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Get your fall drink on with this selection of seasonal beverages in Fort Collins.



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Tony Frank's Fall Address



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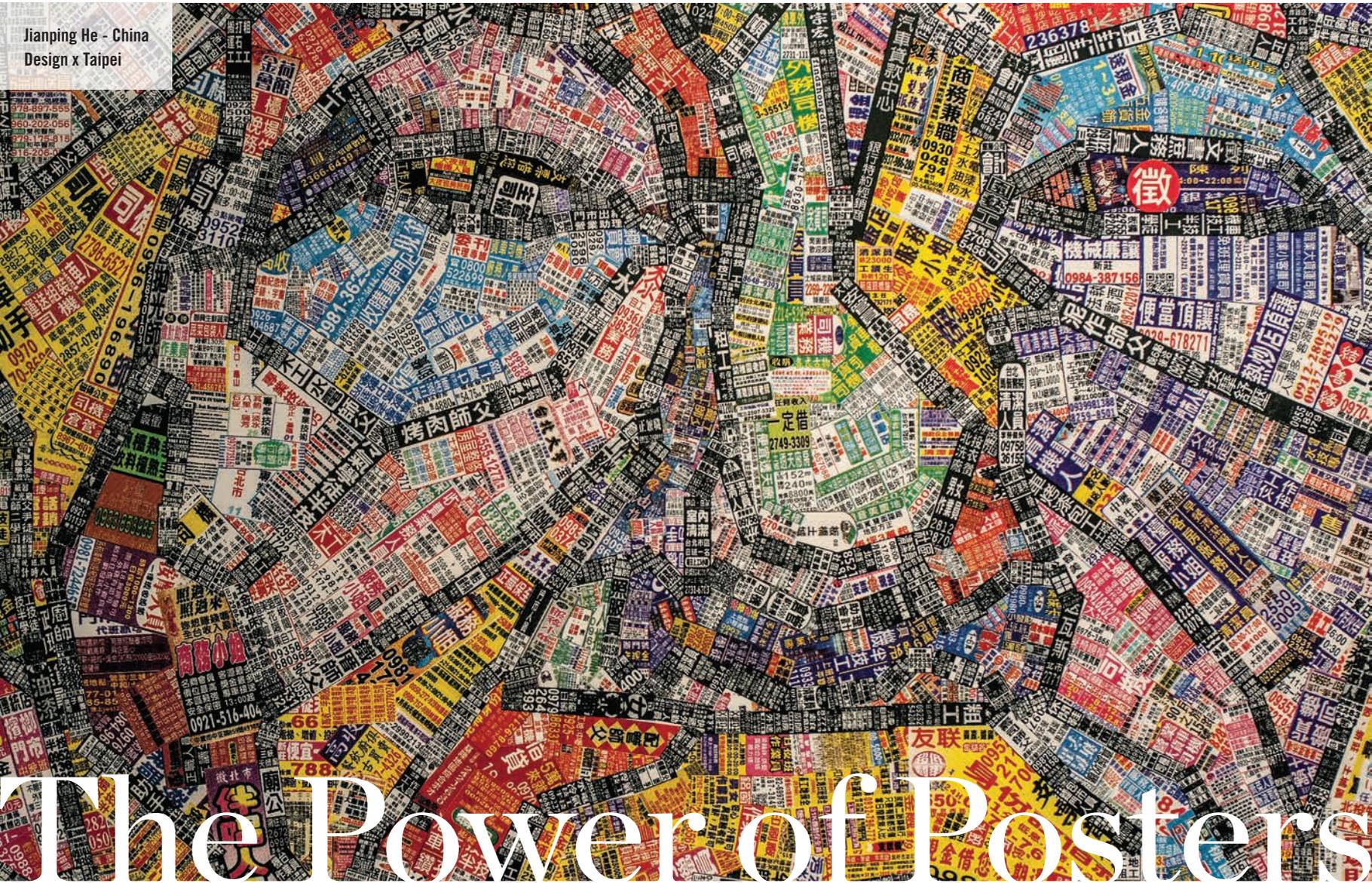
Check out this insane campus haunt!



pg 15

CSU faculty and staff join The Conversation to share research globally

Jianping He - China Design x Taipei



The Power of Posters

Design and social justice on display at 20th biennial CIIPE

By Lilly Luke and Savannah McNealy

The 20th biennial Colorado International Invitational Poster Exhibition opened at the Curfman Gallery in the Lory Student Center and the Hatton Gallery in CSU's visual arts building Sept. 22. This year's CIIPE was judged by husband and wife artist team Joe Scorsone and Alice Drueding, internationally renowned graphic designers who both hold the title Professor Emeritus at Tyler School of Art of Temple University.

Drueding and Scorsone are also highly praised for their attention to social issues in the content of their work. On Sept. 21 they participated in "Picturing Human Rights," a panel where the artists spoke on their involvement in the war on human trafficking. Drueding and Scorsone were accompanied by Silvia Canetto, professor in CSU's Department of Psychology, and Caridad Souza, director of the Center of Women's Studies and Gender Research at CSU. Souza opened the discussion with background on human trafficking and the efforts being made worldwide to combat the serious human rights violation, leading into the panel's open forum on the topic.

What was the motivation behind including design in human rights?

Drueding: Before designers were involved, writers were allowed to write and photographers were allowed to take photos of controversial issues, but it was unheard of for designers to be involved. We wanted to use our ability to communicate to make a difference and have more of an impact on the human population.

Do you produce pieces with a specific message in mind?

Scorsone: We usually want the viewers to be moved in a specific way. We design by looking at the perspective from the potential audience and create works from that point of view.

Drueding: We want to both convey information and also evoke responses from the population.

How do you see art as a means to shape human rights?

Scorsone: It's a very powerful and meaningful method of presenting issues that are hard to talk about. It brings attention and makes people more aware of what's going on in the world.

Drueding: If you think about the 1960s, designers had a role that was vital in the world. Designers are part of a tradition that will continue to change society's views on issues plaguing the world.

Do you think human trafficking is believed to be a cultural right?

Souza: Culture is changing all the time, it's more fluid than some believe it to be. In terms of human trafficking, women in most cultures are systematically unheard, and that's the issue we're trying to bring attention to.

Drueding: When your cultural right infringes on someone's human rights, that's where fundamental issues are created.

Canetto: Both genders can be sexist and misogynistic. Supporting human rights is about supporting people who are in the thick of the issue and not having "American saviors."

The panel led into the opening of the exhibit of Drueding and Scorsone's work in the Gregory Allcar Museum of Art in the University Center of the Arts.

The exhibition will continue until Dec. 15. The CIIPE show will run through Nov. 3, in all three locations.

APPLAUSE

COLLEGE OF HEALTH AND HUMAN SCIENCES

In recognition of her outstanding work with CSU's Family and Consumer Sciences program, **Dawn Mallette**, assistant professor in the School of Education, has been awarded the Family, Career, and Community Leaders of America National Distinguished Service Award. This award is given to individuals providing exemplary service to their state organization and the FCS profession.

COLLEGE OF NATURAL SCIENCES

Two Colorado State University faculty members, both from the Department of Psychology, were recognized with awards at the American Psychological Association's annual meeting in August.

Associate Professor **Jessica Witt** was honored with a Distinguished Early Career Scientific Contribution to Psychology. And

Professor **Bryan Dik** was recognized with the Society for Counseling Psychology's 2017 John Holland Award for Outstanding Achievement in Career or Personality Research.

Witt was lauded particularly for her work in the area of perception and motor performance – a field that only selects an honoree once every two years. Dik studies vocational psychology, in particular the finding of meaning in career development. The award is given to midcareer professionals.

COLLEGE OF VETERINARY MEDICINE AND BIOMEDICAL SCIENCES

Dr. Michael Lappin, professor of infectious disease in the CSU Department of Clinical Sciences, and director of Shelter Medicine at the James L. Voss Veterinary Teaching Hospital, received the American Veterinary Medical Association

Clinical Research Award at the Meril National Institute of Health's National Veterinary Scholars Symposium in Bethesda, Maryland, in August.

OFFICE OF THE PRESIDENT

CSU President Tony Frank was named the 2018 Citizen of the West, an award that recognizes those who embody the spirit and determination of the Western pioneer and perpetuate the West's agriculture heritage and ideals. A committee of community leaders selects the recipients, which is presented by The National Western Stock Show. Frank will receive the prestigious award at a dinner on Jan. 8, 2018, at the National Western Events Center. Proceeds from the event support 100 scholarships awarded annually to colleges and universities in Colorado and Wyoming by the National Western Scholarship Trust.

CSU LIFE STAFF

Editor

Melissa Leavenworth

Assistant Editor

Megan Hamner

Design

Lilly Luke

Savannah McNealy

Photography

Melissa Leavenworth

Reporters

Megan Shaw

Laurel Thompson

Advisors

Kim Blumhardt

Kate Jeracki

Kate Wyman

SEND GOOD NEWS FROM YOUR DEPARTMENT OR UNIT TO CSULIFE@COLOSTATE.EDU FOR INCLUSION IN APPLAUSE.

NOMINATE A UNIT, WIN GAME TICKETS!

The **Employee Appreciation Board** loves to recognize outstanding departments/units for going above and beyond their normal work duties to make CSU a great place to learn and work. They also appreciate individuals who take the time to nominate a deserving unit.

This year, all employees who nominate a unit will be entered into a raffle for home football and basketball tickets. Once you submit a nomination, your name will remain in the raffle pool until your name is drawn or for the remainder of the year (whichever comes first).

