



November 2013

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A Dickens Dinner
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CSU Cooks Thanksgiving
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COMMUNITY EVENTS

**Native American/
Indigenous Studies
scholars: A colloquium
featuring CSU researchers**

Nov. 7, 13 and 19,
12:30 - 1:30 p.m.
Morgan Library Event Hall
These sessions will
highlight scholars
on campus who are
researching topics
in Native American/
Indigenous Studies. Two
research topics will be
featured at each session.
Bring your brown bag
lunch; coffee and tea
will be provided. This
program is free, open to
the public, and there is
no need to register. For
a full schedule of Native
American Heritage Month
events, go to the Native
American Culture Center
website at www.nacc.colostate.edu.

**Fall Employee Outreach
at the Veterinary Teaching
Hospital**

Nov. 8, 3-5 p.m.
James L. Voss Veterinary
Teaching Hospital
All CSU faculty and staff
members are invited
to enjoy light snacks,
exciting giveaways, and
an informative tour of
the Veterinary Teaching
Hospital, sponsored
by the Administrative
Professional Council,
Classified Personnel
Council, and the VTH.
See Events page 7

Native American Heritage Month



The CSU community helped kick off Native American Heritage Month Oct. 26 with the 31st Annual AISES Pow Wow at the Drake Centre. The free event featured drum groups, food, vendors, social events, and Pow Wow dancers. The events continue through November, with an art show in Morgan Library, lectures, films, a special menu featuring native foods at the Aspen Grille, and an American Indian Market at the Fort Collins Museum of Discovery on Dec. 7 and 8.
Photo by John Eisele.

Food trucks fill dining gap until LSC reopens

by Sarah Sparhawk

Many Colorado State University faculty and staff may be used to grabbing a quick bite to eat as they rush out the door to their next lecture or meeting.

But the new quick-eats spot on campus gives a whole new definition of food on the go: The trucks located on the south side of the Education Building on Pitkin Street really are meals on wheels.

With the Lory Student Center under construction until the 2014 fall semester, the food trucks were introduced to campus in place of the food court. While some of the Lory dining venues moved to other buildings where space was available - Spoons set up in the Clark Building, for example - relocating them all to one place would have required a large time and resource expense, according to Dining Services Food Services Manager Joyce

Durol.

Many CSU community members were already familiar with the food trucks from their locations around Fort Collins and may have been surprised to see that they were now on campus.

"This is not something that was permitted prior to August," Durol said.

The food trucks offer a wide range of options, from brats to Pan-Asian cuisine. Umami, Common Link, Ba-Nom-A-Nom and La Piadina operate Monday through Friday, 10 a.m.-2 p.m., while B's Breakfast Cart operates weekdays 7:30 a.m.-12:30 p.m. at the northwest corner of Clark A. T-LEX (Temporary Lory Express), the food trailer next to the Morgan Library, is operated by Dining Services and is open Monday through Thursday 7 a.m.-6 p.m., and 7 a.m.-2 p.m. on Friday.

See FOOD TRUCKS page 5

CSUCares continues to serve the Ram family

by Kyla Skye Allmon

When a tragedy strikes, the Ram family takes care of its own. CSUCares continues to help those who are a part of the Ram community as they struggle to get back on their feet after the September flooding.

The majority of the funding is provided by those directly connected to the CSU family. "We've kind of kept this as CSU helping our own," said Maggie Walsh, Director of Development Communications for University Advancement. With the amount of support coming from CSU, the committee has not had a great need to reach out to the public.

Currently the fund holds close to \$10,000 in the account, and because of the anticipated future influx of applications, CSUCares continues to solicit donations. CSUCares collected an estimated \$46,000 in donations after the initial flooding occurred.

Applications to the fund have slowed down, but the committee anticipates that applications will begin to pick up speed. "The applications and the problems we are seeing now is people are getting back in their houses and are seeing the extent of the damage," Walsh

See CSUCARES page 7

Home of the Ram Burger
Showcasing local growers & suppliers

CSU'S Student Run Restaurant
Open: Tuesday - Friday 11am-1pm
Lory Student Center above the CSU Bookstore



APPLAUSE

Administration

Bill Farland was honored on Oct. 4 by U.S. Rep. Jared Polis, who read a proclamation into the Congressional Record recognizing Farland's "extraordinary public service career as he concludes his tenure as Vice President for Research at Colorado State University, one of the nation's top research universities." Farland received a framed copy of the proclamation at a reception on Oct. 17. He has transitioned into the role of senior advisor to Executive Vice President **Rick Miranda**, and will also be working with the College of Veterinary Medicine and Biomedical Sciences to develop a world-class toxicology program.

College of Engineering

Mark DeMaria, branch chief for the Regional and Multiscale Meteorology Branch (RMMB) group hosted at the Cooperative Institute for Research in the Atmosphere (CIRA) at Colorado State University, has been listed as a finalist for the 2013 Samuel J. Heyman Service to America Career Achievement Medal. DeMaria, an internationally renowned research scientist, was named a finalist for his work in developing several hurricane and wind-speed prediction models. NOAA's National Hurricane Center uses these models to track tropical cyclone activity.

On Wednesday, Oct. 23, DeMaria met with President Barack Obama at the White House, along with his fellow award nominees. DeMaria also had a chance to chat briefly with the President about hurricanes and hurricane research.

The Samuel J. Heyman Service to America Medals are presented annually to celebrate excellence in the federal civil service. The medals are awarded in seven categories; the Career Achievement Medal recognizes a federal employee for significant accomplishments throughout a lifetime of achievement in

public service. Winners will be announced at an event later this fall.

Colorado State Forest Service

Robert Sturtevant, a Forester with the Colorado State Forest Service, received the Society of American Foresters' John A. Beale Memorial Award - one of nine national awards that the Society is giving this year. The award recognizes outstanding efforts over a sustained period of time by an SAF member in the promotion of forestry through voluntary service to the Society.

Sturtevant was recognized for his invaluable leadership for SAF, the Boys Scouts of America, numerous community programs, and, most recently, the US Peace Corps. During his Peace Corps service in Ethiopia, Sturtevant actively solicited donations to improve the working conditions of forestry workers. With donated funds he purchased much-needed equipment, which helped both the local economy and improved safety for the forestry workers. After returning to the United States, he resumed his active support of the Colorado State University SAF Alpha Student Chapter as its adviser.

