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Employee Climate Survey
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Annual Surplus Property
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Keep your pets cool this
summer



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Meet the people who bring
you Commencement



Chiming in

*Old Main Bell returns
to on-campus stadium*

President Tony Frank welcomes the bell back home on April 18. *Photos by John Eisele, CSU Photography.*

By Tony Phifer

The phone call Kristi Bohlender received in February 2016 was somewhat unexpected.

It was her husband, Troy, calling as Kristi – executive director of Colorado State University’s Alumni Association – was driving one of their children to a practice.

Troy: “Do you know anything about a bell in our driveway?”

Kristi: “What? A bell?”

Troy: “Yeah. A bell – a big one, and it looks like it is old, and really heavy, and it’s sitting in our driveway. Any idea what’s going on?”

Kristi couldn’t stop laughing because, just a few days earlier, she had another curious phone call.

This one had come from a local attorney, asking her what she would do with a long-lost bell from a long-lost campus building if it were still in existence, and if it might be a fit for CSU’s new alumni center. His client had decided that it was time to return the bell to CSU.

Thus, for the first time in nearly a century, the Old Main Bell was out in public. And now, thanks to efforts all across campus, it will once again be chiming at CSU.

How it all began

Sometime around 1910, CSU acquired a bell – and what a bell! Manufactured in 1894 by the C.S. Bell Company in Hillsboro, Ohio, the magnificent bell weighed nearly 500 pounds. Its chiming could be heard across the tiny campus of Colorado Agricultural College and throughout most of Fort Collins – a fast-growing agricultural center of 8,201 residents.

The bell was housed in the tower of Old Main – the first significant building on campus. It was home to classrooms, a cafeteria and the only significant auditorium in the area. CSU’s first presidents lived there alongside some of its first students.

The bell rang every morning to announce the start of classes; members of the freshman class were assigned to the daily duty. And, as you might expect on a college campus, students often gave into the temptation to pull the bell’s rope in the middle of the night, angering nearby residents.

Sometime around 1915, when football coach Harry Hughes was starting to establish a winning tradition at CSU, the bell found another purpose: Its peals soared across the landscape mere minutes after each football victory and lasted

TOWERING ACHIEVEMENT



Old Main, with bell tower.

The tower where the bell in the new stadium will be named in honor of Jim and Nadine Henry, named Alumni of the Century in 2000 for their tireless devotion to all things CSU. Kathleen Henry, daughter of the Henrys and president/CEO of the CSU Foundation, along with her three siblings said her parents would be thrilled to know their name will forever be connected to the bell.

“My dad died in 2006, and my mom in 2015, and the family has been looking for a way to honor them,” Kathleen Henry said. “CSU was their passion; they made the best friends of their lives here, and they learned so much here as students. They always said their lives were forever changed for the better by this University.

“When Kristi brought up the idea of the tower, we knew it was just the perfect to way to honor my parents. And we love the connection to the Old Main Bell. My parents both attended classes in Main, and all four of us kids did, too.”

until midnight. A campus tradition – perhaps the first in the University’s history – was born.

That’s when the bell’s story gets a bit murky. It was reported in the *Rocky Mountain Collegian* that the bell’s clapper had been stolen – perhaps by residents who had grown weary of the frequent and very loud noise. Students weren’t about to stop ringing the bell, however, and used sledge hammers and even an ax to make it chime.

The *Collegian* reported in 1919 that the bell was permanently silenced when cracked by overzealous students and their hammers. The ruined bell, legend has it, remained in the Old Main Tower for years.

>> BELL CONTINUES ON PAGE 4

APPLAUSE

HOUSING & DINING SERVICES

Martha Perrotin, assistant director of the RamCard Office, received the 2017 NACCU New Professional Award on April 5. The award recognizes an individual who has made a significant contribution to their institution, the industry and to the association within a relatively short time. Perrotin has led the design and implementation of tools to improve the data management of the front office transaction activity and ID production for efficient inventory and tracking; a tool that manages and tracks work orders; and created processes to analyze and monitor dormant declining balance accounts to prevent and identify anomalies, in collaboration with Technology Services.

DIVISION OF EXTERNAL RELATIONS

Kimberly Stern, director of CSU’s Social/Digital Media team, has been named Mentor of the Year by the Colorado chapter of the Public Relations Society of America. She was honored at the annual Gold

Pick Awards banquet in Denver on May 4. Other members of the communications team who received Gold Picks for writing include **Kris Browning-Blas** of the College of Veterinary Medicine and Biomedical Sciences and **Jennifer Dimas, Jeff Dodge, Mary Guiden** and **Anne Manning** from Public Relations. **Kate Jeracki** of the Internal Communications team was recognized for the campaign to raise faculty awareness of publishing opportunities through The Conversation.

COLLEGE OF BUSINESS

The CSU Employee Appreciation Board recognized the **College of Business’s Career Management Center** as an Outstanding Unit on Friday, April 14. The CMC is made up of nine employees who provide superior services to COB students for planning careers, finding jobs now and after graduation, and identifying their passions. Placement rates for the College of Business are now over 90 percent — 90 days after graduation, over 90 percent of students are placed

in their field of interest. Along with members of the CSUEAB, Associate Dean for Research and Faculty Ken Manning, Senior Associate Dean Sanjay Ramchander, and Griffin Moores of Marketing Communications helped celebrate the team’s recognition. The celebration included coffee, pastries, CSU giveaways and a reading of the nomination. “I would describe the CMC community as very collaborative, very student-focused, and one where every employee enjoys each other,” the nomination read. “They are always willing to help each other, and anyone can see that they have a lot of fun working together. They really rejoice in the students’ successes, which creates a lasting memory for these alumni. A specific example of their outstanding work is the Professional Development Fund, created by the director, but now funded by many in and outside of the College of Business. This fund allows financially strapped students to apply for up to \$250 to buy interview suits or up to \$2,000 to travel for distant interviews.”

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Administrative Professional Council prepares for new leadership in 2017-2018

By Administrative Professional Council

Over the past three years, the Administrative Professional Council has spearheaded initiatives that have made a real impact on employees at CSU. This has been thanks, in no small part, to the leadership of APC Chair Toni-Lee Viney. Viney, manager of undergraduate programs in Mechanical Engineering, has spent countless extra hours working to ensure strong partnerships between the APC, Classified Personnel Council, and Faculty Council and to represent the voices of administrative professionals in shared governance at CSU.

Among the many positive changes that she has spearheaded for APs, Viney is particularly proud of the progress made in advocating for supervisory development training. Guided by results from the first campus climate survey in 2012, shared governance advocated for employee needs and requested funding for this program, which is now in the initial stages of implementation.

Under Viney's leadership, the APC has also successfully conveyed employee needs during discussions to change the campus parking system.

"What I'm really proud of with parking is that we were able to take a divisive issue and still create space for productive conversation. I think the process we used to engage campus in this discussion is one that will serve as an example when other tough topics arise," says Viney.

As Viney's term as chair comes to a close this spring, she acknowledges she is going to

miss the APC.

"Being chair of APC gave me the gift of interacting with the CSU community in a very unique way. While that community isn't going away, I know that I won't be able to engage with it as frequently. It has been such a privilege to collaborate on a global scale with many layers of units and individuals at CSU," says Viney.

As the APC moves forward, Viney expects some of the biggest challenges will be related to the University budget, defunding of Colorado higher education, and employee salaries. However, she has faith that the "creative, passionate, and determined people" of CSU can tackle these issues.

Though Viney will be missed, APC Chair-Elect Shannon Wagner, an Academic Support Coordinator from the Walter Scott, Jr. College of Engineering, is ready to complete a smooth transition. Her first order of business is to continue the successful rollout of supervisory development training to promote best practices for supervisors at CSU. Work-life balance is another area she wants to focus on, as workloads increase and budgets tighten for employees across campus.

"I have high hopes that our new APC Executive Team, as well as the 2017-2018 APC representatives, will not only continue the momentum of our predecessors, but also work to find new and innovative ways to better the employee experience on our campus," says Wagner.



Toni-Lee Viney and Shannon Wagner

FOR MORE INFORMATION

To learn more about the APC and how you can get involved, visit ap.colostate.edu.

>> BELL FROM ON PAGE 1

The plot thickens

But here's what really happened: One night – likely in 1919 – a group of at least four men climbed the tower and removed the bell. They managed to slip away unseen, but that is where their planning had ended. They didn't know what to do with their prize and, scared of being caught, they moved the instrument to a nearby farm and buried it. That's where it remained for the next 50 years.

Despite the loss, students were eager to revive the tradition of ringing the bell. Student government – the precursor to today's Associated Students of CSU – raised \$40 to buy a new bell in 1922. One that had previously served as a train's bell was found in Denver and made it to campus in time for the football team's home opener against Colorado College.

This newly revived tradition was short-lived, however, as the new bell – a far less substantial model than the original – cracked in 1925. Its fate remains a mystery.

By that time, the Aggie Cannon – a tradition that lives on to this day – was the preferred way to celebrate touchdowns and victories.

Unearthing a legend

By the early 1970s, the original bell had been all but forgotten. A select few members of a fraternity and its alumni were aware of the story but were sworn to secrecy.