And, if your unit is chosen to be recognized by the EAB, you'll receive a special gift!

In September, Delwin Benson of Fish, Wildlife and Conservation Biology won tickets to the Homecoming game against Nevada.

How do you nominate a group? Simply go to the CSUEAB website at csueab.colostate.edu and click on Nominate a Unit. Be sure to include specific examples as to why you feel your group should be recognized and what they do to go above and beyond their normal, everyday job duties. The EAB selects units to honor monthly.

THE DEADLINE TO NOMINATE A GROUP IS THE MONDAY BEFORE EVERY HOME FOOTBALL GAME. **OCT. 9 | OCT. 23 | NOV. 6 | NOV. 13**

CSU LIFE ADVERTISING

Want to promote your business through *CSU Life*?

Contact Kim Blumhardt at kim.blumhardt@colostate.edu or (970) 491-1146

CSU LIFE IS PUBLISHED MONTHLY DURING THE ACADEMIC YEAR THROUGH A PARTNERSHIP WITH CSU DEPARTMENT OF EXTERNAL RELATIONS AND ROCKY MOUNTAIN STUDENT MEDIA. THE PUBLICATION IS MAILED TO FACULTY AND STAFF AND DISTRIBUTED AT NO CHARGE ON CAMPUS.

CONTACT US AT CSULIFE@COLOSTATE.EDU

PROUD TO BE
A CSU RAM?
SHOW IT

Stop by our branch in the Lory Student Center to open a First National Free Checking Account and get your CSU Visa Debit Card on the spot.

Learn more at 1stnationalbank.com/CSU



NEED ACCESS TO THE CITY IN YOUR POCKET?



Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at *fcgov.com*, or download the free mobile app.



Reviews and Drink Photos by Laurel Thompson

TIRED OF PUMPKIN SPICE LATTES?

GIVE ONE OF THESE OTHER DELECTABLE FALL DRINKS A TRY INSTEAD.

Crisp, cool mountain air. Crunchy leaves of gold and crimson. Warm drinks in cozy places. Fall is in the air in Fort Collins, so it's time to admire the beautiful scenery and indulge in some of these local fall-inspired drinks.



S'MORES MOCHA

WILD BOAR CAFE

Dark chocolate, gingerbread, toasted marshmallow and vanilla. This toasty mocha will warm you up like a hot s'more by the campfire.



THE CROOKED COZY

THE CROOKED CUP

The perfect fall warm-me-up: This deliciously sweet chai with subtle hints of pumpkin and cinnamon, paired with a hot pumpkin chocolate chip muffin.



LEFTOVER LATTE

THE HUMAN BEAN

What's better than a pumpkin spice latte on a cold morning? A white chocolate pumpkin spice latte, topped with a chocolate-covered coffee bean.



SUMMIT DELLA'S APPLE STRUDEL

SCRUMPY'S HARD CIDER BAR

Sweet and crisp with hints of cinnamon and nutmeg, this spiced harvest cider is "truly apple pie in a glass."

FALL FAVORITE

THIS BEER, BOTH REFRESHING AND REMINISCENT OF FALL, WAS THE OVERALL FAVORITE.



OKTOBERFEST

ODELL BREWING COMPANY

Bold, malty and incredibly easy to drink, this Marzen-style lager is easily one of the best Oktoberfests in town.



MARZEN OKTOBERFEST

PROST BREWING COMPANY

Traditionally brewed using rich Munich, Vienna and Caramunich malts, this German-style Oktoberfest tastes the way comfort feels.



VOODOO RANGER ATOMIC PUMKIN

NW BELGIUM BREWING COMPANY

This seasonal brew breaks all the rules when it comes to pumpkin spice, with habanero peppers, nutmeg and Saigon cinnamon creating the perfect fall flavor you didn't know existed.

Get to know the Administrative Professional Council

By Shannon Dale

The campus is abuzz with the start of a new fall semester and the Administrative Professional Council is excited to jump into another year of initiatives and projects in the service of Administrative Professionals across campus.

Get to know this year's APC Executive Committee, a group of elected APC members who provide leadership to the council and are focused on improving the APC experience at CSU through the FY18 APC initiatives.

Shannon Wagner



Chair

Work: Academic Support Coordinator, Office of Academic and Student Affairs for the Walter Scott, Jr. College of Engineering

What is your favorite part about serving on the APC? I love being a part of AP Council for a variety of reasons. I appreciate the opportunity to connect with leadership across campus to work together for the greater good of CSU employees and am humbled by the fact that a large part of my role is to develop relationships and engage in dialogue with staff so we, as a Council, can best represent them in those cross-campus discussions.

Where is your favorite place to eat on campus? My favorite place to eat on campus is the Ram's Horn Dining Center because I have a chance to interact with some of the awesome engineering students and staff, who live in our Engineering Residential Learning Community.

Catherine Douras

Vice Chair

Work: Grant Facilitator and Fiscal Account Manager, Research Services, College of Agricultural Sciences

What is your favorite part about serving on the APC? I love working with people from across the university to impact our work environment in positive ways.

What is your favorite CSU tradition? The CSU Marching Band, which I played in when I was an undergrad!



Keely Medicino

Secretary

Work: Director of Development, College of Agricultural Sciences

What is your favorite part about serving on the APC? My favorite thing about being on APC is the exposure we get to different issues and things happening on campus. It's gratifying to know that we are ensuring APs are being represented in high level conversations with administration, CPC, and Faculty Council.

What is your best CSU employee tip? The Computer Diagnostic Center is located on the first floor of Morgan Library and they do great work. They offer several free services including laptop tune-ups!



Daniel Banuelos

Treasurer

Work: Assistant Director of the Educational Talent Search Program - Access Program

What is your favorite part about serving on the APC? Serving along with professional individuals who are dedicated to making CSU a wonderful place to work. In turn, this will enhance our students' experiences.

What is your favorite CSU tradition? Homecoming, I love the community coming together and supporting our students.



FY18 INITIATIVES

- INCREASE AP OUTREACH AND ENGAGEMENT
- ADVOCATE FOR MANDATORY SUPERVISOR TRAINING
- PARTICIPATE IN WORK-LIFE BALANCE POLICY DISCUSSIONS
- BUILD A CONSISTENT AP EVALUATION SYSTEM AND PROCESS
- ADVOCATE FOR PARKING AND TRANSPORTATION OPTIONS
- ADVOCATE FOR STRENGTHENING BENEFITS AND COMPENSATION PACKAGES FOR APS

Nominate your Everyday Heroes

By Megan Skeehan

With more than 1,800 State Classified employees working for CSU, it is important we recognize these employees and their roles that keep campus running smoothly.

They are the custodians who keep our buildings clean, remove our trash, take our recycling and shovel the snow around buildings. They are facilities employees, repairing and maintaining our existing and new buildings, mowing the lawns and caring for the various pieces of equipment. They serve meals in the dining halls, cater events and keep storerooms stocked so we can get our favorite treats on campus. They are administrative support in academic departments and labs. They are IT professionals. They even circulate and distribute over 6 million pieces of mail and parcels every year! In fact, there are State Classified employees in more than 150 CSU departments and units working around the state of Colorado.

The Classified Personnel Council wants to recognize the daily contributions of State Classified employees and all of our employees who keep CSU running, teaching and researching. Now, we need all community members to help us.

We are seeking nominations for our Everyday Hero Award. This award acknowledges the contributions of State Classified employees, but also Administrative Professional's, and Faculty. Who is your Everyday Hero? Nominations never close because the good work never stops!

Educational Assistance Award

We are also seeking to support State Classified employees who are continuing their education, whether that be here at CSU using the Employee Study Privilege, taking a class at a community college or a trade school, or earning a certification – we want to help you. The CPC has an Educational Assistance Award that provides \$500, less taxes, to State Classified employees who meet the award criteria. Applications are due Oct. 20, 2017.

Both the Everyday Hero nomination form and the Educational Assistance Award application are on our website, cpc.colostate.edu under CPC Awards and Recognition. We even have forms and applications available in Spanish.

Please help us recognize the incredible achievements and contributions of our CSU employees. Nominate your Everyday Hero today. In addition, if you are a State Classified employee continuing your education or learning something new for fun – apply for an Educational Assistance Award.



Laurie Everett in Central Facilities was recognized as an Everyday Hero in August.

CONGRATULATIONS

Dining Services is excited to announce that BEN STRATTON, Production Cook at the Ram's Horn Dining Center, has been awarded the September Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service by going above and beyond their normal duties.

Ben is responsible for prepping and cooking but graciously takes time from his busy schedule to train and work with the hourly employees. Ben holds himself to high expectations and is always willing to lend a hand to the rest of the team. He is a hard worker and comes in early or stays late to ensure everything is in place for the next meal. General Manager, Chris Connelly, states, "Ben is always pleasant and approachable and consistently promotes a positive and respectful attitude!"

Congratulations, Ben!

Who's new at Colorado State University

Welcome new faculty and staff to campus and fall semester

This semester has brought a number of new faculty and staff to the CSU campus, and some longtime employees have taken over new responsibilities. If you see some of these new faces around campus, make sure to give your colleagues a warm Ram welcome.