College of Veterinary Medicine and Biomedical Sciences

Dr. Simon Turner, founder of the Colorado State University Surgical Research Laboratory, received the American College of Veterinary Surgeons Founders' Award for Career Achievement at the 2013 ACVS Veterinary Symposium on Oct. 24 in San Antonio.

The award annually recognizes an ACVS Diplomate who has made outstanding contributions to the art and science of veterinary surgery. Turner's research and evaluation of medical devices and therapeutics using primarily sheep models has resulted in 350 published scientific abstracts and papers in peer-reviewed journals, nine books, 10 book chapters,

and 11 products available to the medical profession.

The ACVS Founders' Award for Career Achievement has been conferred for eight years, and five recipients have been associated with CSU.

Dr. Wayne McIlwraith, a Colorado State University Distinguished Professor and world-renowned equine orthopaedic surgeon, recently received one of the highest honors in his field from the Academy of Surgical Research. He earned the Jacob Markowitz Award for outstanding contributions to medicine through the art, science, and technology of experimental surgery.

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SEND IN YOUR APPLAUSE

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

McIlwraith, founding director of the CSU Orthopaedic Research Center, gained the honor for pioneering, developing, and refining arthroscopic surgery in the horse. He also was recognized for leading the development of large-animal models for the surgical repair of cartilage defects and evaluation of articular cartilage repair.



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CSU supports veterans students all year long

by Kyla Skye Allmon

CSU is voted a top institution in a lot of categories, and for the fifth year in a row, CSU is one of the top military friendly schools in the nation. CSU is included for its commitment to creating a supportive environment to ensure veteran student success on campus.

Adult Learners and Veterans Services (ALVS) is a main resource veterans can utilize on campus.

“We sometimes treat veterans as a homogenous group, but they definitely aren’t,” said Jenny Pickett, director of ALVS. “They are just as diverse as any other group of people, and they have different challenges.”

Pickett is a retired Colonel in the U.S. Air Force with 28 years of service and over 3000 flying hours. She served two tours at the Pentagon as a staff officer with the Headquarters Air Force and the Joint Chiefs of Staff.

ALVS helps connect veterans to resources on and off campus. One successful program the office coordinates is peer-to-peer mentoring.

“When you meet another veteran you already have a common ground, so that helps make CSU, as big as it is, get smaller in essence,” Pickett said.

The Education to Employment (E2E) program assists veterans in transferring the skills they have gained in the military, to a civilian job market.

“We make sure they’re in the degree program that makes sense to help them achieve their goals,” Pickett said. “One of the challenges is taking their military experience and translating it into what the

civilian world looks for.”

Outside of supporting the success of our campus veterans, ALVS hosts Veterans Week to honor veterans locally and nationally. This year Veterans Week is Nov. 4 -Nov. 11.

The third annual Veterans Day 5K Run/Walk will take place on Nov. 9 at 9 a.m. Each year a military member who has given the ultimate sacrifice is honored, and all proceeds benefit the Veterans Scholarship fund. “This year is Chief Warrant Officer Kenneth ‘Ryan’ White, whose mom still works here at CSU,” Pickett said. “So we run in honor of him, and all the other veterans who are out there.”

Student veteran Jason Sydoriak, who spent six years in the Marines, is participating in the 5K event, but will be walking due to injuries sustained in Afghanistan. He is walking to represent the Iraq and Afghanistan Veterans of America, the largest nonprofit and non-partisan organization of veterans in the U.S.

Sydoriak is president of CSU Student Veterans Organization, which is advised by Pickett.

“I orchestrate the meetings and help develop ideas of how to engage veterans, while consolidating resources to meet the needs of student veterans,” Sydoriak said.

This year also marks the third year of the Veterans Print Project at CSU. A veteran is paired with an artist, and the artist creates a piece of artwork based on what the veteran shares.

“A lot of times it’s pretty emotional for the veteran and the artist,” Pickett said. “They meet as human beings, and they find a connection that they didn’t think



Chief Warrant Officer Kenneth “Ryan” White will be honored for the Veterans Day 5K Run/Walk this year. He enlisted in the army at age 19, and served two tours in Iraq before deploying for his third tour to Afghanistan. His helicopter crashed in a combat mission on June 5, 2011 in support of Operation Enduring Freedom. *Photo Courtesy of Linda White, CSU Facilities*

was there.”

Veterans Week concludes on Veterans Day with National Veterans Roll Call. This is a daylong event to honor those who have given the ultimate sacrifice. More

than 6,500 names of fallen soldiers will be read throughout the day, and a national moment of silence will be included during Roll Call.



Day-of-event registration for the Veterans Day 5K on the CSU campus will be 8-8:45 a.m. Nov. 9. Race starts at 9 a.m. All proceeds benefit the Veterans Scholarship fund for members who were honorably or medically discharged from the military. *Photo courtesy of Adult Learner and Veteran Services*

A holiday celebration that turns back time

by Kyla Skye Allmon

As the weather gets colder and the days get shorter, the holidays are getting closer and closer. Certain modern holiday traditions are to be expected, but what about one that takes you back to the days of Dickens? Join the Larimer Chorale for its annual Dickens Dinner at the Fort Collins Country Club on Dec. 7 and 8 at 6 p.m.

It's a jump back in time with traditional English dinner and dress. Enjoy the Dickens Carolers of the Larimer Chorale as they perform throughout the dinner singing traditional Christmas carols. Not only is it a Fort Collins favorite, but some of your gifted CSU colleagues will be the ones entertaining you.

Tony Phifer, senior writer for the Division of External Relations, has participated in this old world event for six years. "It's cool to become not necessarily someone else, but become a part of the different time period," Phifer said.

But Phifer isn't the only talented Ram sharing his gift with the community. The Larimer Chorale hosts a number of CSU alumni and current and retired faculty and staff. Professor Chet Moore from the Department of Microbiology, Immunology and Pathology is one of the world's leading experts on mosquitos and West Nile Virus.

