



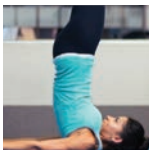
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on a roll



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Finding the right exercise
motivation @ CSU



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Todd Mitchell's 'The Last
Panther' book review

Old Main Bell victoriously returns!



Kathleen, Linda and Sharon Henry ring the Old Main Bell after the Rams' victory in the first game at the new stadium. The bell tower at the Iris and Michael Smith Alumni Center is named for the sisters' parents, Jim and Nadine Henry, named Alumni of the Century for all they did for CSU.

On-campus stadium a game changer for CSU

by Tony Phifer

On Aug. 26, Rams fans came from everywhere – some traveled thousands of miles, while thousands of others had a journey of a few hundred steps across campus — to witness a piece of university history that, remarkably, was better than anyone ever imagined: the inaugural game at CSU's new on-campus stadium.

Prior to the game, thousands of fans tailgated on campus for the first time in 49 years, soaking up the warmth of a blazing August sun and a campus many of them had not seen in decades.

In front of the largest opening day crowd in school history — 37,853 — the Rams celebrated their new home on the field with a resounding 58-27 romp over Oregon State, riding the arm of quarterback Nick Stevens and the strength of a defense that forced five turnovers in a dominating win.

"It was an awesome day to be a CSU Ram," said third-year coach Mike Bobo.

First kickoff of the season

And before the Rams dazzled — they had the national stage to themselves on CBS Sports Network with the first kickoff

of the 2017 season — former CSU student Mandy Harvey, a contestant on America's Got Talent who is also deaf, dazzled in her own special way with a wondrous rendition of the national anthem. The Military Appreciation Day ceremonies were punctuated by the presence of a field-sized American flag and a breathtaking flyover by F-16s. Dry eyes were rare during the memorable performance.

There was a bit of the old with the new. A tradition silenced for nearly a century reawakened as the Old Main Bell once again rang out to celebrate the victory.

And CSU's marching band capped a long day of superb performances by playing the CSU fight song with the elated players.

Outside, students returned to their residence halls, fans departed by car, bike, foot or mass transit, and a general feeling of pride and accomplishment settled over the campus and community. The primary mission of building the stadium — bringing alumni to campus to see for themselves the impact of nearly \$1.5 billion in campus building projects — was accomplished.

Game changer

The game also attracted scores of former CSU football players, whose accomplishments helped pave the way for the new stadium. Those coached by Sonny Lubick — the university's most successful and popular coach — were even treated to a pregame introduction of the man for whom Sonny Lubick Field at CSU Stadium is named.

Former Rams player Zak West brought his wife, Jennifer, and 6-year-old son from their home in Nashville to witness the historic day. They toured the stunning new Iris & Michael Smith Alumni Center on Friday night during an open house, then walked campus Saturday prior to the game.

"This stadium is such a game changer for CSU," he said. "I had goosebumps when the players ran onto the field, knowing I played a part in making that happen. The excitement here is unbelievable. This is such a cool day!"

APPLAUSE

COLLEGE OF HEALTH AND HUMAN SCIENCES

Anita Bundy, head of the Department of Occupational Therapy, has been named one of only 15 inaugural fellows of the new Occupational Therapy Australia Research Academy.

Bundy was chair of Occupational Therapy at the University of Sydney in Australia for 13 years beginning in 2002, after spending a decade as an OT faculty member at CSU. She returned to CSU in January 2016 after

making a significant impact on the field in Australia.

CENTRAL FACILITIES

Laurie Everett has been recognized as an Everyday Hero. She's been in her current position as custodian in Central Facilities for two and a half years. Everett's nomination comes from Lauren Kozar of the Department of Microbiology, Immunology and Pathology, who said even though her crew is responsible for a number of buildings include Microbiology, Yates and A/Z, the

service Laurie provides is outstanding, and the building is consistently maintained to above expected standards. Everett says being nominated is special and is honored to be recognized.

Everyday Hero is a special program sponsored by the Classified Personnel Council to recognize the day-to-day achievements of all CSU employees (state classified, administrative professionals and faculty). To nominate someone, visit the CPC website at CPC.COLOSTATE.EDU

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!

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

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Employee Appreciation Celebration

All Colorado State University employees were invited to the 2017 Employee Appreciation Celebration on Aug. 24, at the New Belgium Porch at the new on-campus stadium. Hundreds showed up, and many recorded the event in photos.

This annual thank-you-for-all-you-do-for-CSU was sponsored by Classified Personnel Council, Administrative Professional Council, Faculty Council, and the Employee Appreciation Board. Special thanks to Athletics for hosting the event.



Brian Gilbert (hat) and Wayne Hall enjoy talking to two CSU employees at the CPC outreach table, part of the info fair.



Dakota Cotner with her family Marley, Thomas and Bo.



Kristine Kofron and Stacey Cooper, CSU VTH



Top row (left): Mitchell Holston, Karina Brum, Bottom row (left): Jess Dyrdaahl, Tiara Marshall



Tegan Deeney and Jessie Andersen, Soil and Crop Sciences



Laura Chubb (left) in Clinical Sciences, Dee Walker (right) in CVMBS College Office



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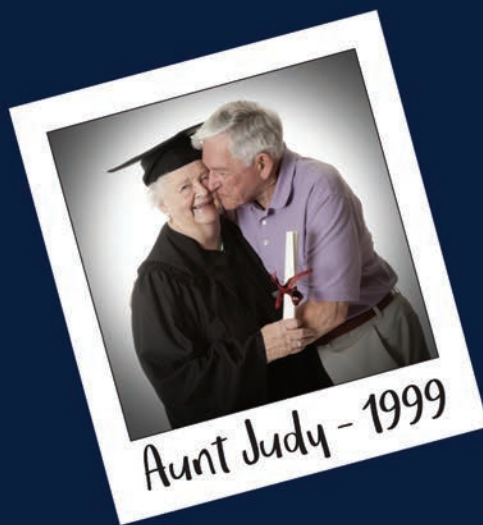
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The crew from CSU Online (left to right): Karin Bright, Maurice Ombogo (top), Ashlee Freeman (bottom), Ben Fletcher, Julia Smith, Gen Spering, Joy Nyenhuis, Courtney Allen



