



October 2013

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KAREN MCELWAIN'S
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COMMUNITY
EVENTS

Saving Gorillas by Saving
People

Dr. Gladys Kalema-Zikusoka, veterinarian and founder of Conservation through Public Health, promotes conservation and public health by improving health care to both people and animals in and around protected areas in East Africa. She will speak Oct. 7, 4-5 p.m., in the Lory Student Center Room 228. Sponsored by the School of Global Environmental Sustainability. <http://sustainability.colostate.edu/soges-events>

Dissecting Syria

Ambassador Christopher R. Hill will discuss the current crisis situation in Syria, Oct. 8, 4:30 – 5:30 p.m. in Chemistry 103 A. Hill, former assistant secretary of state for East Asia, was ambassador to Iraq, South Korea, Macedonia, and Poland, a negotiator of the Dayton Peace Accords, and chief U.S. negotiator with North Korea from 2005-2009. He is now dean of the Korbel School of International Studies, University of Denver. For more information, contact Shauna DeLuca, shauna.deluca@colostate.edu, 971-5917.

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Headline



The Poudre River at 100 times its normal flow on Sept. 13 at Lincoln Avenue heading to the New Belgium Brewery. Photo courtesy of Peter B. Seel.

Campus escapes flooding,
but CSU family feels impacts

by Kate Hawthorne Jeracki

In last May, Colorado State University closed as the result of a pair of late spring snowstorms. Last month, a week-long rain storm shut down campus on Sept. 14.

Most of Fort Collins and the campus escaped the worst of the historic flooding that hit other parts of the state with nearly unprecedented force.

“As is typical of Colorado storms, some parts of the state were hard hit and others were untouched. Still, this storm is ranking in the top ten extreme flooding events since Colorado statehood,” said Nolan Doesken, State Climatologist at CSU. “It isn’t as extreme or widespread as the June 1965 floods or as dramatic as the 1935 floods, but it ranks right up

there among some of the worst.”

Doesken should know. The CSU Weather Station was planning to celebrate its 125th anniversary around the time storms began to form over southern Colorado on Sept. 8; CSU has been collecting weather data from around the state all those years.

“Every flood event in Colorado has its own unique characteristics,” Doesken said. “But the topography of the Colorado Front Range makes this area particularly vulnerable when the necessary meteorological conditions come together as they did for that week in September.”

The Colorado Climate Center, which Doesken heads, mapped rainfall totals and graphed hourly

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Home-coming:
past and
present

by Kyla Skye Allmon

It comes once a year, and this October will mark 99 years in operation. Colorado State University’s homecoming traditions began with the idea of one man, and have grown into a university wide collaboration.

In 1914, President Charles A. Lory created a special alumni reunion that focused on a football game. The then current football team was to play against the alumni team. This year CSU alumni will not be suiting up because the Rams will kickoff the Homecoming game against San Jose State at 1:30 p.m.

CSU now celebrates its alumni with an amplitude of activities. Homecoming weekend now includes more events than just a football game. CSU traditions have expanded into a parade, bonfire, lighting of the ‘A’, a 5k race, and even a luncheon of the 50 Year Club.

In an Oct. 14, 1960 edition of the Rocky Mountain Collegian, Homecoming activities included the crowning ceremony of the Homecoming Queen, lighting of the ‘A’, a bonfire, and the parade beginning at the steps of the Administration Building.

We all know what Homecoming has come to be, but how well known are the

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Colorado
State
University

APPLAUSE

College of Engineering

A team from the Department of Mechanical Engineering has secured a five-year, \$1.8 million grant from the National Institute of Health to create a new family of replacement heart valves made from synthetic materials that address problems, such as blood-clotting and longevity, associated with both mechanical and tissue-based valves. Assistant Professor and Principal Investigator **Lakshmi Prasad Dasi**, whose expertise is in heart-valve engineering and cardiovascular biomechanics; associate professor **Ketul C. Papat**, an expert in bio-compatibility and surface nano-engineering; and department head **Susan James**, an expert in polymer synthesis, are collaborating on the project. **Dr. Christopher Orton**, head of the Department of Clinical Sciences in the College of Veterinary Medicine and Biomedical Sciences, will implant the new valves in cows and sheep as part of the clinical studies.

College of Health and Human Sciences

Allison Bielak, assistant professor in the Department of Human Development and Family Studies, received the Springer Early Career

Achievement Award in Research on Adult Development and Aging from the American Psychological Association. Bielak, who joined Colorado State University in 2011, is being honored for her already significant contributions in the area of psychology of adult development and aging. Her current research measures the effects of "lifestyle engagement" including social, mental, and physical activities, on how well people are able to maintain their memory and reasoning as they age.

College of Natural Sciences

CSU professor **Tom Ravis** has been named a 2013 Arthur C. Cope Scholar by the American Chemical Society, one of the most prestigious honors in organic chemistry. The award includes a \$40,000 unrestricted research grant, plus \$5,000 for Ravis, who is the sixth member of CSU's Department of Chemistry to win

the Cope Award. Ravis, who joined CSU's chemistry faculty in 2000, has won numerous awards for his ground-breaking work in organic chemistry. Earlier this year he won the Katritzky Award from the International Society of Heterocyclic Chemistry, and in 2005 was awarded a Sloan Research Fellowship. Ravis was a Monfort Professor – one of CSU's most prestigious faculty honors – from 2005-07.

College of Veterinary Medicine and Biomedical Sciences

Dr. Wayne Jensen, formerly the chief scientific officer for Morris Animal Foundation, joined the College of Veterinary Medicine and Biomedical Sciences on Sept. 2 as associate head of the Department of Clinical Sciences. Jensen, a veterinarian with a master of business administration and a doctorate in pathology, has earned four academic degrees

from Colorado State University and has a diverse background that includes academic, clinical, business, and leadership experience. For his work, Jensen has earned, among other honors, the 1989 National Institutes of Health Physician Scientist Award and the 2005 Leadership, Excellence, and Academic Distinction Award from the CSU College of Business.



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Let's talk about diversity on and off CSU's campus

by Kyla Skye Allmon

Discussions regarding diversity are becoming a consistent theme on campus, and it became a prominent tradition with the creation of the annual Diversity Symposium. This year the symposium took place Sept. 17-19.

The idea for the event began in 2001 as a summit of invited deans and department heads. An idea that began as a one-day summit has developed into a collaboration of not only the entire campus, but the surrounding community as well.

As an alumna of CSU, Mary Ontiveros, Vice President of Diversity, leads the campus in diversity initiatives. She helps to coordinate the annual symposium, and bring awareness to campus about issues regarding diversity.

"The diversity symposium provides a structured opportunity for students, faculty and staff to learn more about diversity and to ask questions," Ontiveros said. She hopes to help create a campus where these discussions and willingness to ask questions happen outside of the symposium.

Preparation for the symposium begins months ahead of time. "We get together in February to start talking about themes, and start discussing particular issues that need to be brought to campus," Ontiveros said. Once the theme is established, the committee begins the search for speakers to bring to campus.