Biology professor and Director of University Honors Program, Don Mykles, is a leader in cancer research by day, and a member of the Larimer Chorale by night.

At CSU Lani Moser is a foreign language teacher, but was also once a member of the prestigious group of Dickens Carolers.

The Larimer Chorale tries to be as true to the Dickens time period of England in

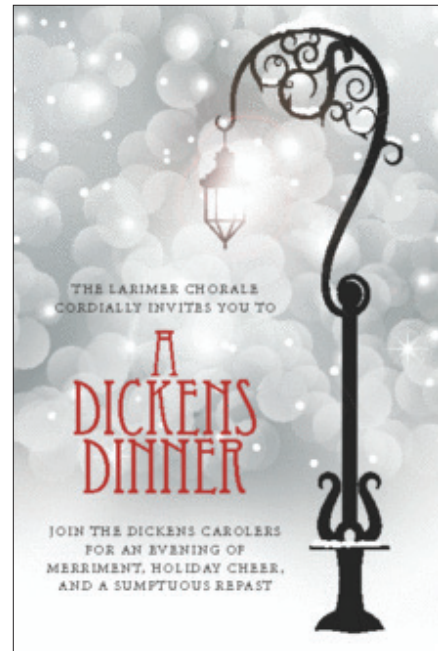
the late 1800s as possible, and celebrate Dickens' idea of the "Christmas Carol."

The Dickens Dinner includes everything Victorian and traditional, right down to the flaming figgy pudding served with the

four-course dinner.

All proceeds from the event are allocated into the general Larimer Chorale fund. "It costs a lot of money to run something like the [Larimer] Chorale," Phifer said. The money is used to rent performance spaces, pay musicians the chorale works with, as well as cover costume costs.

Tickets for the dinner are \$72 and because the event is a fundraiser, a portion of your purchase is tax deductible. Table sponsorships are also available. To purchase tickets, or for more information about the Larimer Chorale, visit www.larimerchorale.org.



Shuttle plan proposed to ease campus parking, increase accessibility

by Hannah Woolums

A shuttle is being proposed to help faculty and students make the trip around campus and to connect the outskirts of campus to make it more accessible to faculty, staff and students.

Manager of alternative transportation, Aaron Fodge, describes the new proposed shuttle plan for the University.

According to Fodge, the shuttle would start at Moby Arena, and travel by the Indoor Practice Facility and residence halls and make a stop at the Lory Student Center, where there would be connections to other transit routes. After stopping by the LSC, the shuttle would go by the TILT building and then through the Oval, and then head south toward Lake Avenue. The shuttle would then stop by West Drive, as a connection to the Clark Building, continuing south to Lake Street, and then traveling Whitcomb to Prospect to Center and the Lake Street Parking garage before retracing its path back to Moby Gym.

This shuttle, known as a "last-mile connection," would connect parking lots around campus and high population areas for cross-campus trips. Further, it would go to the transit center and connect to

the MAX Bus Rapid Transit line running north-south on Mason Street as well as Disabled Student Services. Shuttle buses on this system would run every 10 minutes.

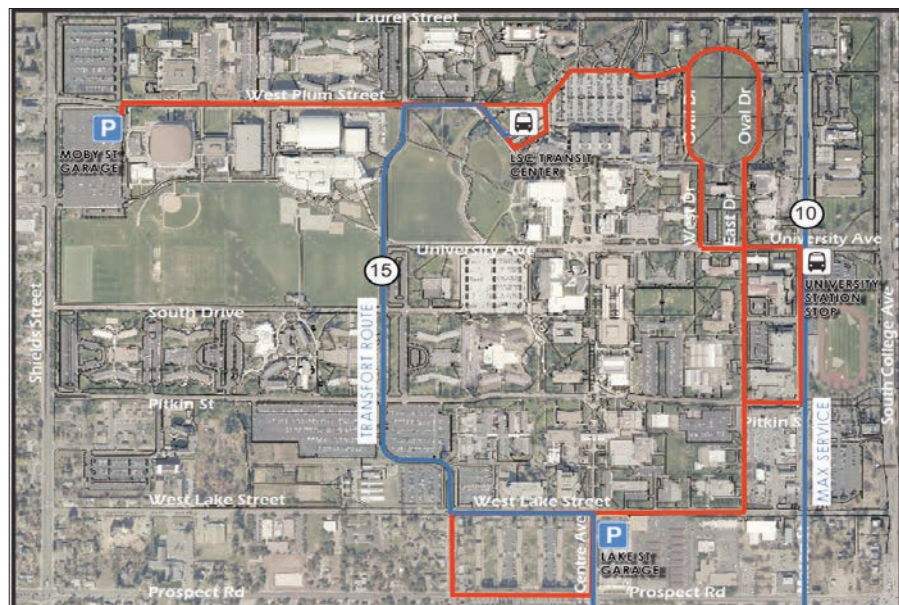
Benefits of the proposed shuttle

1. Connects commuter parking
2. Provides the "last mile connection" to campus from the MAX line
3. Provides a cross-campus connection for all of campus users

Finally, Transfort's Route 7 will be used to close the loop of campus along Meridian. This would help to connect the rest of the residence halls — north and south. Bus 7 would run every 15 minutes.

According to Fodge, if the proposal is implemented, all faculty and staff would get transit passes, and an online app would be available to tell when the next bus is coming.

If you would like to weigh in on this proposed plan and propose desired stop locations, please contact Aaron Fodge at (970) 491-2823 or email aaron.fodge@colostate.edu. A campus-wide survey is scheduled to be released in the coming weeks to gather input on the plan.



On this map, the red line is the proposed campus shuttle route. The blue line is the existing Transfort Route 7, which would run every 15 minutes. *Courtesy Aaron Fodge.*



The Melting Pot
a fondue restaurant

Old Town, Fort Collins
970-207-0100

*Over a pot of
chocolate,
conversations go
much longer than
140 characters.*

FOOD TRUCKS | Here to serve temporarily

From page 1

Great idea

Students and faculty have shown positive responses to the food trucks. “They are a great idea,” said Lyn Karius, administrative assistant for the Journalism and Technical Communication Department, who works in the Clark building. “I wish there were more.” Her favorite food truck is Umami, she said. “The food vendors are pleased with the number of repeat customers they see on a weekly basis,” Durol said in an email. “They have established a ‘regular’ customer base by maintaining the same hours every day.” Durol said the vendors are prepared for the upcoming unpredictable Colorado

winter, planning to add canopies and propane-powered heaters to make the outdoor business more comfortable for their customers.