(Left to right) Kendra Allen, Kevin Kissell, Karen Hyllegard and Sandra Chisholm in the Department of Design and Merchandising



Seth Drehle-Ewan, alum; photo by Kristin Ewan, International Programs



Tate Olsen, 4, son of Nik Olsen in the President's Office, takes in the view



Mark Barry (HES) and Danielle Keller (Admissions)



Stephanie Zee (left) and Jeffery Mariano (right) in Residence Life



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CSU Diversity Symposium hosts more sessions than ever before

by *Melissa Leavenworth*

The Office of the Vice President for Diversity at Colorado State University warmly welcomes students, faculty, staff, and the broader Fort Collins community to the 17th annual CSU Diversity Symposium. The Symposium will be held Sept. 26-28, in the Lory Student Center; all events are free to attend and open to the public.

The CSU Diversity Symposium intends to educate the campus community and the wider community about issues of diversity and inclusion on campus. The Symposium also provides opportunities to present research about diversity and inclusion, and communicate CSU’s commitment to these concepts.

“Learning about each other is the only way we can move forward as a community and achieve our university mission to build a campus climate that is inclusive of all its members,” said CSU’s Director of Diversity Education and Training Ria Vigil. “Not only do we have the largest ever number of sessions this year, but we have incredible speakers representing a tremendous variety of diversity and inclusion research.”

Incorporating the values and principles of diversity and inclusion into any faculty or staff member’s work will benefit everyone on campus, and strengthen the commitment to

the Principles of Community at all levels of the university. This helps drive CSU to be a stronger, more successful and more vibrant community.

“At the end of the day, it’s about working to ensure that all members of our university and community feel welcomed, valued, and affirmed,” said Vigil.

Keynotes

Social psychology professor Claude Steele from University of California, Berkeley is this year’s opening keynote speaker. He is best known for his research regarding stereotype threat and self-affirmation.

He will speak at 5:30 p.m. on Sept. 26 in the Lory Student Center Theater.

“We chose Steele because his research on stereotype threat is groundbreaking and illuminating,” said Vigil. “We think Dr. Steele’s research provides a fantastic argument for why diversity and inclusion work benefits everyone, everywhere.”

Author Christine Sleeter will deliver the Education Keynote on Sept. 28 at 4:30 p.m., also in the LSC Theater.

A very special speaker will wrap up the week on Friday. Damon A. Williams, who coined the term “inclusive excellence,” will talk about powering a new generation of diverse leaders for America, 11:30 a.m. in the LSC Theater.

FOR MORE INFORMATION

To learn more about the CSU Diversity Symposium and see the full schedule, visit DIVERSITY.COLOSTATE.EDU/DIVERSITY-SYMPOSIUM. Session information is also available on the [Guidebook app](#) for smartphones.

Leslie Taylor named interim VP for Enrollment and Access

by *Tony Phifer*

Leslie Taylor, assistant vice president for university enrollment communications, has been named interim Vice President for Enrollment and Access.

CSU Provost and Executive Vice President Rick Miranda made the announcement following the Aug. 13 death of Melissa Trifiletti, who lost her long battle with cancer after being named Vice President for Enrollment and Access in April.

“Leslie has been running the VPEA office in Melissa’s absence and worked closely with Melissa in recent years,” said Rick Miranda, Provost and Executive Vice President. “She has a strong commitment to the division and its people, and a clear sense of how we need to move forward to keep everything on track. It is my expectation that Leslie will operate with a collaborative leadership style that takes maximum advantage of the leadership team’s broad knowledge, experience, and strengths.”

Taylor has been at CSU since 1998, serving in a variety of strategic communications roles. She has served since 2013 in her dual role, reporting to vice presidents of External Relations and Enrollment and Access.

A dear friend

Taylor considered Trifiletti a dear friend and worked closely with her to help the University recruit the largest and most diverse classes in CSU history. She helped create strategic brand messaging and was



responsible for managing marketing and communications in the recruitment of prospective students.

She said it will be challenging to step into the role but added that she hopes to implement many of the initiatives Trifiletti had outlined for the division.

“I was really looking forward to working with Melissa and seeing the next phase of her remarkable impact on campus,” Taylor said. “Although we have a lot to process and deal with right now, our unit is fortunate to have strong and cohesive leadership that is committed to taking care of each other while remaining focused on getting critical work done.”

SAVE THE DATE

A memorial for Melissa Trifiletti will be held Sept 29, 2 p.m. in the Lory Student Center Ballroom.

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Help students navigate academic success: Volunteer for U-Turn

by Melissa Leavenworth

The Institute for Learning and Teaching and the Collaborative for Student Achievement are seeking faculty and staff volunteers to work as Navigators for U-Turn: A One-Stop Shop for Academic Support. U-Turn is an annual workshop event designed to help students struggling with academics to get back on track early in the semester.

U-Turn helps students assess their academic needs and create an individualized plan of action, and supplies them with resources that promote academic success. Navigators work with individual students to develop a plan of action and connect with the necessary resources to strengthen academic performance.

“Navigators have the opportunity to engage in a rewarding and meaningful experience that supports students who, in many cases, could use some extra help,” said Assistant Director for the Community for Excellence Scholar Programs Aaron Escobedo. “Along the way, Navigators gain insight into trends within student performance and get to work directly with some of the new initiatives CSU is undertaking to support students.”