But when it was revealed that the farm where the bell was buried was on the market, the bell was exhumed and – for the first time in five decades – moved back to an off-campus fraternity house in Fort Collins. There it remained, hidden, for a number of years.

"The story of the bell was passed down through the fraternity from year to year," John – not his real name -- said. "Most people in the fraternity knew about it but agreed to keep it a secret. Everything was passed down as lore."

In an effort to keep the bell safe, it was decided to move it again – this time out of state. That's where it remained until recently, when the phone call to Bohlender changed everything.

"We had talked about returning the bell for a number of years but we wanted to make sure the timing was right," John

said. "When plans for the (Iris & Michael Smith) Alumni Center were announced as part of the new stadium project, we knew the time was right. It was time for the bell to ring once more."

Reclaiming a tradition

The bell was returned in remarkably good condition. It needed to be refurbished and restored, but it was determined the bell could be rung again without fear of damage.

The bigger question: What should be done with the reclaimed artifact?

ASCSU, seeking to establish a more profound connection to students' campus experience, had recently formed a Traditions and Programs Committee. The committee was hoping to add to a thin list of traditions that includes the annual painting of the 'A' and the firing of the cannon at football games.

When Bohlender told the committee about the returned bell, ASCSU enthusiastically jumped on board and agreed to pay to have the bell restored, with the money coming from the Traditions and Programs budget. The bell was shipped to Chime Master Systems in Sugar Grove, Ohio, not far from where the bell was originally cast.

It was polished and repaired, and the yoke was replaced. The missing clapper had to be cast by a German company, but the finished product arrived on campus in late March, and stored in a little-noticed warehouse near the Oval.

Finding a home

It's one thing to have the bell — and something completely different to display and actually use it. Old Main, its original home, burned to the ground in 1970, and no building in the older part of campus could accommodate it.

That's when Bohlender and her team at the Alumni Association came up with a plan. The bell could be included as part of the Iris & Michael Smith Alumni Center, in a tower on the northeast corner of the stadium. Bohlender worked with Mortensen Construction – lead contractor for the complex – to include the bell in the tower.

Unlike the past, when easy access to the bell led to all-hours chiming, only a select few will be able to ring the bell in its new location. While a rope will be included for manual ringing, the majority of the peals will be handled via an electronic system.

CSU administration, the Alumni Association, athletics and



Old Main Bell ringers, circa 1915.

ASCSU will determine over the coming months appropriate times to ring the bell.

Coming full circle

As for John, there's a sense of relief that comes with telling the tale of the bell. For decades it was assumed that CSU would punish the perpetrators for stealing the bell, but President Tony Frank assured Bohlender that all is forgiven. CSU is just thrilled to regain its bell.

"I can't tell you how excited we are to have it back on campus," Bohlender said. "This truly is going to a great addition to CSU, connecting our past, present and future."

Trenten Robinson named student employee of the year

By Milena Thompson

CSU senior Trenten Robinson has been named 2017 Student Employee of the Year — for the campus as well as the entire state.

Robinson is a literacy and math tutor majoring in political science in the College of Liberal Arts and is participating in the Off-Campus Work-Study Program at Bauder Elementary School. Additionally, he is a Reisher Scholar and has received other scholarships, including one for Marching Band.

Robinson works with small groups of children, assisting first-graders with math and accelerated reading. He also helps fourth-graders catch up if they are behind on their work.

Using creative approaches, Robinson encourages the students to learn in a new and fun way, and they've already seen incredible growth because of his teaching methods, according to nomination materials. He displays a pure joy for learning through his actions by putting himself in the position of the children and coming up with new ways of teaching that he would've enjoyed when he was their age.

Robinson's nominators also say he is not afraid to change things up, and is a role model for other teachers to think outside the box to help students learn in different ways. He has gained a lot of popularity with the students as well as fellow teachers, and they say they'll be sad to see him go in May when he graduates from CSU. But he won't go far: Robinson will begin pursuing his master's in political science at CSU in the fall.

Robinson's fellow teachers and elementary students surprised him on April 10 by presenting him the award with cakes, colorful posters and a short video about how much he was appreciated. Representatives from the Office of Financial Aid and Student Employment Services, which provided a \$1,000 scholarship, also attended the celebration.

The state award included a certificate and \$75.



Melissa Trifiletti new VP for enrollment and access

Robin Brown retires at the end of June

By Jennifer Dimas

Melissa Trifiletti, CSU's director of admissions, has been named the new Vice President for Enrollment and Access.

Trifiletti replaces Robin Brown, who has served as the university's first Vice President for Enrollment and Access since 2006. Brown is retiring in June.

As the vice president of the division, Trifiletti will oversee Admissions, the Office of Financial Aid and Student Employment, the Access Center and the Registrar's Office.

"We are delighted that such a valued campus leader and accomplished enrollment professional will be taking on the vice president role at this time," said CSU Provost and Executive Vice President Rick Miranda. "Robin Brown has set a high standard, and I have every bit of confidence that Melissa Trifiletti will take the Division of Enrollment and Access to the next level of achievement. The impact of the division touches every part of our university's mission, and the entire institution is going to benefit greatly from outstanding initiatives in the realm of enrollment and access."

Historic gains in diversity, transfer students and enrollment

Trifiletti has been director of admissions since March 2014. Under the tenure of both Brown and Trifiletti, the university has seen historic gains in diversity, transfer students and overall enrollment. In 2016, the university saw milestone numbers with the largest freshman class, number of transfers, and overall enrollment at 33,198 students.



"I am honored and thrilled to serve as the new Vice President for Enrollment and Access at CSU," said Trifiletti. "I love our land-grant mission, which focuses on access and student success, and I'm excited to begin working with the entire university to develop a strategic enrollment management plan. This campus community understands and appreciates the student experience and being able to work with such extraordinary colleagues is a dream come true."

Before joining CSU's Enrollment and Access team, Trifiletti was the executive director for admissions and new student programs at Portland State University in Oregon. Trifiletti started her career in higher education at Emory University in Atlanta where she held several different roles in Campus Life, finally landing at Emory's Goizueta Business School where she worked in student services, recruitment and admissions.

Congratulations!

Dining Services is excited to announce that BRIAN LAFAYETTE, Material Handler at the Braiden Dining Center, has been awarded the April Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service by going above and beyond their normal duties.

Brian is responsible for inventory management in the Braiden Dining Center, however, he is well known for his willingness to help in all other parts of the kitchen. He can frequently be seen cooking alongside the cooks, chopping food for the salad bar, or even serving guests, if needed. General Manager Carol See states, "Brian is an extremely pleasant person and always has something nice to say. His positive outlook and good nature puts a smile on everyone's face daily!"

Congratulations, Brian!

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What faculty and staff think about working at CSU

By Kate Hawthorne Jeracki

Nearly 70 percent of employees feel that the CSU provides a positive work experience, according to the results of the latest Employee Climate Survey. But the same survey revealed that fewer employees think CSU provides a supportive environment for employees from diverse backgrounds – only 64 percent of the 2,191 respondents agreed with that statement.

These are just two of the findings from the survey, administered by the Assessment Group for Diversity Issues during Fall 2016. The biennial survey asked employees a series of questions about workload, work respect, leadership, search committees, physical campus environment, diversity in the work environment, campus trainings, and campus and department perceptions.

“This is the third survey we have taken since 2012, and the highest overall response rate yet – more than 30 percent,” said Jennifer Schneider, research analyst with Institutional Research, Planning and Effectiveness, who compiled the results. “We were especially pleased to see the nearly 40 percent response rate from State Classified employees.”

Schneider added that with three surveys completed, trends over time are beginning to emerge. For example, the percentage of employees who think CSU is supportive of those from diverse backgrounds dropped from 67 percent in the 2014 survey.

Responses to this year’s survey came from a roughly even distribution of employees in different age ranges and number of years of service with the University, although respondents who identified as female significantly outnumbered male and non-binary respondents. Just over 38 percent were the primary caregiver for a minor or adult, and 40 percent were CSU alumni as well as employees would recommend CSU.

Overall, 77 percent of respondents would recommend CSU as a place of employment and 56 percent would recommend their department as a place of employment. Administrative Professional employees have significantly more favorable responses on average than faculty, and female employees have less favorable perceptions of CSU’s accountability standards than males.

The results are intended to provide an overall picture of CSU’s employment experiences

and perceptions, further the University’s commitment to institutional accountability, and inform policies, initiatives, and opportunities that will provide an exceptional and equitable work environment.

“What we found in previous surveys helped us develop new policies and procedures to improve conditions for employees in all areas of CSU,” explained Mary Ontiveros, vice president for diversity. “The latest examples are supervisory training and diversity training, both of which were informed by what employees shared with us anonymously and confidentially.”

Responses were collected both online and through hard-copy questionnaires – available in both English and Spanish — submitted anonymously. Results are reported in the aggregate only; no personally identifiable data is included.

“We want people to feel confident that they can tell us exactly what they feel about working at CSU without fear of repercussions from supervisors or managers,” Ontiveros added. “I think their experience with the previous surveys, and that they see that their input can result in real changes in policy, helps explain the high response rate this time.”

