



November 2012

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COMMUNITY EVENTS

Decades of Scares

In honor of the LSC's 50th anniversary, participating offices within the student center are decorating with the '60s, '70s, '80s, '90s and 2000s in mind. On the night of Halloween, representatives from each office will pass out candy for trick-or-treaters from 3-5 p.m. Oct. 31 in the Lory Student Center. The event is free and open to the public.

Thornton-Massa Lecture

The lecture features Edward Buckler, a plant geneticist, from 4-5:30 p.m. Nov. 4 in Room 131 of the Behavioral Sciences Building.

The Thornton-Massa Lecture honors the late Dr. Emil Massa of Denver and the late Bruce and Mildred Thornton, who shared a common interest in biodiversity, plant genetics, agriculture and horticulture.

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New era for energy work



Bryan Willson, director for the Engines and Energy Conversions Laboratory, celebrates the ground breaking for the Powerhouse Energy Institute, a long-awaited transformation of the current building and program. As one of many energy and climate-based events and programs in October, faculty has shown a true passion for taking action.

No limits for passionate faculty leading environmental initiatives

by Mary Willson

This month, Colorado State University not only "talked the green talk," but through programs, research, outreach and initiatives, faculty actions are showing that it also can "walk the green walk."

CSU is a leader in energy and ecological research related to climate change, conversation, policy and outreach.

"People have stepped up all over campus," Provost and Executive Vice President Rick Miranda said. "We have always had a strong research portfolio—I'm not surprised to hear projects are growing. They are being supported—people are jumping in."

Research, outreach and policy directed at climate change, energy solutions and natural resource management is thriving from all sectors of campus. Two program launches and a large-

scale symposium took off in October, showcasing the hands-on, community-based approach CSU takes when facing complex issues such as climate change.

The Powerhouse Energy Institute was launched with a plunge into the sod of a bright yellow backhoe. As an addition to the two-decades-old Engines and Energy Conversion Laboratory (EECL), the 65,000 square foot building extension will serve as a progressive space for ideas, innovation and global change. The institute will house projects on social outreach, energy policy and broader student and community involvement. The institute gives a platform to serve as an all-around energy center.

The EECL is designed as a place for energy innovation, entrepreneurial projects and global solutions that benefit the human condition and

See **ENVIRONMENTAL** page 3

Doing energy efficiency right

by Cary Weiner, CSU Extension Clean and Renewable Energy Specialist

As temperatures steadily turn cold, many of us prepare through annual rituals like putting the garden hose away, testing our thermostats and maybe caulking around windows and doors. A few of us may decide that this is the year to add insulation to the attic or to replace that old furnace.

While these actions can help keep energy bills at bay, and in some cases make us more comfortable, there is actually a proven and systematic recipe for doing so: The whole-house (WH) approach to energy efficiency. The WH approach means:

1. First, reduce our need for energy as much as possible; and
2. Then use and move energy as efficiently as possible when we do need it.

Until recently, many homes were built without much attention to an essential function of the building exterior—or shell—reducing air and heat flow into and out of the home. What was deemed more important was installing a furnace big enough to keep us toasty when we dialed the thermostat to "more heat."

See **ENERGY** page 6



applause



Atmospheric Science

CO-LABS, a non-profit that informs the public about breakthroughs and impacts from Colorado's 24 federally funded labs, honored **Mark DeMaria**, a NOAA research meteorologist, and Colorado State University's Cooperative Institute for Research in the Atmosphere, with the 2012 Governor's Award for High-Impact Research on Oct. 25.

DeMaria is chief of the Regional and Mesoscale Meteorology Branch for CIRA, which is a collaboration between CSU and the National Oceanic and Atmospheric Administration.

CIRA and Advanced Technology Source were recognized for outstanding work for the Hurricane Forecast Intensity Project and Joint Hurricane Testbed – programs that help support the research team led by DeMaria. They have created software that produces a storm model that, when compared against satellite observations, gives a more complete picture to scientists and meteorologists alike.

Journalism Day

CSU's Journalism and Technical Communications department hosted more than 1,400 high school journalists and their advisers on Oct. 11 for the Colorado High School Press Association's annual Journalism Day at CSU.

The all-day event annually attracts high school journalists and their advisers from across the state for workshops, lectures and other presentations designed to encourage students to pursue careers in media.

One featured speaker was 2009 CSU graduate Ryan Avery, who earlier this year beat out more than 30,000 entrants from 116 countries to become the Toastmasters International world champion in public speaking. Avery graduated with degrees in Anthropology and Journalism and Technical Communication.

Professional journalists, public relations specialists and educators from CSU's Department of Journalism and Technical Communication were among the scheduled speakers.

Soil and Crop Sciences

Several professors and others in the CSU Department of Soil and Crop Sciences were honored in October during the 2012 international meetings of leading agronomy, crop and soil science societies.

More than 4,000 scientists, agricultural professionals, educators and students from around the globe attended meetings of the American Society of Agronomy, Crop Science Society of America, and Soil Science

Society of America in Cincinnati, Ohio.

More than 3,000 research presentations were featured. They addressed issues such as ecosystem impacts of manufactured nanoparticles; links between organic farming, healthy soils and healthy foods; use of "grey" wastewater for farm irrigation; and strategies for addressing food security in the face of climate change.

Top scientists also were recognized, including several people who work in or with the CSU Department of Soil and Crop Sciences including:

- **Donald Hodgkinson**- Golden Opportunity Scholar
- **Darrell L. Hanavan**- honorary member
- **Patrick Byrne**- society fellow
- **Gary "Pete" Peterson**- Distinguished Service Award
- **Rajiv Khosla**- Applied Research Award

School of Global & Environmental Sustainability

The founder of the television series "Nature," Tom Lovejoy, helped Colorado State University's School of Global Environmental Sustainability, present the documentary "Journey of the Universe: the Epic Story of Cosmic, Earth and Human Transformation," on Oct. 18. Lovejoy, the biodiversity chair of the H. John Heinz III Center for Science, Economics and the Environment served as the host for the evening.

