



History of the Bronze Boot

By: Courtney Deuschle

The Border War game between Colorado State University and the University of Wyoming is one of the longest running rivalry games in college football — this year is the 106th game — and the bronze boot trophy is a historical symbol of this annual game. So how did this tradition start?

CSU Army ROTC has been at the forefront of this tradition since it began. It was a graduate of CSU, Army ROTC cadre member Maj. Vic Fernandez, who came up with the idea to use an old combat boot as the trophy in 1968. It is an authentic battle-tested boot that was worn by Cpt. Dan Romero, Sr. during his time in the Vietnam War during 1966-1967. The boot was then bronzed and mounted in 1968. The 50-year-old boot still has noticeable cuts, tears and battle scars.

Every year, before the Border War game, the Army ROTC cadets from both universities run the game ball from the visiting team's stadium to the stadium hosting the game.

"The run displays the endurance and physical stamina needed for warriors going into battle, not unlike what is required of our 'gridiron warriors,'" said Lt. Col. Channing Moose, CSU ROTC in 2012. "CSU Army ROTC cadets remain very involved in this tradition and rivalry."

This year's boot run will take place on Nov. 6 prior to the game on Nov. 7 in Laramie. The run begins at Hughes Stadium. CSU Army ROTC cadets will then run 40 miles to the Colorado-Wyoming border on U.S. Highway 287. The UW Army ROTC cadets will then run the ball the remaining 26 miles to War Memorial Stadium in Laramie, where they will then guard the trophy until the game is over.

The first time these rival teams played each other was on Nov. 30, 1899, and CSU took the first victory.

Honoring our veterans

November 11 is the day set aside by the federal government to honor those who have served in the U.S. Armed Forces. Colorado State University, known for its wide range of programs to serve veteran students, offers a wide range of activities and commemorations throughout the month. The Veterans 5K race takes place on the Oval at 9

a.m. on Nov. 7. The race is not only a fundraiser for the Veterans Scholarship Fund, it is also to honor a fallen member of the armed forces who has a personal connection to CSU. This year's honoree is David Anthony Mitts of Warrenton, Ore. He was assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Brigade, 25th Infantry Division

based in Fort Lewis, Wash. On Dec. 4, 2004, Mitts was killed during a combat mission in Mosul. A former CSU Ram, David is survived by his wife, Tara, and his parents, who were presented with his Purple Heart and Bronze Star. On Veterans Day, Nov. 11, volunteers from CSU and the Fort Collins community will participate in the National

Roll Call. Beginning at 8:30 a.m. and continuing until the list is complete, the volunteers will read the names of service members lost during combat from Sept. 11, 2011, to today. A nationally synchronized moment of silence will take place at noon Mountain Time. **See page 6 for more information about other events and how to volunteer to be part of the National Roll Call.**

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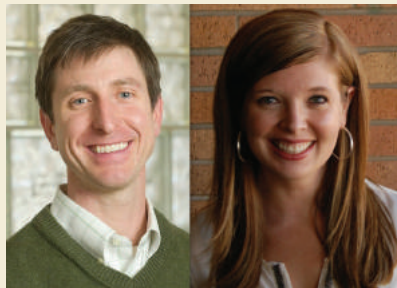
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APPLAUSE

Alumni Association

Eighteen members of the Ram Family were honored with Distinguished Alumni Awards during this year’s Homecoming events. Longtime Health and Exercise Science professor and department head **Gay Israel**, who is also the founder and executive director of CSU’s Heart Disease Prevention Program, was honored with the Distinguished Faculty Award. Vice President for Student Affairs **Blanche Hughes** received the Distinguished Alumni Employee Award.

College of Business, Division of External Relations



Two CSU employees have been selected to receive BizWest Media’s Northern Colorado “40 Under Forty” award for young professionals: **John Durkin**, director of development for the College of Business, and **Kimberly Stern**, director of social and digital media for the Division of External Relations. The annual list, now in its 12th year, recognizes the best and brightest emerging leaders in the region who make a difference in their companies, industries and communities. A recognition event was held Nov. 3 at the Fort Collins Country Club.

College of Health and Human Sciences

The Food Friends programs have received a new award being given by the Society for Nutrition Education and Behavior. SNEB selected Food Friends for its inaugural Program Impact Award in Nutrition Education, which recognizes an individual

or group for a nutrition education program or practice that has resulted in documented changes in behavior. Food Friends was created by CSU nearly 20 years ago and has become well-established in Colorado preschool programs as a fun and effective way for kids to try new foods and enhance motor skills — developing healthy habits early in life as a result. Emeritus Professor **Jennifer Anderson** and Assistant Professor **Laura Bellows** of the Department of Food Science and Human Nutrition accepted the award at the annual SNEB conference this summer.

College of Liberal Arts

Jane Slusarki-Harris, director of dance, was one of five people recently honored for their contributions as “Legends of Dance in Colorado.” This year marks her 28th at CSU, where she has developed a rigorous curriculum emphasizing versatility

in technical and performance training, creative process, and pedagogical practice. The Carson Brierly Griffin Dance Library has made the award every year since 2004.

College of Natural Sciences

EPA representatives came to campus in October to honor CSU chemistry professor Eugene Chen and staff member Sheela Backen for their specific sustainability-related achievements. James Jones, EPA assistant administrator for the Office of Chemical Safety and Pollution Prevention, recognized Chen, who earlier this year was awarded the EPA’s Presidential Green Chemistry Challenge Award for his work in waste-free, solvent-free condensation reactions for biodegradable polymers and fuels.

See Applause on page 4



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SEPTEMBER 1, 2015 - PHASE ONE of the new smoking ordinance goes into effect: all City buildings and grounds, parks, trails, natural areas, and golf courses will be smoke-free.

JANUARY 1, 2016 - PHASE TWO goes into effect: Downtown Fort Collins and City-sponsored special events will be smoke-free.

The City views voluntary compliance as the ideal. However, any violation of the smoking ordinance is a misdemeanor and may be enforced through tickets, fines, and other measures.



Please shovel your walks within 24 hours of snow accumulating.

Remember...sidewalks must be shoveled, even during break.
Don't risk a fine, make a plan before you go.



fcgov.com/neighborhoodservices

APPLAUSE

College of Veterinary Medicine and Biomedical Sciences



Dr. Michael Lappin, professor of veterinary medicine, recently won the 2015 World Small Animal Veterinary Association's International Award for Scientific Achievement for significant contributions to knowledge about the cause, detection and control of infectious diseases in pets. Lappin was honored at the organization's 40th World Congress in Bangkok, Thailand.

Colorado State Forest Service



Ron Cousineau, district forester for the Colorado State Forest Service Granby District, has been recognized by the Society of American Foresters with a 2015 Presidential Field Forester Award. The award honors foresters "who have dedicated their professional careers to the application of forestry on the ground using sound scientific methods and adaptive management strategies." Cousineau worked with numerous landowners,

adapted his management efforts, and strengthened partnerships to ensure that more than 20,000 acres of beetle-killed timber on private and state forests could be harvested while still viable.

Send us your Applause items at cuslife@colostate.edu.

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Want to promote your business through CSU Life? Contact Kim Blumhardt at kim.blumhardt@collegian.com or (970) 491-1146

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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Contact us at