THE 15-MINUTE EMPLOYEE CLIMATE SURVEY WAS ADMINISTERED ON A STANDARD SCALE OF 1-5 TO INDICATE AGREEMENT OR DISAGREEMENT WITH VARIOUS STATEMENTS.

The majority of respondents agree that CSU’s (64%) and their department’s (68%) employment climate has become consistently more inclusive of all employees. In addition, 63% of respondents agree that CSU encourages discussions related to diversity and half of respondents agree that their department encourages these discussions.

The amount of work I have to do interferes with the quality I want to maintain.	45% AGREE
I am expected to put my job ahead of my family or personal life.	60% DISAGREE
I am treated with respect at work.	75% AGREE
My job type is not treated with the same respect as other jobs at CSU.	49% AGREE*
An individual or group of individuals paid little attention to a statement you or others made or dismissed an opinion.	46% EXPERIENCED**
CSU leadership addresses issues of inequities.	43% AGREE
CSU leadership is transparent in decision-making.	49% DISAGREE
My physical environment supports my successful completion of tasks.	18% DISAGREE
My physical environment supports my sense of safety	13% DISAGREE
My physical environment is welcoming of employees from different backgrounds.	10% DISAGREE
Diversity training should be required of all supervisors	78% AGREE
Supervisory training should be required of all supervisors.	91% AGREE

* State Classified employees only
**(50% underrepresented groups; 63% non-binary/transgender/self-identified)

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Project Smile appreciates your dedication in helping eliminate challenges our communities bright young students can face, and reach their potential on an even playing field. Go to ProjectSmileFC.org today, or email Jeannie Craft (jcraft2153@aol.com) for more information on how you can be a Project Smile Volunteer!

Health and Medical Center offers host of services for faculty, staff and students



By *Selena Rodriguez*

After months of construction and preparation, the new CSU Health and Medical Center will open in July 2017. The highly anticipated addition to campus will continue the tradition of providing top-notch physical and mental health to students. But the building will also include exciting new services for faculty and staff as well as the greater Fort Collins community.

The roughly \$59 million building came to fruition mostly out of student fees dedicated to the building. But \$10 million of the building were provided by UCHealth and Columbine Health Systems, which, along with Associates in Family Medicine, will have space on the first floor of the building. Through these providers, faculty, staff and the community will have access to a number of resources.

“When the vision came together for this building it was really to elevate the presence and access to health for all parts of our university community,” Kate Hagdorn, associate director of communications for the

CSU Health Network said. A number

One exciting addition to the building is the UCHealth Clinic. Before, if you were injured on the job, you’d have to make the trek to a clinic far away from campus. Now employees will have the opportunity to use this facility when dealing with workers’-compensation-related issues. The clinic will also host the radiology suite for the entire building. The service will be for students and anyone else who needs it.

Associates in Family Medicine will provide both walk-in and primary health care. The clinic is expected to be open 8 a.m. to 8 p.m. Monday through Friday and 8 a.m. to 5 p.m. on Saturday and Sunday. In contrast, Hartshorn Health Center in only open 7:30 a.m. to 5 p.m.

“When the vision came together for this building it was really to elevate the presence and access to health for all parts of our university community.”

Monday through Friday. This opens up more accessible healthcare to the entire CSU community.

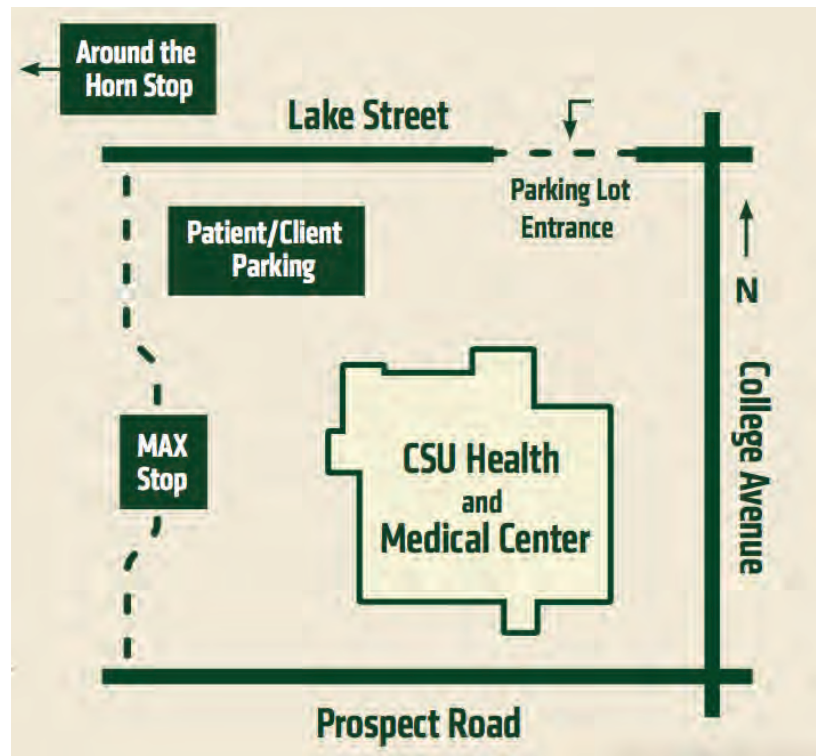
Infusion services and a Center for Healthy Aging are two other big upgrade coming with the new health center, through Columbine Health. Anyone in need of infusions ranging from hydration to chemo therapy will now have the convenience of an on-campus location. The Center for Healthy Aging will be a space for CSU researchers on aging to collaborate and focus on community outreach and education. Programs will be coordinated with College of Health and Human Sciences, College of Natural Sciences and College of Veterinary Medicine and Biomedical Sciences.

The new health center will also host a pharmacy. The current health center only provides for students, but come July, anyone who needs to fill a prescription will have access to the pharmacy. Another addition to the building is a space dedicated to meditation, relaxation and prayer. The reflection space is a testament to the CSU Health Center’s emphasis on every facet of health, mental and spiritual as well as physical.

“Our approach is that you’re not a piece of a person, you’re a whole person and there’s lots of different pieces to your whole,” Hagdorn said.

Parking will be free for those with an appointment. The center is also conveniently located just east of a MAX bus stop, with ample bike and long board racks.

Hartshorn will close its doors on June 16. The new facility will open for all services on June 25. The services provided by UCHealth and Associates in Family Medicine will be available starting July 5. An open house is set for July 29 from 3 to 5 p.m. and the grand opening will be in September.



Supervisor Development Program off to a great start

By Marsha Benedetti

Do supervisors make a difference in the workplace? According to a 2016 Gallup report “State of the American Manager,” supervisors account for almost 70 percent of the variance in employee engagement scores. The Supervisor Development Program at CSU was launched in January due to the important role supervisors have in retention of employees.

Created in response to requests from AP Council, CP Council and Faculty Council, the Supervisor Development Program helps new and experienced supervisors expand their skills as effective leaders. Since the launch of the program, over 250 have participated in the foundational class “Mindset for Supervisors.” This class receives scores of 4.5 (out of 5) on being

helpful to participants in their supervisor role.

Summer classes

In addition to the Supervisor Development Program, the Office for Training and Organizational Development will be launching a new initiative this summer, The Emerging Leaders retreat, based on Jim Kouze and Barry Posner’s bestselling book The Leadership Challenge. Participants will explore the five principles for exemplary leadership to determine their future career path.

This two-day retreat is scheduled for June 15 and 22 and July 13 and 20 from 8:30 a.m. to 4 p.m. at Tamasag. Registration is free and available online at training.colostate.edu.

FOR MORE INFORMATION

The Office of Training and Organizational Development will offer classes for the Supervisor Development Program as well as a wide range of professional development classes throughout the summer. Consulting services are also available for customized trainings, retreats and strategic planning.

For more information, visit the website or email CSUTraining@colostate.edu.

MEET THE COLUMNIST

Marsha Benedetti is associate director of the Office for Training and Organizational Development.

CSU takes ‘key step’ to expand HR capacity in efforts to bring change

By Pam Jackson

The Division of University Operations is taking what it calls a “key step” to contribute to the collective efforts on campus to improve the work life of employees and bring about impactful change. The division is moving Diana Prieto into an expanded role as Associate Vice President for Human Capital, effective July 1, 2017, and the division will conduct a national search for a director of Human Resources.

Prieto currently serves as executive director of Human Resources and director of the Office of Equal Opportunity, and she oversees the Office of Training and Organizational Development. In addition, in 2016-17 Prieto served as chair of the Salary Equity Committee, composed of internal and external experts, which was charged with analyzing potential equity issues among tenure and tenure-track faculty as part of CSU’s exploration of salary equity.

Lynn Johnson, Vice President for University Operations, says Prieto has played a critical leadership role in HR, and the title change more accurately reflects Prieto’s responsibilities and expertise.

“Diana has consistently shown great leadership and commitment, and her contributions have been substantial,” said Johnson.

Johnson said the new role also is part of a broader objective and work by many individuals at CSU to improve the lives of employees through several campus-wide initiatives: salary equity, gender equity, employee diversity, the AP framework, supervisory training, campus climate, the status of non-tenure track faculty, living



Diana Prieto

wage, shared governance, rising health care costs and affordable housing.

