



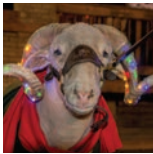
pg 6

*Cans around the Oval
results and totals*



pg 10

*Commemorative oak tree
planted for CSU Olympian*



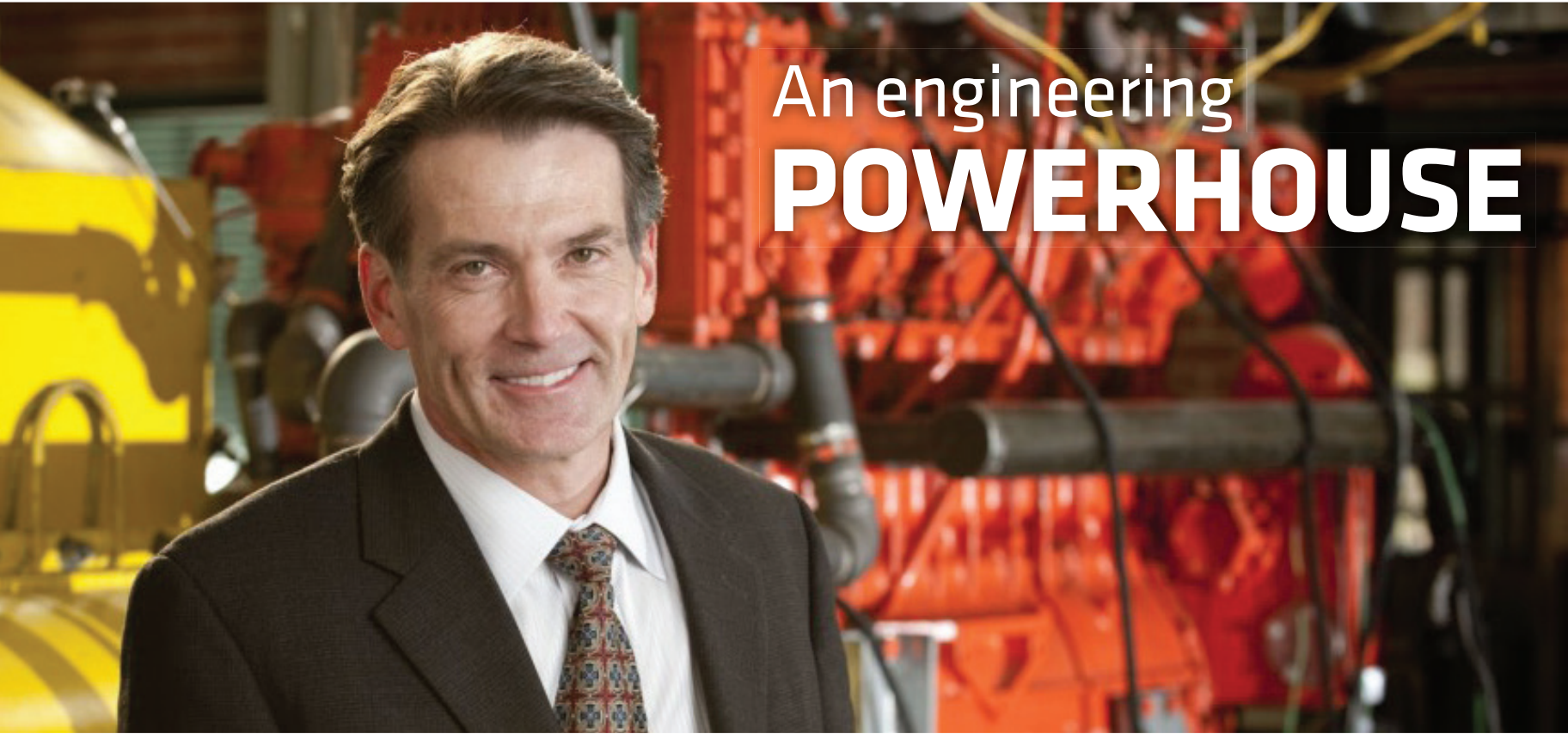
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*Marching band preparations
for Parade of Lights*



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*November Friendsgiving
recipe ideas*



An engineering POWERHOUSE

Bohemian Foundation's \$6 million gift creates Bryan Willson Presidential Chair

by Tony Phifer

Colorado State University professor Bryan Willson arrived on the Fort Collins campus more than 25 years ago to teach design. His students, and a passion for energy research, led him on a journey of discovery to find cleaner and more efficient ways to power our world.

He and a team of faculty, researchers and students worked together to create the Engines and Energy Conversion Laboratory, transforming the former municipal power plant in Fort Collins into a hub for innovation. (The complex has since evolved into the Powerhouse Energy Campus, where vision, innovation and business acumen come together to move technology to market, so it can benefit the world.)

A perfect match

It was 2002 when Willson's vision really came together. He was seeking financial backing for a project he believed could change the world, while leadership at the newly formed Fort Collins-based Bohemian Foundation was looking for opportunities to support a project that would change the world.

A powerful partnership was formed, and Envirofit became a reality.

"Bohemian Foundation became the first funder for Envirofit, but they were doing more than just writing checks," Willson recalled. "They were mentoring us in how to form a successful business. We made a lot of mistakes along the way, and Bohemian was a very patient funder. Ultimately that patience has really had an impact on the world."

Envirofit has blossomed into a for-profit business that has transformed the way meals are prepared by millions of people living in extreme energy poverty in the developing world. The company's high-efficiency cookstoves not only greatly reduce indoor air pollution, they require far less fuel and cook faster than traditional methods. Envirofit is one of the world's largest suppliers of clean-burning cookstoves.

That project also marked Bohemian Foundation's entry

into supporting sustainability projects on a global scale.

"Our experience with Envirofit and Bryan Willson really taught the Foundation an important lesson, and the lesson has to do with the role foundations can play, and that's to take a risk," said Joe Zimlich, CEO of Bohemian Companies and a member of the Bohemian Foundation Board of Directors. "With Envirofit we learned that taking a risk can have really good outcomes."

Putting CSU, Fort Collins on the innovations map

Willson's impact on the world – and CSU – is far greater than the creation and marketing of cookstoves; he and his team have made important contributions to engine technology, smart electric grids, advanced biofuels and reduction of greenhouse gas emissions. The Powerhouse Energy Campus and CSU Energy Institute, which Willson directs, are recognized as world leaders in energy innovation, and CSU and Fort Collins combine to form a recognized hub for discovery.

So, to honor his work and impact, Bohemian Foundation is providing a \$6 million gift to CSU to create the Bryan Willson Presidential Chair in Energy Innovation. Not only does the gift ensure that Willson will be able to continue his groundbreaking work, it allows CSU to recruit top talent for years to come.

"Bryan Willson embodies everything we cherish at CSU, fully embracing the land-grant mission to do transformative research that can improve the lives of all people," said CSU President Tony Frank. "His creations through Envirofit, including the remarkable cookstoves and two-stroke engine conversion kits, have greatly reduced pollution in the developing world, and CSU's Powerhouse is a remarkable facility that is helping researchers solve the world's clean-energy challenges. I can think of no one on this campus more deserving of this incredible honor.

"Thank you to Bohemian Foundation for your vision, generosity and support of this critically important work."

Prestigious honor

ABOUT BOHEMIAN FOUNDATION

Bohemian Foundation is a private family foundation established in 2001. Based in Fort Collins, Colo., Bohemian Foundation works to empower citizens and impact communities through its responsive grant-making programs and special initiatives. The foundation includes four program areas: Community Programs, Music Programs, Civic Programs, and Global Programs.

A presidential chair is the most prestigious honor CSU awards to a faculty member and supports salary, research, and operational costs. Such honors go to exceptionally gifted professors who have proved lasting impact in their field and academia. This will be the seventh presidential chair established at CSU.

"Bryan Willson's innovative ideas and his ability to implement those ideas has propelled the Energy Institute to the forefront of energy problem solving," said Joe Zimlich, board member of Bohemian Foundation. "With public and private partners and some of the strongest researchers anywhere, the Energy Institute is well positioned to develop solutions to the world's most pressing energy problems. Bohemian's gift is both a tribute to Bryan's ongoing leadership and an investment in our environment and in quality of life for people around the world."

APPLAUSE

COLLEGE OF NATURAL SCIENCES

Garret Miyake, assistant professor of chemistry and CSU alumnus, was awarded the 2017 ACS Division of Polymer Chemistry Mark Young Scholar Award. The biannual award is presented to scholars under 35 years old by the American Chemical Society’s Division of Polymer Chemistry. It recognizes excellence in research and leadership in polymer science, and is one of the most prestigious awards in polymer chemistry. Miyake was also recently awarded a 2017 Sloan Research Fellowship in Chemistry by the Alfred P. Sloan Foundation, which provides promising scientific leaders with \$60,000 for research.

COLLEGE OF VETERINARY MEDICINE AND BIOMEDICAL SCIENCES

Dr. Mo Salman, professor of veterinary epidemiology in the Department of Clinical Sciences, and founding director of the Animal Population Health Institute, was honored with the American College of Veterinary Preventive Medicine 2017 Helwig-Jennings Award for his outstanding and prolonged service to the organization. Salman is an

expert in preventive veterinary medicine and comparative pathology; his research interests focus on surveillance and survey methodologies for animal diseases with emphasis on infectious diseases.