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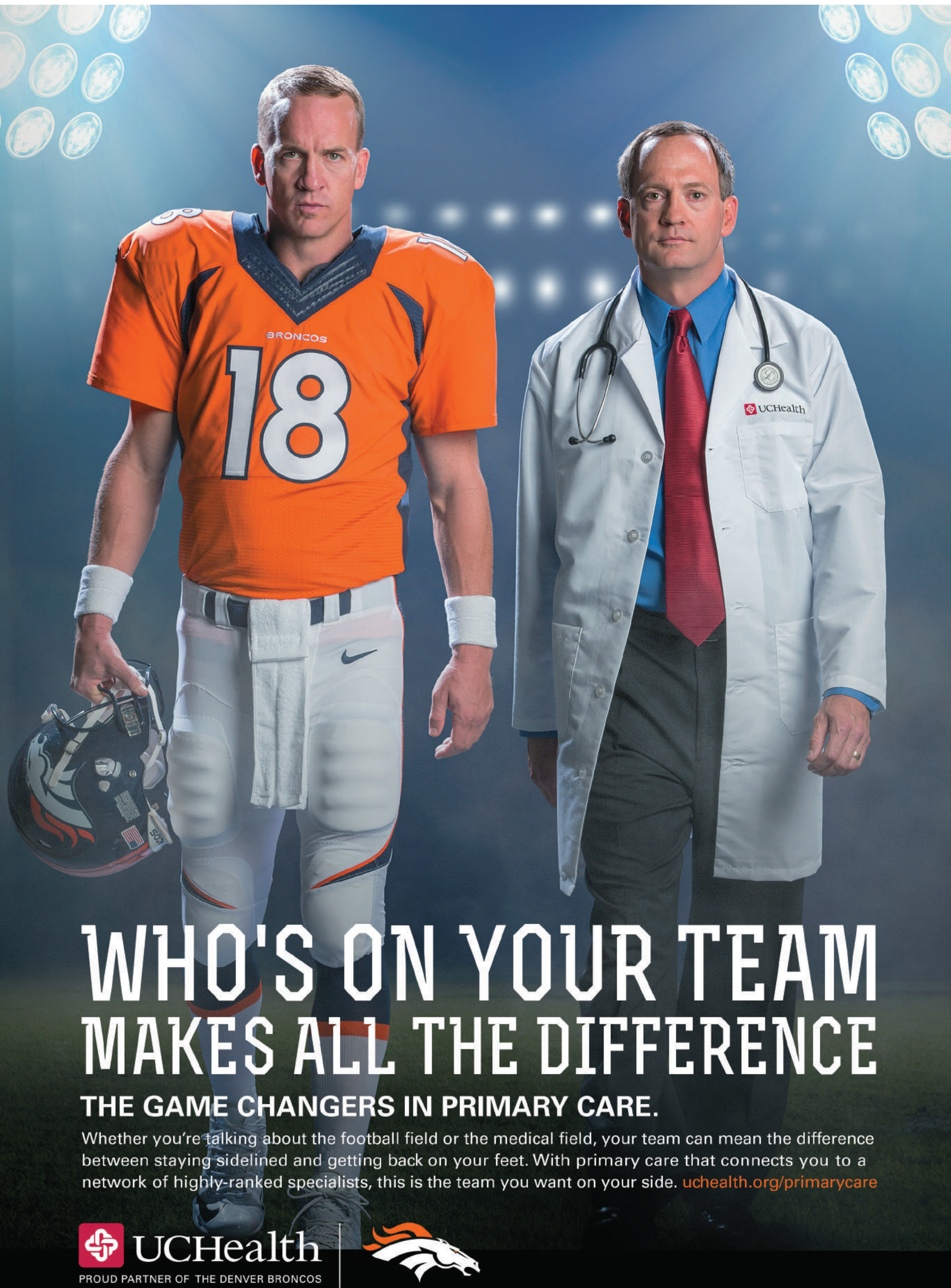
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COMMUNITY EVENTS

Conference & Event Services Open House

Nov. 4
Lory Student Center Longs Peak Room
1-4 p.m.

Food, fun, tours and fabulous prizes await at this meeting space and services showcase including event management, summer lodging, registration and financial services, as well as information about the CSU Mountain Campus. Free and open to the public.

Native American Dishes

Nov. 4-5
Featured at Aspen Grille

Corn, sunflower seeds, potatoes, squash, and pumpkins, tomatoes, strawberries, and chile peppers are all native to the Americas and have been part of the diet of Native Americans since time immemorial. Make your reservations at the LSC Aspen Grille to enjoy lunch specials prepared by Chef Garrett Overlee that recognize these gifts to today’s cuisine. For reservations please call 970-491-7006 or visit *lsc.colostate.edu/dining-at-the-lory-student-center/aspen-grille/*

Veterans 5K

Nov. 7
Oval
9 a.m., registration begins at 7:30 p.m.
Registration \$25.



This is an annual, nonprofit fundraiser for the Veteran’s Scholarship fund. This scholarship is awarded to veterans who were honorably or medically discharged and are living with disabilities related to their military experience. The race is also to honor a fallen member of our armed forces who has a personal connection to CSU. This year’s honoree is David Anthony Mitts of Warrenton, Ore. On Dec. 4, 2004, Mitts was killed during a combat

mission in Mosul. A former CSU Ram, David is survived by his wife, Tara, and his parents, who were presented with his Purple Heart and Bronze Star.

World Unity Fair

Nov. 7
North Ballroom, Lory Student Center
3-9 p.m.

With entertainment and activities for all ages, this 62nd annual community-wide, globally focused event unites more than 20 culture and nationality groups from both CSU and the Fort Collins community. Immerse yourself in the rich traditions, alluring tastes, and the lively music and dance throughout the evening. Families are especially encouraged to attend, and will find engaging activities for the young ones from 3 to 6 p.m. at the Youth World Tour. Holiday shoppers will love the International Bazaar run by the Fort Collins International Center. Admission free; food and drink tickets for sale.

Veteran Breakfast

Nov. 10
Grey Rock Room, Lory Student Center
8-10 a.m.

Honor and thank current student and community veterans with a hot breakfast. The public is welcome to visit and mingle. RSVP to *alvs_staff@mail.colostate.edu*. Sponsored by Adult and Veterans Learner Services.

National Roll Call

Nov. 11
Plaza, Lory Student Center
8:30 a.m.

Volunteers from the CSU and Fort Collins community will read the names of service members lost during combat from Sept. 11, 2001, to today. This symbolic event recognizes more than 50 institutions of higher education in 30 states and Washington, D.C. A nationally synchronized moment of silence takes place at noon Mountain Time. To volunteer, stop by the Adult Learners and Veterans Serices office in Lory Student Center, email *alvs_staff@mail.colostate.edu* or call 970-491-3977.

Benefits and Health Fair

Nov. 12
North Ballroom, Lory Student Center
9 a.m.-2 p.m.

Open Enrollment is the

opportunity for faculty, administrative professional and other non-classified staff to make changes to benefits selection for calendar year 2016. You can learn more about your benefits from the vendors who administer the programs at the Benefits Fair. You will enjoy food and fun at this educational event sponsored by Anthem.

At the Health Fair, you can get a no-cost flu shot for all your covered dependents over the age of 4; no-cost blood pressure, pulse, height, weight and calculation of body mass index; and a no-cost lipid/glucose panel (requires fasting). Other blood tests available for additional charge, cash or credit card. Registration required. *www.hrs.colostate.edu/benefits/HealthFair.htm*

Field of Flags

Nov. 13-20
Corner of Meridian and North Drive to the west side of the Vietnam Bridge field

All this week, this sidewalk will be filled with miniature American flags. Each flag represents 1,000 people included in the more than 657,000 U.S. military deaths in combat since the formation of this country. This number includes the more than 4,000 deaths in the Revolutionary War through the more than 6,000 deaths in Iraq and Afghanistan, as well as all military involvement in the years between.

Health Fair

Nov. 17-18
North Ballroom Lory Student Center
7:30-11 a.m.

See Nov. 12. Registration required. *www.hrs.colostate.edu/benefits/HealthFair.htm*

Monfort Professor Lecture

Nov. 18
Monfort Professor Lecture
Kelly Martin
4 p.m. , Clark A

Kelly Martin, associate professor of marketing, will talk about her research that examines global consumer behavior patterns influenced by various social and cultural forces. She spent part of her two-year Monfort Professorship traveling and collecting firsthand

data from populations that exhibit unusual consumption practices. During this talk, she will discuss “Consumption at the Extremes: Social and Cultural Influences,” which will explore some surprising ways that people interact with the marketplace, including findings on how they acquire, consume, and conserve material possessions. This free event is hosted by the Monfort Excellence Fund and the Office of the Provost and Executive Vice President.

Health Fair

Nov. 20
North Ballroom Lory Student Center
Noon-4 p.m.

See Nov. 12. Registration required. *www.hrs.colostate.edu/benefits/HealthFair.htm*

Harvest Community Dinner

Nov. 20
location to be announced
6-8 p.m.

Ron Hall and Roe Bubar, owners of Arikara Farm, initiated a “Sovereignty & Food Project” to engage Ethnic Studies students to grow food for a Harvest Community Dinner Project. Over the summer they raised traditional and contemporary Indigenous foods that will be featured at the dinner.