This is a great opportunity for faculty and staff to empower students through a mixture of one-on-one conversations, academic workshops, and access to resources. “We serve hundreds of students at each event and would not be able to do so without the help



of our volunteer Navigators,” said Escobedo. Navigators can volunteer for as many two-hour shifts as they desire. New Navigators are required to attend a pre-event training.

FOR MORE INFORMATION

U-Turn will be held Oct. 5, from 10 a.m. to 4 p.m., in the Lory Student Center Grand Ballrooms A & B. To volunteer as a Navigator or for more information, email [Terry Richardson at TERRY.RICHARDSON@COLOSTATE.EDU](mailto:Terry.Richardson@TERRY.RICHARDSON@COLOSTATE.EDU)

Women Reading @ CSU returns for a second year

by Lindsay Mason

Women Reading @ CSU, a book club designed for CSU employees and graduate students who identify as women, is starting its second year. Building upon the success of last year’s book club, this project is continuing on with a focus on appreciating women’s differences, intersectional identities, and diverse experiences.

One of the unique aspects of this club is that participants are not required to commit to the club itself, but rather can choose which books and meetings to join based on their interest. Three book club meetings will be held in each fall and spring semester, with roughly 6 weeks between each meeting. This book club is funded by the Women and Gender Collaborative Grant Program.

Any staff, faculty member, or graduate student at CSU who identifies as a woman.

Fall Semester Schedule

Wednesday, Sept. 27: *Americanah* by Ngozi Adichie

Tuesday, Nov. 7: *This Bridge Called My Back* edited by Gloria Anzaldua and Cherrie Moraga

Wednesday, Dec. 6: *Rising Strong* by Brene Brown.

All meetings will be held noon-1 pm in LSC 386, and will include light refreshments. Feel free to bring your lunch.

Where Do I Buy the Book?

All books are available now in CSU Bookstore in the Lory Student Center. Each book will have 30-45 copies sold at a subsidized price ranging from \$10-\$15. For those who do not take the subsidy, there is a 20% discount applied. Please note that the subsidized pricing is reserved for those who intend to attend the book club meeting.

How to RSVP

Check SOURCE for the link to the Google doc to RSVP for each meeting. Please register by the Monday before the meeting, but feel free to still attend if you forgot to RSVP, or to bring a colleague with you to the meeting.

FOR MORE INFORMATION

Contact [Lindsay Mason, LINDSAY.MASON@COLOSTATE.EDU](mailto:Lindsay.Mason@COLOSTATE.EDU), with any questions or suggestions.

MAX, other routes now run seven days a week



by Anastasia Conklin

The people asked for it, and now they’ve got it! Transfort has added Sunday service to selected routes, including the MAX and routes 2 and 3. The new service started on Aug. 27. Made possible by the City of Fort Collins, Colorado State University and ASCSU, the service will also run on holidays, so catching rides to weekend work and trudging through tedious humidity or blizzards are things of the past.

This enables students, staff, and faculty to reach campus more easily, every day of the year. Colorado State employees

are welcome to utilize the weekend transportation service, and encouraged to share the time and cost-effective option with their students. Games, special events, and tutoring sessions will be seeing more attendees than before.

“It will be easier than ever for the people of Fort Collins to attend events without having to drive their personal vehicles, and to be relieved of searching for parking,” said Alternative Transportation Manager Aaron Fodge.

An investment from City Council and ASCSU has made the extended service possible. The buses will run 8 a.m.-7 p.m.

FOR MORE INFORMATION

For more information regarding expanded routes, visit RIDETRANSFORT.COM/365

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DR. DAMON A. WILLIAMS | Friday, September 29, 2017

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Faculty and staff benefit from services at new Health and Medical Center

by Melissa Leavenworth

The new CSU Health and Medical Center is the new home for student health services, but it also houses a myriad of services from which faculty and staff can benefit. While the CSU Health Network is a major tenant of the building and provides a wide range of medical, counseling, health education and prevention services to students, there are several services that are open to faculty, staff and community members.

Some of these services, all located on the first floor of the building at College Avenue and Prospect Road include:

- A walk-in clinic and primary care with extended hours and weekend services operated by Associates in Family Medicine, in partnership with UCHHealth
- Occupational health services for anyone injured on the job, including CSU faculty and staff
- Pharmacy
- Radiology and imaging services
- Kendall Reagan Nutrition Center, which provides science-based nutrition counseling and classes to the public. CSU employees receive a discount through Commitment to Campus (commitmenttocampus.colostate.edu/health-wellness)
- Infusion therapy suites for IV

antibiotics, hydration, blood products, and biologics

- Reflection space for all cultures to experience a quiet environment for relaxation, reflection, meditation, and prayer

“The building is designed with health and well-being in mind. It’s designed to be a healing environment,” said CSU Health Network’s Associate Director of Communications Kate Hagdorn. “The bright colors, comfortable furniture, and other design elements to help destigmatize care-seeking for both medical and mental health needs.”

Faculty, staff and community members will enjoy the location and accessibility of the center. The CSU Health and Medical Center is easily accessible, with the MAX line’s Prospect Station located right outside the building, or by car from Lake Street. Free patient and client parking is on the north side of the building. Ample bike and longboard parking is also available outside the main entrance as well as at the MAX station.

FOR MORE INFORMATION

Learn more about services at the CSU Health and Medical Center by visiting:
HEALTH.COLOSTATE.EDU

Free period products available in 33 All Gender Restrooms

by Kate Hawthorne Jeracki

“You Matter... Period” is a pilot program to provide free tampons and pads in 33 All Gender restrooms on the Colorado State University campus. The pilot, which will continue through Fall 2017, is an initiative from the Division of Student Affairs designed to support employee and student success on campus.

