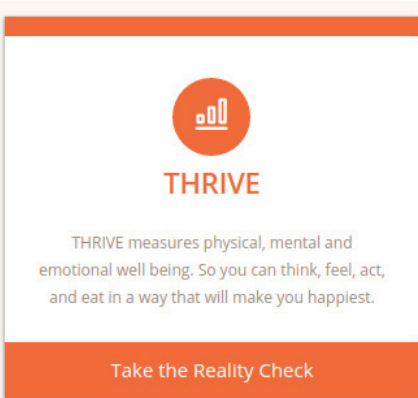
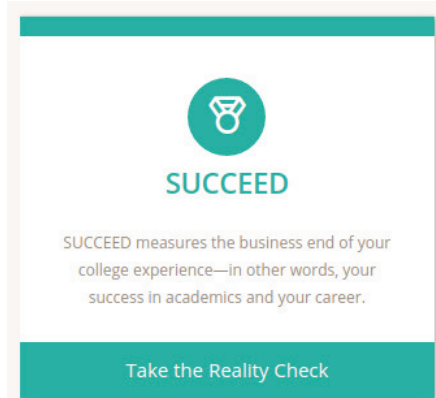
THRIVE = Physical/Mental Health

SUCCEED = Academics/Career

MATTER = Purpose/Community/Social

Students create a profile using their colostate.edu email, and the content and experience becomes personalized once they complete a profile and start searching and completing brief assessments. Goals can be set and checked off using a function on the platform as well.

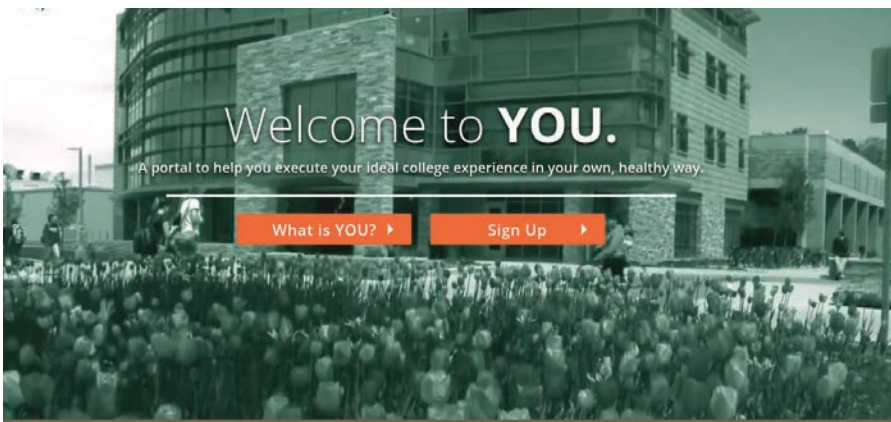
Janelle Patrias, Manager of Mental Health Initiatives for the CSU Health Network, has dedicated her time



searching for the best technology that is ideal for CSU students as a whole.

“Nobody likes being told what to do. YOU is different in how it asks students what they want to do and what they want to focus on,” Patrias said. “YOU offers suggestions, tips, tools and resources based solely on what is important to the individual. Not what we think is important for them. That’s very unique.”

The portal is a beneficial tool for students because they are able to use it as a way to take action in areas of their life they wish to improve and to avoid more serious problems and get help when they need it. The portal is private, so students can feel safe while exploring sensitive topics. The portal also connects students to a whole



“You” are at the center of a new online portal dedicated to supporting the well-being of students through their CSU career.

variety of campus resources available to them at CSU that they may have not even known about.

“We know students are busy and as much as we’d like to have all campus

resources open 24/7, obviously that’s not feasible. So now students can access some self-guided skill building any time they want,” Patrias said.

CONGRATULATIONS TO OUR STAFF

Operations Management 2015 Employee of the Year



Brittany Briar is our Environmental Lead at Braiden Hall. Throughout the year, Brittany has been dedicated in helping her supervisor keep things steady while they have been short-handed. Brittany has stepped up her game, never complains and ensures that the work is getting done. She is a motivational force for the rest of the crew and even takes the time to train the new staff coming in. Brittany goes above and beyond in all areas of her job. Thank you Brittany for all your hard work!

Operations Management Invisible Employee of the Year



Kathy Brandon is part of our purchasing team. Everything that Kathy does is exceptional, precise, and with great care. Kathy has team spirit, is always willing to help and finds a solution to any problem. With Kathy, you know that her best interest is for the department and the employees. She sees the good in others, and this is a huge asset to our team. Thank you Kathy!



Simone Listmann
Employee Champion Award



Heather Meyers
Employee of the Quarter



Bill McBride
Honor and Integrity Award



Parmelee Hall
December Team Award

SECRET LIFE OF CSU

Changing the dial with Jo Ann Hedleston

By: Diego Felix

Since the days the Rolling Stones played Moby Arena in the 1960s, Jo Ann Hedleston has been a grassroots music lover.

As one of the founding mothers of KRFC 88.9FM radio station, Hedleston has been directly involved with nonprofit radio in Fort Collins since before the station began broadcasting in 2003.