Last day of Benefits Open Enrollment

Nov. 20
For faculty, admin pro and non-classified staff

For more information, go to CSU Open Enrollment website: *www.hrs.colostate.edu/benefits/afap-open-enrollment.html*

Fall Recess

Nov. 23-27
No classes

Thanksgiving

Nov. 26-27
University Holiday
All offices closed

Women’s Basketball vs. CU

Dec. 2
Moby Arena
7 p.m.

Men’s Basketball vs. CU

Dec. 6
Moby Arena
Noon

CPC wants to recognize your Everyday Heroes

By Laura 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 is then reviewed by the CPC Employee Recognition Committee. Nominations are ongoing and accepted at any time.

Award recipients are interviewed by members of the Employee Recognition Committee and their story is shared (with their permission) on SOURCE, the CSU news site, and CPC website. They also receive a framed certificate recognizing their achievement.

The most recent Everyday Heroes and their special accomplishment are:

Sue Sidinger, Accounting Tech III, CSU Extension (October 2015)

- Nominated because she has an infinite reservoir of knowledge and patience combined with a unique personal touch.

David Jimenez, Custodial I, Facilities Management (September 2015)

- Nominated because he is that person behind the scenes who keeps everything clean and maintained.



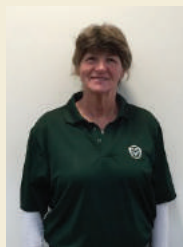
Hedy Reynolds, Administrative Asst II, Engineering Business Office (April 2015)

- Nominated because she finds ways to be of valuable assistance to busy individuals in her office.

Andres Hernandez, Custodian, Chemistry (March 2015)

- Nominated for quick thinking and administering life saving measures when assisting a

coworker who had an injury incident while working at night.



Marg Peters, Equipment Operator II, Facilities Management (March 2015)

- Nominated for going above and beyond and always putting the customer first.

Steve Wright, Plumber, Facilities Management (February 2015)

- Nominated for being pleasant, modest and having a wonderful customer service attitude.

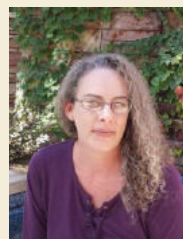
Doug Satterfield, Electronic Specialist IV, ACNS (January 2015)

- Nominated for keeping critical academic resources operating.



Russ Parrish, Pipe and Mechanical Trades II, Housing and Dining (December 2014)

- Nominated for his pride and dedication to his job. Always there with a smile when others need a hand.



Donna Merwarth, Research Associate III, Psychology (December 2014)

- Nominated for being dedicated, consistently going above and beyond, and providing great customer service.

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 <http://cpc.colostate.edu/cpc-communicator-sign-up/>.

Meeting in 5. Soooooo hungry. Mmmmm taco. Can't focus.

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Open Enrollment lets faculty, admin pros, non-classified staff make benefit selections for the coming calendar year

By Pam Jackson

Colder weather and autumn colors signal not just that fall is here, but that the season for open enrollment for benefits is upon us.

Starting Monday, Oct. 26, and continuing through Friday, Nov. 20, faculty, administrative professionals and non-classified staff may participate in open enrollment, the annual opportunity to make changes to their benefits plan for the next calendar year. Human Resources has sent the 2016 Open Enrollment Newsletter to eligible employees, detailing options and how to enroll.

Keeping the mainstays, adding new plan by demand

“This is an important year to pay special attention to the medical plan choices offered,” said Teri Suhr, Human Resources Chief Total Rewards Officer. “Flexibility in medical plan choices for employees remains available through the long-established Green, Gold and POS medical plans with no changes in deductibles or co-pays. But CSU is pleased to introduce a new plan due to positive employee feedback. It’s called the Ram Plan-HDHP, a flexible, high-deductible health plan that allows pre-tax contributions into a health savings account or HSA.”

Suhr added that rising health care costs and increased claim expenditures will result in higher medical plan costs in 2016. CSU will absorb a large share of those increased costs as part of the University’s Cost-Share Benefits Program.

Here’s what to expect:

Green Plan

Coverage remains at no cost for employee-only, but monthly premiums will increase \$17 for employee+1 and \$25 for family coverage

Gold Plan

Monthly premiums for employee-only coverage will increase \$8, employee+1 will increase \$34 and \$50 for family coverage

POS Plan

Monthly premiums for employee-only coverage will increase \$15, employee+1 will increase \$46 and \$67 for family coverage

New Ram Plan – HDHP

Monthly premiums mirror the Green Plan; CSU provides a \$500 contribution in an HSA account in calendar year 2016

CSU employees will continue to receive basic life, short and long-term disability insurance with the university paying 100% of the cost of coverage, and there will be no increase in monthly premiums for dental, life insurance and vision coverage.

Selections will be effective Jan. 1, 2016.

Benefits Fair

The 2016 Benefits Fair allows for a one-day, one-stop opportunity for employees seeking to speak directly to medical, dental, and vision vendors, along with retirement plan and ancillary benefit providers.

Other on- and off-campus providers also will be on hand to answer questions, and include:

- AP Council (APC)
- Food Science and Human Nutrition
- Campus Recreation
- Health and Exercise Science
- Early Childhood Center
- Training and Organizational Development
- Environmental Health Services
- University Benefits Committee (UBC)

The Benefits Fair will be held in LSC North Ballroom from 9 a.m.-2 p.m. on Thursday, Nov. 12.

Health Fair

CSU is committed to supporting employee health and wellness by providing flu shots, preventive health screenings and biometrics at the 2016 Health Fair.

Employees enrolled in CSU Anthem medical plans are eligible for free flu shots and lipid/glucose testing (fasting required). Blood screenings for thyroid, prostate, hemoglobin A1c for diabetes, and C-reactive protein to measure general levels of inflammation in the body will be available for \$15 each. Prior registration is required for flu shots and blood draws. Free biometrics assessments also will be offered for blood pressure, pulse, height, weight and calculation of body mass index.

Employees participating in CSU Anthem medical plan may participate in the university’s FITlife health and financial wellness program.

“A \$150 incentive, double last year’s amount, may be earned for participation in the health fair,” said Suhr. “However, participants must also create an anthem.com Healthy Lifestyles account, complete an online well-being assessment and a financial retirement check-up with a CSU-approved vendor.”



The dates and locations of the Health Fair are:

LSC North Ballroom

9 a.m.-2 p.m., Thursday, Nov. 12
7:30-11 a.m., Tuesday, Nov. 17
7:30-11 a.m., Wednesday, Nov. 18

LSC Rooms 382-386

Noon-4 p.m., Friday, Nov. 20

Registration and more information is available online at hrs.colostate.edu.

Determining what medical plan you should enroll in can be a difficult decision – but Human Resources and Anthem can help! Learn how to use the Medical Cost Comparative Tool at a help session in Room 175 of the Morgan Library.

Tuesday, Nov. 3, 9-11 a.m.

Monday, Nov. 9, 9-11 a.m.

Friday, Nov. 6, 1-3 p.m.

Thursday, Nov. 19, 1-3 p.m.

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ENTERTAINMENT CALENDAR

Art & Literature

Alyssa Hinton: Earth Consciousness and Cultural Revelations

Opening Reception with the artist
Duhesa Gallery, Lory Student Center
Nov. 13, 5–7 p.m.

Using vibrant colors that awaken the soul, mixed media artist, Alyssa Hinton, illustrates a theme of cultural regeneration through her unique southeastern Native American imagery. Her work is a provocative portrayal of the folklore and history surrounding her roots, utilizing tradition and vision with a contemporary edge. Sponsored by Campus Activities and the Lory Student Center Arts Program. Free and open to the public.

Scrimmage: Football in American Art from the Civil War to the Present

University Art Museum
University Center for the Arts, 1400
Remington St.
Closes Dec. 18



The exhibition brings works from major museums and private collections by important artists from the 19th through the 21st century including Winslow Homer, Frederic Remington, George Bellows, John Steuart Curry, Thomas Hart Benton, Andy Warhol, Robert Rauschenberg, and a host of others. Through paintings, prints, sculpture, photography, and new-media art featured in this exhibition, football can be read as a cultural narrative that reflects attitudes and transitions in our country's history. There are two final gallery talks scheduled as part of the exhibit:

Talkin' Success: Nov. 12

Robert Gudmestad, associate professor, history. On football's supplanting of baseball as America's game.

Talkin' Back: Dec. 3

Linny Frickman, director, University Art Museum. On the art museum as a site for discussion of sports and cultural issues.

Free and open to the public.