Commissioned by Vice President for Student Affairs Blanche Hughes, a campus task force began researching the need, opportunities, and options for providing free period products on campus last fall. Task force members represent Associated Students of Colorado State University, the Administrative Professional Council, the Classified Personnel Council, Facilities Management, the Divisions of Student Affairs and External Relations, and the President’s Office.

In the past, the university supported more than 200 mechanical dispensers across campus; however, these vending machines were slowly phased out as mechanical malfunctions made them difficult and costly to maintain. The task force launched the pilot in July, in All Gender restrooms located in 15 buildings. The restroom sites are included in the online campus map, maps.colostate.edu, under Inclusive Resources.

Lack of access important issue

Lack of access to period products has an impact on students and employees. Both groups have reported leaving campus

when they unexpectedly start their periods during the middle of the day, thus missing valuable time in class or at work.

“Our task force sees the You Matter... Period initiative as a way of supporting student and employee success,” said Erin Patchett, associate director of Campus Recreation and a task force member. “Menstruation is a natural biological process, experienced by over half of the student body, and it should not be a barrier to getting a quality education.”

Offering free period products promotes access to resources that may be currently difficult to find on campus, especially if the relatively high cost of period products is prohibitive for those who urgently need them.

“Supplying free period products supports general health and well-being on campus like other standard supplies offered free of charge in our campus restrooms — toilet paper, paper towels, and hand soap,” said Neal Luján, task force chair.

According to Kristin Stephens, CPC representative on the task force, language matters, too.

“We are intentional about not referring to period products as ‘hygiene products’ to avoid implying that menstruation is unhygienic,” she said. “All members of the CSU community benefit when we destigmatize periods.”

With this initiative, CSU is in the forefront of a national movement, as a number of college campuses across the country are considering and developing programs to provide free period products.

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Finding the right exercise motivation

WELLNESS



by Kimberly Burke

When many things compete for our time, how do we stay motivated to set time aside for exercise? Some days we are into the workout, and some days we are not, and that's okay. There are little tips and tricks to make exercise easier and more convenient. This makes exercise easy to maintain and helps us stay motivated, even when we think we've lost our groove.

Set clear exercise goals

When we set smaller, attainable fitness goals, we are more likely to maintain changes to our habits. We are most successful when we adapt a growth-mindset. Smaller goals that lead up to an overarching goal keep us going and move our focus from the outcome to the journey. For example, if someone set an overarching goal of completing a 5k, they might plan to run two miles, three times per week leading up to the event. Achieving our goals and noticing our progress further motivates our healthy habits.

Make exercise a priority

We are more successful when we learn what is important to us about our health, and we create priorities that help us stick to our routines. Setting aside specific time for workouts and prioritizing which aspects of human health are most important to us will make it easier to stick to our goals. Some of us are motivated by the numbers and the measurable outcomes. Others

of us will be motivated by how our bodies feel and the enjoyment we get out of being active. There isn't one method that is better than the other.

Make exercise a social event

Humans are social creatures, so why should exercise be a solitary activity? Attending group fitness classes or a boot camp challenge, or finding a workout partner can help us keep on track with our exercise routines. Exercising with someone whose company you enjoy can make that time go by faster, and make some activities more bearable. There are competitive aspects that may keep some people going, or the camaraderie of getting through a hard workout together. Exercising in groups can help hold us accountable.

Knowing what motivates exercise is important, and learning how to help yourself and what you need as a means of support are great ways to keep up with healthy habits.

FOR MORE INFORMATION

To learn more, see [HES.CHHS.COLOSTATE.EDU/OUTREACH/ADULTFITNESS](https://hes.chhs.colostate.edu/outreach/adultfitness). For other great health tips, visit the College of Health and Human Sciences' Pinterest Board at [PINTEREST.COM/COLORADOSTATEU/COLLEGE-OF-HEALTH-AND-HUMAN-SCIENCES](https://pinterest.com/coloradostateu/college-of-health-and-human-sciences)

MEET THE COLUMNIST



Kimberly Burke is the director of the Adult Fitness Program at Colorado State University, an outreach program through the Department of Health and Exercise Science. Adult Fitness offers exercise opportunities for employees of CSU as well as community members, while providing hands-on learning experiences for health promotion students.

Night skies shine bright at CSU's observatory

by Anne Manning

The Colorado State University community and the general public will soon get an up-close glimpse of our universe – or at least, our visible galaxy. The Department of Physics has resumed regular public viewing nights at the Madison-Macdonald Observatory, on the first and third Fridays of the month through October.

Emily Hardegree-Ullman, astronomy and astrophysics instructor, will co-lead the viewing nights with Little Shop of Physics Director of Outreach and Logistics Heather Michalak.

"I love to hear the 'oohs and ahhs' when someone looks through a telescope at the moon, planets, stars, or galaxies," Michalak said. "You never know if you will inspire someone to go into astronomy or other sciences. Astronomy outreach is truly out of this world."

CSU has an observatory?

The Madison-Macdonald Observatory can be easy to miss. Tucked between the old University Greenhouses and the Insectary, at 1251 East Drive, the observatory first opened in the 1960s. In 1986, a dedication ceremony named the facility after two astronomy instructors who taught at CSU for a combined total of more than 60 years.

Over the last few decades, Roger Culver, longtime astronomy instructor who recently retired, had popularized the use of the observatory. Michalak and the Little Shop of Physics also held events there. As CSU's newest astronomy expert, Hardegree-Ullman will continue the tradition.

The observatory's main telescope is a 16-inch Schmidt-Cassegrain. The physics department also has access to donated telescopes for off-campus events.

Hardegree-Ullman's favorite things to look at? The moon, and the Orion Nebula. Orion is a winter constellation, so the coming semester should offer good opportunities to see it. Saturn will also be visible after sunset for the next few months.

