



September 2013

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## COMMUNITY EVENTS

**Colorado International Invitational Poster Exhibition**

The 18th annual poster exhibit runs Sept. 11 through Dec. 20 at the University Center for the Arts Museum. The event is free and open to the public.

**Grand Opening of the Suzanne and Walter Scott, Jr. Bioengineering Building**

Join the College of Engineering on Sept. 12 as they celebrate the grand opening of the new building. The ceremony kicks off at 3 p.m., with the reception and tours at 4 p.m. RSVP by Sept. 9 to (970) 491-7028.

**Senior Scholars Speaker Series**

Manfred Diehl presents a lecture about optimizing healthy aging at 3 p.m. Sept. 16 in Drake Hall.

See Events page 7

## Fall address 2013



CSU President Tony Frank prepares to deliver his annual Fall Address on the Oval, Sept. 4, 2013. More photos and coverage on page 22. Photo courtesy of Creative Services.

## Behind Ram Welcome: hard work and tradition

by Sarah Sparhawk

Whether it was where they made their first college friends, or where they decided that maybe a major in organic chemistry was best avoided, students at Colorado State University remember their Ram Welcome experience. That is primarily thanks to the hard-working crew in CSU Orientation and Transition Programs (OTP).

According to the program's first- and second-year director, Keith Lopez, his department's work on the Ram Welcome program is an ongoing process.

"The committee plans throughout the year," Lopez said. "The event's schedule is set by February

of the previous year."

Ram Welcome is at its largest the fall semester, serving as the next transitioning step for new students who have already attended Summer Preview. Volunteers from every department in the University pitch in to make the transition as smooth as possible, from Move-In Day to programs specifically for parents and families.

The three-day-long event offers many ways for first-year students to acclimate themselves with their new home including a pep rally, carnival, and a chance for students to experience their academic focus area up close and personal with other students in their major.

See RAM WELCOME page 17

## New engineering building set for grand opening

by Kyla Skye Allmon

On Thursday, Sept. 12 the new engineering building, better known as the Scott Building, is set to have its grand opening. The ceremony will begin at 3p.m., and tours of the building will take place from 4 to 6:30 p.m.

What has been known as Engineering II is named after the generous donors who enabled this vision to become a reality. Suzanne and Walter Scott, Jr. donated \$10 million to the project from their foundation.

As a civil engineering alumnus of Colorado State University, Walter Scott has spent 30 years giving back to CSU through the Walter Scott, Jr. Scholarship Endowment. This endowment provides roughly 20 engineering students a year with financial support.

The journey of the new building began with the ground-breaking ceremony on Thursday, April 14, 2011. At the ceremony Tony Frank said the building will have a lasting impact on the biomedical, energy and environmental engineering programs at CSU, one of the finest engineering programs in the country.

Determining which aspects

See ENGINEERING page 6

**Home of the Ram Burger**  
Showcasing local growers & suppliers

**CSU's Student Run Restaurant**  
Open: Tuesday - Friday 11 am - 1 pm  
Lory Student Center  
above the CSU Bookstore



# applause



## College of Health and Human Sciences

On Aug. 3, Department of Human Development and Family Studies Assistant Professor **Allison Bielak** received the Springer Early Career Achievement Award in Research on Adult Development and Aging from the American Psychological Association. Bielak, who joined CSU in 2011, was honored for her already significant contributions in the area of psychology of adult development and aging. Her current research focuses on differences among individuals in their cognitive performance as they age. She has set out to measure 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 Liberal Arts

**Meena Balgopal**, an assistant professor in the School of Education and principal investigator, and co-PI **Paul Laybourn**, a professor in the Department of Biochemistry and Molecular Biology, were awarded a \$200,000 two-year grant to improve students’ learning and engagement in courses like cell biology. The

instructional method, known as writing-to-learn, guides students in identifying scientifically relevant evidence in reading, lectures, class discussions and personal experiences as they explore socio-scientific issues.

## Warner College of Natural Resources

The National Institute of Statistical Sciences has awarded **Ken Burnham** the 2013 Jerome Sacks Award for Outstanding Cross-Disciplinary Research. The award recognizes one candidate each year. Burnham was selected for his “outstanding and influential contributions to statistical ecology with novel methods of inference, data analysis, and computation used throughout the world.” Burnham is an emeritus professor with the Department of Fish, Wildlife and Conservation Biology and former assistant

unit leader with CSU’s Colorado Cooperative Fish & Wildlife Research Unit. He has worked for 41 years at the interface of statistics and wildlife-fisheries-ecology as a statistician embedded in the wildlife discipline as a collaborative team member.

Geology Professor **Ellen E. Wohl** has been selected as a 2013 Fellow of the American Geophysical Union for her continued leadership in the geologic world. Only 0.1 percent of AGU members across the country are selected to join the prestigious ranks of Fellows each year, and this year features the highest number of female AGU Fellows ever selected. With the primary qualification for the elite program being “a major breakthrough or discovery, paradigm shift, or sustained impact,” Wohl was selected for her ongoing, groundbreaking contributions to understanding the geomorphology,

evolution, and restoration of mountains, bedrock, and tropical rivers. Wohl will be formally awarded with her Fellowship on Dec. 11 during the Honors Ceremony and Banquet held at the 2013 AGU Fall Meeting in San Francisco.

### CSU Life Advertising

Want to promote your business through CSU Life? Contact Mackensie Stiff at [advertising1@collegian.com](mailto:advertising1@collegian.com) or (970) 491-2126

### Send in your Applause

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



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# LSC West, a collaboration of creative positivity

by Kyla Skye Allmon

It is a year of transitions for the campus of Colorado State University. As one of the main construction projects on this campus, the renovation of the Lory Student Center has created an opportunity for creative problem-solving.

Due to the large portion of the LSC that is offline, many offices had to be relocated. What is now known as LSC West, in the recreation center in the area previously known as the MAC gym, holds the Student Diversity Programs and Services offices.

While transitioning offices to a new location for only a short period of time can be a daunting process, the directors of the offices have remained optimistic.

“Before I saw how it was going to be I was kind of leery,” said Guadalupe Salazar, director of El Centro. “Then I saw it and thought, wow. As long as I’m positive and my staff stays positive we will have a wonderful year.”

Foula Dimopoulos, director of the Gay, Lesbian, Bisexual, Transgender, Queer, Questioning, & Ally Resource Center, says that their office transition ran smoothly.

“We have more open space, and I think a more welcoming space,” Dimopoulos said. “The summer was a little quiet, so I am quite eager to have students here in LSC West.”

With the more distant location from main campus, it may be more of a challenge to directly connect students to these resources.



The entrance for the LSC West is located on the east side of the recreation center, and will remain open Monday – Friday 7:30 a.m. – 5 p.m. and Saturday Noon – 5 p.m. Photo courtesy of Creative Services.

“The most challenging part is missing the student traffic and familiarity of the LSC to students,” said Tyreesa Reeves, student mentor for the Black African American Cultural Center.

The director of the BAACC, Bridgette Johnson, said their office is spending more deliberate time inviting students to the

space. “It will be an adjustment for them as well, and we do hope they will be just as involved as they were in previous years.”

The confined space may also inspire more collaboration between the SDPS offices. “I think part of this awesome opportunity is that we are just figuring out how our work together will change with the change in physical space and building,” Dimopoulos said.

Because of the space change, offices are seeing this as a way to creatively work together. “It will be a priority to collaborate with other offices,” Salazar said. “We’ve done some training with the other offices so we could learn more about each other.”

Not only do the offices need to be creative in how they work together and reach students, but a great deal of creativity can be seen in how the LSC West is now set up.

Thirteen offices have been moved to the LSC West, as well as 11 meeting spaces. Not only was creativity needed to create the puzzle of how the offices would fit together, but each different meeting space has a different card game or board game theme.

The LSC West is a testament to the positivity and energy each faculty, organization and department bring to this campus.