Music

Hansel & Gretel, by Engelbert Humperdinck

Griffin Concert Hall
University Center for the Arts, 1400
Remington St.
Nov. 6-14 | csutix.com

Based on the fairy tale from the Brothers Grimm, the opera tells the familiar tale of two children who happen upon a mysterious Gingerbread house in the woods, and are captured by a Witch who wants to eat them. A beautiful version of the familiar fairy tale, this production is a wonderful first-time opera experience, especially for families with little ones. Presented by the Ralph Opera Center with the CSU Sinfonia.

Frank Waln & The Sampson Brothers

Lory Student Center Theater
Nov. 12, 7-9 p.m.
ramevents.colostate.edu

Frank Waln is an award-winning Hip Hop artist/producer/performer. He uses his voice, music and performance to address the media's misrepresentations of Native Americans and to address the issues effecting Indigenous communities. The Sampson Brothers are world-renowned dancers, who strive to promote cultural pride, unity, and hope by setting a positive example through art, education, and dance, breaking stereotypes and creating opportunities for generations to come.

The Silvertones and Dickens Carolers Sing in the Holidays

Griffin Concert Hall
University Center for the Arts, 1400
Remington St.
Nov. 21, 2 p.m. | csutix.com

As your thoughts turn to winter and the approaching holiday season, let these two ensembles of the Larimer Chorale put you in the proper frame of mind with a concert that celebrates a Hanukkah, Christmas, a bountiful harvest, peace and gratitude.

Parade of Lights preview

University Center for the Arts
1400 Remington St.
Dec. 3, 6-8 p.m. | csutix.com

The CSU Marching Band returns for the 2015 9NEWS Parade of Lights, leading the annual event through the streets of downtown Denver on Friday, Dec. 4. Get a hometown 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, and stay for the Annual Holiday Spectacular.

Theatre & Dance

Superior Donuts, by Tracy Letts

OpenStage Theatre and Co.
Magnolia Theatre, Lincoln Center
Through Nov. 28 | lctix.com



From the Pulitzer-Prize winning author of *August: Osage County* comes a sticky sweet comedy about a has-been hippie in a decrepit Chicago donut shop and his ragtag band of regulars. When Franco, a fresh, fast-talking and ambitious new employee, folds himself into the mix, the smell of change invades the rundown storefront. Featuring donuts from Lamar's at every performance!

A Tuna Christmas

Bas Bleu Theatre
401 Pine St.
Nov. 14-Dec. 27 | basbleu.org

"A Tuna Christmas" takes place in fictitious Tuna, Texas. How can only two actors make fun of such a big state? First, it's an easy target and secondly, they each play 10 different male and female characters ranging from radio announcers to pre-teens to elderly aunts to a middle-aged woman who owns the local used weapons store.

A Winter's Tale, by William Shakespeare

University Center for the Arts
1400 Remington St.
Dec. 4-13 | csutix.com



This "tale" of marital love and blind implacable jealousy has terrible, shocking consequences, yet evolves into a moving recognition of love and redemption. It's also the play with Shakespeare's most famous stage direction, *Exit pursued by a bear*, as well as some fanciful comic invention, storytelling, music, and dance.

A portal for ideas from on-campus entrepreneurs

By Kate Hawthorne Jeracki

In the 21st century, not all technological innovations come from scientists working on grant-funded projects. More and more, innovation comes from people looking for a better way to do their everyday jobs – and technology makes it possible for them to share their new ideas.

Take Jeremy Podany, for example. The director of the Career Center at Colorado State University knew, from his decade and a half in career services, that there had to be a more efficient way for students to learn about and, more importantly, use the wealth of services offered by his center.

“Our website was, frankly, a mess,” he said. “We had 30 to 40 resources on our website that were hard to find and hard to define. There was no way for students to easily discern what resources were right for them.”

As a result, the Career Center wasn’t able to assist as many CSU students as it should have. So Podany brought an idea to the Career Center’s web and app developer Chris White that would rethink the entire process.

“As we talked about it, we realized we needed something like Cars.com,” he recalled. “Students should be able to



Career Center Director Jeremy Podany and web app developer Chris White with their innovative portal for student career advising, created at CSU and now in use by universities around the nation. Photo CSU Photography

type in what they were looking for and the site would search and sort according to those keywords. You should be able to enter as many keywords as you want and then be able to go directly to the resource once the results are returned.”

Sounds so simple now, but in 2012 there was nothing like that in university career advising, according to Podany. That year, the Career Center’s 40 online resources received a total of about 2,500 clicks, with some getting less than 10 clicks annually.

With the Career Tools redesign, the site now offers students 480 searchable

and sortable resources – which receive 13,000+ page views annually.

“Based on feedback from around the nation, we knew that Career Tools had some commercial potential, so in 2013 we built a version to export to other career centers,” Podany said. “We didn’t create it to make money, we just wanted to serve students better.”

While Podany had no desire to start running his own company to market Career Tools, he did want to make it available to others in his field – and making some money that could go back into the Career Center would be an extra bonus.

Support from CSU Ventures

So he turned to CSU Ventures, the technology transfer arm of CSU. CSU Ventures has helped researchers turn their work in science and engineering labs on campus into marketable products, resulting in 590 inventions, 115 patents, 196 licenses, 30 startup companies and \$5.94 million in revenue to CSU in the past five years alone.

But Podany’s product was a different animal. In essence, the product was already developed, and it was selling itself to its own very important but narrow market.

He and White created the site Campuscareerinnovations.com for other university career advising professionals, and CSU Ventures hosts it.

“This is just one way in which CSU Ventures has evolved to better serve Colorado State’s creative faculty and staff,” said Todd Headley, CEO of CSU Ventures.

Podany, who admits he’s probably an entrepreneur who just happens to be good at career services, is thrilled that Career Tools has been adopted by more than a dozen colleges and universities in its first six months, and is growing in popularity.

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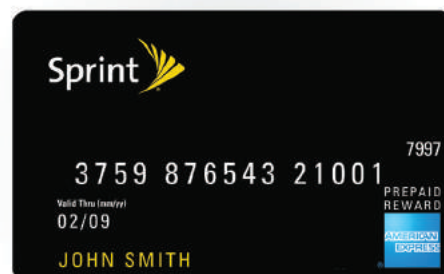
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Reinventing the wheel: How do you commute?

This month's alternative transportation commuter is Marilyn Morrissey who works in Sponsored Programs in the University Services Center on Howes Street.

Marilyn decided not to purchase a staff parking permit this year and began using her RamCard to ride the bus from the Rolland Moore Park area of Fort Collins – for free – this summer.

How many days a week do you commute by bus?

I ride the bus 3-4 days a week. Usually once a week, I get an early start and decide to drive in as (on-street) parking won't be a problem.

How long does it take to commute to work? How does that compare to driving yourself?

Figuring in a two-and-a-half block walk from my house and the walk from CSU Transit Center to the USC, it takes a good half hour. But if you consider that I just put in some exercise time, that is an added time efficiency. Driving to work, hunting for parking and walking from my car to my office probably is no more than 15 minutes, unless I have to park very far away.

Describe your route.

Buses 19 and 7 have every half-hour routes down Shields Street. During the summer, routes are every hour.



Marilyn Morrissey takes Transfort to campus most days. Photo by Kyle Deuschle.

Do you do anything along the way, either to or from campus (day care stops, workouts, etc.)?

I may stop and pick up a coffee at the LSC before I head up to my office (after I arrive at CSU). I occasionally have early morning meetings in the Morgan Library and can go straight from the transit center.

I've taken Around the Horn for meetings on campus. Although I could walk, sometimes Around the Horn is faster.

How do you prepare for your commute? Anything that is different than if you drove?

There is not much difference, other than making sure I have walking shoes and preparing to take the bus a half hour earlier if I have an early meeting.

How do you spend your time on the bus?

I usually have a book with me but the time on the bus is very short. The walk is the longer part. Usually I just relax for a few minutes.

What concerns did you have before taking transit to CSU?

I didn't realize the bus would run often enough that I wouldn't really need to change my schedule. I can get to the office when I want to.

How do you manage workday business trips without having a personal vehicle on campus?

From my office, I've walked downtown on business and I've taken the MAX (bus rapid transit down Mason Street).

How does the cost compare to driving and parking on campus?

A tank of gas lasts longer than it used to, for sure. I think it is not only that I save by not commuting to work but I save by not driving at lunch time. And I think about what I can do by walking from my office since I don't have the option of stopping on my way home.