WALTER SCOTT, JR. COLLEGE OF ENGINEERING

Russ Schumacher, associate professor in the Department of Atmospheric Science, became Colorado State Climatologist Oct. 6. He’ll continue in his academic role while taking on the added, vast responsibility of key statewide climate expert and spokesperson. As State Climatologist, Schumacher will lead the Colorado Climate Center. The center’s long list of activities includes drought monitoring for the National Integrated Drought Information System; operation of the Colorado Agricultural Meteorological Network; and administration of the Community Collaborative Rain, Hail and Snow Network.

BUSINESS AND FINANCIAL SERVICES

The CSU Employee Appreciation Board recognized the **Accounts Receivable and Banking Services**

units in Business & Financial Services on Oct. 2 with a catered lunch from Spoons and raffle of CSU swag.

Accounts Receivable is responsible for billing students and Banking Services is responsible for collecting payments. The staff from these units participated in the RAM Welcome Street Fair as a way to connect with students ahead of the major payment due date for the fall semester.

“As we don’t normally partake in orientation events, the staff members made banners and loaned personal items (table cloth, chairs and other materials) to use at the event,” wrote nominator **Suzanne Zimmerer**, manager. “We handed out Smarties, since we want our students to be smarties with their finances and paying their bills, and we had Life Savers since our offices can be life savers if students get into a bind regarding their bills and are willing to communicate with our offices.”

The group is planning on participating in the fair again next year with hopes of making it an even better event. Congratulations on a job well done!

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CONTACT US AT CSULIFE@COLOSTATE.EDU

The CSU Employee Appreciation Board recognizes employees for their hard work and promotes community spirit among CSU faculty and staff through events such as breakfasts and luncheons.

Each month, the Board hosts a prize drawing for all faculty and staff who submit an entry form, including a **coveted reserved parking space for a full month or tickets to a home football game.**

HAVE A DEPARTMENT OR OFFICE YOU WANT TO NOMINATE?
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Nominate a stellar colleague for the AP Star Award

by Administrative Professional Council

Who is the “shining star” in your area? You watch Administrative Professionals around you do amazing things every day. Give them the honor they deserve!

The Administrative Professional Council Awards Committee is now accepting nominations for the AP Star awards until noon on Jan. 26.

Winners will be announced at the APC Luncheon in spring 2018.

The AP Star Award was established to express appreciation for Administrative Professional employees by recognizing the accomplishments of those who have demonstrated outstanding individual performance at CSU. These AP Stars make a difference and “shine” in our CSU community.

When nominating an AP star, consider the following:

- In what ways has this person gone above and beyond in his or her work? This includes collaborating with other units and the campus community.
- How has this individual demonstrated work and life integration and supports it in their department or in others?
- In what ways has this person used resources in a more effective manner, i.e. doing more with less?
- How has he or she contributed to the professionalism and standing of administrative professionals at CSU?

Remember, anyone can nominate an AP for this award. Please take a moment and nominate a colleague who deserves recognition for shining in their job performance, collegiality, diligence, creativity, commitment and contributions to this fantastic university!



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HAPPY HOLIDAYS FROM CPC

The Classified Personnel Council serves to represent State Classified employees at Colorado State University by promoting, improving and protecting their role within the University system.

Below are some holiday resources from the CPC. We wish you a happy holiday season!

Employee Assistance Program (ComPsych)

call 800-497-9133
www.guidanceresources.com/groWeb/login/login.xhtml

CSU Community Resource Coordinator, Emma Chavez

Palmer Center, 970-658-6158,
or 316 General Services Building, 970-491-4839,
or by email at emma.chavez@colostate.edu.

State of Colorado Assistance Programs

www.colorado.gov/pacific/cdle/more-assistance

Toy through Toys for Tots

greeley-co.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx

United Way for Larimer County Holiday Assistance Programs

uwaylc.org/Get-Help

Weld County’s website

www.weldgov.com/services/children_families

Massage Therapy

Campus Recreation offers massages with registered Massage Therapists. They require a 24 hour notice to schedule a massage.

To make a reservation, call 970-491-6359 (press 9 when prompted).

csurec.colostate.edu/services/massage-therapy/

Gift certificates are available!

Cost:

30 minute massage \$27

60 minute massage \$45

90 minute massage \$65

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CANS AROUND THE OVAL 2017

Here are the winners for each category for 2017. Contest results are based on a calculation of food items & monetary donations and listed as total impact (\$1 = 5 lbs of food).

OVERALL WINNERS

1

93,014 lbs

COLLEGE OF BUSINESS

2

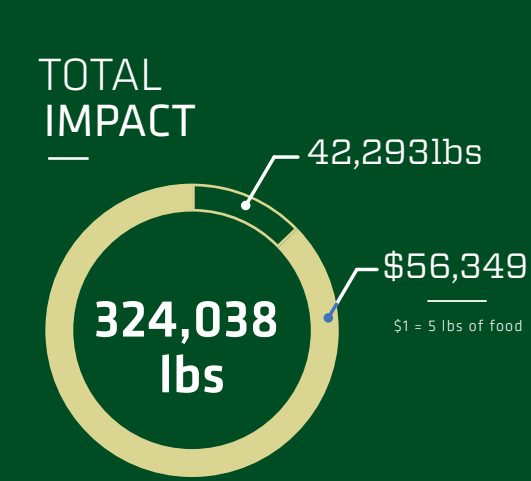
52,704 lbs

OFFICE OF THE VICE PRESIDENT FOR RESEARCH

3

26,650 lbs

ROCKY MOUNTAIN HIGH SCHOOL



HOUSING & DINGING/RESIDENCE HALLS

| | | |
|----------------------|---------------|-------------|
| 1 1940 lbs | 2 381 lbs | 3 368 lbs |
| CORBETT HALL COUNCIL | PARMELEE HALL | NEWSOM HALL |

COMMUNITY SCHOOLS

1 26,650 lbs

ROCKY MOUNTAIN HIGH SCHOOL

2 13,385 lbs

KINARD CORE KNOWLEDGE MIDDLE SCHOOL

3 9,116 lbs

LESHER MIDDLE SCHOOL

CSU DEPARTMENTS, OFFICES AND COLLEGES

1 93,014 lbs

COLLEGE OF BUSINESS

2 52,704 lbs

OFFICE OF THE VICE PRESIDENT FOR RESEARCH

3 15,585 lbs

ADMINISTRATION BUILDING 1ST AND 3RD FLOORS

STUDENT ORGANIZATIONS

1 3,425 lbs

ROTORACT CLUB

2 3,213 lbs

STUDENT-ATHLETE ADVISORY COMMITTEE

3 1,904 lbs

COLLEGE OF VETERINARY MEDICINE AND BIOMEDICAL SCIENCES COLLEGE COUNCIL AND * ASSOCIATED CLUBS

GREEK ORGANIZATIONS

1,500

701

375

FARM HOUSE

SIGMA ALPHA EPSILON

PI KAPPA PHI



Research and Cans: Another record for giving at CSU



by Jeff Dodge

Each year, the Office of the Vice President for Research breaks its own record in Cans Around the Oval, the canned food drive benefiting the Food Bank for Larimer County. This time it raised the equivalent of more than 50,000 pounds — once again winning second place in the Overall Contest Winners and the CSU Departments, Offices and Colleges categories.

Vice President for Research Alan Rudolph says that while it's a team effort among the approximately 135 employees in the division, a lot of credit goes to Marty Welsch, OVPR's human resources director.

"Marty deserves some recognition," he said. "She's been a leader in making us aware of the need in the community. Marty leads the whole division in stepping up and giving."

"Alan's been very supportive," Welsch said. "It's become ingrained in our culture."

This year for the first time, Welsch helped organize a division-wide silent auction on Oct. 11 to benefit Cans Around the Oval, and it raised more than \$1,900. OVPR employees donated their own auction items based on their skills, hobbies and belongings. One offered up knitting lessons, another baked a cake, a third donated a stay at the family cabin. There was also a rafting trip, dog food and swing dance lessons plus a long list of other items. The group also sold clear stadium bags bearing the OVPR name for \$5 each.

"We take it pretty seriously, but we have fun with it," Welsch said of the annual food drive.

She started working at CSU in 2001, in the president's office, and at the time, Cans Around the Oval was pretty competitive. The Administration Building always tried to raise more than the Associated Students of Colorado State University, Welsch said, adding that then-Vice President for Research Tony Frank was among the most ardent supporters. A few years later, when she started working for the OVPR, the energy and numbers had dropped off some, so she started sending emails to rally the whole division in the effort.

"I thought to myself, 'Let's do better,'" she recalled. "It seemed like an opportunity for us to really shine, to come together and make a difference. I've hauled a lot of cans over the years."

The Pride Center welcomes Dora S. Frias as new director

by Megan Shaw

This semester, the Pride Resource Center welcomed Dora Frias as the center's director.

Before accepting the new position, Frias worked as the director of the Latinx student services program in the Center for Identity and Inclusion at CU Denver. Frias planned events and programs and served on committees that impact the larger institutional policy of the center.

Working with CSU's Pride Resource Center will have some similarities to Frias' previous role, but many of the responsibilities will also come with a lens shift from race to LGBTQ.

"There will be increased advocacy and support for our queer and trans students," Frias said. "I'll be overseeing all the things within the center and ensuring that we establish inclusive environments."

In the past the Pride Resource Center has undergone several name changes.