The Emmy Award-winning documentary investigates and connects many of science's big picture issues with the human impact on the changing environmental dynamic.

The documentary screening also featured a panel of distinguished CSU faculty members:

- **Holmes Rolston III**, University Distinguished Professor of philosophy and 2003 recipient of the Templeton Prize
- **Robin Reid**, director for the Center for Collaborative Conservation and 2012 recipient of ESA Sustainability Science Award
- **Cameron Ghalambor**, associate professor of biology and 2009 recipient of the NSF Career Award

Global environmental issues

Chris Holmes, United States Agency for International Development global water coordinator and senior executive, talked about water, health and food security Oct. 11 at CSU.

Sponsored by the University Water Strategy for Global Issues Research Team, Holmes highlighted the

water-food nexus and addressed the importance of linkages across disciplines, agencies and countries. As a part of USAID, Holmes has investigated the impact of the global community on meeting water needs around the world. The future scenario for environmental security was examined.

Additionally on Oct. 11, the Graduate School and the Global Women Scholars Network welcomed an expert in international science policy. Ian Simon of the U.S. Department of State and American Association for the Advancement of Science (AAAS)

Send in your Applause

Our Applause section features notable highlights from CSU's colleges and departments. The campus community is invited to submit material for Applause to celebrate the good work, service, outreach, research and personal triumphs that keep the people of CSU engaged and committed to higher education.

If you have applause to share, send an e-mail to CSULife@colostate.edu with your brief announcement and the best way to contact you.

Fellow in Science and Diplomacy presented "World Experiences in Treaties, Trade & Sustainable Development."

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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.

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ENVIRONMENTAL | Community celebrates new era for energy work



Bryan Willson, Morgan DeFoort and others celebrate at the Powerhouse Energy Institute groundbreaking. The institute collaborates with the Energy Conversation Laboratory, which is a leader in many progressive energy solutions.

From page 1

achieve global impact. Its projects -- clean cook stoves, algae based biofuels, two-stroke engine retro-fitting and progressive clean energy grid technology -- show how real world solutions can come out of a small scale group of invested minds. Involving undergraduates and graduate students provides them with life-changing, hands-on discovery, support and real-life application. Industry and community inclusion contribute to shared resources and a positive community-sector relationship. Passionate faculty and staff guide the projects, which are having a true impact on the world at large.

“The lab has grown to work broadly in energy - we’ve never shied away from big energy problems,” said Bryan Willson, founder and co-director of the EECL.

The EECL building will be self-sustainable, meaning it will produce all the energy it uses. It will be LEED Platinum Certified, and make its own energy through solar, wind turbines and other technologies, exceeding LEED Platinum requirements. Sustainability is not only taught, it is a way of life at the institute.



The second annual Natural Gas Symposium brought around 500 people during a three-day event, which focused on natural gas education, awareness and engagement. Community members, industry leaders and policy makers discussed this controversial and complicated energy theme.

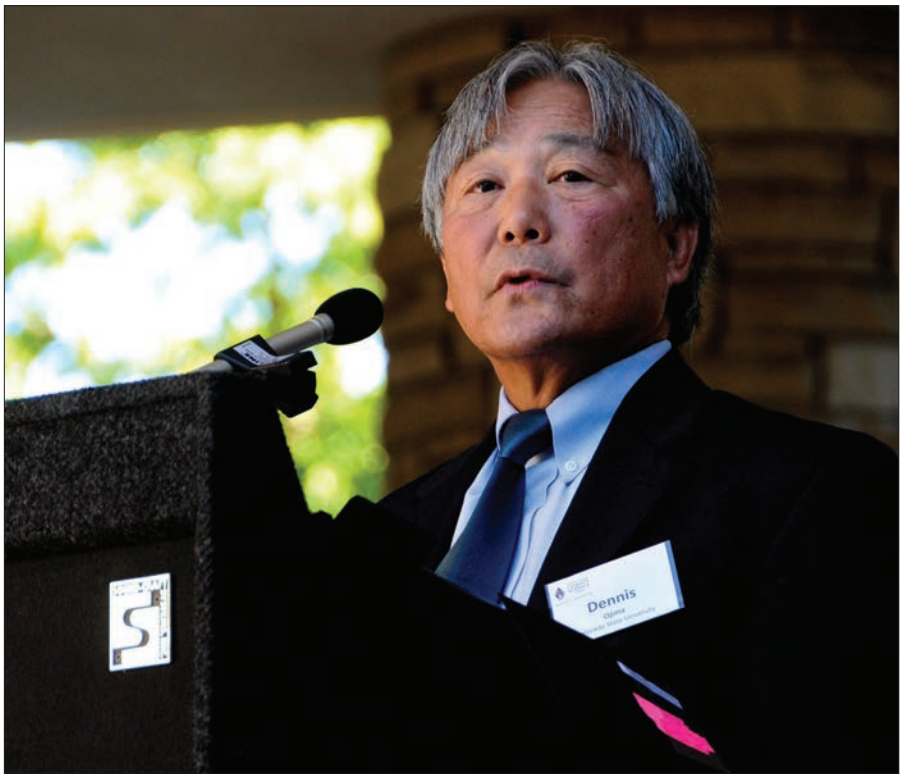
“We do not discourage things because they do not fit into a box,” Miranda said. “It’s important to give people tools so their efforts can be supported.”

The School of Global Environmental Sustainability (SOGES) gives students in any major the opportunity to minor in Global Environmental Sustainability. This is a unique opportunity that demonstrates how many career options can be environmentally progressive and have a global impact. The SOGES minor gives students the option to make their own career path in a very progressive way.

“We’re really trying to all row in the same direction,” Miranda said. “That’s really what makes things happen at CSU.”