“The administration believes creating the position of Associate Vice President for Human Capital, and having Diana lead it, will help us continue to shift our trajectory and make CSU a better place to live, work and learn,” she added. “Given the numerous fronts we are trying to advance on, this is another step in the right direction.”

Prieto will continue to provide leadership for Human Resources, the Office of Equal Opportunity and the Office of Training and Organization Development, and says her priorities moving forward will retain a sustained focus on many of the university’s current initiatives.

“In the long term, my work remains to create efficiencies and gain effectiveness in the operations of systems that impact employees, and to assist CSU in attracting and retaining talented faculty and staff,” said Prieto.

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Grow a garden the generous way

Support the Horticulture Department this Mother's Day weekend

By Veronica Baas

Each spring CSU horticulture students grow annual plants for the Gardens on Spring Creek plant sale. Stop by the gardens May 12-14 to support the department's biggest fundraiser of the year, which happens to coincide with both Mother's Day and Commencement this year.

Growing the plants is part of the students' internship practicum. Mike Hazlett, CSU research associate, said it is an opportunity to prepare students for the job force.

"It's a learning opportunity for production experience," Hazlett said. "They'll take these

plants from seed to sale, and then they can take that experience to a professional setting.

Although CSU only contributes annual plants to the sale, perennials, hanging baskets, vegetable seedlings, herbs, ornamental grasses, rock garden plants, native plants, shrubs and tree saplings will also be available.

Proceeds from the fundraiser are used to cover expenses associated with running the horticulture center. Friday evening from 3 to 6 p.m. will be a members-only event. The sale will be open to the public Saturday from 9 a.m. to 4 p.m. and Sunday noon to 5 p.m.



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A percentage of outdoor furniture sales this summer will be donated to the Gardens on Spring Creek.

45 Years

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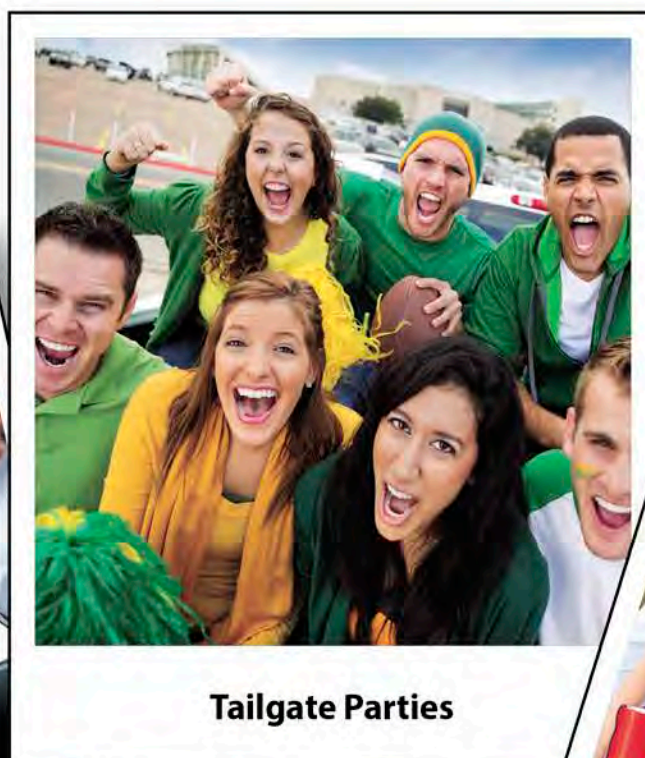
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ENTERTAINMENT

THEATRE AND PERFORMING ARTS

H2O

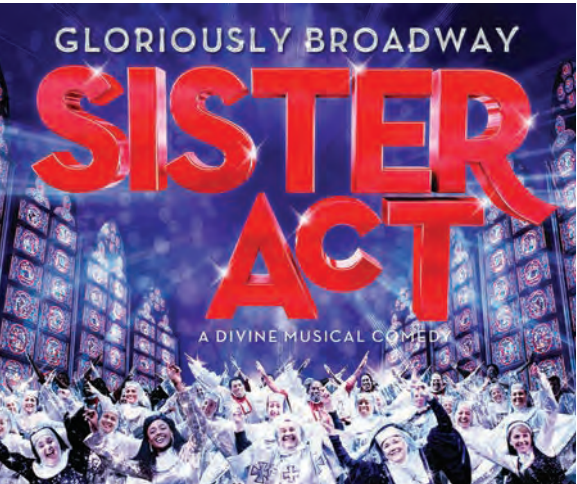


MAY 12, 13, 19, 20, 26, 27

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SEE YOU IN THE FALL.

- CSU LIFE STAFF

A MIDSUMMER NIGHT’S DREAM



MAY 27

7PM AT THE LINCOLN CENTER

Presented by Front Range Classical Ballet Academy

\$16

With dancers both young and mature, amateur and professional, Front Range Classical Ballet Academy tackles Shakespeare and Greek mythology all in one performance! A completely original ballet, Pandora and the Box is set to the passionate music of Brahms. This timeless story reminds us that in the midst of the inevitable chaos and sorrow life presents, hope eases the burden and gives us strength to go forward. In A Midsummer Night’s Dream, a magical forest filled with fairies is the setting for Shakespeare’s great comedy to take place, with mixed-up love pairings and Puck’s mischievous antics. This evening at the ballet is sure to please audience members of all ages!

THE THREE MUSKETEERS

JUNE 3, 9, 10, 16, 17, 18, 23, 24, 25, 30, JULY 1

Presented by OpenStage Theatre

\$25-\$30

A vibrant new adaptation of the well-loved classic. It’s time for adventure in the Park at Columbine Health Systems and under the Stars. Walk in, bike in, or drive in! Featuring nightly food trucks.

MUSIC AND DANCE

SLEEPING BEAUTY

MAY 20



7PM AT THE LINCOLN CENTER

Presented by Contemporary Dance Academy

Regular \$18, Child (12&under) \$15

Based on the Classical Ballet first performed in 1890, and the original 1959 film produced by Walt Disney, Contemporary Dance Academy presents “Sleeping Beauty”. Our talented students will delight audiences of all ages telling this classic story through dance. Invite the whole family to watch Princess Aurora’s fairy tale unfold in this fun and captivating performance!

CAMPUS TRIVIA WITH RUSS SCHUMACHER

April was a very, very busy month on campus, which may be why we had no entries for this month’s trivia question. **Grace Espy Patton** received the first honorary degree, a master’s of science, granted by Colorado Agricultural College in 1896. The daughter of an early mayor of Fort Collins, Grace graduated with honors from CAC and went on to teach English and sociology here, eventually chairing the English department. Three years after Colorado women won the right to vote, Grace was elected State Supervisor of Instruction,

part of the State Board of Education, which was overseen by the State Land Board – the agency that supervised the Agricultural College. She didn’t know it at the time, but we are proud that she was a member of the Ram Family.

This is the last issue of CSU Life for the semester. Have a great summer, and look for more exciting Campus Trivia with Russ Schumacher and CAM the Ram in the fall.



COMMUNITY

FINALS WEEK

MONDAY, MAY 8 – FRIDAY MAY 13

OLD TOWN CAR SHOW

SATURDAY, MAY 20, 2017, 10AM-3PM

Downtown Fort Collins, CO – E. Mountain Ave, E. Walnut St., N. Remington Ave., N. Mathews St. at Mountain Ave.

Free

Hundreds of great hot rods, vintage cars and classic trucks will be on display in Downtown Fort Collins. Enjoy the atmosphere of historic Old Town while viewing hundreds of custom cars, street rods, fat fender street rods, muscle cars, classic motorcycles, and classic cars & trucks. Come down and join us at the Old Town Car Show and help us celebrate Nelsen's Auto Tech Center's 70th anniversary!



DOWNTOWN SESSIONS CONCERT SERIES

JUNE 2, JULY 7, AUG 4, SEPT 1, OCT 6, 7PM-10PM

A Friday evening concert series on the Old Town Square Stage that features a diverse line-up of small-medium sized Colorado musical acts. Each week will feature beer service from local breweries and possible addition of select food vendors. The concerts are FREE and open to the public.

TASTE OF FORT COLLINS

JUNE 9-JUNE 11



This three-day festival offers attendees food from local and national restaurants, entertainment from regionally and internationally acclaimed musicians, and an eclectic display of fine artisans work as well as the region's best crafters.

TasteofFortCollins.com

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WE HAVE SOME OF NORTHERN COLORADO'S FAVORITE BANDS THAT WILL GET EVERYONE UP AND DANCING, EVERY WEDNESDAY, JUNE 14-AUG. 2, 6-8:30 P.M. IN THE TREES BY THE LAGOON ON THE CSU CAMPUS. FOR MORE INFORMATION, GO TO LAGOONSERIES.COM.

JUNE 14

Danielle Ate the Sandwich

JUNE 21

Tatanka

JUNE 28

Slow Caves

JULY 5

Steve Manshel

JULY 12

Union Gray

JULY 19

Mojomama

JULY 26

The Coteries

AUG. 2

Wendy Woo Band

AUG. 4

All CSU faculty and staff are invited to the annual Ice Cream Social and Employee Appreciation event. Watch SOURCE for more details through the summer.