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OFFICE OF THE VICE PRESIDENT FOR RESEARCH



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ASSISTANT VICE PRESIDENT FOR STRATEGIC INITIATIVES

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HOUSING & DINING SERVICES



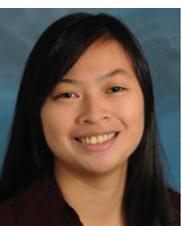
Laura Alexander
DIRECTOR OF FACILITIES

OFF-CAMPUS LIFE



Lexi Adler
COMMUNITY LIAISON SPECIALIST

CAMPUS RECREATION



Cindy Tse
ASSISTANT DIRECTOR, SPORT CLUBS

COLLEGE OF AG SCIENCES



Troy Bauder
ASSISTANT DEPUTY DIRECTOR OF AGRICULTURAL EXPERIMENT STATION



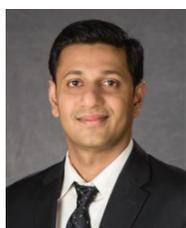
Jude Bayham
ASSISTANT PROFESSOR OF AG AND RESOURCE ECONOMICS



Lily Edwards-Callaway
ASSISTANT PROFESSOR OF ANIMAL SCIENCES

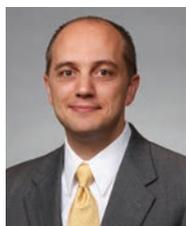


Daniel Mooney
ASSISTANT PROFESSOR OF AG AND RESOURCE ECONOMICS



Mahesh Nair
ASSISTANT PROFESSOR OF ANIMAL SCIENCES

COLLEGE OF BUSINESS



J. Robert (Rob) Mitchell
ASSOCIATE PROFESSOR OF ENTREPRENEURSHIP

WARNER COLLEGE OF NATURAL RESOURCES



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David Koons
JAMES C. KENNEDY ENDOWED CHAIR OF WETLAND & WATERFOWL CONSERVATION, FISH, WILDLIFE, AND CONSERVATION BIOLOGY



Yoichiro Kanno
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Melissa McHale
ASSOCIATE PROFESSOR, ECOSYSTEM SCIENCE AND SUSTAINABILITY



Wade Tinkham
ASSISTANT PROFESSOR, FOREST AND RANGELAND STEWARDSHIP

COLLEGE OF LIBERAL ARTS



Anita Pena
INTERIM CHAIR, ECONOMICS



Tori Arthur
ASSISTANT PROFESSOR OF JOURNALISM AND MEDIA COMMUNICATION



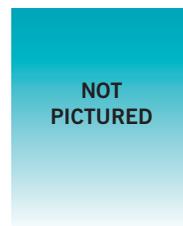
Edward Barbier
PROFESSOR OF ECONOMICS; SENIOR SCHOLAR, SCHOOL OF GLOBAL ENVIRONMENTAL SUSTAINABILITY



Jason Bernagozzi
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Lynn Boland
DIRECTOR OF THE GREGORY ALLICAR MUSEUM OF ART

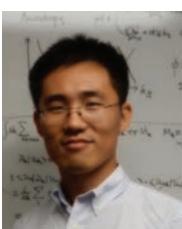


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ASSISTANT PROFESSOR OF POLITICAL SCIENCE

COLLEGE OF NATURAL SCIENCES



Jeff Bandar
ASSISTANT PROFESSOR OF CHEMISTRY



Hua Chen
ASSISTANT PROFESSOR OF PHYSICS AND THE SCHOOL OF ADVANCED MATERIALS DISCOVERY (SAMd)



Garret Miyake
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Michael Mooney
ASSISTANT PROFESSOR OF PHYSICS



Joseph Zadrozny
ASSISTANT PROFESSOR OF CHEMISTRY



Seonil Kim
ASSISTANT PROFESSOR, BIOMEDICAL SCIENCES



Ryan Maresh
ASSISTANT PROFESSOR, BIOMEDICAL SCIENCES; MANAGES THE PHYSIOLOGY TEACHING LAB AND THE HYPO-HYPERBARIC CHAMBER FACILITY



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ASSISTANT PROFESSOR ANATOMIC PATHOLOGY



Brent Myers
ASSISTANT PROFESSOR, BIOMEDICAL SCIENCES



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ASSISTANT PROFESSOR, PRION BIOLOGY



Dr. Josh Daniels
ASSOCIATE PROFESSOR, DIAGNOSTIC BACTERIOLOGY



Frederic Hoerndli
ASSISTANT PROFESSOR, BIOMEDICAL SCIENCES

COLLEGE OF HEALTH AND HUMAN SCIENCES



Audrey Shillington
ASSOCIATE DEAN FOR ACADEMIC AFFAIRS AND DIRECTOR OF THE SCHOOL OF SOCIAL WORK



Lilyana Ortega
ASSISTANT PROFESSOR, HUMAN DEVELOPMENT AND FAMILY STUDIES

THANKS TO EVERYONE WHO SUBMITTED PHOTOS FOR WHO'S NEW AT CSU

IF YOU ARE NEW TO CAMPUS AND WE DON'T HAVE YOU HERE, FEEL FREE TO SEND YOUR INFORMATION AND A HIGH-RES HEAD SHOT TO CSULIFE@COLOSTATE.EDU. WE WILL SAVE SPACE IN OUR FEBRUARY ISSUE TO WELCOME EVERYONE TO SPRING SEMESTER AS WELL.

Homecoming is where the Ram's heart is

By Megan Shaw

Home is where the heart is, and for many that is right here on Colorado State University's campus.

Even long after students leave CSU, fondness of the school remains and draws alumni back from far and wide. For this year's Homecoming and Family Weekend, Oct. 12-14, there will be plenty more to celebrate with the grand opening of the Iris & Michael Smith Alumni Center at CSU's new on-campus stadium, as well as opening ceremonies for the new Biology and Chemistry Research Buildings

"It will be nice getting to welcome people home to the Smith Alumni Center," said Director of Communications for the Alumni Association Amy Jo Miller. "Homecoming will feel a lot different because people will have a place on campus to gather as a community."

Homecoming typically has a theme, and this year's is simply "Home."

"Lots of folks are coming back to their campus and back to that college experience with a lot of things to offer now that haven't been available before," said Miller. "We thought this was the year to make that part of Homecoming."

The extensive list of activities occurring that weekend is sure not to disappoint. The community will have endless opportunities to be part of the action that celebrates CSU, including the Friday Night Lights bonfire and lighting of the A as well as the parade and football game, complete with the Stadium Sessions concerts, The Mob activities for students, and lots of on-campus tailgating.

Course correction

Homecoming is always about tradition, but this year there will be a change to one longstanding part of the celebration. The Homecoming 5K, now in its 37th year, will move from its traditional campus course to Hughes Stadium. The Homecoming Race is an event for the whole family, put on by the Department of Health and Exercise Science. Both runners and walkers of all ages are welcome to participate in the 5K race and children are invited to take part in the free Kids Fun Run at 9 a.m. led by CAM the Ram.

Proceeds from the race support the Heart Disease Prevention Program of the Human Performance Clinical/Research Lab.

According to Miller, a new Alumni Association member reception will be part of the Friday Night Lights celebration. The reception will take place in the LSC West Ballroom, overlooking the bonfire and pep rally celebrations as well as the lighting of the A. Miller anticipates it will be "the best seat in the house."

The Alumni Association will also be hosting the game-day tailgate at the Smith Alumni Center. Tailgating will be free to the public, and food and drink will be available for purchase.

"We couldn't be more excited to welcome everyone to the Smith Alumni Center," said Kristi Bohlender, executive director of the CSU Alumni Association. "Whether it's Game Day or other special events, such as Homecoming & Family Weekend, we look forward to celebrating our Ram Pride and our traditions with our alumni and friends in our new home."



HOMECOMING SCHEDULE

THURSDAY, OCT. 12
 BIOLOGY AND CHEMISTRY RESEARCH BUILDINGS GRAND OPENING
 DISTINGUISHED ALUMNI AWARDS DINNER

FRIDAY, OCT. 13
 50 YEAR CLUB LUNCHEON FESTIVAL ON THE OVAL
 HOMECOMING PARADE
 ALUMNI ASSOCIATION MEMBER RECEPTION IN LSC BALLROOM
 FRIDAY NIGHT LIGHTS PEP RALLY, BONFIRE, AND LIGHTING OF THE A

SATURDAY, OCT. 14
 HOMECOMING 5K RACE AT HUGHES STADIUM
 PARENT AND FAMILY BREAKFAST
 HOMECOMING & FAMILY WEEK-END TAILGATE
 CSU VS. NEVADA FOOTBALL GAME

Whether a current member of the Ram Family or a returning alum, don't miss the event-filled weekend and a chance to celebrate CSU's Homecoming. After all, home truly is where the Rams are.

FOR MORE INFORMATION

HOMECOMING.COLOSTATE.EDU



HOMECOMING
 & FAMILY WEEKEND

OCT. 12-14, 2017
HOMECOMING.COLOSTATE.EDU

THURSDAY, OCT. 12

Distinguished Alumni Awards Dinner

FRIDAY, OCT. 13

50 Year Club Luncheon Festival on the Oval
 Homecoming Parade
 Friday Night Lights & Member Reception (pep rally, bonfire, and lighting of the A)

SATURDAY, OCT. 14

Homecoming 5K Race
 Iris & Michael Smith Alumni Center Grand Opening and Tailgate
 CSU vs. Nevada Football Game



Tune in to 90.5 KCSU FM

For live play-by-play coverage of these CSU Volleyball games!