SOGES hosts many events and seminars by world-class academics, activists, policy makers and researchers, representing all sides of environmental and global issues. CSU has also started to implement sustainable energy and conservation efforts as a result of these supportive outlets.

“There are so many problems to solve, there really is no end to research opportunities,” Miranda said.



Dennis Ojima, co-director of the North Central Climate Science Center, speaks at the ribbon cutting. CSU is hosting the program, which is a university-consortium and part of a network of eight Science Climate Centers throughout the nation.

The opportunity for research also is being played out in a very real role with the North Central Climate Science Center (NC CSC). The university consortium is part of a national effort, supported by the National Department of the Interior. It is made up of eight universities across the north and is centralized at CSU, with Dennis Ojima and Dennis Morissette leading up the team. NC CSC is an initiative addressing important ecological issues related to climate change. A ribbon cutting, which officially launched the program and its new space in the Natural and Environmental Sciences Building, took place this month.

In addition to research and implication of environmentally progressive initiatives, outreach is the main factor in making any of these programs viable.

“The mission of any land-grant university is not only in research,”

Miranda said. “But in outreach to society. We really hope to be a good model and keep continuing that.”

SOGES, the Center for New Energy Economy and CSU hosted the second annual Natural Gas Symposium. The symposium was a platform for education on issues regarding the focused topic of natural gas with industry, policy makers and researchers. More than 500 people attended during the three-day event, with many high-profile speakers.

No matter what one’s field of research, work or practice may be—the opportunities for progressive programs and ideas to spin off of the traditional academic sector is valuable and unique.

“The only way that this can happen is through the fact that our faculty really care,” Miranda said.

A treat for the whole family

Trick-or-Treating in the LSC

by Allison Welter

This year the Lory Student Center is getting in the Halloween spirit with something unexpectedly terrifying: ‘80s hairstyles.

The theme for the 2012 LSC trick-or-treating event is “Decades of Scares,” which is adding a creative spin to the spooky holiday while commemorating the building’s 50th anniversary. Hosted in the student center from 3-5 p.m. on Wednesday, Oct. 31, guests can expect a wide range of unique decorations ranging from the 1960s to modern day.

In its seventh year hosting the event, the student center is proud to

provide a safe environment for families to participate in the annual Halloween tradition.

“The Lory Student Center central to our students’ lives, and it is also a social center for the Colorado State University campus and community,” said Tony Pang, Lory Student Center assistant director. “The LSC’s trick-or-treat event invites children of all ages to participate in a fun and friendly environment.”

Along with receiving a bucketful of sweets, families will also have the opportunity to cast a vote for their favorite office. The event doubles as an office décor contest in which participants have been assigned the task of creatively decorating their offices to align with a

particular theme within a given decade.

The idea of decades as a theme was chosen by the Lory Student Center’s governing board as a way to honor the building’s 50th anniversary. The student center was complete in 1962, making 2012 the half-way point to a century of excellent service and glorious history. With this trick-or-treating event, the LSC also maintains its strong ties with the greater Fort Collins community.

“We are excited to have the offices and departments within the building celebrate the Halloween theme of decades to continue our relationship with the surrounding community,” Pang said.

Attendees can expect ‘60s movie stars to ‘90s video games and everything

in between. After touring the 22 participating offices, the community will be offered a chance to vote to award an office the “Peoples’ Choice” title. In addition, community votes contribute to the “Overall” winner, which is determined from a combined score of community and judges’ votes. Voters can find a ballot on the back of their map of the building on the night of the event.

This event is free and open to the public, so gather the family, dress up the little ones, and celebrate Halloween with Colorado State University and the Lory Student Center – the hair will be absolutely monstrous.



Former CSU professor puts unique spin on retirement

by Kayla Green

When Lee Maxwell retired from his 23 years as a Colorado State University professor of electrical engineering, he had no idea he would later wind up collecting 13 washing machines during his celebratory trip to Maine.

"In '85, we bought a motor home for a trip to Maine. We stopped for lunch in Iowa where there was an auction. I just raised my hand and had my first washer," he laughs. "I was a little hesitant about buying it because it was a large machine, but by the time we'd got to Maine, I'd bought five and then had to purchase a trailer."

Maxwell now has 1,430 washing machines on his 16-acre property near Eaton, a collection so rare that most people could not imagine the enormity of it all, he says.

"Each of the 1,000 plus machines in the collection has



Each washer takes Maxwell about one week to fully restore, a task, he says, he fully enjoys.

provided plenty of enjoyment throughout the restoration process." He says it's uncommon to see a powered machine in an antique shop or in a museum, as they are almost always considered to be junk before they're cleaned.

Maxwell says his interest in these machines is partly due to the mechanics behind them as well as the ever-evolving history. "Over the years, laundry has really changed," he explained. "Up until 100 years ago, it was common in Europe to wear clothes and only wash them twice a year. Then people got to be more in tune with sanitary conditions, and suddenly people were washing more. Since that time, we've come to wash every day," he said.

"At one time, there were more than 1,000 washing machine companies in North America, and indeed, there are some very curious ones that were manufactured."

Since his retirement from CSU, Maxwell spent his time creating a nursery near his home as his primary business and worked to discover the intricacies of technology in his spare time. He and his wife, Barbara, later sold the nursery to his children who continue to maintain the business today. When he's not refurbishing old washers, he's keeping a close eye on eBay for the latest deal and searching the Internet for information and material related to washing.

"Each day, I try to challenge myself to find 10 new ads,"

Aggie history

In addition to his unusual hobby, Maxwell also is a part of CSU's Aggie history. It was Maxwell's grandfather, Robert Garibaldi Maxwell, who leased the land the Aggie 'A' is located on to Colorado A&M back in 1923. The original lease was written for 99 years at the total cost of \$1.

he says.

Maxwell says that the advertisements and copyright information he has collected over the years helps him date the washers. Currently, he has downloaded more than 23,000 patents and thousands of old advertisements, creating - what he believes - the most extensive collection of washing machine history.

