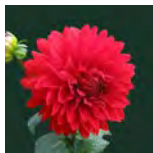




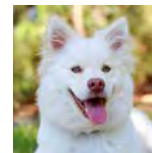
pg 4
Best Teachers 2018



pg 20
Gardening tips



pg 21
*Richardson Design Center
beam raising*



pg 23
Pet emergencies



Members of the President's Multicultural Student Advisory Committee, who spearheaded the solidarity walk, carried the CSUnite: No Place 4 H8 banner from Newton's Corner to the LSC Plaza. Photo by Sara Graydon.

No Place for Hate: Coming together for inclusivity

By Drew Smith

Thousands of students, faculty, staff, and members of the CSU and Fort Collins community, gathered at Newton's Corner on March 29, to participate in CSUnite: No Place for Hate march. The walk featured several members of the CSU community who spoke out against acts of hate on campus.

As the estimated 3,500 participants gathered, Albert Bimper, an associate professor in the Ethnic Studies Department, was joined by Anarely Marquez-Gomez, a political science senior, to welcome the crowd and set the stage for the events that followed.

"There is no place for hate in our community and as we walk today, it is important not that we tell one story, as the story of us all, but we tell all of our stories, as the story of one; that is who we are," said Bimper. "Today is not the answer, but today is an important moment to decide what one story we are going to tell to represent us all."

The march began outside of the Behavioral Sciences Building and went through campus to the Lory Student Center Plaza. Groups along the march held signs to promote the CSU campus as a place that will not tolerate acts of hate or bias.

Leading the march were students from the President's Multicultural Student Advisory Committee (PMSAC), holding the CSUnite banner. This committee acts as an advisory group to the President and University administrators, professionals, and academic faculty who addresses broad issues of multiculturalism and social identity that impact the campus and surrounding community.

"Today we are here to face all the injustices that are

happening on our campus," said Barry Wesley, a freshman in the health and exercise science department, who was marching. "Today was to take a stand and let the community know that we will not be silent."

As the crowd filled the plaza the CSU choir sang before Mary Ontiveros, Vice President for Diversity and Blanche Hughes, Vice President for Student Affairs, took the stage.

Hughes shared a personal narrative with the community, focusing on how her parents and grandparents faced struggles with racism during her childhood in Kentucky. Hughes said that she remembers being happy as a child and feeling embraced by her loved ones and her community.

"The adults in my life did not share the pain that they experienced in their own lives every day," said Hughes. "On one hand, I appreciate that my parents spared me all of the pain they endured. However, I also wished they shared with me how they managed to stay resilient and sane."

Hughes spoke of the values that her parents instilled in her: that she was just as intelligent, hardworking, and worthy as white people, although she would have to work harder, to prove to society that black women could and should be valued.

Among the crowd was Stacey Baumgarn, Campus Energy Coordinator. Baumgarn was in attendance as a volunteer to help pass out CSUnite gear and represent support from facilities management.

"It's important to have students, faculty and every part of the university involved and present in this event," said Baumgarn. "I feel lucky that our community can recognize these problems and we can take this first step at CSUnite today."

“

IT COMES INTO OUR COMMUNITY AND SEEKS TO DIVIDE AND FRIGHTEN US; BUT OUR BEING HERE TOGETHER WE REJECT THE CHOICE TO BE SILENT, CSU WILL NOT BE SILENT.

”

CSU President Tony Frank walked with the crowd to the plaza, where he also spoke. Frank referenced the popular phrase, "silence is golden" and acknowledge that it does not apply on campus when responding to hate as a community.

"Hate has been crawling out from under the rocks it has been hiding behind in our country, it has found us and we can't wish it away," said Frank. "It comes into our community and seeks to divide and frighten us; but our being here together we reject the choice to be silent, CSU will not be silent."

More photos and quotes from the event can be found on page 19.

APPLAUSE

PROVOST’S OFFICE

Laura Jensen, who has served at Colorado State University since 2008 in several key roles within the Office of Institutional Research, has been named Vice Provost for Planning and Effectiveness. In addition to finalizing the university’s Higher Learning Commission self-study as part of accreditation requirements, Jensen will oversee the next CSU strategic plan refresh.

STUDENT LEGAL SERVICES

The CSU Employee Appreciation Board recognized CSU **Student Legal Services** for the unit’s exemplary service on Feb. 8.

Created in 1971, SLS is one of the oldest student legal service offices in the nation. This dedicated group works tirelessly to provide free legal services to the CSU student population and empowers them to resolve their own legal issues through counseling and education. The

staff includes a director/attorney, three additional on-site attorneys, two contracted immigration attorneys, and an office manager/paralegal.

The group was nominated for going above and beyond to help CSU’s undocumented students with the difficulties surrounding DACA.

The immigration attorneys can also provide CSU staff members with initial advisement for a very reasonable fee (\$100 to \$150). SLS Director Kathy Harward urges colleagues with immigration issues to invest in an initial advisement rather than rely upon hearsay advice.

For more information on contacting an immigration attorney, contact SLS at 491-1482 or visit sls.colostate.edu

STUDENT DIVERSITY PROGRAMS

CSU is a wonderful place for students, thanks in part to the outstanding work that is done in the **Student Diversity**

Programs and Services cluster. SDPS includes seven different cultural and resource centers who together support the diversity of human experiences, provide resources, offer students a home away from home and a respite for those experiencing acts of bias on campus. These are places on campus for students to share common experiences, develop awareness of themselves, and begin to feel affirmed and empowered to create change.

The staff from all units of the SDPS cluster have worked tirelessly to ensure that students feel heard and advocated for – working together, making CSU a place where students feel welcomed, valued and affirmed.

The Employee Appreciation Board was blown away with this nomination, and the work done by this amazing, dedicated group of people, and thoroughly enjoyed speaking to the staff and providing breakfast and door prizes. Thank you again for the work you do and congratulations!

