



November 2014

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COMMUNITY EVENTS

Rams For Diversity

Nov. 5, 6 p.m.
Lory Student Center Longs Peak 302
Rams for Diversity celebrates the unique history of our students, faculty, staff, and alumni and the contributions they bring to the University community. This event includes complimentary appetizers, beverages and a cash bar. The keynote, "The evolution of advocacy at CSU," will be given by Blanche Hughes, vice president of Student Affairs, at 7 p.m. Guided tours of the Lory Student Center, including cultural centers and advocacy offices will also be available. There is no charge for the event, but registration is required. Register online by Nov. 3, or call (800) 286-2586. Contact therese.lask@colostate.edu for more information.

Native American Heritage Month/ Grand opening of Duhesa Art Gallery

Nov. 6, 6:30 p.m.
Lory Student Center
Opening Exhibition: "Native Now: Contemporary Arts of today's Native American Artists" ceremony includes drum groups performances and an open house in the Native
[See Events page 6](#)

Homecoming honor



One of the many events that marked the 100th Colorado State Homecoming in October was the renaming of West Drive -- between the Oval and University Avenue -- Amy Van Dyken Way. The six-time Olympic gold medal swimmer and CSU alumna took time from her rehab for a spinal cord injury in an ATV accident in June to accept the tribute.

Coaching a legend to her full potential

by Tony Phifer

When former women's swimming coach John Mattos first learned in 1993 that All-American swimmer Amy Van Dyken had transferred to Colorado State University, he was understandably excited to add her to his team.

One problem: Van Dyken -- frustrated by illness and unhappy at the University of Arizona -- was done swimming. As in retired.

"Yeah, I was done swimming," Van Dyken said. "The reason I went to Colorado State is because I wanted to be a teacher. The University of Arizona didn't have my major, and so I decided I was done swimming. John contacted me and said, 'Swim for me for a semester. If you love it, continue swimming. If you don't like it I'll pay for your whole year.' It seemed like a pretty good deal to me."

It turned out to be a great deal for Van Dyken, Mattos, CSU -- and American swimming. Eight months after enrolling at CSU, Van Dyken was a national champion and the NCAA Female Swimmer of the Year, and Mattos was National Coach of the Year. Two years later she was an international celebrity after winning four gold medals at the 1996 Summer Olympics in Atlanta.

Four years later, at the Sydney Games, she added two more gold medals before retiring as one of the most successful female U.S. Olympians in history.

"Amy just needed to be nurtured, which she wasn't getting at Arizona," Mattos said. "She was

home (Van Dyken grew up in Englewood, a Denver suburb) and near family again. She was in an element where she felt much more comfortable. Soon she started to really see that she could do some great things."

The turning point for Van Dyken came when Mattos changed his program philosophy, focusing more on sprinting than more traditional training.

"We created the peer sprint group with Amy in mind," Mattos said. "She kind of blossomed from there, but so did a lot of our swimmers."

[See Mattos page 5](#)

World Unity Fair

By Sarah Sparhawk

Colorado State University is bringing together its myriad of cultures at the 61st annual World Unity Fair this month.

"[The World Unity Fair] provides a way for the local community to experience over 20 cultures' food, dance, dress, and other traditions under a single roof, on a single night, in a colorful and exciting atmosphere," said Aimee Walton, International programs coordinator.

The World Unity Fair will take place Nov. 8, 3-9 p.m., in Lory Student Center's B Ballroom.

The idea of bringing campus's diverse peoples together was first conceived by an undergrad exchange student and the Cosmopolitan Club in the early 1950s. This was the first "International Day," which would become the decades-long tradition of the Fair.

"The high energy of the cultural booths is amazing, and if you need a break it's nice to do some holiday shopping at the International Bazaar or snack on some international appetizers in the far end of the room," said Walton. "Really, though, I think people get most excited about the stage show. The performances are truly top-notch and often something you've never seen before, whether it's the Japanese Soran dancing, a 'sea shanty' that

[See World Unity page 6](#)



APPLAUSE

Round of Applause

Three professionals from Colorado State have been selected for this year's BizWest 40 under 40 list: **Amanda Giacalone**, assistant director of development; **Tonie Miyamoto**, director of communications and sustainability, Housing and Dining Services; and **Josie Plaut**, associate director, Institute for the Built Environment.

The annual list recognizes the best and brightest emerging leaders in Northern Colorado. A ceremony celebrating the honorees will be held Nov. 12 at the Windsong Estates Event Center in Severance.

College of Health and Human Sciences

Assistant Vice President for Student Affairs and Executive Director of the Lory Student Center **Mike Ellis** presented a check for \$2,800 to **Nancy Miller**, head of the Department of Design and Merchandising, and **Ajay Li**, the student who designed the Rams Timeless Tartan Plaid, at halftime during the Oct. 18 Homecoming game. The amount represents a portion of the sales of official Timeless Tartan products this year.

The CSU Athletics Department and the Bookstore contribute a portion of the sale of tartan products to undergraduate scholarships in the Department of Design and Merchandising. New Rams Timeless Tartan Plaid products arrive throughout the year, and future sales will continue to generate scholarship money for the department.

College of Natural Sciences

Robert France, who was born in Jamaica and raised in Guyana and St. Vincent and the Grenadines, has received the Institute of Caribbean Studies Excellence in Science and Technology award. The award recognizes an individual of Caribbean descent who epitomizes commitment, leadership and unmatched contributions to expanding awareness about science

and technology in the Caribbean and on the global stage. It will be presented at the ICS gala in Washington, D.C., Nov. 14.

France, a professor of computer science at CSU, is known as a leading researcher in the area of model-based software engineering. His research focuses on producing technologies for building highly reliable complex software systems, such as aircraft flight management systems, and targets safety-critical software in which failures can lead to loss of life or expose vulnerable sectors of society.

Housing & Dining Services

Summit Hall is the first building on campus to receive LEED (Leadership in Energy and Environmental Design) Gold certification in the Existing Buildings, Operations Maintenance (EBOM) category, one of the highest ratings available. LEED for EBOM is about how the building is operated and maintained. The rating focuses on how residents use energy and how staff clean and order supplies rather than on the selection of construction materials.

Fifty-six percent of all cleaning materials and products purchased meet the LEED for EBOM sustainability criteria, in addition to 30 percent of cleaning equipment. Removing cleaning chemicals and using the new microfiber e-cloths was a big change, but bacteria swab tests proved the new methods were working.

Fifty percent of Summit Hall employees also use alternative means to commute to work other than single occupancy vehicles, and nearly 14 percent of the building's student residents committed to making more sustainable behavior choices as part of the Green Warrior campaign.

On the construction side, 74 percent of all living, work, and common spaces have a direct line of sight to the outdoors. Low-flow aerators and

showerheads were installed that use 45 percent less water than a baseline building.