"Experiencing and Understanding Diversity through Culture and the Arts" was the theme of this year's three-day symposium. Each year the theme changes, and is decided upon by a committee made up of members across campus.

Due to the nature of the theme this year, CSU alumnus, John Amos, filled the role of keynote speaker. Amos has television experience in roles on shows such as *The Mary Tyler Moore Show*, *Roots* and *Good Times*.

Lance Wright, director of Campus Activities, serves on the Diversity Symposium committee and coordinated bringing Amos to campus. "I think the area of support I bring and unique expertise is the contacting and working with talent," Wright said.

However, according to Wright, working with Amos was a little different because this time there was no agent involved. "Typically we reach out to the agent and make an offer on behalf of the university," Wright said.

Outside of bringing big names to campus, the symposium celebrated the general concept of differing ideas.

Ontiveros said the session regarding political thought was a recommendation by CSU President Tony Frank. "At the time it came up there were issues of political thought

generally, and questions about whether higher education really leans toward one perspective," she said.

The collaboration with Dr. Frank brought the perspective that diversity comes in all different forms. "We wanted to make sure that people knew that diversity of political thought and diversity of ideas is something we value, and that at Colorado State we do have diverse perspectives," Ontiveros said.

The symposium offers a connection to broader education and awareness on campus as well. "The diversity on campus is greater than it has ever been, and I believe the faculty on campus are interested in students," Ontiveros said. "They care about students, and now they need some tools to help them navigate this changing student body, so we try to help address that."

Ontiveros sees it as the notion of inclusive excellence at CSU. "The more people we include, the more excellent we will become as a campus."



Actor and CSU alumnus, John Amos, gave the keynote address at the Diversity Symposium on Sept. 17. Photo courtesy of John Eisele.



On Sept. 18, CSU hosted a panel discussion on the Diversity of Political Thought at the annual Diversity Symposium. Panel members included former Colorado Rep. B. J. Nikkel, far right, Speaker of the Colorado House of Representatives Mark Ferrandino, CSU professor John Straayer and journalist Fred Brown, far left. Photo courtesy of John Eisele



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Ghost Hunters of Colorado stalk the spirits on campus



Colorado Ghost Hunters Donny and Dawn Crawford, left, and Magic Bus Tours owner Michael Murphy prepare their recording equipment before searching Ammons Hall for unexplained energies. Photos courtesy of Ashley Manweiler

by Regina Martel

After working at the University for a number of years, most of us have heard the legends or ghost stories of the historic buildings and hallways that we walk each day. We've heard stories of doors opening mysteriously, papers flying off of desks with no warning, orbs in photos, and footsteps being heard in different areas of buildings. While most of the stories might be a little more fiction than fact, I am convinced that there may be some special guests in some of these buildings on campus.

I have been helping with RamTrax tours around campus, and a few of the tours have put us in some of the most historic buildings on the Oval past regular working hours. We have been witness to lights turning on and off, hearing footsteps and other unexplained noises. These experiences had my heart pounding.

After one terrifying evening on a Mystery of CSU History tour, the RamTrax team thought it was time to call in the professionals to help us figure out what was going on, specifically in Ammons Hall and Student Services.

Who you gonna call?

The Ghost Hunters of Colorado accepted the challenge of investigating these buildings fully to finally give us answers of who, what, and why these paranormal things are happening. These ghost hunters have done a number of investigations in California and Colorado, where their investigations have ranged from residential homes and offices to some of the most haunted public sites such as the Queen Mary and the Stanley Hotel. We brought the team to Ammons Hall and to the Student Services building in hopes that they could give us some answers to the

ghostly happenings.

Ammons Hall opened in 1922 as a women's recreational facility complete with an indoor swimming pool, a sun room, living room, and guest rooms. Ammons was a recreation center into the 1990s, and now is home to the Office of Admissions and University Welcome Center. This building is rumored to be the most haunted on campus: lights turning off and on, mysterious giggling, eerie growling, and watery footsteps have been noted on numerous occasions. Ammons staff and facilities crew prefer to work in pairs past regular business hours because of so many unexplained interactions.

Student Services was designed by architect Eugene Groves in 1948 as a men's dormitory called Braiden Hall. Groves was the architect of 11 buildings surrounding the Oval; Student Services was his last. He was committed to an insane asylum before the building was completed because of its bizarre design and his plans to murder his wife and bury her in the basement of the building.

Unexplained flying objects

The Braiden building became unfit as a dormitory after only a few years and today provides space for many offices. CSUPD has been called to the building numerous times for objects flying off desks or found completely thrown down the hallway and for the sound of unexplained footsteps. Even on RamTrax tours we have caught flying orbs and doors slamming themselves on video.

The RamTrax team shared the

otherworldly history of the building as the Ghost Hunters crew set up their equipment. To conjure up spirits, the ghost hunters used night-vision DVRs, full-spectrum video cameras, flashlights, digital audio recorders, ghost box communication devices, infrared lighting, FLIR thermal cameras, and atmospheric meters. Throughout the night we attempted to contact the spirits and were successful in communicating through flashlight responses and the ghost box. Shadows and orbs also showed in pictures. RamTrax will receive the full report from the ghost hunters as they analyze all of the video and audio footage.

You can learn more about the findings from the ghost hunters and about all of our public tours at www.RamTrax.colostate.edu – but you'll have to wait to take the Mystery of CSU History tour for yourself, since we are already completely booked for October!



This mysteriously placed sign near a dead-end hallway in the basement of the Student Services building is said to be a clue to the declining mental state of the building's architect, Eugene Groves.

CSU employee reveals hidden literary talent

by Sarah Sparhawk

There is something big lurking on campus. A newly published writer, and he is a Colorado State University employee, too!

Ryan Lockwood, the public and media relations coordinator for the Colorado State University Forest Service, became successful as a published writer this June

with his first book, *BELOW*.

It is a horror/thriller novel the book's publisher has marketed as comparing to *Jaws*, and takes place in Southern California.

"The book describes what might happen if environmental imbalance thrust an unusually aggressive, deep-water marine predator into contact with humans," Lockwood said in an email. "The animals described in the book are very real, and have actually attacked human beings, but in the book I've taken the threat to another level."

The new author's work has appeared in Barnes & Noble outlets, Walmart stores nationwide, Amazon, independent bookstores, and other locations. The book was at one point ranked as high as number 12 overall on Amazon in the category of U.S. horror-fiction for Kindle e-book sales, and is already considered a national bestseller, Lockwood said.

"This is the first work of fiction I've ever written or tried to get published, so I feel very fortunate to have been successful in the first go-around," Lockwood said. "Sometimes it's still hard to believe I've actually written a published mainstream novel."

The inspiration for the novel came

from his real life experience living in Huntington Beach and Monterey Bay, Calif., and scuba diving off of their coasts.

While the novel is intended to be an intense but enjoyable ride into dangerous waters, Lockwood also hopes to shine light on some of the current problems the world's oceans face as result of human contact, such as climate change and overfishing.