Splitting time teaching introductory ethics courses as an adjunct instructor in the philosophy department at Colorado State University, Hedleston steps off campus every Friday morning and into the broadcast studio at KRFC for her two-hour show.

“I think everyone ought to be really open-minded about music,” said Hedleston, whose show features an eclectic variety of Americana. “But if you don’t have melody or rhythm, get out of here — that’s not music.”

She recalls a time in the mid-’90s when she was let go as a KCSU DJ, after a mandate by Colorado State University forced the dismissal of non-student participants at the then community-run station. Severing 20 years of local volunteer involvement, the move created the need for a new community radio station.

Soon after the split, Hedleston and other former KCSU volunteers collectivized in 1994 under the name Public Radio of the Front Range and began brainstorming ways to get back on the airwaves. With Fort Collins growing both as a city and popular music scene, the group intended to focus on providing the Northern Colorado populace with quality, non-commercial and community-centered radio programming.

PRFR applied three times over the course of seven years for building permits



to construct the station’s broadcast tower, with each application requiring the group to raise \$1500. Several Christian broadcast groups challenged PRFR’s applications by also applying for frequencies in the low-power jurisdiction — the cause for the extended delay.

“It was so rewarding to win the battle to secure the 88.9 frequency,” Hedleston said. “After negotiations with these other stations, we finally worked out a deal.”

Since the early days, KRFC’s mission has been to serve the community. Hedleston said that the station emphasizes running music that is both contemporary and local.

“Grassroots reflects the community because we have so much corporate radio that we’ve lost the voices of real people,” Hedleston said. “We help to serve the underserved community on the FM side of the dial.”

Jo Ann Hedleston, second from left, with one of the many local bands whose music is played on KRFC. The station is set to become part of the Fort Collins Music District when it opens later this year. Photo courtesy Jo Anne Hedleston

March Savings



DINE IN
Grab lunch or dinner & save 10%
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PET HEALTH

Pet’s neurological problems not all in your head

By Dr. Stephanie McGrath

Veterinary neurologists treat nervous-system problems of all shapes and sizes, from Chihuahuas with back pain to Saint Bernards with seizures. The nervous system comprises the brain, spinal cord, muscles and the nerves that connect them. Just as in humans, neurological problems in animals can be caused by a reaction to medication, hereditary disorders, infection or trauma.

If you are concerned that your favorite furry friend has a problem, your general-practice veterinarian can perform a neurological exam. Depending on the diagnosis, he or she might refer you to a specialty practice, such as the neurology department at the Colorado State University James L. Voss Veterinary Teaching Hospital.

What to expect at a neurological exam

The exam itself is gentle and non-invasive. The neurologist will take a detailed history – asking questions about your pet’s health, behavior and any problems you have noticed. He or she will observe your pet’s gait, mobility and coordination. The doctor will test various responses; this involves lightly touching the animal’s face, testing vision, observing awareness and testing limb reflexes.

Many neurological conditions may be diagnosed through non-invasive testing at your veterinary clinic. If the condition persists or the doctor thinks a consultation would help your pet, a specialist will use a variety of high-tech methods to look further. Most procedures require anesthesia so the animal is completely still during the exam.

The neurologists at CSU have top-notch diagnostic equipment at their fingertips. The in-house magnetic resonance imaging scanner has recently

been updated with a state-of-the-art software system, making it one of the most advanced in the state. An MRI allows doctors to see the soft tissues of the brain, spinal cord, joints and tendons.

Colorado State’s new positron emission tomography/computerized tomography (PET/CT) offers a unique look at metabolic changes in the nervous system, helping to diagnose a variety of challenging disease processes.

CSU Veterinary Teaching Hospital offers minimally invasive brain biopsies, integrating MR and/or CT images with a neuro-navigation system to guide needle biopsies.

Additionally, a newly installed electrophysiology unit has made the diagnosis of nerve and muscular diseases possible.

Treatment options

Tumors, herniated disks and traumatic injuries are often treated with surgery, but many neurological conditions also respond to medications – antibiotics, immunosuppressive drugs, anti-seizure medication, and chemotherapy.



Dr. Stephanie McGrath is an assistant professor of neurology at Colorado State University’s James L. Voss Veterinary Teaching Hospital. She is interested in treating seizure disorders and inflammatory brain diseases, as well as a variety of spinal cord disorders.



Stacy Bunte, with her dog Rosie, pick up sheepdog Oliver after he was assessed for neurological problems at the CSU Veterinary Teaching Hospital. *CSU Photography*

Changes in behavior

How do you know if your pet has a neurological condition? Keep an eye out for telltale changes in behavior such as:

- Not recognizing you
- Forgetting training or failing to obey
- Lethargy
- Aggressiveness
- Irritability
- Physical changes

Physical signs that might indicate a neurological problem include:

- Weakness
- Back and neck pain
- Running in circles or pacing

- Head-pressing against hard surfaces
- Balance problems
- Seizures and tremors
- Problems swallowing
- Deafness
- Vision problems
- Common neurologic conditions

Commonly treated neurologic conditions include:

- Seizure disorders (epilepsy)
- Brain and spinal tumors
- Meningitis and encephalitis
- Congenital disorders
- Disk herniation and disease
- Traumatic injuries

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Live weekly music at the LSC Ramskeller

By: Diego Felix

Blowing off steam with live music in a relaxed atmosphere is an activity no longer restricted to the weekend.