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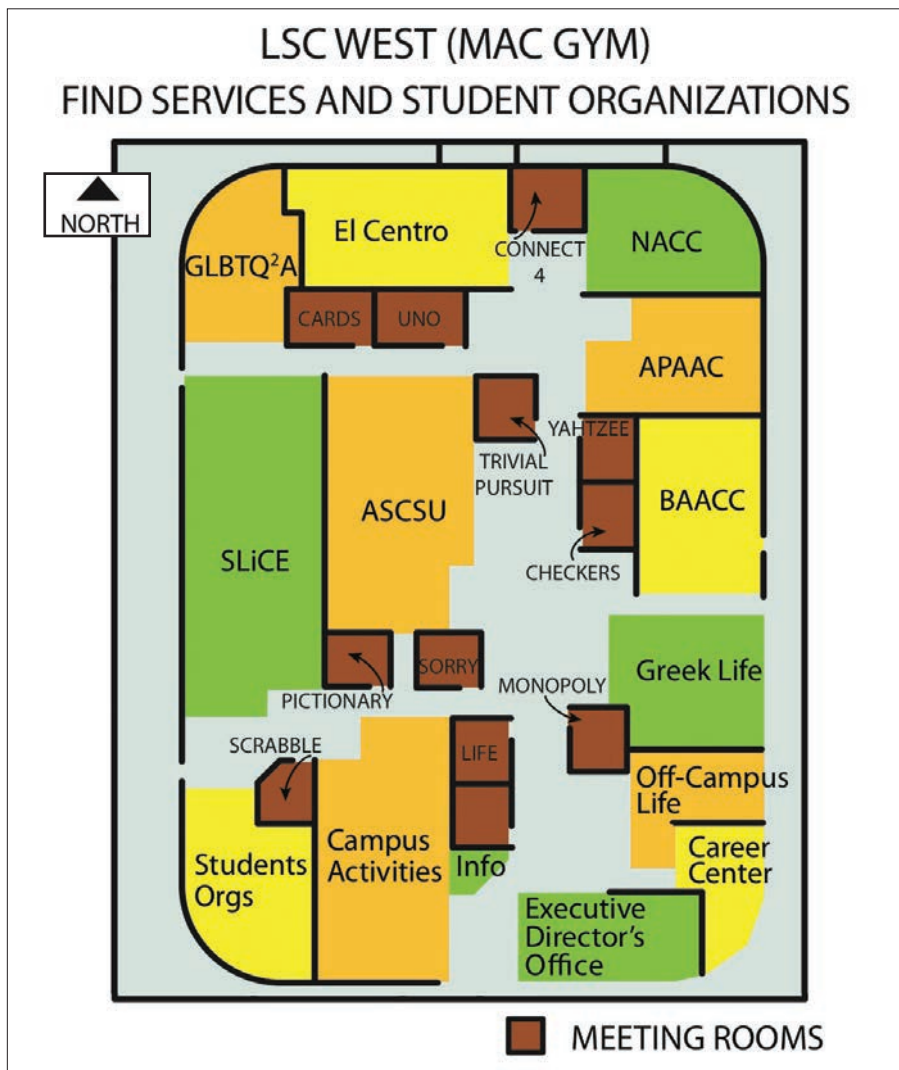


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# New hands guiding University, Colleges



Alan Rudolph



Kathleen Sherman



Mica Glantz



David McLean



Lynn Shore



Chuck Shackelford



Michael J. Pagliassotti



Mike Antolin

This summer has seen a number of additions to the ranks of upper-level CSU faculty and staff. Some are familiar faces in new roles; some are brand-new to campus.

There are two new administrators in the Admin Building.

**Alan Rudolph** has been named the new Vice President for Research, and will begin his duties on Sept. 30. He most recently served as director of Biological and Chemical Technologies for the Department of Defense/Department of Homeland Security, as well as an adjunct professor at the Duke Medical School Center for Neuroengineering. Rudolph holds a doctorate degree in Zoology from the University of California at Davis and a Masters in Business Administration from the George Washington University.

He is taking over from Bill Farland, who is returning part-time to the faculty of the College of Veterinary Medicine and Biomedical Sciences.

**Kathleen Sherman**, formerly the Chair of the Department of Anthropology, is now the Vice Provost for Undergraduate Affairs. Sherman, a cultural anthropologist, has been on the CSU faculty since 1997. She earned her doctorate in Anthropology at the University of Wisconsin-Madison and her law degree at New York University

of Law, after her bachelor's at the College of William and Mary.

She began her new duties July 1, filling the position left vacant when Alan Lamborn became the full-time Executive Director of The Reinvention Center, a consortium of research universities dedicated to improving undergraduate education, housed on the CSU campus.

## College of Liberal Arts

**Mica Glantz**, director of the Human Origins Laboratory, has stepped into Sherman's former role as Interim Chair of Anthropology. She received her B.A. and Ph.D. in Anthropology from the University of Pennsylvania, and is a paleoanthropologist who specializes in Neanderthal paleobiology and paleogeography.

## College of Engineering

**David McLean** has joined CSU as the new Dean of Engineering. Formerly the director of the Transportation Research Center at Washington State University, and a faculty member at WSU for 26 years, McLean started his duties at CSU on July 1.

During his long academic career, McLean has held a number of administrative appointments, including chair of the civil engineering department and associate dean for

the WSU college of engineering. Prior to joining WSU, McLean worked as a research structural engineer with the National Bureau of Standards and as a construction engineer with the Louisiana Department of Transportation. He received his master's in civil engineering from CSU and his Ph.D. from Cornell.

**Chuck Shackelford** has been the Interim Chair for Civil & Environmental Engineering since Aug. 1. A member of the CSU Engineering faculty since 1988, Shackelford has 27 years of experience in the geoenvironmental aspects of waste management and environmental remediation, is a registered professional civil engineer in California and Colorado, and has served as an expert on waste disposal issues on numerous occasions for private companies and federal agencies. His master's and Ph.D. are from the University of Texas at Austin.

## College of Business

**Lynn Shore** became the new Chair in the Management Department on July 1, when Dan Ganster returned to teaching. She received her doctorate in Industrial and Organizational Psychology from Colorado State University, and most recently served as chair of the management department

of San Diego State University. Prior to joining the SDSU faculty, Shore was on the faculty at University of California, Irvine, and Georgia State University. She has also been a visiting professor at the London School of Economics and Political Science, the University of Toulouse, Dauphine University, and Chinese University of Hong Kong. Her primary research areas are on the employment relationship and workforce diversity.

## College of Health and Human Sciences

**Michael J. Pagliassotti**, who holds the Lillian Fountain Smith Endowed Chair in Nutrition, also took the reins as the Chair of the Department of Food Science and Human Nutrition on July 1. A prominent researcher and professor in the area of nutrition and liver function, Pagliassotti takes over for Chris Melby, who served as department head for 10 years before moving back into his faculty research and teaching role. Pagliassotti received his Ph.D. from the University of Southern California and completed a post-doctoral fellowship at Vanderbilt University Medical School.

## College of Natural Sciences

After serving as Interim Chair since Dan Bush became Vice Provost

for Faculty Affairs in July 2012, **Mike Antolin** was named is the Chair of the Biology Department effective Aug. 15. Antolin has been a member of the CSU faculty for 21 years, and his specialty is black-tailed prairie dogs in northern Colorado, which have been severely affected by local outbreaks of plague – the same bacterial pathogen that caused the Black Death in medieval Europe. His laboratory group uses genetic analyses to trace transmission pathways of the bacterium. Antolin earned his bachelor's from University

of Pennsylvania; his master's from the University of Alberta, Canada; and his Ph.D. from Florida State University.

**College of Veterinary Medicine and Biomedical Sciences**

In the Department of Clinical Sciences, **Christopher Orton**, DVM, became Chair on July 1, after serving 18 months as Interim. A leading authority in veterinary cardiovascular surgery, Orton started the first veterinary open-heart surgery program in the world. He has built

his career at CSU since joining the Clinical Sciences faculty in 1983.

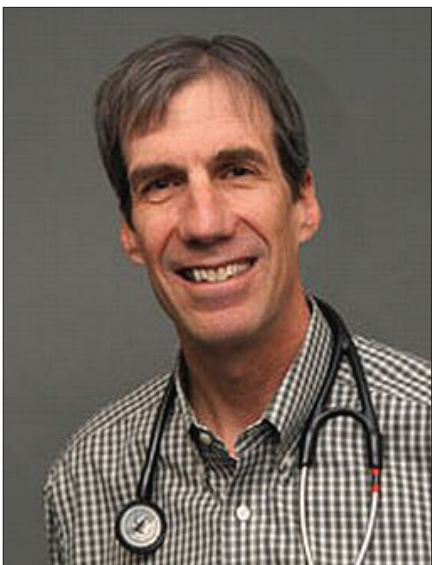
Orton earned his bachelor's degree in zoology at Oregon State University; his doctor of veterinary medicine at Washington State University; a master's degree in clinical sciences at Ohio State University; and a doctorate in cardiopulmonary physiology at CSU. He completed his residency in small-animal surgery at Ohio State, and completed a postdoctoral fellowship in the Cardiopulmonary Research Laboratory at the University

of Colorado Health Sciences Center. He is a diplomate of the American College of Veterinary Surgeons.

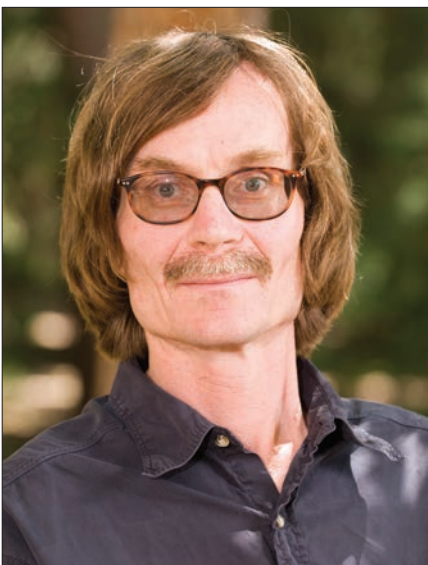
**Warner College of Natural Resources**

**John Ridley**, holder of the Malcolm McCallum Chair in Economic Geology, is the Interim Chair of Geosciences, but will yield the position to **Richard Aster** on Jan. 1, 2014. Ridley's textbook, "Ore Deposit Geology," was recently published by Cambridge University Press. Aster is a professor of geophysics at New Mexico Tech in Socorro as well as an affiliate professor in the CSU Department of Geosciences. He did his undergraduate and master's work at the University of Wisconsin-Madison, and his Ph.D. in Earth Sciences at the University of California, San Diego.