"The best part of my job has always been going out and observing," Hardegree-Ullman said. "It's fun to share that excitement with everyone else."

Besides teaching and the public viewing nights, she appears regularly as a community lecturer, recently giving talks about astrobiology for the Northern Colorado Astronomical Society and at Red Feather Lakes Library. In September, she will speak at the Little Thompson Observatory's public star night.



The Madison-Macdonald observatory is open to students and the public.

FOR MORE INFORMATION

Public viewing nights at the Madison-Macdonald Observatory officially kicked off Sept. 1. They will be held the first and third Fridays of September and October, starting about 8 p.m., weather permitting. Scheduled dates: Sept. 15 Oct. 6 Oct. 20 Contact [Heather Michalak](#) for more information.



ENTERTAINMENT

THEATRE AND PERFORMING ARTS



“ELEPHANT” S GRAVEYARD” BY GEORGE BRANT THROUGH OCT. 8

Bas Bleu Theatre
401 Pine St.

September, 1916. Carrying boundless momentum (and a 6-ton elephant), a traveling circus makes its way to a small town in Tennessee, only to stumble into catastrophe. A poignant story based on true events, featuring an original Piedmont Blues score.

BASBLEU.ORG

“IDEATION” BY AARON LOEB SEPT. 22 – OCT. 14

Presented by OpenStage Theater and Company,
performed at ArtLab

239 Linden St

Ninety minutes from now, a group of stressed-out corporate consultants is slated to present their work on a mysterious project. But as they work, the question of what they aren't being told looms ever larger, becoming harder to ignore. A ferocious and hilarious thriller. Contains adult language and themes.

OPENSTAGE.COM

“THREE SISTERS” BY ANTON CHEKHOV - A new translation by director Walt Jones

SEPT. 29-OCT. 8, 7:30 P.M.;
MATINEES 2 P.M. OCT. 1 & 8

University Theatre
University Center for the Arts
1400 Remington St.

The premiere production of a new acting edition of Anton Chekhov's turn-of-the-last-century play, this comedy depicts the life of the three Prozorov sisters and their brother in provincial Russia.

No charge for CSU students, \$8 youth (under 18), \$16 senior (62+), \$18/adult

CSUARTSTIX.COM

ART AND LITERATURE

THE 20TH BIENNIAL COLORADO INTERNATIONAL INVITATIONAL POSTER EXHIBITION SEPT. 22-NOV. 3

Gregory Allicar Museum of Art, Visual Arts Building,
LSC Curfman Gallery

CIPE is the only exhibition of its kind in North America featuring the world's top poster artists and designers. Hosted by the Department of Art and Art History, the exhibit kicks off Sept. 20, 5 p.m., with a lecture in the University Center for the Arts by honor laureates Joe Scorsone and Alice Drueding; works will be shown in all three campus venues. All events are free and open to the public.

ARTMUSEUM.COLOSTATE.EDU



THE ALLURE OF THE MOROCCAN CAFTAN THROUGH DEC. 15

The Richard Blackwell Gallery, Avenir Museum of Design and Merchandising

216 E. Lake St., University Center for the Arts east building

The Moroccan caftan is a practical garment that has evolved over centuries. This colorful exhibition traces how history, geography, craftsmanship, national pride, and tradition have contributed to the caftan's contemporary allure. Admission is free; open Monday-Friday, 11 a.m.-5 p.m.

AVENIR.COLOSTATE.EDU

AN EVENING WITH AUTHOR JIM BUTCHER SEPT. 28, 7 P.M.

Lory Student Center Ballroom

The acclaimed author of the *Dresden Files*, *Codex Alera* and a new series opening with *The Aeronaut's Windlass*, Jim Butcher will be discussing his new work and the craft of science fiction and fantasy writing in this free public event. Seating is on a first-come, first-served basis, no tickets or registration required. Doors open at 6:30 p.m.

Sponsored by the Morgan Library, Friends of the Morgan Library, Poudre River Public Library, Poudre River Friends of the Library, The Liggett Family, KUNC, Hilton Fort Collins and Barnes and Noble.

LIB.COLOSTATE.EDU

MUSIC AND DANCE

STADIUM SESSIONS SEPT. 8-9; OCT. 13-14; OCT. 27-28; NOV. 10-11; NOV. 17-18

Each home game weekend, everyone — students, Rams fans and the general public — is invited to enjoy live performances from some of Colorado's favorite bands, free of charge. A total of more than 30 bands will play across three on-campus stages throughout the football season, with pre-game concerts on Friday evenings and for several hours prior to kickoff on Saturdays. Stadium Sessions will have something for all ages, thanks to special appearances by Little Kids Rock.

Bands appearing on Sept. 8-9: Guerilla Fanfare, King Cardinal, My Dog Ate Chad, Strange Americans, Danielle Ate the Sandwich, Holdfast.

STADIUMSESSIONS.COLOSTATE.EDU

“EVERY GOOD BOY DESERVES FAVOR” BY ANDRE PREVIN AND TOM STOPPARD SEPT. 21-22, 7:30 P.M.

The University Symphony Orchestra and CSU Theatre
Griffin Concert Hall, University Center for the Arts
1400 Remington St.

Not often produced due to the challenge of staging a play requiring a full orchestra, the production — conducted by Maestro Wes Kenney and directed by Professor Eric Prince — celebrates the collaborative capabilities of the School of Music, Theatre, and Dance. The play satirizes the Soviet practice of treating political dissidence as mental illness.

No charge for CSU students, \$3 youth (under 18), \$12 senior (62+), \$14 adult

CSUTIX.COM

CLASSICAL CONVERGENCE BLACK VIOLIN: CLASSICAL BOOM TOUR SEPT. 30, 7:30 P.M.