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IF YOU HAVE A GROUP YOU’D LIKE TO NOMINATE, VISIT THE EAB WEBSITE: CSUEAB.COLOSTATE.EDU



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Best Teachers of 2018 to be honored April 19

By *Tony Phifer*

Six of CSU’s best educators will be honored at the 2018 Best Teacher Awards, set for 5:30 p.m. Thursday, April 19, at the Iris & Michael Smith Alumni Center.

Winners are selected by the CSU Alumni Association from nominations submitted by students and alumni. This year’s group of six winners includes new and longtime teachers, a world-renowned veterinarian and even an Air Force veteran of the Gulf War.

RENEE HARMON PH.D. (PH.D. 2017)

**Instructor,
School of Global
Environmental
Sustainability**

Renee Harmon teaches at SoGES and assists in the Africa Center. She has a bachelor’s degree in journalism from Western Illinois University and a master’s degree in communication from the University of Missouri-St Louis. She completed a Ph.D. in Education and Human Resource Studies with a specialization in Education Sciences at CSU in 2017.

Her research focuses on sustainability education and literacy, adult education, online education and nontraditional teaching and learning methods. She also developed the CSU Sustainability Literacy Assessment, of which the results are reported to the Sustainability Tracking, Assessment and Rating System (STARS). She is an active volunteer with United Way of Weld County and Community Collective Impact Fund, and has extensive experience working with veterans and other adult learners.

Nominator’s comment:

“My favorite part of being in Dr. Harmon’s class was the individualized attention she gives her students to propel them forward. She is attentive to her students’ individual research interests and career pathways, and she is committed to applying her knowledge and experience to ensuring her students can succeed in those areas.”

SUSAN OPP, PH.D.

**Assistant
professor, Political
Science**

Susan Opp has a bachelor’s degree in economics from the University of Colorado, a master’s in public administration from Western Kentucky University and a Ph.D. in urban and public affairs from the University of Louisville.

Her teaching, research and community service activities focus on questions of local sustainability, economic development and urban affairs. Opp graduated from Fort Collins High School and has been at CSU since 2009. Her research has been widely published, and she has written three books.

Nominator’s comment:

“Sometimes I feel that Dr. Opp is in a class by herself. She fights against the norms in her department and in the university, trying to give her students the best of what CSU and Fort Collins have to offer. She wants her students to be engaged in the research and community that so define CSU to the world, not bunkered into the ivory towers of classical academia.”



DEAN HENDRICKSON, DVM (DVM 1988)

**Director, James
L. Voss Veterinary
Teaching Hospital**

Following an internship in Australia, surgical residency at Cornell University and a faculty appointment at the University of Wisconsin, Dean Hendrickson returned to CSU in 1994.

Hendrickson’s primary clinical interests are equine wound care and minimally invasive surgery; he is known nationally and internationally for his expertise. He has published hundreds of papers on a variety of topics. In addition to his teaching and surgical excellence, he is developing eBooks that can be resources for students in their veterinary careers.

Nominator’s comment:

“My favorite part of being in class with Dr. Hendrickson is the humor that he injects into each lecture. As a veterinary student, I spend many hours sitting in class, taking notes on endless slide show presentations, and somehow Dr. Hendrickson makes all of that less important because what he is saying is interesting and realistic (in a way that) I can actually see myself being able to be a veterinarian myself one day.”

JOHN STRAAYER, PH.D.

**Professor,
Political Science**

John Straayer is one of the most recognized faces on campus, having spent 51 years teaching in the Department of Political Science, including 16 years as department chair. He oversaw the Legislative Internship Program for 37 years, logging more than 130,000 driving miles between campus and Denver to expose more than 1,000 CSU juniors and seniors to the legislative process.

Last year, CSU honored the iconic educator with the creation of the Straayer Center for Public Service Leadership in the College of Liberal Arts, and Gov. John Hickenlooper issued a proclamation declaring April 27, 2017, as John Straayer Day. Among his protégés are U.S. Sen. Cory Gardner and former Gov. Bill Ritter, founder and director of the Center for the New Energy Economy.

Nominator’s comment:

“Dr. Straayer is the perfect definition of an ideal professor. He is role model and mentor to so many people and an inspiration to those around him. Dr. Straayer possesses an impeccable ability to bring out the best qualities in others and highlight each student’s strengths.”



STEPHANIE MALIN, PH.D.

**Assistant
professor, Sociology**

Stephanie Malin specializes in the fields of environmental and natural resources sociology. She has a bachelor’s degree in sociology and anthropology from Truman State University, and master’s and doctorate degrees in sociology from Utah State University.

Malin focuses on community-level outcomes of natural resource development, including the influences of environmental justice, social mobilization, poverty and the political economy of energy development. Her research and teaching focuses on how those variables intersect in rural communities across the American West and the Northeast. She works with the School of Global Environmental Sustainability, Colorado Water Institute, the Center for Disaster and Risk Analysis and the CSU Water Center on campus.

Nominator’s comment:

“Dr. Malin has demonstrated countless times that she will use her expertise in any way she can to serve CSU. More than that, though, she serves her students every day by going out of her way to ensure that we all have what we need to thrive both in her classroom and beyond. She consistently makes herself available for discussions about class material, graduate school and life in general. She has the unique characteristic of deeply caring about each and every one of her students. She is a professor who truly wants to see her students succeed.”

FRANK SMITH, PH.D.

**Professor,
graduate programs,
College of Business**

Frank Smith came to CSU in 2013 and has amassed a long career in teaching, business and service to his country. He has a bachelor’s in engineering from the Air Force Academy, an MBA from Chapman University and a Ph.D. in finance from Texas Tech. He is a pilot and Gulf War veteran.

Smith built a successful optics business before embarking on his teaching career. He founded the Rocky Mountain Investment Challenge at CSU and has coached his teams to three top-three finishes, and his teams have won regional titles at the CFA Global Investment Challenge.