October 5	BOISE STATE	Boise, Idaho	7:30PM
October 12	SAN JOSE STATE	MOBY ARENA	7:00PM
October 14	NEVADA	MOBY ARENA	TBA
October 24	WYOMING	MOBY ARENA	7:00PM
October 26	AIR FORCE	MOBY ARENA	7:00PM
November 2	UTAH STATE	MOBY ARENA	7:00PM
November 4	BOISE STATE	MOBY ARENA	1:00PM



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Ram Country Meats
ramcountrymeats.colostate.edu

School spirits: Meet the haunted buildings of CSU

By Megan Shaw

As the semester ticks on and October begins, one thing is certain: All things Halloween are about to make an appearance in full force. On Colorado State University's campus, however, there's no need to rely on fake spider webs and plastic skeletons to get the spooky experience.

There are a number of notorious buildings on campus that have a haunted history with ghost stories aplenty. Some of the eeriest stories come from present-day Ammons Hall, Johnson Hall, and Student Services, all on the historic Oval.

Ammons Hall

Ammons Hall, today the university's Welcome Center and Office of Admissions, was originally the Women's Recreation Center when it was built in 1922. The building housed an indoor swimming pool (now filled in), where, according to long legend, a female student drowned. Incidents have been reported throughout the building, such as sightings of wet footprints in the halls and chattering voices when no one else is in the building. Many members of the custodial staff still refuse to clean the building alone after normal hours.

The spooky happenings at Ammons Hall have been so recurrent that the Ghost Hunters of Colorado once spent a night there investigating.

Johnson Hall

Johnson Hall has a somewhat similar story. Built in 1936, it served as the student union, and a ballroom was added to the facility three years later. Many events were held here, such as military balls, dance recitals,

and other performances. It is rumored that inside the building you will hear footsteps of a female dancing through the halls as well as a woman's singing voice.

Student Services

The building that may take the cake for eerie stories is the current Student Services building. It was designed by Eugene Groves, who also constructed 11 other buildings on CSU's campus between 1920 and 1950. During the design of this building, which was originally a men's dormitory called Braiden Hall, legend tells that Groves began to go a little crazy.

The blueprints of the building were highly bizarre; there are still staircases that lead to nowhere and half floors. Residents often claimed to experience an unsettling feeling while living there. To this day there are reports of mysterious voices and footsteps and objects moving by themselves. (No such happenings have been reported in the new Braiden Hall on the other side of campus.)

Apart from the creepy design of the building, rumor has it that a plan devised by Groves to murder his wife was uncovered during construction. Groves was committed to an insane asylum before the building – not surprisingly, his last project for CSU -- was finished.

CSU has a rich history in many ways, which seems to include ghost tales as well. Believe in it or not, the legends remain. So forget the haunted houses and corn mazes this year, you may be able to find some of the most spine-chilling experiences right here on campus.



Is this the most haunted building on campus?

COLORADO STATE UNIVERSITY

“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.”

– Maya Angelou

1997-2017

20th
Anniversary Celebration

President's Commission on
Women and Gender Equity

An evening celebrating the past, present, and future of the
President's Commission on Women and Gender Equity

Keynote Speaker: Dr. Temple Grandin

Tuesday, Oct. 3 | 4-6:30 p.m.

Lory Student Center Theatre | Colorado State University

Reception to follow

Please register by Sept. 29 at CSUEvents@colostate.edu
or contact the Office of CSU Events at (877) 498-7787

College of Liberal Arts welcomes new major: Women's and Gender Studies

By Katie Simota

Women's Studies has been offered at CSU for 40 years – as an interdisciplinary minor, an undergrad certificate, and a graduate certificate – and now, in fall 2017, it's available as a bachelor's degree.

Women's and Gender Studies looks deeper into the roles of women and gender in our society while also providing CSU students with opportunities to acquire the necessary skills for their career path. The bachelor of arts in Women's and Gender Studies is housed in the Department of Ethnic Studies in the College of Liberal Arts.

“A Women's and Gender Studies degree is not only relevant to navigating today's complex, interconnected, and interdependent world, it also provides a framework for students to apply to their academic, professional, and personal lives,” said Caridad Souza, director of The Center for Women's and Gender Research.

When students explore how gender intersects with sexuality, race, ethnicity, class, ability, religion, and nationality, they better understand personal and political identities, a critical component to recognizing how power and privilege play out in work, politics, and culture.

Students can choose from an array of courses such as Black Feminism, Feminist Friendship, and Sexualities, Masculinities, and Race.

As a discipline, Women's and Gender Studies also helps students develop their

writing skills. Many of the topics discussed in class are complex and are not easily comprehended by taking a multiple-choice test, but are better understood through writing.

While acquiring the communication and writing skills that employers seek from graduates, students also have the opportunity to learn from faculty members engaged in Women's and Gender Studies research. Many professors and instructors come from an interdisciplinary background, bringing perspectives from ethnic studies, sociology, and history.

“By taking courses from different areas, students explore academic disciplines from a feminist and gender studies perspectives and recognize how multiple systems of power and privilege intersect in our everyday lives,” said Souza.

The Women's and Gender Studies program aligns with the land grant values of inclusion, opportunity, and success, research that transforms our world, service to society, and education to meet the challenges of today and tomorrow.

“Women's and Gender Studies, as well as Ethnic Studies, is a critical part of higher education,” said Joon Kim, professor and chair of Ethnic Studies. “These courses prepare our students to be competent employees and leaders, to be more understanding, and to be more empathetic.”

21st Century Energy Transition Symposium set for Oct. 30-31

By Melissa Leavenworth

The Energy Institute and the School of Global Environmental Sustainability are tackling energy's grand challenges during this year's 21st Century Energy Transition Symposium, in the Lory Student Center ballroom on Oct. 30 and 31.

The two-day symposium brings together professionals from various backgrounds to discuss current issues surrounding energy transitions in the United States and around the world.

The goal is to encourage interdisciplinary conversations about these issues. Speakers will delve into aspects and solutions in energy topics such as clean energy leadership, cyber and energy security, and decarbonizing fossil fuels.

The event is free and open to the public, but registration is required. **To view the full agenda and register, visit energytransition.colostate.edu/registration-2017.**

Preview Highlights

Oct. 30

Exhibits open 10:30 a.m.-7 p.m.

11 a.m. – The 21st Century Energy Transition Symposium will kick off with the Women in Clean Energy Lunch, which has inspired both men and women on

energy-related topics in the past. This year's discussion will focus on "unleashing the power of women in an ever-changing energy landscape," the topic of the panel discussion that follows the luncheon remarks.

6 p.m. – Co-founder and chief scientist at Rocky Mountain Institute Amory Lovins is this year's keynote speaker. He will emphasize the important role of understanding human behavior when working toward energy and climate goals. A public reception with appetizers and cash bar precedes the address at 5 p.m.

Oct. 31

Exhibits open 7 a.m.-5 p.m.

Welcome session at 8 a.m.

10:30 a.m. – Researchers from CSU and other institutions discuss the grand challenges facing our country, solutions and innovations. From new methods of producing energy to mitigating environmental impacts to improving the efficiency of end-use systems, they will share information on technologies nearing commercial viability.

12:30 p.m. – A panel of sitting governors from Western states will share how they believe they can inspire non-partisan collaborations and regional cooperation. They will discuss key issues facing electric utilities, state policy makers, cities and corporations as part of the transition to a low-carbon electric-grid.

RESEARCH POSTERS

The symposium also includes a research poster contest open to faculty, staff, and students involved in energy, water, air, or natural gas-related research. Posters will be judged by the symposium steering committee, including former Colorado Gov. Bill Ritter, now director of the Center for the New Energy Economy at CSU; Bryan Willson, professor of mechanical engineering and executive director of the Energy Institute, and Diana Wall, University Distinguished Professor and director at the School of Global Environmental Sustainability.

FOR MORE INFORMATION

For more information about the poster contest, or to enter a research poster, visit ENERGYTRANSITION.COLOSTATE.EDU/SYMPOSIUM-2017/COLORADO-RESEARCH-POSTER-CALL-RECEPTION-2017.

New home for Student Achievement

By Tony Phifer

You might think the football team and coaches are the most excited people on campus about the new stadium, but Gaye DiGregorio and the staff at the Collaborative for Student Achievement have their own reasons to celebrate.

The Collaborative for Student Achievement, formerly known as the Center for Advising and Student Achievement, has vacated its spaces at The Institute for Learning and Teaching (on the Oval) and Aylesworth Hall for more space and more possibilities at the new stadium. The new office opened on Sept. 5.

"It is great to get all of our staff in one location," said Gaye DiGregorio, executive director of Student Achievement. "We have a lot more space to serve students and tremendous classroom space that simply was not adjacent to our previous locations. We're really excited."

Including academic space in the new stadium was a priority for CSU President Tony Frank. He wanted the new space to serve all students during their CSU journey, and including an academic component in the building's design was the key.

As a result, 80,000 square feet

has been set aside for Student Achievement and classrooms. There are nine classrooms in all, with fall classes in foreign language, electrical and computer engineering, human development and family studies, computer science, microbiology, immunology and pathology, and more. The classrooms are the SMART variety, with movable walls, chairs and tables.

As for the 45 staff in the Collaborative, the additional space at the stadium for meetings is a significant improvement in the process of retaining students and helping them graduate.

"The advantages to being here are university-wide services that we offer," DiGregorio said. "We serve primarily first- and second-year students, so being close to the residence halls will be convenient. We see a large number of students, so having a bigger space that's easy to find on the east side of the stadium is really great for us."

The space formerly occupied in TILT by Student Achievement will be repurposed to serve the Student Disability Center (formerly known as Resources for Disabled Students.) Once renovation is completed, the Student Disability Center will officially open in the spring.