"I keep hoping this will become a fad," he laughs. "To be a washing machine collector, you got to have three attributes: You got to have space, you've got to be insane, and you got to have a saint for a wife."



Former professor Lee Maxwell demonstrates how just one of his 1,430 antique washers works.

Culinary creations

by Tony Frank, CSU president

"You Remember that Pasta Thing You Make for the Holidays?"

Ingredients

- ½ lb bacon, thick sliced, cut into 1 inch lengths
- ½ lb ham, diced
- 1 large onion, diced
- 1 sweet red, orange or yellow bell pepper, seeds removed and diced
- 1 16 oz can diced Italian style tomatoes
- 1 small package thawed frozen green peas
- 6 cloves garlic, diced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter
- 2 pinches red chili flakes
- ¼ cup grated romano cheese
- 1 cup grated parmesan cheese
- 2 egg yolks
- ¼ cup cream
- 1lb pasta (your favorite type)
- Pasta water
- Parsley or basil



Directions

- Bring water to a rolling boil, add pasta.
- In large pan, skillet or Dutch oven, heat bacon over medium-high heat until it's rendered its fat (about three minutes).
- Add the onion and olive oil and sauté until onion begins to soften (about two minutes).
- Add the bell pepper, garlic, red chili flakes and butter, and sauté until bell pepper begins to soften (about two minutes).
- Add tomatoes, green peas and ham, and stir until mixture begins to bubble slightly (three minutes).
- Turn heat off. Let cool for two to three minutes.
- Add romano cheese and half of the parmesan cheese.
- Mix yolks and cream. Stir into mixture.
- Turn heat to low, and stir in pasta water as needed (a tablespoon or so at a time) to obtain the thickness you like for your sauce.
- Add drained, cooked pasta to Dutch oven and mix in.
- Serve with remaining parmesan on the side. Add parsley or basil as desired.

Professor defies death, emerges with new understanding of relationships

by Dell Rae Moellenberg

“My story is not pretty. I’m both the unluckiest and luckiest woman in the universe.”

This is Jenn Matheson’s profoundly true observation about the five months she spent hospitalized and near death. Matheson is a therapist and associate professor in the Department of Human Development and Family Studies.

It started out innocently: a June 2009 Alaskan cruise to celebrate her 40th birthday with her husband, parents and oldest brother. Arriving at home on a Wednesday, four of the five of them had a “respiratory something.” While the others luckily recovered, Matheson felt increasingly worse.

On Sunday night she went to urgent care and was sent home with Tylenol.

On Monday, she had a 103-degree fever and was gasping for air after climbing stairs. Back at urgent care, she was diagnosed with pneumonia in one lung and hospitalized.

She became increasingly ill, her oxygen levels dangerously low, and she struggled to breathe.

She doesn’t remember anything after lunch on Tuesday, but by Wednesday morning she was in the ICU. Her husband tells her she was frightened because she thought ICU was for people who are dying. Matheson’s fears were true, whether she remembers them or not. Doctors told her husband to call her parents, who live in another state, and tell them to get on the first flight. The Red Cross called her younger brother, who was on an aircraft carrier in the Middle East, to tell him to be on standby to fly home in case she died.

Now she had pneumonia in both lungs, but tests could not detect if it was bacterial, viral or fungal. She does not remember the hours of panic and increasingly difficult breathing, or finally asking to be induced into a coma for three to four days in order to be put on a ventilator. But three or four days turned into an incredible six weeks in

a coma.

Just three days after she woke from the coma, still unable to move, speak or breathe on her own, she went into cardiac arrest. One nurse spent a heroic 45 minutes giving her CPR while hospital staff used paddles and every life-saving measure, finally reviving her.

Similar scenarios played out over and over again for five months, Matheson says. The chaos of it made her so despondent and exhausted she no longer cared if she lived.

“It was like that movie ‘Groundhog Day,’ only the day I was stuck in was a really, really bad day,” she says.

Three weeks after her heart stopped, when she was finally recovering enough to do simple things like sit up, she relapsed with MRSA (drug-resistant staph) infections in both of her lungs, plus at least one viral and one unidentifiable bacterial infection in her lungs.

Still on a ventelator, she could barely breathe. Again.

“Human beings know when they are dying,” Matheson said. “I just wasn’t ready to fight it again. I thought if I survived it, I would always remain like this. The doctors predicted to my loved ones that I would die. I asked for a DNR (do not resuscitate), and my husband put one in place for me. He gave me the greatest gift to have that right.”

Matheson mouthed her goodbyes to her family and friends that night. Her husband got into her hospital bed to hold her one last time, and Matheson fell into her second induced coma as she was given a Hail Mary infusion of antibiotics and drugs, on the slim, doubtful chance she would respond.

And that was a lucky moment. There are many strains of MRSA, resistant to drugs. Matheson’s responded. Her family and friends, who had spent the night on vigil at the hospital, woke up to the news she was alive.

“I rebounded. I don’t know how,” she

said. “I woke up the next day.”

After three long months in ICU, Matheson was transferred to a long-term acute care hospital where she began the laborious task of recovering simple things she once took for granted, like being able to stand up. After a month, she had walked just four steps. She was transferred to yet another rehab hospital to continue to recover.

“It felt like I was running a marathon all the time. I was trying to learn how to walk, but I couldn’t breathe. My lungs just wouldn’t function. The hospital told me they had never had a patient with oxygen needs like mine,” she said.

Today, Matheson has 30 percent damage to her lungs. She spent years recovering from the physical and emotional toll of her illness, which some of her doctors now believe may have been complicated with the deadly H1N1 flu virus of 2009. She was on oxygen 24/7 for years, then just at night until a month ago.

Matheson is a licensed marriage and family therapist who, ironically, specializes in grief and loss counseling. Matheson looks back at her experience a changed person, having faced her own death, the ultimate grief and loss for an individual to grapple with.