Temporary solution

Despite the success of the food trucks with students and faculty, Durol said that the food trucks will not be returning, and T-LEX will shut down, after the completion of the LSC renovation. “All of them [vendors] appreciate the opportunity to be on campus, even if it is for only a year. The ‘new’ Lory Student Center will be able to meet the food needs of the campus community with its returning retail operations and the addition of several new food venues,” she said. The food truck vendors are all local businesses with ties to CSU and Fort

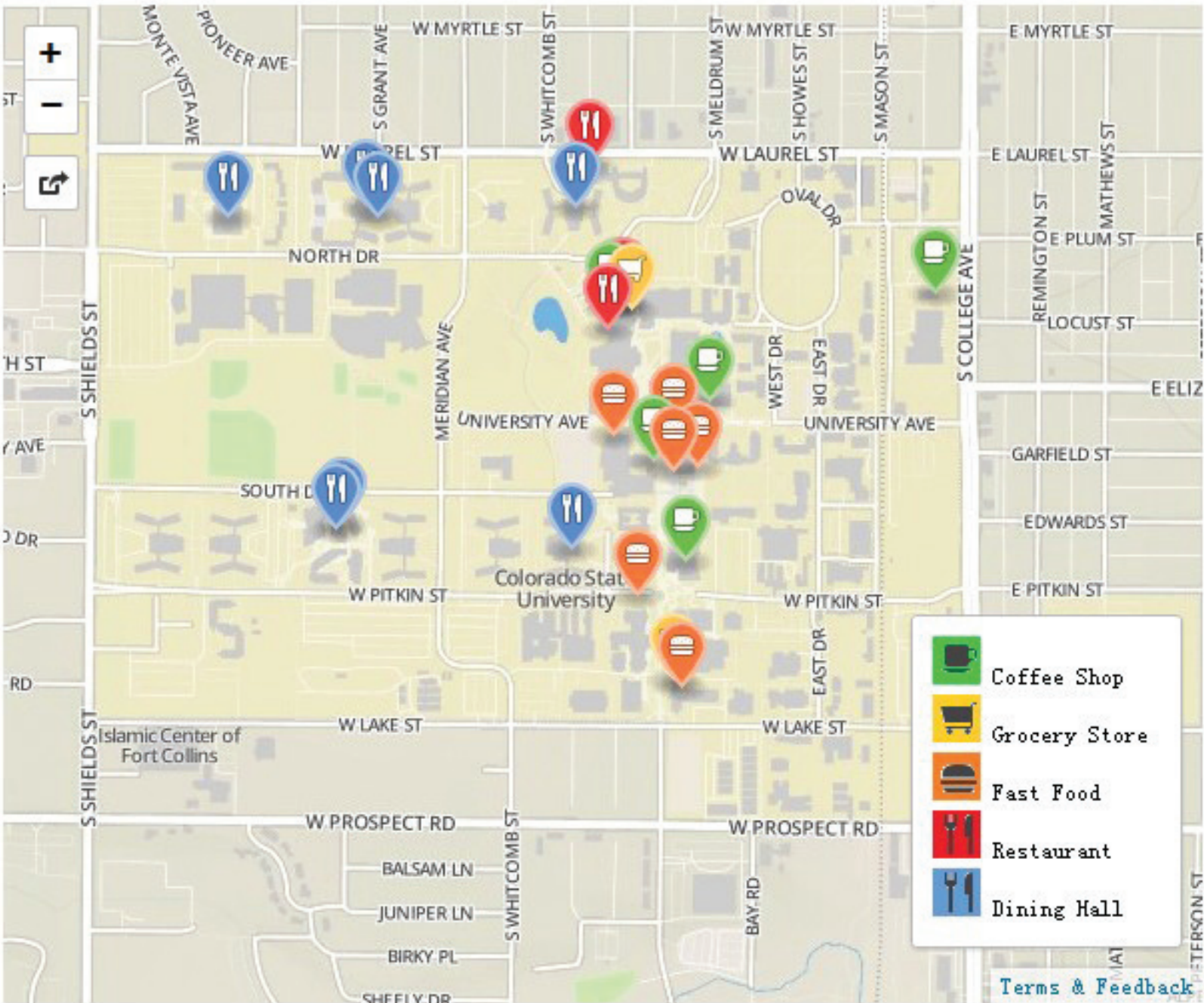
Collins. “This was important to Dining Services when the idea of bringing food trucks to campus was first raised last year,” Durol added. Faculty and staff are encouraged to continue to take advantage of the food trucks on campus because, like usual, there is not much time to grab a bite.



Photo courtesy of Shaylyn Boyle.

Where to eat at CSU

With the Lory Student Center closed for renovation, many on campus are wondering where to eat. The Centroid has compiled this map to help you find food! If you have any changes or know of additional places to eat on campus, please [email us](#).



Anyone looking for food on the CSU campus can find it with the click of the mouse, thanks to Lei Rong and her project for Geospatial Centroid. Rong, a senior in Natural Resource Management minoring in Spatial Information Management, collected data from both the Lory Student Center and Housing and Dining Services websites as well as by visiting actual locations. She summarized the venues into five categories and assigned each a pop-up marker that displays information such as hours of operation and type of food available. “This map project started with an idea from Melinda Laituri, the director of the Geospatial Centroid, who thought a current food stores’ location map would be a great help for people to find a place to eat while LSC is under construction,” said Rong, a transfer student from China who is in her third year on campus. To use the interactive map, go to gis.colostate.edu.



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A family portrait of a man, a woman, and a young child outdoors. The man is wearing a brown shirt and glasses, the woman is wearing a green dress, and the child is wearing a striped shirt and blue shorts. They are all smiling and hugging each other.