What advice would you give to a fellow employee who is on the fence about using alternative transportation to commute?

There are a lot of options, considering the bus lines and the MAX and Around the Horn going all the way up Centre Avenue. Some people park at the south transit station and take the MAX in (to campus).

One of the efficiencies is that you combine exercise time with commute time, as you will end up walking more. As I walk more, I've learned that I can get places quicker than I thought. There are no traffic jams or hunting for parking when you walk.

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SECRET LIFE OF CSU

Aparna Gollapudi: Second chance to dance

By: Diego Felix

When off the clock, Aparna Gollapudi, associate professor of English at Colorado State University, makes up for lost time by practicing classical Indian dance — a childhood dream of hers, which until early 2014, was left unfulfilled.

As a young girl growing up in New Delhi, India, Gollapudi can remember watching classical Indian dancers at social functions and on TV. She recalls being captivated by their graceful energy.

“I always wanted to learn how to dance when I was younger, but never did,” said Gollapudi. “Then, once I got the job at CSU, got settled, both my kids went away to college, was when I decided this might be the right time to begin.”

When selecting the brand of classical Indian dance to study, of which there are eight, Gollapudi contacted an instructor specializing in the southern style, Bharatanatyam, after seeing the instructor’s students perform at holiday celebrations hosted by the India Association of Northern Colorado.

Originated in the temples of Tamil Nadu, the southernmost state in the Indian Peninsula, Bharatanatyam is characterized by its elegance, elements of worship and emphasis on isolated body movements. Gollapudi, who now meets with her instructor twice a week for private lessons, said she enjoys learning something challenging.

“It kicks your butt when you have to learn a particular movement, which may only last five seconds, but takes an hour to get right in practice,” said Gollapudi. “Once you get it, it’s awesome.”

Few colleagues know of her out-of-office hobby and she said the topic of dance lessons only comes up when explaining why she cannot attend the occasional staff meeting. Currently, Gollapudi and another woman are preparing a piece for the IANC’s annual Deepanjali program, scheduled Nov. 7, at Ridgeview Classical Schools in Fort Collins. She said dancing makes her feel like part of a larger network and more connected to her Indian ancestry.



Aparna Gollapudi, pictured on the far left, performs a Bharatanatyam piece with two other women during a 2014 Deepavali festive in Fort Collins. Photo courtesy of Aparna Gollapudi.

“The reason why I am so drawn to it is because it accesses a quintessential part of my past and my roots,” said Gollapudi.

CSU hired Gollapudi in 2006, the same year she earned her doctorate in english from the University of Connecticut, and six years after she migrated to the United States from India with her two children. Gollapudi said she is thankful to live in a place like Fort Collins, where opportunities to learn Bharatanatyam exist.

“I don’t know where I’ll go with this but it’s an awesome second chance,” said Gollapudi. “[Dance] is something that I thought was gone from my life but now it’s back. So in that way it’s a gift—the fact that I’m learning it now.”

Do you or one of your co-workers have an interesting hobby or passion outside of CSU? Let us know at csulife.colostate.edu, with Secret Life in the subject line.

Spam filtering in Office 365

By Dave Hoffman

Now that you’re on Office 365 — ACNS completed the all-campus email migration in October — you may notice a few changes in how junk mail is delivered.

In the past, ProofPoint anti-spam software removed all “definite” spam and quarantined the “probable” spam messages. Proofpoint would send daily digest emails giving users a choice in how to handle quarantined email.

Starting the week of Nov. 2, spam filtering will be handled by Microsoft. “High confidence” spam will still be removed, but “probable” spam (rated 5-9 out of 10 by Microsoft) will be delivered to your junk mail folder in Office 365.

As an Office 365 account holder, you can manage your junk mail in several ways:

1. You can check it every so often and mark junk folder contents as either safe, trusted or blocked.

2. You can also change your level of protection up or down if you feel Microsoft is filtering too much or not enough. If you do change these settings, be sure to check your junk folder more often to see the results.

For instruction on how to use these new features, you can visit the following websites.

Safe, Trusted and Blocked email settings:

<https://support.office.com/en-us/article/Block-or-allow-junk-email-settings-48c9f6f7-2309-4f95-9a4d-d982c8d52f6b>

Junk Mail Level of Protection Settings:

<https://support.office.com/en-us/article/Change-the-level-of-protection-in-the-Junk-Email-Filter-e89c12d8-9d61-4320-8c57-d982c8d52f6b>

Dave Hoffman is a project manager in the Telecommunications Department of ACNS.

PET HEALTH

Fall allergy woes affect our furry friends, too

By Dr. Jennifer Schissler

Do you suffer from seasonal or year-round allergies? You might be surprised to learn that pets often do, too. In fact, ear infections and skin allergies, which are often related, are the top two reasons people take their dogs to the vet; these conditions are among the top 10 reasons people seek veterinary care for their cats, according to VPI Pet Insurance.

Allergies can be seasonal or year-round. Environmental allergy can be triggered by indoor allergens, such as mold and dust mite; plant allergens, from grasses, trees and weeds, can irritate both indoor and outdoor animals.

As in people, fall ragweed season can bring about allergy flares in pets. In Colorado, springtime allergy season may start as early as February, with juniper and cedar pollination.

And, just as in humans, pet allergies may be caused by food ingredients. Food allergy is identified and treated through an elimination diet trial prescribed by your veterinarian. Of note, the vast majority of over-the-counter diets do not meet the requirements of a diet trial because of ingredients and/or methods of preparation.

How do you know if your pet has an allergy?

Signs in dogs:

- Licking, biting and scratching, especially legs, feet, face, armpits, groin and rear
- Red, dry, greasy, scaly, malodorous skin
- Scabs, small red bumps and halo-like sores; hair-loss, caused by secondary bacterial infection
- Scratching the ears, shaking the head, discharge/odor from the ears

Signs in cats:

- Licking, biting and scratching of skin, and pulling out hair
- Bald patches or shortened hair
- Red, raised, moist patches of skin on the abdomen or thighs
- Swollen lips or chin
- Severe face scratching
- Small scabs on the skin, often on the back and neck
- Scratching the ears, shaking the head, discharge/odor from the ears

Diagnosis is made by ruling out other causes of itch, such as mite infestation. Allergy tests are not recommended as the sole means of diagnosis because false-positive results are common.

All breeds of dogs and cats are affected by allergy. The most common dog breeds we see with allergic skin disease include: Golden Retriever, West Highland White Terrier, Cocker Spaniel, German Shepherd, Bull terrier breeds, English bulldog and French bulldog.

There is no proven way to prevent allergies in dogs and cats. Genetics likely play a role. Early exposure to allergens, parasites and bacteria may influence allergy in variety of ways, but much remains to be discovered.

Allergy must be treated; it is never cured

Food allergy is treated with a restricted diet.

Complete avoidance of offending non-food allergens is impossible, therefore medical therapy is needed. Two main treatment strategies are immunotherapy and anti-inflammatory medications. Immunotherapy is administration of allergens by injection or drops given by mouth to promote tolerance. Allergy testing, via blood or skin, determines the ingredients included.

There are several anti-inflammatory options for treatment of allergies in dogs and cats. In addition, there are several exciting new medications for dogs that specifically target a chemical cause of itch (IL-31) with minimal side effects. Responses to medications are individually variable, and some animals will need a combination of treatments to optimize response.

In addition, patients often benefit from treatments applied to the skin to remove pollens, correct dryness and greasiness, and prevent secondary infection.



Dr. Jennifer Schissler is a veterinarian with the Dermatology and Otology service at Colorado State University's James L. Voss Veterinary Teaching Hospital.

SAY HELLO TO HUXLEY

Provided by the Larimer County Humane Society.



Say hello to Huxley, a three-year-old Australian Shepherd mix. Huxley is a very energetic and playful dog. He would be a great companion for someone who loves to be active and take him for long walks and teach him tricks and obedience. He already knows how to shake and sit and is doing well with clicker training. Because he can be overstimulated during play it is recommended that he live in a home with no children. He can be yours for \$100.

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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Poinsettias for sale at the new Horticulture Center and Greenhouse

By: Courtney Deuschle

The new Horticulture Center and Greenhouses on campus are now open, and students and faculty in the agriculture programs are already hard at work. The new facility replaced the original PERC building constructed in 1949. They are now located on the corner of Bay Drive and Center Avenue.