She says one of the most powerful forces in her survival is the way that her relationships saved her, including friendships with CSU colleagues who spent shifts at the hospital and who helped her communicate with cue cards and by reading her lips when she was on a ventilator. And who made a powerful, life-saving pact with each other that they would make the nurses and doctors love her as a person and not see her as only a patient. They told hospital staff stories about Matheson every chance they could, as part of the pact.

“The way my friends and family demonstrated their connection to me was amazing,” Matheson said. “When I was in a coma, the doctors asked why my family



Jenn Matheson, today.

and friends were so connected to me, and one of my co-workers said, ‘You haven’t met her yet. Wait until she wakes up.’ All of the nurses and doctors told me that I was somehow different to them, and that they couldn’t give up on me. They told me this is what they learned from me – to not give up on a patient. Because of my friends and family, I became their cause and that cause was bigger than me.”

Matheson carries a photo album of her doctors and nurses and many others at the hospital. She returned to the hospital after she had recovered to thank everyone who saved her – from the people who prepared the food for her feeding tube and cleaned her room, to the pulmonologist, whom she still sees every month, just to catch up. Her Human Development and Family Studies department colleagues founded a CSU scholarship in her name to honor her fight and ultimate victory over her illness.

“I would not have survived without the people around me – my family, friends and coworkers. At some point, when I could no longer fight to survive for me, I did it for them.”

To read more about how this experience has changed Matheson and her advice for living life to the fullest, watch for an in-depth story on Today@Colorado State.



Matheson in the hospital in a drug-induced coma.



Matheson, surrounded by family and friends, on her 40th birthday, Nov. 10, 2009, while staying in her third hospital.

ENERGY | Invest money wisely to lower energy bills

From page 1

The result can be a mix of uncomfortable drafts, cold spots and high energy bills.

In addition, many homes are improperly sealed and have poorly insulated ductwork. Homes can lose 30 percent of furnace heat as we try to bring it to bedrooms or living spaces through leaky, poorly insulated ducts.

In the WH approach, we reduce the need to heat (and cool and light) our homes in the first place and look at the house as an interrelated system. Building scientists know that heat leaves the home through ceilings, walls, windows and floors, as well as through small cracks and gaps in any number of places we probably don't see or think about much. So instead of counteracting this with big furnaces and energy bill band-aids, we can choose to invest in improving the building shell once and for all.

Start by assessing the current situation. There are techniques for doing your own energy assessment to identify the problem areas of your home's building shell (see www.ext.colostate.edu/energy/energy-eff.html). A professional energy audit will provide a more thorough and

complete assessment of energy waste in your home and a list of cost-effective recommendations.

Once you've identified the energy trouble spots in your building shell, do any required sealing of air leaks first. Most kinds of insulation (aside from foam) are not good at stopping air leaks. It also becomes more difficult to go back and seal air leaks after insulation is added to a space.

Then, once your home is sealed to levels recommended by your energy auditor (that balance energy conservation with the need for adequate fresh air), add insulation where it is lacking. Cold climate homes with major air leakage or insulation problems have been found to require five times as much energy per square foot as tight homes with good insulation. Keep in mind that recommended insulation levels are different for different parts of the home.

Making upgrades to windows also may be effective in improving your building shell. Adding storm windows to existing windows—especially if they're single-paned—has been shown to be cost-effective in cold climates such as Colorado. Installing insulated drapes also can be effective in reducing heat loss.

Entirely replacing windows or doors, on the other hand, tends to have high cost with relatively low energy savings in return.

In summary, for those of you that really want to make a dent in your energy bills and improve your comfort this cold weather season and beyond, invest your money wisely. In particular, improving your building shell will reduce your need to heat your home and can eliminate cold spots and drafts. Sealing and insulating ducts will allow you to move any heat generated by your furnace to the rooms where that heat is desired with little waste. Finally, when you do have to replace your furnace or boiler with a new model, chances are you can purchase a smaller, more inexpensive unit since it won't have to work as hard to provide the heat you need.

For more information, see this CSU Extension fact sheet: www.ext.colostate.edu/pubs/consumer/10629.pdf, one of 500 fact sheets available at www.ext.colostate.edu/pubs/pubs.html.

COMMUNITY EVENTS

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Veteran Print Project Reception

As part of Veterans Week, a reception and gallery for the unveiling and viewing of local artists renditions of CSU student veteran stories will be held from 7-9 p.m. Nov. 8 in the Morgan Library.

Veterans Day 5k

The Veterans Day 5K is 9-11 a.m. on Nov. 10. To register or learn more, visit <http://col.st/R39mrk>.

Bassoon-a-RAM-a

Bassoon-a-RAM-a, held on Nov. 16, includes a lecture and class by Paul Hanson, as well as a closing recital with guest artists. Registration required. Contact Gary.Moody@colostate.edu to register.

University Holiday

CSU offices closed Nov. 22-23. As part of Fall Recess, there will be no classes Nov. 19-23.

Healthy heating

by Laurie Elwyn

Curling up next to an indoor fireplace is one of the pleasures of colder weather. But it's important to keep safety in mind because fireplaces and fuel burning appliances emit deadly carbon monoxide gas. November, with its plummeting temperatures, is a good time to take simple steps to protect your family from carbon monoxide poisoning-- the most frequent cause of poisoning deaths in the United States.

Carbon monoxide, a colorless, odorless gas, binds to hemoglobin, the protein in red blood cells that carries oxygen to the body. In fact, carbon monoxide binds to hemoglobin 240 times more easily than oxygen, so when there is a high level of carbon monoxide in the air, it displaces oxygen from hemoglobin and can prevent adequate oxygen from getting to vital organs and tissues. Toxicity can occur quickly and lead to death, especially in people who are sleeping or intoxicated.

Every year, tens of thousands of people visit emergency departments with carbon monoxide poisoning and hundreds of them die. Thousands more are hospitalized.

Because the symptoms can be subtle, mild cases can be mistaken for viral

illnesses.