Warner College of Natural Resources

For his significant contributions and dedication to the field of parks and recreation, **Jerry J. Vaske** received the National Theodore and Franklin Roosevelt Award for Excellence in Recreation and Park Research. Vaske is a professor in the Department of Human Dimensions of Natural Resources. For the last 30 years, Vaske's research has focused on the application of social science theory and methodology to the concerns of tourism and natural resource managers.

The National Recreation and Park Association presented the award to Vaske at a special reception at the association's 2014 NRPA Congress on Oct. 15.

CSU LIFE ADVERTISING

Want to promote your business through CSU Life? Contact Kim Blumhardt at kim.blumhardt@colostate.edu or (970) 491-2126

SEND IN YOUR APPLAUSE

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



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CSU Life is published monthly through a partnership with CSU Department of External Relations and Rocky Mountain Student Media. The publication is mailed to faculty and staff on campus.

Contact us at
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New Commitment to Campus benefits announced

In October, Vice President for University Operations Amy Parsons announced a number of new Commitment to Campus benefits available to Colorado State University employees.



Ripple Effect call for proposals

Thanks to a generous donor, the Ripple Effect has \$50,000 to help fund good ideas for making CSU a better place to work for women and all employees. We are looking for creative, innovative ideas, and there are no restrictions on the proposals. Grant proposals should be submitted via email to Katie Esquivel in the Office of the President by email at Katie.Esquivel@colostate.edu by 5 p.m. Friday, Dec. 19. Awards will be announced the first week of the spring semester. For more information, visit source.colostate.edu/ripple-effect-announces-grants-innovative-ideas/.

Athletics discounts for men's and women's basketball

Faculty and staff appreciation men's and women's basketball games provide an opportunity to purchase tickets at half-price and receive free C2C-sponsored concession coupons. The package is available on www.csurams.com/tickets/csu-tickets.html.

The promo codes for each game:

Men's basketball vs. Georgia State on Friday, Nov. 21

Men's basketball vs. Air Force on Saturday, Feb. 21

Promo code: C2CMB2015

Women's basketball vs. Denver on Thursday, Dec. 11

Women's basketball vs. Fresno State on Wednesday, Feb. 18

Promo code: C2CWB2015

Faculty and staff season ticket discount:

Faculty and staff receive up to 20 percent off normal season ticket prices for all CSU ticketed sports. Faculty and staff men's basketball season tickets start as low as \$120 for all 17 home games. Faculty and staff women's basketball season tickets start as low as \$48 for all 17 home games. Call 1-800-491-RAMS to purchase season tickets.

Tackle traveling on transit

You have probably heard about CSU's recent focus on providing more alternative transportation options for employees and students. If you're not experienced at reading bus schedules, navigating bike trails, or figuring out transit connections, check out the new travel trainings provided by Parking and Transportation Services. The trainings help faculty and staff find the best routes for their commute, download Transfort apps on their phones, navigate bike trails between campus and their homes safely, and connect them with potential vanpool partners, among other benefits. For more information, contact Aaron Fodge at aaron.fodge@colostate.edu.

Discounts on Hewlett-Packard computers

Through its partnership with the university, Hewlett-Packard is offering a discount on business-class personal computing systems to faculty and staff. Business-class systems are designed with rugged keyboards and 3D data protection, and meet the demands of more rigorous use than an average consumer-class computer. Because the discount is an affinity program, 1 percent of each purchase is remitted to the university. To take advantage of this program, visit www.estorefrontmall.com/gsf/home/store2424.

Elder care support available

Being a caregiver for a parent or other aging loved one is an important yet often difficult and overwhelming task. Did you know that help is available through the university's Employee Assistance Program? The program offers information and referrals to elder care facilities and support services. The website also provides a wealth of expert information about topics ranging from selecting an adult day care provider to information about caregiver stress, life insurance, obtaining power of attorney, and health conditions common among the aging. To access these services, visit guidanceresources.com and enter agency ID "CSUEAP" or call (800) 497-9133.

A full list of Commitment to Campus benefits is available at <http://facultyandstaff.colostate.edu/commitment-to-campus.aspx>.

The C2C program now offers more than 40 different benefits, discounts, and reduced-cost programs to faculty and staff. And if you have ideas for other Commitment to Campus benefits, email them to Amy.Parsons@colostate.edu.



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Colorado State University

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Lory Student Center

From Your Trees to Our Bottles

Q&A with Branch Out Cider

By Alexandra Rager

Aaron Fodge is not only the alternative transportation manager for Colorado State University and a CSU alum, he's also co-owner of Branch Out Cider in Fort Collins. The apples come from backyard trees all over Northern Colorado – the Community Orchard. By adding your tree to the Community Orchard, you can keep your fruit from rotting on your lawn, participate in a truly local agricultural effort, and purchase Branch Out Cider throughout the year at a below-wholesale price.

After the 2014 harvest, Fodge sat down with CSU Life to talk about this unique business venture.

Q: What sparked this idea?

A: I used to make backyard cider with my friends and we thought, "How many apple trees are there in Fort Collins?" So we rode our bikes, maps in hand, and counted 250 trees.

Q: So, you recruited an orchard of neighbors. What is the incentive for them?

A: The benefit is mutual. We really focus on managing relationships, not property. Members are invited to a farm dinner in the spring to try the wine made with their apples and get the first chance to purchase from the year's harvest. On top of that, we are really educating people and raising value in their trees. We show that you can have an urban environment and produce an agricultural product. We would really like to see CSU explore more things in urban agriculture. This last March, we brought in the state forester and conducted a fruit pruning class here at CSU. We served our cider at the Festival on the Oval at Homecoming this year.

Q: What is next for Branch Out Cider?

A: The next step is to replicate the model in other cities. We have gotten calls from Denver, Boulder and even other states; however, we have just recently started picking in Loveland. Branch Out has grown a lot in our three years, but we are still a home operation.

Learn more about the award-winning Branch Out Cider at branchoutcider.com.

7

Blend to make cider.



6

Month-long fermentation and let age once the last batch is done fermenting in early December.



5

Press into 60 and 180 gallon batches.



4

Early August to late October

we pick apples off the tree & not off the ground.



3

We test sugar and acidity then schedule a time for picking.



We check on your tree at the beginning of the year & will track pounds per tree per year.

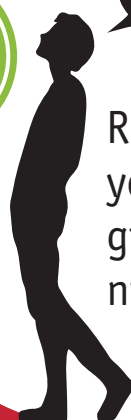
2



1

My tree shall be named Johnny!

Register your tree & give it a nickname!



Mattos | Coaching a legend

From page 1

Before long Van Dyken and her teammates were establishing personal bests and school records on a regular basis. The Rams peaked at the 1994 NCAA Championships, finishing 12th.

Van Dyken left CSU after that season to join the national team training program – a move Mattos encouraged, even though Van Dyken had one more season of college eligibility remaining.

“I told her she had to go if she wanted to reach her full potential,” Mattos said. “Through 1996 I was more her psychological mentor than her coach. We talked less about swimming and more about being relaxed and letting her physical ability take over.”