The new and improved facility has allowed for an opportunity to expand and improve research and academic programs on campus. One program that will benefit from the new facilities is the Floriculture Practicum. This program is offered through the Department of Horticulture and Landscape Architecture within CSU's College of Agricultural Sciences, and one of the main projects for students in this practicum is growing and selling poinsettias for the holiday season.

The scientific name for poinsettias is *Euphorbia pulcherrima*, and they are one of the most popular plants during the holiday season: 1,800 plants representing more than 15 poinsettia varieties will be featured at this year's sale.



Steve Newman showed U.S. Deputy Secretary of Agriculture Krysta Harden around the new horticultural center during her visit in October. Below, students tend to their poinsettia seedlings. *Photo by CSU Photography.*

Poinsettias come in a range of colors from the notorious red to a pastel yellow. Starting at the end of November, the 20th annual sale of Poinsettias will begin. The students in this program take pride in growing what they see as the plant that embodies the holidays and the joy that they bring.

How do you pick the perfect poinsettia?

“What many consider the ‘bloom’ on a poinsettia is actually a cluster of colored leaves called a bract. Bracts are red, pink, white, yellow, speckled or multi-colored. The flower of the poinsettia is in the center of the bracts. explains Steven Newman, Colorado State University Cooperative Extension greenhouse crops specialist. “Choose a plant with dark green foliage and healthy bracts. Keep in mind that poinsettias with lighter colored bracts have lighter green foliage. Also, choose a poinsettia with little pollen showing on the flowers.”



Once you pick up your very own poinsettia plant, follow these tips from Newman to keep it healthy throughout the season:

Keep your poinsettia near a sunny window. Since poinsettias are indigenous to Mexico and Central America, they are considered to be tropical plants, meaning they appreciate natural sunlight. Poinsettias thrive on at least six hours of indirect, natural daylight. Avoid placing a poinsettia in direct sunlight; it may fade the bract color. If direct sun cannot be avoided, diffuse the light with a shade or sheer curtain.

To prolong the color of bracts, keep plants out of cold drafts and away from excessive heat. Ideal temperatures are 67 to 70 degrees during the day and 60 to 62 degrees at night. Temperatures cooler than that can hurt the leaves and cause them to drop prematurely. Plants with pale green, yellow or fallen leaves probably have a root disease, have been watered too much, have had an excessive dry period or weren't given enough fertilizer.

Water it on a regular basis, but don't drown it. Check the soil each day, and water the poinsettia whenever the soil feels dry to the touch. Plants in clay pots require more water, while those in plastic pots are easily overwatered. Apply water until water runs out of the drainage hole, but don't allow plants to sit in standing water. Discard collected water. The plants like humidity, so if it is dry in your house,

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Everyone at CSU who makes a charitable gift through the 2015-2016 Colorado Combined Campaign is automatically entered in a drawing to win fantastic prizes donated by local businesses. The Grand Prize is a free CSU parking pass for the 2016-2017 academic year, donated by CSU Parking and Transportation Services.

source.colostate.edu/colorado-combined-campaign/

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REINVENTING THE WHEEL
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Your Guide to Navigating Campus

High-powered supercomputer to boost Rocky Mountain research

By Anne Ju Manning

A supercomputer that can cut day-long computations down to seconds is coming to Colorado State University.

Colorado State's Information Science and Technology Center (ISTeC), in collaboration with the University of Colorado at Boulder, has received a \$2.73 million National Science Foundation grant to purchase a state-of-the-art, high-performance computing (HPC) system. Colorado State and University of Colorado will share the purchase and support of the system, which totals \$3.9 million. The system will be available to faculty, students and staff at both institutions to advance research and education.

"By far, this will be Colorado State's most advanced computing system ever," said H.J. Siegel, Abell Endowed Chair Distinguished Professor of Electrical and Computer Engineering at Colorado State. Siegel also has a joint appointment in the Department of Computer Science, and is the principal investigator on the grant.

Fast performance

The planned HPC system will have more than 10,000 cores, or processing units, with an aggregate computing capacity of approximately 500 teraflops, which are a measure of a computer's processing performance. That makes it very, very fast.

"If a scientific application that takes one day to execute on a high-end desktop can exploit the parallelism of our new system, its execution can be reduced from one day to 10 seconds," Siegel said.

High-performance computing supports research in a range of disciplines, including physics, engineering, materials science, earth science and bioinformatics. What's more, the new system will utilize the universities' combined resources to ensure users access to software, consulting, best practices, HPC courses and data management services.

"The architectural features of this next-generation, many-core supercomputer will enhance student learning as they design, develop, deploy, and execute applications," Siegel said.

Multidisciplinary collaborations

The system will be housed at CU in Boulder, and accessed through a fiber connection so it will perform as if it were on CSU's local network. Other members of the Rocky Mountain Advanced Computing Consortium, various universities and research centers in several states, will also be able to access the new system, which promises to facilitate research collaborations across many disciplines.



Colorado State grant principal investigators H.J. Siegel, Pat Burns, Edwin Chong and Jessica Prenni illustrate the evolution of computer processing power leading up to the university's latest supercomputer. Siegel is holding a 1950s magnetic core memory board; Burns, a computer punch card; Chong, a keyboard; and Prenni, a 1980s processor board. Photo by CSU Photography.

"We are pleased that, as a result of our successful collaboration with the University of Colorado, ISTeC can provide high-performance computing for the Colorado State campus," said Patrick Burns, vice president for information technology and a co-

principal investigator.

Other co-principal investigators on the grant at CSU are Edwin Chong, professor of electrical and computer engineering with a joint appointment in the Department of Mathematics; and Jessica Prenni, director of research

core facilities in the Office of the Vice President for Research with a joint appointment as an associate professor in the Department of Biochemistry and Molecular Biology. The principal investigator at CU is Thomas Hauser, CU's director of Research Computing.

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Reframe campaign helps change conversation about violence

By Women and Gender Advocacy Center staff

Reframe, a new campus-wide effort, is aimed at getting community members to start thinking and acting differently to help end interpersonal violence. The initiative is intended to help all students, staff and faculty reframe conversations about sexual and interpersonal violence in a way that teaches consent, provides skills for intervening and ways to respond to problematic language and behaviors.

“The numbers of survivors on campus is staggering. Here, at CSU, we know that 60 percent of incoming students indicated having some level of first or secondhand experience with interpersonal violence,” said Monica Rivera, interim director for the Women and Gender Advocacy Center. “Additionally, our advocates serve an average of five to seven survivors a week. Interpersonal violence is a critical issue in terms of Title IX and the retention of students.”

Many staff and faculty care deeply about this issue but may not know how to best support students who have experienced interpersonal violence.

“Ninety-eight percent of students on campus who have been harmed were harmed by someone they know and trust,” Rivera said. “As a result, we work with survivors on a regular

basis who are forced to sit in the same classroom with their perpetrators, who are experiencing harassment or are struggling with victim-blaming language around them. Unfortunately, as a result, we lose students each semester due to drop out or transfer.”

Reframe offers valuable tips for staff and faculty to help create a less victim-blaming culture on campus.

- When possible, allow students to select their own small groups for projects. This allows survivors to select people they feel safe working with and avoids the potential of unknowingly being placed in a group with their perpetrator.
- Keep in mind that many survivors experience physiological and emotional changes after trauma. Some of these include: Difficulty concentrating, sleep and/or eating disturbances, flashbacks, nightmares, withdrawal from people and places, fear of judgment and/or fear of additional physical harm should they tell anyone.
- When holding office hours, give the student the choice for an open or closed door or even to meet in a public space.

- Include a statement of support and/or Victim Assistance Team resources on your syllabus. For a sample statement go to: <http://oeo.colostate.edu/title-ix-sexual-assault>.

- Plan ahead for what you will do when a student discloses to you. Do you know supportive phrases and statements to help your student? Do you know the policy on mandated reporting and who you would refer a student to for confidential support?

- Avoid using the word “rape” as a euphemism or synonym for “success/winning”. (ie. “You all totally raped that test!”) Be sure to interrupt victim-blaming language when you hear others use it as well.

“We know that the only person responsible for sexual assault is the person who commits it — and we know that everyone has a role in prevention,” Colorado State President Tony Frank said. “We also know that learning how to talk about and fully understand these issues and the dynamics around them can be difficult. The Reframe campaign is designed to empower all of us to get involved and help make our campus a safer place for everyone.”