Through a partnership between Campus Activities and SpokesBUZZ, the Ramskeller is hosting local bands every Wednesday for a weekly showcase dubbed LSC Live.

The event includes two sets by each band. The first set begins at 3:15p.m. followed by a second set at 4:15p.m. LSC Live provides bands and ‘Skeller patrons the opportunity to enjoy local music genres ranging from rock ‘n’ roll to indie to reggae-funk.

LSC Live provides bands an additional space to perform while also involving students looking to gain experience promoting, marketing or producing multimedia content for music events.

The 28-week program is the brainchild of Kebrinna Chirdon, internship program director for SpokesBUZZ and artist residency director for LSC Live. According to Chirdon, the event helps bring bands

to a new audience, fosters more student involvement with the LSC and provides student interns with work experience.

“The best part of LSC Live is that it gives members of the community, whether students or bands, opportunities to become involved on campus,” Chirdon said. “In addition to revitalizing the culture at the student center, it’s an amazing platform to support local music while providing avenues for those interested to gain experience in the entertainment industry.”

SpokesBUZZ is an organization that incubates and provides local bands with the support of a record label, but without contractual obligations.

According to Ryan Kirkpatrick, front man of Northern Colorado-based band The 14ers, local bands running the music circuit in Fort Collins have not always been afforded the chance to play for a student audience. With his acoustic infused folk-rock band slated to play March 30, the 2007 alumnus praises the collaboration between SpokesBUZZ and Campus Activities.

“Music and band-oriented organizations like Spokesbuzz are so willing to help everybody,” said Kirkpatrick, who has played many shows such as the Mishawaka and South by Southwest thanks to the local

music company. “The closest thing that used to exist that supported local bands was the Live at Lunch with KRFC radio.” The 14ers are also scheduled to play April 27.

Live at the LSC Spring Schedule

March 9: Maxwell Mudd / Rock ‘n’ Roll

March 23: tbd

March 30: The 14ers / Folk

April 6: The Longest Day of the Year / Americana

April 13: Write Minded / Reggae-Funk

April 20: Sour Boy Bitter Girl / Indie Rock

April 27: The 14ers / Folk

May 4: American Blackout / Rock ‘n’ Roll



Join the Administrative Professional Council to celebrate our talented colleagues

By Trevor Eyden

The seventh annual Administrative Professional Recognition Luncheon will be held on Wednesday, March 30, from 11a.m. – 1p.m. in the Grand Ballroom of the Lory Student Center. Invitations were sent out on February 23th and included a link to the registration form. This event fills up quickly so please RSVP early! Attendees will enjoy a free lunch, as well as a presentation from Colorado State University President, Tony Frank.

During the luncheon, the

Administrative Professional Council will also present the AP Star Awards. The AP Star recognizes administrative professionals who have demonstrated outstanding individual performance at CSU. These AP Stars make a difference and shine in our CSU Community. To learn more about the AP Star Award or how to nominate an individual, please visit the APC’s official website: ap.colostate.edu.

If you have any questions about the event, please contact the Office of CSU Events at CSUEvents@colostate.edu.

Call for nominations

Know a dedicated colleague who wants to get more involved on campus? Are you looking to join the conversation on new policies that affect administrative professionals? Get your nomination materials ready, the Administrative Professional Council is making their call for new member nominations.

The APC represents and promotes the interests of Administrative Professionals at Colorado State University and facilitates communication across campus. Members are dedicated to researching, discussing, and making recommendations to the CSU Administration on any issue that has the potential to affect the welfare of Administrative Professionals.

The call for nominations will be sent

by area representatives the first week in March, and nominations must be received no later than March 25. Voting will take place from April 4- April 15 via Ballot Bin, an electronic voting format.

“Please do consider running for a seat on the Administrative Professional Council! Having a strong AP voice on campus benefits all of us and your participation on the council allows you access to many important conversations,” said Katie Brayden, Vice Chair for the AP Council.

If you are curious about running or would like to know more about APC, please consider attending an upcoming meeting. The APC meets the second Monday of every month in the Lory Student Center. For additional details visit ap.colostate.edu.

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AP Stars Luncheon

Wednesday, March 30

Colorado State University

Commitment to Campus offers a wide range of special benefits for CSU faculty and staff

By Bob Schur

Colorado State University values the contribution of every member of faculty and staff to the success of the organization. We know that it can be easy for employees to feel lost in an operation as large as CSU.

Our Commitment to Campus or C2C programs offer a wide range of opportunities, discounts, assistance and special benefits to CSU faculty and staff.

C2C programs are designed to:

- Promote employee health, wellness, and personal advancement
- Engage employees in the life of the University
- Connect employees and students outside the classroom
- Enrich participation in campus programs, classes, and events
- Reward employees for their service and involvement in the CSU community

One focus of C2C is to reach out to employees in times of need.