Nominator’s comment:

“The best example (of what makes Smith a good teacher) I can think of is that students recommend his class to fellow students because he is that good. He brought in relevant, real-world examples, and helped us put into practice the concepts we were learning in a helpful manner. I think his approach to teaching is unprecedented. He doesn’t simply want to disseminate information, he wants you to be able to put into practice what you learn and does it all in a fun, laid-back atmosphere.”



FOR MORE INFORMATION

TICKETS, WHICH INCLUDED PLATED DINNER AND DESSERT, ARE \$15 FOR ALUMNI ASSOCIATION MEMBERS, \$20 FOR NON-MEMBER AND \$5 FOR STUDENTS, AND AVAILABLE ONLINE AT ADVANCING.COLOSTATE.EDU/BESTTEACHERAWARDS2018

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On-campus resources: They’re not just for students

By Classified Personnel Council

Working on a college campus means that your work is, in one way or another, centered on supporting students and helping them succeed. Even if you feel that your direct impact is not on students, remember that the university would not be able to operate without the hard work and energy of all employees on campus. With all of that energy being used to create and maintain our amazing campus community, we can all find that we need support to help us through personal and professional changes. We can even find support through traumatic life events. The Classified Personnel Council is proud to work with campus partners to think of and provide the services that our employees need the most, and we are dedicated to helping all employees be aware of the access to these amazing resources on campus.

State Classified Employee Benefits Fair

Ask questions and learn more about the benefits provided to State Classified Employees!
May 2, LSC Ballroom D

Commitment to Campus (C2C)

Colorado State University’s Commitment to Campus encompasses a wide range of programs, discounts and special benefits available to CSU faculty and staff. These opportunities are offered to:

- Promote employee health, wellness and personal advancement
- Engage employees in the life of the University
- Connect employees and students outside the classroom
- Enrich participation in campus programs, classes and events
- Reward employees for their service and involvement in the CSU community

Learn more at COMMITMENTTOCAMPUS.COLOSTATE.EDU

Employee Assistance Program

- On-site support: Assessment and referrals, management consultation, outreach to employees who may be struggling, and departmental support after impactful events or loss. Contact Lanai Greenhalgh, LSCW, at (970) 491-1527 or e-mail at LANAI.GREENHALGH@COLOSTATE.EDU.
- CARE Program : Connects and refers employees to community resources that provide health and social services. CARE.COLOSTATE.EDU
- ComPsych Guidance Resources: Counseling, legal advice, financial planning and work-life balance support. ComPsych provides no-cost, confidential assistance program to help address the personal issues faced by employees (faculty, staff, non-student hourly) and members of their households. Staffed by experienced clinicians, 24 hours a day, seven days a week, ComPsych will refer employees to a local, licensed psychotherapist, answer legal or financial questions or refer you to experts in the community.

Neighbor to Neighbor

- CSU Off-Campus Life has partnered with Neighbor to Neighbor, a non-profit housing resource organization, to provide Larimer County residents with options and services available in the area of stable housing.
- One-on-one housing counseling sessions are available Monday through Friday between 9 a.m. and 3 p.m. at the Off-Campus Life office in LSC room 274.
- For more information, visit their website or call Debbie Mayer at 970-491-3233.



Reduced rate immigration attorneys through Student Legal Services

- Student Legal Services has contracted with two experienced immigration attorneys to assist undocumented students navigate immigration issues.
- For CSU staff members not eligible for the student program, the immigration attorneys will provide an initial advisement for a reasonable fee (\$100 to \$150).
- If you or someone you know needs immigration advice, contact SLS at 491-1482 or visit their website for more information. The earlier one gets accurate advice, the more options there may be to solve immigration problems.

FOR MORE INFORMATION

For more information, go to the CPC website, CPC.COLOSTATE.EDU

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Future Visions Symposium back again

By Melissa Leavenworth

The sixth biennial Future Visions Symposium will be held on April 13. The free half-day symposium features nine speakers who will share their thoughts on the future of technology and keeping up with the speed of innovation.

“The Future Visions Symposium provides diverse perspectives on the future of information science and technology in brief 20-and 30-minute illustrated talks,” said Pete Seel, a CSU journalism and media communication professor who has helped organize the event since 2005.

“We ask our speakers to look ahead five years from 2018 to 2023 and describe their vision. We want students to be thinking about their focus and how to plot their career trajectories to intersect with those visions,” said Seel. “This event is designed for students and it’s about their future.”

Seel remembers a speaker from HP in 2005 who predicted an affordable camera, that would be able to shoot high quality photo and video with the same lens.

“I thought that the concept was ridiculous at the time,” said Seel. “But here I am, shooting HD video with my smartphone wherever I go. We can’t wait to see what outlandish ideas our speakers will present and then watch them develop.”

FOR MORE INFORMATION

SESSIONS WILL BE HELD IN THE LORY STUDENT CENTER THEATER BEGINNING AT 1 P.M. A DESSERT RECEPTION FOR SPEAKERS, FACULTY AND STUDENTS WILL FOLLOW THE PROGRAM AT 4:40 P.M.

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Opening Keynote Session by Lee Rainie
Director of Internet Research for Pew Research

FUTURE OF BIG DATA

Beth Plale, Ph.D., Professor of Informatics and Computing, Indiana University

THE FUTURE OF DIGITAL SECURITY AND PRIVACY

Steve Goeringer, Principal Architect for Security, CableLabs Inc.

THE FUTURE OF PSYCHOMETRICS, THE INTERNET AND SOCIETY

Estee Beck, Ph.D., Professor of Digital Humanities, University of Texas – Arlington

THE FUTURE OF THE INTERNET OF THINGS

Don Dulchinos, CEO of Smart Home and Away

DIGITAL MAPPING

Shannon McElvaney, Geodesign Evangelist, Critigen,

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Alan Rudolph, Ph.D., VP for Research, CSU, Paul Martin from HP and Will Wade from nVidia



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Local CSU resources grow garden success

By Joanne Littlefield

In the first days of spring it's hard to keep one's mind off of the garden's summer potential. Garden and home improvement centers are bursting with ideas for spring and summer planting. The first step, however, should be making a plan.