Campus celebrates in April



The week of April 17-21 was full of exciting events on campus. In addition to Earth Week, which kicked off with the announcement that Colorado State has received its second consecutive STARS Platinum rating for sustainability, and the unveiling of the Old Main Bell (see story on page 1), we had the naming ceremony for the Walter Scott, Jr. College of Engineering, featuring remarks by Walter Scott, Jr. Dr. Wayne McIlwraith delivered the President's Community Lecture. The Love Your State Day of Giving on April 19 surpassed its goal of 3,000 gifts to CSU in 24 hours, for a total of \$221,747 raised, and the annual Celebrate! CSU Awards recognized faculty and staff who make the University the great place it is—including six new University Distinguished Professors. In the midst of it all, the campus community paused to remember those members of the Ram Family who left us during the past year with the candlelight remembrance ceremony on the steps of the Administration Building. **Photos by CSU Photography.**



Love Your State Day of Giving success

By Tony Phifer

As the final seconds of a remarkable, record-smashing day of support for CSU were ticking away, the only remaining question was whether Love Your State Day of Giving would reach its goal of 3,000 total gifts.

And then it happened: Gift No. 3,000 finally came in – exactly 38 seconds before the midnight deadline.

“Putting an ambitious goal out into the world does give you a case of the jitters, but watching how the CSU community came together all day, and especially in the last stretch, to help us reach that goal gives you a feeling of gratitude like no other,” said Thea Rounsaville, assistant director of annual giving. “It’s a beautiful reminder of how strong the Ram community is and how powerful the collective impact of many can be.”

Huge success

Simply put: The third Love Your State Day of Giving on April 19 was a tremendous success. As of Thursday morning, the 24-hour give-a-thon to support CSU causes large and small had raised

\$221,747 from 3,038 gifts. (Rams Against Hunger received 19 percent of the total dollars given.)

Gifts came from across the country, with only Kentucky and Delaware not represented. Gifts ranged in size from \$1 to \$10,000, with the average donation \$73.

“The support for CSU’s Love Your State Day of Giving was tremendous! We’ve never before had so many gifts in a single day,” said Brett Anderson, vice president for University Advancement. “Each and every gift, from the one dollar investment to the \$10,000 donation is meaningful and impactful. We cannot thank our students, alumni, friends, faculty and staff enough for showing their love and tipping the scales on all of the goals for this day.”

Tremendous growth

Some perspective: Last year, 1,974 donations totaling \$127,245 came in; donors provided 766 gifts totaling \$20,000 in 2015 in the inaugural year for Love Your State Day of Giving. So, in two years the number of gifts has increased by nearly four-fold and the money raised has seen an 11-fold increase!

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Offer is for a limited time only. **Activ. Fee:** Up to \$30/line. Credit approval req. Req. eBill & new acct. activ. **Sprint Unlimited Freedom Plan:** Incl. unlimited domestic Long Distance calling, texting & data & 10GB of high-speed Mobile Hotspot, VPN & P2P. Third-party content/downloads are add'l. charge. Sel. int'l. svc. Incl. see sprint.com/globalroaming. Plan not avail. for tablets/MBB devices. **AutoPay:** To receive \$5/mo. discount you must remain enrolled in AutoPay. **Quality of Service (QoS):** Customers who use more than 23GB of data during a billing cycle will be deprioritized during times & places where the Sprint network is constrained. See sprint.com/networkmanagement for details. **Usage Limitations:** To improve data experience for the majority of users, throughput may be limited, varied or reduced on the network. Sprint may terminate service if off-network roaming usage in a month exceeds: (1) 800 min. or a majority of min.; or (2) 100MB or a majority of KB. Prohibited use rules apply — see sprint.com/termsandconditions. **SDP Offers:** Sel. SDP only. Offers avail. for eligible company employees or org. members (ongoing verification). Subject to change according to the company's/org's agreement with Sprint. Offers are avail. upon request. **Network Claim:** based on Sprint's analysis of latest Nielsen drive test data for average network reliability (voice & data) in top 106 markets. **Other Terms:** Offers/coverage not avail. everywhere or for all phones/networks. Restrictions apply. See store or sprint.com for details. © 2017 Sprint. All rights reserved. Sprint & logo are trademarks of Sprint. Other marks are the property of their respective owners.

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Remember rushing to your freezer after playing in the summer sunshine, reaching into that never-ending mountain of colorful ice-pop tubes, and fighting for your favorite flavor? Finally, we have an adult way to get that feeling back.

Whether it's in frozen form or in the bottle, locally made Coyote Gold Margarita Mix is the only beverage of its kind crafted with all-natural ingredients. Golden from the tequila's aging process and flavorful even when the ice melts, these beverages demand you raise your margarita quality standards.

Founders and electrical engineers Mo and Randy stumbled upon their margarita business accidentally in 1998. The personal quest to find the perfect margarita (ready-made or in restaurants) was a precursor to what is now the company mission: to "liberate you from bland margaritas."

Crafting a drink dubbed the "microbrew of margaritas" took two years of testing and a meticulous detail to ingredients-the engineering approach to alcohol.

The legendary drink easily gained traction among the founders' friends, and later across Colorado as a catering addition to large-scale charity and non-profit fundraisers. Coyote Gold never forgot this start, and continues to support charitable events through the Margaritas With A Mission Program.

Get ready for the summer season with Fort Collins' own Coyote Gold Margarita mix, in ice-pop form or in the bottle, available at Wilbur's Total Beverage. *By Paige Beaufort*

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WINE & SPIRITS

Bargains under the tent at annual surplus sale

Proceeds from Leave It Behind sale support Eco Leaders student organization

By Hannah Woolums

The end of a semester brings a lot of activity to the CSU campus. One such activity is the Surplus Property Event.

This annual event promotes the donation of items that can still be used during residence hall move-out so that they can be resold to help others in the community.

“Each year the Eco Leaders Student Organization through Housing and Dining Services facilitates a program called ‘Leave It Behind’ which promotes the donation of still usable person items rather than those items being thrown away,” said Jake Drenth, Surplus Property Manager.

After the donations are made, they are collected by teams, sorted and then sold in the tent sale.

“The Surplus Property Department collaborates with this team to collect all of the donations which are then sorted and priced using a combination of employee and volunteer hours, before we finally hold our annual sale to sell the donated items,” Drenth said. “The entire process is a group collaboration between Surplus Property, Housing & Dining Services, and Apartment Life here at CSU.”

There are many goals of this event.

“The goal of the event is really three-fold,” Drenth said. “First is to educate the student body on landfill diversion and help facilitate that diversion of still usable items, second is the sale of the merchandise to provide the community with a resource to purchase used merchandise at discounted prices to give these items a second life, and third is the ability to help fund a portion of the Eco Leaders Student Organization through the net proceeds generated at the Annual Tent Sale.”

Assisting the community

“This annual event is aimed to assist our campus as a whole in helping reduce our overall waste diversion metrics, to educate our student body living on campus the importance of reuse, the community by offering a resource to purchase used merchandise, and the Eco Leaders Student Organization to help fund sustainability programs on campus,” Drenth said.

The number of people involved is hard to imagine for an annual event, but they turn out a lot of customers.

“It is hard to put an exact number on this depending on how you look at it but there are approximately 6,500 students living in residence halls, 18 Eco Leaders, and approximately 4,000 customers during the sale that are impacted by the entire process,” Drenth said.

The program has just kept on growing.

“This will be the sixth year of the program since Surplus Property has been involved and holding the annual Tent Sale,” Drenth said. “Every year we have done this the entire process has gotten bigger and bigger.”

To put it in perspective, during the fifth year of the event 23 tons of material were diverted from landfills and the number of customers continues to grow.

“The first year of the event we diverted 17.5 tons and last year we were able to divert 23 tons of material; sale attendance the first year was just over 2,000 people and last year we saw just over 4,000 people with a high point in 2015 of 5,400 customers; the first year we operated the sale with

two registers and now have 12 registers to assist customers; and we have been averaging \$1,000 to \$3,000 annually back to the Eco Leaders Student Organization with a high point in 2015 of just over \$7,000 back to the group,” Drenth said. “We have also moved from a one-day sale to a two-day sale, and from just utilizing our storefront space for the sale to closing part of Lake Street and using our space, the parking lot across the street from our building, and a portion of Lake Street for the sale.”

SHOP EARLY

Leave it Behind Tent Sale takes place Saturday, June 3, 8 a.m.-4 p.m. and Sunday, June 4, 8 a.m.-2 p.m., at Surplus Property, 201 W. Lake St.

CR.COLOSTATE.EDU/TENTSALE



CSU earns second STARS Platinum rating

By Mary Guiden

Colorado State University, one of the nation’s most sustainable universities, is the first university in the world to have its sustainability efforts go platinum — twice.

It took a village of students, administrators, faculty and staff for Colorado State University to achieve the highest possible STARS rating from the Association for the Advancement of Sustainability in Higher Education for the second time. CSU received the first-ever STARS platinum rating in 2015. The newest ratings were announced in time for Earth Week in April.