Symptoms include headache, nausea and vomiting, fatigue, dizziness, confusion, chest pain and loss of consciousness. Severe poisoning can result in neurological symptoms such as seizures and coma as well as heart damage. A syndrome called Delayed Neuropsychiatric Syndrome, or DNS, can occur days or even weeks after the poisoning with symptoms such as difficulty thinking, personality changes and neurological problems.

Smoke inhalation is a frequent cause of carbon monoxide poisoning. Other causes include exposure to wood or fuel burning appliances that are malfunctioning or used indoors in closed or poorly ventilated spaces. These include wood burning stoves, charcoal grills, kerosene heaters, camp stoves, fuel burning space heaters, furnaces, water heaters, fireplaces and gas burning portable generators. Automobiles running in garages attached to dwellings also generate carbon monoxide. Even with the garage door open, carbon monoxide can leak into an attached dwelling in dangerous amounts when a car or truck idles in the garage.

If you suspect carbon monoxide poisoning, leave the area immediately

after opening windows and doors and turning off fuel burning appliances, if it is safe to do so. Call 911 if needed and get evaluated in an emergency department. Carbon monoxide poisoning can often be diagnosed by a blood test. Unborn babies, infants, people with chronic health conditions and the elderly are at increased risk from carbon monoxide poisoning.

Treatment depends on severity but usually involves oxygen therapy. For severe exposure, hyperbaric oxygen therapy is often effective. In this treatment, the victim is placed in a special chamber and given oxygen at pressures greater than present in the atmosphere, which quickly eliminates carbon monoxide from the blood. A check up in two weeks to monitor neurological status is a good idea as well.

To prevent carbon monoxide poisoning, install a battery powered carbon monoxide detector outside of all sleeping areas in your house or apartment and check it regularly. Battery powered detectors work during power outages. Avoid running fuel powered appliances in closed areas, never use charcoal grills indoors and never use your gas oven or clothes dryer to heat your home. Have your oil or gas furnace

inspected regularly and have your chimney inspected every fall.

Have a safe November and healthy heating!

For further information about carbon monoxide, visit <http://www.ext.colostate.edu/pubs/consumer/09939.html> and <http://www.cdc.gov/co/default.htm>.



Dr. Laurie Elwyn, medical director, CSU Health Network, Care for Body and Mind

Open enrollment window this month

The open enrollment period for academic faculty and non-classified staff begins Monday, Nov. 5 and ends Tuesday, Nov. 27. In addition, the Benefits Fair is from 9 a.m. – 2 p.m. on Tuesday, Nov. 6 in the Lory Student Center Cherokee Park Ballroom. There are no changes in the premiums for the academic faculty/admin pro benefit plans, insured or self-funded, for 2013.

Free flu vaccinations are available from 9 a.m. - 2 p.m. in LSC Room 224-226 for those employees and enrolled dependents in a university Anthem medical plan (Green, Gold or POS).

Open enrollment is an annual opportunity for academic faculty and non-classified staff members to update their benefit plans, add or remove dependents and designate beneficiaries for life insurance.

The process is paperless, and all enrollment changes are completed through the online benefits enrollment system by 11:59 p.m. on Saturday, Nov. 27. The online system can be accessed through the campus administrative portal.

The open enrollment process must be completed if you are:

- Changing your benefits enrollment options (such as plans, pre/post tax status, coverage levels, beneficiaries)
- Enrolling or continuing participation in a health or dependent care flexible spending account in calendar year

2013. Note: Under Healthcare Reform, the annual maximum for the health care flexible spending account will be \$2,500 for calendar year 2013.

- Adding or removing a spouse, domestic partner or children younger than 26 on your insurance plans (you must provide the social security number of your covered spouse, domestic partner and/or children)
- Changing your Defined Contribution Plan retirement company beginning with 2013 contributions

Human Resources can answer open enrollment questions and can be reached at (970) 491-6947.

There also are four help sessions scheduled in the Morgan Library for assistance with online enrollment:

- Nov. 8 from 1-3 p.m. in Room 173
- Nov. 14 from 9-11 a.m. in Room 173
- Nov. 19 from 1-3 p.m. in Room 173
- Nov. 26 from 9-11 a.m. in Room 174

The complete schedule also can be found on the Human Resources website at www.hrs.colostate.edu, and you do not need to pre-register to attend.

Drop-in enrollment assistance also is available from 7:45 a.m. to 4:45 p.m. Monday through Friday at Human Resources, 555 S. Howes St. on the second floor.

More information about open enrollment can be found at www.hrs.colostate.edu.

BUSINESS BUZZ



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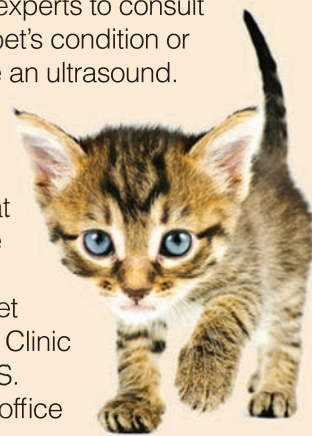