L.A. Nails

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ENTERTAINMENT CALENDAR

Theater

The Seafarer by Conor McPherson

Open Stage Theatre and Company
Magnolia Theater
Fort Collins Lincoln Center
through Nov. 30
\$18-\$28



On Christmas Eve in a decrepit apartment on the edge of Dublin, two brothers, Sharky and Richard, welcome friends and one devilishly charming guest over for an evening of spirits and

poker, only to find that the stakes are damnably high.

lctix.com

Over the Tavern by Tom Dudzik

Bas Bleu Theatre Company
401 Pine St.
Nov. 27- Jan. 5
\$5-\$25

In the nostalgia-laden Eisenhower years of the 1950s, the large Pazinski family has a lot going on in their cramped apartment *Over the Tavern*. This is a warm and hilarious look at family, love and growing up Catholic.

basbleu.org

Little Women by Louisa May Alcott

University Theatre
University Center for the Arts
Nov. 29-Dec. 15
\$8/CSU students and under 18, \$18/adult

A new stage adaptation of the classic stories of the March girls growing up in Civil War New England. In Alcott's lasting tribute to feminine strength and independence, all four face dilemmas and decisions driven by their conflicting desires to be dutiful daughters and sisters while pursuing their artistic passions and freedoms. Little girls and who they grow up to be can be seen side-by-side. Past, Present, and Future will exist on stage simultaneously, in real time, something only the theatre can do.

csuartstickets.com

Art & Literature

Nature Inspired: North American Native Arts

University Art Museum
University Center for the Arts
through Dec. 20
Free admission

Select works of art primarily from Alaska, the eastern shores of Canada, the northwest and southeast of the United States are brought together in this exhibition to demonstrate native artists' sensitivity to the natural world. The exhibition features work from the University Art Museum's permanent collection as well as examples from private collections in Colorado. Curated by Department of Art professor Dr. Patricia Coronel.

Artmuseum.colostate.edu

An Evening with Author John Searles

Hilton Fort Collins
425 W. Prospect Road
Nov. 14, 7-9 p.m.
Free admission



John Searles will bring his just-released third novel, *Help for the Haunted*, to Fort Collins as part of the Friends of the Libraries Evening with an Author series. Searles is the Editor-

at-Large of *Cosmopolitan* and the author of *Boy Still Missing* and *Strange But True*. He appears frequently on morning talk shows as a book reviewer and to discuss his favorite seasonal book selections. *Help for the Haunted* is a dark mystery, a coming-of-age novel, a riveting thriller, and a page-turning ghost story, all in one.

lib.colostate.edu/about/news/2013/searles

Luxurious Embellishment—A Brief History of Lace

Avenir Museum of Design and Merchandising Lecture
136 UCA Annex, 216 E. Lake St.
Nov. 14, 7-9 p.m.
Free admission

Susan J. Torntore, Avenir Museum curator, will present a discussion of lace in historic fashion days in conjunction with the exhibit "The Intricate Web: Lacemaking, Trade and Tradition." Exhibit continues through May 2014

dm.chhs.colostate.edu

Music

Jazz Ensembles Concert: Big Band Latin Jazz

Griffin Concert Hall
University Center for the Arts
Nov. 12, 7:30-9:30 p.m.
\$7/CSU students, \$1/under 18, \$12/adult

The CSU Jazz Combos present an evening of jazz classics and original compositions and arrangements in this once-a-semester showcase of our talented jazz students.

csuartstickets.com

Annual Holiday Gala Concert

Fort Collins Lincoln Center
Dec. 4, 7:30-9:30 p.m.
\$7/CSU students, \$1/under 18, \$12/adult

For one night only, the concert features a new format, combining performances of music, theatre, and dance along with a grand finale to get you into the holiday spirit. Ensembles include CSU Choirs, University Symphony Orchestra, Holiday Brass, Jazz Combos, and other special guests.

lctix.com

Parade of Lights Preview



University Center for the Arts
Dec. 5, 6-8 p.m.
Free admission

The CSU Marching Band returns to lead the annual 2013 9NEWS Parade of Lights through the streets of downtown Denver on Friday, Dec. 6. Get a sneak peek at a hometown parade preview when the uniformed band, complete with twinkle lights, marches counterclockwise around the UCA. Following the parade, come inside the Griffin Lobby for a hot drink and dessert.

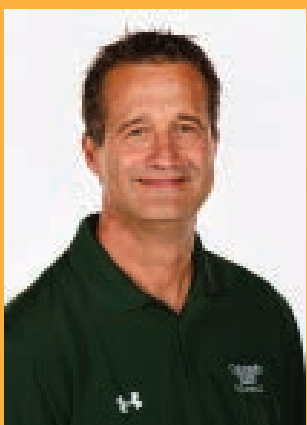
Central.colostate.edu

Help CSU Reach the \$2 Million Mark in the Colorado Combined Campaign!

Colorado State University has been part of the statewide Colorado Combined Campaign since 2000 – and this year we could reach the \$2 million mark in total cash and pledges donated through the CCC to support community charities.

You'll receive your paper pledge form through your home department, and each department also has a hard copy of the Campaign Resource Guide. You can also donate online. Visit <http://www.facultyandstaff.colostate.edu/ccc.aspx> for more details on giving and to browse the online 2013 Campaign Resource Guide for giving options.

Everyone who contributes to the CSU Colorado Combined Campaign will be entered automatically into a drawing for outstanding prizes including generous gift cards and give-aways from local and on-campus businesses. Thanks to Parking Services, the grand prize once again is a free CSU Parking Permit for the 2014-15 academic year!



"The Colorado Combined Campaign is our chance to give back to the community that supports us all year long."

CSU Women's Volleyball Coach Tom Hilbert,
Honorary Chair of the 2013 CSU Colorado Combined Campaign

The Colorado Combined Campaign is the only opportunity for CSU faculty and staff to support their favorite community charities — including United Way — via payroll deduction. Last year, CSU employees gave to more than 162 different organizations, with the greatest share going to:

United Way of Larimer County
Food Bank for Larimer County
Larimer Humane Society
Crossroads Safehouse
Ronald McDonald House Charities of Denver

Animal House Rescue and Grooming
Respite Care
Meals on Wheels of Fort Collins
Foothills Gateway
Hospice and Palliative Care of Northern Colorado

PET HEALTH

Veterinarians suggest planning ahead to ease pet evacuation in case of natural disaster

by Dr. Heather Weir

Nobody wants to evacuate, but each year catastrophes strike around the country and force evacuation. Historic flash floods in Colorado in September showed us that natural disasters can catch us unprepared.