STARS stands for the Sustainability Tracking, Assessment & Rating System, an independent program that measures comprehensive sustainability efforts at more than 800 universities around the world. It is considered the most comprehensive and prestigious sustainability performance measurement program in higher education.

There are more than 1,000 data points in the STARS report, encompassing academics, sustainability-related research, student engagement, transportation, operations, outreach programs and more.

The university offers more than 800 credit courses and 391 non-credit continuing education courses that include sustainability, both across the state of Colorado and online. Nearly all departments offer sustainability courses, too.

CSU earned the maximum points allowable for research, with nearly 80 percent of the academic departments on campus engaged in sustainability research. Programs such as the School of Global Environmental Sustainability’s Global Challenges Research Teams and Resident Fellows contribute to the high research score as well.

Rams Against Hunger and the CSU’s Horticulture Center were singled out as innovative programs in the report. Rams Against Hunger was recognized for providing a mobile food pantry for students and staff experiencing food insecurity.

Campus engagement was an additional area where CSU earned a near perfect score, with initiatives including the Student Sustainability Center, student Eco Leaders, and ASCSU Environmental Affairs among some of the highlighted programs. More than 92 percent of CSU students are engaged in community service.

CSU received credit for a broad spectrum of operations initiatives, including the alternative transportation options available to faculty, staff and students, including the Transfort and MAX bus systems and Around the Horn on-campus shuttle service that are all available to ride for free with a RamCard ID. More than 60 percent of CSU students use alternative transportation.

The university’s Energy Reserve Fund, which pays for energy efficient upgrades in buildings, was also a highlight in the report.



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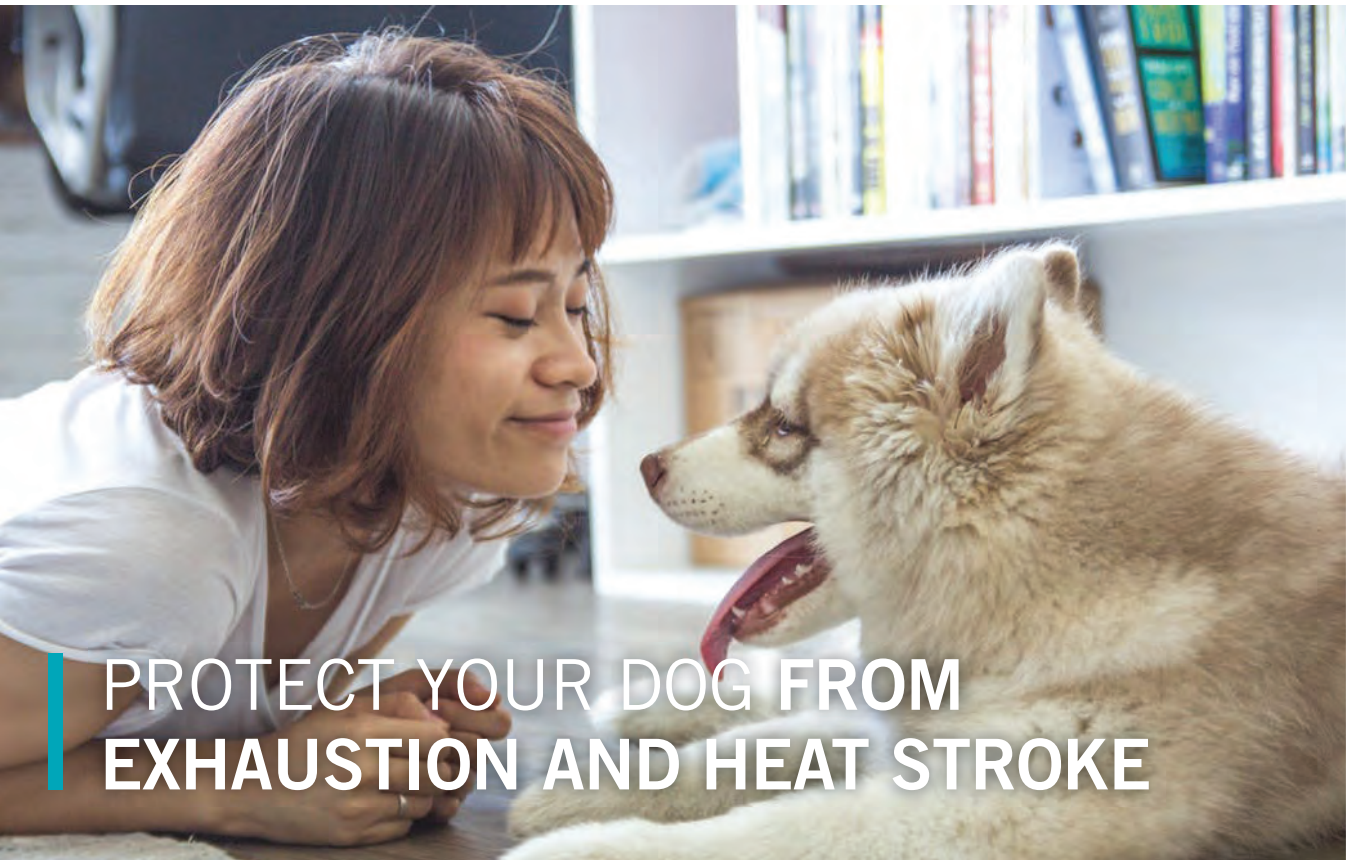
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PROTECT YOUR DOG FROM EXHAUSTION AND HEAT STROKE

By Dr. Nicole Luke

During the summer, many of us are eager to take our four-legged buddies with us while we are out and about. We might not think about effects of heat on our pets during a quick trip to the store, a run at the dog park, or a walk around the block.

Most of us humans can recognize signs of dehydration and heat exhaustion. We at least have the sense to know when to stop when we start feeling a little sickly. But dogs do not

have this ability. It is up to us as responsible pet owners to know our pets’ limits, and to protect them from the heat. Dogs do not sweat like you and me, and that makes it difficult for them to regulate body temperatures, especially in hot and humid weather. They depend on panting, and sweating through their foot pads and

their noses. In a matter of minutes, a dog may become overheated while exercising, playing or just by being left in the heat with no water or shade. Heat exhaustion can quickly become a life-threatening heat stroke. As pet owners, we should be able to recognize the early signs of heat exhaustion.

MEET THE COLUMNIST

Dr. Nicole Luke is a staff member with the Community Practice group at CSU’s James L. Voss Veterinary Teaching Hospital. The team provides general care, wellness services, and treatment of minor injuries and illnesses for pets.

PET HEALTH

TIPS TO KEEP YOUR PETS SAFE AND HEALTHY THIS SUMMER

- Never leave pets in a car in hot weather, even with windows rolled down.
- Avoid any strenuous exercise or play in hot weather.
- Always provide access to fresh water and shade – especially in the heat of the day.
- Brachycephalic breeds – or flat-faced dog breeds, including bulldogs and pugs – are more susceptible to overheating.
- Obesity and pre-existing medical conditions put pets at much higher risks of heat exhaustion and heat stroke.
- Dogs with dark-colored or long-haired coats are more at risk of heat exhaustion and heat stroke. Very young and older pets are more sensitive to the heat.

SIGNS OF HEAT EXHAUSTION

- Restlessness and agitation
- Heavy panting and rapid breathing
- Excessive drooling that then turns to thick tenacious saliva
- Bright red gums and tongue
- Dry tacky gums and mucous membranes
- Weakness or struggling to maintain balance
- Vomiting or diarrhea
- Body temperature of 104 degrees or greater
- Elevated heart rate (tachycardia)
- Confusion or disorientation

If you notice any of these signs, immediately remove your dog from the heat. In addition, help the dog cool down by bathing in cool water and by applying cloth-covered ice packs to groin area; recheck temperature every 10 minutes. Severe symptoms of heat exhaustion can quickly turn to heat stroke.

SIGNS OF HEAT STROKE

- White or blue gums
- Labored, noisy breathing
- Uncontrollable urination and or defecation
- Lethargy or unwillingness to move
- Unconsciousness
- Any of these signs or symptoms requires immediate medical attention and can quickly lead to death.

CONGRATULATIONS OPERATIONS MANAGEMENT STAFF

Operations Management Team Award



Kayde Low and Ken Nichols - Ken and Kayde are a great team. Every time that they come into the Housing Services Center they are friendly and provide professional quality work. They have been recognized by our apartment residents as well by giving exceptional service. Thank you Kayde and Ken for your dedication to our department.

Operations Management March Employee of the Month



Shonilea Pischer - Shonilea has been a tremendous help in the downstairs break room keeping things well organized and cleaned. Her efforts are recognized and greatly appreciated by her peers. Shonilea was also part of a big “project” that we had in the basement of the Braiden Kitchen in early March. While Shonilea was performing an intake pm, she found a large piece of ice hanging down in the intake vent, after further investigation; she found a leak outside the dish room running along the wall down over the intake vent. She notified the correct personnel and got this taken care of. Thanks Shonilea for your continuous efforts.