Lincoln Center
417 W Magnolia St.

Classically trained violist and violinist Wil B. and Kev Marcus combine their classical training and hip-hop influences to create a distinctive multi-genre sound that is often described as “classical boom.” Black Violin has shared stages with top names including Kayne West, Aerosmith and Tom Petty, and has creatively collaborated with the likes of Wu-Tang Clan, Wyclef Jean and Alicia Keys. In addition to their public concerts, Black Violin has performed for more than 100,000 students in the past 12 months throughout North America and Europe.

Classical Convergence concerts are a collaboration between Colorado State University and the Lincoln Center.

LCTIX.COM

COMMUNITY

WEEKLY MINDFUL DROP-IN GROUP FOR STUDENTS, STAFF, AND FACULTY

WEDNESDAYS, SEPT. 13- DEC. 6,
12:10–1 P.M.

(no meeting Nov. 22)

LSC Room 324 (Sept. 27 in LSC Room 312)

No registration or experience required. Sponsored and facilitated by CSU Health Network and the CSU Center for Mindfulness.

For questions, contact Viviane Ephraimson-Abt at VABT@COLOSTATE.EDU



NATIONAL LATINO HERITAGE MONTH KICKOFF EVENT

SEPT. 18, 11 A.M.-2 P.M.

El Centro, Lory Student Center 225

National Latino Heritage Month is the period from Sept. 15 through Oct. 15 in the United States, when people recognize the contributions of Hispanic and Latino Americans and celebrate the group's heritage and culture. Come to El Centro to celebrate NLHM with music, game, and Mexican bread, and a canned food/school supplies drive for Laurel Elementary School. Donations will be greatly appreciated!

FALL ADDRESS

SEPT. 20, 11:30 A.M.

The Oval

President Tony Frank speaks to the campus community on the 20th anniversary of the address followed by the University Picnic.

FEMINIST FIGHT CLUB

FEMINIST FIGHT CLUB AT CSU

SEPT. 25

Book signing, 10:30-11:30 a.m., outside Lory Student Center Ballroom D

Fireside chat with author Jessica Bennet, 1 p.m., Ballroom D

Workshops in the LSC for various audiences 2:30 -3:30 p.m.

CSU has joined with Feminist Fight Club author Jessica Bennett to establish the first campus chapter of the Feminist Fight Club – an initiative to integrate the research and strategies from the book into campus life through ongoing meetings, workshops, and community engagement.



WOMEN READING @ CSU

SEPT. 27, NOON-1 P.M.

LSC 386

The book club designed for CSU employees and graduate students who identify as women is starting its second year, continuing its focus on appreciating women's differences, intersectional identities, and diverse experiences. The club will read books that cover a wide range of diverse identities, experiences, and perspectives; all books are available at the CSU Bookstore at a discount.

The first book for fall semester is *Americanah* by Ngozi Adichie.

Register by the Monday before the meeting at the link below, but please feel free to attend if you forgot to RSVP, or to bring a colleague with you to the meeting.

[Link to Google Doc registration on SOURCE.](#)



2017 DIVERSITY SYMPOSIUM

SEPT. 26-28

Lory Student Center

Workshops, presentations and keynote speakers are set for this free three-day event. Claude Steele, author of *Whistling Vivaldi and Other Clues to How Stereotypes Affect Us*, keynotes Tuesday, Sept. 26, 5:30-7 p.m., Lory Student Center Theater; Wednesday features a panel discussion with Chief Diversity Officers from a variety of institutions of higher education in Colorado addressing diversity, equity, and inclusion work at 2 p.m. in the LSC North Ballroom; and Christine Sleeter, author and activist who uses creative work to spark insight about respect for the diverse people who share space in classrooms, schools, and communities, speaks at 4:30 p.m. on Thursday in the LSC Theater.

Presented by the Office of the Vice President for Diversity.

For more information, contact Ria Vigil (970) 491-2297 or RIA.VIGIL@COLOSTATE.EDU.

20TH ANNIVERSARY CELEBRATION FOR THE COMMISSION ON

WOMEN AND GENDER EQUITY

OCT. 3, 3 P.M.

Lory Student Center Theater

Celebrate the accomplishments of this President's commission over the past two decades, and look forward into the future of CSU.



CAMPUS TRIVIA WITH RUSS SCHUMACHER

Welcome back to another year of CSU Life, and Campus Trivia.

Each month, we will ask a question that has something to do with CSU – maybe history, maybe current research, maybe something about the campus itself. We promise it will be something that can be answered without too much difficulty – in the past three years, we have only had one question that

no one answered correctly.

Those of you who do answer correctly will be entered into a drawing, and one lucky winner, drawn at random by the CSU Life staff, will receive not only a gift certificate to Mary's Mountain Cookies, but also the coveted CAM the Ram bobblehead autographed by none other than Russ Schumacher of the Department of Atmospheric Science who is the winningest Ram to ever appear on *Jeopardy!*

THIS MONTH'S QUESTION:

Q:

How many NCAA schools are opening brand-new on-campus stadiums this year?

Email your answer to CSULIFE@COLOSTATE.EDU by Sept. 21 with the subject line September Trivia. And good luck!

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CHEER. REPEAT.

DRINK CHEER REPEAT EAT DRINK CHEER REPEAT

REPEAT EAT DRINK CHEER REPEAT EAT DRINK

LSC BIERGARTEN

Welcoming all in our community to enjoy
tasty eats and family-friendly activities
in the Sutherland Community Garden
before each home football game.



Rabies is a real and rising threat to people and pets

by Dr. Ragan Adams

The warm months are a time to beware of rabies as an infectious disease that can threaten the health of people and their pets – a fact underscored in mid-May, when state health agencies reported that two dogs in Colorado had been diagnosed with rabies.