"Another reason I chose to write this book is that this world needs its sea monsters – especially real ones – to keep life exciting. What fun would going in the ocean be if there wasn't anything scary down there," Lockwood said.

Lockwood is in the process of writing another ocean thriller. He says that it is not a sequel to *BELOW*, but it is similar. He hopes this novel will to be released spring 2015.

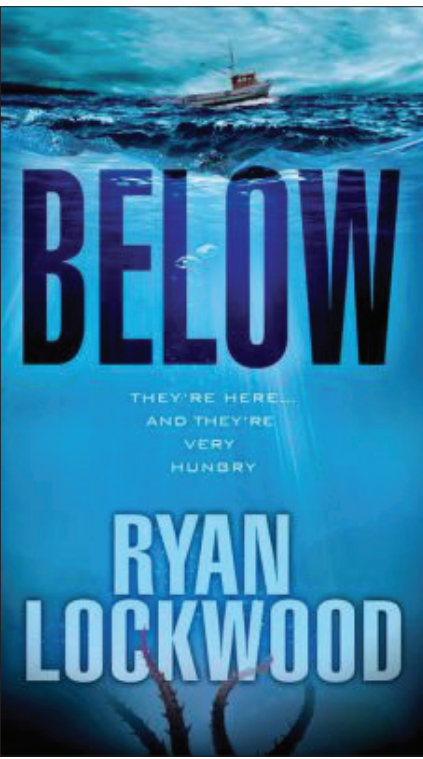
When he is not writing nationwide bestsellers, or working on CSU's campus, Lockwood has little free time, as he spends it with his wife and two children. Before he had his kids, he busied himself with other activities, like "scuba dive, climb 14ers, read fiction, hunt, camp, travel and work on becoming a better sailor." He hopes to continue to do these things that he loves, but with his children as well.



The success of Lockwood's novel was welcomed, but was nevertheless a surprise.

"I was very pleasantly surprised to even find a literary agent, which can be one of the hardest steps when trying to get published," he said. "After I signed with my agent, though, we had a publisher offering a deal within two weeks."

Currently, a work of commercial fiction focusing on the issues in the book has never been created—what those issues are is something Lockwood would like to remain hidden in the depths of his book. You'll have to read to find out!



Office of the Ombuds offers assistance to staff

by Kyla Skye Allmon

Help comes in all different shapes and sizes, especially here at CSU. Office of the Ombuds is a neutral and confidential source employees can turn to when seeking alternative options for solving conflict or grievances within the workplace.

Lanai Greenhalgh, director of Office of the Ombuds and the Employee Assistance Program (EAP), strives to resolve every conflict fairly, and if possible, informally.

Greenhalgh has been a member of the Colorado State University community since July 2008 as the EAP manager. "In 2009, I was given the title of Director of the Office of the Ombuds and EAP and moved into University Operations," she said.

Greenhalgh was part of the ombuds reinstatement after the position was eliminated in 2005 partially due to budget cuts. "I am the only ombuds in the university...and report to the VP of Operations, Amy Parsons."

As a member of the International Ombudsman Association, Greenhalgh practices the standards and code of ethics established by the association.

The primary purpose of the office is to protect the rights, interests, and privileges of every employee at the university. "Conflicts with co-workers is the number one issue brought to my office. A close second is conflicts with supervisors," Greenhalgh said.

While the office is available to assist in a multitude of different areas, it does not replace or supersede university complaint or appeal procedures. It is merely a tool to utilize if a conflict were to arise that needed outside assistance.

"An employee may contact my office at any time they have a question or concern about their employment or working environment," Greenhalgh said. "The earlier someone contacts my office in a conflict or dispute, the greater the likelihood of an informal resolution."

The office strives to reach resolution through fairness, and will analyze the situation and then explain



Lanai Greenhalgh meets with a client in her office in Johnson Hall.

how university policy comes into play in that particular circumstance.

Possible problem-solving channels and procedures are discussed to help provide different options to the employee. Members of the office engage in fact-finding and will follow up with the employee in concern to be sure the matter is resolved.

Throughout the resolution process, confidentiality is one of the biggest components the office focuses on. "My office is not an office of 'notice.' That means even issues of sexual harassment or discrimination may be brought forward without putting the university on official notice," Greenhalgh explains.

What the Ombuds Does

- Listens and discusses questions, issues and concerns
- Helps evaluate various options to address concerns
- Answers questions or helps find others who can
- Explains CSU policies and procedures
- Facilitates communication between people
- Advises individuals about steps to resolve problems informally
- Advises individuals about formal and administrative options
- Mediates disputes to seek "win-win" resolution of problems
- Makes appropriate referrals when informal options don't work
- Points out patterns of problems and complaints to administrators

What the Ombuds Does Not Do

- Participate in formal grievance processes
- Make administrative decisions for CSU administrators
- Determine "guilt" or "innocence" of those accused of wrong-doing
- Assign sanctions to individuals or participate in disciplinary process
- Receive official "notice" for the university about issues
- Give legal advice

If you believe the Office of the Ombuds or the Employee Assistance Program could offer you the support you need, please contact Lanai Greenhalgh at (970) 491-1527.

CSU, Coloradoan partner to share University news

Colorado State University is joining forces with the *Fort Collins Coloradoan* in a new partnership to create an online channel for distributing news about CSU to the Fort Collins community and to the *Coloradoan's* broader online audience.

The new section of the *Coloradoan* website, called @ColoradoStateU, launched on Sept. 27.

"We're excited to use the new avenues in this unique partnership to reach even

more people and to demonstrate the impact of our University in very tangible ways," said Tom Milligan, CSU's vice president for External Relations. "On this site, our talented writers, photographers and video crew, working in close collaboration with our colleagues across campus in colleges and units, will post content about the people, programs and things that make CSU such a special place, and a central part of our community."

Reaching an important audience

The *Coloradoan* website garners more than 450,000 unique visitors per month. The Gannett-owned newspaper's readership of 27,000 in Northern Colorado tilts heavily toward an important audience for CSU: 78 percent of subscribers hold a bachelor's and 32 percent have a master's degree.

The @ColoradoStateU web section will exist in addition to CSU's robust online, print, photo and video communications channels, including the University's homepage at www.colostate.edu.

College-based focus

This new online presence will be enhanced by special monthly sections to be included in the print version of the *Coloradoan*. The first full-size four-page insert, dedicated to Homecoming, publishes on Monday, Oct. 7.

Over time the section will feature academic, research, and outreach accomplishments in all eight of CSU's colleges, as well as OnLine Plus and other campus-wide entities and events.

"These new print inserts will provide another content outlet for the many, many

great stories happening here on campus," Milligan said. "We think this is another great opportunity to take relevant content from the University and send it through a new channel to reach important audiences for the University."

Special events engage the community

As part of the new partnership, CSU and the *Coloradoan* will produce a series of special events designed to reach out to the community. Among the first of these showcases will be a President's Community Lecture Series, an initiative designed to share with the local community the insights, wisdom and experiences of some of Colorado State's top faculty.

Find @ColoradoStateU online at www.coloradoan.com/section/csu.