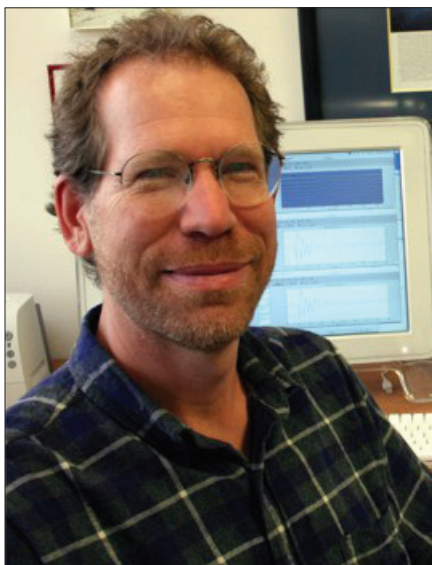
You can read more about these new leaders on [Today@Colorado State](mailto:Today@ColoradoState.edu), [www.today.colostate.edu](http://www.today.colostate.edu).



Christopher Orton



John Ridley



John Ridley

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# ENGINEERING | Opening

From page 1

of engineering would be housed in the new building was decided by a competitive proposal process. Faculty and students submitted proposals on how they would best utilize the space and through the competitive process research pods were identified and selected.

Biomedical, bioanalytical devices, systems synthetic biology, and environmental engineering will be the elements of the engineering programs transitioning to the Scott Building from Engineering I.

“That’s the hallmark of this college,” said Wade Troxell, associate dean for research and economic development in the College of Engineering. “It’s the collaborative nature of the faculty and engagement with students and industry.”

The new engineering space will have a collaborative interdisciplinary research focus through different research pods. “What you see in the building are collaboration spaces where students can come together and engage with their classmates,” Troxell said.

The design studios in the new engineering building are built to model the collaboration efforts in the industry. “That’s an important part of an engineering education, the hands-on,” Troxell said.

According to Troxell, in terms of the research and productivity resulting from CSU’s engineering program, it has comparable marks to MIT and Berkeley.

“Our faculty are some of the most competitive in terms of research,” Troxell said.

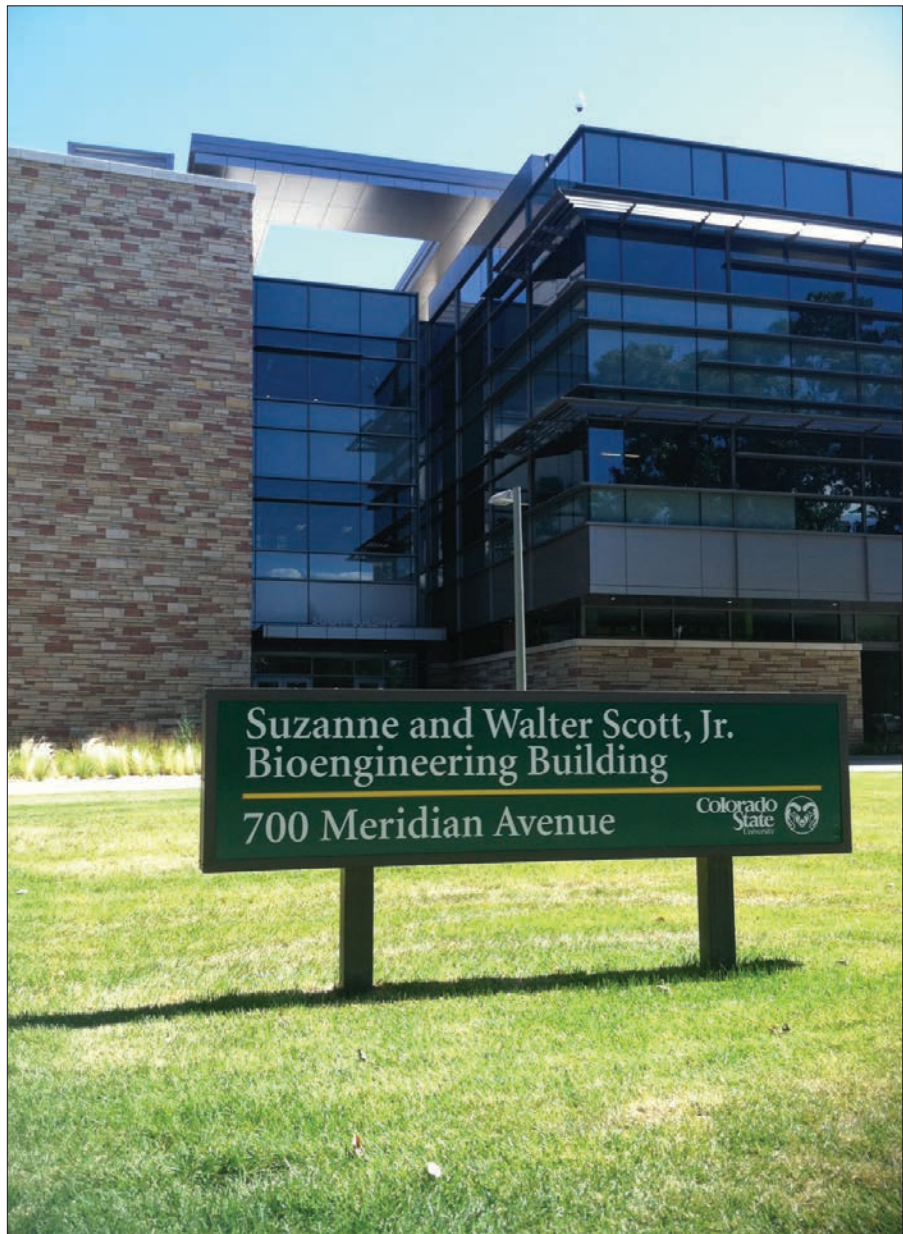
“The topics they are addressing are really addressing global needs,” Troxell believes CSU is fulfilling the promise of the land grant institution by providing solutions and economic development.

According to the Director of the Office of Strategic Communications for the College of Engineering, Kathleen Baumgardner, the Scott Building represents the growth of undergraduate and graduate programs in engineering here at CSU.

“The Scott Building will allow us to better serve the needs of our students with much needed additional laboratory space, design studios, and classroom space, as well as spaces designed to facilitate the engagement of students with industry,” Baumgardner said.

Students in the college of engineering have also contributed to the success of the new building. Individuals in the engineering program committed to raising their fees in order to provide the remainder of the funding that was not allocated through private donations.

The original estimated cost of the building was \$75 million, and the current total came in under budget at \$64 million.



The Suzanne and Walter Scott, Jr. Bioengineering building is located on Meridian Avenue and Laurel Street, just north of the Colorado State University Police Department. *Photo courtesy of Creative Services.*



The community outreach effort organized by CSU known as School is Cool has helped provide more than 29,000 K-12 students with school supplies in northern Colorado since 1992. *Photo courtesy of Creative Services.*

## School is Cool

Volunteers from across the CSU campus and throughout the community combined their efforts to fill and deliver 2,517 backpacks for Poudre School District students during the 22nd annual School is Cool event.

School is Cool provides new backpacks and school supplies for area public school children, and has now donated more than 30,000 backpacks since the program began in 1991 with the distribution of 67 backpacks.

More than 190 CSU faculty, staff and other volunteers filled backpacks with donated grade-specific supplies, then delivered them every PSD elementary, middle and high school. Each school determines which students will receive supplies based on need. Families interested in obtaining School is Cool supplies should contact their home schools directly.

School is Cool is supported by the Bohemian Foundation, Hewlett-Packard, the CSU Bookstore, and donations from CSU employees and community members.



School is Cool receives support from the CSU Bookstore, the Bohemian Foundation and Hewlett Packard. A \$25 donation will provide a brand-new backpack filled with new school supplies. *Photo courtesy of Creative Services.*

## PET HEALTH

# Watch for lawn and garden mainstays that may be hazardous to your furry friends

by Dr. Camille Torres-Henderson

Some products that make your garden beautiful might be harmful to your pet. Here is some information that will help you take precautions to protect pets.

### Fertilizers, herbicides and insecticides

When label instructions are correctly followed, these products are typically safe after being applied to your lawn and garden. There have been some reports of increased risk of bladder cancer in Scottish terriers exposed to herbicides and insecticides; however, further research is needed to confirm a causative relationship.

To avoid problems, store products safely away from pets, and follow label instructions closely.

### Cocoa bean mulch

This type of mulch, also called cocoa shell mulch, is popular because of its appearance and fragrance. The mulch is made with the shell of cocoa beans and contains compounds that are found in chocolate.

Of interest to pet owners are the compounds theobromine and methylxanthine. These can be toxic to dogs if ingested.

Some manufactures treat their cocoa mulch to remove these compounds. Yet, the safest practice is to avoid using this type of mulch in areas where dogs will be unsupervised.

### Grass lawns and foxtails

Several grass varieties have spikelets or spikelet clusters that hold plant seeds and mature in late summer. The



barbed bristles on these spikelets help seeds penetrate the soil. These are often unwanted plants in home gardens, and they are definitely unwanted for pets.

The barbed bristles can be very damaging to pets, as they may migrate into the nose, ears, feet, coat, or throughout the body.

It is best to keep pets away from areas where this grass is growing. When that is not practical, inspect your pet carefully to find and remove any hidden seeds. Be sure to check paws and between the toes.

If you find a foxtail that cannot be easily removed, or if you notice signs of irritation, swelling, or infection, be sure to take your pet to its veterinarian.

*Dr. Camille Torres-Henderson is a veterinarian 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.*



## COMMUNITY EVENTS



From page 1

### Creative Writing Reading Series

On Thursday, Sept. 19, the series will host Richard McCann, award-winning author of *Mother of Sorrows* and *Ghost Letters*, at 7:30 p.m. at the University Center for the Arts. The event is free and open to the public.