Mattos never again coached a swimmer of Van Dyken’s ability at CSU. A former All-American swimmer himself at CSU, he retired in 2011 after 31 years of leading the women’s program, where he coached 13 All-Americans, eight Academic All-Americans and won six conference titles.

Van Dyken still credits Mattos with putting her on her golden path.

“Without John Mattos, I would not be where I am,” she said. “He’s the most amazing coach ever. Without him there are no Olympics, no World Championships, nothing.”

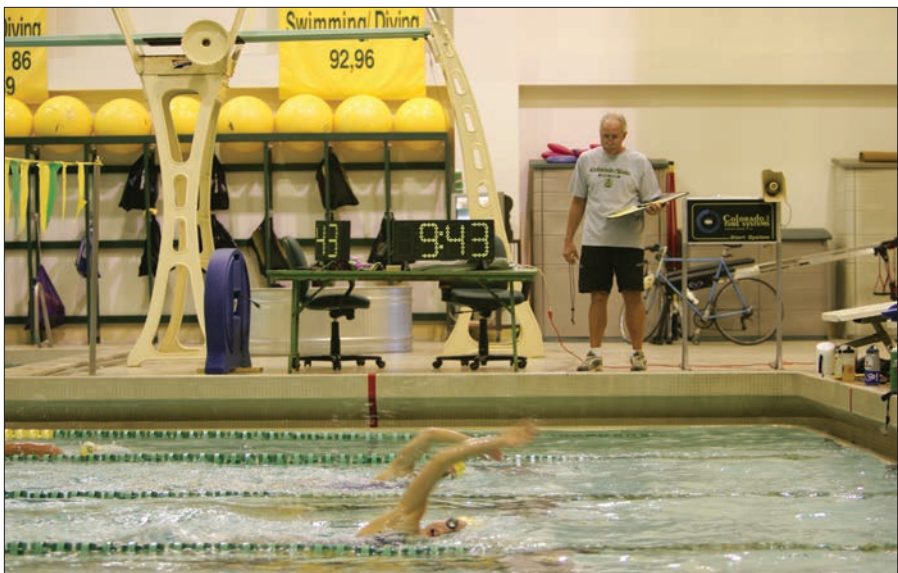


Photo courtesy of CSU Photography

International Friends

By Sarah Sparhawk

According to Jean Griswold, now a volunteer at Fort Collins International Center after retiring from a full-time position of 25 years, there are still a handful of international students who are waiting for a family in the Fort Collins community to teach them about life in America.

“Many [international students] go their entire time here without ever being invited into an American household,” said Griswold. “International Friends help them get acquainted with life here.”

Introduced as part of the International Center in the 1970s, the program aims to pair a student from another country with a person in the community. Currently, they are looking for more CSU faculty and staff.

Hear from some of members of the Ram Family who have opened their homes to a student from another country:

Ping Dou, International Programs Volunteer



Ping Dou and her students during the retreat offered for new international students up in Pingree Park. Photo provided by Ping Dou.

Ping Dou came to CSU from Beijing, China, in her late 20s and stayed as part of the exchange program herself. Now, Dou wants to give to international students the warmth and compassion that she received.

She has been hosting with International Friends since 2009, and calls the program the “best in the country.”

“The students I have hosted always call me – they call me ‘aunt,’ ‘stepmom’ and mostly ‘teacher’... They can call me anytime, for anything they need. I want them to feel that they are cared and supported.”

Susan Athey, Associate Professor of Computer Information Systems, College of Business



Susan Athey and her husband with their Japanese international student. They were visiting her in Kobe, Japan. Photo provided by Susan Athey.

Susan Athey and her husband like to travel, so after she saw a story about the International Friends program on the University website, they decided to offer the American experience to foreign students. They even helped their students get married – to each other.

“We were witnesses to their marriage,” Athey said. “The program helps these students have someone to be comfortable with.”

Susan MacQuiddy, Director of Counseling Services at CSU Health Network

Because their children had been adopted from there, Susan MacQuiddy and her family were excited to get the opportunity to host students from South Korea. Through the International Friends Program, they were able to experience the world, without even leaving home!

“Our family really enjoyed our time with our international students and their families... We met some wonderful people, and it was a great way to learn more about our kids’ birth culture,” she said.

Tara Brandenburg, Instructor at INTO CSU

Tara Brandenburg spent time abroad during her undergrad studies and

realized how important it was to make a connection with someone from the culture she was living in. She has been helping exchange students with the program for three years, and teaches them about American holidays and traditions like tailgating at CSU football games.

“[International Friends] is a way to learn about foreign students’ perceptions and be more sensitive to them,” she said. “It can be really beneficial to faculty and staff.”

Interested faculty and staff are encouraged to take advantage of this opportunity to change a student’s experience at CSU by going to www.fortcollinsinternationalcenter.org and filling out a personality application. You will be matched to a student with similar interests and activities.



Tara Brandenburg with her international students on their first hike up to Hoorsetooth Falls in August. Photo provided by Tara Brandenburg.

World Unity Fair |

Cultures come together at CSU

From page 1

mimics dragging nets onto a boat, or the full Latin-music band, Raices Latinas, that won first place last year.”

Last year, the Fair celebrated its “diamond anniversary,” according to Walton.

The Fair offers unique opportunities for faculty and staff to get involved, especially if they have traveled the world themselves. They can donate items to the International Bazaar, where gifts and collectables are purchased to support the Fort Collins International Center.

Faculty and staff are also asked to encourage student attendance and are invited to enjoy the experience themselves. Walton says the participants make the “extra effort” for the Fair to be fun for families with children.

“Each cultural booth has a cultural activity or game for the kids — which often turn out to be just as fun for the adults!” she said. “Children also receive a blank World Passport, which they take around to the different booths to receive a stamp, drawing, or perhaps have their name written in a different script.”



The 2013 World Unity Fair brought guests a variety of foods to sample, clothing to admire and people to meet. The International Bazaar provided a way for international students and faculty to share items from their home country with other members of the CSU community.

Photo provided by Aimee Walton.

For a complete listing of World Unity Fair activities, go to the events page at <http://iss.colostate.edu/international-fest-world-unity-fair/>. Any faculty interested in donating items can contact Nancy Murray at obermurray@comcast.net.

COMMUNITY EVENTS

From page 1

American Cultural Center to showcase the new offices in the renovated LSC.

Native American/Indigenous Studies Scholars: A Colloquium featuring CSU Researchers

Nov. 11, 12, 18 and 21,
noon or 12:30 p.m.
Morgan Library Event Hall

Bring a brown bag lunch and learn about Native American studies on campus. Check the calendar at www.nacc.colostate.edu/calendar

Veterans Day 5K

Nov. 8, 9 a.m.
CSU Oval

Early registration \$25, same-day \$30.