For more information about this partnership, contact Mike Hooker, Director of Public Relations, at 491-1545 or mike.hooker@colostate.edu

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FLOOD | After the Rain

From page 1

Stormwater system handles runoff

Rain continued to fall in Northern Colorado through Sept. 15, but caused only a few minor leaks in buildings on campus. The campus and city stormwater system was able to handle the runoff.

"Although there's been a lot of rain, the rainfall has been steady here and that's really helped, compared to the quick downpours some other areas saw," said Steve Hultin, director of Facilities Management at CSU. "If the rain had come faster it would have tested the system more, but you have to also remember this is a stormwater system that was completely overhauled after the flood of 1997 and that may well have made a difference, too."

Hultin points to construction of new retention ponds, berms and large underground pipes that drain water away from campus as part of a larger citywide stormwater management effort implemented after the Spring Creek Flood that devastated parts of Fort Collins and the campus 16 years ago.

"Even the disc golf course at Hughes Stadium is part of the uphill storm mitigation system," said Hultin.

Although there were no significant flood-related issues on campus, classes were cancelled and campus closed Friday because of road closures in the surrounding community that would have made getting to and from campus especially difficult for some students and employees.

Devastating impact

In fact, the storm had a devastating impact on many members of the Ram family:

- An Agricultural Sciences student and her teenage son escaped Lyons with their lives and what they had on their backs. The St. Vrain River swallowed everything they own.
- A 23-year CSU employee and his family were severely affected by last summer's High Park Fire. During the flood, the Poudre River made the road to their house impassable.
- A staff member in the Department of Atmospheric Science and her family fled

their home in the Big Thompson Canyon. It may be months before they can return.

CSU has a long history of community outreach and also has a tradition of supporting its own in times of need. Last year more than 400 members of the CSU family rallied, raising nearly \$60,000 via CSUCares, a fund designated to provide emergency monetary relief in the face of natural disasters, to help survivors of the High Park Fire.

CSUCares is once again available to receive donations to help those in need, and the university is anticipating a significant need for this support in the coming weeks. University students, faculty, staff, and retirees impacted by flooding may be eligible for emergency funding support through CSUCares.

A gift to CSUCares will provide emergency funds to members of the CSU family as they rebuild their homes and lives. One hundred percent of the money donated to this fund will be used to help members of the CSU community. While this fund will be used now to assist those impacted by the floods, it will remain in place to assist those in the CSU community who are impacted by future qualifying disasters.

To make an online donation, give via payroll deduction or apply for funding, go to <http://supporting.colostate.edu/csucares/>

Other outreach and support

As you can read elsewhere in this issue, CSU Extension is reaching out to those hardest hit by the floods across the state. Christman Field near the Foothills Campus served as an airbase for 16 National Guard helicopters flying supplies into, and trapped residents out of, areas where floods tore apart roads and turned homes into islands.

The University Counseling Center and Employee Assistance Program are available to support any members of our community who need counseling services or support.

And there's another way to help. Volunteers are always needed to share weather data with the Community Collaborative Rain Hail and Snow Network (CoCoRaHS), which was formed in response to the Spring Creek Flood of 1997.



The Poudre River at 100 times its normal flow on Sept. 13 at Lincoln Avenue heading to the New Belgium Brewery. Photo courtesy of Peter B. Seel.

"While this may be the most thoroughly documented storm in our history with so much technology and observational data available, we still have many parts of our state where we don't know how much rain has fallen," Doesken said. "We realize that many people have weather stations and cameras, and sharing that data could help fill in the gaps to better document the timing of rainfall and its intensity and the patterns of subsequent flooding."

Rain gauge measurements, personal anecdotes about this storm and unique photos that will help to document this

storm should be sent to coflood2013@gmail.com. For more information about CoCoRaHS, go to www.cocorahs.org.

"This type of information is incredibly important for future construction, engineering, transportation, communication as well as energy and water infrastructure for Colorado," Doesken added. "Floods have happened before and they will happen again, but the more we know about them the better we can prepare for the next one."

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CSU welcomes new head of alt transportation

by Hannah Woolums

The start of a new academic year here at CSU has given rise to more than just a new semester; it has also given way to a new manager of alternative transportation, Aaron Fodge.

Fodge is an upstate New Yorker from outside of Rochester who traveled across the nation to do what he loves. After studying at Syracuse University, and moving to California for his master's degree, he landed at CSU for his MBA.

After finishing his degree, he knew exactly what he wanted to do, but

knew that his passion for his career in transportation planning may take him out of the state, since there are only a few jobs of the same nature in Colorado.

Working in the department of transportation comes with a lot of responsibility. "The University has hired me to manage how people access this campus in a safe and efficient manner," Fodge said. He spent several years as a Senior transportation planner with North Front Range Metropolitan Planning Organization.

There are two main components that he will be focusing on. "One is infrastructure. Is there the infrastructure to support the different modes of transportation? Are their paths to build, transit centers to build, or bike parking facilities," Fodge said. His goal is to make getting to campus more of a stress-free experience.

There are policy related aspects to work on, as well as student components, such as the orientation process and helping new students make a decision about bringing a car to campus. This process includes working with all those who utilize campus, and how they access campus on a daily basis.

As the new alternative transportation manager at CSU, Fodge has many goals for the upcoming school year to help the trek to campus be a little easier on everyone. One of the biggest goals is to work on the new bus system called the Max line that will be coming next year to Mason street from Cherry to south of Harmony.

According to Fodge, the Max line, also known as the Bus Rapid Transit, is a bus that will run on its own track system. It will have a guide-way that will be dedicated solely for the use of the bus, making it easy to navigate within the campus community. The largest station on the seven mile route will be located on campus.

Along with this major goal, Fodge has also established other things that will be considered his top priorities. Part of these goals will be assessments to determine how transportation is for employees and students. He will also look at how the campus is performing as far as transportation, as well as creating pedestrian and biker awareness.

If readers have any questions for Aaron Fodge, please contact him by phone at (970) 491-2823 or through email at aaron.fodge@colostate.edu



Photo by Shaylyn Boyle

COMMUNITY EVENTS

From page 1

Homecoming and Family Weekend

The annual alumni celebration kicks off with a variety of activities on Oct. 10, but the weekend gets into high gear on Friday, with the Reunion on the Oval at 2:30 p.m., followed by the Parade, which steps off in Old Town at 4:30 p.m. and makes its way to the Oval. The pep rally, bonfire, lighting of the A and fireworks blast off at 6 p.m. on the LSC West Lawn. The Saturday festivities include football vs. San Jose State, 1:30 p.m., Sonny Lubick Field at Hughes Stadium and volleyball vs. Boise State, 7:30 p.m., Moby Arena. homecoming.colostate.edu

Energy Institute

The Energy Institute at Colorado State University, a campus-wide initiative dedicated to discovery, innovation, and education toward new approaches to sustainable energy, will officially launch on Oct. 14, at 4:30 p.m. in the LSC Theater, with a reception and poster session from each of the centers connected to the Institute. Remarks by Institute Directors Morgan DeFoort and Ken Reardon and former Colorado Gov. Bill Ritter will begin at 5:15. The Institute will provide opportunities for faculty members and students across the University with programs that support the many energy-related centers and research efforts that have made Colorado State a leader in this area. A key role of the Energy Institute is to foster partnerships with state and federal government agencies and industry so that our ideas and resources have a broad impact.