### Volleyball vs. Texas A&M – Orange Out

Don your orange and cheer on your Rams volleyball team when they take on the Texas Aggies, 7 p.m., Sept. 21, Moby Arena.

### CSU Ram Bicycle Classic

Cycling enthusiasts will be pedaling for sustainability education programs and initiatives from 6:30 a.m.-4 p.m. Sept. 22. To learn more or to register, visit [rambicycleclassic.org](http://rambicycleclassic.org).

### Learn to cook better: Fresh from the garden

Join Michelle Millholland at either noon or 6 p.m. Sept. 25 to learn to make creative, nutritious dishes. The class is \$12 for CSU students and employees and \$25 for the general public. To learn more, visit [nutritioncenter.colostate.edu](http://nutritioncenter.colostate.edu).

### Ag Day/Football vs. UTEP – Orange Out

Show your Ram pride in orange at CSU's Ag Day festivities at Hughes Stadium. Barbecue starts at 11 a.m., game kickoff at 1:30 p.m., Sept. 28. Tickets and pricing are available at [csurams.com](http://csurams.com).

### Symphonic Band and Wind Ensemble Concert

The Symphonic Band's performance, set for 3 p.m. Sept. 29, includes Maslanka's *Golden Light*, inspired by the composer's meditation through which he was transported to coastal African and took part in communal music making. The Wind Ensemble, guest conducted by Gary Hill, will tackle John Mackey's finest work to date: *The Frozen Cathedral*. For tickets and pricing, visit [csuartstickets.com](http://csuartstickets.com).

### Avenir Museum Third Thursday Lecture: "The Laces of Ireland" with Mary Shields

Mary Shields, Irish lace expert and Vice-President of OIIFA (a European lace organization), will present *The Irish Lace Network* from 7-8 p.m. Oct. 3 at the University Center for the Arts. The event is free and open to the public.

### Homecoming and Family Weekend

Join students, faculty, staff, alumni and friends for the annual Homecoming and Family Weekend. This year's weekend, chalked full of spirited events for the whole family, runs Oct. 11-13. To learn more, visit [homecoming.colostate.edu](http://homecoming.colostate.edu).



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# ENTERTAINMENT CALENDAR

## THEATER

**Tartuffe**  
Through Sept. 8  
**University Theatre, University Center for the Arts**  
The CSU Theatre Program's Shakespeare at Sunset presents Moliere's Tartuffe, one the theatre's most celebrated comedies, directed by Walt Jones. This broad comedy about deception – self- and otherwise -- is a classic; shockingly funny and filled with characters drawn from French commedia.  
csuartstickets.com

**RENT**  
Sept. 7-Oct. 5  
**Lincoln Center**  
Presented by OpenStage Theater Company  
RENT tells the story of eight friends from the gritty arts district of New York's Lower East Side. Steeped in the confounding era of the HIV/AIDS epidemic during 1989 and 1990, it is a story about being alive and learning to love. These ambitious characters live with an ecstatic sense of purpose and grapple with their own identities in Jonathan Larson's Pulitzer- and Tony- winning musical reimagining of La Boheme.  
lctix.com

**Our Town**  
Sept. 12-Oct. 13  
**Bas Bleu Theatre**  
Celebrating its 75th anniversary year, ThorntonWilder'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.  
basbleu.org

**Les Miserables**  
Sept. 6-Nov. 23  
**Midtown Arts Center**  
With revolution in the air and Javert closing in, Jean Valjean has no choice but to fight for his life and sacrifice everything to protect the people he loves. Les Misérables is now the world's longest-running musical, seen by over 65 million people in 42 countries.  
midtownartscenter.com

## ART & LITERATURE

**An Evening with Author Tracie McMillan**  
Sept. 18  
**Hilton Fort Collins**  
425 W. Prospect Road  
Tracie McMillan, an award-winning journalist, will speak about her book "The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields and the Dinner Table," 7-9 p.m. She is the first speaker in this year's series of free author evenings sponsored by Friends of the CSU Libraries, the Poudre River Friends of the Library, City of Fort Collins Fort Fund, KUNC radio and Hilton Fort Collins. Doors will open at 6:30 p.m., and seating will be on a first-come, first-served basis. A book signing and sales will follow the program.  
In "The American Way of Eating," McMillan examines the reality of this country's food industry by chronicling her own experiences working in a California garlic field, a Walmart produce department, and the kitchen of a New York City Applebee's. McMillan explores the national priorities that put food on our plates, arguing for thinking of fresh, healthy food as a public and social good.  
<http://lib.colostate.edu/about/news/2013/mcmillan>

**18th Biennial Colorado International Invitational Poster Exhibition**  
Sept. 13-Oct. 31  
**Clara Hatton Gallery, Visual Arts Building**  
Featuring works of 80 artists from 32 countries, including top international entrants and many new faces, the Colorado International Invitational Poster Exhibition showcases examples of global visual communication and promotes international understanding and dialogue through the graphic arts. The exhibition will open with a public reception at 7 p.m. and poster sale from 7-9 p.m. on Friday, Sept. 13 in the Hatton Gallery. Exhibition winners will be announced during the reception. A limited number of exhibition posters and full-color catalogs will be available for purchase on a first-come, first-served basis.  
[colostate.edu/events/ciipe.aspx](http://colostate.edu/events/ciipe.aspx)

**An Evening with Francine Mathews**  
Oct. 3  
**Hilton Fort Collins**  
425 W. Prospect Road  
The novelist speaks about her latest book "Jack 1939," a deft mosaic of fact and fiction that explores what might have happened if a young Jack Kennedy had traveled to Europe on a secret mission for Franklin Roosevelt on the eve of World War II. Mathews appearance is part of this year's series of free author evenings sponsored by Friends of the CSU Libraries, the Poudre River Friends of the Library, City of Fort Collins Fort Fund, KUNC radio and Hilton Fort Collins. Doors will open at 6:30 p.m., and seating will be on a first-come, first-served basis. A book signing and sales will follow the program.  
<http://lib.colostate.edu/about/news/2013/mathews>

## MUSIC

**The Flobots**  
Sept. 7  
**Lagoon on the West Lawn of the Lory Student Center**  
The nationally known band will perform as part of the Colorado Disability Pride festival, a day filled with music, parades and numerous other activities affirming the value of people with disabilities. The parade begins at noon at College and Olive, concluding at the Lagoon. The festivities will continue with musical performances from 1-6 p.m. by the Flobots, TribU2 (a U2 cover band), The Seers and Lee Holiday & the Time Off. Food, a beer garden, a silent auction and booths for nonprofit agencies, CSU student organizations and sponsors.  
[codisabilitypridefest.org](http://codisabilitypridefest.org)

**CSU Diversity Symposium in the Arts**  
Sept. 18-19  
**University Center for the Arts**  
The UCA hosts two nights of special concerts. On Wednesday, Sept. 18, special guests Metropolitan Opera greats Leona Mitchell and George Shirley will help pay A Tribute to Black Pioneers in Music Performance. On Thursday, CSU faculty member John Seesholtz will perform two concerts of Selections from the AIDS Quilt Songbook. Both evenings are free to CSU students, faculty and staff.

**UCA Fifth Anniversary Celebration – The Opening of 5ths!**  
Sept. 26-27  
In celebration of the UCA's fifth anniversary, the University Symphony Orchestra presents a special evening, featuring pianist Anne-Mari McDermott performing Beethoven's Fifth Piano Concerto, "The Emperor." A reception will follow Friday's concert, with wine, desserts, special guests.  
[UCA.colostate.edu](http://UCA.colostate.edu)

**Arias @ Avo's**  
Sept. 29  
**Avogadro's Number**  
605 S. Mason St.  
The Opera Fort Collins Guild hosts live performances of popular opera arias and show tunes in a casual pub setting on the last Sunday of each month from 4-6 p.m. No cover; \$10 per person donations are encouraged.  
[Operafortcollins.org](http://Operafortcollins.org)

**Jazz Ensembles Concert: The Music of John Coltrane**  
Oct. 2  
**University Center for the Arts**  
CSU Jazz Ensembles I and II will perform a program of big band arrangements of music by the great jazz saxophonist John Coltrane.  
[csuartstickets.com](http://csuartstickets.com)

# LoryStudentCenter

## RE • VITALIZATION



## The LSC Theatre and LSC North



## Find what you need on campus!

Pick up your free maps and keep them handy for quick reference throughout the semester.

Find free maps at these locations:

- Food locations
- Morgan Library
- Residence Hall front desks
- CSU Welcome Center
- LSC West offices
- LSC North offices
- External Relations
- Vice President for Student Affairs Office
- Relocated off-campus locations: James Salon, Student media, and the Drake Centre
- and more!



Find current information throughout the renovation:  
[sc.colostate.edu/renovation.aspx](http://sc.colostate.edu/renovation.aspx)



Colorado State University

# Lory Student Center

## RE • VITALIZATION

### B's Breakfast CART



Organic breakfast burritos, organic fruit and snack bars, muffins, and variety of drinks. Gluten free and vegan options.

**Located at the North end of Clark**

Hours:  
Mon-Fri 7 a.m. - 12:30 p.m.

### T-LEX GRAB AND GO



**The Temporary Lory Express grab-and-go dining facility.**

Hot food, grab-n-go snacks.  
Outdoor seating!

**Located at the North end of Morgan Library by the LSC theatre**

Hours:  
Mon-Thurs: 7 a.m. - 5 p.m.  
Friday: 7 a.m. - 3 p.m.