New class for grandparents raising grandchildren begins Oct. 10

By Jana Carson

Feeling exhausted and drained at the end of the day might be typical for many of us. But for those raising their grandchildren, balancing the demands of young children with their own self-care can be daunting.

In an effort to better help and support "grandfamilies," Colorado State University and the University of Hawaii have been collaborating with CSU Extension and local community and agency partners on the GRANDcares Project, which is launching a six-week class.

The class, "Powerful Tools for Caregivers - Grandfamilies," will be held on Tuesdays, 10 a.m.- noon, Oct. 10 through Nov. 14

at Heart of the Rockies in Fort Collins. A kickoff and welcome session is scheduled for Oct. 3. Register for the next grandparent class by contacting Jana Carson at 970-491-8204 or jana.carson@colostate.edu.

"Grandparents often do not focus on themselves and focus their attention on the needs of their grandchildren," said Christine Fruhauf, CSU Extension specialist and professor in CSU's Department of Human Development and Family Studies. "As a result of this class, grandparents have told us that for the first time they are taking better care of themselves and finding ways to cope with the challenges of raising grandchildren."

CSU employees secure fire-safety proclamation from Colorado governor

By Lena Ham

In an effort to stress the importance of educating college students about fire safety, Colorado Gov. John Hickenlooper joined local leaders in Fort Collins on Sept. 13 to proclaim September as Campus Fire Safety Month.

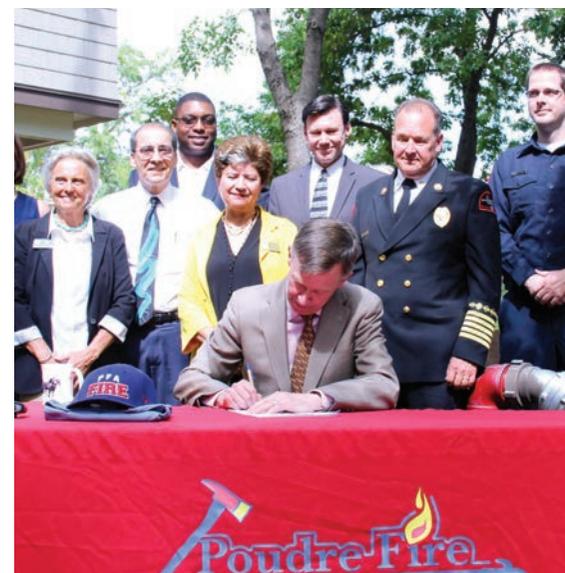
Two Colorado State University employees were instrumental in the process: Veronica Olivas and Nicole Reed of the university's Fire and Life Safety Office in Housing & Dining Services. They've partnered with the Poudre Fire Authority for years to teach students and employees critical life-saving

information, engage in annual fire drills, and conduct building inspections.

Gov. Hickenlooper visited the PEA's Station 1 in Fort Collins after Olivas contacted him last year asking to collaborate with Campus Firewatch to sign the proclamation and show the importance of educating communities on fire safety and prevention services. Campus Firewatch, an organization dedicated to improving fire safety in schools, is working to get governors in all 50 states to sign a similar proclamation.

FIRE SAFETY STATS

Developing a generation of fire-safe adults is critical to ensure students take the correct precautions during their college years and beyond to significantly reduce future loss of life from fires. An estimated 86 percent of the college- and university-related fire fatalities across the nation since January 2000 have occurred in off-campus housing, according to information compiled by Campus Firewatch.



CSU employees, including Veronica Olivas (in yellow jacket), helped bring Gov. Hickenlooper to Fort Collins to declare September Campus Fire Safety Month.

COMMUNITY

MINDFUL DROP-IN GROUP

EVERY WEDNESDAY, 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 and open to the public.

FEELING THE HEAT: GLOBAL CLIMATE SOLUTIONS AFTER PARIS

OCT. 4, 4:30–5:30 P.M.

Grey Rock Room
Lory Student Center

This panel discussion will feature Bill Ritter, former Colorado governor and founding director of the Center for the New Energy Economy; Michele Betsill, professor and chair of the Department of Political Science; and Ken Shockley, associate professor in the Department of Philosophy.

Free and open to the public.

COLORADO FARMERS AND RANCHERS: LAND, SUSTAINABILITY AND BRIDGES TO URBAN COMMUNITIES

OCT. 5, 5–6:30 P.M.

Morgan Library Event Hall

For over 100 years, CSU Extension has helped people in Colorado find the answers they need for a healthy home life and successful business. This panel reflects on this rich legacy by addressing farm and ranching technologies and values from the past, present and future.

Free and open to the public.

ENGINEERING EXPLORATION DAY

OCT. 7

Lory Student Center

This event gives high school students, parents and community members a chance to explore engineering majors and careers within Colorado State University's College of Engineering.

Free and open to the public.

FRENCH NEST OPEN-AIR MARKET

OCT. 14, 9 A.M.-3 P.M.

Civic Center Park

The French Nest Open-Air Market features vintage, antique, and artisan vendors showcasing hand-made and hand-collected goods.

GLOBAL BIODIVERSITY SUMMIT: "WHY DO WE NEED BIODIVERSITY IN THE 21ST CENTURY?"

OCT. 11-12

Lory Student Center

Global Biodiversity Center's official announcement of the efforts of hundreds of CSU-based researchers dedicated to maintaining a healthy world ecosystem. Free and open to the public, two-day event about how a biodiverse world directly impacts you and how you can make an impact on improving the biodiversity around you.

BIODIVERSITY.COLOSTATE.EDU

GRAND OPENING CHEMISTRY RESEARCH AND BIOLOGY BUILDINGS OCT. 12

1:45 P.M.

Guided tours available following ceremony on the Science Mall.

37TH ANNUAL CSU HOMECOMING 5K RACE

OCT. 14, 8-10 A.M.

Hughes Stadium – NEW LOCATION!

Organized by the Department of Health and Exercise Science, proceeds from the race will go to the Heart Disease Prevention Program.

Early bird registration by 4 p.m. Friday, Oct. 6: \$25 (Children 12 and under, \$20)

CSU student registration by noon Friday, Oct. 13: \$20

Pre-registration by noon Friday, Oct. 13: \$30

Race Day registration: \$35

HES.CHHS.COLOSTATE.EDU

STATE CLASSIFIED FLU SHOT CLINIC

OCT. 17, 12-4 P.M.

OCT. 18, 8 A.M.-12 P.M.

LSC 372-74

Free and open to the public. to State Classified employees and their dependents (over the age of 7) covered under State medical plans. If you are non-covered member, the cost for a flu shot will be \$25. To expedite your visit, please complete the consent form prior to arrival.

HRS.COLOSTATE.EDU

CANS AROUND THE OVAL

COLLECTION DAY - OCT. 18

SORTING - OCT. 21, 10 A.M.-1 P.M.

NOV. 4, 10 A.M.-1P.M.

Donations accepted through Oct. 18, when participants bring all food and monetary donations to the Oval, where they are collected by the Food Bank for Larimer County. This year organizers hope to raise at least \$50,000 in cash and 50,000 pounds of food. CSU faculty and staff can pitch in to this CSU tradition by donating and getting the word out, especially sharing on social media. Friendly competition between units, departments and colleges is encouraged!

Volunteers are welcome to help with sorting the food.

CANS.COLOSTATE.EDU

VIRTUAL REALITY HACKATHON

OCT. 20–22

Morgan Library

Participants in this 48-hour event will work in teams throughout the weekend to create a virtual reality experience. Submissions should consider the question, "How can immersive technology transform how we learn and connect with our community at CSU?" Winning submissions will receive cash prizes and a community showcase of final virtual products. Food, training, and feedback will be provided. Sponsored by the Office of the Vice President for Research. #RamHack

21ST CENTURY ENERGY TRANSITION SYMPOSIUM

OCT. 30–31

Lory Student Center Ballroom

Hosted by the CSU Energy Institute and the School of Global Environmental Sustainability, the 2017 Symposium will focus on "Tackling, Solving and Addressing Grand Challenges."

This event is free and open to the public. and open to the public, but registration is required.

ENERGYTRANSITION.COLOSTATE.EDU

GRADSHOW

NOV. 9

Lory Student Center Ballroom A

More than 300 graduate students from around 90 graduate programs will showcase their research, creativity and entrepreneurship while competing for approximately \$15,000 in cash prizes. Poster displays, creative work presentations and performances will take place in the morning, starting at 9 a.m. The Graduate Student Council will provide professional development programming in the afternoon, and the day will conclude with the Grad Showcase Recognition Reception.

GRADUATESCHOOL.COLOSTATE.EDU

ENTERTAINMENT

THEATRE AND PERFORMING ARTS

“MOON MOUSE: A SPACE ODYSSEY”

OCT. 14, 2 P.M. AND 6 P.M.

Lincoln Center Performance Hall
417 W Magnolia St.

Marvin the Mouse longs to be cool like the rats are. In this story, Marvin will embark on a fantasy space adventure of a lifetime, discovering himself along the way. Lightwire Theater presents this cosmic family-friendly adventure about celebrating differences.

LCTIX.COM

“XERXES” BY GEORGE FREDERIC HANDEL

OCT. 26-27, 7:30 P.M.,

OCT 28, 8 P.M.

MATINEE OCT. 29, 2 P.M.

Griffin Concert Hall
University Center for the Arts
1400 Remington St.