Beautiful flowers, fresh vegetables and a healthy lawn all have needs in common: appropriate varieties for the location (both geographically and within your site), healthy soil, and adequate sun and water.

PlantTalk Colorado has been providing expert planting and maintenance advice for Colorado gardeners since the 1990s. From how-to videos on capturing a rainfall in a barrel for use on your landscape, to maintaining an irrigation system, to topics in English and Spanish, planttalk.org gives gardeners quick tips for gardening success.

Master Gardeners are gearing up for a season of answering questions from the public, via telephone, at garden shows and farmers markets, and through site visits.

The **Co-Horts** blog CSUHORT.BLOGSPOT.COM, written by CSU Extension horticulture professionals, provides timely information on landscape challenges throughout the gardening season.

The **Native Plants** guide EXTENSION.COLOSTATE.EDU/TOPIC-AREAS/NATURAL-RESOURCES will get you started with native plants for your area. Native plants are a good choice in the landscape due to their adaptation to local growing conditions. Many county Extension offices offer Native Plant Master training this summer. SPARK.ADOBE.COM/PAGE/Y703LVWC1Q070/

Colorado State University Extension has over 500 publications on a variety of topics, including insect identification and control, pruning fruit and ornamental trees, vegetable, flower and herb planting and care, and more. Visit EXTENSION.COLOSTATE.EDU/PUBLICATIONS-2 to learn more.

You can have gardening success this growing season, and the horticulture resources provided by Extension can show you the way.



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ombudsandeaap.colostate.edu/employee-assistance-program



Colorado State University

WILBUR'S

TOTAL BEVERAGE

WINE & SPIRITS

This month
featuring:

Spring wines

Wilbur's Total Beverage features a wide variety of crisp, revitalizing wines that are perfectly refreshing for the cool Colorado spring season.

Raspberry-colored with salmon-pink hues, **Rioja Bordon Rose** features fresh, elegant and broad flavors for your palate. This wine highlights notes of raspberry and citrus, and has a very persistent flavor that is both decadent and crisp. This wine is beautiful with almost any main course dish, but is paired most excellently with fish, pork, poultry and pasta with tomato-based sauce. At \$14 per bottle, this wine is sure to please any palate and pocketbook.

With grapes sourced from a number of California's most celebrated growing regions, **Mirassou California Chardonnay** exhibits a deep flavor that can be sourced from only the most celebrated vineyards. Exposure to malolactic fermentation on oak staves results in a slightly creamy texture and a fuller feel. **Mirassou California Chardonnay** highlights aromas of peaches and nectarines, in addition to tropical fruits such as pineapple. Intense fruity notes result in a satisfying concentrated finish. At \$10 a bottle, this wine



will lead you to experience the true, renowned flavors found only in California vineyards.

Silver Beach Sauvignon Blanc sourced from the wine region of Marlborough, New Zealand features concentrated grapefruit and passion fruit aromas. These citrus flavors are enhanced by crisp acidity to provide gratifying flavor across the palate. At \$15 per bottle, this wine is attractively paired with appetizers, seafood, light salads, chicken, pork and goat cheese.

This month at Wilbur's Total Beverage check out their great supply of wines perfect for any Easter or spring event.

Chicken Chardonnay

Ingredients:

- 2 (6 oz.) chicken breasts, boned and skinned
- 2 tbsp. butter
- 2 tbsp. shallots, chopped
- 1 c. fresh mushrooms, sliced
- 1/4 c. chardonnay (or other dry white wine)
- 1 tbsp. lemon juice
- Flour
- 1 tbsp. veg. oil
- 1/4 c. heavy cream
- Parsley, chopped



Instructions:

Pound chicken flat; set aside. In butter, saute shallots; add mushrooms and saute 2 to 3 minutes. Add wine and lemon juice; let simmer 6 to 7 minutes. Dredge chicken in flour and season if desired. Saute in oil in frying pan. Add cream to mushroom mixture and heat until reduced. On warm serving plates, place mushrooms over chicken breasts. Sprinkle with chopped parsley and serve immediately.

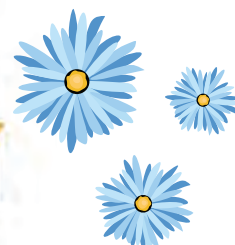
Rosés of Spring

Rioja Bordon Rosé **\$14.00**

Mirassou California Chardonnay **\$10.00**

Silver Beach Sauvignon Blanc **\$8.99**

Cuvee du Roy Rosé **\$12.99**



Congratulations to the AP Stars

By Administrative Professional Council

Colorado State University has amazing employees. The AP Star Award celebrates those shining stars among us who make a real impact on their colleagues and communities. The 2018 AP Star Award winners were announced at this year’s APC Employee Recognition Reception on March 22. This year’s event was newly revamped to promote participation, networking and CSU’s commitment to work-life integration. The event included games, hors d’oeuvres and door prizes.

The Administrative Professional Star Award was created to express appreciation by recognizing the accomplishments of administrative professional employees who demonstrate outstanding individual performance at CSU. The goal is to recognize professional employees who make a difference and “shine” in our CSU community.

This year’s AP Star Award recipients are:



LAURIE BORTHWICK
Nurse Practitioner
CSU Health Network

Laurie Borthwick has served as a women’s health care nurse practitioner at the CSU Health Network since 2003. Laurie is respected and beloved by her patients and colleagues for her commitment to providing gentle, compassionate care to young women and transgender persons at the CSU Health Network. She strives to educate her patients about women’s health issues and sexuality in empowering ways. Social justice is ingrained in her practices. Laurie volunteered to educate and assist international students in navigating the complicated American health care and health insurance systems. She is an advocate of transgender rights as part of the Transgender Team at the health network. And she has cared for victims of sexual violence and she actively supports campus and community efforts to reduce sexual assault.