# FOOD TRUCKS GALORE!

*grab goodness on the go*



100% fruit 100% healthy 100% treat



Italian flatbread sandwiches originally from Bologna, Italy. We strive to make authentic Piadina sandwiches as if you were in Italy!

**Located on Pitkin Ave.  
North of Chemistry**



Healthy Pan Asian cuisine.  
Serving up the 5th sense in taste.  
Ooh..Mah..Mi..

**Located on Pitkin Ave.  
North of Chemistry**



SOFT-SERVE healthy frozen treat that is fun for everyone to eat!  
Made from 100% Fruit!

**Located on Pitkin Ave.  
North of Chemistry**



CSU Alum - serving adventurous LOCAL and NITRATE FREE brats, hand cut fries, poutines, and fun specials!  
We also serve sodas, water, chips.

**Located on Pitkin Ave.  
North of Chemistry**

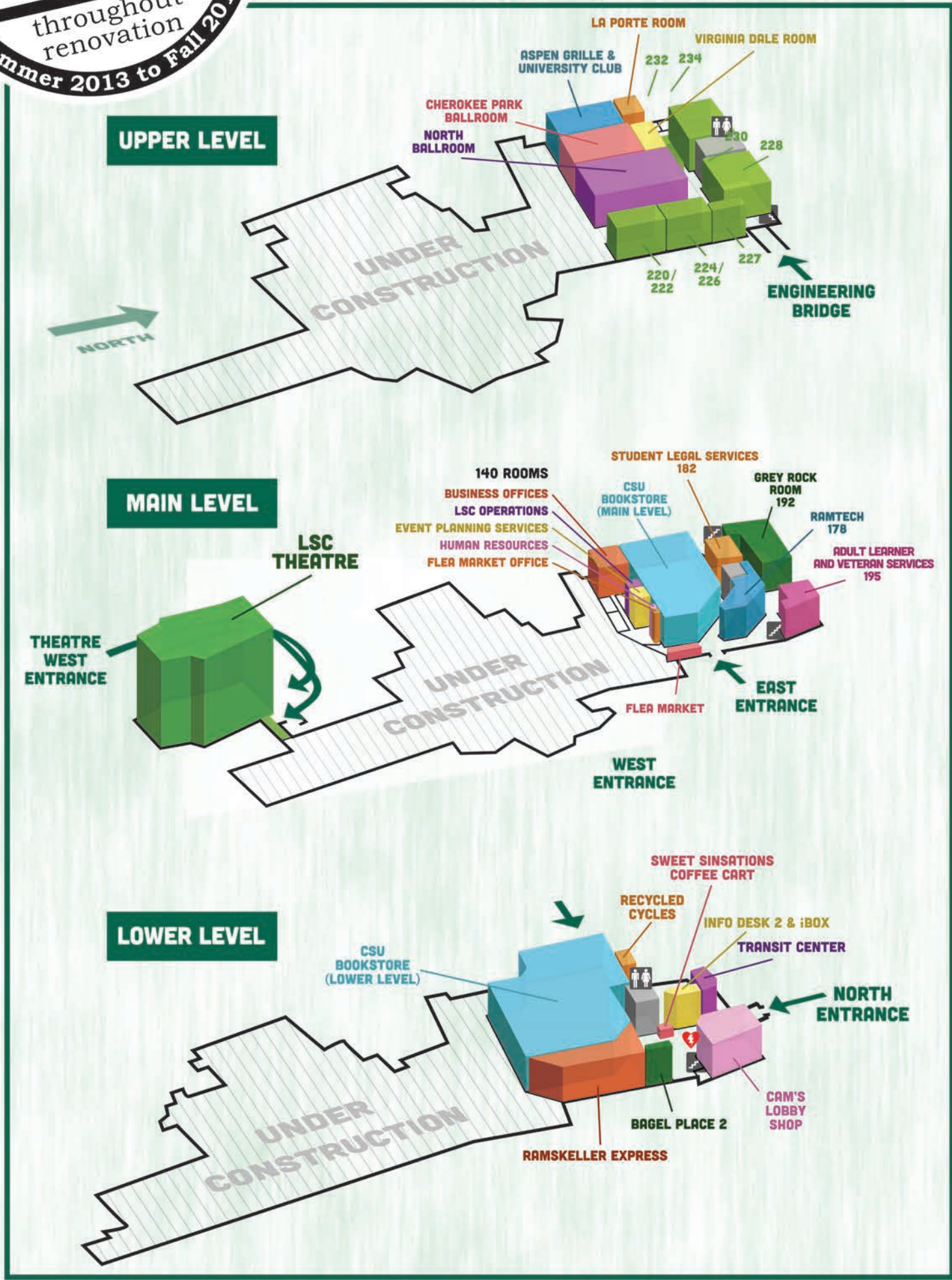
# Colorado State University



# Lory Student Center

## RE•VITALIZATION

### Map of LSC North



# Lory Student Center

## RE • VITALIZATION

*Your guide to food, services,  
and temporary LSC office locations*

*Summer 2013 to Summer 2014*



*On this map you'll find:*

- *Food*
- *Temporarily Relocated Offices*
- *Meeting Spaces*

### *Food locations:*

#### **Lory Student Center North:**

- Aspen Grille
- Bagel Place 2
- CAM's Lobby Shop
- Sweet Sensations Coffee Cart
- Ramskeller
- University Club

#### **Central Campus:**

- Braiden Hall
- Food Trucks
- Morgan's Grind
- Spoons
- Sweet Temptations
- T-LEX Food Trailer

#### **North Campus:**

- The Bean Counter

#### **East Campus:**

- INTO Café (Alder Hall)

#### **West Campus:**

- Corbett Hall
- Durrel Center
- Off the Wall Café

#### **South Campus:**

- Lake Street Market
- Rams Horn

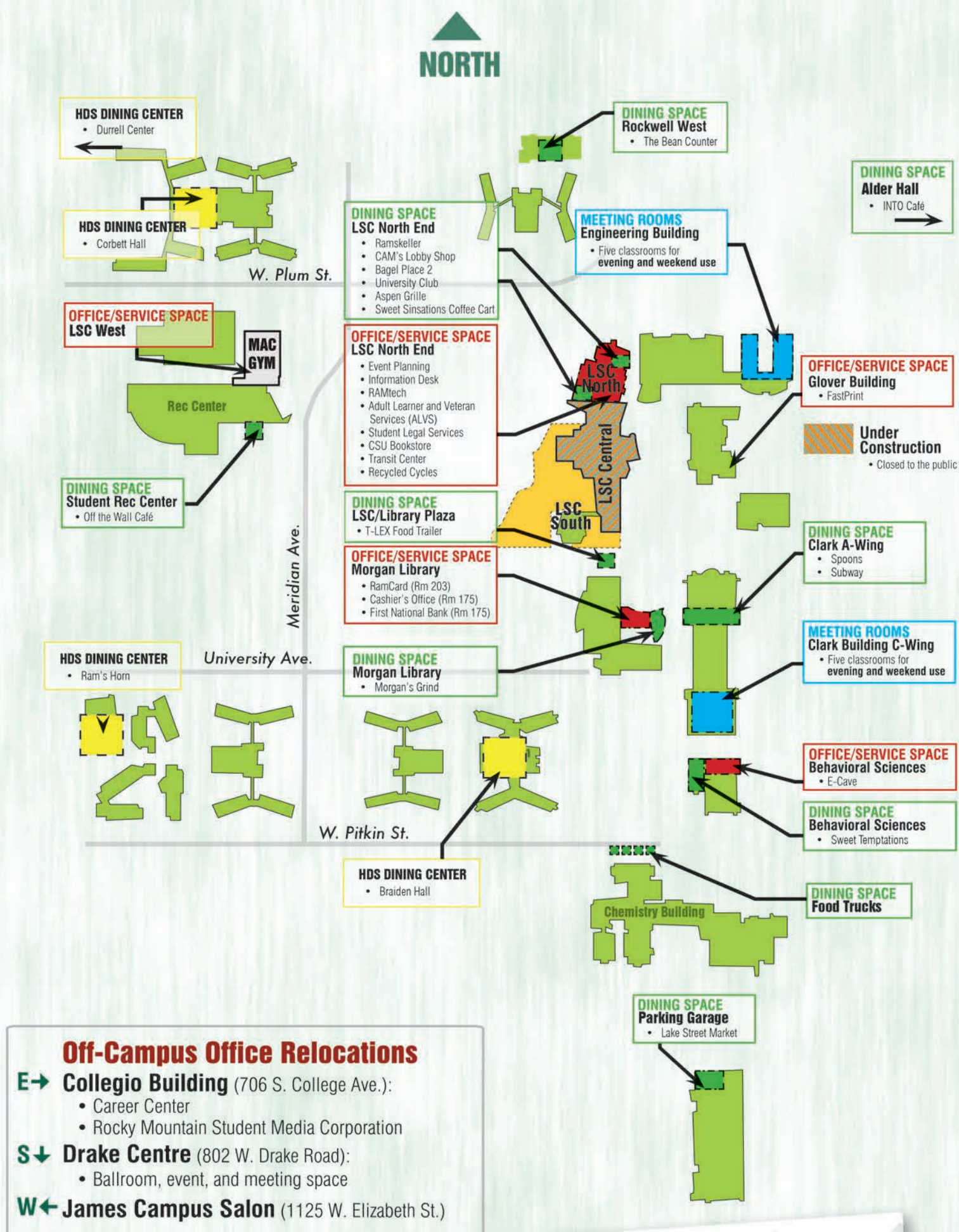
Accepting  
**RamCash!**



1125 W. Elizabeth St. • Fort Collins, CO

*\*make sure to request a campus stylist  
when booking appointments*

# Colorado State University



*Pick up your pocket sized guide to campus at the residence halls, Morgan Library, LSC North and LSC West.*