The Colorado State University Veterans Day 5K is an annual fundraiser for the Veterans Scholarship fund. This scholarship is awarded to veterans who were honorably or medically discharged and are living with disabilities related to their military experience. Each year we honor a member of our armed forces who has a personal connection to Colorado State University. This year’s honoree is Jared W. Day, Information Systems Technician Petty Officer 1st Class, who was killed when his helicopter was shot down in Afghanistan in 2011.

<http://alvs.colostate.edu/veterans-day-5k-run>

World Unity Fair

Nov. 8, 3-9 p.m.

LSC Ballroom B

Entertainment and activities for all ages, the World Unity Fair united more than 20 culture and nationality groups from both CSU and the Fort Collins community. Immerse yourself in the rich traditions, alluring tastes, lively music and dance throughout the evening. Families are especially encouraged to attend. There will be activities for the young ones from 3-6 p.m. at the Youth

World Tour. Children will receive a passport to fill up as they experience the different cultural booths.

President’s Community Lecture Series

Nov. 11, 6:30 p.m.

Powerhouse Energy Campus

Bryan Willson, professor of mechanical engineering and a co-founder of CSU’s Energy Institute, will deliver the fourth in this free lecture series featuring Colorado State professors working in fields of global importance. Willson also founded the Engines and Energy Conversion Lab at CSU and was honored last year by the *Economist* magazine for his work on EnviroFit, which designs clean-burning cookstoves for the developing world.

Fall Recess

No Classes Nov. 24 – 28

All University offices closed
Nov. 27-28

Happy Thanksgiving!

Parade of Lights Preview

Dec. 4, 6 p.m.

University Center for the Arts, Corner of Mathews and Lake

The CSU Marching Band returns for the 2014 9NEWS Parade of Lights, leading the annual event through the streets of downtown Denver on Friday, Dec. 5. Catch 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.

Colorado State University

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PET HEALTH

Vaccination prevents disease in pets, too

By Dr. Rebecca Ruch-Gallie

Vaccination is the No. 1 defense against some very nasty – and often fatal – diseases in pets, including rabies and distemper in dogs and panleukopenia in cats.

Vaccination is so important to pet health that we consider it a cornerstone of preventive care.

Even so, some pet owners are cautious about vaccines. For instance, cat owners might know that, in some uncommon cases, cats have developed cancerous tumors at vaccine injection sites. Dog owners might have heard speculation about a connection between vaccines and a form of canine anemia.

The risk of administering the vaccine, very low in most cases, should be considered along with the risk of getting, treating or surviving the disease. Overall, protective benefits far outweigh vaccine risks because vaccines stimulate immune responses, allowing your pet to fight future infections or preventing infection entirely.

Here are some questions to address with your veterinarian and to answer with his or her guidance:

Should my pet be vaccinated? What diseases should my pet be vaccinated against? How often should my pet receive vaccines? Is my pet healthy enough to be vaccinated? Where does my pet travel? What is a typical day for my pet?

Vaccination guidelines

Vaccination guidelines been developed for dogs by the American Animal Hospital Association and for cats by the Association of Feline Practitioners.

In these guidelines, vaccines are described as core or non-core. Core vaccines are those every pet should get because the disease is highly infectious, hard to treat, and is fatal or dangerous to people.

Rabies is a core vaccine in any area where the disease exists and is critical for keeping animals and people safe.

For dogs, core vaccines protect against distemper, parvovirus and adenovirus. For cats, core vaccines protect against herpesvirus, calicivirus and panleukopenia.

Non-core vaccines are given based on the pet's risk of getting the disease and the safety of the vaccine. Location, lifestyle, age and travel may play a role in determining if a non-core vaccine is given to your pet. For example, young dogs and those going to daycare or boarding regularly should

consider Bordetella vaccine to protect against kennel cough.

For dogs sharing space with wildlife, vaccination against leptospirosis is recommended; tick preventives and vaccination are critical if your dog travels to areas with Lyme disease.

Young cats are at greater risk for getting sick from feline leukemia virus (FeLV) and should be vaccinated at least as kittens. Vaccination against feline immunodeficiency virus (FIV) may be indicated for cats living in close quarters with infected cats.

Mild reactions normal

Vaccines are designed to jump-start the immune system, so some mild reactions are expected. Within the first 48 hours after vaccination, your pet may be tired or not want to eat. There may be some soreness or swelling at the place the vaccine was given. These are normal and expected.

More concerning reactions that require immediate veterinary care are vomiting, swelling of the face, hives, difficulty breathing or a lack of response to your call.

While vaccination is the cornerstone for preventive care, your veterinary team can help minimize the risks and provide other recommendations to keep your pet as healthy as possible.



Dr. Rebecca Ruch-Gallie is a veterinarian and clinical coordinator for the Community Practice service at Colorado State University's James L. Voss Veterinary Teaching Hospital. Community Practice provides general care, wellness services, and treatment of minor injuries and illnesses for pets.

MEET FREDDIE

Provided by the Larimer County Humane Society.



Freddie is a loving 8-year-old domestic short hair cat. He is classified as a "personal assistant" in our Meet Your Match program. He is the type of cat that loves to lounge around and if your lap is empty, he will fill it. Freddie is available for adoption at Poudre Pet and Feed Supply at 622 N. College Ave. in Fort Collins for \$40.

To visit with featured pets or any other adoptable animals, stop by Larimer Humane Society at 6317 Kyle Ave. in Fort Collins. The Shelter is open 11a.m.-7p.m. Monday through Friday, and 10a.m.-5p.m. Saturday and Sunday. For more info, call (970) 226-3647 or visit larimerhumane.org.





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ENTERTAINMENT CALENDAR

Theater

Spring Awakening

Nov. 1-29
OpenStage Theatre & Company
Magnolia Theater, Lincoln Center
An explosive celebration of youth and rebellion reveals a group of secondary school students on their passage through teenage self-discovery. Winner of eight Tony awards, including Best Musical, with book and lyrics by Steve Sater and music by Duncan Sheik. Contains adult language and brief nudity.
lctix.com

Mummenschanz

Nov. 5, 7:30 p.m.
Lincoln Center
In this wordless universe, the ordinary becomes extraordinary as common materials and colorful abstract shapes spring to life, offering timeless insight on the human condition and transcending cultural barriers.
lctix.com

Miss Saigon

Nov. 1–22
Midtown Arts Center
One of the most stunning theatrical experiences by the acclaimed writers of Les Misérables, this epic musical tells the tragic tale of young bar girl Kim, orphaned by war, who falls in love with an American GI named Chris as their lives are torn apart by the fall of Saigon. From the first sound of a helicopter flying as the sun rises over Saigon to the show’s powerful ending, *Miss Saigon*’s powerful musical score will take you on a touching journey about unwavering love and the ultimate sacrifice. Rated R
midtownartscenter.com

King O’ The Moon by Tom Dudzick

Nov. 29-Jan. 4, 2015
Bas Bleu Theatre
Ten years after we met the Pazinski family in *Over the Tavern*, the innocence of the 1950s has given way to the tumultuous ‘60s, but the plight and passions of this blue-collar Catholic clan continue to tickle and touch.
basbleu.org