"The Pride Resource Center really engages in being intentional around supporting the CSU community and increasing their understanding around sexual orientation, romantic identity, and our intersecting identities across that space," Frias said. "We will advocate for policy that makes CSU more inclusive for our students as well as our faculty and staff that hold these identities."

As an alumna of CSU, Frias is thrilled to become a staff member and rejoin the Ram community. She received her master's degree in the Student Affairs and Higher Education (SAHE) program.



"When I left CSU, Tony Frank had just started his presidency, so after observing some of the great things he has done I'm excited to be a part and contribute to that work," Frias said. "There are many incredible students at CSU doing fantastic work and I'm excited to work right alongside them."

When it comes to her future plans for the Pride Resource Center, Frias hopes to hold discussions with students, faculty, and staff so that she can take everyone's needs into consideration before moving on with any concrete plans.

"I'm a person that wants to tend to the needs of the community and it's going to take me a little bit of time to gauge what that is," Frias said. "In the first few months, my hope would be to engage in listening sessions to get a feel for what people need and want with the center. Then we can begin to craft what our plan is going forward."

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N175B50

Commission on Women and Gender Equity celebrates 20 years of progress

by Kate Jeracki

Shortly after she started working for Colorado State University 20 years ago, Dell Rae Ciaravola noticed a significant adjustment to her paycheck. She asked her female supervisor about it.

“She said that the University had just hired a man to do a job very similar to mine at a much higher salary,” recalls Ciaravola, now manager of risk and public safety communications for CSU. “She fought to get me equal pay, because she said women have to look out for other women. I’ve never forgotten that.”

When Sue James, then an assistant professor in mechanical engineering, told her department head that she was pregnant with her first child 20 years ago, it presented a literally unprecedented situation.

“No one in the department had ever given birth,” says James, now the head of the department, drily. “There was no policy for maternity leave, and my department head had never had to deal with anything like this before. But he was great, and luckily I had enough leave accumulated that we could work something out.”

When Temple Grandin first started designing handling facilities for major livestock operations more than 20 years ago, she says she faced more discrimination because she is a woman than because she is a person with autism.

“I’d get hired by the big boss, who liked my work, but then the middle managers and plant engineers would sabotage my projects, because they didn’t like some geek girl moving in on their territory,” says Grandin, now a professor in CSU’s Department of Animal Sciences and a world-renowned advocate for people with autism.

These are just a few glimpses into the state of women on campus that helped inspire the formation of the President’s Commission on Women and Gender Equity in 1997. The University marked the 20th anniversary with an event and reception on Oct. 3.

Celebration, and hard work ahead

James, commission chair; Grandin; and CSU President Tony Frank spoke to about 250 people in the Lory Student Center Theater. While the event was an anniversary celebration, all the speakers were clear that there is still plenty of work to do to fully achieve the original goals of the commission, as outlined in 1996:

“Our dream is that the University community will embrace the need for women to be treated fairly and with respect, that the numbers of women will increase, and that we will have made progress in the psychological transformation that will help men and women work together effectively.”



About 250 people enjoyed a keynote address by Temple Grandin. Photo by Joe Mendoza, CSU Photography

Frank recalled a recent conversation with former CSU President Al Yates, who established the commission: “Looking back, Al told me, ‘I wish we’d done more.’”

After outlining the progress made under what James called “The Tony Effect” — a presidential cabinet of vice presidents and provosts with 50 percent of the positions filled by women; the new bachelor’s degree in Women and Gender Studies; parental leave, and combatting sexual violence on campus — Frank acknowledged how far the University still needs to go to achieve true culture change on campus.

“We are finally at a point where culture change is possible,” Frank said, “but true culture change is hard.”

James said she feels that after years of hard work the women of CSU have at least begun to break through the glass ceiling that wasn’t even visible two decades ago.

“We don’t want to look back from wherever we are in 20 years and say, ‘I wish we had done more,’” Frank added.



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REMEMBERING SAVANNAH MCNEALY



Remembrance from Creative Services

by Kate Wyman

My favorite times with Savannah and our Creative Services crew were when we'd step away from our computers — dizzy from swaths of green and gold — and talk about life with a generous dose of humor. Good-natured teasing runs rampant in our office, and Savannah, our resident Millennial, was always a good sport in helping us bridge the generational gap. She let us know “what the kids these days” were up to; she spoke in social media abbreviations, hashtags, slang, and my favorite: She often said “LOL” instead of actually laughing out loud.

Savannah and I teased each other constantly, but we also worked closely together on design projects — including this very publication. The last project she and I worked on together would have been her first in the role of art director. She had the eye of an artist and the practicality of an engineer.

We didn't think of Savannah as “the intern,” but as our colleague. She jumped in feet first and took on projects on the professional level. The Ram Walk by the new stadium was created in part from her vision; it gives me goosebumps to think Savannah helped start a new CSU tradition.

Her empty desk in Creative Services is a constant reminder of her absence. We miss her sparkle, her outright shine, her confidence and energy. But just as her parents requested a loud cheer instead of a moment of silence at her memorial, they also insisted we find another intern with haste. They told us just how much it meant to Savannah that she was taken seriously, given this experience, and had such meaningful mentors.

Our University prides itself in supporting and nurturing young minds to go forth as leaders in society. May part of Savannah's legacy be that we also recognize how much our CSU students lift us up, challenge us, inspire us, and push us to innovate.

Let's all take the time to stop and give each other support, listen to a story, share a laugh. As Savannah's father said, let's make an effort to open up to other communities and not live in a bubble.

And now that the tears have (mostly) gone, and the laughs feel less forced, we push forward, but we'll never forget this amazing, creative, imaginative young woman who meant so much to so many.

Kate Wyman is a graphic designer at CSU Creative Services and an adviser for CSU Life.



In the early morning hours of Oct. 19, Savannah McNealy, a senior at Colorado State University, died in a shooting near campus that also left two others dead and one wounded. Savannah, 22, majored in art and would have graduated in December. A member of the Rocky Mountain Student Media staff and an intern on CSU's Creative Services Team, she was well-loved and respected by those who knew her.

Savannah was also an integral part of the CSU Life team, and it is with both sadness and pride that we offer this tribute to her. As we all struggle to make sense of this senseless act of violence, remember that, in the words of President Tony Frank, “each of you is a unique light, with the badly needed potential to brighten our world's dark places. Shine some of that light on each other in Savannah's memory.”



Farewell to Savannah from Lilly

Sav,

Although I wasn't honored to know you as long as others, I am so incredibly thankful for the time we spent together. I had the privilege of seeing you in an environment you loved and thrived in, here in Rocky Mountain Student Media. Working and designing with you was an experience I will cherish forever.

Hiring you to work alongside me was one of the best decisions I could have made. Thank you for, as you'd say, “forcing me to be your friend.” I remember the summer I hired you, we worked in silence for almost three months. You took my shyness and introverted personality as a challenge and placed yourself into my heart. Your unwavering confidence was incredible, and through that I was able to become a better version of myself. Your love and kindness radiated throughout all your connections in life, and I am thankful you brought me in. You taught me more about friendship, love and trust than I thought I would ever know.

One major feat we took on was redesigning CSU Life together. We took a newspaper that had been reworked hundreds of times and made it our own. Through this process we put a little bit of ourselves into the new design, and I will forever cherish those memories. That collaboration, learning each other's design methods, brought us closer than I could've ever imagined, and created a bond that was irreplaceable. The dedicated hours we put into the publication were, at the time, stressful and often spent editing the tiniest of details, but I will forever be grateful I shared this experience with you, and through this collaborative work you truly became one of my best friends.

I will miss collaborating on “the sickest” designs with you, sharing new music with you, going to eat pizza and ranch at the Skellar with you, trying new beers with you, and sending you endless snapchats. I'm thankful for all the bars we got kicked out of, all the meals we cooked together, and all of the collaborative designs we created. I am going to miss seeing your beautiful face and hearing your laughter every day.

Thank you for being one of my best friends. I love you and I will miss you forever.

Lilly Luke is the Creative Services Manager for Rocky Mountain Student Media Corp.

Oak tree at Alumni Center honors Olympian Glenn Morris

by Tony Phifer

A living piece of CSU history, connected to a man once dubbed “The World’s Greatest Athlete,” is now growing outside the Iris & Michael Smith Alumni Center at the new stadium.

An oak tree – a direct descendent of the trees given to gold medalists at the 1936 Berlin Games – was planted Oct. 27. CSU alumnus Glenn Morris won the decathlon competition in 1936 and was given an oak tree along with his gold medal for his world record-breaking performance.

Morris, a standout in football and track at CSU (then known as Colorado A&M), grew up in poverty in tiny Simla, Colorado, before being inspired by competition at the 1932 Los Angeles Games to become an Olympian. He decided to try his hand at the 10-event decathlon, and began training with legendary CSU coach Harry Hughes.

Morris competed in just three decathlons – all of them in 1936. He broke the American record at the Kansas Relays in the spring, then broke the world record at the U.S. Olympic Trials two months later. He then shattered his own world record in Berlin, becoming an overnight international sensation.

His record total of 7,900 points stood for 14 years.

Morris had a brief Hollywood career, starring as Tarzan in a feature film, and played one season in the NFL before a leg injury ended his career. He then served in the Navy during World War II. Morris died in 1974 at age 61 of congestive heart failure.