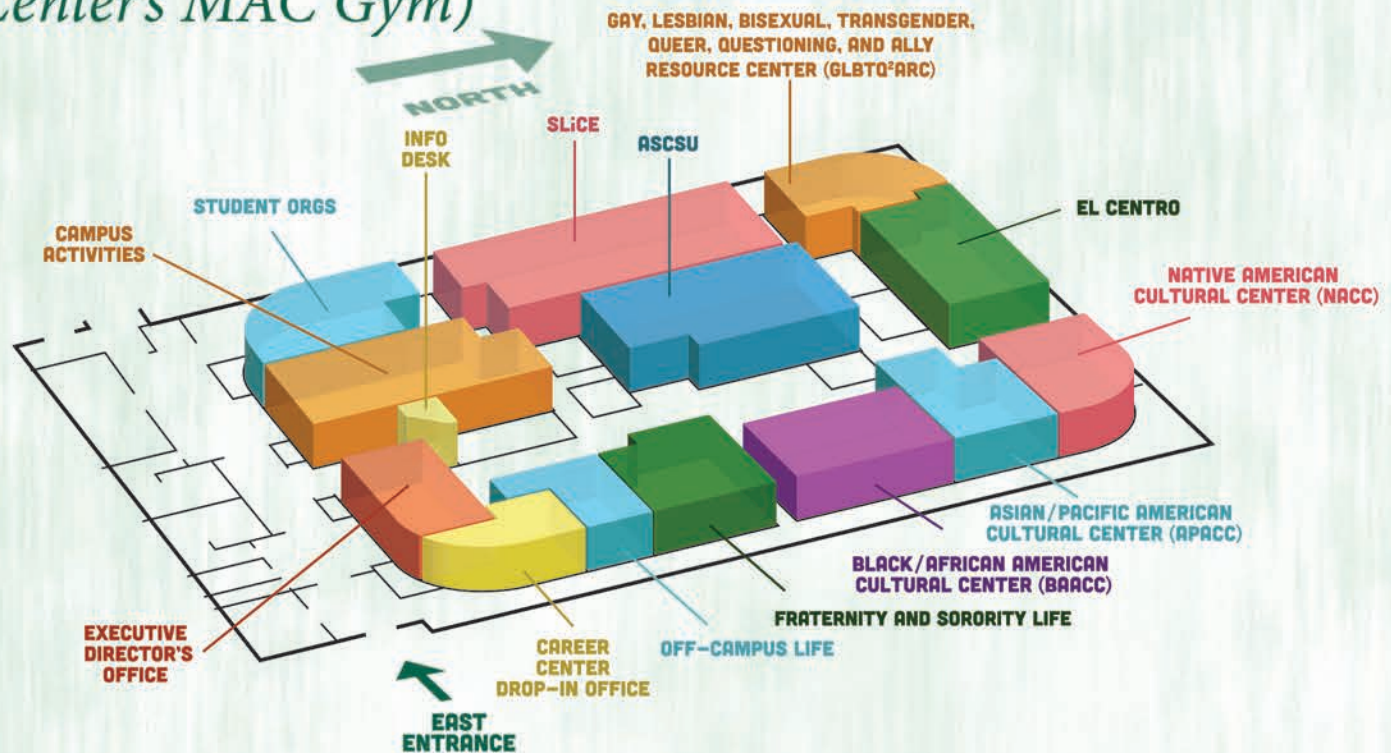


# Lory Student Center

## RE • VITALIZATION

### Map of LSC West

(in the Rec Center's MAC Gym)



**Visit these offices** *temporarily relocated to Morgan Library during renovation*

## RamCard



**First National Bank**  
Official Banking Partner of CSU

## Cashier's Office



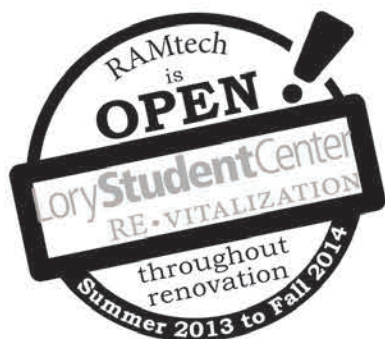


Colorado State University

# Educational discounts on items you need.

RAMtech has a wide variety of computer equipment and software for CSU students, staff, and departments. Come see us in the Lory Student Center and consult with one of our computer experts to learn how you can save up to 75 percent on software from: *Adobe Systems, Microsoft, and more.*

And get educational discounts on hardware from:  
*Apple, Dell, ASUS, and more.*



970.491.7625 - [ramtech.colostate.edu](http://ramtech.colostate.edu)  
Monday - Friday 7:45 a.m. - 5:30 p.m.



Authorized  
Campus Store

YOUR #1 TOP OF  
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Bicycles  
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CONVENIENTLY LOCATED IN YOUR LORY STUDENT CENTER

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Recycled Cycles is open!  
Visit us in LSC North

WE RENT  
BIKES TOO!



we carry  
**NEW and USED**  
bikes!

Welcome Back, CSU!



we fix  
bikes!



Free  
AIR!

#### ALL BICYCLES INCLUDE:

Free lifetime adjustments and 30 day tune-up. All bicycles are fully assembled with kickstand and are guaranteed. Guaranteed trade-in program available on kids bikes and helmets. Free test rides and professional sizing on all bicycles.

CSU Lory Student Center (970) 491-9555  
Mon-Fri: 9 a.m.-5 p.m.  
4031 S. Mason St. (970) 223-1969  
Mon-Sat: 9 a.m.-8 p.m. Sun 10 a.m.-6 p.m.

# RAM WELCOME | Employees helping students

From page 1

## Key assets

Ram Welcome has many parts that contribute to its success, with one key asset. “People,” said Lopez. “The logistics of [planning Ram Welcome] and partnering with communities you wouldn’t expect, like Coca-Cola and the city of Fort Collins’ Transfort bus system.” The coordinators also rely on volunteers to contribute, not only employees but also the student Ram Welcome Leaders. The students who apply go through an intensive audition process to ensure they will be a good fit as a leader and a friendly face to the incoming class.

Lopez, who remembers when he first became a CSU Ram back in 2005 as a graduate student, says the best part of his job is those people that make Ram Welcome happen.

“What’s cool is the opportunity to work with and engage students in a unique way,” Lopez said. “The entire campus comes together to help the students create a connection on campus in the first couple days.”

## Wrangling the newest Rams

Catering to such a massive group of students may seem daunting, but Lopez and his team have no fear when it comes to wrangling in the newest Rams.

“By partnering with programs like Residence Life, we are able to break down such a large community into smaller, easier-to-manage ones, like the academic groups do,” Lopez said.

Orientation and Transition Programs’ skill of wrangling is nowhere better shown than in the giant C-S-U picture of every new student to the university. This tradition started with the creation of Ram Welcome in 2004.



CSU staff and faculty lend a hand to the first-year students during their move-in process before Ram Welcome begins. *Photo courtesy of Creative Services.*

Though they may have a system down for organizing the iconic picture, it hasn’t always gone off without a hitch.

“One year it rained,” Lopez remembers. “We had to do each letter separately, rather than all together. The final picture was put together with some very strategic PhotoShopping!”

Since 2004, Lopez says that Ram Welcome, and the CSU letters themselves, have increased in size substantially. The Orientation and TransitionsPrograms crew are constantly trying to find new and exciting ways to make Ram Welcome better than it was the year before.

Last year, the program focused on international

students, while this year it featured CSU athletics and the pep rally.

Lopez ensures that Ram Welcome will always be evolving to meet the needs of the students. The program makes sure of this by sending out surveys to the students allowing them to give feedback on what they enjoyed or did not enjoy about the continuation process.

Lopez, the Orientation and Transitions Programs team, and many more hard-working dedicated people pull out all the stops to ensure that Ram Welcome is a fun-filled, educational welcome home party for all new Colorado State University students.

## *Gain the competitive edge.*

The Center for Professional Development and Business Research offers an array of business workshops for professionals in the Northern Colorado and Denver communities.

*CSU employees receive  
25% off any program.*

*Contact [CPDBR@business.colostate.edu](mailto:CPDBR@business.colostate.edu) for discount code.*

## FALL CERTIFICATE PROGRAMS

- Sustainability: The Business Essentials
- The Leadership Edge for IT Professionals
- Strategic Human Resources for Managers and Practitioners
- Developing High Performance Management Skills

[www.biz.colostate.edu/PDBR](http://www.biz.colostate.edu/PDBR)

# Colorado State University

COLLEGE OF BUSINESS

*Center for Professional Development and Business Research*

DISCOVER

NETWORK

ENGAGE



# Food safety, a hot topic for outdoor grilling



by Melissa Wdowik

**F**ood just seems to taste better when you cook it and eat it outside. If you love grilling, you are not alone. Whether you are tailgating at a football game, or just enjoying Colorado's fall weather, it's important to grill safely – with food safety, that is.