2013 Natural Gas Symposium

This year's Natural Gas Symposium will be held Oct. 15-16 at the Hilton Fort Collins, 8:30 a.m.-5 p.m., both days. Tuesday's sessions will cover risks/uncertainties and benefits/opportunities in the natural gas industry and markets; Wednesday will cover solutions in the industry. Tuesday's luncheon keynote will be delivered by Mark Brownstein of the Environmental Defense Fund; Wednesday's keynote will be U.S. Sen. Michael Bennett. Sponsored by the Center for the New Energy Economy. www.cnee.colostate.edu

Cans Around the Oval Collection Day

Larimer County's largest one-day food drive will be collecting food and monetary donations from registered groups on Oct. 16, 10 a.m.-4 p.m. CSU Colleges, departments and offices should bring their collected donations to the Oval between 2 and 4 p.m. Sponsored by SLiCE. www.slice.colostate.edu/cans-around-the-oval.aspx

Reception for Vice President of Research Bill Farland

He's not retiring, but Dr. Bill Farland is stepping down from the VPR office, and the CSU community will honor his service with a reception, Oct. 17, 4 p.m., in the Cherokee Park Ballroom of the Lory Student Center. He will be transitioning into senior advisor to the executive vice president for CSU. To RSVP for the event, go to <https://advancing.colostate.edu/FARLANDFAREWELL2013>.

Aries Composers Festival

The Aries Composers Festival is a national new music festival sponsored by the Colorado State University Department of Music. The three-day event, Oct. 20-22, welcomes renowned composers to CSU. The event includes concerts, lectures, paper presentations, receptions, and panel discussions. This year, the Aries Composers Festival is honored to welcome Pulitzer Prize winner Michael Colgrass as its 2013 Principal Guest Composer and the Oasis Quartet as the festival's guest ensemble. uca.colostate.edu

First-time Homebuyers Class

Thinking about buying your first home and don't know where to begin? Tired of paying rent? Learn how to buy a house in this three-session class, Nov. 5, 9 and 12, 6-8:30 p.m. in Lory Student Center. Sponsored by Off-Campus Life. \$15 for students, \$20 for non-students. www.ocl.colostate.edu. 970-491-2248

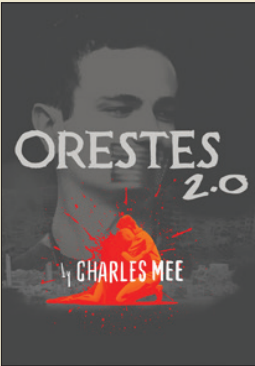


ENTERTAINMENT CALENDAR

Theater

Orestes 2.0 by Charles Mee

Oct. 10-13, 17-20, 7:30 p.m.
 Studio Theatre
 UCA
 1400 Remington St.
 \$8 CSU students, \$18 adults
csuartstickets.universitytickets.com



An edgy and disturbing remaking of the works of Euripides, this fever-dream of a play weaves snippets from Vogue magazine, Soap Opera Digest, interviews with porn star Mai Lin, and works by

William Burroughs and Apollinaire into the story of Orestes and Electra, who murdered their mother to avenge her murder of their father... in the present, in the U.S., in what could be any city in this country.

Not appropriate for ages under 18.

Our Town

Through Oct. 13
 Bas Bleu Theatre
 401 Pine St.
 \$5-\$25
basbleu.org

Celebrating its 75th anniversary year, Thornton Wilder's "Our Town" demonstrates why it is the quintessential American play that touches far beyond a slice of idyllic small town life. Each character in the play is beautiful and interesting – we just have to look closely.

The Seafarer by Conor McPherson

Nov. 2-30
 Thursday-Saturday, 8 p.m., Sunday matinees 2 p.m. Nov. 17 and 24
 OpenStage Theatre
 Lincoln Center
 417 W. Magnolia St.
 \$18-\$28
lctix.com

It's Christmas Eve in a decrepit apartment on the edge of Dublin. Two brothers, Sharky and Richard, welcome friends and one devilishly charming guest over for an evening of spirits and poker, only to find that the stakes are damningly high.

Art & Literature

Archives Exhibit: The International Art of Water

through Oct. 11
 Monday-Friday, 8:30 a.m.-4:30 p.m.
 Archives and Special Collections, Morgan Library
 Free admission

Poster artists around the world graphically depict water issues. Whether supporting flood victims or encouraging conservation through shared showers, simple design communicates powerful messages. Now on display are eight posters on the subject of water, designed by artists from Germany, the Czech Republic, Russia, China, and the United States.

18th Biennial Colorado International Invitational Poster Exhibition

through Oct. 31
 Monday- Friday, 10 a.m. – 4 p.m.
 Clara Hatton Gallery, Visual Arts Building
 Free Admission

All posters are from the International Poster Collection of CSU Libraries, originally submitted over the span of a dozen years for the biennial Colorado International Invitational Poster Exhibition organized by CSU's Art Department. The current CIPE show runs through Oct. 31 in the Visual Arts Building.



Journey to Sustainability: Artisan Development

through Nov. 15
 Monday-Friday, 9 a.m.-4 p.m.
 Gustafson Gallery in the Gifford Building
 502 W. Lake St.
 Free admission
 Contemporary apparel and home décor products designed and developed using artisan handcrafted textiles from Guatemala and Peru. The exhibit features work produced by faculty and senior design students in the Department of Design and Merchandising.

Fort Collins Reads: Erik Larson

Nov. 3, 1 p.m.
 Hilton Fort Collins
 425 Prospect Road
 \$10 general admission
 Tickets, cash or check only, at Old Firehouse Books, 232 Walnut St., in Old Town
 This year's Fort Collins Reads book is In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin, and author Erik Larson will read and discuss the book. Historian Larson is also the author of The Devil in the White City and Thunderstruck.

Music

Elvis Lives: The Ultimate Elvis Tribute Artist Event

Oct. 10-12 at 7:30 p.m., Matinee Oct. 12 at 2 p.m.
 Lincoln Center
 417 Magnolia St.
 Tickets starting at \$45
lctix.com

National tour featuring finalists from Elvis Presley Enterprises' worldwide Ultimate Elvis Tribute Artist Contest, as well as a tribute to Ann-Margret.

Pacific Mambo Orchestra featuring Tito Puente, Jr.

Oct. 29, 7:30 p.m.
 Lincoln Center
 417 W. Magnolia St.
 Tickets starting at \$22
lctix.com

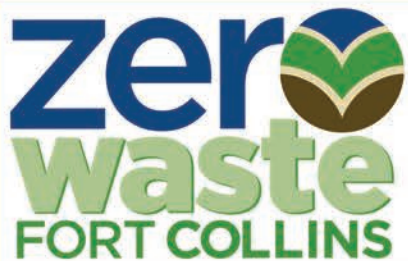


Pacific Mambo Orchestra has taken the Latin music scene by storm since its inception in 2010! Featuring Tito Puente, Jr., the son of the legendary mambo king, this Latin big band delivers an exciting night of salsa, mambo, bolero and cha-cha that will get you moving!