The **Emergency Hardship Loan Fund** provides help when an employee faces an unforeseen catastrophe or hardship that imposes a financial burden that the employee cannot meet. EHLF loans are made in amounts up to \$1,000, and are paid back by payroll deduction. There is no interest on the loans while they are being repaid.

For more information on eligibility and how the program works, please contact the Human Resources Service Center at 491-MyHR (491-6947) or visit the EHLF website, hrs.colostate.edu/benefits/EHLF-Program.html.

A companion program to EHLF, the **Parking Subsidy** assistance program provides a 50 percent discount on faculty/staff parking permits for those employees earning less than \$30,000 per year. This pilot program will continue in fiscal year 2017, which starts July 1, 2016. Contact Parking Services for more information at 491-7041.

Another program available to CSU employees is the **Working Together Foundation** program offered through the state of Colorado. This nonprofit organization provides financial grants for

housing, utilities, medical expenses, food, clothing and other basic needs during a crisis. More information at [https://sites.google.com/a/state.co.us/working-](https://sites.google.com/a/state.co.us/working-together-foundation/)

the Commitment to Campus site: commitmenttocampus.colostate.edu.

You can also like Working at Colorado State U on Facebook and

“One focus of C2C is to reach out to employees in times of need.”

together-foundation/

These are just a few examples of how Rams are there for Rams through C2C. You can see a complete listing of programs and benefits on

follow us on Twitter at @WorkingatCSU to find out the latest.

Bob Schur is executive director of CSU's Department of Policy, Risk & Environmental Programs.



The _____ Monologues

by Melissa Leavenworth

The _____ Monologues, pronounced “The Blank Monologues” is coming to Colorado State University at the Lory Student Center Theater. The show consists of a collection of pieces that aim to shed light on taboo social issues that college students face today.

The producer of *The _____ Monologues*, Bailey Cross, is a sophomore pursuing a degree in political science with a double minor in legal studies and women’s studies. The idea for the show began in her honors seminar where they read *The Vagina Monologues*.

Cross discovered that CSU used to do productions of *The Vagina Monologues* and aspired to bring it back. She was awarded the Puksta Scholarship and began production at the beginning of the school year.

After discovering some questionable material in *The Vagina Monologues*, the project took a turn. “Instead of using a script that has previously been written, all of the performances except for three were written by CSU students about their experiences on campus, and all of them are being performed by CSU students,” Cross said.

This allows the production to take

a focus on issues important to CSU students. The goal is to “bring a voice to issues that are usually taboo... and by putting these front and center it will start a conversation and let survivors in the audience know they’re not alone and that it’s okay to talk about it,” Cross said.

Initially, she worried there wouldn’t be enough interest in the show. However, it turned out to be so popular that they had to turn away monologues. “When I first started this project, it seemed almost too big for me,” said Cross. “It’s brought together a lot of people from different backgrounds that maybe wouldn’t have come together in another situation.”

Cross hopes that the production will become a student organization so that the show can go on annually. The production team welcomes anyone who would like to be involved and those interested should contact Bailey Cross.

The _____ Monologues will show at the Lory Student Center Theater on March 25 at 7 p.m. and on March 26 at 4 p.m. and 7 p.m.

Tickets are available now through the Lory Student Center box office. Tickets cost \$5 for students with a CSUID and \$10 for the community. All proceeds benefit Crossroads Safe House and iEmpathize.

BUSINESS PROFILE

A businesswoman and a firefighter opened Pinot's Palette Paint and Sip Studio in 2012, with the idea that anyone can paint a masterpiece.

Located in Old Town at 159 West Mountain Ave., Pinot's Palette Studio hosts painting parties and classes complimented by wine or beer seven days a week. Customers are able to book birthday parties, bachelorette parties, corporate team-building events, and even off-site workshops at outside companies. Anyone can attend both public or private events offered seven days a week.

As part a new and exciting entertainment venue, Pinot's Palette takes care to engage with the local community and offers a first-rate fun and exciting experience while you Paint. Drink. Have Fun! The upscale ambiance stems from the quality wine and beer offerings paired with skilled and very entertaining artists. This small business is also homey, comfortable and reasonably priced at an average of 35 dollars per class. Pinot's Palette partners with other local businesses to host events at other venues and locations. Through the Pinot's Palette "Painting it Forward" program they also host fundraisers for non-profit organizations.

The success of Pinot's Palette is driven by its close-knit staff culture, which creates a fun, supportive, and relaxing atmosphere that transfers to customers. The studio often hires current or graduated CSU art students. Though they have a strong art background already, artists undergo two to four months of extensive entertainment training before they start teaching classes.

"The most satisfying thing is at the end of the night when people look at their painting and realize they can do it," co-owner Tony Curtis said. "Everyone paints the same painting, but they all have something a little different." If a customer does not like what they have painted, they can come back and fix their work free of charge. Patrons of any age are welcome to come and try their hand at this craft.

Get connected with the studio on Twitter or Instagram at @pinotftcollins, and see class and event offerings at <http://www.pinotpalette.com/fortcollins>. Call for your reservation 970.214.5208. Pinot's Palette Fort Collins is owned by Kim Fain and Tony Curtis, who will soon be opening a second studio location in Westminster, CO.