A Year with Frog and Toad

Dec. 4-14, matinees Dec. 6-7 and 13-14
University Theatre, University Center for the Arts
Ticket Thursdays: Free for CSU students, Dec. 4 and 11; Ticket Sundays: Free for community members, Dec. 7 and 14.
Based on the children’s stories written and illustrated by Arnold Lobel and directed by Walt Jones, this three-time Tony nominated Broadway musical follows two great friends – the cheerful, popular Frog and the rather grumpy Toad – through four fun-filled seasons. Part vaudeville, part make-believe, all charm, *A Year with Frog and Toad* tells the story of friendship that endures.
csuartsickets.com

Art & Literature

Gallery of Trees

Nov. 7–14
Lincoln Center
Free admission
The Gallery of Trees is a festive display of holiday trees designed and decorated by Fort Collins individuals and businesses. The trees, on display in the Art Gallery, are available for silent auction, raising money for the Lincoln Center Support League, a nonprofit organization that works to excite, enlighten, and educate young people through the performing arts.

An Evening with Author Eben Alexander

Nov. 18, 7-9 p.m.
Hilton Fort Collins, 425 W. Prospect Road
Eben Alexander, a renowned academic neurosurgeon, is the author of *Proof of Heaven* and *The Map of Heaven*. He spent 54 years honing his scientific worldview and thought he knew how the brain and mind worked. A transcendental near-death experience, in which he spent a week deep in coma from an inexplicable brain infection, changed all of that – completely. Presented by Friends of the CSU Libraries and the Poudre River Friends of the Library, with support from the City of Fort Collins Fort Fund, KUNC Radio, and Old Firehouse Books.
Tickets available at Old Firehouse Books in Old Town Fort Collins (970-484-7898) and include a copy of *The Map of Heaven*: One ticket \$16.99 (paperback); two tickets \$21.99 (hardcover) plus tax.



Crossing Boundaries: Episode One

Through Dec. 19
University Art Museum, University Center for the Arts
The University Art Museum invited faculty members from all departments in the College of Liberal Arts to select works of art that had meaning for teaching in their specialty areas and disciplines – in the arts, humanities, social sciences and beyond. Future episodes will crowd-source faculty throughout the University, demonstrating the importance of visual literacy across disciplines.

Exhibition: Boundless Horizons

Nov. 12 – Dec. 11
Clara A. Hatton Gallery, Visual Arts Building
Opening reception Nov. 14, 6 p.m.
“Boundless Horizons” brings together artists from Australia and the Western United States who utilize the context of outdoor environment in their practice. Some work directly with the materials found in each site and incorporate issues of ecology, while others choose to take their inspiration back to the studio to formulate an answer. The work featured in the show has traveled to Canberra, Australia, Oceanside, California, Albuquerque, New Mexico, and will now be exhibited in Fort Collins.

Music

Mary Lambert

Nov. 6, 7 p.m.
Lory Student Center Theater
Free admission, tickets required
Mary Lambert, a GLBT and women’s advocate best known for the chorus in Macklemore’s “Same Love,” will be performing spoken word and songs from her newly released album, “Heart on My Sleeve.” Presented by RamEvents.
www.CSUTix.com.

Concert of New Works by Kevin Michael Olson

Nov. 10, 7:30 p.m.
Organ Recital Hall, University Center for the Arts
Join the Student Composer Alliance and the Colorado State Composition Studio in premieres of four new acoustic and electronic works by composer Kevin Michael Olson. Featuring performances by CSU professors Dawn Grapes and John McGuire, Cary Dodson, and Kim Joyce.
www.kmolson.com/2014-fall-concert.html

Fall Dance Concert

Nov. 14-15
University Dance Theatre, University Center for the Arts
Tickets are \$8 for CSU students, \$18 for adult and \$8 under 18
An extraordinary evening of innovative contemporary and classical dance presented by dance faculty, students and guest artists.
Csutickets.com

Annual Holiday Spectacular

Dec. 4 and 6, 7 p.m., Dec. 6, 2 p.m.
Holiday reception at 6 p.m. Dec. 6
Griffin Concert Hall, University Center for the Arts
Tickets \$10 CSU students and youth, \$20 adults; proceeds go to music scholarships at CSU
Kick off the holiday season with the popular annual concert featuring performances from the CSU Choirs, University Symphony Orchestra, Brass Ensemble, Jazz Combos and other special quests in an evenign of traditional secular and sacred holiday musis. Join us at 6 p.m. on Dec. 4 for the Parade of Lights Preview by the CSU Marching Band around the UCA, followd by cookies and hot chocolate beforethe concern.
csutickets.com



BOOK REVIEW

A short history of viruses and research

By Cassie Crutchfield

“You can read the newspaper every day and see what’s going on with Ebola virus,” said Charles Calisher, author of *Lifting the Impenetrable Veil: From Yellow Fever to Ebola Hemorrhagic Fever and SARS*. “Everything seems pretty confused but it’s not really all that confusing. Rumors and discussions, newspapers and people misspeaking confuse things.”

Calisher, professor emeritus in the College of Veterinary Medicine and Biomedical Sciences who spoke at Morgan Library on Oct. 14, wrote the history of the early days of virus research to make things less confusing, and to be readable at any level.

“If you don’t understand it, then I’ll have to fix it, because it was written to be understood,” Calisher said to one of his first editors. She was concerned about her lack of knowledge on the Ebola virus, which has recently been creating waves around the world.

Later a medical historian at Harvard University reviewed it, as well as an editor at Yale University.

“They didn’t accept it,” Claisher recalled. “It wasn’t the style they were looking for, but it didn’t matter because that was the only one anybody was ever gonna write.”

Calisher discussed the process of creating the book during his library talk, and in a question and answer session spoke of his experiences and thoughts on Ebola.

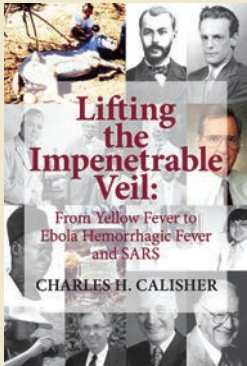
Ebola and cultural differences

Though the disease is extremely fatal, Calisher claims that people should not be concerned about Ebola spreading in the United States, because of the comparative differences between remote parts of Africa and the U.S. health care system.

Calisher recalled seeing a man go into an African hospital with a broken leg and leave with Ebola. This specific instance was because the hospital did not have a laundry to wash the sheets between patients.

Calisher says even without a cure available the hospitals here in the U.S are far more prepared and capable to treat and quarantine these types of devastating illnesses.