Directed by John Carlo Pierce and conducted by Wes Kenney, this is the tale of a pair of brothers and a pair of sisters, set in this production in the 1960s Ivy League football era. All of them are caught in a love quadrangle that becomes full of confusion and jealousy when a letter is intercepted.

No charge for CSU students, \$3 for youth under 18, \$16 for seniors 62 and up, \$18 for adults

CSUARTSTICKETS.COM

“MONTY PYTHON’S SPAMALOT” BY ERIC IDLE

OCT. 28 - NOV. 25

Openstage Theater and Company
Magnolia Theater
Lincoln Center
417 W Magnolia St.

Spamalot is the stage version of the classic film parody of King Arthur and his Knights of the Round Table. It's a joyous romp of a musical, filled with wild characters and wilder shenanigans. Join the adventure with killer rabbits, farting Frenchmen, the Lady of the Lake, Tim the Enchanter, Not Dead Fred, and the Knights who say Ni.

OPENSTAGE.COM

ARTS AND LITERATURE

COLORADO INTERNATIONAL INVITATIONAL POSTER EXHIBITION

THROUGH NOV. 3

Curfman Gallery
Lory Student Center

Hatton Gallery
CSU Visual Arts Building
200 W. Lake Street

ARTMUSEUM.COLOSTATE.EDU

CASE STUDY: WELD COUNTY, CO

OCT. 5 – DEC. 15

Gregory Allicar Museum of Art
The Griffin Foundation Gallery
University Center for the Arts
1400 Remington St.

Known around the world for his artistic look at the relationship between humans and the natural world, David Brooks' work focuses on a trip he took with CSU Professor Erika Osborne's Art and the Environment class. The work in this exhibition is a response to that trip, and to the high incidence of hydraulic fracturing throughout our state.

ARTMUSEUM.COLOSTATE.EDU

CREATIVE WRITING READING SERIES: NINA SWAMIDOSS MCCONIGLEY

OCT. 12, 7:30 – 9 P.M.

Gregory Allicar Museum of Art
University Center for the Arts
1400 Remington St.

Nina McConigley is the author of the story collection *Cowboys and East Indians*, which is a winner of the 2014 PEN Open Book Award and a High Plains Book Award. Her work has been featured in *The New York Times*, *Orion*, *Salon*, *American Short Fiction*, *The Virginia Quarterly Review* and many others.

ARTMUSEUM.COLOSTATE.EDU

“LOST CITY OF THE MONKEY GOD”

OCT. 20, 4:30 - 6:30 P.M.

Behavioral Science Building A101

Author Douglas Preston and CSU archeologist Chris Fisher will discuss Fisher's research that underlies Preston's bestselling book.

SUSTAINABILITY.COLOSTATE.EDU/EVENTS/LOST-CITY-MONKEY-GOD

MUSIC AND DANCE

WIND SYMPHONY CONCERT

OCT. 12, 7:30 P.M.

University Center for the Arts
1400 Remington St.

Celebrate CSU's commitment to community, spirit, innovation and inspiration at this event conducted by Rebecca Phillips. All of these ideals clearly connect to music and the arts, and the ensemble begins its season by highlighting works of inspiration by great composers from home and abroad. Music will include folk tunes, hymn songs and other music symbolizing a culture and its influence.

No charge for CSU students, \$3 for youth under 18, \$12 for seniors 62 and up, \$14 for adults

CSUARTSTICKETS.COM

PUBLIQuartet

OCT. 24, 7:30 P.M.

Organ Recital Hall
University Center for the Arts
1400 Remington St

Founded in 2010 and dedicated to presenting new works for string quartet, PUBLIQuartet was selected as Concert Artists Guild's New Music/New Places Ensemble at the Concert Artists Guild Competition. They also won a Sylvia Ann Hewlett Adventurous Artist Prize. PUBLIQuartet's abilities span classical styles while also sticking to traditional quartet techniques.

LCTIX.COM

2017 HALLOWEEN ORGAN EXTRAVAGANZA

OCT. 31, 7 AND 9 P.M.

Organ Recital Hall
University Center for the Arts
1400 Remington St.

Join CSU faculty member Joel Bacon for an evening of Halloween fun. Music will include J.S. Bach's *Toccatina and Fugue*. Special effects and scary sounds will put the audience in the mood for Halloween.

No charge for CSU students, \$3 for youth under 18, \$12 for seniors 62 and up, \$14 for adults

CSUARTSTICKETS.COM

LENTIL BOLOGNESE

BOLOGNESE IS A TRADITIONAL ITALIAN MEAT-BASED RED SAUCE. THIS RECIPE FROM THE KENDALL REAGAN NUTRITION CENTER PROVIDES A VEGETARIAN TWIST WITH DELICIOUS AND HEALTHY LENTILS. LENTILS ARE A GOOD SOURCE OF PROTEIN, FIBER AND MINERALS.

FOR MORE INFORMATION

More information and recipes at (970) 491-8615, or NUTRITIONCENTER.CHHS.COLOSTATE.EDU

INGREDIENTS

- ¾ cup lentils
- 1 tablespoon cooking oil
- 1 bunch rosemary; pick leaves from stems
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 yellow onion, diced
- Salt and pepper
- 6 oz. fettuccine pasta
- 1 tablespoons butter
- 2 tablespoons tomato paste
- ¼ cup Verjus Rouge
- ¼ cup Parmesan cheese, grated

Note: Verjus Rouge can be hard to find. A dry, white wine with a teaspoon of honey is frequently used as an alternative.

DIRECTIONS

1. Heat a medium pot of salted water to boiling on high. Add lentils. Cook 16-18 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and set aside. Rinse the pot and refill with salted water, heat to boiling.

2. While lentils cook, heat a thin layer of oil on medium, in a large, high-sided pan, until hot. Add rosemary leaves and cook until crispy and fragrant. Transfer rosemary to a paper towel-lined plate.
3. Add garlic, carrots, celery and onion to the pan. Season with salt and pepper. Cook, stirring occasionally 4-6 minutes, or until softened and fragrant. Add the cooked lentils, verjus, tomato paste, and 1 cup of water; season with salt and pepper. Simmer 10-12 minutes, or until thickened and saucy.
4. While the sauce cooks, add the pasta to the boiling pot of water. Cook until al dente. Drain the cooked pasta. Save the water.
5. Add the pasta, butter and a half cup of the reserved water to the pan of sauce. Cook, stirring frequently 1-2 min (if the sauce seems dry, gradually add more water). Remove from heat, season with salt and pepper, and garnish with cheese and rosemary.



SERVING SIZE: 2/3 CUP

YIELD: 9 SERVINGS

NUTRITION INFORMATION / AMOUNT PER SERVING:

Calories	414	Saturated Fat	3.8 mg
Protein	15 g	Dietary Fiber	10.6 g
Total fat	9.5 g	Cholesterol	15.9 mg
Total Carbohydrates	63.6 g	Sodium	283 mg



Sunday, October 22, 2017
From 5:00 - 7:30 p.m.

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Faculty join The Conversation to share research with global audience

By Kate Hawthorne Jeracki

Eclipses. Hurricanes. Labor unions. Noise pollution. And languages around the world. These are just a few of the topics Colorado State faculty and researchers have written about for The Conversation in the past 16 months. In that time, 41 authors have contributed 54 articles that have been read by more than 1.4 million people in countries across the globe.

“Wow! 8500 reads in 24 hours!” wrote Michael Gavin, associate professor in the Department of Human Dimensions of Natural Resources, after The Conversation posted his article about why humans speak so many different languages. “Can’t imagine the academic articles the piece links to ever getting that.”

Pieces for The Conversation aren’t long – between 800 and 1000 words – but like other CSU faculty, Gavin found them a great way to publicize his research to a general audience. Started in the U.S. in 2014, The Conversation is an online platform that is an independent source of news and views from the academic and research community, delivered direct to the public – with lofty goals.

“Access to independent, high quality, authenticated, explanatory journalism underpins a functioning democracy,” according to The Conversation’s mission statement. “Our aim is to promote better understanding of current affairs and complex issues. And hopefully allow for a better quality of public discourse and conversation.”

And the nonprofit aims to rebuild trust in journalism, with open access and free flow of information. Publishers are encouraged to use The Conversation’s content free of charge. The only caveat is that the content remain unchanged; what appears is exactly what the author approved after working with The Conversation’s professional editors.

Outlets that regularly republish CSU articles include Quartz – a site owned by The Atlantic, with about 40 percent international readership – *New Republic*, *Business Insider*, *Newsweek*, Associated Press, and several TV and newspaper chains.

Wise investment of time

“I’ve been very pleased with my experience, and I’m convinced that it’s a wise investment in time,” said Matthew Wallenstein, director of the Innovation Center for Agriculture. “My articles have led to additional media inquiries from TV, radio, and print journalists. In addition, I’ve been contacted by industry, farmer groups (and invited to their meetings), farmers, and others. My takeaway is that these pieces are not just more visible to the public than academic publications, but increases our perception as experts to a range of stakeholders.”

CSU is a partner institution with The Conversation, with funding contributed by the Provost’s Office, the Vice President for Research, and the Division of External Relations.

Four days after Gavin’s article on languages was published, it had been read more than 150,000 times. But that’s not all.

“The effect on the altmetrics for the linked academic articles is also amazing,” he said. “Virtually overnight the paper outlining the simulation is up to No. 2 all time in altmetrics for the journal *Global Ecology and Biogeography*, and our related review paper shot up to No. 20

THE CONVERSATION



all time in Bioscience.”