CSU's 8th annual Halloween Organ Extravaganza

Oct. 31, shows at 7, 9 and 11 p.m.
 Organ Recital Hall
 UCA
 1400 Remington St.
 \$7/CSU Students, \$1/youth (under 18), \$12/adult
csuartstickets.universitytickets.com

This wildly popular annual concert, performed on the world-renowned Casavant organ, features ghoulishly great organ music performed by costumed performers, including CSU organ professor Joel Bacon, organ students, and special guest musicians. The highlight is Bach's *Toccata and Fugue in D minor*, which has become the unofficial theme song of Halloween.



Tuesday, October 15, 2013
3 p.m. - 6 p.m.
215 N. Mason St., Community Room

COMMUNITY CONVERSATION: CORE IDEAS FOR THE ZERO WASTE PLAN

Now that we've collected comments from residents and businesses, it's time to review the core ideas for a Zero Waste Plan that will be drafted for the City of Fort Collins. Now's your chance to see what's included. Let us know what the consultants got right and what needs to be changed before the plan is finalized.



fcgov.com/zerowaste



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JUMP | Homecoming traditions evolve

From page 1

with each event?

For instance, what happened to crowning a queen every year?

The last Homecoming Queen, or rather "Homecoming Person" according to the Silver Spruce Yearbook, was elected in 1975. After a male student, Theron Abbott, was the winner of the Homecoming Queen race, the tradition ended.

The huge A above Horsetooth Reservoir now used as an aerial landmark seen by pilots from 60 miles away, started in 1923. This symbol of Aggie pride all began with a lease to the University for \$1. After resizing the 'A' the second year of existence, it now extends 450 feet high and 210 feet wide.

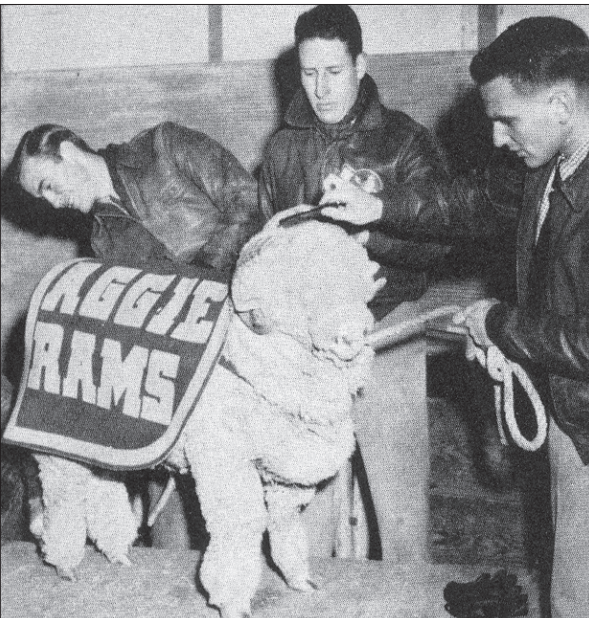
The Aggie 'A' is part of a longstanding tradition of Homecoming. The lighting of the A will take place on Friday, Oct. 11, after the Homecoming parade and pep rally.

CSU has many traditions to celebrate, especially when it comes to that special weekend in October. This year celebrate the home of the Rams with reunion dinners and the parade on Friday, then the 5k race and the big game on Saturday.

Whether you are new to the Ram family, or never truly left, enjoy being a part of CSU's historic traditions during Homecoming Weekend, Oct. 11-12.



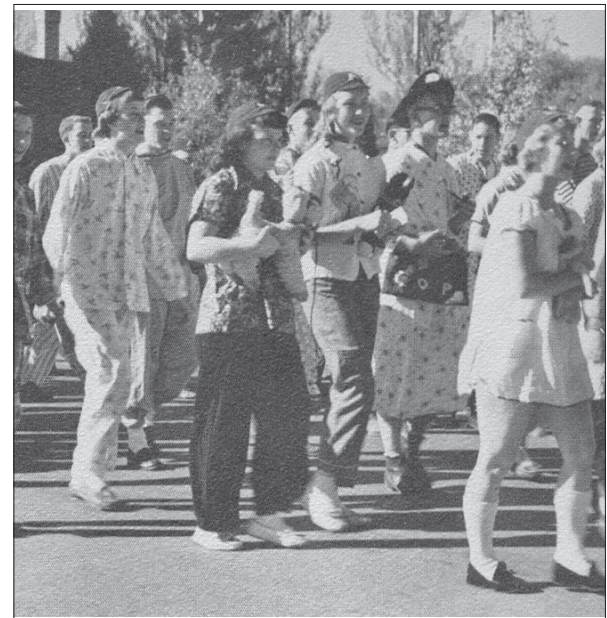
CSU football coaches review plans for the 1931 Homecoming football game. Photo courtesy Morgan Library Archives



Aggie mascot. Photo from 1946 Silver Spruce.



Homecoming bonfire. Photo from 1984 Silver Spruce.



Homecoming pajama parade. Photo from 1955 Silver Spruce.



Homecoming queen. Photo from 1967 Silver Spruce.



Crowd at Homecoming game. Photo from 1975 Silver Spruce.

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Extension takes the lead in flood recovery

by Carol O'Meara and Joanne Littlefield

Weather situations in Colorado can require quick property and safety decisions; recovery efforts, on the other hand, can be slow. Extension offices are providing information and education in various formats to those facing loss of home, property, crops, livestock and businesses after the rain along Colorado's Front Range.

The toll taken by the 2013 flood, which ravaged 1,918 square miles and 17 counties, will reverberate for years. In the meantime, Coloradans are beginning the cleanup and recovery.

Amid the confusion, getting advice from people you trust is an urgent need; where to look for the resources such a catastrophic event created is challenging. The scope of impact is far ranging; each community is unique. In the heart of each, is Colorado State University Extension, helping the communities it serves.

In Larimer County, damage was significant. State and county roads and bridges are unstable or missing, requiring millions of dollars and months to repair.

Many survivors are unable to return to their properties. At the

Flood Disaster Assistance Center in Loveland, Larimer County Extension personnel and volunteers are busy distributing information and working with survivors.

"We're providing information and referral to resources that they might not otherwise think about," said Laurel Kubin, director of the Larimer County Extension office. "Our connections in the county and in the community make us a great 'go to' resource."

Discussions run the gamut from controlling mold in buildings, replacing important documents, the importance of saving receipts for insurance claims and for income tax deductions, and removing muck from lawns.

Problem solving continues regarding food safety of gardens and stored foods, caring for livestock and pets, bacteria in water wells, flooded septic systems, and where to get hay.