Missing legacy

The whereabouts of the original Glenn Morris Oak are unknown. He presented it to CSU President Charles Lory during a ceremony in 1936, but there are no records of it ever being planted on campus.

The new tree was donated by Olympic historian Don Holst in 2010, who collected acorns from one of the three surviving original oaks in the U.S. This tree was nurtured by Tim Buchanan, city forester for the City of Fort Collins.

“We are thrilled to have this living piece of history located just outside the Iris & Michael Smith Alumni Center,” said Kristi Bohlander, executive director of the CSU Alumni Association. “Glenn Morris was one of our greatest alumni and brought great fame to the University. Having this Olympic oak – a tree that represents strength and endurance – will be a fitting tribute to his legacy.”



Tree planters (from left): Fred Haberecht, university master planner; Darren Duroux, landscape architect, Russell-Mills Studio; Tony Phifer, CSU communications coordinator; Tim Buchanan, city forester, Fort Collins; Karen Morris-Fine, '67, '70, '78 (B.S., M.S., Ph.D.), cousin of Glenn Morris; Kristi Bohlander, executive director, CSU Alumni Association.

SEE FOR YOURSELF

GLENN MORRIS' 1936 GOLD MEDAL IS ON DISPLAY IN THE IRIS & MICHAEL SMITH ALUMNI CENTER.

COME ONE, COME ALL

APPOINTMENTS | EMERGENCIES



20% discount for CSU employees!

* Discount does not apply to pharmacy, central supply, or services provided by the Veterinary Diagnostic Laboratories or Orthopaedic Research Center.



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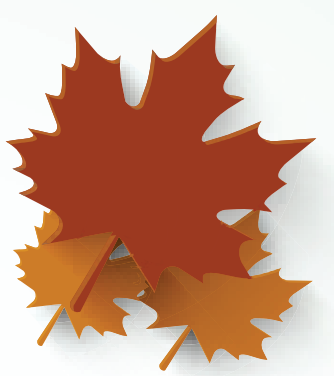
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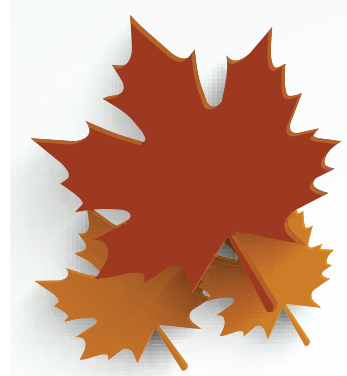


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WILBUR'S TOTAL BEVERAGE WINE & SPIRITS



*This month's
featuring:*

Pinot Noir

For the Holidays

Searching for the perfect wine to pair with your holiday meal? You're in luck, Wilbur's Total Beverage stocks a wide variety of Pinot noirs so you can treat your friends and family to the perfect dining experience.

Towards the end of the year most of us are cooking fancy, light meals to celebrate the holiday season. Pinot noir is a very approachable wine, and its lightness balances perfectly with these holiday meals.

For customers looking to purchase quality Pinot noir at an affordable price point, general manager at Wilbur's Mat Dinsmore recommends Pleasures. This is a California Pinot noir priced at around 15 dollars.

"The reason Pinot noir is such a great wine this time of year is because the Pinot noir grape is a thinner skinned grape, so it produces a lighter red wine," Dinsmore said.

The name Pinot noir is derived from French words for pine and black, the pine referencing the tightly clustered grapes, and pine, the cone-shaped bunches of fruit.



This type of wine is commonly used throughout the holiday season because it is softer, more subtle, and not as robust as other red wines. Cabernets, merlots and zinfandels, for example; these have big, bold flavors. They are tanic, and go up great against stinky cheeses and big steaks.

"It's the difference between hitting somebody over the head with a pillow versus hitting them over the head with a hammer," Dinsmore said. "It's a lot more approachable, and it goes really well with the kinds of meals most of us are having over the next two months."

Fall Harvest Salad

Ingredients:

1/4 cup + 3 tablespoons vegetable oil
2 cups peeled butternut squash
cut into 1-inch cubes
Salt and freshly ground pepper
2 tbsp sherry vinegar
1 tbsp coarsely chopped tarragon
1 tbsp chopped flat-leaf parsley
10 oz. mixed salad greens or mesclun
1 cup coarsely chopped pecans
1/2 cup roasted pumpkin seeds

Make Ahead:

Dressing can be kept at room temperature for up to 2 hours. The cooked squash can be refridgerated overnight. Bring to room

Instructions:

- In a large nonstick skillet, heat 2 tbsp of oil. Add squash in an even layer, season with salt and pepper, cook over moderately high heat until browned at the bottom (about 5 mins). Turn squash cubes and cook over moderately low heat until browned on the other side and just tender (about 7 mins).
- In a small bowl, combine vinegar with tarragon, parsley and remaining 5 tbsp of oil; season dressing with salt and pepper. In a large bowl, toss salad greens with pecans, pumpkin seeds and roasted squash. Pour dressing over salad and toss well. Serve salad right away.

Thanksgiving Wines:

| | |
|-----------------|---------|
| Black Oak | \$9.99 |
| Pleasure's | \$14.99 |
| Angel's Landing | \$24.99 |

**Wilburs will be open
Thanksgiving Day
9 a.m. - 2 p.m.**



Annual toy drop site.

Make a donation for local children.

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PROUD MEMBER OF



COMMUNITY

MINDFUL DROP-IN GROUP

EVERY WEDNESDAY
(NO MEETING NOV. 22)

12:10–1 P.M.

LSC 324

Mindfulness has been shown by research to help manage stress, improve attention, boost the immune system, and promote health and well-being. Sponsored by the CSU Health Network and CSU's Center for Mindfulness. Open to all CSU students, staff, and faculty. Beginners welcome. Free

GRADUATE STUDENT SHOWCASE (GRADSHOW)

NOV. 9, 9 A.M. -12:30 P.M.

Lory Student Center A Ballroom

This event will highlight research, creativity and entrepreneurship from more than 300 graduate students from 90 departments. Presentations will take place in the morning. The Grad Showcase Recognition will continue later in the day. This event is free and open to the public.

MARTHA NUSSBAUM: AGING, STIGMA AND DISGUST

NOV. 10, 2 – 3 P.M.

ANGER, POWERLESSNESS AND THE POLITICS OF BLAME

NOV. 10, 5 P.M.

Lory Student Center Theatre

See page 17

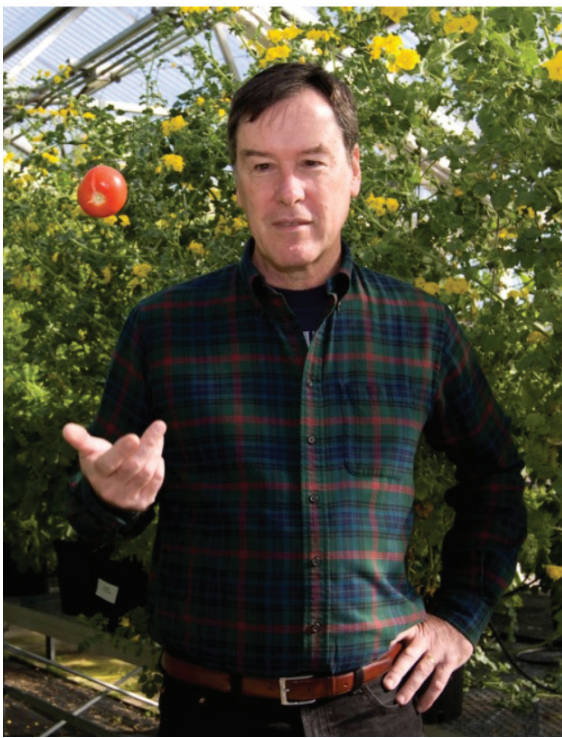
SHABBAT 200 DINNER

NOV. 10, 7 P.M.

LSC North Ballroom

An annual event showcasing Jewish cuisine and tradition with a four-course, delicious Shabbat dinner with all the favorite traditional Jewish foods, all prepared at the koshered Lory Student Center kitchen. Come support the Jewish community at CSU, learn about Jewish culture, and have an amazing time. Special guest speaker is WBA super-welterweight World Boxing Champion and ordained Rabbi Yuri Foreman.

WWW.JEWISHNCO.COM/TEMPLATES/ARTICLECCO_CDO/AID/636573



18TH ANNUAL THORNTON-MASSA LECTURE WHY DON'T MY TOMATOES HAVE ANY FLAVOR?: A CASE STUDY IN INDUSTRIAL AGRICULTURE HARRY J. KLEE

NOV. 12, 2017 3:30 – 5 P.M.

Lory Student Center

Harry. J Klee has a PhD. In Biochemistry, and is a previous employee of Monsanto Company. There, he developed technologies for plant transformation and he was part of a team that developed Roundup resistant cops. For the last three decades, he has worked on ethylene with an emphasis on its role in the development of the tomato fruit.

NATIVE AMERICAN HERITAGE MONTH KEYNOTE EVENT DOCUMENTARY

“AWAKE: A DREAM FROM STANDING ROCK”

NOV. 13, 5:30-10 P.M.

Lory Student Center Theater

Featuring filmmakers Florence White Bull and Doug Good Feather, AWAKE follows the dramatic rise of the historic #NoDAPL Native-led peaceful resistance at the Standing Rock Sioux Reservation near Cannon Ball, North Dakota, which captured the world's attention as one of the biggest stories of 2016. Co-sponsored by Native American Cultural Center and Ram Events.