For more information about Reframe, visit www.reframe.colostate.edu.

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Wines of Fall

Fall has hastened into winter and as the mercury drops, the cold weather brings on thoughts of heartier comfort foods to eat, and hearty winter wines to drink. The crisp whites and flavorful wines of the summer are replaced with the warm scents and flavors that we've come to expect from hearty reds. A glass of red wine is as comforting on a cold day as a roaring fireplace, to chase the chill away. The light entrees, BBQ fare and salads that sustained us all summer are replaced with our favorite winter comfort foods. Whether it's the special chili you make on weekends with the game on, or maybe it's your favorite slow cooker meal or a pot of hearty soup. Then there is the Holiday prime rib roast. The list goes on, but you get the picture. These aren't your wimpy dishes and they need wines to be able to stand up to them. Think rich, think powerful, think red. Pair heavy with heavy and light with light. You don't want your food to overwhelm the wine, and you want the wine to complement instead of clash. Cabernet Sauvignon, Australian Shirazes, Pinot Noirs, Zinfandel and Nebbiolo are the classic winter warmers and will pair well with hearty winter dishes.

First up, the "king of reds" Cabernet Sauvignon. A typical Cabernet will display flavors of currant, plum, black cherry, and spice.

also be marked by herb, olive, mint, tobacco, cedar and anise, and ripe jammy notes and high tannins. Whether it be a classic Napa Valley Cabernet or a red Bordeaux, Cabernet is best paired with red meats, flavorful and heartier (red) pastas, lamb, strong-flavored cheese, game dishes and even chocolates.

Next is Syrah/Shiraz, which is a typically rich, complex with pronounced pepper, spice and black cherry flavors, a smooth, supple texture and smooth tannins. It's a very flavorful wine that needs very flavorful food. Shiraz is great for grilled meats or veggies, wild game, richly flavored red meats, beef stew and meat lover's pizza.

Don't forget Zinfandel. Zinfandel has been California's quintessential red grape since the mid 1800s. Known for its rich, dark color jammy fruit, medium to high tannin levels and a higher alcohol content. Zinfandel runs the gamut from light fruity wines, to a full-bodied ripe, tannic styles, to a late harvest port-style. Flavors include: raspberry, blackberry, cherry, plums, raisins, spice and black pepper all wrapped around various intensities of oak. Pair Zinfandel with sausages, beef, lamb and pork dishes. Chiles and BBQ ribs are a classic match.

Pinot Noir is the great grape of Burgundy. The best offer the classic black cherry, plum,

raspberry and currant flavors, and aromas of earth, tar, and herb. Pinot Noir is well-suited to pair with poultry (including your Thanksgiving turkey), beef, fish, ham, lamb and pork. It may just be one of the world's most versatile food wines.

Another favorite winter warmer is Malbec. This inky dark, medium to full-bodied, dry red wine has plenty of acidity, higher tannin and alcohol levels. Given its high tannin content this wine needs big food. Think braised meats served in their own reduction.

If Cabernet is the "king of reds" Barolo is the "wine of kings." This hearty red from Italy's Piedmont region made from the Nebbiolo grape is known for being both powerful and delicate. Very tannic and acidic in its youth many Barolos are approachable after just six or so years and become velvety and complex with age. Tar, roses, herb and violets are common descriptors for Nebbiolo. These aromas, together with its rich, earthy flavors, make Barolo the perfect winter wine that can stand up to the heartiest of hearty dishes. Consider flavorful meats including game meats, cheeses, spicy Italian meats and well-aged Parmesan cheese.

Most importantly, ask us. We are here to assist you in selecting the perfect wine to make your favorite fall meal memorable and chase the chill away.

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Celebrating the Administrative Professionals community at CSU

By Tosha Jupiter

It's a fun morning when you get to have a coffee chat with Kimberly Stern, Colorado State University's director of social and digital marketing. Stern recently joined the members of the Administrative Professional Council's Communications Committee to talk about ways to increase social engagement within the Admin Pro community. She shared insights based on what has worked for her team when creating community among different groups, and since she's an ace social communicator, she had some questions for us, too.

"So why'd you join APC, anyway?" she wondered. Every committee member had different reasons: understanding shared governance, increasing leadership skills, and generally getting to know campus better were among the answers. But everyone also nodded in agreement that meeting such a diverse cross section of campus Admin Pros was a huge benefit of being involved with APC.

We're grateful to know and work with so many inspiring people. Meet some of the Admin Pros doing good work around campus:



Duan Ruff
Assistant Director of the Black/African American Cultural Center
Duan has worked at CSU for nearly three years.

"Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present. The present moments in my job provide a lifetime of joy, love, and happiness."



Bethany Geisert
Administrative Coordinator at the Everitt Real Estate Center
Bethany has worked at CSU for nearly two years.

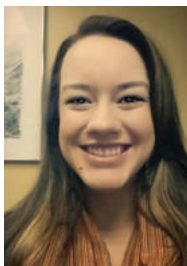
"As a CSU Alum, it was very meaningful to come back and work here. Doing so has really made me look differently at CSU than I did when I attended. Seeing how dedicated our staff and industry partners are to the next generation of leaders is motivational. I love the people I've met here, and treasure the relationships formed across

departments and across campus. We are all a big Ram family – and you can feel that support every day."



Taé Nosaka
Director of the Key Communities/University Learning Communities Coordinator
Tae has been in a professional role at CSU for 15 years.

"I am living my purpose. I know firsthand from my own experience as a first generation student coming to CSU the impact of having faculty and staff who believe in you and care for you while holding very high expectations and providing an environment conducive to learning. I believe in the purpose of my work because I believe that all students deserve the opportunity, the belief, and the care that I got."



Rachael Johnson Assistant to the Dean of the College of Liberal Arts for External Relations
Rachael has worked at CSU for 1.5 years.

"I was incredibly excited for the chance to come back to my alma mater two years after graduation. My job allows me to focus on my passions for storytelling, relationship-building, training, and staff development. We have really fabulous stories coming out of our college. Finding and telling these stories is my favorite part of my job, and I love what they say about human connection, empowerment, and advocacy. I also really appreciate being connected to the Native American community at CSU. Though it is not a focus of my job, being an active member of my Native community makes coming to work feel culturally relevant, and that is extremely important to me."

Want to know more?

All CSU Administrative Professionals are welcome to APC meetings and events. You can join committees, too. Learn more at ap.colostate.edu. Love your job? Doing something cool? Share your AP story with us. Email tosha.jupiter@colostate.edu.

Campus Trivia with Russ Schumacher



Many people across campus knew the answer to last month's question: Dr. Albert Yates was CSU's president in 1997, and his Fall Address that year was the first one to incorporate the now-traditional University Picnic on the Oval. It started as an appreciation for the many volunteers who helped the University rebuild after the massive flood in June.

Jan Morgan, administrative assistant in the Department of Marketing in the College of Business, had her name selected at random from all the correct answers to receive the coveted CAM the Ram bobblehead autographed by Russ Schumacher of the Department of Atmospheric Sciences – the winningest Ram to ever appear on *Jeopardy!* – and a gift certificate to Wild Boar Coffee.

Jan has worked in Rockwell Hall for 31 years – 30 of them with the College of Business. So she remembers

President Yates and the Spring Creek Flood of 1997 very well. Even though Rockwell wasn't flooded, Jan said that one of the many additions to the building on Laurel Street was underway at the time.

"They had just put up the walls, but there was so much rain, they had to take them down and start over," Jan recalled.

Speaking of buildings under construction, this month we celebrate the groundbreaking for the University's new Biology and Chemistry Research buildings with a question about CSU's distinguished faculty in the College of Natural Sciences.

Q. Name the two CSU professors who are members of the American Academy of Arts and Sciences. Extra credit for the name of the one who is also a member of the National Academy of Sciences.

Email your answer to csulife@colostate.edu with November Trivia in the subject line by Nov. 30. CSU Life staff will select the winner from all the correct entries received.



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CSU COOKS

Pumpkin Alfredo



Pumpkin is typically known as a pairing for sweet items, but it can also be a delicious addition to a savory dish. Try this recipe from Live Eat Play Colorado - a delightfully different dish to bring to a Thanksgiving feast.