Business profile by Paige Beaufort

Women's History |

From page 1

Introducing the Women and Gender Collaborative

The Women and Gender Collaborative, led by Cori Wong, will work to connect, support and promote various campus efforts that focus on women and gender-related issues. The Collaborative will create opportunities for the general campus community to learn more about and engage with these topics on a deeper level, providing a platform for activity and growth toward the university's overall goal. It also will develop educational content to inform diverse audiences, and convene, host and facilitate critical dialogues around women and gender.

Wong wears multiple hats. Last summer, she was appointed as both the special assistant to the President for Affordable Housing Initiatives and the director of the Women and Gender Collaborative. She also serves as special instructor in the Center for Women's Studies and Gender Research. Wong brings together academic credentials – such as a dual-Ph.D. in philosophy and women's studies – and a down-to-earth passion for teaching, learning, and applying theory to everyday life. In her own words, she aims to engage the “hearts and minds” of the campus community around the daily realities that shape and create our campus culture and climate.



Cori Wong, director of the Women and Gender Collaborative, center front row, stands with collaborators, from left to right, Irene Vernon, Sue James, Monica Rivera, Mary Ontiveros and, front row, Caridad Souza. *CSU Photography*

“Making CSU the best place for women to work and learn involves complicated issues. To solve those complex issues, it's necessary to connect with women, men, students, faculty and staff across all groups and bring the issues home to them,” Wong said. “Not everyone is an expert in women's studies, but anyone can participate in the conversation and make a personal

connection with situations in which these issues play out. The Collaborative's goals are to educate, engage and empower all audiences to help improve the university's culture around women and gender.”

Irene Vernon, chair of the Ethnic Studies Department, agrees.

“The Collaborative can bring a means to fill in some major gaps in education across campus about gender

and feminism,” she said. Vernon also chairs the Standing Committee on the Status of Women Faculty, which is at the forefront of identifying and addressing equity issues on campus for women faculty. “The Collaborative's educational focus will allow for efforts to be better understood and supported.”

Connecting & building partnerships

Wong vows to bring just that to the table – connecting the groups that carry out similar work with the broader campus, and connecting the campus community back to the issues at hand. Among her first priorities is to help the community better understand how gender informs and influences everyday interactions, and help people build the skills to recognize and respond to problematic issues, such as bullying or gender bias, as they transpire.

“Cori is intelligent, energetic, and motivated to make the Collaborative work, and I think we need to support these efforts to help the university move forward,” said Blanche Hughes, vice president for Student Affairs.

In addition to working with various campus groups, the Women and Gender Collaborative also has begun building external partnerships with the city of Fort Collins, as well as local groups and organizations. The Women and Gender Collaborative will absorb and expand upon the efforts initiated by the Ripple Effect.

“I think there is room for new initiatives and ideas as the Collaborative takes shape, and it will be important to reach out to all interested women and men to participate,” Hughes said.

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Celebrate Women’s History Month

March 10 • Feminist Friendship Forum
Center for Women’s Studies & Gender Research
Dr. Cori Wong and WS380
Morgan Library Event Hall, 9:30-10:45 a.m.

March 17 • Two-Way Q&A
The Women & Gender Collaborative
Lory Student Center 308-310, 12-1 p.m.

March 25-26 • “The _____ Monologues”
Bailey Cross, CSU Student and Puksta Scholar
Lory Student Center Theater, Friday at 7 p.m. and
Saturday at 4 and 7 p.m.

March 26 • 11th Annual Women’s Conference
Women and Gender Advocacy Center
(Information available at WGAC – LSC 234)
Throughout the Lory Student Center, 9 a.m.-5 p.m.

March 28 • The Collaborative’s Social
Celebrating the Initiative’s Launch and Future
Lory Student Center Ballroom D, 3-5 p.m.

**March 28 • The State of Women
and Girls in Colorado**
Center for Women’s Studies and Gender Research
The Women’s Foundation of Colorado
Women Give Larimer County
Lory Student Center West Ballroom, 6-8 p.m.

Introducing The Women & Gender Collaborative

The **Women & Gender Collaborative** connects and promotes efforts that support the University’s mission to improve campus culture and climate around gender and make CSU the best place for women to work and learn.



Your Purpose

From page 1

“The first campaign took seven years and really changed the way people thought about Colorado State University and private support,” he said. “We are just three-and-a-half years into this campaign and the support has been tremendous. Our generous and committed supporters recognize that we are on a phenomenal trajectory as a university, and that private support is essential if we are to continue on that impressive course.”

Anderson said private support is more essential than ever as CSU continues to strive for across-the-board excellence. He expects private support to outpace state funding at CSU for the fifth consecutive year. CSU raised \$173 million in the 2014-15 fiscal year – the most ever raised by a single college campus in Colorado – while the state contributed just over \$100 million.

“Raising a billion dollars would put us in an exclusive club – only a small number of universities have completed billion-dollar campaigns,” Anderson said. “It’s a monumental and meaningful task, and it’s also the ideal target when we looked at the needs of the institution to continue on our path toward excellence. If we want to continue on our journey to become the greatest land-grant university in the country, we need

to successfully complete this campaign.”