Your food-safe journey starts at the grocery store. Put your cold food in your cart last, including meat, fish and poultry. Be sure to keep these separate from your other food by putting them in an extra plastic bag and place them on the bottom shelf of your shopping cart. This prevents cross-contamination, which occurs when raw meat juice touches other food.

Head straight home from the store after shopping. If you're out on an especially hot day, or if you think you might make a stop on the way home, take a cooler and ice with you to store the meat, fish and poultry.

Once home, put meats in your refrigerator right away and separate them from other foods. If you won't be cooking the meat within two days, freeze it.

## Get ready to grill

When you are ready to grill, food safety experts recommend the following, adapted from [www.foodsafety.gov](http://www.foodsafety.gov) and [www.fightbac.org](http://www.fightbac.org).

- Thaw frozen meat, fish and poultry safely in the

refrigerator or microwave.

- Wash your hands with warm water and soap before and after touching food. Keep wet wipes or hand sanitizer near the grill if you can't wash up easily during cooking.

- A marinade helps tenderize your meats and may protect you from carcinogens. Always marinate in the refrigerator to prevent the growth of bacteria, which thrive at room and outside temperatures.

- Discard marinade used on raw meats. Don't brush food you are grilling with old marinade, unless you first bring it to a boil to destroy bacteria. A better option: Before marinating raw meats, set aside some marinade to use during or after cooking.

- Wash your plates. Once you transfer raw meat, fish or poultry to the grill, wash the plate well with dish soap and hot water, or place it in the dishwasher. Then wash your hands and get a clean plate for the cooked food.

- Monitor temperatures. Preheat your grill. Once dinner is sizzling, check the food's internal temperature with a food thermometer. Beef burgers, roasts and steaks should reach 160 degrees. Poultry should reach 165 degrees, and most seafood should reach 145 degrees.

- Keep hot food hot on the side of the grill rack, in the oven or in a slow cooker.

- Keep cold food cold. Once your meat, fish or poultry is cooked, clean all surfaces before taking salads, fruits, vegetables and condiments out of the refrigerator.

- Use the Rule of Twos with leftovers: Refrigerate food within 2 hours in containers less than 2 inches deep, and eat within 2 days.

*Melissa Wdowik is an assistant professor at Colorado State University in the Department of Food Science and Human Nutrition, and director of the Kendall Anderson Nutrition Center.*

# Parking Services unveils new permit system, meters

by Dell Rae Moellenberg

**I**f you are wondering why Parking Services vehicles are moving slowly through campus parking lots, it's all part of the new license plate recognition parking permit system. The Parking Services trucks are equipped with cameras that scan the license plates of vehicles parked on campus, to compare to those of permitted vehicles.

The goal is to do away with parking decals next summer. The new system will be piloted this year before being fully implemented.

Because of their slow travel and frequent stops, Parking Services asks that drivers be on the lookout for the vehicles and be cautious when driving into lots and down streets while the enforcement vehicles are scanning plates.

The new system requires all CSU parking permit holders to park so that license plates are visible from the drive lane, even if the vehicle carries only a rear plate. License plates cannot be obstructed.

"Over the next few months we'll be fine-tuning this new system and resolving glitches," David Bradford said, director of Parking and Transportation Services. "We'll also be bringing some hybrid parking enforcement vehicles on line as part of our commitment to sustainability."

## No more dashboard receipts

If you pay for hourly parking, don't be upset if the pay machine doesn't give you a receipt to put on your dashboard. The new parking meters installed in several locations on campus are connected to the license plate recognition system.



When paying the meter, you no longer need to wait for a "pay and display" receipt. Instead, simply enter the license plate number into the meter machine, and this will send information to Parking Services enforcement vehicles that check the metered lots, then pay for your parking time. Optional receipts are available for your records.

In addition to hourly parking at meters, daily permits are available at several dispensers on campus: the Moby lot, No. 195; the Art Building lot, No. 505; the University



Square lot, No. 575; the Spruce Hall lot, No. 330 and the Veterinary Teaching Hospital lot.

By using your license plate number, daily permits are purchased as well at these dispensers. Hourly meter permits are not transferable to other lots, but daily permits can be used in any "Z" parking lot for the date they are valid.



Macklemore performed for the large student crowd that gathered on the west lawn of the LSC. This year's Ram Fest was reportedly the largest crowd for an on-campus concert at CSU since the Rolling Stones. *Photo courtesy of ASAP.*

# Student activities, staff direction: A backstage pass to how ASAP works

by Sarah Sparhawk

Labor Day weekend was not only the first weekend after Move-In Day this year, it was just packed with activities – a Thursday night pep rally, Friday's highly anticipated Ram Fest and fall concert with Macklemore and Ryan Lewis, Saturday's Tour de Fat, and Sunday's Rocky Mountain Showdown.

Except for the Tour de Fat and the Showdown, the programming was all propelled by the Association for Student Activity Programming (ASAP). Student funded, student staffed, and student in mind, ASAP has a lot of drive, and even more to give to the students of Colorado State University.

"We provide and plan programs for students in the areas of concerts, comedy shows, lectures, special events, social justice programs, and films," said Sydney Boyle, marketing coordinator for ASAP.

As a student-run organization, ASAP can cater to the needs and wants of the student body. ASAP's mission: Provide diverse and affordable events that both entertain and enrich the Colorado State University experience.

Because of the magnitude of Macklemore's popularity, ASAP teamed up with promoter Amplitude Entertainment to put on the event. On Macklemore was greeted by more than 10,000 ticket holders and many more outside the fence.

While the volunteer team is made up almost entirely of students, ASAP staff offers those students an experience that

Boyle says is once in a lifetime, a chance to spend months planning a show and then witnessing their dedication pay off in front of a live audience.

## Putting together a concert

"There is a lot that goes into putting together a concert," Boyle said. "We start off by looking at what the students of CSU want to see in a concert."

The process begins by deciding which artists will receive an offer.

"The artist then has to accept the offer. Once the offer is accepted, the ASAP staff goes into marketing mode for the concert," Boyle said.

After the artist is chosen and accepted the offer to perform, ASAP works with the CSU community to coordinate the event. This begins by deciding the quota for ticket sales, then working with various on-campus communities, from "facilities management, to the police department, to risk management, to security, to marketing to make concerts happen," according to Boyle.

ASAP also works to notify city residents of the concert as well, in the case of Macklemore adhering to a strict 9:30 p.m. end time and keeping the decibels within agreed-upon limits.

Nevertheless, the student body's happiness is what overall made 2013's Ram Fest a success. Student funded, student staffed, student in mind -- and student approved.



CSU students gather in anticipation for the show to begin. The opening acts for Macklemore and Ryan Lewis were Wasteland Hop and Talib Kweli. *Photo courtesy of ASAP.*

## Accreditation Comments Sought

Colorado State University is in the process of reaffirming its academic accreditation through the Higher Learning Commission of the North Central Association, its regional accrediting agency. As part of this process, CSU has prepared a self-study which is posted, along with other information about the accreditation process, for review on the website: [www.accreditation.colostate.edu](http://www.accreditation.colostate.edu).

The Commission invites the public to submit comments about the University to be considered as an additional part of its evaluation. The University will host an on-campus visit by a team from the Commission November 4-6, 2013, when the team will review the institution's ongoing ability to meet the Commission's Criteria for Accreditation. Colorado State University has been accredited by the Commission since 1925.

The public is invited to submit comments regarding the University to:

Third-party Comment on Colorado State University  
The Higher Learning Commission  
230 S. LaSalle St., Suite 7-500  
Chicago, IL 60604-1411

The public may also submit comments on the Commission's website at [www.ncahlc.org](http://www.ncahlc.org).

Comments must address substantive matters related to the quality of the institution or its academic programs and must be in writing.

All comments must be received by the Commission no later than October 4, 2013.



# CSU cooks

We all know the Rocky Mountain Showdown came out, but Chef Garrett Overlee has a way to keep the competition going. The Ramburger or the Buffalo Bacon Burger at Aspen Grille? You make the call, since the Aspen Grille is remaining open during renovation in the Lory Student Center.

## Aspen Grille Ramburgers

Makes 4 / 6oz burgers

### Ingredients

- 1 tablespoon oil
- 1 shallot, minced
- 5 garlic cloves, minced
- 2 tablespoons ginger, minced
- 2 tablespoons mint, chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 tablespoons salt and pepper
- 1 ½ pounds ground Colorado lamb



### Directions

1. Heat the oil in a sauté pan.
2. Add the minced shallots, garlic, and ginger; and sauté until garlic and ginger are fragrant, about one minute.
3. Next add the mint, cumin, coriander, and continue to sauté for one minute.
4. Scrape all of the ingredients out of the sauté pan and into a large mixing bowl with the ground lamb.
5. Mix the lamb and the sautéed ingredients together until everything is evenly distributed.
7. Now, preheat your grill.
8. Divide the lamb into four 6oz balls. Pack the balls down into hockey puck-shaped patties.
9. Next, place the patties on your grill. Turn the patties 90 degrees after two minutes to make beautiful grill marks. After two more minutes, flip the patties over.
10. After flipping, allow the patties to cook for two more minutes.
11. Again, turn lamb patties 90 degrees and continue cooking for a final two minutes.
12. Remove from the grill and allow the burgers to rest briefly before placing on a bun. Enjoy!