NACC.COLOSTATE.EDU

INTERNATIONAL COLLOQUIUM ON ECOSYSTEM SCIENCE

NOV. 14 – 15

Lory Student Center

Come celebrate the 50th anniversary of the Natural Resource Ecology Laboratory. This year, this event will feature 11 interdisciplinary panel sessions designed to give students, faculty, staff and the public a better understanding of issues surrounding ecosystem science for the 21st century. Topics include integrated research and engagement in Africa, ecosystems and climate change, environmental literacy, water and environmental sustainability in China, sustainable pastoral development in Mongolia, citizen science and educating the whole student for global ecological challenges in the 21st century. This event is free and open to the public.



FALL RECESS

NOV. 18 – 26

Offices closed Nov. 23 – 24 Enjoy your break!



PARADE OF LIGHTS PREVIEW

NOV. 30, 6 – 6:45 P.M.

University Center for the Arts

Begins on the corner of Mathews and Lake StreetThe CSU Marching band will be leading the 9News Parade of Lights through downtown Denver on December 1. Join the Marching Band for a preview of the parade around the UCA. This event is free and open to the public.

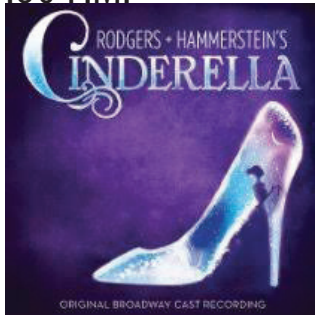
ENTERTAINMENT

THEATRE AND PERFORMING ARTS

RODGERS AND HAMMERSTEIN'S “CINDERELLA”

NOV. 9 – 11, 7:30 P.M.

NOV. 9, 10
2 P.M. AND
7.30 P.M. ON
NOV. 11



Lincoln Center
Performance Hall

Bring the kids to this Tony Award-winning Broadway musical. Brilliant transformations and an incredible orchestra will take the audience inside this classic fairytale.

LCTIX.COM

“VANYA AND SONIA AND MASHA AND SPIKE” BY CHRISTOPHER DURANG

NOV. 16 – DEC. 17

7:30 P.M.

Bas Bleu Theatre

This satirical and funny play follows three siblings and their friends in Bucks County, PA. “Vanya And Sonia And Masha And Spike” is a Tony Award-winning play that explores the lost opportunities and dashed dreams of these wacky siblings.

BASBLEU.ORG

“LOVE AND INFORMATION” BY CARYL CHURCHILL

NOV. 10, 16, 17, 7:30 P.M.

NOV. 18, 8 P.M.

MATINEES NOV. 11 AT 1 P.M.,
NOV 12 AT 2 P.M.

UCA Studio Theatre

57 vignettes, 14 actors and 100 characters all make up Caryl Churchill's “Love and Information.” For two uninterrupted hours, “Love and Information” will explore our struggles to connect with other people, and our abilities to love in a world where we have short attention spans. This experimental production will tackle issues dealing with technology and communication in the modern world, and challenge audience members to do the same. No charge/CSU students, \$8/youth (under 18), \$16/senior (62+), \$18/adult

CSUARTSTICKETS.UNIVERSITYTICKETS.COM

LITERATURE AND ART



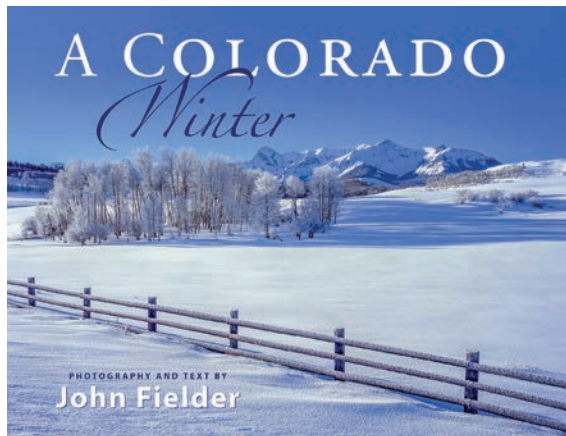
PHOTOGRAPHY AS RESPONSE

OCT. 6 – NOV. 11

The Center for Fine Art Photography

This exhibition is chance for the community to see various local work. Photographs will tackle social issues facing the community and the world. There are many chances to participate in community talks.

C4FAP.ORG



JOHN FIELDER, AN EVENING WITH AN AUTHOR

NOV. 16, 7 – 9 P.M.

Lory Student Center Theatre

Famous photographer and author John Fielder will be speaking at CSU. John Fielder is known for his wonderful landscape photography. He has also published more than 50 books his lifetime. This event is free and open to the public.

MUSIC AND DANCE

2017 FALL DANCE CONCERT

NOV. 9, 7:30 – 9:30 P.M.

UCA Dance Theatre

This performance will entail multiple aspects of student work including: choreography, technical skills and stage managers. The balcony scene from Sergei Prokofiev's Romeo and Juliet will also be performed by Madeline and Matthew Harvey. Join for an evening ballet and music. No charge/CSU students, \$8/youth (under 18), \$16/senior (62+), \$18/adult

CSUARTSTICKETS.UNIVERSITYTICKETS.COM

STADIUM SESSIONS

NOV. 10 AND 17, 4 – 7 P.M.

CSU Alumni Center

Stadium Sessions features three stages and more than 30 bands. Because they take place before games, Stadium Sessions is the new sound of Game day. This event is free.

STADIUMSESSIONS.COLOSTATE.EDU

MUSIC IN THE MUSEUM SERIES: JOEL BACON, HARPSICHORD

NOV. 14, 12 – 8 P.M.

UCA Gregory Allicar Museum of Art

Joel Bacon will be performing the harpsichord. He will be joined by other CSU faculty artists and Emily Moore, assistant professor of Art History. This series strives to include unique presentations that show the relationship between music and the visual arts. This event is free and open to the public, but reservations are required because of limited seating.

ARTMUSEUM.COLOSTATE.EDU

2017 HOLIDAY SPECTACULAR

NOV. 30, 7:30 – 9:30 P.M.

University Center for the Arts

Get in the holiday spirit by joining multiple CSU ensembles and special guests for an evening of traditional, secular and sacred holiday music performances. Proceeds from this family-friendly event will go to the School of Music, Theatre and Dance. \$10/youth (under 18); \$22/adult

CSUARTSTICKETS.UNIVERSITYTICKETS.COM

DO YOU HAVE ENTERTAINMENT EVENTS YOU'D LIKE TO SEE IN NEXT MONTH'S CALENDAR? SUMBIT YOUR EVENT TO CSULIFE@COLOSTATE.EDU FOR INCLUSION APRIL'S ENTERTAINMENT CALENDAR.

Prediabetes awareness: Prevention is worth an ounce of cure

by Kendall Reagan Nutrition Center staff

Many people do not realize that diabetes can have deadly complications, but a diagnosis does not need to be a death sentence.

More than 100 million U.S. adults are now living with diabetes or prediabetes, and these numbers are on the rise. Approximately 30 million Americans — 9.4 percent of the U.S. population — have diabetes, and another 84.1 million have prediabetes. Of those with prediabetes, nine out of 10 don't know they have the condition.

What is prediabetes?

Prediabetes is considered a serious health condition that increases risk for developing Type 2 Diabetes, heart disease and stroke. It is characterized by higher-than-normal blood sugars, and is often caused by insulin resistance, which prevents the body from appropriately clearing blood sugar.

Prediabetes is considered a lifestyle condition with risk factors that include:

- Being overweight
- Being 45 years or older, although prediabetes is increasingly more common in children and young adults.
- Having a parent, brother, or sister with T2D
- Being physically inactive
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome
- Race and ethnicity: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at greater risk.

How do I know if I have prediabetes?

Prediabetes often does not have clear symptoms, which is why it can be overlooked for years. It can be detected with a simple blood sugar test, a Glycated Hemoglobin (A1C) test, which indicates your average blood sugar for the past two to three months. In general, an A1C level between 5.7 and 6.4 is considered prediabetes. A fasting blood sugar test can be used to diagnose prediabetes, too. Take the quiz at DoIHavePrediabetes.org and be sure to share the results with your doctor.

What can I do to prevent diabetes?

Prediabetes is reversible. Proper nutrition and physical activity can prevent prediabetes from becoming T2D. If you're overweight, losing a small amount of weight can be helpful, even 5 percent to 7 percent of body weight — that's just 10-14 pounds for a 200-pound person. Regular physical activity of at least 150 minutes a week at moderate intensity is essential for maintaining healthy blood sugar levels.

There are lifestyle change programs — including the National Diabetes Prevention Program at CSU's Kendall Reagan Nutrition Center — that provide the information, resources and support to make positive changes to lower diabetes risk. The year-long NDPP helps participants practice proper nutrition and fit physical activity into a busy schedule. Certified lifestyle coaches also teach how to manage stress, stay motivated and problem solve.



WELLNESS

FIND A COMMUNITY

For those with diagnosed diabetes (Type I, T2D, gestational), Kendall Reagan Nutrition Center is launching its eight-week Diabetes Empowerment nutrition-focused cooking workshop program Thursday, Jan. 18. This evening program provides the comprehensive information, hands-on experience and physical activity to help manage diabetes.

THE KENDALL REAGAN NUTRITION CENTER IS OFFERING ITS NEXT SESSION OF NDPP STARTING MONDAY, MARCH 26.