A special luncheon event was held March 7 to introduce faculty and staff to the campaign goals and objectives.

Watch SOURCE for campaign updates and stories about members of the Ram Family who benefit whenever someone decides to State Your Purpose; see the video of President Franks’ entire 1870 Dinner speech at source.colostate.edu/tony-franks-speech-announcing-1-billion-campaign/



President Tony Frank formally announced State Your Purpose — The Campaign for Colorado State University at the annual 1870 Dinner Feb.13. *CSU Photography*

Where the \$1 billion goes

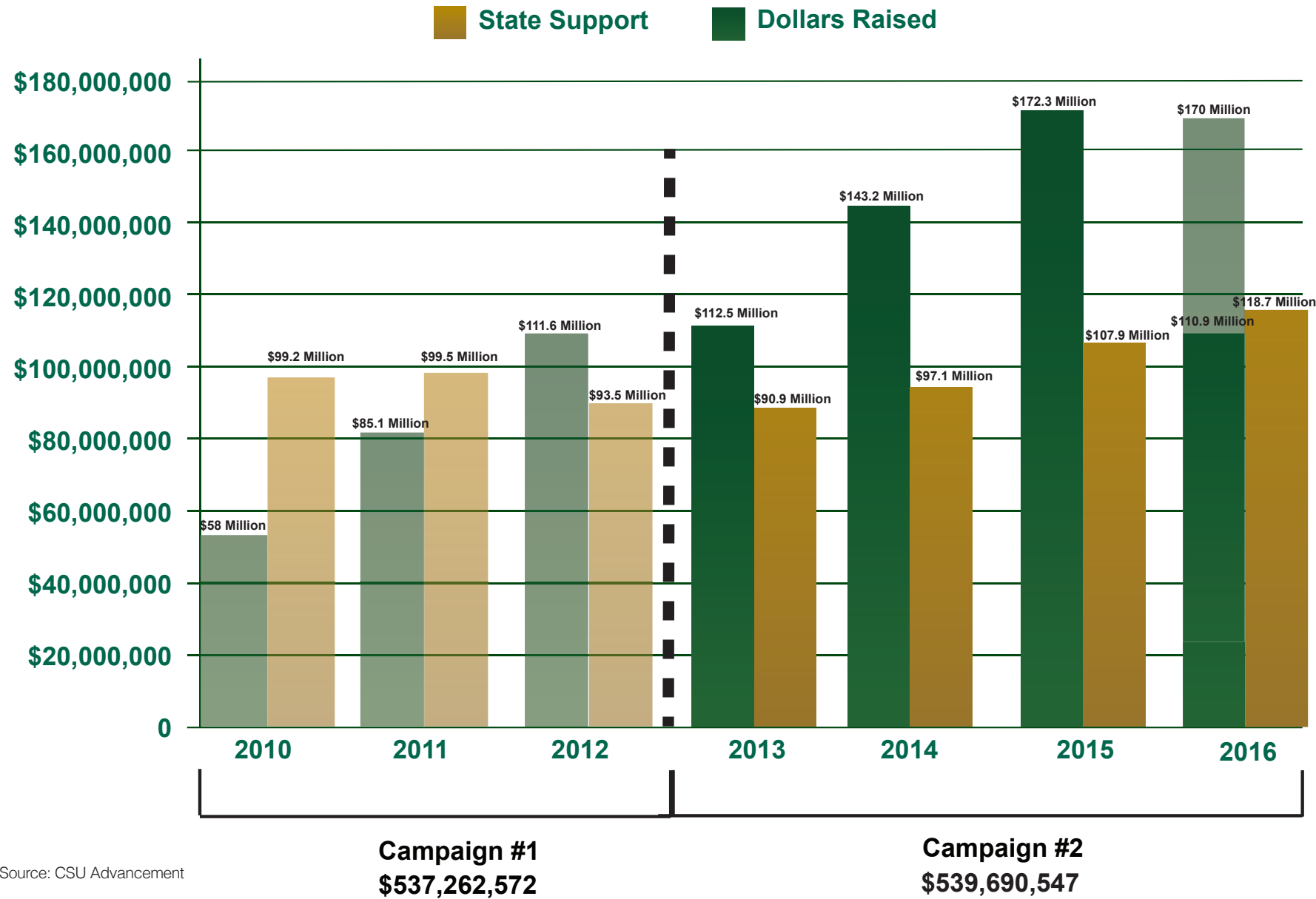
State Your Purpose — The Campaign for Colorado State University will:

- Dramatically increase the number of scholarships so CSU can continue to attract, recruit and create access for outstanding students from the state, the country and the world
- Invest in world-class infrastructure – classrooms, labs, residence halls and athletics facilities – so CSU can achieve across-the-board excellence
- Provide resources to exceptional programs so CSU can attract the leading faculty and staff minds in the world to further research and teaching
- Significantly increase CSU’s endowment for the long-term financial health of the University