ELLA BOWERS
Academic Success Coordinator
College of Liberal Arts

Ella Bowers has worked as an advisor in the College of Liberal Arts for six years and transmits consistently positive vibes wherever she goes. She gives dynamic encouragement to her students and colleagues. She serves on a collaborative committee for Education Abroad, has been a mentor and presenter for NACADA, a national advising organization. She is a leader in the CSU Moms group-check them out moms. She is a major contributor to the Professional Advising Network on campus, and she could now add event planner and co-chair extraordinaire to her resume because she just organized an entire conference for Colorado and Wyoming advisors that CSU hosted last week.



AMY M. BURZYNSKI
Data Analyst
CEMML

Amy Burzynski was hired as a Research Associate in February 2016, and quickly demonstrated her willingness and ability to excel in duties within her job description and well beyond. In addition to the excellent technical spatial and tabular data analysis she performs as her official duties, she has taken on learning Python and is now the Software Development Lead. She established workgroup best practices, and on her own initiative and time, completed a CSU Online Project Management course using the employee study privilege. She has been instrumental in independently developing and implementing time tracking tools that her supervisor now uses to evaluate progress and allocate tasks. It also makes project status and progress more transparent to all team members. She is active in reaching out to other units on campus for information sharing, collaboration and proposal development. She is amenable to job sharing with colleagues.



TERRY HEMME
Director of Annual Fund, CSU Ram Club Athletics

Terry Hemme has demonstrated consistent, exemplary performance throughout his time at Colorado State. He is a bridge builder within Athletics and across campus, particularly in our partnership with Constituent & Gift Information and the CSU Foundation. Terry was instrumental in bringing in the Brick Campaign to for the new, on-campus stadium. His additional efforts increased funds raised and donors engaged for Athletics. He made the ticket purchasing process significantly more streamlined and donor-friendly. In addition, Terry has designed creative and innovated ways to engage donors with limited resources such as the free stadium tours and field access during games. His goal is to provide memorable experiences for alumni and community members.



KELLY MAPES
Administrative Coordinator
College of Business Career Management Center

Kelly is widely regarded as the indispensable, methodical, organized, flexible and multi-dimensional individual that makes the department strong. It is no wonder that she is extremely well liked by the students and crucial to the activities of the staff of 10 who need her assistance with budgeting, forms, navigating complex reports and maintaining the facility. Kelly is particularly aware of and sensitive to the needs of underrepresented populations of students on the campus. She ensures that everyone is welcomed, well-served and comfortable. And given her office’s proximity to student daily traffic, students often stop in when in crisis.



SHAILA PARASHAR
Systems Group Manager
Engineering Network Services

Shaila Parashar joined the CSU community in 2001 as a UNIX administrator with the Walter Scott Jr. College. She is a calming and supportive presence for all clients and staff. She resolves issues with ease. Shaila has been known to sit for hours with clients so they feel comfortable with changes to their research clusters in the data center. Shaila serves as the liaison between her College and Academic Computer Networking Services, she’s a member of the campus-wide security committee, is a rep on the Faculty Staff Activity System technical team and holds proud membership in the Feminist Fight Club. Shaila is also a mentor to student supervisors in ENS.



ANDREW SCHLOSBERG
Forester
WCNR, Colorado State Forest Service, Woodland Park Field Office

Andrew Schlosberg has been working for the Colorado State Forest Service Woodland Park District for over 27 years. Andy demonstrates a willingness to go above and beyond with the Colorado State Forest Service in his work with the Woodland Park Field Office and Colorado Springs Utilities, one of the State’s largest agency partnerships. Through this role, Andy strives to implement the mission of serving the public, improving and maintaining forest health through wildfire suppression and planning, post fire mitigation planning and utilization of prescribed fire in the Pikes Peak Region. Without Andy’s hard work, knowledge and dedication, the health of the forests on the watershed would not be what it is.

VETERINARY TEACHING HOSPITAL

OPEN HOUSE

9 a.m. to 4 p.m. | Saturday, April 21

- Hospital tours
- Petting zoo
- Animal demonstrations
- CAM the Ram
- Food trucks

- Presentations about animal health featuring CSU experts
- Information for K-12 students interested in veterinary careers

300 W. Drake Road | vth-open-house.colostate.edu

FOR MORE INFORMATION

For more information, visit the Administrative Professional Council website at AP.COLOSTATE.EDU

COLORADO STATE UNIVERSITY

JAMES L. VOSS VETERINARY TEACHING HOSPITAL

DOCTOR OF VETERINARY MEDICINE PROGRAM

Gift from Jorgensen Labs leaves family legacy at CSU

by Tony Phifer

Norm Jorgensen has a profound love for veterinary medicine and for Colorado State University, his alma mater. That's why he's so excited to help fund The Jorgensen Laboratories, Inc. Chair in Clinical Sciences in the College of Veterinary Medicine and Biomedical Sciences.

"My success started with my education at CSU," Jorgensen said. "I recognize that for CSU to continue to produce some of the best veterinarians in the world they need financial support. It's been a goal of mine for a long time to make this happen, to step back and leave a bit of a legacy at the university I love."

The gift comes from Norm, who is vice president for marketing at Jorgensen Labs, his brother Hans, who is company president, and brother-in-law Earl Sethre, administrative vice president. It will enable the Clinical Sciences Department to recognize a faculty member with a track record of significant contributions to the rapidly evolving field of veterinary medicine, and strong potential to make a lasting impact on animal health.

"This generous gift from Jorgensen Laboratories will allow

“

I RECOGNIZE THAT FOR CSU TO CONTINUE TO PRODUCE SOME OF THE BEST VETERINARIANS IN THE WORLD THEY NEED FINANCIAL SUPPORT.

”

us to recruit and retain world-class faculty, and to educate the next generation of veterinarians," said Dr. Mark Stetter, dean of the College of Veterinary Medicine and Biomedical Sciences. "An endowed chair from an alumnus of our Doctor of Veterinary Medicine program is especially meaningful, and reflects Dr. Norm Jorgensen's long-term commitment to his alma mater."