Rabies is a zoonotic disease, meaning it can be transferred from one animal species to another. It is triggered by a virus that infects the brain and, once acquired, is virtually always fatal.

The two cases reported in dogs are an important reminder that pets should always be vaccinated against rabies to prevent the disease; horse and livestock owners should discuss with their veterinarians whether vaccination is warranted.

Primary hosts include bats and skunks

The main carriers of rabies in the United States are raccoons, skunks, bats, foxes and coyotes. These wild critters are well-established in rural and urban settings alike, and they often come into contact with people and pets. That makes rabies a public-health concern tracked by state and federal agencies.

Since 2007, Colorado has seen an uptick in wildlife testing positive for rabies. In 2016, 88 animals tested positive for rabies in Colorado, including 58 bats, 25 skunks and five other animals, according to the Colorado Department of Public Health and Environment.

Of these, 66 rabid animals were known or strongly suspected of exposing 113 domestic pets, 120 livestock

animals, and 54 people to rabies. These numbers demonstrate how just a few infected wild animals can pose a serious health threat to a much larger group of people, livestock, and pets.

Why is rabies a big deal?

The rabies virus is shed in the saliva of an infected animal and usually is passed through bites and scratches. The virus then replicates and travels through the nerves to the brain.

Vaccination against rabies can prevent companion animals, such as dogs and cats, from contracting rabies from wildlife – and this is a critical way to avoid the spread of rabies to people.

The World Health Organization reports that an average of 60,000 people die from rabies each year, most in Africa and Asia, and that more than 15 million people receive post-exposure prophylaxis every year. Most human cases result from the bites of rabid dogs; children are most often at risk, according to the WHO.

Vaccinate – and beware of critters acting odd or sick

- With rabies clearly present in wild animals across the state and nation, it is important that pet owners:
- Check vaccination records for their pets.
- Vaccinate any pets that lack current rabies vaccinations.
- Vaccinate horses and frequently handled livestock, such as 4-H and FFA animals.
- Keep pets away from wildlife, and keep dogs leashed during walks.
- Notice critters in the environment, and be especially



watchful for animals that seem sick or act abnormally.

- Never approach or touch a wild animal that seems sick or acts strangely. Call a local animal control office immediately to report the time and location of such a sighting.
- Remember, it is abnormal to spot nocturnal animals, including bats and skunks, during the daytime; that can be a sign of infection.
- Talk to your veterinarian for more information.

MEET THE COLUMNIST



Dr. Ragan Adams is coordinator of the Veterinary Extension Specialist Group in the College of Veterinary Medicine and Biomedical Sciences' Department of Clinical Sciences.

FOR MORE INFORMATION

For more information, visit VETERINARYEXTENSION.COLOSTATE.EDU/NEWS/RABIES

Subjects needed for a Cardiovascular Research Study

If you are:

- 18-35 or 55-90 years of age
- Healthy and not taking any blood pressure or cholesterol medication
- Sedentary or moderately physically active

Benefits Include:

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- Treadmill test for subjects > 55 years of age

The Human Cardiovascular Physiology Laboratory in the Department of Health and Exercise Science at Colorado State University is studying the effects of aging on muscle blood flow control in humans.

Participation in this study requires a screening visit (1-2 hours) and the research study takes approximately 4 hours.

If interested, please email

chhs-hes_cardiovascular_lab@mail.colostate.edu,

visit our website at cvlab.chs.colostate.edu or call 970-491-6702

CSU Project title: Regional blood flow control and vascular function: effects of aging and regular physical activity (P.I. Frank Dinunno)



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CSU COOKS

MANGO, AVOCADO AND BLACK BEAN SALAD WITH LIME DRESSING

THIS COLORFUL AND HEARTY SALAD HAS TROPICAL FLAVORS AND A GOOD NUTRITIONAL BALANCE WITH AVOCADO, MANGO, AND BLACK BEANS. RECIPE FROM KENDALL REAGAN NUTRITION CENTER.

INGREDIENTS

- 2 firm, ripe avocados, cubed
- 3 tablespoons lime juice, divided
- 2 firm, ripe mangos, cubed
- 1 jalapeno, stemmed, seeded and diced
- 1 teaspoon lime zest
- 2 tablespoons chopped cilantro, plus garnish
- ½ teaspoon sea salt
- ¼ teaspoon fresh black pepper
- ¼ teaspoon sugar
- 3 tablespoons extra-virgin olive oil
- 1 (15-ounce) can black beans, rinsed and drained



DIRECTIONS

Salad

1. Gently toss avocado with 1 tablespoon of lime juice in a medium bowl.
2. Add mango and jalapeno to bowl and toss to combine. Set aside.

Dressing

1. Whisk together the 2 remaining tablespoons of lime juice, zest, cilantro, salt, pepper, and sugar in a large serving bowl.
2. Slowly add the olive oil, whisking in until the dressing is well incorporated and thickened.
3. Add the avocado mixture and the black beans.
4. Toss gently and garnish with cilantro.

SERVING SIZE: 2/3 CUP

YIELD: 9 SERVINGS

NUTRITION INFORMATION / AMOUNT PER SERVING:

Calories	185
Protein	5 g
Total fat	11 g
Total Carbohydrates	20 g
Saturated fat	1.5 g
Dietary Fiber	7 g
Cholesterol	0 mg
Sodium	126 mg

FOR MORE INFORMATION

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

Happy Birthday, Temple Grandin

by Jennifer Dimas

On a beautiful Colorado summer evening, hundreds of students, alumni, university leadership, industry leaders, colleagues and friends gathered on Monfort Quad to wish a happy 70th birthday to an extraordinary person – Temple Grandin.