Ingredients:

- 2 tablespoons unsalted butter or oil
- 1 large shallot, minced
- 1 cup pumpkin puree
- 1 tablespoon chopped fresh sage (or 1 teaspoon dried)
- 1 cup low-fat milk or milk substitute
- 1 cup half-and-half
- 1/2 cup (2 ounces) freshly grated Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Melt butter or warm oil in a medium saucepan over medium-high heat. Add shallot and cook until softened; 2-3 minutes.
2. Add pumpkin and sage; stir for 30-60 seconds to combine. Add milk and half-and-half; stir well. Bring to a simmer, reduce heat to medium low, and continue to cook until thickened and slightly reduced; 4-5 minutes.
3. Stir in cheese, salt, and pepper. Taste and adjust seasonings accordingly
4. Pour over pasta of your choice.

Nutrition Information / Amount per serving:

Calories 156 | Protein 6 g | Total Fat 11 g | Total Carbohydrates 9 g
Saturated Fat 0 g | Dietary Fiber 1 g | Cholesterol 34 mg | Sodium 238 mg

For more information on Live Eat Play Colorado, visit the website at liveeatplay.colostate.edu

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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:
Ara Pathways.....\$9.99
Marlborough, New Zealand

Pinot Gris

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

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

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BOOK REPORT

CSU biologist captures ethics, history in sci-fi fantasy

By Sarah Sparhawk

Wildlife biologist by trade, but published writer by profession.

Adam Gaylord is a research associate in Colorado State University's biology department. Teaming up with Google, Gaylord and his lab colleagues work to map methane leaks across the country with the use of the Google Street Car. But all it took for him to make the jump to sci-fi fantasy writer was one book – one really bad book.

"I was working on some seasonal work in Idaho and picked up a second-hand book — it was a fantasy book, urban fantasy, and I read it and it was just awful - just really terrible," Gaylord said.

Gaylord knew this "bad book" was something that he could improve upon. A big time reader and a writer of mostly short stories for about a decade, he was inspired to begin what would become his first published novel.

"The really good books have never been the ones to inspire me because I'm always like, 'Well, I can't do that,' he said. "But this really terrible book, it was like, 'Wow, not only did this book get published but at least two people read it cause I got it secondhand.'"

So, Gaylord started *Sol of the Coliseum*, an epic fantasy set in another world. Sol, the main character, has grown up in a place that mirrors the ancient Roman Coliseum of our world. He is forced to fight every day as a gladiator – until he becomes just a little too good for the main oppressive power's liking, according to Gaylord.

Although his book is fantasy, Gaylord said much of what he writes about comes from his own interests.

"...I always liked the concept of death for spectacle: being forced to fight, not really having a choice and needing to do what you had to do to survive," he said. "There are a lot

of interesting ethical problems that come from that and then there's a lot of fun battles and beast and weapons and all that good stuff to so I just kind of took it from there."

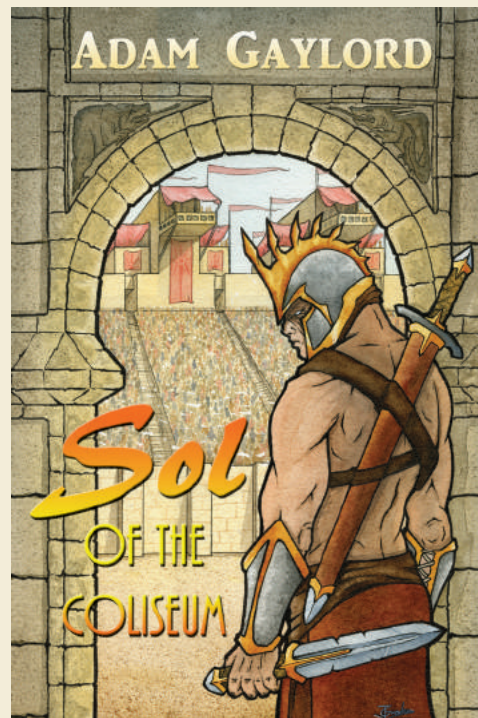
Even his experience as a wildlife biologist has helped Gaylord.

"It's where you get all the best 'beastie' ideas," he said.

Gaylord's novel became available for purchase on Sept. 17 through Amazon and the campus bookstore. Aiming for "escapism fiction," readers can expect an interesting, otherworldly adventure from *Sol of the Coliseum*.

"The thing I'm shooting for is for people to have an enjoyable time and get to a different world and spend some time there and get to know the characters," he said.

Follow Gaylord's blog to see tips on writing, read his short stories and find out what's next from him at <http://adamsapple2day.blogspot.com/>.



The cover art of Adam Gaylord's novel was done by Jon Guerdrum, a local Fort Collins artist whom Gaylord convinced his agent to go with rather than one the agent had picked out. Artwork courtesy of Adam Gaylord.

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Cans Around the Oval sets new record for donations to food bank

Cans Around the Oval this year raised 60,364 pounds of food and \$57,030 in cash from both the campus and Fort Collins communities for the Food Bank for Larimer County. This translates to a total impact of 345,514 pounds of food that will go to feed the hungry. Cans Around the Oval is the largest annual one-day food drive benefitting the Food Bank, now in its 29th year. In 2014, the effort raised 47,470 pounds and \$46,743 for a total impact of 234,444 pounds of food. Part of the difference this year is that the Food Bank is able to purchase 5 pounds of food for every \$1 of cash donated, up from 4 pounds last year, explained Jenn Rieskamp, program coordinate for the Student Leadership, Involvement and Community Engagement office at CSU, which leads the Cans effort every year. But with higher overall totals, the effort was exceptional. “Participating in Cans Around the Oval allows CSU students,

faculty, staff and community members to come together and make a huge impact and difference in the Fort Collins and Larimer County community,” she said. “Congratulations on a job well done by everyone involved!” Friendly competition for a good cause Each year, colleges, departments and units on campus and organizations throughout Larimer County engage in a little friendly competition to help boost donations to Cans Around the Oval. Based on total impact – food items plus cash donations – here are the winners for each category for 2015. The College of Business is the repeat top food gatherer for the ninth year in a row.



Overall Contest Winners:

- 1st Place:** College of Business - 57,555 lbs
- 2nd Place:** Rocky Mountain High School - 37,138 lbs
- 3rd Place:** College of Liberal Arts - 34,586 lbs



CSU Departments, Offices & Colleges

- 1st Place:** College of Business - 57,555 lbs
- 2nd Place:** College of Liberal Arts - 34,586 lbs
- 3rd Place:** Office of the Vice President for Research - 31,741 lbs

Student Organizations

- 1st Place:** Student-Athlete Advisory Committee (SAAC) - 12,828 lbs
- 2nd Place:** Beta Alpha Psi - 1,643 lbs
- 3rd Place:** Rotoract Club - 1,303 lbs

Greek Organizations

- 1st Place:** Pi Kappa Alpha - 5,966 lbs
- 2nd Place:** Sigma Alpha Epsilon - 1,274 lbs
- 3rd Place:** Zeta Tau Alpha- Total Impact 381lbs

Housing and Dining/Residence Halls

- 1st Place:** Corbett Hall Council - 3,973 lbs
- 2nd Place:** Parmalee - 2,200 lbs
- 3rd Place:** Braiden Hall - 1,428 lbs

Community Schools

- 1st Place:** Rocky Mountain High School - 37,138 lbs
- 2nd Place:** Kinard Core Knowledge Middle School- 14,572 lbs
- 3rd Place:** McGraw IB World School - 6,102 lbs

Fort Collins Community and Faith Based Organizations

- 1st Place:** First United Methodist Church - 7,495 lbs
- 2nd Place:** Plymouth Congregational Church - 5,226 lbs
- 3rd Place:** Fort Collins Coloradoan- 1,011 lbs

Remarkable Service Award



KYLE MAY DINING SERVICES

Dining Services is proud to recognize **KYLE MAY**, Production Cook at the Ram's Horn Dining Center, as the October recipient of the Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service. Kyle's manager, Chris Connelly, notes, "Kyle has gone above and beyond his normal job duties by spending countless hours training student hourly employees; even coming in on his days off. He has taken it upon himself to learn the roles in each venue so he can jump in and help whenever needed. If he has extra time, he seeks out others in need of assistance. The constant smile on his face and positive attitude make him a pleasure to be around."

Good job, Kyle!
Congratulations!

MONFORT PROFESSOR LECTURE

Kelly D. Martin

Associate Professor of Marketing, CSU College of Business

Consumption at the Extremes: Social and Cultural Influences.



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