The endowment will support a faculty position in Emergency and Critical Care at the James L. Voss Veterinary Teaching Hospital.

The Jorgensen family has deep ties to CSU. In addition to Norm earning two degrees (B.S. veterinary science '77; D.V.M. '80), daughter Annelise has a bachelor's in business administration and is a current master's student, while three of Hans' children have undergraduate degrees from CSU.



Love your state: April 19, 2018

Join the Love Your State Day of Giving, an inspiring 24-hour event for alumni, students, faculty, staff, and friends to come together and support Colorado State University.

On April 19, Rams can give back and pay forward in support of their favorite cause, college, or program. When Rams come together, great things happen.

Help us kick off Love Your State by sending us photos that show how YOU love your state. E-mail photos to annualgiving@colostate.edu, and you will be entered to win one of our exciting prizes!

Prizes include:

- Breakfast for your office: most creative photo of you and your team
- VIP package for the Love Your State celebration at Intersect Brewing on April 19: best CSU traditions photos
- All submissions will be entered to win a limited-edition Love Your State T-shirt
- Also, don't forget to register, at advancing.colostate.edu/EVENTS
- LOVEYOURSTATE2018, for the Love Your State Day of Giving celebration at Intersect Brewing!
- Finally, every Wednesday in April, the Fort Collins Rio Grande Restaurant will donate 10 percent of its sales to support Rams Against Hunger. Enjoy a great meal while supporting a great cause!
- We are incredibly grateful for the support and loyalty you give to our campus community!

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SPRINTworksSM

<http://sprint.co/2AK4wZU>

Bring this code to the closest Sprint store along with proof of employment, such as your work badge or paystub to receive your discount. Corporate ID: **GVSCO_WCA_ZZZ**

Activ. Fee: Up to \$30/line. Credit approval req. **Sprint Works Discount:** Avail. for eligible agency/company employees or org. members (ongoing verification). Discount subj. to change according to the agency's/company's/org.'s agreement with Sprint and is avail. upon request for select monthly svc charges. \$/mo. discount applies to regularly priced phone line 1 on Unlimited Freedom Plan and %/mo. discount applies to regularly priced data svc for 40GB Better Choice Plans. Not avail. with no credit check offers. Limit one SWP discount per account. **Other Terms:** Offers/coverage not avail. everywhere or for all phones/networks. May not be combinable with other offers. Restrictions apply. See store or sprint.com for details. © 2017 Sprint. All rights reserved.

NT75464CA

ENTERTAINMENT

THEATRE AND PERFORMING ARTS

“CABARET” PRESENTED BY LC LIVE



APRIL 19 – 21, 7:30 P.M.

The Lincoln Center

Welcome to the infamous Kit Kat Klub, where the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd – and to leave their troubles outside. But as life in pre-WWII Germany grows more and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through their dangerous times?

LCTIX.COM

“URINETOWN, THE MUSICAL” BY GREG KOTIS

APRIL 27 – MAY 6, 7:30-9:30 P.M.

University Theatre at the University Center for the Arts

In a Gotham-like city 20-year drought has led to a water shortage and a government-enforced ban on private toilets. The citizens must use public amenities, regulated by a single malevolent company that profits by charging admission for one of humanity’s most basic needs. Amid the people, a hero decides that he’s had enough and plans a revolution to lead them all to freedom.



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

CSUARTSTIX.COM

“DIRT: A TERRA NOVA EXPEDITION” BY LAURA PRITCHETT

APRIL 5 – MAY 6

Bas Bleu Theatre

Laura Pritchett is a multiple award-winning novelist. This newly commissioned play - an ambitious multi-sensory exploration of survival, soil science and environmental stewardship - will surely be the one of the most unique theatrical experiences of the season.

BASBLEU.ORG

MUSIC AND DANCE

FOCOMX: PRESENTED BY FORT COLLINS MUSICIANS ASSOCIATIONS & ODELL BREWING CO.

APRIL 27 – 28

The 10th anniversary of the volunteer-run FocoMX festival will feature more than 300 bands at more than 30 Fort Collins venues. Explore the Fort Collins music scene at “The Biggest Little Festival in America.” Visit focomx.focoma.org to see the full schedule, band line-up and buy tickets. The festival will host a kickoff event at the Ramskeller on Tuesday, April 19 at 6 p.m.

Wristbands available for \$10. Those who sign up to volunteer can receive a free wrist band.

2018 SPRING DANCE CONCERT FRIDAY, APRIL 20, 7:30 – 9:30 P.M.

University Center for the Arts Dance Theatre

Madeline Harvey, assistant professor of dance, reimagines her original work “Komorebi,” which is Japanese for sunlight filtering through the leaves of trees. Set to Max Bruch’s “Kol Nidrei,” the choreography explores themes of loss and hope and was inspired by real-life stories from members of the National Organization of Parents of Murdered Children. Amber Mazurana, IMPACT Dance Company and CSU faculty member, recreates “These Moments” with live music by CSU staff pianist David McArthur. The concert also includes faculty members Madeline and Matthew Harvey’s original contemporary “Pas De Deux,” as well as a performance by the Contemporary Repertory Ensemble class.

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

CSUARTSTIX.COM

WORLD PERCUSSION CONCERT SUNDAY, APRIL 29, 4 – 6 P.M.