Other counties receive help

Weld County, too, established Flood Disaster Recovery Centers, where Extension, along with other agencies and community organizations, is providing

information and services, says Keith Maxey, Weld County Extension Director. As the flood struck, the big issues lay in finding places to take livestock and small animals.

Maxey is working with Natural Resources Conservation Service and the Farm Service Agency to assess flood damage suffered by agriculture producers to crops and infrastructure, like buildings, fences, and corrals.

Adrian Card, Agriculture and Natural Resources Extension Agent in Boulder County, knows Extension's strength is outreach to clients. "We know in an information-rich society what's out there," he said. "We gather the information that's applicable to Colorado."

Reaching as many people as possible during a disaster can be a challenge, so Card tapped into a consortium of agencies to help agriculture producers get consistent, timely reliable advice. "Where flood waters impact fields, we're making sure we don't see issues from soil contamination. We're trying to prevent soil and crop issues leading into human health issues in 2014," said Card.

Extension in Colorado is part of a network of land-grant universities, and a partner in the Extension Disaster Education Network (www.EDEN.lsu.edu and eXtension.org). Many of the resources online at www.ext.colostate.edu/pubs/drought/flood.html are from our partnering groups.



Joanne Littlefield

Carol O'Meara is Colorado State University Extension agent in Boulder County and Joanne Littlefield is CSU Extension director of outreach and engagement.

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



Q: How do you know if a relationship is unhealthy or if it just needs work?

A: Whether you have a long history of romantic relationships, or you are just falling in love for the first time, everyone spends time assessing their relationship. Many people fear that if they are in an unhealthy relationship, they'll make excuses to stay in it despite messages they are getting from themself and others. So listen to what people who love you and who you trust are telling you about how your relationship looks from the outside. Don't focus on just one friend's opinion; get opinions from people you can absolutely trust to have your back.

If your most trusted friends tell you the relationship looks unhealthy, maybe it is. Listen to your own intuition as well. It usually is telling you the right answer. By going

to a therapist to find out if the unhealthy relationship is workable, you can then decide what to do next.

So what is a healthy relationship? First and foremost, healthy relationships have no violence whatsoever – no physical, sexual, or emotional violence. Beyond that most basic and unwavering rule, experts like Dr. John Gottman tell us we should feel respected and nurtured in our relationships. Gottman's research indicates that healthy couples use five positive interactions to every one negative interaction.

On the other hand, an unhealthy relationship is one that is fraught with what Gottman calls The Four Horsemen: criticism, contempt, defensiveness, and stonewalling. These characteristics make people feel badly about themselves, and they find themselves working much harder than they should to be happy in their relationship.

Healthy relationships are often based on a sense of friendship. Can you look at your partner and honestly say, "You are one of my best friends." Most healthy relationships also look quite equal in terms of the power each person has to make decisions and offer their influence. Frequent or constant power struggles can be an indicator of an unhealthy relationship.

How closely aligned are you and your partner on big issues such as family, work, finances, and your core values? Your opinions on most of these should be at least similar, with the ability to discuss small differences openly without hurt feelings. Large differences on these topics put a strain on a relationship over time. Healthy relationships allow each person to respect each other's small differences on these large issues without much difficulty.

Get help early

Most long-term relationships, even healthy ones, go through some struggles from time to time. I often tell

clients that it's not that they have conflict, it's how they resolve their conflict that matters. Are you able to feel genuinely closer to your partner and feel more secure in the relationship after a typical argument, or do you find yourself replaying it over and over in your head and noticing you feel damaged by the conflict? The latter may be an unhealthy relationship.

Don't wait until it is too late to get some professional help for relationship issues. One of the biggest problems we therapists see is couples who have waited until the damage to themselves and their relationship is too far along to really repair easily. If you or your partner has started to feel like you are giving up on the relationship, it might be more work that you are willing to put into saving it. Get help early so that you can prevent real damage.

Finally, if you can honestly say that you are unhappy with your partner, or that you don't like who you are in this relationship, it's probably not healthy for you. If you are mad or sad most of the time, it's time to look at getting help to end the relationship, or do some serious repair work together with a couples therapist. Our love relationships should be where we can get the support, love, and acceptance for who we are to help us get through life's toughest trials.

If you or someone you know needs more help figuring out if they are in an unhealthy relationship or one that just needs work, have them contact us at the Center for Family & Couple Therapy on campus at (970) 491-5991.

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

CSU COOKS

What does a football coach's family eat during the big game? Karen McElwain gives us a game-day must: the "Macfam Inn" stuffed mushrooms! "In fact, when we have functions at our house I have to hide them from Drew Hill, director of Player Personnel, or he would eat the entire batch," she said. Go Rams!

Karen McElwain's Stuffed Mushrooms

Ingredients

2 large packages of white mushrooms
1 8oz package of cream cheese
1 cube of butter (1/2 cup)
1 16oz tub of fresh grated Parmesan cheese
Chili powder
Onion powder
Garlic powder

Directions

1. Rinse and dry mushrooms.
 2. Pop the stems from the mushroom.
 3. Line large baking sheet with the mushrooms.
 4. Fill mushrooms with butter.
 5. Sprinkle seasonings on butter.
 6. Mound cream cheese into mushrooms.
 7. Top with shredded Parmesan cheese.
 8. Sprinkle with chili powder.
 9. Bake in 350 degree oven until hot and bubbly.
- ENJOY!



HOMECOMING

And Family Weekend

October 10-13, 2013

www.homecoming.colostate.edu

HIGHLIGHT EVENTS

Friday, Oct. 11

- Festival on the Oval | 3:30 p.m.
Join the family-friendly fun on the Oval with the band Better than Bacon, food trucks, a beer garden, and games for kids.
- Homecoming Parade | 4:30 p.m.
- Friday Night Lights | 6 p.m.

Saturday, Oct. 12

- Homecoming 5K | 8 a.m.
- Alumni Association Tailgate | 10:30 a.m.
- CSU vs. San Jose State Football Game | 1:30 p.m.
- CSU vs. Boise State Volleyball Match | 7 p.m.



Colorado State University
ALUMNI ASSOCIATION



Alumni reconnect at CSU Media Festival

by Sarah Sparhawk

The Colorado State University Media Festival may not be as popular, or held as often as the Oscars, but it is just as big of a night for the Journalism and Technical Communication (JTC) Department and alumni, with a few local celebrity appearances, too.

Entries from various media categories are submitted to be judged by a selected panel of JTC professors, in the hopes of winning the coveted prize: a Cammy Award.

The festival was created mainly to keep in contact with department alumni, but it is open to just about anyone who is interested in submitting a creation of their own.

"It's an opportunity for us to find out what graduates and students are up to," said JTC department chair Greg Luft.

The festival, which is now biennial event, was started in 2008 by Luft and JTC professor Joseph Champ, who are co-directors. While the entire event has gone through many changes since then, Luft said that the festival still aims to do what it was created to do: offer a good excuse to bring alumni back to the campus.

This year, the festival went from Sept. 24-28, with almost 200 entries. The majority of the entries were from JTC alumni, including a few famous ones like Channel 7 News anchor Amanda Kost and

former *Los Angeles Times* journalist, turned screen and book writer, David Freed.