Cost is free for all qualifying CSU employees and Anthem members. Classified employees, or non-Anthem subscribers, can take the class for no charge thanks to Commitment to Campus.

CONGRATULATIONS

Dining Services is proud to announce that ALEX SCOTT, Line Server at the Allison Dining Center, has been awarded the October Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service by going above and beyond their normal duties.

Alex is always positive and upbeat; even when the dining center is understaffed and the employees are overworked. He is always excited to greet students and provide outstanding customer service. He continuously goes above and beyond his role by opening every day, setting up the lines, training new employees, keeping up with food-safety checks, running the register, and closing. His supervisor, Tina Kelley, adds, "Even while moving a million miles an hour, Alex treats every student with respect. His positive attitude always turns a tough day into a fun one!"

Congratulations, Alex!

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MARCHING BAND PARADE OF LIGHTS PREVIEW SET FOR NOV. 30

by Annika Mikkelsen

When the weather cools and the leaves fall, it becomes nearly impossible to fight the feeling of holiday cheer.

One way to embrace the season is to take in the magic of the annual 9News Parade of Lights, taking place Dec. 1-2. This year the CSU Marching Band will once again perform as the only college marching band in the parade.

This year will mark the 43rd anniversary of the free parade. Festivities will kick off at 8 p.m. on Friday and 6 p.m. on Saturday. CSU Marching Band will be second in the parade's line up on Friday night, playing holiday tunes as they march through the streets of Denver and stopping to perform at both the Grandstands and CSU Alumni Center.

The tradition has become a special one to the CSU Marching Band, and as Associate Director of Bands Richard Frey likes to see it, an integral part of their season every year.

"We're just excited to be able to represent CSU for a huge crowd down in Denver," Frey said.

CSU Marching Band members are no strangers to large crowds, having performed at CSU half time shows as well as the substantial crowd at Sports Authority Field at Mile High during the occasional Broncos game. In fact, their schedule is so packed with events that they must adhere to a strict rehearsal schedule, which Frey spoke of as being a strategic way to look into the future but let the band focus on the performance at hand.

If you can't make the trip down to Denver for the Parade of Lights, be sure to check out the Nov. 30 preview of the marching band's performance at the University Center for the Arts. Just a short jaunt from main campus, the preview gives the CSU Marching Band the opportunity to practice their parade performance but also give back to the community.

"What I love about the marching band is that what we do is intended to bring smiles to the faces of our fans," Frey said. "I think what's special here is that there's a sense of family, and community."

The preview will begin at 6 p.m. and is a fun, free way to support the CSU Marching Band as well as jumpstart the holiday season.



Let students know about national scholarship opportunities



Francis Commerçon and Kiloaulani Kaawa-Gonzales were this year’s recipients of Truman Scholarships, a highly competitive federal award granted to college juniors.

by Mary Guiden

The Office for Scholarship and Fellowship Advising has announced the opening of two highly competitive national scholarship competitions for the 2017-18 year: the Barry Goldwater Scholarship and the Harry S. Truman Scholarship. Faculty with students who would be good candidates for these awards should make them aware of these outstanding opportunities.

Goldwater Scholarship

The Goldwater Scholarship is given to sophomores and juniors in STEM fields who have excelled in the classroom and

show promise as future research scientists. Recipients receive up to \$7,500 for undergraduate expenses. Strong candidates for the award are in their second or third year of college, and possess:

- U.S. citizenship
- Past research experience
- Interest in pursuing a research career (Ph.D., M.D./Ph.D., D.V.M./Ph.D.)
- 3.8 GPA or higher

Each year, CSU can nominate four students for Goldwater Scholarships. Interested candidates must submit completed applications to the Office for Scholarship and Fellowship Advising by Friday, Dec. 1 at 11:59 pm.

Truman Scholarship

The Harry S. Truman Scholarship is given to juniors interested in pursuing careers in public service. Awardees receive up to \$30,000 for graduate school. Strong candidates for the award are in their third year, and possess:

- U.S. citizenship
- A demonstrated commitment to a career in public service
- Exceptional leadership skills
- A strong academic record

Each year, CSU can nominate between four and six students for the Truman Scholarship. Interested candidates must submit completed applications to the Office for Scholarship and Fellowship Advising by Friday, Dec. 1 at 11:59 p.m.

Contact Mary Swanson with additional questions about these or other nationally competitive scholarships at Mary.Swanson@colostate.edu or 970-491-2185.

Celebrate graduate students at GradShow

Creativity. Research. Entrepreneurship. All in one place, all in one day.

The Graduate Student Showcase brings together the work and talent of more than 300 graduate students from all eight of Colorado State University’s colleges. The campus community is invited to attend the poster presentations, live performances and visual arts presentations taking place Nov. 9, 9:30 a.m. -12:30 p.m., in the Lory Student Center Grand Ballroom.

Top presenters will be awarded a total of \$16,700 in cash prizes from generous award sponsors during the awards reception beginning at 4:30 p.m.

Professional development, fellowships

In addition to the morning presentations, the GradShow includes professional

development opportunities. All graduate students are invited to attend the five different sessions offered by the Graduate Student Council between 1:30 p.m. and 4:30 p.m.

The GradShow also provides top participants with an opportunity to compete for the Vice President for Research Graduate Fellowship. Recipients of the fellowship receive up to \$4,000 in scholarship and travel support as well as opportunities to participate in professional development workshops, multidisciplinary activities, mentorship and leadership engagement opportunities.

The GradShow is sponsored by the Graduate School and the Office of the Vice President for Research.

GRADSHOW NOV. 9 SCHEDULE

9:30 A.M. - 12:30 P.M.

Poster Presentations, Visual Arts Presentations and Performances, LSC Grand Ballroom

1:30 - 4:30 P.M.

376-378 LSC Professional Headshots: Make a Good First Impression (graduate students may drop by for a free headshot)

1:30 - 2:45

376-378 LSC Professional Headshots: Make a Good First Impression (graduate students may drop by for a free headshot)

1:30 - 2:45 P.M.

382 LSC Navigating Conflict: Resolving Issues in Grad School

2:00 - 3:15 P.M.

386 LSC You Can Still Learn to Cook: How to Eat Healthy and Efficiently While in Grad School

2:45 - 4 P.M.

382 LSC Getting It Done: How to Write a Lot in Grad School

3:15 P.M. - 4:30 P.M.

386 LSC You Need More Sleep: How to Reduce Stress and Be More Effective in Grad School

4:30 A.M. - 6:00 P.M.

Awards Reception, LSC Grand Ballroom

Congratulations

Housing and Dining Facilities



June Employee of the Month Scott "Raider" Campbell

Scott has stepped up to help after hours and before normal hours to help. I appreciate his flexibility to adapt to a dynamic work situation that isn't always to his own benefit. He is a valued member of the CSU Housing and Dining Facilities team.



2nd Quarter Employee of the Month Melanie Wilson

Melanie is the type of person who truly cares about people and wants the best for them. She will take the time to listen to you and to help you find the positives in all situations. Even though she is in a manager position she isn't afraid to get her hands dirty. She has always jumped right in to help wherever/whenever needed. She will get in there and do the hardest jobs. She physically worked many days this summer to help out the teams. She is always thinking of others and putting their needs first. She often does kind things for the staff to show her appreciation for their hard work. She has been a mentor/teacher/counselor and friend. All her current and past employees love and admire her. She deserves recognition for all she does.



August Employee of the Month Tana Fischer

I have never seen a manager jump right in with the staff and supervisor cleaning, stripping the building and motivating people as much as she has this summer. I really appreciate her for stepping in and working up a sweat with the crew, thank you Tana for your hard work!!

July Employee of the Month Cynthia Rodriguez

Cynthia has been recognized by many of her peers throughout the last few months. She is a hard worker who stays busy all of the time. She is constantly checking high visible areas and making sure they are cleaned and maintained. Cynthia never complains when the crew is short staffed, she just jumps right in and helps in any way she can. Her "can-do" attitude is appreciated and recognized by many!



HOUSING & DINING SERVICES
COLORADO STATE UNIVERSITY

Philosopher Martha Nussbaum speaks on campus Nov. 10

by Kate Jeracki

One of America’s most influential philosophers, Martha Nussbaum, will deliver two lectures at Colorado State University Nov. 10 in the Lory Student Center Theater. Both talks are free and open to the public, but registration is required.

Nussbaum, who received the Kyoto Prize in 2016 and is the 2017 Jefferson Lecturer in Humanities, will speak on Aging, Stigma, and Disgust at 2 p.m. and then on Anger, Powerlessness, and the Politics of Blame at 5 p.m.

“Martha Nussbaum is one of the world’s leading philosophers, and her special career focus on ethical issues, very broadly understood and applied, promises to bring to CSU an outstanding addition to our Ethics Colloquium Series,” said Rick Miranda, CSU’s Provost and Executive Vice President. “Personally, I much admire Dr. Nussbaum’s attention to her work having impact not only in the academic realm but also in the daily lives of people living in communities and societies. We are looking forward to her visit very much!”