University Center for the Arts

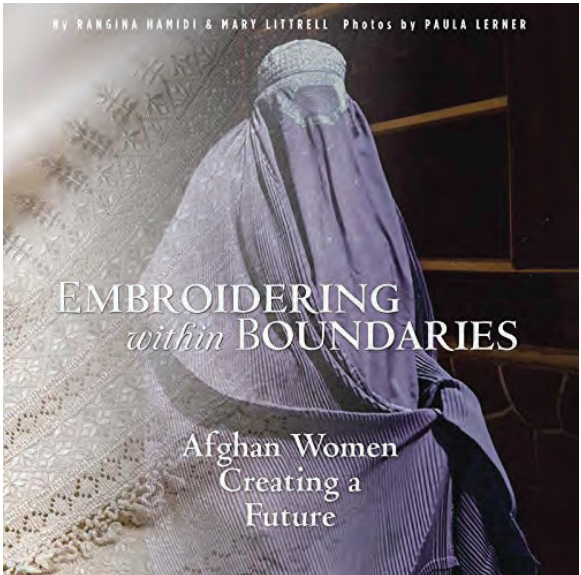
This concert features CSU’s three steel bands, the Ragtime Marimba Band, and the Civil War Rope Drum Ensemble.

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

CSUARTSTIX.COM

ARTS AND LITERATURE

AVENIR LECTURE SERIES: EMBROIDERING WITHIN BOUNDARIES

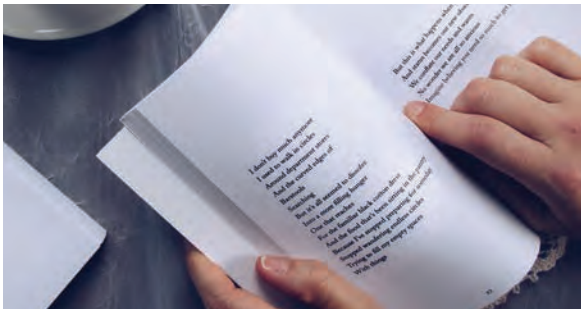


THURSDAY, APRIL 12, 7 – 9 P.M.

Avenir Museum, Classroom 157, 216 E. Lake St.

Mary Littrell, Ph.D., former CSU Department of Design and Merchandising chair, presents her travels to Afghanistan and co-authorship with Rangina Hamidi of the new book “Embroidering within Boundaries: Afghan Women Creating a Future.” Dr. Littrell will describe her experiences traveling to Kandahar in 2015 to meet with women working in the embroidery collective called Kandahar Treasure, producing exquisite traditional khamak embroidery to realize an income and provide for their futures — within the safety of societal rules. Galleries stay open from 5–7 p.m. on lecture evenings.

This event is free and open to the public.



INTERNATIONAL POETRY READING THURSDAY, APRIL 26, 5 – 7 P.M.

Avogadro’s Number 605 S. Mason St.

This reading is presented by The Department of Languages, Literatures and Cultures. Languages will include: American Sign Language, Arabic, Basque, Czech, French, German, Hungarian, Italian, Japanese, Latin, Mandarin, Polish, Portuguese, Russian, Spanish, and Swahili in the original language and English translation.

This event is free and open to the public.

COMMUNITY

ACT HUMAN RIGHTS FILM FESTIVAL



APRIL 5 – APRIL 14

Lory Student Center, Lincoln Center Magnolia Theatre, The Lyric

ACT curates a never-before seen collection of the world's most daring, relevant, compelling, and beautiful films that explore and reveal issues impacting the human experience, from climate change and democracy in crisis to the fight for LGBTQ rights and building a life from the ruins of war. Film directors and guests appear following screening for Q&A sessions moderated by subject matter experts. Visit the festival website at www.actfilmfest.org for program line-up, tickets and news.

Individual tickets: \$10 GA/\$5 students with ID, Fest 5-Pack: \$40 GA/\$20 students with ID, Festival Pass:

\$90 GA/\$45 students with ID

RAMS REMEMBER RAMS



TUESDAY, APRIL 10, 5 – 5:30 P.M.

Administration Building

Rams Remember Rams honors students, faculty, staff and retirees who passed away this academic year. The 15-minute ceremony will be held on the north steps of the Administration Building and will include a reading of the names - along with time for silent reflection. The Danforth Chapel will be open until 6 p.m. as a quiet place for personal contemplation.

This event is free and open to the public.

CELEBRATE! COLORADO STATE AWARDS

WEDNESDAY, APRIL 11, 3-5 P.M.

Lory Student Center Ballroom

The teaching, research and service achievements of students, alumni and friends, academic faculty, administrative professionals and classified staff are front and center at the annual Celebrate! Colorado State awards event. This is a university-wide event that bestows the best of CSU with awards and honors.

THINK TANK: FREE SPEECH SUMMIT

APRIL 13, 9 A.M.-3 P.M.

The CSU Office of The Vice President for Diversity and CoADOHE (Colorado Association of Diversity Officers in Higher Education) invite students, faculty and staff to attend a day with a Presidential Panel, morning and afternoon breakout sessions. The event is free, but requires an **RSVP**, at advancing.colostate.edu/evetns/freespeechsummit. The registration will close when the event reaches capacity. Questions about the event or registration can be directed to the Office of Vice President for Diversity at (970)491-6849 or Tammy

Liu.

CELEBRATE UNDERGRADUATE RESEARCH AND CREATIVITY (CURC)

MONDAY, APRIL 16, 10:30 A.M. – 1:30 P.M.

Lory Student Center Main Ballroom

Throughout the year, students enrolled at CSU are invited to participate in a variety of events that recognizes and honors their achievements and showcases what they have learned as a result of their scholarly research, scientific inquiry and creative endeavors. There will be an awards ceremony that recognizes all participants and honors awards winners from events throughout the year. This year's competition categories include: Research, Service-Learning, Writing, Art, and Oral Presentations.

This event is free and open to the public.

THREE AXES OF WRITING IN THE RESEARCH UNIVERISTY

TUESDAY, APRIL 17, 5:30 – 7:30 P.M.

Lory Student Center Theatre

Doug Hesse is a nationally-known writing and assessment expert and Chair of the Writing Program at University of Denver. He will explore the meaning and value of writing within STEM-focused research institutions in his lecture "Three Axes of Writing in the Research University: Professional, Civic, (Inter) Personal."

This event is free and open to the public.