Grandin, a professor in the Department of Animal Sciences, a renowned animal behaviorist, and a pioneering advocate for autism awareness, is known worldwide for her contributions to the livestock industry. Her insights into animal behavior have shaped innovative approaches to livestock handling, including methods and designs for humane slaughter that have become the industry standard.

‘A giant force for good’

“We are here to celebrate a special colleague, a mentor, a friend, a researcher, an activist, a change agent. All simply put, a giant force for good, Temple Grandin,” said Ajay Menon, dean of CSU’s College of Agricultural Sciences. “I want to pay tribute to Temple’s impact on behalf of those whose voices were silenced, until she came along. Temple helped convey the mental processes of individuals with autism, in a manner few could. As a result, Temple has helped the world find more sources of inspiration.”

Grandin’s life and work has revolutionized the study of autism, reflected in the title of her TED Talk: “The World Needs All Kinds of Minds.”

CSU President Tony Frank also offered

birthday wishes to Grandin, whom he called “a friend, and a tremendous inspiration to people worldwide.”

Among party attendees was Mick Jackson, who directed the critically acclaimed 2010 HBO movie “Temple Grandin.” The movie won seven Emmy Awards, including Outstanding Director.

“To our delight, and gratitude, she gave me and the writer, Chris Monger, and the great Claire Danes, who plays her, almost unlimited access to her thoughts, her remembrances and so many diagrams that we used in the movie,” Jackson said. “The movie became a work of commitment for the cast and crew. They were all inspired by Temple and her story.”

Temple’s Grand Ale

For the momentous occasion, a special beer was brewed in Grandin’s honor by Horse & Dragon Brewing Company of Fort Collins. Temple’s Grand Ale is a light caramel cream ale that Grandin helped develop with the brewery.

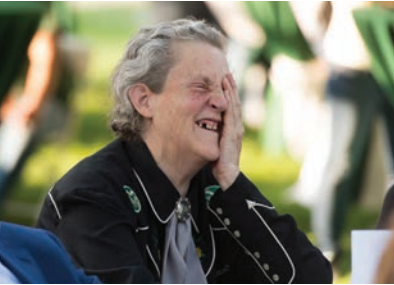
“We hope that, as requested, it makes a picture of an ice cream cone pop right into her head,” said Horse & Dragon owner Carol Cochran.

On Sept. 16, Grandin will be inducted into the National Women’s Hall of Fame, along with only nine other honorees this year.

In 2010 Grandin was honored in Time magazine’s “100 Most Influential People in the World,” and in 2016 she was inducted into the American Academy of Arts and Sciences.



Temple Grandin chats with Professor Emeritus David Ames.



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THE LAST PANTHER BY TODD MITCHELL

BOOK REPORT

by Melissa Leavenworth

Assistant Professor and Director of Creative Writing Pedagogy Todd Mitchell released his most recent novel for young readers in August with Random House. The Last Panther follows the adventures of Kiri, an eleven-year-old girl who lives in a near-future Florida swamp with her scientist father and her pet rat, Snowflake.

Kiri has always felt a special connection to animals. But when she uses her abilities to help her father capture the last known wild panther, her life in the swamp becomes threatened by poachers and collectors. With Snowflake and her best friend Paolo, Kiri embarks on a dangerous journey to save both the panther and herself. Giant sea turtles, climate refugees, and mystical encounters with the Shadow that Hunts populate this fast-paced, heart-pounding tale for ages 9 & up.

“This is a book about how even the youngest of us can create positive change,” said Mitchell. Mitchell’s daughters, who inspired the novel, are 8 and 11 years old. On their own, they became vegetarians because of their compassion for the natural world.

“I wanted to show, in an entertaining story, how children can lead the way to a better future, since that’s what my children have done for me,” said Mitchell. “I wanted to empower young readers to see how important their voices are, and how they can speak out and act to protect the things they care about.”

For years, Mitchell searched for a novel that he could share with young people to discuss complex issues like climate change and species extinction. Unable to find such a book, he felt compelled to try writing it himself.

“Most novels that address issues like climate change and species extinction are for older audiences,” said Mitchell. “One day, it hit me. Why not write the book I’m looking for? Why not create a story where I could explore, from all angles, issues I care deeply about in an empowering, hopeful narrative for young people?”

He spent his free time creating The Last Panther



Todd Mitchell’s daughters inspired his story about how children can lead the way to a better future.

and made sure to consult with his daughter, Addison, each step of the way. Mitchell would read a chapter to Addison before bed, and record her feedback. This enabled him to shape the manuscript into an entertaining narrative that children could learn from and enjoy, while exploring complex environmental and social issues.

“I usually write books to explore questions that trouble me,” said Mitchell. “So if there’s a common theme among my books, it’s that every book began with a question I couldn’t stop asking myself. In this book, that question was ‘What is a species worth?’”

Mitchell hopes his novel will inspire children to stand up for their passions, and give themselves permission to speak and write about the things they care deeply about.



FOR MORE INFORMATION

The Last Panther is available at the [CSU Bookstore](#), [Old Firehouse Books](#) and [Barnes and Noble](#). It’s also available online via [Amazon](#), [Barnes and Noble](#), and [Indiebound](#). To learn more about *The Last Panther* and Mitchell’s other books visit: TODDMITCHELLBOOKS.COM/THE-LAST-PANTHER.



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SEPTEMBER 29, 2017

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CSU ON-CAMPUS STADIUM

6:30-9:00 P.M.

Presented by Wilbur's Total Beverage, the evening serves to raise funds for the Pathways' Children's Healing Garden, a garden with the purpose of helping children who are grieving the loss of a loved one, or who are living with a life-limiting illness of their own or of someone close to them.

300 attendees will enjoy 200 varieties of fine wines, craft brews and gourmet appetizers.

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