Calisher has more than 400 scientific publications. He served 27 years as Chief of the Arbovirus Reference Branch and Director of the World Health Organization Collaborating Centre for Arboviruses in the Americas within the U.S. Centers for Disease Control in Atlanta and Fort Collins. He is now Professor Emeritus, Arthropod-borne and Infectious Diseases Laboratory, Department of Microbiology, Immunology and Pathology in the College of Veterinary Medicine and Biomedical Sciences, and a member of the Columbia University, Center for Infection and Immunity, Mailman School of Public Health.



AP Star Awards: Who is the ‘shining star’ in your area?

The AP Star Award was created to express appreciation by recognizing the accomplishments of

Administrative Professional (AP) employees who have demonstrated outstanding individual performance at CSU. The goal is to recognize AP’s who make a difference and “shine” in our CSU community. And anyone can nominate an AP employee for this award!

Selection criteria

1. An AP Star demonstrates willingness to go above and beyond in their work within their department, in collaboration with other units and/or the campus community
2. An AP Star utilizes resources in a more effective manner (doing “more with less”)
3. An AP Star contributes to the CSU administrative professionals on campus Administrative Professionals are eligible for the AP Star Award at any

time in their employment, so long as the nomination reflects the responsibilities of the professional’s current, not former, position.

Please note, Award Committee members are not eligible for nomination. If you have nominated an Administrative Professional who in the past was not selected as an AP Star, you are encouraged to re-nominate that individual. A past recipient of the AP Star award is not eligible to receive another award for two (2) years after their previous award.

Deadline for nominations is noon, Jan. 30, 2015. AP Stars will be announced at the Administrative Professional Council luncheon on March 24, 2015. For questions regarding the nomination process, please send an email to Janella. Mildrexler@colostate.edu

To nominate someone for the AP Star Award, please visit ap.colostate.edu.

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Faculty can build Spring courses in Canvas

By Jeanna Nixon

This fall, 45 instructors are piloting Canvas, the University’s new learning management system. If you ask about their experience, you’ll immediately hear words like “love,” and even “life-changing.”

They describe Canvas as intuitive, clean, modern, fast, and easy to use. Features like the SpeedGrader, peer reviews, and mobile apps are saving them time, increasing productivity, and enhancing engagement with students.

Why are faculty so overjoyed to be upgrading from RamCT Blackboard?

Ketul Popat, associate professor of mechanical engineering and biomedical engineering, says the Canvas mobile app has given him new flexibility. “It’s very user-friendly because I’m not restricted to my computer, sitting in my office. I can use it from pretty much anywhere, and that’s the best part about Canvas.”

Dani Castillo, a journalism and media communication instructor, has found that the simplicity of Canvas enriches teaching and learning. “I love Canvas. They make it quite easy to make something beautiful, something simple, something really rich that makes a lot of sense for the creator and the learner as well.”

Fellow journalism and media communication professor Pete Seel agrees. “If you are used to the clunkiness

of Blackboard, Canvas is going to be a real delight. It’s easy to use, easy to access and the transition will be very easy for people who are experienced with learning management software.”

Upgrade for Spring

With the fall pilot successfully underway and course migrations in progress, the University is encouraging faculty to begin using Canvas to teach their Spring 2015 courses.

“Move your courses right away to Canvas,” Popat said. “It’s a great system, it’s a very user-friendly system. It will definitely save a lot of time. It will be so much easier than RamCT.”

Castillo urges her peers to put aside their hesitation and embrace the new system. “There is always a lot of fear of change, but the beauty of this is that the learning is so minimal. It really is.”

Seel has been using learning management software for 20 years. “This was the easiest transition I recall making. I was able to pick it up intuitively, so big time savings for me.”

Steve Newman, an Extension Specialist and professor of floriculture who is also an experienced LMS user, echoed Seel’s perspective: “Canvas is by and far the easiest for me.”

How should instructors who are ready to use Canvas proceed?

- **Learn how to use Canvas.** With online guides and videos, in-person training workshops, one-on-one work sessions, and a Canvas Information Center in Morgan Library, faculty are encouraged to take advantage of the many resources available to learn how to use Canvas and begin teaching in the new system.

- **Request online courses.** Instructors will continue to use the same process in AriesWeb to request online courses. For Spring and Summer 2015 semesters, courses will be created in both RamCT and Canvas, allowing instructors to select the system they’d like to use. Content should be added in only one system, and the blank course in the other system will contain a link to direct students to the active course.

- **Decide between migrated or blank courses.** Instructors with existing RamCT courses who are ready to teach in Canvas have the option of preparing content in migrated courses or developing from scratch using blank teaching courses. Instructors who are new to online teaching will create their content in blank teaching courses.

The first set of migrated courses, for Spring and Summer 2015, should be ready

for instructors this month.

CSU recognizes that faculty have invested significant time and effort developing their courses in RamCT Blackboard. The University has worked closely with Instructure, the maker of Canvas, to optimize its migration tool to convert RamCT courses most effectively.

While most RamCT content will migrate, courses will look different in Canvas and will need to be examined, reorganized, and verified.

Why Canvas?

CSU’s decision to move to Canvas is a result of the University’s involvement as a founding member of Unizin (<http://unizin.org>), a consortium of leading universities that is intended to increase the influence of higher education institutions in the development of a new educational ecosystem, allowing faculty and staff to have greater input in developing the technology that students use to learn. Canvas is currently used by more than 800 colleges, universities, and school districts.

To find out more about the Canvas upgrade, workshop schedules, and training resources, visit <http://info.canvas.colostate.edu>.

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The move is on to Canvas, the learning management system that is replacing RamCT.



CSU faculty are giving it rave reviews.

“It saves a lot
of time.”
– Ketul Popat

“Simple and
straightforward.”
– Dani Castillo

“If you’re used to RamCT,
Canvas is going to be a real delight.”
– Pete Seel

Take advantage now of better tools by upgrading
to Canvas for your Spring 2015 courses.

Find out more at info.canvas.colostate.edu

Colorado State University

Who is your Everyday Hero?

By Laure Snowwhite

Do you have a colleague who deserves recognition, a co-worker who makes the workplace better or someone who just made your day? The Everyday Hero Award is a program sponsored by the Classified Personnel Council to recognize day-to-day achievement of CSU employees. All Colorado State University State Classified staff, Administrative Professionals, and Faculty members are eligible to receive the award. This program has been recognizing exceptional CSU employees since its inception in 1998.

The process to nominate an employee is simple: Visit the CPC website at cpc.colostate.edu, click on the CPC Awards link, then look for the Everyday Hero Award. On the nomination form, describe one special incident or outstanding day-to-day job performance that makes your hero worthy of recognition. The information will then be reviewed by the CPC Employee Recognition Committee. Nominations are ongoing and accepted at any time.

Award recipients are interviewed by a member of the Employee Recognition Committee and their story is shared (with their permission) on the SOURCE and CPC websites. They also receive a framed certificate recognizing their achievement. The most recent Everyday Heroes and their special accomplishment are:

Donna Willard, Assistant Manager, MIP (October 2014)

- Nominated for being the glue that holds the Foothills MIP office together.