STATE YOUR PURPOSE

• THE CAMPAIGN FOR COLORADO STATE UNIVERSITY •

Funding Sources for Colorado State University



Source: CSU Advancement

CSU COOKS

Cauliflower Crust Hawaiian Pizza



Ingredients

- Crust:**

 - 1/2 large head cauliflower
 - (or about 2 cups shredded cauliflower)
 - 1 large egg
 - 1 cup finely shredded mozzarella cheese
 - 1 teaspoon dried oregano
 - 1½ teaspoon dried or fresh minced garlic
 - ½ teaspoon onion powder
- Topping:**

 - 1/2 cup tomato-basil marinara sauce (or pizza sauce)
 - 1/2 cup finely shredded mozzarella cheese
 - 3 slices Canadian bacon, cut into strips
 - 1/2 cup pineapple tidbits

Serving Size: 1/6 of prepared pizza | Yield: One 9 to 12 inch pizza

Yearning for a tropical setting for Spring Break this year? If you can't make it to the islands, you can satisfy your Hawaiian pizza craving and still be healthy. This recipe from the Kendall Anderson Nutrition Center uses cauliflower to make the crust, which adds a nutritional punch of vitamin C, phytonutrients, and fiber. And did we mention it is low in calories?

Instructions

1. Preheat the oven to 450° F.
2. Process the cauliflower into small crumbles with a food processor.
3. Microwave the cauliflower crumbles in a large bowl until dry, about 8 minutes.
4. In a medium bowl, mix the cauliflower crumbles with the remaining crust ingredients.
5. Spray a cookie sheet or pizza pan with nonstick spray (or use a nonstick surface). Pat the crust into a 9 to 12-inch round onto the pan. Spray the crust lightly with nonstick spray and bake for 15 minutes (or until golden).
6. Remove the crust from the oven and set the oven to broil. Spread the sauce on top of the baked crust, leaving a 1/2-inch border around the edge.
7. Sprinkle 1/4 cup cheese on top. 8. Add the bacon and pineapple, spreading it out around the pizza. Sprinkle the remaining cheese on top.
8. Broil the pizza 3 to 4 minutes, or until the toppings are hot and the cheese is melted and bubbly.
9. Cut into 6 slices and serve immediately.

Nutrition information per serving

Calories 151; Protein 12.6 g; Total fat 7.2 g; Total Carbohydrates 9.2 g; Saturated fat 4.1 g; Dietary Fiber 2.2 g; Cholesterol 53 mg; Sodium 290 mg

For other great recipes, check out CSU's Kendall Anderson Nutrition Center at www.nutritioncenter.colostate.edu

Congratulations!



Dining Services is proud to recognize **JEFF MORTON**, Production Cook at the Ram's Horn Dining Center, as the November recipient of the Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service.

Jeff's manager, Joe McGirr, notes, "Jeff took ownership of the Cultural Competency Committee's and the Ram's Horn's celebration of Native American Heritage Month by incorporating several indigenous-inspired dishes into our Secret Pop-up-Plate and throughout November. Jeff is a daily leader in the Ram's Horn kitchen and amongst our team in general. We could not do what we do without Jeff's input and hard work!" Great job, Jeff!



Dining Services is proud to recognize **KENNAN HAZELTINE**, Production Cook at the Ram's Horn Dining Center, as the February recipient of the Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service.

Kennan was nominated by his management team for "taking ownership of the new sushi production area. He has not only stepped up in learning this demanding and difficult task, but has also taken on the responsibility of ensuring the convenience stores receive correct orders in a timely manner. Through it all, Kennan maintains a consistently positive attitude and is instrumental in coaching the student employees working with him." Congratulations, Kennan!

BOOK REPORT

Looking back at *Stories from the Couch*

By Melissa Leavenworth

Mark S. Benn, adjunct professor in the Department of Psychology who also works at the University Counseling Center, undertook the challenge of writing a book eight years ago. *Stories from the Couch: And Other Telling Tales* was inspired by his experiences as a psychologist, public speaker, and professor.

He has seen around 25 to 30 people each week for the past 30 years as a psychologist and uses storytelling as a tool for teaching. "I use storytelling as the main means of delivering my lessons... I decided to take the stories I tell most and put them into a book," said Benn.

Creating a compilation of these stories was not an easy task and the writing process taught Dr. Benn a few lessons.

While he is known for his enthusiasm in the classroom "I learned that I am not as good a writer as I am a speaker. I learned that writing a book is WAY more work than I had imagined."

Looking back at the book, he reminisced about how his stories would often come out differently than he originally intended and how writing seemed to take on a life of its own.

"There are many things that I would change – I believe that I held back a bit and was not as provocative as I typically am when I speak," Benn said.

While he feels he may have held back while writing his book, he does not plan to undertake the process of writing another. He will continue to tell stories. "I am always writing books in my head – other stories

to tell – but I am not likely to put another book together in the same format," said Benn. Currently he journals and writes stories for his six children.



Mark S. Benn

STORIES FROM THE COUCH

And Other Telling Tales



Mark S. Benn, Psy.D.

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Men in Trees: Trimming the iconic Oval elms

By Courtney Deuschle

If you have been to the Oval lately, you may have noticed a crew on cherry pickers tending to the iconic trees on our campus.