## Buffalo Bacon Burger

Makes 4 / 6oz burgers

### Ingredients

- 1 pound ground Colorado bison
- ½ pound bacon, cooked and finely chopped
- 1 tablespoon garlic salt
- 2 tablespoons Worcestershire sauce

### Directions

1. In a large mixing bowl, combine all the ingredients together until everything is evenly distributed.
2. Preheat your grill.
3. Divide the bison mixture into four 6oz balls. Pack the balls down into hockey puck-shaped patties.
4. Next, place the patties on your grill. Turn the patties 90 degrees after two minutes to make beautiful grill marks. After two more minutes flip the patties over.
5. After flipping, allow the patties to cook for two more minutes.
6. Again, turn bison patties 90 degrees, and continue cooking for a final two minutes.
7. Remove from the grill and allow the burgers to rest briefly before placing on a bun. Enjoy!



**The Melting Pot**  
a fondue restaurant

Old Town, Fort Collins  
970-207-0100

*Over a pot of  
chocolate,  
conversations go  
much longer than  
140 characters.*

# Play ball!

Provost Rick Miranda is a man of many talents. On Aug. 10, he not only threw out the first pitch at Coors Field for the Rams at the Rockies game, he also sang the national anthem. A great day for the Rams – and the Rockies, too, as they beat the Pittsburgh Pirates 6-4.



## APPLY NOW FOR EDUCATIONAL ASSISTANCE



**Are you a Colorado State University state classified employee who is taking a class or pursuing a certificate?**

Apply for a scholarship award through the Classified Personnel Council. The Educational Assistance Award helps classified employees seeking to move ahead in their jobs and careers. For more information, visit [www.cpc.colostate.edu](http://www.cpc.colostate.edu) and see the Educational Assistance Awards information under the Awards tab, or email [diane.hellbusch@colostate.edu](mailto:diane.hellbusch@colostate.edu).

**Application deadline is  
5 p.m. Monday, September 30, 2013.**

# BUSINESS BUZZ

**New Secondhand Store in Old Town is a MUST SEE!**



Married alumni of Colorado State University, Bonnie Cowen and Tom Campbell, left their careers to embark upon a new venture: small business owners in Old Town Fort Collins. Their new store, Find of the Day, is a resale store for second hand eclectic home furnishings.

Both agree that surrounding yourself with items that are “beautiful, unique, make you smile, and just plain cool” helps people live fuller lives. They believe there are enough already–awesome-made items in the world, and recycling them helps save the planet “one funky piece of furniture at a time.”

Their first priority was finding an actual house that allowed retail sales. Their second? That it be located in Old Town. They found the perfect location at 311 S. College Ave. Sticking with their value of community, all contracted help was hired locally. Cowen and Campbell opened their doors on January 23, 2013, exactly five months to the day of coming up with the idea.

Being in Old Town is important for Find of the Day owners because they believe it is where the true feel of Fort Collins is experienced. According to Cowen and Campbell, its pulse and character are strongest near the university, historical buildings, and businesses that make Fort Collins unique.

Find of the Day has an array of gently used home décor including vintage, modern and funky items, all carefully selected and in great condition. The store includes seven rooms staged in small vignettes, providing the buyer a vision of what the item could look like

in their own home. The displays create a pleasurable shopping experience, as do their prices, which are comparable to other thrift stores in town.

The owners buy outright to help people ‘move in, move out, and move on’ faster than traditional consigning. However, the entrepreneurs do allow for consignment of local artists to showcase their work. They will also visit homes by appointment to move items.

Find of the Day can be a bit of a hunt in itself. It is nestled in an alleyway parking lot behind local businesses Taste of Philly, Tap and Handle and Paul Wood Florist. Cowen and Campbell painted the building a golden yellow in hopes of helping it pop out to passers-by. As a bonus, Find of the Day has on-site parking, and Sundays are CSU Student & Staff Day. Just show your CSU ID you will receive 25% off your purchase!

For more information, visit their website at [www.findoftheday.co](http://www.findoftheday.co) (NOTE: it is .co NOT .com)



Exercise is an important tool. When we exercise we release endorphins which helps us stay happy. In our busy world, a workout is an opportunity to take a break and refuel, while improving our own health. If you have already been practicing yoga then you have noticed its many benefits. You notice that you sleep better, you get fewer colds, you feel strong, and relaxed. Yoga has proven to have so many benefits it almost overwhelming to try to explain to someone who has not tried it yet.

With a regular yoga practice we can improve our flexibility, strength, mental clarity, joint health, nervous system function, lymphatic system function, bone density, spine health, cardiovascular strength, and this is just to name a few of the benefits.

It can be challenging to get started. There are all the rumors you hear about how sweaty you get or fear that you wont be able to touch your toes, and when you do what if you fart?! What if the class goes too fast? What if you get hurt because the teacher won't help you? And of course, we think we are going to end up right next to someone who can turn their body into a pretzel. Your fears could be somewhat real, unless you can find a comfortable, welcoming, professional community to learn in.

We pride Elan Yoga and Fitness on being a place where anyone with any story can comfortably exercise or practice yoga. We are dedicated to creating a community of like-minded people, who believe in a healthy and balanced life. Everyone has different goals and fitness needs. Elan pairs diverse yoga classes with a 24 hour gym to accommodate any schedule and any goals.

Elan has two yoga studios. We welcome brand new students as well as advanced. No matter what your skill level you should

feel comfortable and prepared for any of our classes. We offer over 50 classes a week including Hot Yoga, Ashtanga, Vinyasa, Yin, Anusara, Kids Yoga, and Prenatal Yoga. This is a wide variety ranging from challenging and vigorous to relaxed and healing.

Elan also proudly offers private yoga instruction with any of our instructors. All of our instructors are Yoga Alliance Certified and encouraged to do continuing education every year. We are very proud of our staff. A great yoga teacher makes a great experience.

The Fitness part of Elan is a 24-hour access gym. Making it more convenient to get a workout in at anytime of day. You'll find Nautilus “dial a weight” resistance equipment with circuit options, a wide range of free weights, ellipticals, spinning bikes and treadmills. We offer group fitness classes, as well as, personal training to help you reach your fitness goals.

Elan Yoga and Fitness is locally owned and operated. Conveniently located near the CSU Campus and Veterinary School at 353 West Drake Road. We support the bike community and encourage you to take the Spring Creek Trail directly to us.

We encourage you to visit us and give yoga a try! We offer an introductory 20 days for 20 dollars. This is a great opportunity to try each of the different yoga classes so that you find one that is perfect for you. During the 20 days you also have access to the gym and a complementary half hour with a personal trainer. Those 20 days are a great time to start a new routine, change your habits, and get back on track for a healthy life.



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

**Q.: Sometimes it is tricky for me to balance work, school and my relationship. What are some suggestions for maintaining a healthy relationship when both partners have busy schedules and limited free time?**

**A.:** Often when a person feels off balance among their relationship, their family, their friends, and their work or school obligations, they also feel stressed. A lack of life balance and stress go hand in hand.

Busy partners find themselves crossing paths once a day if they are lucky. If you are not living in the same household, a phone call might be all the contact you have with your partner in a given day. When the person you depend on for support and stress reduction is also busy, or not available when you are available, feelings can get hurt, people can start to blame the other, and conflict can increase. People often report feeling out of touch with their partner or even may try to protect their own feelings by withdrawing from their partner. This can make the time you do spend together uncomfortable and unfulfilling.

When we work with couples for whom this is the case, we encourage them to remember what it was that drew them to their partner in the first place. What things did they used to do when life was less chaotic that made them feel good and want to spend time together? Once each partner has shared their memories with each other, we encourage couples to be purposeful and deliberate in terms of planning time together during the next week.

## Tips to reconnect

Some tips that we recommend for couples trying to reconnect are to:

- Try to plan only one week at a time.
- Plan for as little as one hour together doing something you both enjoy. Time together does not have to be expensive or flashy. It can be sharing time on the couch watching a favorite TV program.
- The quality of the time spent together is critical. Try to put other needs and obligations aside for that time you are with your partner. Preplanning for quality time together once a week is as important as making it to an exam or an important meeting at work. Doing this regularly can help each of you prioritize your relationship when work, school, or other obligations seem to be overwhelming, providing the support you both need from the other.
- Remember that balance is a person's own responsibility, and it takes practicing good habits to achieve balance. If you have little ones who are in your home, this is also an excellent model for them for how to try to strike a better work, school and relationship balance for their own lives.

If you or someone you know needs more help balancing their work and personal life, contact us at the Center for Family and 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 a topic for Dr. Jenn, email her at [cfct@colostate.edu](mailto:cfct@colostate.edu).*

## FALL ADDRESS | University picnic

During his fifth annual Fall Address as president of Colorado State University, Tony Frank outlined a number of initiatives to help faculty, students and staff continue the land-grant mission begun a century and a half ago. Frank said that a top priority for this year is to create an exceptional work environment for the University's adjunct faculty, with "some job security, decent pay and benefits, opportunities for advancement, and above all else, respect." The University has already made significant strides in supporting adjunct faculty in the last couple of years, he added, such as supporting a legislative bill that allows the University of offer multi-year contracts to non-tenured teaching and research faculty and creating a new committee on campus that represents non-tenure-track faculty, "but more can be done to take our focus on adjuncts to the next level."

Frank also announced The Ripple Effect, an ambitious initiative to make CSU the best place of women to work and learn. For more information, go to the website, [rippleeffect.colostate.edu](http://rippleeffect.colostate.edu).

The Fall Address was followed by the annual University Picnic, a tradition that started 16 years ago to celebrate the spirit that brought the CSU and Fort Collins community together after the Spring Creek Flood in 1997.





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