Planning ahead for such an eventuality goes a long way to keeping people and pets safe – and reducing at least some stress – if and when flooding, wildfire, or another emergency occurs.

Tips for pet evacuation

Here are some planning steps you can take that will help if you ever need to evacuate your home:

- Make sure all pets wear current, legible identification with complete and accurate information. A microchip is a more permanent way of identifying your pet; its information also must be kept current and accurate.
- Attach rescue alert stickers in places, such as entryways, that would be visible to first responders. These stickers are available through a number of outlets, and allow pet owners to indicate the types and number of animals in a household. In the event that you evacuate with your pets, you can write “Evacuated” across the sticker to alert rescuers about your pets’ status.



- Arrange safe places for your pets to stay in the event of an evacuation. These should be places outside your immediate area. Examples are homes of friends or family members, boarding facilities, animal shelters, veterinary hospitals, or pet-friendly hotels or motels. Keep this list with your emergency supplies.

Emergency supplies

Keep a store of emergency supplies in a large plastic bin or other easily transported storage container. Stock it with items that may be stored for long periods, such as disposable litter trays for cats (aluminum roasting pans work well); cat litter; liquid dish soap and disinfectant; garbage bags; paper towels; copies of medical records; and blankets.

- With these supplies, keep a list of things you might need to quickly assemble if evacuation is necessary. Important items are pet food and drinking water to last seven days; pet dishes; medications; leashes; and special toys.
- A sturdy pet crate is one of the best investments you can make for safety and will help you to easily transport and contain your pet.

These steps will help evacuation go more smoothly and safely. If you have to evacuate your home, it is generally best to take your pets with you; if staying at your home is not safe for you, it likely is not safe for your pets, either.



Dr. Heather Weir is a veterinarian with the Community Practice Service at Colorado State University’s James L. Voss Veterinary Teaching Hospital. The group provides general care, wellness services, and treatment of minor injuries and illnesses for pets.

MEET REMI!



Remi is a happy-go-lucky, 8-year-old, 70-pound, female Labrador Retriever classified as a “Free Sprit” in the Meet Your Match program. True to her breed, Remi loves to play fetch and is friendly with people and other dogs. A bonus is that Remi is already housetrained. Swing in and take home a playful senior today for \$100!

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Enjoy the health benefits of chile peppers



by Melissa Wdowik

As my husband and son sat challenging each other to see who could eat the most hot sauce, I had to laugh at the variety of pepper sauces and salsas on the table. Who knew there were so many kinds of chile peppers? You can find a wide assortment of colors and shapes at your local market right now, from sweet bells to spicy habaneros, and you may be inspired to increase your intake once you learn more about their myriad health benefits.

Health benefits of peppers are a hot topic. Although they have been used therapeutically for centuries, researchers

are currently exploring their potential to assist with weight loss, pain reduction, indigestion, and disease prevention.

- Capsaicin, the substance that gives peppers their heat, has been found to speed metabolism and increase fat burning, but only when extremely large-dose capsules were taken. When eating tolerable amounts, effects are not significant.
- Pain reduction occurs when capsaicin-containing creams are applied to the skin, rather than ingested. One exception is stomach pain; while peppers can cause abdominal pain in some people, they have not been found to increase symptoms of heartburn. In fact, regular intake has been linked to decreased indigestion. Eating spicy peppers may also reduce the stomach discomfort and damage caused by anti-inflammatory drugs.
- Capsaicin also has the ability to clear congestion and relieve sinus pain. If you have ever suffered tearing eyes and a runny nose after a bite of a hot serrano, you understand.

A variety of peppers have been associated with a reduction of blood clotting, inflammation, free radicals, blood pressure, heart rate and insulin levels. While alone they cannot prevent diabetes, heart disease or cancer, peppers can play an important role in your healthy lifestyle.

Most known about peppers is their generous levels of nutrients, including fiber, vitamins, minerals, phytochemicals and antioxidants, which provide countless benefits.

- Antioxidants fight free radicals, which are responsible for the aging process and play a role in heart disease and cancer.
- Phytochemicals defend against inflammation, boost immunity and protect against cancer and heart disease.
- Fiber helps with digestion and can help with the prevention of diverticulosis, diabetes, weight gain, and heart disease.
- Vitamin A plays an important role in vision, the immune system and bone health.
- Vitamin C is necessary for growth and

repair of tissues in all parts of your body and may reduce cancer risk.

- Potassium is critical for muscle movement, brain function, and maintaining blood pressure.
- Folate helps with new cell formation and growth.
- Vitamin B6 promotes brain and immune function.
- Lutein and zeaxanthin protect against ultraviolet light in the eyes and age-related macular degeneration.

Which peppers supply which specific nutrients? Most of them provide significant amounts of those listed here. For the most benefit, choose a colorful assortment, including bell, chile, jalapeno, cayenne, serrano, habanero and banana peppers. Whether you enjoy them fresh, roasted or dried, make peppers a regular part of your diet for both their flavor and health benefits.

Melissa Wdowik is an assistant professor at Colorado State University in the Department of Food Science and Human Nutrition, and director of the Kendall Anderson Nutrition Center.

Ask Dr. Jenn your questions about life, love and everything

by Jenn Matheson

Q: *I have a friend who I suspect may be in a relationship with a man who is abusive to her. She has a couple of children with him and I am also worried they might be in danger. What can I do to help my friend?*

A: Violence in intimate relationships is a serious problem. According to the National Domestic Violence Hotline (www.thehotline.org), one in four women and one in seven men aged 18 and older in the United States have been the victim of severe physical violence by an intimate partner in their lifetime.

Intimate partner violence, or IPV, can include physical, sexual, reproductive, emotional, financial, and psychological abuse.