Luft jokes that the reason the festival is so popular is because he "harasses them endlessly." However, according to the number of entries, it is clear there is no need to do so. "Journalists are crazy about winning awards," he said.

Some CSU faculty members were brave enough to show off their own pieces of work this year. Ryan Lockwood, the public and media relations coordinator for the Colorado State University Forest Service, submitted his newly published novel, *BELOW*. Coleman Cornelius, now director of Communications for the College of Veterinary Medicine and Biomedical Sciences of entered four magazines she produced for the College of Agricultural Sciences.

"It's fun to see where people's careers have taken them, and how a foundation in journalism has led to interesting and exciting work in media and communications," Cornelius said. "Besides all that, I yearn for my own Cammy Award!"

Past entries from faculty and staff include Bill Cotton, Tim O'Hara, and many others.

JTC professor Pete Seel submitted an online portfolio of his trip to the French and Italian Alps for judging last year. Another JTC professor, Steve Weiss,

already has a Cammy Award under his belt from 2010, for his off-road racing video, "Baja and Beyond." In 2011, he entered another video of his own called "My Visit to the Zoo," which was a 30-minute children's program.

The CSU Media Festival is put on solely by the JTC department, with help from Rocky Mountain Student Media. Luft hopes to soon have more financial

sponsors and donations for the festival, so proceeds can someday go into a scholarship fund.

The CSU Media Festival offers a great way for alumni to reconnect with their alma mater. It is a special chance for them to show off what they have accomplished since they have graduated from the university where they learned it all.



As alumni of Colorado State, the Television, Technology, and Technique panel share their insight during a discussion at the CSU Media Festival on Sept. 27. The panel members included: Mike Ortmeier, KDVR-TV; Steve Roberts, Crescent Sun Pictures; Steve Lukanic, High Noon Entertainment; Michael Harris, Editor and Producer of High Noon Entertainment; and Lane Lyon, CBS Denver, High Noon Entertainment, Lane Lyon Enterprises.

CSU Ag Day 2013



Not only is Ag Day a great showcase for Colorado agricultural products and a great afternoon for the whole family, proceeds from the nonprofit event fund scholarships for CSU agricultural science students. Photo courtesy CSU Creative Services.



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PET HEALTH

Planning ahead helps avoid problems between new pets and young children



by Dr. Camille Torres-Henderson

The decision to add a pet to your family is exciting, yet picking the right pet for your family requires a great deal of discussion and research.

Animals can provide wonderful companionship, and this relationship often relies on preparation, awareness, and safety to protect family members from bites, scratches, and other injuries. Young children are a particular concern.

Unfortunately, pets given to shelters are most likely to come from families with children, often because families have encountered problems with the interactions between children and pets. It is useful to remember that pet behaviors are typically linked to instincts animals possessed before they were domesticated; when we understand these behaviors and underlying instincts, we are better able to anticipate problems, train our pets, and guide our children.

Here are strategies to help:

- Supervise your children with pets to avoid accidents and injuries.
- Wash hands after playing with an animal because some parasites and bacteria may be passed from pets to people. Good hygiene is the best way to avoid this.
- Teach youngsters to handle pets in a safe manner using “gentle touches.” The pulling of ears, hair, and tails can be very stressful for a pet.

- Children should avoid kissing or hugging pets, especially near the face.
- Dogs and cats should be given a safe area to eat food and play with toys. Children should learn to stay away from them when they are eating and playing with toys.
- Never approach a strange dog or try to reach through a fence to pet a dog. Teach your child how to respond if an unknown dog runs up:
 - Stand very still like a tree;
 - Look straight ahead, and avoid eye contact;
 - Do not run, yell, or scream; and then
 - Back away slowly.
 - If a dog appears dangerous and threatening, children should curl up in a ball with hands locked behind their head.
 - Teach children how to care for pets, increasing responsibility when they are ready. Adults should function as primary or backup caregivers to ensure proper care is given to pets.

Plan carefully so you can commit to caring for your pet throughout its lifetime.



Dr. Camille Torres-Henderson is a staff member with the Community Practice group at CSU's James L. Voss Veterinary Teaching Hospital. The team provides general care, wellness services, and treatment of minor injuries and illnesses for pets

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Walk while you work: Try a treadmill desk



by Brittni Jensen

We've all heard about the importance of exercise. Search high and low, and you'll be hard-pressed to find someone who does not know about the necessity of incorporating physical activity to enhance his or her health. But many times, there is a large gap between what we know is important, and how that plays out in our daily lives. The goal for those of us in the health and fitness industry is to reduce the gap any chance we get. One way to accomplish this is to make it easier for our clients to

incorporate healthy lifestyle choices. So we try to take advantage of something many Americans are great at: multi-tasking.

As I write this article, I am walking. "How?" you ask. Well, I'm taking advantage of a recent invention: the treadmill desk.

Although the benefits of exercise are widely known, studies have begun to show the detrimental effects of too much sitting time. Unfortunately, many of us are constant sitters: We work in jobs where we sit, ride in cars, watch TV, and the like; this is our normal daily routine. Even if we are among the exercisers, it's been shown that mortality rates are still higher for us in comparison to other exercisers if we sit too much!¹ This includes deaths from all causes, as well as specifically the top two causes here in America: cardiovascular disease and cancer.

So what is there to do? It's already tough enough to squeeze in those exercise routines, not to mention trying to ease up on the sitting time. That's where the treadmill desk comes in handy. While walking at a (very!) low speed, we can continue to get work done, while decreasing our daily time spent sitting! A study published this spring in the Obesity journal incorporated treadmill desks for corporate employees for one year. Not only did these employees increase their exercise time, but they also significantly decreased their sitting time. Additionally, employees lost weight, with the most weight loss occurring in obese individuals².

What is the take-home message from this? First off, see if your department is willing and able to incorporate treadmill desks into your workstations. A trial period may help prove the effectiveness of these machines. Is that too much to ask?

An easy alternative is to set a timer while you're at your desk. Ensure you take a quick break to stand up and walk

around³. The minutes you spend during walk breaks will add up into time you add on to your life, by increasing exercise and decreasing sitting time. So let's give our glutes a break and do something good for ourselves. Start at work and start today!

Brittni Jensen is Director of the Adult Fitness program at CSU. Additionally, she teaches practicum courses for Health Promotion students, as well as a class wellness programming class. Contact Brittni at brittni.jensen@colostate.edu



¹ Katzmarzyk, P. T., et al. "Sitting Time and Mortality from All Causes, Cardiovascular Disease, and Cancer." *Med Sci Sports Exerc* 41.5 (2009): 998-1005. Print.
² Koepp, G. A., et al. "Treadmill Desks: A 1-Year Prospective Trial." *Obesity* (Silver Spring) 21.4 (2013): 705-11. Print.
³ McCrady, S. K., and J. A. Levine. "Sedentariness at Work: How Much Do We Really Sit?" *Obesity* (Silver Spring) 17.11 (2009): 2103-5. Print.

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