Lisa Anaya, Research Administrator, Sponsored Programs (June 2014)



- Nominated for her in-depth knowledge and assistance in submitting research proposals.

Jim Hebbeln, Telecom Specialist, Telecommunications (May 2014)

- Nominated for going above and beyond by helping to resolve phone issues that resulted in significant financial penalties being dropped.



Lindsay Johnson-Athey, Operations Manager, Housing and Dining Services (March 2014)



- Nominated because of her special way of understanding how people learn.

Allen Sneesby, IT Technician, ACNS (March 2014)

- Nominated for his dedication to making things right and his outstanding customer service.

Ilene Withers, CS Specialist, Housing & Dining Services (February 2014)

- Nominated for organization and running of the Adopt-a-Family fundraiser through the Records and Registration and Student Financial Services.

Melissa Shrader, Office Design and Space Relocation Assistant, Facilities Management (December 2013)



- Nominated because of her willingness to go above and beyond in accomplishing a goal; specifically adding more lactation rooms on campus.

Lance Baatz, IT Professionals, ACNS (February 2013)

- Nominated because of his willingness to help out.

So what are you waiting for? Visit the CPC website and nominate that special employee who deserves recognition for helping to make CSU a great place to work and an outstanding place to learn! And while you're there, don't forget to register for *The CPC Communicator* to stay informed about State Classified and Colorado State University issues and events.

Campus Trivia with Russ Schumacher

Last month's Halloween-ish question, about the building on campus reputed to be the most haunted, received 34 entries. Of the 30 correct answers – Ammons Hall on the Oval – CSU Life staff picked one at random as the winner: **Joan Williams**, records manager for the CSU Police Department.

Ammons Hall, which now houses Admissions, was originally built in 1922 as the Women's Recreation Center. According to legend, a female student once drowned in the indoor swimming pool. Since then, staff and students have reported seeing wet footprints in the atrium; hearing footsteps and chattering when they are alone in the building; and being splashed by water from the atrium fountain even when it was turned off. Spooky.

We had planned to award the winner with a selection of swag from RamTrax Visitors Services, but when CAM the Ram heard about the trivia quiz, he wanted in on the fun. That's why Joan received an original CAM the Ram bobblehead, presented — and signed by Russ Schumacher, and a gift certificate to Mugs.

Thanks to everyone who sent in an answer, and good luck this month! In honor of Veterans Day, this two-parter recalls a turbulent time on the CSU campus.

What materials were used to build the Vietnam Era Memorial Bridge near the Lagoon west of the Lory Student Center? And why?

Email your best answer to csulife@colostate.edu with November Quiz in the subject line before Nov. 21. We will hold a drawing from all the correct answers

for another CAM bobblehead, always a thoughtful holiday gift.





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Self-care tips for avoiding the holiday blues this season



By CK Kemp and Amy Quinn

The holidays are a fun time of celebration and meeting with loved ones. But we all know that the holidays can also be times of remembrance, sadness, and stress. Depressive feelings and signs can pop up during the holidays because of this. Our bodies are finally able to relax from school and work during winter break as well, which means that signs of depression that we kept hidden during the semester are finally showing up.

Here are some good strategies for self-care to lessen the holiday blues!

1. Remember to take a break over winter break

The holidays are often full of gatherings and events. It is easy to get swept away by dinner parties and gift exchanges, and miss out on meaningful rest and down-time. As you plan your holiday calendar this year, try blocking out a few personal “dates” to treat yourself to a little R & R. Be mindful of what works for you – it might be taking the afternoon to read, get a massage, or just catch up on sleep. When we take time to rest, we are more rejuvenated and can better enjoy time with friends and family.

2. No date to the office party? No problem!

If you live far from friends and family,

the holidays can feel lonely or isolating. Many of your colleagues may be headed home for the holidays, and you may be on your own in town. For some people, alone time can exacerbate sad or depressive feelings. The holidays can be a great time to meet new people, as there are many events, shows, and celebrations throughout the holiday season. Decide to attend a party or gathering on your own and don’t leave until you’ve met at least one new person – you never know what your friendship could mean to someone new!

3. Adopt a kind state of mind

Although there are lots of joyous aspects to the holiday season, it is also common for difficulties to arise, such as missing loved ones, feeling stressed about money, or having conflict with visiting family members. In these moments, it can be easy to become critical of ourselves and others. We can’t ever avoid negativity completely, but we can work to be kind to ourselves and those around us by showing gratitude and being present during our interactions. Check out Mindfully Managing Stress workshops through CSU’s Training and Organizational Development, or look up gratitude practices online before the holidays begin; you’ll be grateful you did!

4. Eat well and exercise

Let’s face it – we all tend to overindulge during the winter season. Just try and keep a balance of what you are doing. Grab a

calendar and mark off of the holiday parties and events you are attending and then plan the times that you are going to go workout. If you drank or ate too much at one party, then limit that at the next party. When you are looking at all of the delicious foods at a holiday event, fill your plate with veggies first and then just pick one or two desserts.

If you want to talk further about depression or depressive feelings, contact these great resources:

- Counseling Services at CSU: Go to room 123 Aylesworth NW or give them a call at (970) 491-6053.

- Center for Family and Couple Therapy at CSU: Call (970) 491-5991 to set up an appointment. CFCT is a part of the Marriage and Family Therapy Program in the Department of Human Development and Family Studies, College of Health and Human Sciences.

- Are you in an emergency situation? Then never hesitate to call 911 or visit the emergency room if you are worried about yourself or another person.

CK Kemp and Amy Quinn are Ph.D. candidates in the Department of Human Development and Family Studies. Both work in CSU’s Center for Family and Couple Therapy.

Bringing Lamar email into the 21st century

By Scott Baily

Last month in this space, ACNS mentioned that Colorado State’s central email service will begin transitioning to Microsoft’s Office 365 in December. One of the first groups to move will be those who send and receive email on Lamar.

The Lamar server was first established in the early 1990s after decommissioning the CDC mainframes (called the Green and Gold systems, for those of you were around way back then). Although Lamar has been upgraded several times over the years, it is old — so old that neither the hardware nor the operating system is still supported by IBM. If the server fails, we may not be able to restore services. That’s why Lamar users are a priority in the transition.

Not only will the move improve reliability, mail quotas also will

be increased to 50 gigabytes — an improvement of over 1,000 times! In addition, Office 365 users will have access to 1 terabyte of storage on Microsoft’s OneDrive for Business.

For more information on how decommissioning Lamar may affect you, attend one of the upcoming open forum sessions at the Morgan Library Event Hall:

- Friday, Nov. 14, 2–3 p.m.
- Tuesday, Nov. 18, 10:30–11:30 a.m.
- Thursday, Nov. 20, 9–10 a.m.

Scott Baily is director of CSU’s Academic Computing and Networking Services. If you have questions about your email or wireless access on campus, stop by the Help Desk in Morgan Library.

Colorado State University

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CSU COOKS

Happy Thanksgiving to all!