A person who is in an abusive relationship may experience:

- Being punched, slapped, kicked, bit, choked, or hair pulled,
- Being called names, insulted or continually criticized;
- Being forced to dress in a sexual way or to have sex with a partner who refuses to use a condom or other birth control;
- Being given an allowance and then watched closely in how it is spent.

Men are the vast majority of perpetrators of violence and abuse, though there are documented cases of female-to-male and mutual violence among straight and gay couples. When men are violent against women, the incidence of serious injury and death is extraordinarily higher than when the woman is the perpetrator.

Violence is never OK

Violence in any relationship is never OK. In fact, it is a criminal act to be physically or sexually violent against one's partner or if any child witnesses such violence between adults. Many cases of violence go unreported and unpunished because of fear of retribution and retaliation as well as the stigma that comes with being in an abusive relationship.

In the same way that no violence is OK in any relationship, no one ever asks or wants to be abused. Unfortunately this message is not clearly expressed in all families or throughout our society. Many children have witnessed violence and then experience it again in their adult intimate relationships. It is rare to meet a person who is or has been in an abusive adult relationship who has no knowledge of any violence in their own family of origin.

On the other hand, many people who experienced abuse in their families as children choose not to abuse their partners and often leave relationships that have the slightest evidence that they may become abusive. Not everyone who grew up with abuse will end up in an abusive relationship.

How to leave safely

If you are in a relationship where there has been violence or you know someone who is, get help because there is a good chance that the violence will not stop and could intensify over time.

There are a few key steps to safely leave an abusive relationship.

- First, contact your local domestic violence shelter where they will have

staff and resources to help your friend get out of the situation and get herself and her children safe. Crossroads Safehouse (www.crossroadssafehouse.org) in Fort Collins has space for women and children and helps access needed services to start over such as legal, family, and health services. Crossroads can help women needing temporary shelter and those who are seeking shelter elsewhere but need local services.

- Contact the National Domestic Violence Hotline at 1-800-799-7233 or www.thehotline.org for information about shelters in other areas.
- In case more immediate safety is needed, call 911 to get the police to intervene.

Many people don't leave abusive relationships for fear that will put them and their loved ones in more danger. Having a safety plan created with a professional to reduce the possibility of escalation is critical. Police, the court system, and a safe house all can provide support to get safe and start a new life.

If you notice someone you love has unusual injuries and seems nervous about discussing them, try sitting down and telling her you are not going to judge her or think differently about her if she has something hard to talk about with you. Together you can strategize the best ways for her to keep herself and her children safe.

If she is not comfortable going to or calling a shelter, have her call any therapist in the community who can help her think through how to get safe. It is important for

you not to panic because the last thing your friend needs is more fear and trepidation for sharing details with you. Stay calm and grounded as well as supportive and loving.

If you or someone you know needs help with a violent relationship, you may also contact us at the Center for Family and Couple Therapy on campus at (970) 491-5991. We help people who want to process being in a violent relationship, but we also have an evidence-based, grant-funded therapeutic program for couples who experienced violence but are committed to ending the abuse and staying together long term - ask for the Family Safety and Support Program.



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

CSU COOKS

The Division of University Advancement, which raises private support for CSU, is used to giving thanks to our generous donors, so Thanksgiving seemed an appropriate time for the staff to share some of their favorite potluck recipes for a family feast. It's also a great time for the Ram family to return the gesture and thank them for all they do throughout the year.

Happy Thanksgiving!

My Favorite CSU Ram Pride Thanksgiving Cornbread Stuffing

Brett Anderson, Vice President, University Advancement

Ingredients

- 3/4 pounds bacon, cut into chunks
- 2 large onions, chopped
- 4 ribs celery, chopped
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage
- 2 cups chopped pecans
- 2 16 oz. bags dried cornbread stuffing mix
- 4 cups chicken broth
- 1/2 stick (4 oz.) butter

Directions

1. Preheat oven to 350 degrees.
2. Cook bacon in a skillet until crisp. Turn heat down and add onions and celery; sauté until tender, about 6-8 minutes. Add the thyme and sage and sauté. Stir in pecans.
3. In a large bowl, add the cornbread mix, bacon and vegetables, and stir in the chicken broth. Add to a 9x13 casserole dish. Add butter slices to the top of the casserole and cover with foil.
4. Bake for 30 minutes then remove foil and cook until top is crisp, about 15 more minutes.



I'm So Grateful Easy Vegetarian (Vegan) Gravy

Kylan Marsh, Manager, Computing Systems, Development and Advancement Information Services

Ingredients

- 3 tablespoons vegan margarine
- 1/2 cup of finely chopped onions
- 2 minced garlic cloves
- 3 tablespoons flour
- 2 tablespoons tamari (soy sauce)
- 1 cup water (very hot!)
- salt and pepper

Directions

1. Put margarine in a pot and sauté the onions and garlic over medium high heat.
2. Reduce heat back to medium after onions and garlic have become thoroughly golden brown. Make a roux by gradually adding the flour while continuously stirring to avoid lumps.
3. Still stirring, add soy sauce and water to the mixture.
4. Add salt and pepper to taste.
5. Once the gravy has reached desired thickness, turn off the stove and you are done!

Ram Fan Almond Bars

Simone Clasen, Director of Development, College of Natural Sciences

Ingredients

- 4 eggs
- 2 sticks of butter, melted
- 2 cups of sugar
- 2 teaspoons almond extract
- 2 cups of flour
- Mixture of sugar and slivered almonds

Directions

1. Heat oven to 325 degrees.
2. Lightly beat eggs together. Add in melted butter, sugar, almond extract and flour and mix until blended.
3. Pour into greased 9x13 pan. Sprinkle the mix of sugar and slivered almonds over the top.
4. Bake 35 to 40 minutes, just until the edges are slightly browned.
5. Cool and slice.

Cam's Chili Chicken Cheese Dip

Janet Meine, Manager, Customer Support and Training

Ingredients

- 3 cooked chicken breasts (or 3 large cans of chicken breast)
- 2 8 oz. packages Philly Cream Cheese
- 3 cans cream of mushroom soup
- 1 7 oz. can diced green chilies*
- 1 4 oz. can diced jalapenos*

* I use fresh roasted Hatch green chilies – about a baggie full – in place of the cans of chilies and jalapenos.

