Native American Heritage Month

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 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 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 said.

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 Durd. 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,” Durd 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
**Adminstration**

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.

**FLU SHOTS**

Reimbursement for flu shots available

If you missed the free flu shot clinics offered in October, Human Resources would like you to know that you may receive the vaccination at a location of your choice and receive reimbursement up to $25.

Faculty/administrative professionals and other non-Classified staff enrolled in a CSU Anthem medical plan – Green, Gold or POS – are eligible for this benefit. To receive reimbursement, you must complete the claim form available online at www.hrs.colostate.edu and submit it to Anthem no later than Dec. 31, 2013.

For more information, call 491-MyHR.
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 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.

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
Shuttle plan proposed to ease campus parking, increase accessibility

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 though 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 traveling Whitcomb to Prospect to Center, where there would be connections to other transit routes.

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.

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A holiday celebration that turns back time

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.

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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.
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.

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.

FOOD TRUCKS | Here to serve temporarily

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.
Dryology is Colorado's first exclusive blowout salon. All we do are professional blowouts, styles, braids, up-dos, and vintage looks. Visit us in between your regular cut and color appointments for a style that will last for days!

CSU OnlinePlus makes the equation work. Put your 9 free credits to use in one of our online programs that offer the flexibility your busy schedule requires.
Help still needed

It’s important for the committee to stay engaged with the community, so those affected by the floods are aware there is still financial assistance. “We want to keep in touch with people, and we want the word to be out there that there still is money,” Walsh said.

According to Robert Schur, Director of Policy and Compliance, the fund continues to exist indefinitely, and will wait in anticipation for the next qualifying disaster. “We don’t close [the fund] just because applications fall off,” Schur said.

Walsh says that the account needs to have a buffer in order to effectively be able to serve the CSU community in trying times. “We need to have some money in that fund because by definition a natural disaster doesn’t give us a lot of warning,” Walsh said.

Faculty, staff and students of CSU can apply for aid online, and the applications are screened by the CSUCares committee. The process of applying for financial support from CSUCares is confidential. Only Walsh and Schur know the names of applicants, and they report back to the committee with simply an application number.

Individuals from every area of campus have received monetary aid from CSUCares. “From people who are in relatively high profile positions, to folks who are cleaning buildings at night, and everybody in between,” Walsh said.

Contact is made with applicants within a day or two of the application submission because timeliness is important to the committee. “We can’t solve all their problems, but we need for these folks to know that CSU cares,” Walsh said.

The committee works with other campus partners to provide a full network of support for those affected by the natural disaster. “We worked with the Rec Center in helping people who are under the no flush rule, or have no running water, be able to use the locker rooms to be able to get ready for work,” Walsh said.

CSUCares has provided a strong base outside of monetary aid for staff to connect to other resources. “For those who are employees of CSU, we also try to connect them to the Employee Assistance Program,” Schur said. This program helps those who are in need of counseling, financial counseling, or legal services support.

“It’s the people here on campus, who see their coworkers and colleagues struggling, who have really kept it going,” Schur said. When it’s all said and done, it’s two simple words the committee members would like to share; thank you.

From page 1

Veterans Day 5K

CSU Oval
This annual, nonprofit event raises money for the Veterans Scholarship fund, awarded to veterans who were honorably or medically discharged and are living with disabilities related to their military experience. Each year Adult Learner and Veterans Services honors a member of our armed forces who has a personal connection to CSU. This year the race honors Chief Warrant Officer Kenneth “Ryan” White who was killed June 5, 2011, while supporting Task Force Tiger Shark in Operation Enduring Freedom. His mother, Linda, is a CSU employee. For a full schedule of events for Veterans Week, go to veterans.colostate.edu.

CSUCARES | Help still needed

Graduate student Ben Lawton and his family evacuated Lyons by just barely crossing two falling bridges during the floods. CSUCares has provided relief to his family for temporary housing until they can further assess the damage to their home. Photo courtesy of CSUCares

From page 1

CSUCares has a personal connection to CSU. Honors Chief Warrant Officer Kenneth "Ryan" White who was killed June 5, 2011, while supporting Task Force Tiger Shark in Operation Enduring Freedom. His mother, Linda, is a CSU employee. For a full schedule of events for Veterans Week, go to veterans.colostate.edu.

Community Events

Volleyball vs. New Mexico
Nov. 14, 7 p.m.
Moby Arena
The CSU volleyball team is on a roll this year. Their 19-0 record propelled them to No. 9 in the AVCA Top 25 at the end of October, their first time in the Top 10 since 2004. Only three more home games remain on the schedule, and this game against the Lobos is a White Out – leave your Green and Gold at home when you come out to support your Rams. Tickets and a full schedule of games available at www.csurams.com.

Thanksgiving Holiday
Nov. 28-29
University offices closed, no classes. Have a safe and happy Thanksgiving.

Football vs. Air Force
Nov. 30
Sonny Lubick Field at Hughes Stadium
After your family feast (and maybe some shopping), come on out to watch the Rams play their final game of the season against the Falcons.

Nick Petry Workshop Preview
Dec. 5, 6-8 p.m.
Clark A 101
Distinguished professionals in Animal Sciences and Epidemiology will discuss the thought-provoking topic of “Antibiotic Use in Food Animals - The Benefits and Worries” in this preview event for the Nick Petry Workshop, now in its 14th year. This event is free and welcomes any who are interested in engaging in the discussion.
**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 dammingly high.

tlctix.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 lastling 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

**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

**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

**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. Tomtore, 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.

dcm.chhs.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
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.
Enjoy the health benefits of chile peppers

by Melissa Widowik

A
s my husband and son sitting together taking a break, we ate the
day's meal of chicken and vegetables. As we enjoyed our meal,
I considered the benefits of chile peppers.

Chile 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-inflammamatory 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
erosso, you understand.

A variety of peppers have been associated with a reduction of blood
dothing, 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

- 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 Widowik is a 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.theline.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
rehabilitation 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 intensified 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
got out of the situation and get herself
and her children safe. Crossroads
Safehouse (www.crossroadsafehouse.
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.

- Contact the National Domestic
Violence Hotline at 1-800-799-7233 or
www.theline.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
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.
CSU COOKS

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 Weber and Jenna Weber just can’t wait for their mom’s pumpkin bread to bake!

Photo courtesy Meg Weber.

The Best Wines for Your Turkey Day Feast:

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 richness on the table.

Wilbur’s Top Pick:
Monte Campô.....$7.99
Italy

Heritage Hills
Pumpkin Spice Liquor
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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! 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.

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