Cynthia & Sumanth's Sweet Potato Curry

Thanksgiving might be the most traditional food holiday on the American calendar. But turkey with all the fixings can be challenging for vegetarians or others with dietary restrictions.

Indian cuisine offers a wealth of vegetarian dishes, so we asked Cynthia Scarpa, an advisor in the Office of International Programs, what she would be making for Thanksgiving. She and her husband, Sumanth Belawadi, a petroleum engineer, were married in his native India in February, and are both excellent cooks.

"As a couple, we are always exploring recipes that will work in our bicultural home and learning how to blend rituals, traditions and celebrations to incorporate both of our cultures," Cynthia says.

This sweet potato curry can be served as a main course or as a healthy way to spice up a traditional holiday side dish!

Ingredients

- 3 large sweet potatoes*
- 2 tbsp of either canola oil or ghee
- 5 roma tomatoes, diced
- 2 medium red onions, diced
- 1 tbsp cumin seed
- 2 tbsp cumin powder
- a pinch of turmeric
- 1 tsp garam masala
- dash of red chili powder
- salt to taste
- cilantro to garnish

Directions

1. Cook the potatoes in microwave (leave the skins on and remember to poke holes in them). Once the potatoes are cooked, peel, dice (it is OK if they crumble or mash) and set aside.
2. Heat the oil/ghee in a frying pan over medium heat. Once the oil is hot (test with one or two cumin seeds to see if they pop), add the cumin seeds to the oil, wait for them to pop and turn brown. Do not let them burn!
3. Immediately add the diced onions to the frying pan to help cool off the oil and the seeds to prevent them from burning.
4. Cook the onions for several minutes, until they start to turn translucent. You may need to lower the heat a little, bit at this time.
5. Add the diced tomatoes and the diced potatoes to the frying pan with the onions
6. Immediately add the cumin powder, turmeric and red chili powder to the pan and mix everything together well.
7. Once everything gets tender, start mashing the potato, tomato and onion together (unless you prefer a cleaner-looking cubed curry, then skip this step).
8. Let everything cook together for about 10 minutes, to let the spices meld together.
9. Add some salt to taste and garnish with cilantro. Serve with hot naan as an entrée.

* You can also use Russet / Idaho potatoes for a more traditional potato curry



Colorado State University

HUNGRY?



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Lory Student Center

First-hand experience means better advising for veterans and military-minded students

By Cassie Crutchfield

Mike Jaramillo uses his experiences working with the Navy and Marine Corps to provide support for veterans and students interested in joining the military upon graduation from the CSU College of Business.

“My first experience with the military began when I started working at CSU 18 years ago,” said Jaramillo, who received the College of Business Staff Service Award for 2014.

At the time he was talking to students and writing letters of recommendation for those interested in officer training school. Five years ago, Jaramillo was invited to the Marine Corps base in Quantico, Va., where he did two weeks of training with a group of educators.

Jaramillo, who is also on the Vice President of Diversity’s advisory committee to design social justice and diversity training for all CSU faculty and staff, was invited back to Quantico to provide two diversity-related trainings on the issues of race, ethnicity and gender. He continues to act as a contact to provide feedback on how the military should to address these issues.

Understanding and values

Through connections in the Marine Corps, Jaramillo was introduced to the Navy. Jaramillo then went through a week of training at Coronado Island Naval Air Base where he learned about the facilities, educational systems and what benefits they have to offer.

“It has given me a better understanding of what the military does and the value that they have to me as an individual and the value that they have to this country,” Jaramillo said. “The reality is that these people sacrifice a lot to ensure that I have the privileges that I have today. That is also why I am involved in diversity work — I also feel that other people should have the privileges that I have and not everybody does.”

Jaramillo says his experiences have allowed him not only have a greater appreciation but a better understanding of what students he should encourage to go into the military for leadership roles and officer candidate school.

“Not only am I able to be a better advisor and supporter for our veterans and people who are returning but also a better advisor and support to those considering going into the military,” he said.



Mike Jaramillo

Celebrating Veterans Day, Nov. 11

As one of *GI Jobs*’ top military-friendly schools, CSU is committed to supporting those who have served through a variety of programs and services, including the New Start Program; the Liniger Honor, Service & Commitment Scholarships; Veterans Educational Benefits Office; Office of Adult Learner and Veteran Services; and the Yellow Ribbon Program in addition to other discounts for military continuing their education. There also are numerous other initiatives available within CSU’s colleges and divisions.

At Risk training available online for all CSU employees

By Rick Miranda

We know from data that this time of year can be particularly stressful for students.

Each week, students (and sometimes faculty and staff) receive urgent medical care for mental health issues that threaten their safety or the safety of someone else.

It’s important that we all play a role in protecting their health and safety, as well as the health and safety of campus overall.

To help all faculty and staff be able to identify when a student is in distress and needs our help, we have made a quick online training available to all CSU employees. The skills from the training easily translate to helping colleagues, family members and others in distress as well.

More than 1,200 CSU faculty and staff have been already been trained through this program, called At Risk. I strongly encourage you and your colleagues to take a moment to be trained too.

Unfortunately, the availability of the program to CSU is coming to a close in several months, and we’d like to see as many faculty and staff become trained on this very important topic before access expires.

More information about At Risk

The At Risk tool helps identify when to alert the University that a student may be facing academic and personal stress at a level that indicates they may need support.

At Risk is a 45-minute classroom simulation with students you’d typically find in your classes.

The program teaches faculty and staff new methods of identifying distressed students and provides information about campus services and how to effectively refer students to those resources.

With the training, you can play a critical role in helping provide timely and effective assistance and referral to students who are at risk for a variety of reasons.

I encourage you to talk with your colleagues who have already completed the At Risk program. Of the more than 1200 CSU colleagues who have completed this program, 98 percent recommend the course to their colleagues, and 100 percent feel more comfortable identifying and approaching a troubled student and referring him or her to help after completing the training.

How to take the course

To take the course, go to this website: Kognitocampus.com/faculty and open an account using Enrollment Key code colostate21

To those of you who have completed the training, thank you! For those who still have it on their to-do list, I encourage you to take some time this week and get it done - and thanks to you in advance.

Rick Miranda is Provost and Executive Vice President of Colorado State University.

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MEET

FRIENDS?

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Lory Student Center

Photo mystery: Do you know me?



The staff at the Key Desk in the Facilities Services Center - North have been searching for the rightful owner of this photograph since last spring.

“Someone found it on the ground outside the building and turned it in,” said Danielle Ahmed, a student employee at the desk. “We’ve had it here ever since, but no one has claimed it.”

She added that the print in is good condition, so the owner may have dropped it on the way from the Morgan Library Archives. Facilities North is on Edison Drive between Mason Street and East Drive.

If you are missing a photo of a man in uniform, contact the Key Desk at 491-0434 to claim it. And if there’s a story to go with the photo, please share it with CSU Life!

Colorado State University

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