Commencement Confidential

Meet the people who make the magic happen behind the scenes of graduation



The Commencement Production Team gathered May 3 to go over every last detail of the Spring event. Photo by Gretchen Menand.

By *Kate Hawthorne Jeracki*

If you throw a celebration for 3,000 of your best friends – and their families – you might need a little help with the details. Think of Commencement as a three-day celebration of the success of students who have earned their degrees at Colorado State.

“A large number of people make these ceremonies happen,” said Joel Cromley, who manages the general services and heavy equipment crews for Facilities Management and has been setting up Commencements since 1990. “The list goes on: from the coordinator to the scheduling folks, the college representatives to those that assist with the setup and standby during the event. I believe everyone works as a team and does their best to make every ceremony the best it can be for the graduates and their families.”

And they do it for eight different colleges and the Graduate School every six months.

Kate Cooper, assistant director of University Events who has coordinated the past two Commencements, said each involves not only people across campus but also an enormous amount of planning and coordination.

“We’ll start planning the next one as soon as this one is over,” Cooper said. “Then we have the whole semester to get ready.”

Details, details

The team doesn’t start from scratch. Cooper inherited a detailed Production Schedule from Lee Nagle, who guided Commencements for many years while in the Provost’s Office. It includes an eight-page task list that the team lives by, and any lessons learned from the previous ceremony.

“Each college has someone who acts as Commencement coordinator, even if that isn’t their full-time job,” Cooper explained. “They arrange for speakers and all aspects of their ceremony. They are all extremely organized, Type-A individuals, and we totally depend on them.”

Beverly Munroe is the extremely detail-oriented person in the Registrar’s Office who has made sure each graduate’s name appears correctly in the program – and everyone gets a diploma cover and a card to hand to the platform announcer — for nine years. That can be trickier than it sounds.

“The last day to add names is about a month ahead, and then we figure about 85 percent will actually walk,” Munroe said. “We have to let Joel and his crew know how many covers and how many programs to deliver to each ceremony.”

For Spring, 8,000 programs have been printed. Munroe estimates that she spent a complete week proofing all the names and their designations, with much-needed breaks, before it went to press last week.

Graduates receive their actual diplomas in the mail a few weeks after the ceremony, thanks to degree analysts including Krystal Turner. They make sure graduates have actually

completed all the requirements after final grades are posted, and input the correct information for the printer.

Online component

Despite the venerable academic regalia, 21st century Commencements also include a huge online component. Gretchen Menand on the External Relations web team keeps the Commencement website up-to-date throughout the year and works closely with videographers Ron Bend and Jason Rogien to make sure each ceremony can be watched in real time around the world. Then the video team turns around a closed-caption version for archival viewing as quickly as possible. Social media coordinators across campus also share the Ram Pride in graduates on every channel available.

“With so much involved, you can’t make decisions in a silo,” Cooper said.

Case in point: No one consulted Athletics before the Board of Governors approved a Sunday ceremony for December. “We thought we’d have everything torn down in time for the basketball game later that day, but it turns out, NCAA requires teams have access to the floor four hours before tipoff. When we found out, Warner College was gracious enough to start earlier, and Facilities doubled the tear-down team, and we made it happen.”

And another detail was added to the Production Schedule for next time.

A new perspective on healthy summer eating

WELLNESS

By *Amanda Boostrom*

For many people, the words “summer” and “healthy eating” do not match up. For others, such words bring up feelings of anxiety over summer bodies, fitting into teeny tiny bikinis, and dieting. Before setting a goal for the umpteenth time to lose 10 pounds before that summer vacation, give this alternative perspective just 5 minutes of your time.

Reject the idea that you need to look like a celebrity.

Let’s face it. We live in an appearance-obsessed society, and celebrities and media pressure us to be as thin as possible. Did you know that about 80 percent of your weight is determined by your genetics? Someone who wears a size 10 shoe can’t fit into a size 6; it is just as pointless to expect that your body size can do the same. Next time you slip into your favorite swimsuit, remember that your body is uniquely you, and uniquely beautiful.

Enjoy new foods thoughtfully.

Summer vacations, barbecues and gatherings tend to be filled with occasions for eating out and trying different foods. There is a phenomenon called sensory specific satiety, and it plays a role in why new foods taste so good. New foods tend to be more pleasurable to consume and increase our appetite as compared to foods that we eat all the time. Remember to eat all foods (especially new foods) thoughtfully, enjoying each bite.

Use your internal cues as a guide.

Clients often tell me that diets are hard in the summer, because they do not have control over what they are eating when they are away from home. One tool you always have with you, no matter the food, is your own body’s cues of hunger and satiety. Before you start eating, take a second to consider how hungry you are. Are you meal or snack hungry, or do you even need to eat at all? Before you finish eating, take a mindful moment to feel your fullness. Respect that.

Fill half your plate with seasonal fruits and veggies.

It’s never a bad idea to go for a little extra fruits and veggies to fuel your body, and they taste great in the summer. If you are eating out on vacation, choose veggies as your side. Bring a salad full of colorful veggies or cut up fruit to a picnic or barbecue. Fill half your plate with the fruits and veggies, and then fill the other half with your favorite summer eats and treats.

Remember to be kind to yourself.

No one meal, day, or even week on vacation will ruin your attempts to follow healthy habits. If you have a lapse in your eating, don’t let it lead to a total collapse. A healthy lifestyle is not all or nothing — it is a continuum, and the important thing to keep in mind is the big picture. Regardless of your goals for health or weight, you still deserve to enjoy life and eating.

MEET THE COLUMNIST

Amanda Boostrom, RDN, CLEC, is a dietitian at the Kendall Reagan Nutrition Center

FOR MORE INFORMATION

Are you ready to make peace with your body and with food, and learn how to fuel it well? We can help.

To learn more, contact the Kendall Reagan Nutrition Center, nutritioncenter.colostate.edu, or make an appointment for individual nutrition coaching with a registered dietitian nutritionist.

Call (970) 491-8615 to schedule your appointment.

City campus bike share program changes commuter habits

By Hannah Woolums

Imagine picking up a bike at a convenient location around Fort Collins, riding it free for an hour, then dropping it off across town.

CSU bike share program allows bikers to participate in reliable transportation options around Fort Collins and campus for an annual membership fee without having to own their own bicycles.

“(Bike share is) basically swanky bike racks that have bikes with computer on them,” said Aaron Fodge Head of CSU Alternative Transportation. “The computer allows you to access the bike if you have a membership. You punch in a code on the bike or on the app and the bike unlocks and then you ride the bike where you want to go.”

The program allows users to check out the bikes at any bike share station around Fort Collins.

“The caveat is that you need to ride the bike to where there are other stations,” Fodge said. “You check the bike out, and you check the bike in to another rack and as long as the trip is under an hour, the trip is free.”

There are two stations on either side of campus, both with the capacity to hold 10 bikes total.

“One is located just to the west of the Lory Student Center on the University’s Green Trail and the second center is located on the south side of (the) Education (Building) on the Pitkin Low Stress Bikeway,” Fodge said.

The bike share program launched in April 2016 with the support of Zagster, the city and

CSU.

“The City of Fort Collins and Colorado State University collaborated on our bike plans at the same time,” Fodge said. “During that project we also conducted a bike share business plan funded by the city to determine if bike share would be viable and where they would be placed.”

Bike share serves many different purposes not matter what your needs. Especially for faculty and staff here at CSU, it can be a very valuable system to use.

“Say you drive here and you park on campus, say you teach and park on campus and want to leave for lunch so instead of giving up your spot you just check a bike out. You accomplished your task of having lunch off campus in a fun way and got some exercise, you didn’t have to worry about parking on the other end because you have a bike,” Fodge said. “Another user might be an employee who’s just looking to make a cross-campus trip who needs to ride around a little bit.”

Besides lunch breaks and getting across campus, bike share also works well for those who commute to work through transit.

“The bikes allow you to lock them anywhere. It’s just the clock ticking unless you park them at one of these racks,” Fodge said. “Another employee type that might use it is somebody that rides transit, so maybe they want to get of at the Laurel station, they could just catch the bike there and just ride onto campus. Bike share is a way to serve ‘last mile’ commuters, which we have a lot more people that are riding transit now than ever.”



There are two bike share locations on campus. *Photo by Sylvia Cranmer.*

The final group of faculty and staff who may benefit from this program are those who are entertaining visitors. You are able to purchase day passes to check out multiple bikes to cruise around the city for a tour.

“Recycled Cycles on campus is the company that Zagster contracts to service the bikes, so as part of your membership these bikes are maintained,” Fodge said. “So they are in tip-top condition, so they are not just put out there and beat up.”

Recycled Cycles is also in charge of keeping the bikes evenly spread out throughout the City of Fort Collins.

Memberships for the bike share program begin at \$60 for an annual membership but CSU employees do receive a discount.

“If you work here and go to the transportation employee bike page, and if they sign up for a membership they get \$15 off,” Fodge said.

FOR MORE INFORMATION

Sign up for an employee membership at pts.colostate.edu/employee/bicycle

Two new C2C benefits

CSU faculty and staff now have two new health and wellness benefits available through Commitment to Campus: Advance Care Planning with the Larimer Health District, and discount passes to City of Fort Collins recreation facilities.