The historic trees at the Oval are trimmed on a 3-5 year rotation. According to campus arborist Scott Simonds, the trimming is done to remove any dead wood, reduce the risk of any branches being shed and coming down on anyone in and around the oval, and to improve the overall health and vigor of the trees. The crew members doing the maintenance are working on approximately 130 elm trees in the Oval and around the campus.

Simonds is one of two full-time arborists overseeing the beautiful landscaping at CSU. As the campus arborist and horticultural supervisor, he is responsible for the maintenance of all the trees on campus as well as the planting and maintaining of all annual

flowers with the exception of the Trial gardens. A part-time student assists with chipping and cleanup.

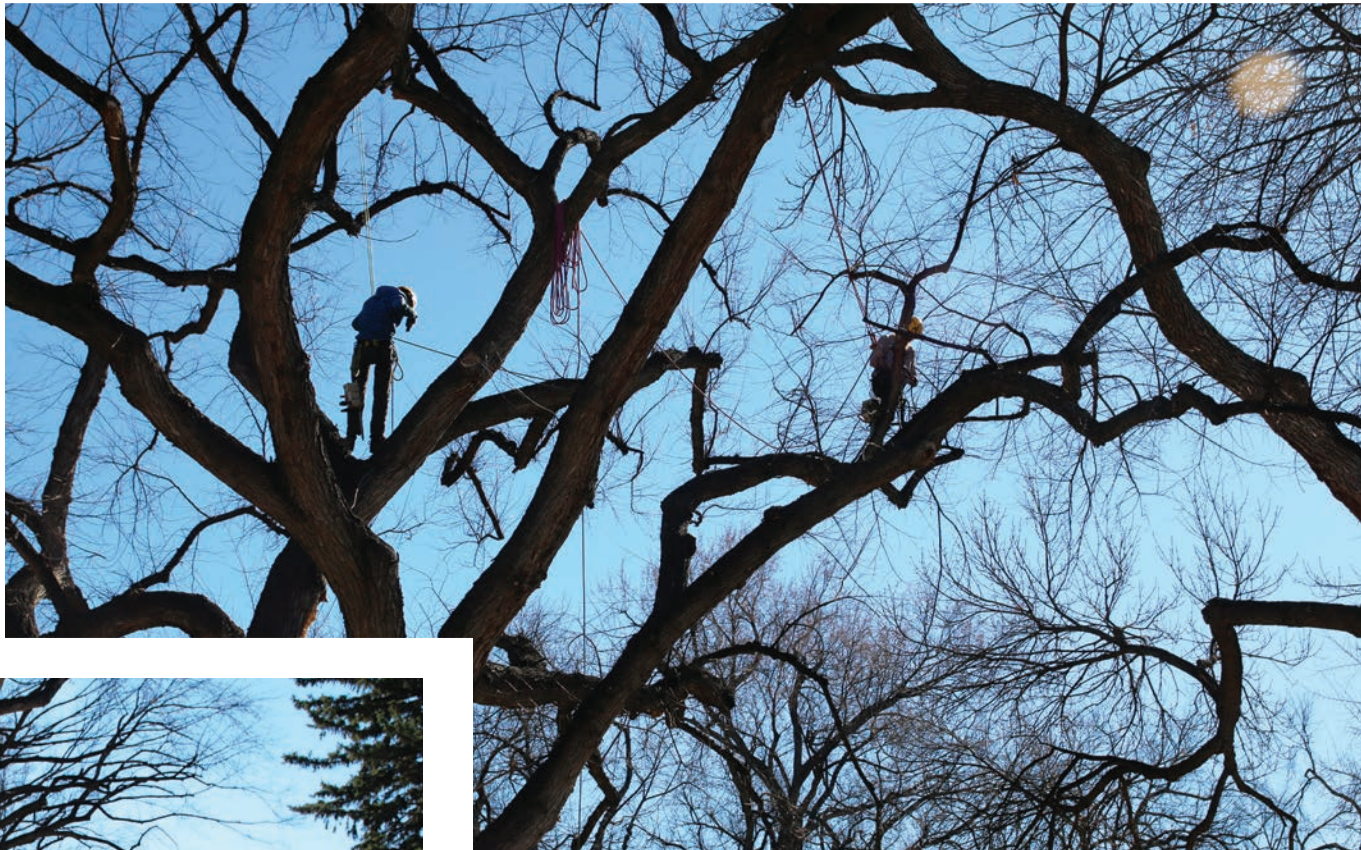
For large pruning projects, such as the Oval project, outside contractors are brought in to do the work. Simonds' flower crew is made up of a

horticulturist and four to five seasonal employees that plant and maintain approximately 150,000 sq. ft. of bed space on campus.

"I take great pride in the maintenance and preservation of our campus forest and the beautification of

the campus through the use of annual flower planting," Simonds said.

With CSU's dedication to being a green and sustainable campus, the mulch from the pruning of the trees is retained by the university and reused on campus.



The Oval was closed in sections for two weeks in February while crews gave CSU's iconic elms their regular pruning. *Photos by Kyle Deuschle*



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