Directions

1. Mix everything together and cook on high in a Crockpot for the first hour – stir often. Then set Crockpot to low – stir often.
2. Serve with tortilla chips, veggies, crackers.

Mom's Ramtastic Pumpkin Bread

Meg Weber, Executive Director of Annual Giving and Donor Relations

Ingredients

- 3 cups sugar
- 1 cup vegetable oil
- 3 eggs
- 1 16 oz. can pumpkin
- 3 cups all-purpose flour
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 cup chopped walnuts

Directions

1. Preheat oven to 350 degrees. Butter and flour two 9x5x3 inch loaf pans.
2. Beat sugar and oil in large bowl until blended. Mix in eggs and pumpkin.
3. Sift all the dry ingredients into another large bowl. Stir into pumpkin mixture in two additions. Mix in walnuts.
4. Divide batter equally into loaf pans.
5. Bake until toothpick inserted into center comes out clean, about 1 hour, 10 minutes.
6. Transfer to racks and cool. Cut around edges of loaves and turn out onto racks.



Anna and Jenna Weber just can't wait for their mom's pumpkin bread to bake!
 Photo courtesy Meg Weber.

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Riesling

Riesling wines are a top pick white wine for pairing with Thanksgiving dinner. It can be either bone dry or fairly sweet and excellent with any dishes that are spicy, salty or sweet.

Wilbur's Top Pick:
Carl Sittmann Riesling Qba.....\$6.99
Mosel Saar Ruwer, Germany

Gewurztraminer

A solid standing with turkey and gravy, this white wine has the aromatic delight and spicy taste to bring out the best of your holiday dishes.

Wilbur's Top Pick:
Ziegler Gewurztraminer.....\$12.99
Alsace, France

Sauvignon Blanc

Known for its citrus-based flavors, this citrus-based wine is an ideal pairing for turkey and mashed potatoes.

Wilbur's Top Pick:
Ticket To Chile.....\$7.99
Colchagua Valley, Chile

Pinot Gris

The mix of body, weight, spice and rich fruits stand up well to the abundance of riches on the table.

Wilbur's Top Pick:
Monte Campo.....\$7.99
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Wireless connection



by Jim Farnell

Since the beginning of the 21st century, the demand for wireless connectivity on the CSU campus has skyrocketed. ACNS has been steadily expanding coverage across campus ever since 2008, when students, via the University Technology Fee Advisory Board (UTFAB), started providing wireless for general assignment classrooms and buildings.

Before that, starting around 2000, departments provided wireless on an ad-hoc basis for local connectivity. In fact, the Lory Student Center was among the first to install a building-wide wireless network.

It wasn't until demand started to grow exponentially that wireless access was incorporated into building and remodel projects. Among the first buildings to have wireless incorporated into the construction process was Computer Science. Nowadays, it is a common and accepted part of a building design and, more importantly, the building budget! The UTFAB also continues to contribute to the expansion of wireless hardware and coverage across all buildings with general assignment classrooms

Thus, between UTFAB and building construction, wireless availability has increased along with the insatiable appetite for wireless connectivity among CSU faculty, staff and students.

CSU-NET5 now available

Now ACNS is asking users to test and use a new wireless network on campus. "csu-net5" was launched with the goal of getting devices connected faster to less-used channels with less interference.

The new network is now available campus-wide and the setup is identical to setup for "csu-net." Any student, staff, or faculty with an eID should use one of these networks. The "csu" network is only for guest users on campus.

Please refer any questions about setting up your device to access the on-campus wireless network to the Information Technology Helpdesk at Morgan Library, (970) 491-7276 or help@colostate.edu.

Jim Farnell is an IT professional with CSU's Academic Computing and Networking Services. He will answer your general questions about on-campus wireless services in CSU Life. Email him at help@colostate.edu with "CSU Life question" in the subject line.

BUSINESS BUZZ



No haircuts or color done here. We specialize in professional blowouts, styles, braids, up-dos, and most importantly, hair health and management. The multi-million dollar business of blowout shops popping up around the country has now made it to Colorado, and Dryology will be Colorado's first exclusive blowout shop.

A Windsor stay-at-home mom, and entrepreneur, partnered with her sister who has 15 plus years of stylist experience, to make sure Colorado got its own blowout salon.

"The vibe, the people, the personality of Fort Collins really fits the niche of the affordable luxury concept," said salon owner Jennifer Freeman. "Besides incredible blowouts, everything we have chosen to use on your hair from wash and rinse products, hot tools or blow dryers, are the best in the industry to ensure healthy hair."

So what is a blowout? A blowout is professional styling process in which a complete look and style is accomplished at the end, or otherwise, any tools Dryology uses to get you the latest red carpet look. Dryology also teaches customers how to maintain your blow out for at least 5-7 days, and free events will

be held to teach customers how to create these looks at home.

Our philosophy is to create an environment you will want to return to, not just for special events, but weekly, just like exercise for the body. Dryology is the 21st century version of the weekly hair set our grandmothers used to get.

"Our central mission is to remind women they are beautiful," Freeman said. "Putting it all on the line, and diving head first into Dryology with my esteemed sister revitalized a part of me that I want to share with others."

Dryology will remain on the forefront of hair dressing by attending monthly elite style workshops offered in Denver and beyond. Not to mention Dryology uses the most professional hair dryers and curling irons on the market.

Prices are not based on hair length. Style and wash costs \$35 and an up-do for a special event only \$65. There is so much more, you will just have to come see for yourself.

Visit www.dryologyhair.com to book online and see all the styles offered, or find us on Facebook at Dryologyhair! DRYOLOGY has plans to blow us away throughout Colorado. Stay tuned for future openings in Highlands, Denver, Cherry Creek, Boulder and more!

Located at 217 Linden Street in Old Town Fort Collins. Established 2013 by Jennifer Freeman, Owner and CEO and Jules Urlich, Owner, Dryologist and COO. Contact: www.dryologyhair.com, info@dryologyhair.com, 970-221-2055.

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