And a month later, Gavin had more follow-on to report: “I gave an interview yesterday for an NPR program that talked about work on language diversity and it also included talk about what is Human Dimensions of Natural Resources.”

Anyone, including Ph.D. students and post-docs, is encouraged to share their research with the world through The Conversation. For more information, contact Kate Jeracki at kate.jeracki@colostate.edu, or go to theconversation.com to register as an author and contact the editors directly.

WANT TO PITCH YOUR IDEAS DIRECTLY?

JENNIFER WEEKS, AN EDITOR FOR THE CONVERSATION, WILL BE ON CAMPUS OCT. 26-27. WATCH SOURCE FOR EXACT TIMES AND LOCATIONS WHEN SHE WILL BE LISTENING TO PITCHES FOR POTENTIAL ARTICLES.

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 OCT 27, 28 6-11PM
 OCT 29 6-9PM
 OCT 31 6-10PM
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 10AM-6PM

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6-11PM OCTOBER 13, 14, 21,
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OLD TOWN HALLOWEEN ZOMBIE
 FEST 2017
 OLD TOWN SQUARE OCT 21

ZOMBIE CRAWL
 5-9:30PM

KIDZ CRAWL
 2-6PM

ZOMBIE MAKE UP
 2-8:30PM

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TINY TOT

HALLOWEEN
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 (970) 484-6500
 TUESDAY, OCTOBER 31
 10AM - 1PM
 FREE

Probiotics are good for your gut

By Kendall Reagan, Nutrition Center

Probiotics are live microorganisms that are nearly the same as the beneficial bacteria found naturally in the human body.

A wide variety of these “good” bacteria live in the gut where they promote digestive health. The most well-known groups of probiotics include Lactobacillus and Bifidobacterium. Within each group of bacteria are diverse species that have different strains with unique benefits. Overall, probiotics regulate digestion and immune function making it helpful to get them in our diet, especially because they can be disrupted by medications or illness.

Probiotics and health

Probiotics have many beneficial uses for improving our health.

- **Irritable Bowel Syndrome (IBS)** – People with IBS may have diarrhea, constipation or both. Probiotics help regulate these symptoms and relieve bloating from gas.
- **Inflammatory bowel diseases** – Probiotics may help reduce inflammation and delay future flare-ups.
- **Antibiotic use** – Antibiotics can kill beneficial bacteria in addition to the harmful bacteria they target, often leading to stomach aches and digestive problems. Probiotics help replenish the good bacteria that were destroyed.
- **Eczema and allergies** – Preliminary research indicates that probiotics may improve eczema and help prevent allergies in children.
- **Digestion** – Probiotics aid in the digestion of carbohydrates such as lactose, thus providing relief for people with lactose intolerance.

Even if you do not feel like you have any of the above issues, probiotics have no negative side effects and can be a beneficial addition to your overall diet!

Where are probiotics naturally found?

While you may think of probiotics as a pill to swallow, you should first try to include foods rich in probiotics in your diet. Some fermented foods rich in probiotics:

- **Yogurt** is a cultured or fermented milk product that is soured and thickened by adding lactic acid-producing culture to it. Common cultures are Lactobacillus bulgaricus and Streptococcus thermophilus.
- **Kombucha** is a fermented, lightly effervescent beverage produced by fermenting sweetened black or green tea. Kombucha is also low in calories and sugar making it a good replacement for sugar-sweetened beverages.
- **Kimchi** is a traditional Korean side dish that is made from salted and fermented vegetables such as cabbage and radishes. They are typically tossed with a variety of seasonings including chili powder, ginger, garlic and scallions.
- **Sauerkraut**, also known as pickled cabbage, is finely cut cabbage that has been fermented.



- **Miso** is a traditional Japanese seasoning made from fermented soybeans.
- **Tempeh** is a cake-like product made from fermented soybeans that originates from Indonesia.
- **Kefir** is a fermented milk-based beverage that has a tangy, yogurt-like flavor. Kefir can be made from any type of milk - cow, goat, sheep, coconut, rice or soy. For the lactose intolerant, the yeast and bacteria in kefir provides lactase, an enzyme that breaks down lactose making it easier to tolerate.

HOW TO CHOOSE A PROBIOTIC SUPPLEMENT

IF YOU WANT TO TAKE A PROBIOTIC SUPPLEMENT, READ THE LABEL BEFORE YOU CHOOSE.

- Look for multiple strains of Lactobacillus and Bifidobacterium cultures
- Be sure the label states that it contains “live” and “active” cultures
- Choose a product that requires refrigeration

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DOUGLAS PRESTON
Douglas worked as a writer and editor for the American Museum of Natural History and taught writing at Princeton University. He has written for *The New Yorker*, *Natural History*, *National Geographic*, *Harper's*, *Smithsonian*, and *The Atlantic*. This is Douglas' only Colorado appearance with Christopher T. Fisher.

CHRISTOPHER T. FISHER
Christopher is an archeologist, National Geographic Explorer, and Professor of Anthropology at Colorado State University. Chris has performed fieldwork throughout Latin America, Europe, and North America. Recent work has focused on the use of remote sensing technologies to better understand the causes and consequences of urbanism and environmental change in both Mexico and Honduras.

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CAMPUS TRIVIA WITH RUSS SCHUMACHER

Alex Willoughby knew that while CSU's is the best, two other NCAA schools also opened brand-new on-campus stadiums this year: East Tennessee and Abilene Christian, who played on the turf at Sonny Lubick Field on Sept. 9.

Alex is responsible for accounting for all of Orientation and Transition Programs. Appropriately, he moved from Aylesworth Hall to the new Collaborative for Student Achievement space in the stadium over Labor Day Weekend, along with all the departments formerly housed in TILT and Aylesworth. He says having everyone together in the spacious new location makes his job easier, and provides students with an awesome new place for advising and other services.

Alex is a fan of Jeopardy! and plays Trivia Crack, and enters Campus Trivia when he has the time.

For having his answer selected from all the correct answers submitted, Alex received not only a gift certificate to



Mary's Mountain Cookies, but also the coveted CAM the Ram bobblehead autographed by Russ Schumacher of the Department of Atmospheric Science, the winningest Ram to ever appear on Jeopardy!

Alex says CAM will take a place of honor on the CSU side of his bookcase; the other is devoted to his alma mater, Wyoming.

THIS MONTH'S QUESTION:

Q: What is the name of this one-ton bronze sculpture?



Email your answer to CSULIFE@COLOSTATE.EDU by Oct. 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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FOLLOW CAM THROUGH THE LSC ON
HOMECOMING
 & FAMILY WEEKEND



Fri., Oct. 13
 Cam stops by the **Campus Info Desk and Box Office** to get the Homecoming schedule of events.



Fri., Oct. 13
 Cam strolls through the **LSC** to check out the offices decorated for Homecoming.



Fri., Oct. 13
 Cam walks to the **Festival on the Oval** to experience the booths and march in the **Homecoming Parade** with **LSC students and staff**.



Fri., Oct. 13
 Cam picks up new **Ram Gear** at the **CSU Bookstore**.



Sat., Oct. 14
 For the game, Cam gets his face painted for free in the **LSC Biergarten** at the **Sutherland Community Garden**.

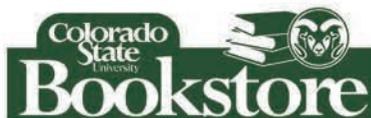


Sat., Oct. 14
 Cam gets pizza and a cold brew in the **Ramskeller** before heading to the game.



Sat., Oct. 14
 Cam watches live bands at **The MOB: A Gathering of Rams** on the **LSC West Lawn**.

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Fall allergy woes affect our furry friends, too

By Dr. Jennifer Schissler

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

Pet allergies not only are common, but can impact the well-being of an entire household as suffering pets incessantly scratch and lick, often distressing their sympathetic owners.

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

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

Here's the dish on food allergy: Just as in humans, pet allergies may be caused by food ingredients. Food allergy is identified and treated through an elimination diet trial prescribed by your veterinarian.

How do you know if your pet has a food or pollen allergy?

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

Signs in dogs:

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

Signs in cats:

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

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

Allergy must be treated; it is never cured

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



PET HEALTH

There are several anti-inflammatory options for treatment of allergies in dogs and cats. Responses to medications are individually variable, and some animals will need a combination of treatments to optimize response.

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

It's a good idea to routinely examine your pet's coat, skin and nails. If you notice changes, consult your veterinarian for advice, as these changes can be an indication of internal disease.

MEET THE COLUMNIST



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

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Colorado State University

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President Frank's Fall Address cites accomplishments, challenges

By Tony Phyfer

Colorado State University President and CSU System Chancellor Tony Frank on Sept. 20 recalled past challenges – the 1997 flood and 2008 recession – to provide a roadmap for the CSU community as it confronts the latest issues facing higher education: conflicts over hate speech, the First Amendment and civil discourse.

“I HAVE NO DOUBT THAT WE WILL EMERGE FROM THE CURRENT STORM UNIFIED AND WITH OUR COMMITMENT TO FREE SPEECH, TO CIVIL ENGAGEMENT, AND TO AN INCLUSIVE AND HEALTHY COMMUNITY FULLY INTACT.”

Frank, addressing a sun-warmed crowd at CSU's historic Oval on the 20th anniversary of the first President's Fall Address and University Picnic, talked about issues facing the University as it negotiates challenging times. He reminded attendees of the death and destruction caused by flood waters in July 1997, and hailed the way the campus rallied from the devastation to become even stronger.