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ENTERTAINMENT CALENDAR

THEATER	ART & LITERATURE	MUSIC
<p>“In the Heights” Midtown Arts Center Through Nov. 11 This 2008 Tony Award-winning Best Musical set in Manhattan is about home, family and finding where you belong. adinthertheatre.com</p> <p>“The Rocky Horror Show” OpenStage Theatre & Company Through Nov. 24 This parody of “The Rocky Horror Picture Show” features hit songs from the original film, including “Sweet Transvestite” and “Time Warp.” openstagetheatre.org</p> <p>“A Chorus Line” Lincoln Center Nov. 8, 9 and 10 “A Chorus Line” is the winner of nine Tony Awards, including “Best Musical.” It also is a Pulitzer Prize winner for drama and the longest-running American Broadway musical. lctix.com</p> <p>“A Christmas Story” by Philip Grecian University Center for the Arts, University Theatre Nov. 15- Dec. 15 The play, directed by Laura Jones and based on the 1983 motion picture classic of the same title, runs every week on Thursday, Friday and Saturday. central.colostate.edu</p> <p>“Peter Pan” Lincoln Center Nov. 16, 17 and 18 The Fort Collins Children’s Theatre presents this classic family musical with a live orchestra and a cast of more than 30 adults and teens. lctix.com</p> <p>“Almost, Maine” Bas Bleu Theatre Company Nov. 24- Dec. 30 By John Cariani and directed by Dulcie Willis, “Almost, Maine” tells the story of life and love in a small Maine town. basbleu.org</p>	<p>“ABCs of the Avenir” University Center for the Arts, Avenir Museum Through Feb. 1 This exhibition features a wide assortment of items from the Avenir Museum’s permanent collection normally not on view. “ABCs of the Avenir” focuses on the historical, traditional and cultural importance of clothing and accessories, women’s work and technological changes that affected costumes and accessories in the 19th and 20th centuries. central.colostate.edu</p> <p>“Freedom isn’t Free: Honoring Those Who Have Fought for it” Poudre Studio Artists & Galleries Nov. 2- Dec. 1 This exhibition features artwork by veterans and artwork about the military and the United States. artbeetfc.com</p> <p>Museum Grand Opening Fort Collins Museum of Discovery Nov. 10 The new Fort Collins Museum of Discovery brings science, history and culture together in an interactive and engaging museum with hands-on exhibits, a 42-foot long plesiosaur, a Digital Dome and a nationally recognized interactive music experience. fcmdsc.org</p>	<p>Virtuoso Series Concert University Center for the Arts All performances start at 7:30 p.m. ■ Nov. 5: The Duo Francois performs several pieces, including the “Rondo Brilliant” of Franz Schubert. ■ Nov. 8: CSU’s graduate string quartet performs works by Mozart, Beethoven and Shostakovich. ■ Nov. 12: Modern music for the double bass will be featured at this concert by Forest Greenough and Jason Rosenholtz-Witt. csuartstickets.com</p> <p>Jazz Combos Concert University Center for the Arts, Griffin Concert Hall Nov. 6 Students will perform in small groups playing music varying from standard jazz fare to original compositions.</p> <p>Miro Quartet Lincoln Center Nov. 16 The Miro Quartet has performed music by composers Brent Michael Davids, Leonardo Balada, Kevin Puts, Chan Ka Nin, David Schober and Gunther Schuller. The New York Times claims the quartet possesses “explosive vigor and technical finesse.” lctix.com</p> <p>Parade of Lights Marching Band Preview University Center for the Arts Nov. 29 The CSU Marching Band is leading the annual 9NEWS Parade of Lights on Nov. 30 and will put on a free preview of the parade around the UCA the night before the parade in Denver. The preview will be followed by dessert and hot drinks in the Griffin Lobby and the Annual Holiday Gala.</p> <p>Annual Holiday Gala 2012 University Center for the Arts, Griffin Concert Hall Nov. 29-30 and Dec. 1 Each night features different combinations of CSU Choirs, University Symphony Orchestra, Faculty Brass Quintet, Jazz Combos, Wind Ensemble, CSU organ students and other special guests.</p>

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***Celebrating
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Woman of Vision celebrates the past while projecting new vision for future generations



Guadalupe Salazar is the director of El Centro. Salazar is a motivational woman who has not let life's roadblocks hinder her passion for higher education and making a difference.

by Joi Dandridge

At the age of five, Guadalupe, a solely Spanish-speaking girl, began school and labored on her parents' agricultural lands, preparing to reap a harvest for herself and generations ahead, through hard work, vision and courage.

Guadalupe Salazar, director of CSU's El Centro, has been named a "Woman of Vision" and "Woman of Courage" by Woman of Influence for 2012.

Today, while reflecting on the honor, Salazar is reminded of passed on loved ones who encouraged her to complete her vision in higher education. Remembering loved ones is especially meaningful for her during November, as El Dia de los Muertos or "Day of the Dead," takes place. This celebration of the past allows her to reflect on her life and drives her to continue influencing the lives of students so they will be inspired to reach the peaks of higher education despite struggle.

Geraldine Jasper, former director of CSU's Learning Center, was instrumental in hiring Salazar in the early 80s, as assistant director of El Centro.

"Lupe knows how to envision the rainbow during the storm, while it is storming she is planting seeds to be transplanted when the time is right," Jasper said.

Salazar grew up with 10 siblings, was married at age 15 and no longer attending school. By age 23 she was a single parent of four. This burden caused Salazar to dream for a higher education, to provide for her children.

She says, at this time her vision to go to school, despite discrimination, was backed up by courage. Before even reaching this point, "she was shunned, ignored and made fun of by both teachers and students growing up. Lupe did not allow their behavior to diminish her love of learning. She maintained her confidence, resolution and most importantly, her self-possession, or courage," says Jasper.

After completing her GED exam, Salazar waited two weeks to look at her

results, afraid she hadn't passed, but this provided more courage to push on. Salazar went from Aims Community College to University of Northern Colorado to earn her cap, gown, 3.9 GPA and bachelor degrees in business administration and Spanish. She went on to receive her Master of Science as well.

Today, Salazar has her doctorates in educational leadership and human resources from CSU. She now lives a life honoring the memory of her grandparents and parents who worked so hard to support her vision, but it wasn't always as easy.

During major points in her journey, Salazar lost her mother, grandmother and her father while she struggled to complete her doctorates. She says these were events that caused her to lose courage until she decided to make up her mind and finish without regrets. This year, Salazar can peacefully visit her loved ones with gifts and appreciation for her life, as she spends the day reflecting at the cemetery for El Dia de los Muertos.

As a result of reflection on her own life, Salazar also helps inspire others in her family and community to mentor and lead.