Innovative voice

Described as one of the most innovative voices in modern philosophy, Nussbaum is the Ernst Freund Distinguished Service Professor of Law and Ethics at the University of Chicago. Over a career that has spanned four decades, she has produced a prodigious number of books and articles that bring her rigorous philosophical and legal knowledge to bear on contemporary issues. She has studied the emotional underpinnings of civil society in books such as Upheavals of Thought: The Intelligence of Emotions

and Anger and Forgiveness: Resentment, Generosity, Justice. The Monarchy of Fear: A Philosopher Looks at Our Political Crisis will be published in 2018.

In addition to numerous honors that include the Grawemeyer Award in Education and the Centennial Medal of the Graduate School of Arts and Sciences at Harvard University, Nussbaum has received honorary degrees from 56 colleges and universities in the U.S., Canada, Latin America, Asia, Africa, and Europe. She is an Academician in the Academy of Finland, a Fellow of the British Academy, and a member of the American Academy of Arts and Sciences and the American Philosophical Society. She has taught at Harvard, Brown and Oxford universities.

From 1986 to 1993, while teaching at Brown, Nussbaum was a research advisor at the World Institute for Development Economics Research, Helsinki, a part of the United Nations University.

In a 2003 profile in The New Statesman, Richard Reeves wrote that “to Nussbaum, a full life is one in which people have the capabilities, both material and non-material, to lead lives that they have reason to value.... (H)er lifelong passion is to use her intelligence to help the powerless.”

Nussbaum’s appearance is part of the Provost’s Ethics Colloquium at CSU and sponsored by The Institute for Learning and Teaching; Office of the Provost; College of Liberal Arts; Department of Philosophy; University Honors Program; College of Natural Sciences; Walter Scott, Jr. College of Engineering; Columbine Health Systems Center for Healthy Aging; School of Biomedical Engineering; University Libraries; and the Colorado School of Public Health.



FOR MORE INFORMATION

Both events are sold out, but will be livestreamed at:
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CRAISIN NUT FETA SALAD FROM LEANN BENNETT

SERVES 8-10

INGREDIENTS:

- 3 HEADS ROMAINE LETTUCE
- 1 PKG. SPINACH (100Z)
- 1 PKG. CRAISINS (SMALL)
- 2 PKGS. FETA CRUMBLES (7-8OZ.)
- 1 8OZ. PKG. CHOPPED WALNUTS
- 1C. WHITE SUGAR
- ½ C. WATER

DRESSING:

- ¾ C. OLIVE OIL
- 2/3 C. RED WINE VINEGAR
- ½ T. WORCESTERSHIRE SAUCE
- SALT & PEPPER (TO TASTE)
- DASH GARLIC POWDER

CANDIED SWEET POTATOES FROM MARY AIKIN

SERVES 8-10

INGREDIENTS:

- 6 MEDIUM SWEET POTATOES
- ½ C. BROWN SUGAR
- ½ C. BUTTER
- ¼ C. HOT WATER

DIRECTIONS:

Wash, peel and slice potatoes into 1in. slices. Place in a medium pot of boiling water to cool until they are tender (15-20 min.). Preheat oven to 375 degrees. While the potatoes are cooking, heat the brown sugar, butter and water in a small sauce pan until bubbly with a caramelized consistency. When potatoes are done, drain them and place in a 13”x19” casserole dish. Pour the syrup over the potatoes. Place dish in oven and bake for 1 hour.

TURKEY, STUFFING & GRAVY FROM GLENDA MCCALL

SERVES 8-10 PEOPLE

TURKEY (16LB.) DIRECTIONS:

Remove the giblets and wash the turkey. Clean all the remaining pinfeathers from the skin. Rub the turkey all over with olive oil or melted butter. Place it in a roasting pan that has ribs or use a rack. Bend the wings under the turkey body so that the tips won't burn. Proceed to stuffing recipe.

STUFFING DIRECTIONS:

Dry a loaf of good quality wheat bread for a couple of days. Break the crusty pieces into small (½ inch) pieces. Combine this with about 2 cups of dried corn bread stuffing.

Sauté the vegetables: Melt 1 cube of butter in a sauté pan. Chunk up 1 large onion and 4-5 celery sticks in a food processor and add to the butter. Sauté for about 15 minutes. Add spices: 1 tsp. salt, ½ tsp. pepper, 1T. thyme, 1T. sage (or to taste).

Remove from heat and cool slightly. Add two cans of oysters (cut to smaller size). Heat 2 cans chicken broth until warm. Add cooked vegetables to breads. Add half of broth. Mix with hands. Add additional broth until the stuffing is the ‘right’ consistency.

Fill the turkey cavity and the breast cavity loosely with the stuffing. Tuck the breast skin under the bird and fasten if necessary. Tie the legs if necessary to keep the stuffing in the main cavity.

Preheat the oven to 325 degrees and cook the turkey slowly for the recommended time. Tent the turkey with foil for the first part of the cooking to prevent drying. Remove the foil for the last hour of cooking.

GRAVY DIRECTIONS:

Boil the giblets until tender, about an hour. Add minced onion and celery to the water.

Mince the cooled giblest meat and neck meat in a blender.

After removing the turkey from the roasting pan, add the minced giblets, cooking fluid, 2 cans of chicken broth to roasting pan. Scrape the pan to loosen the roasted the drippings.

Mix ½ cup with 1 cup cold water until smooth. Add to the gravy mixture to thicken. Add salt to taste. Stir until the gravy boils and thickens. Add more flour mixture as necessary

HUNGARIAN PULL-APART COFFEE CAKE FROM BETTY CROCKER’S PICTURE COOKBOOK, 1950

SERVES 8-10

DIRECTIONS:

Start by making ½ Sweet Dough recipe, or full recipe for two pans of Hungarian Coffee Cakes.

SWEET DOUGH RECIPE:

Mix together 1 ½ C. lukewarm milk, ½ C. Sugar, 2 tsp. salt

Soak 4 ½ tsp. dry yeast in ½ C. lukewarm water for 5 min.

Combine milk sugar mixture with yeast mixture

Stir in 2 eggs, ½ shortening

Mix in 7-7 ½ C. flour in 2 additions, using the amount necessary to make it easy to handle.

Knead on floured surface until smooth and elastic and doesn’t stick to the surface.

Place in greased bowl, cover with damp cloth and let rise until double (1 ½ - 2 hours).

Punch down and let rise again until almost double (30-45 min.).

Proceed to Hungarian Coffee Cakes recipe.

HUNGARIAN COFFEE CAKES RECIPE:

After second rising of Sweet Dough, cut dough into pieces the size of walnuts. Form into balls. Roll each ball in ½ C. melted butter, then roll in mixture of ¾ C. sugar and 1t. cinnamon. Place 1 layer of balls so they barely touch in greased 9” tube cake pan. Add another layer of balls. Let rise 45 min. Bake 35-40 min. at 375 degrees. Loosen from pan. Invert pan so butter-sugar mixture runs down over cake.

VEGETARIAN FRIENDSGIVING OPTION

EASY VEGETABLE POT PIE FROM MOM’S TEST KITCHEN

SERVES 8

INGREDIENTS:

- 2 TUBES (8 OUNCES/8 ROLLS) REFRIGERATED CRESCENT ROLLS
- ABOUT 2 TEASPOONS OF MIXED DRIED SEASONINGS, DIVIDED - I USED THYME, GARLIC POWDER, PARSLEY & OREGANO
- 1 CAN (10.75 OUNCES) CREAM OF POTATO SOUP
- 1 CAN (10.5 OUNCES) CREAM OF CELERY SOUP
- 1/3 CUP MILK
- 2 BAGS (12 OUNCES) FROZEN VEGETABLE SOUP MIX, THAWED
- SALT & PEPPER TO SEASON
- 2 TABLESPOONS BUTTER, MELTED
- ADDITIONAL DRIED THYME FOR SEASONING

DIRECTIONS:

Heat oven to 375 degrees. Lightly grease a 9-inch pie dish.

Unroll one tube of crescent rolls. Separate the dough into 8 triangles. Place in the pie plate & press over the bottom and up the sides to form crust. Firmly press perforations to seal. Sprinkle 1 teaspoon of the dried seasoning mix over the crust. Bake the crust for 6 minutes and then remove from the oven.

While the crust is baking, in a large saucepan, mix both soups, milk, vegetables & the remaining teaspoon of seasonings. Season with salt & pepper. Heat over medium heat, stirring occasionally, until hot. Pour the vegetable mixture over the crust in the pie dish.

Unroll the second tube of dough. Separate the dough into 8 triangles. Starting at the short side of each triangle, roll up triangle halfway. Carefully arrange over vegetable mixture with tips toward center.