You can see all the C2C benefits at the website commitmenttocampus.colostate.edu

Advance care planning

Who would make your medical decisions if you were unable to speak for yourself? The Larimer Advance Care Planning Team can help any person, 18 years or older, to create advance directives that represent their own values and choices, at no cost. Guides offer one-on-one support in completing advance care plans by explaining treatment options, putting their choices in writing, and sharing them with family members and physicians. Help is available to update and distribute existing plans.

Contact the ACP team at 970-492-1909 to schedule an appointment or visit the website at larimeradvancecare.org for information and downloadable forms.

Discount recreation pass

CSU employees are now welcome to purchase 25-Admission Multiple Facility Passes or a Multiple Facility Admission Pass at the Corporate Pass Program rate at the following City of Fort Collins Recreation facilities:

- Edora Pool Ice Center (EPIC): 1801 Riverside Ave.
- Mulberry Pool: 424 W. Mulberry St.
- Northside Aztlan Community Center: 112 E. Willow St.
- Senior Center: 1200 Raintree Drive
- Foothills Activity Center: 241 E. Foothills Pkwy.

Employees may purchase passes at the discounted rates shown on the City’s website at fcgov.com/recreation. There is no need to complete the application form, as C2C has already done this for all employees. Employees purchasing passes under this program must show their CSU Employee ID (RamCard) to verify their employment.

High-Performance Computing available

The Summit High-Performance Computing system is now available for the campus community. The system has more than 10,000 processing units, and an aggregate computing capacity 20 times greater than the current Information Science and Technology Center (ISTeC) Cray HPC system. Summit will allow the execution of scientific calculations to be up to 50 times faster than a high-end desktop computer.

For more information, go to acns.colostate.edu/hpc



Alumnus and donor Walter Scott, Jr. came to campus for the ceremony that officially named CSU’s College of Engineering in his honor on April 18.

Football tickets on sale

The first round of season-ticket purchases for the inaugural season at the on-campus stadium wrapped up in April, and the process of allocating seats continues in May. More than 11,550 season tickets have been sold to date; with more than 1,600 premium seats sold, more than 8,000 season tickets being claimed through the seat selection process and more than 1,950 new season tickets sold.

The goal is to make single-game tickets available for sale to CSU alumni, faculty, staff and donors by July 24, and all remaining single-game tickets available to the general public July 26 – one month prior to the first-ever game at the stadium against Oregon State on Aug. 26.

GO RAMS!



CSU ALUMNUS PUBLISHES FIRST BOOK

By Hannah Woolums

Many faculty and staff members of the CSU community have been able to get their works published, but there is feelings of pride in seeing alumni get their works published as well.

CSU alumni Iver Marjerison has just self-published his first book, *The Foodist Bucket List: 100 Edible Adventures From Farm to Fork*.

This book covers everything from a variety of dining experiences to different breweries and everything in between. Marjerison, who graduated in 2014 with a bachelor’s in soil and crop science, wanted his book to be more than just a list of the best place but information for all interesting places.

“So the book is essentially a ‘bucket list’ of edible adventures in Fort Collins... ranging from fine dining and pizza, to farmers markets and breweries,” Marjerison said. “The idea is to go beyond just the usual list of the ‘best’ places to eat, and instead list specific ‘must-try’ items that I’ve found in the area... Yelp can tell you where to go for ‘good’ food, but this book tells you about the random sports bar that serves homemade baklava, the secret to ordering pancakes at Snooze, and where to go for all-you-can-eat cereal and cartoons on Saturday mornings. Of course not all the items are bizarre novelties... but you get the idea.”

Self-publishing is a growing phenomenon in today’s technological world, that opens doors for many to get their own works out there.

“Self-publishing is actually a beautiful thing in today’s age,” Marjerison said. “It used to be that you either had to painstakingly search for a publisher who loved your stuff, or go the self-publish route, invest in a garage full of your books, and beg stores to carry it.”

Today, websites such as Amazon make it possible for young authors to publish on their own.

“These days its much less of a financial commitment, Amazon has it’s own publishing platform Createspace

that I use. I send them a Word doc and a cover image, and they print to order with no cost to me up front... I swear it’s the coolest thing since since sticky notes,” Marjerison said. “But to be fair, self-publishing isn’t quite the crown jewel, doing all my own marketing and editing certainly presents limitations. Technically the process has been going on 7 months, but I suppose I did a few years of ‘unofficial’ research during my undergrad at CSU.”

The inspiration for his book came from his own frustration with vague answers when looking for specifics when trying to find a good restaurant or a place to get drinks.

“My inspiration for the book series is simple: When I’m looking to go out for good food or drinks, I’ve never liked being told about ‘good’ places--it’s to vague,” Marjerison said. “I like being told about specific eats/drinks that are either so unique or delicious that they will spin my head around.”

Instead of accepting generic answers, he began asking his question differently to find the answers he was truly looking for.

“Basically, I started asking people for ‘remarkable’ items, which I mean in the literal sense, ‘worthy of remark’ --the kind of food/drinks that people remember, and get excited when they talk about,” Marjerison said. “I realized just how many of these items were hidden across Fort Collins, and wanted to share my findings with others.”

Even writing about a fun topic like food and drink can come with some challenges.

“The hardest part of putting the book together was the massive amount of food and drink awesomeness that the area offers,” Marjerison said. “I went from being worried about getting to my goal of 100, to quickly having a tentative list of over 200 items.”

Another challenge to the book was all of the food that was consumed during the making of this product.

“The book is based purely on my personal first-hand ‘research’ which I cranked out in about a month... as you



can imagine, I ended up eating and drinking an absurd amount, and at one point had a few day setback due to severe stomach cramping and a subsequent ER visit. You can imagine the look on the doctors face while I answered his question: ‘What have you eaten in the last 72 hours?’” said Marjerison.



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INGREDIENTS

- 2 tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- 1 ½ pounds cherries, pitted and roughly chopped
- ½ cup shallot or red onion, finely minced
- 2 tablespoons fresh basil, chopped
- 8 thin-cut chicken breasts, about 3 ounces each
- 2 tablespoons olive oil, more if needed
- Freshly ground black pepper

DIRECTIONS

1. Whisk lemon juice, balsamic vinegar, honey and salt in a bowl. Stir in cherries, shallots or onions, and basil. Refrigerate until chicken is ready.
2. Coat both sides of each chicken breast with olive oil and season with pepper. Grill over medium-high heat until cooked through, about 2-3 minutes per side. Thermometer should read 165°F. Let rest for a few minutes, and then top with cherry salsa and serve.

SERVING SIZE: 3 OUNCES CHICKEN WITH 1/3 CUP CHERRY SALSA

SERVES 8

FOR MORE INFORMATION

For other great ideas, check out our recipes, cooking classes and cookbooks at www.nutritioncenter.colostate.edu



NUTRITION INFORMATION / AMOUNT PER SERVING:

Calories	177	Protein	20g
Total fat	5.7g	Total Carbohydrates	11g
Saturated fat	1g	Dietary Fiber	.2g
Cholesterol	62mg	Sodium	114mg

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All gender restrooms will be open to all in need

Work begins over the summer to create, label single-stall bathrooms

By Veronica Baas

Sometime in May, faculty and staff may notice some activity around the restrooms in their buildings. Not to worry. It's just Facilities Management personnel putting up signs designating all gender restrooms.

"These bathrooms are for everybody, period," said Mary Ontiveros, vice president for diversity and chair of the Inclusive Physical and Virtual Campus committee, which has developed a university policy on single-stall restrooms and other modifications to campus. "But there are some populations that are going to find them very important in their lives."

These include those who identify as gender non-binary as well as those who are caring for very young relatives of the opposite gender and anyone with a medical issue that requires additional privacy to maintain their dignity.

A campus inventory has identified 261 single-stall bathrooms. Where appropriate, signage will be added to convert the existing facilities to all gender, and that work is set to begin in May. In some cases, additional modifications will be required, and that work will be prioritized with the goal of having the conversions completed by the end of the year.

The newest buildings on campus, including

the stadium and science buildings opening this summer, have all gender restrooms included in their design. Older buildings will be retrofit, but part of the challenge includes how to make these restrooms easy to find when you need them.

To help make this information accessible, the maps.colostate.edu website shows where all gender bathrooms are located. The interactive map is available to the public, and shows the location of not only the all gender restrooms but also lactation rooms and reflection rooms for meditation under the Inclusive Resources tab.

At its next meeting, the President's Cabinet is expected to endorse the Inclusive Physical and Virtual Campus Policy, which also references the existing policy on accessibility of electronic and information technology that strives to make learning materials usable by students of all abilities. President Tony Frank has expressed solid support for both policies.

"There's a huge amount of support at all levels of administration here and the committee has certainly felt that," Roll said. "But I think people just don't know, so it's important to educate our campus community."

The committee has developed easily



identified signage, and will be communicating with both on-campus and visitor audiences. The biggest concern is to create an inclusive campus for the diverse community CSU

supports every day. Whether you set foot on campus to learn, teach or visit, it is important to our university that you feel comfortable and welcome.



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