"She has aided many in recognizing their own courage and vision in order to make a better life for themselves and their families, including me," said Carla Barela-Bloom, academic adviser at the Center for Advising and Student Achievement.

Salazar also is planning to write books for children and about the resilience of women. She is president of the board of directors for the Women's Resource Center. She hopes to become a professor.

Salazar says, "When I think about a woman of vision, she can forecast for what she needs tomorrow. I need to continue to learn, be aware, love, give back to the community, be humble and turn around to give the less fortunate a hand."



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Environmental Learning Center transitions to fall

by Mary Willson

A college campus runs on seasons: an exciting fall bristled with activity, a sometimes more quiet winter, an energized spring full of change and an exciting summer. These academic seasons mirror the cycle played out in nature at Warner College of Natural Resources' Environmental Learning Center (ELC).

The ELC is a protected nature area of 212 acres, an island surrounded by the Poudre River on all sides. Staffed by students, the ELC serves as a place that aims to connect people to nature. Through educational programs for kids, the area is used for a science program for young girls, weekly gardening time, curriculum-unique field trips and organizational events, but most of all, the area is aimed at creating a connection to nature. Yet, every year, just like the changing academic year, the seasons change.

"It's a little sad to see everything die down in the winter," Kristen Dean, ELC's program coordinator said. "But it's still beautiful—it's amazing to see the young

wildlife come out in the spring."

As fall turn to winter, squirrels get ready by gathering food for the upcoming season.

"To me, my job very much follows the seasons," Dean said. "It's more about planning and preparing. In the winter, I can spend more time out there."

The fall is the busiest time for the ELC because of elementary school schedules. When fall days feel more like winter ones, the staff prepares an indoor activity in their rarely-used indoor classroom. The ELC has trails winding next to the Poudre River. In some places, the trails are concrete, and in others locations they are left as natural paths —yet as leaves fall and turn from green to brown with bright shades in between, the trails may be hard to find.

"Everyone who works at the ELC is very aware of the seasons changing—we live to share our observations of the area," she said. "We're all connected to the ELC on an individual level."

The ELC is special in the fact that it ties community with the university and gives an opportunity for kids to learn the ins-

and-outs of science and nature. The area is open every day from dawn to dusk—no matter how cold a winter day might be. The area is prime easy hiking terrain—perfect for younger kids, or any adult who just wants to be leisurely.

Yet, though the ELC is available all year, certain programs such as the garden transition out until next season. The garden at the ELC serves multiple purposes. It lets student staffers gain practice and appreciation for growing local food. It also serves as an educational guide for the kids' program by showing them what their food looks like in a natural setting, the basics of what it means to grow food, and the importance of natural food. The garden's produce is donated to the Larimer County food bank.

This month, the garden is being turned over as the season changes to fall. "It's really neat," Dean said. "You get a feel for what is alive and well at each season. Like the other day, I learned that rabbit brush blooms in the fall. I didn't know that until now."

The ELC teaches that humans mirror nature, and the natural world and the bustle of the personal world may not be that different. "It's changing all the time," Dean said as she described fall at the ELC to be "exciting, full of activity and color."

To experience a piece of Fort Collins

that feels more like you've taken a drive up the foothills—just head east on Drake Road—all the way.

"A little bit of exploring can lead to a lot of discovery," she said.



The garden teaches elementary school students about growing their own food. All vegetables grown in the garden are donated to the Larimer County food bank.



As fall sets in and the seasons change on the trees at the Environmental Learning Center, the seasons for student workers in the Warner College of Natural Resources do as well.

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CSU Sports Hall of Fame inductee: Damon Washington

The Colorado State University Sports Hall of Fame honors former Ram and Aggie athletes, coaches and administrators for their achievements and contributions to the university.

by Lindsey Bradbury

Football was always important in his family, but Damon Washington was determined to make his own name in the sport.

Washington landed at Colorado State University because it was “big enough and cool enough, but far enough away from California and my brother’s shadow.”

Ram legend

Washington was signed in 1995 by head coach Sonny Lubick. He says he was excited about the move from Chula Vista, Calif., to Colorado. “I liked the town of Fort Collins, and the first time seeing real mountains was surreal,” Washington said.

Football came naturally to Washington, who played extensively during each of his four years with the Rams. Washington rushed for 100 or more yards in 14 games and is second all-time in career rushing yards with 3,616. He received numerous accolades during his time as a Ram, including being named the MVP of the 1995 Holiday Bowl as a freshman.

Working for the pros

After graduating, he played as a running back for the New York Giants. He was a part of the team that played

in Super Bowl XXXV.

Washington found a whole new level of focus in the NFL.

“I realized there is no such thing as permanence in the National Football League,” he said. “I had to be 100 percent committed to doing my job, and I didn’t want to blow it because there was always someone waiting to take over.”

When Washington’s NFL career ended after three years, he found his true calling.

Washington’s passion

After playing in the NFL, Washington took up a craft he learned while on a trip with the Giants – creating hand-made jewelry. He had found his calling: designing and creating fine jewelry.

Washington has been working with NFL players to design fine jewelry ever since. “Jewelry is my love,” he says.

Washington lives in Arizona, taking on freelance jobs designing and producing fine jewelry. He still keeps in touch with his previous teammates, including Clark Haggans, Washington’s former Ram teammate and current Arizona Cardinal. Washington is the godfather to Haggans’ two children.

Team means forever

“Being inducted into the Hall of Fame more than anything is a shout out to the success of my team,” Washington said.

He credits his team and the immense effort they gave to his being inducted into the CSU Sports Hall of Fame.

“It feels cool to be inducted,” Washington said. “This honor is a testament to the teams I played on – it wouldn’t be possible without them.”



Washington was signed in 1995 by Sonny Lubick and went on to play as a running back for the New York Giants after his time at CSU.

A large portrait of a man with a goatee and short dark hair, wearing a light-colored button-down shirt. He is smiling slightly and looking towards the camera. The background is a soft-focus outdoor setting with green foliage.

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