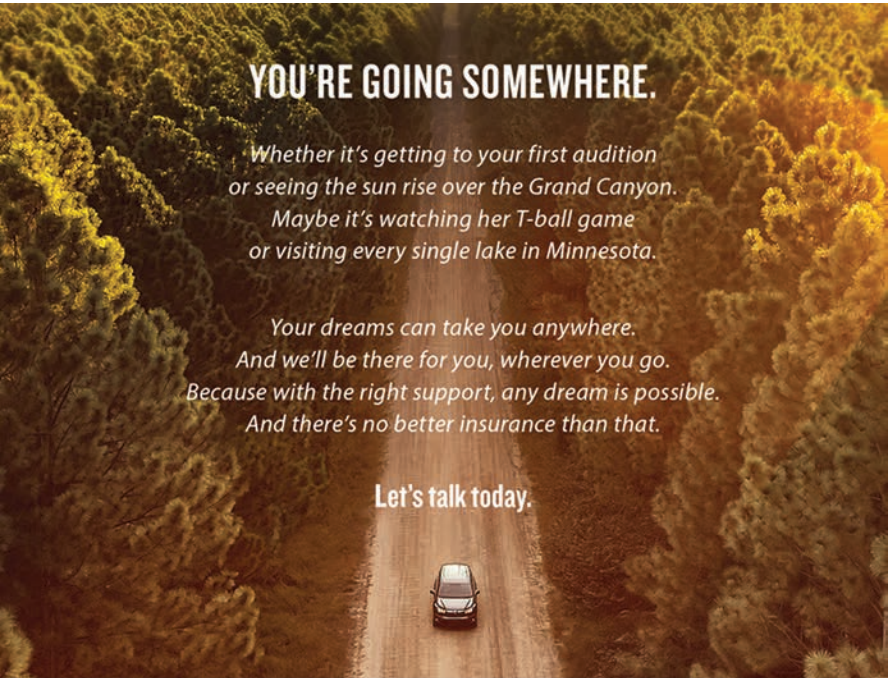
Brush the melted butter over dough. Sprinkle additional dried thyme over dough. Bake 15-20 min. or until crusts are golden brown.

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ZACH MERCURIO RETHINKS MOTIVATIONAL DRIVES IN THE INVISIBLE LEADER

By Megan Hanner

Adjunct CSU faculty member Zach Mercurio released his first book on Oct. 24. In *The Invisible Leader*, Mercurio challenges traditional motivational skills and gives organizations new motivational tools to provide people with a sense of purpose and meaningfulness. After reviewing research about what drives people, Mercurio shows readers how to find and utilize their true purpose as their ultimate motivator in jobs, school and life.

Mercurio has found that for years, there have been many misconceptions about what motivates people. Often, the biggest motivational tools are money, things, status or job titles. However, this material motivational technique may not be the best way to motivate people.

"The problem is that people are increasingly disengaged in their work," Mercurio said.

During his work, Mercurio interviewed employees from across many job titles. Interviewees included janitors, mechanics and school bus drivers. In most interviews, people said they had a larger human-driven purpose in their jobs, beyond just benefits for themselves.

"We know from research that people are not motivated and compelled by acquiring and achieving things," Mercurio said.

Mercurio believes all people are wired to find meaning and human-centered purpose in their lives. Everyone has a true inner purpose, or "Invisible Leader." Instead of just using things as a motivational

tactic, organizations should use purpose to produce results.

"It's a flip in how we think about education, organizations, people and human motivation by thinking about inspiring people with purpose first," Mercurio said.

In universities, students are usually motivated by things they can get, like a job. Mercurio suggests that faculty should humanize their classrooms by showing students how their area of study solves real human problems. Increasingly asking students why they are here and showing them the human beings who are inevitably impacted by their work can drastically change the way students perform and engage.

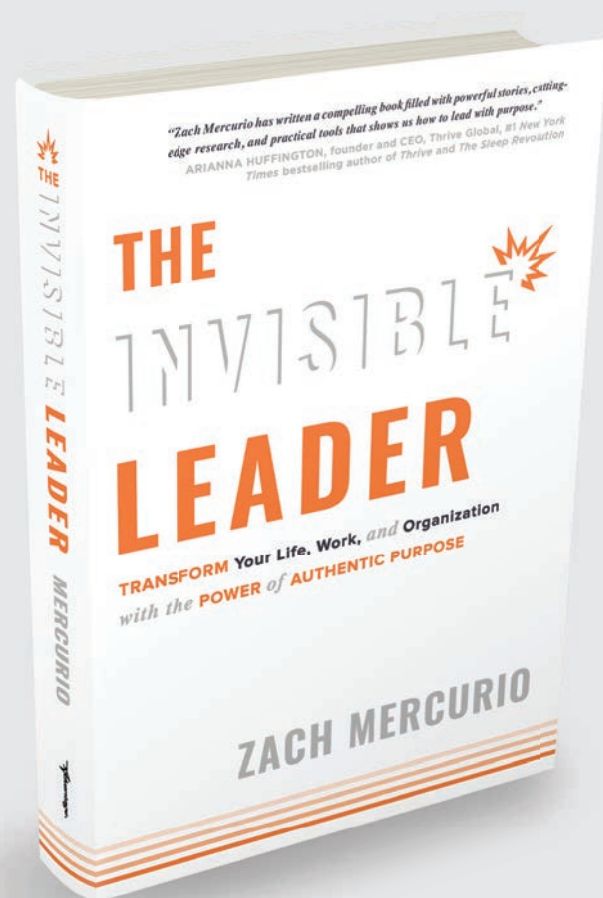
"Before you tell students and lecture at them what to do and how to do it, show them why it matters," Mercurio said.

According to Mercurio, purpose cannot be found. It already exists in everyone. No matter what we do, we inherently have a reason for doing it.

"Every job exists to solve some human problem," he said.

Mercurio is currently finishing his Ph.D. in Organizational Learning, Performance, and Change. He also consults organizations on how to gain results from finding purpose and meaning in their employees. Mercurio is known for his public speaking and is the founder of PurposeSpeaks.com.

The Invisible Leader can be purchased at Amazon.com, Books-A-Million.com, Indiebound.org, and the CSU Bookstore. The introduction and first chapter are also available at zachmercurio.com.



The Invisible Leader can be purchased at Amazon.com, Books-A-Million.com, Indiebound.org and the CSU Bookstore.

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Keep your pets happy and safe during the holiday season

by Sarah Smith, DVM

The Classified Personnel Council is dedicated to providing resources and support to state classified employees and the rest of the CSU campus community. We hope that these tips from Dr. Sarah Smith contribute to the well-being of all CSU employees, and we encourage all CSU staff and faculty to utilize the Commitment to Campus resources, a complete listing of their resources is available at commitmenttocampus.colostate.edu). Additional can be found through the Care Program at care.colostate.edu.

HOLIDAY PET SAFETY TIPS

The holidays can become a treacherous time for our 4-legged family members with friends and family in town, a plethora of decorations, a multitude of distractions and plenty of food left out on counters. Below are some tips to help keep pets safe during the holiday festivities.

PREVENT LOST PETS AND ACCIDENTS

Microchip your pets and be sure that the information registered with your pet’s microchip company is current. Check collars to be sure tags are still legible.

Remind visitors to close doors and gates. If your pet typically becomes anxious with the commotion of the holidays, schedule an appointment with your veterinarian now to discuss ways to help. Options may include prescription medications.

KEEP TOXIC ITEMS AWAY FROM PETS

While many people may know that chocolate is toxic to pets, Baker’s chocolate and other dark chocolates that are often prevalent this time of year can cause toxicity with even small quantities are

ingested. **Macadamia nuts, grapes, raisins, garlic, and onions** can also be toxic and should be kept out of reach.

Xylitol, an artificial sweetener, is a dangerous toxin to dogs. It can be found in most sugar-free gums, mints, sugar-free candy and sweets, mouthwash, toothpaste, and even some peanut butter. Check all labels closely. Even a small quantity of Xylitol can drop blood sugar in dogs to dangerous levels and cause liver failure.

Human medications and recreational drugs are potentially toxic to pets and should be kept far out of reach. Remind any visitors to store medications in a closed cabinet, out of reach. This includes edible products that contain marijuana. It takes only a small amount of THC to cause problems in pets.

For our feline friends, lilies are the biggest danger. It takes only a tiny nibble on any part of the plant to cause kidney failure. If you own cats it is recommended that only bouquets free from these flowers are brought into the house. While Poinsettias are often considered toxic, they cause only mild stomach upset if ingested.

DECORATE WITH CARE

Pieces of string, tinsel, and other foreign objects can be swallowed by both dogs and cats, with potential for causing intestinal obstruction. Pets can also be injured if they are playing amongst the tree and knock it over. It is best to keep dogs and cats out of the room with a Christmas tree or other decorations unless closely supervised.

Sarah Smith, DVM, is Clinical ER Instructor at the James L. Voss Veterinary Teaching Hospital.



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CSU CAMPUS TRIVIA WITH RUSS SCHUMACHER



Kit Hughes is the appropriately named winner of last month's stadium-related visual contest. She knew the bronze sculpture of two rams butting head outside the north gate is called "Rocky Mountain Rumble." Hughes, an assistant professor in the Department of Communications Studies, said she Googled the answer before Athletics emailed an offer to own your own miniature replica of the piece to all of campus.

In addition to her teaching load, Hughes is working on a book about the history of television in the workplace, something that has been mostly supplanted by newer technologies such as web cams and Skype. She also is a big fan of trivia and *Jeopardy!*, and is now looking forward to taking the online contestant test next time it is offered.

For having her answer chosen at random from all the correct answers received – thanks, Athletics – Hughes won a \$10 gift card to Mary's Mountain Cookies, and the coveted CAM the Ram bobblehead autographed by State Climatologist Russ Schumacher, the winningest Ram to ever appear on *Jeopardy!*

In honor of the Glenn Morris Oak planted outside the Smith Alumni Center, our December question is about Olympic medals.

THIS MONTH'S QUESTION:

Q: CSU alumni have won a total of eight individual Olympic medals for the U.S.A., starting with Glenn Morris in 1936. Name the two women who won the rest.

Email your answer to CSULIFE@COLOSTATE.EDU by Nov. 25. One lucky winner will be drawn at random from all the correct answers received by CSU Life staff. Good luck!

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