“In the face of everything the last 147 years has been able to throw at our society, the community that is Colorado State University has stood strong – rooted like an oak able to withstand destructive winds,” he said. “I have no doubt that we will emerge from the current storm unified and with our commitment to free speech, to civil engagement, and to an inclusive and healthy community fully intact.”

“Decades hence, others will debate new topics and face new storms – under the protective shelter of the oak that we now strengthen and grow.”

Proud accomplishments

Frank, recognized earlier that day by the National Western Stock Show as its 2018 Citizen of the West, cited a long list of accomplishments for the crowd, which included city officials, members of the Board of Governors, faculty and staff, and hundreds of students:

- A decade of consecutive record enrollment as Colorado's School of Choice.
- One in four students is first generation, and CSU is enjoying record levels of student diversity.
- Retention and graduation rates are up, and gaps based on race and gender and socioeconomic status are down.
- Awards, markers of scholarly impact, and research funding all continue to be strong.
- CSU is delivering services again in every county in Colorado and re-opening an Agricultural Experiment Station on the Western Slope.
- The University is surging ahead in student satisfaction and alumni participation rates as the national trends decline.
- It is a physically renewed campus that will serve the University “well long after our time to care for her has passed.”
- CSU is nearly two years ahead of schedule in completing its second campaign, the \$1 billion State Your Purpose campaign, designed to launch CSU into its next 150 years.

“All of this is due to the hard work of all of you. Thank you,” he said. “This is a great university because you have made her so.”



President Tony Frank talked about CSU's successes in the past year, and moving forward into the next.

'We can improve'

At the same time, Frank cited ongoing issues that need to be addressed, including racial tensions and divides nationwide and the challenge of how to allow “morally repulsive” ideas to be expressed while also standing up in solidarity to reject those ideas. He encouraged spirited and intellectual, yet civil, debate, refusing to ever give up First Amendment privileges passed down by people who sacrificed everything – including their lives – to preserve free speech.

Armed with the core values of a great land-grant university, he said, “We can tackle cultural change – we can improve

how we treat each other, making progress on everything from living wages to non-tenure track faculty to racial and gender equity to sexual assault to suicide prevention.”

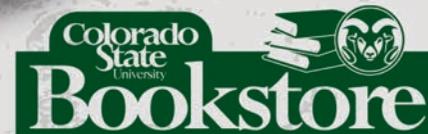
He added: “I hope that you will join me over this next year in helping to take that next step in greatness, in making sure that the primacy of free speech is upheld, and the critical nature of civil discourse is every bit as much a part of this campus, refusing to accept that one of these must be weighted in favor of the other.”

STATE pride

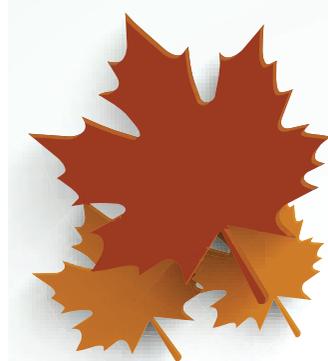


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*This month's
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Heritage Hills' Pumpkin Spice liqueur For the Holidays



Can you smell it? That's right, now that it's officially fall you're allowed to eat, drink, sleep all things pumpkin.

The leaves are changing colors and the weather is getting cooler which means it's the perfect time to break out the leggings and sweaters while you enjoy your pumpkin spice latte during the day, but what about at night?

Heritage Hills' Pumpkin Spice liqueur is the answer. It is easy to add to coffee or to a favorite cocktail. Here are a few of our favorite recipes.

Pumpkin Fever

Easy-to-make dessert cocktail that is filled with flavor and has a delightful, creamy mouthfeel.

Ingredients:

- 2 ounces Heritage Hills Pumpkin Liqueur
- 1 ounce Spiced Rum
- 1/4 ounce cream
- 1/4 ounce milk
- Garnish: dash cinnamon
- Garnish: sugar (for rimming)

How to Make It:

1. Shake with ice and strain into a sugar-rimmed, chilled martini glass.
2. Sprinkle with fresh ground cinnamon.

Pumpkin Spice Muffins

Ingredients:

- 1 box Spice Cake Mix (Can Also Use Carrot Cake Mix)
- 1 15 Ounce Can of Pumpkin
- 1 tsp Fresh Ground Nutmeg
- 1 tsp Cinnamon
- 1 1/2 ounce Pumpkin Spice Liqueur
- Raisins (Optional)

How to Make It

1. Stir all ingredients together. Spoon into paper baking Cups in a muffin tin. Bake at 350 degrees for 20-25 mins.
2. Preheat oven to 425 degrees Fahrenheit. Whisk pumpkin, brown sugar, eggs, sweetened condensed milk, RumChata, spices and salt in a medium bowl until smooth. Pour into crust and bake for 15 minutes.
3. Reduce oven temperature to 350 degrees and continue baking for 35 to 40 minutes or until knife, inserted 1 inch from crust, comes out clean. Let cool. Garnish as desired.

Your friends are bound to love this splash of fall in their happy hour drinks and dessert!



POET CAMILLE DUNGY TACKLES PERSONAL ESSAYS IN *GUIDEBOOK TO RELATIVE STRANGERS*

By Megan Hanner

Award-winning CSU English professor Camille Dungy released her first collection of personal essays in June. The collection, *Guidebook to Relative Strangers: Journeys into race, motherhood and history*, takes readers on an adventure of personal discovery across America. With her young daughter by her side, Dungy's trip began as just another part of her job. The trip soon became one of her biggest educators.

As a longtime poet, lecturer and teacher, Dungy presents elegant and honest prose that details her thoughts on multiple aspects of her life. On her travels, Dungy learned many lessons about her place in America, her relations with other people and her place as an African-American mother.

“IN THE CASE OF MY BOOK, READERS MAY DISCOVER IN IT NEW INSIGHTS INTO OUR COMMUNITY, OUR COUNTRY, OUR SHARED AND DIVERGENT HISTORIES, FAMILIES AND LIVED EXPERIENCES.”

“When my daughter was born, I didn't stop traveling, but my relationship to my position in this country shifted. I wanted to explore some of the reasons for this new perspective, and so I began to write my observations,” Dungy said.

The collection of essays explores her thoughts on motherhood, growing up in California and on being a lover of the natural world, she said. Her writing also explores

her sense of belonging, and what it means to have that sense challenged or reaffirmed.

“It is a book about learning how I relate to others and how others have related to me,” Dungy said.

Fellow readers can gain a lot from whatever they read, according to Dungy. Anything read can be a chance to learn something new.

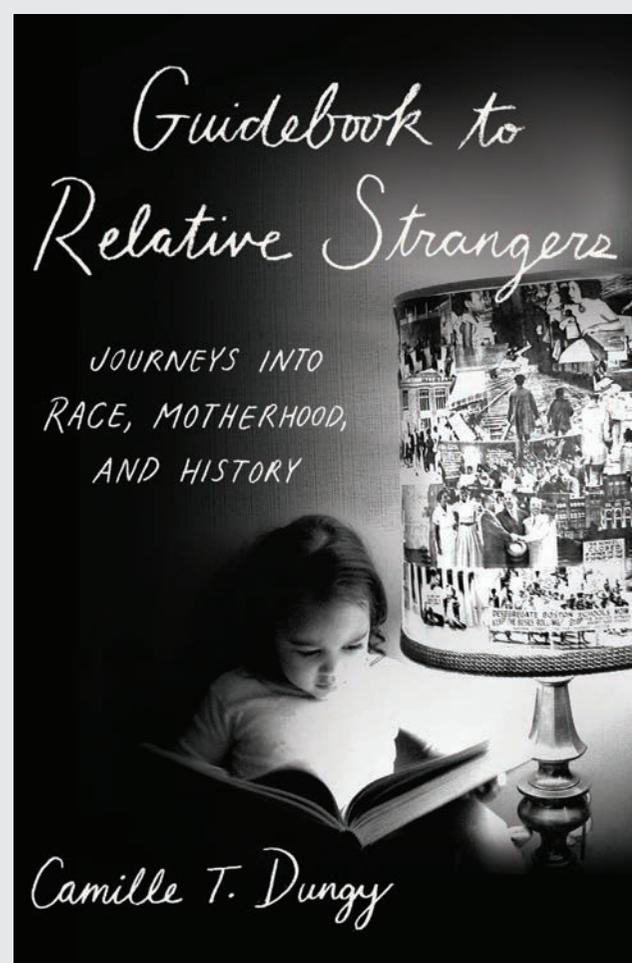
“In the case of my book, readers may discover in it new insights into our community, our country, our shared and divergent histories, families and lived experiences,” she said.

Finding the time to write is one of the biggest obstacles in being a writer, Dungy said. Publishing a book is hard work, but her time as a teacher has helped her understand the obstacles in both writing and publishing.

“This is a difficult industry, and that is part of its reward. We work hard, and we get a lot back from that work in the end,” she said.

Dungy has published many others works throughout her career. *Trophic Cascade*, her fourth collection of poetry, was also published in spring of 2017. Her writing has appeared in anthologies and online journals as well.

“I can't imagine that it will be my last book of nonfiction, and unless something unpredictably life changing happens, I can assure you it won't be my last book,” Dungy said. “I'm a writer. Writers write.”



Guidebook to Relative Strangers can be purchased at the CSU Bookstore, Old Firehouse Bookstore, Barnes & Noble and Amazon.com.

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