FAST AND THE FURRIEST 5K



SATURDAY, APRIL 28, 9 A.M. – 1 P.M.

The Oval

The Fast and the Furriest 5k is a race put on every Spring by first and second year CSU DVM students. The race benefits the Companion Care Fund. The Companion Care Fund was designed and implemented by the students of Colorado State University's Professional Veterinary Medicine program to offer financial assistance to eligible animal owners to pay for life-saving and emergency treatments for their animals at the CSU Veterinary Teaching Hospital.

25\$ cost

CELEBRATE! CSU MILESTONES

TUESDAY, MAY 1, 4:30 P.M.

Lory Student Center Main Ballroom

Employees celebrating major anniversaries of service with CSU will be honored.

COMMENCEMENT



MAY 11-13

Moby Arena and Lory Student Center

'The Colorado' premiere to raise awareness for river, Water Resources Archive

By Megan Hanner

The state premiere of *The Colorado* will take place in the Lory Student Center North Ballroom on Saturday, April 21 at 4:30 p.m.

The film will explore many topics surrounding the Colorado River including: the history of the region, the effects of climate change, agriculture, immigration and the fate of the river's Mexico delta. *The Colorado* is narrated by Oscar winner Mark Rylance, and it received critical praise at its New York City Metropolitan Museum of Art premiere.

Both Murat Eyuboglu, the film's co-writer and cinematographer, and Christa Sadler, the author of the film's companion book, will be at the event. A question and answer session will take place after the screening.

The Colorado screening is hosted by the Morgan Library Water Resources Archive. According to Patricia Rettig, head archivist, anyone from any area of study will benefit from learning about the river. The Colorado river connects Colorado not only to other states, but to Mexico as well.

"Any action taken, good or bad, could affect us all, as the Colorado provides drinking water, delivers irrigation water, sustains wildlife,

enables recreation and so much more," she said.

The event will also help raise community awareness not only on the Colorado River, but also for the Water Resources Archive. Rettig hopes the event makes the archive service known to faculty.

"Archival work is expensive and labor intensive, and archives are generally underfunded," she said, "Support for the Water Resources Archive is important so we can keep collecting historically important materials and digitizing as much as possible."

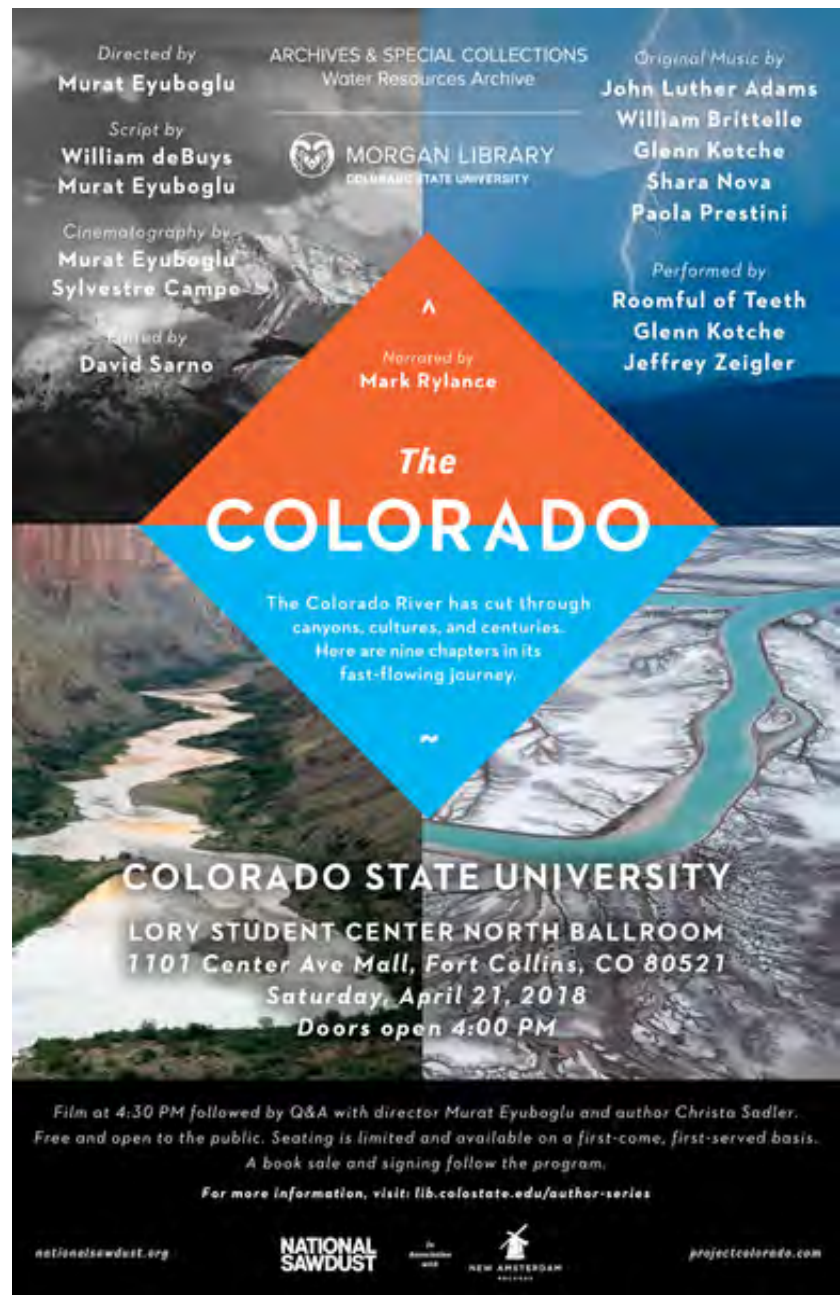
The film will also promote the archive as a Colorado water history and documentation resource.

"Bringing it to this land-grant university campus, as free entertainment and education, is a huge benefit not only for us but also the surrounding community," Rettig said.

There will be an opportunity to buy the companion book and have it signed after the event. The book, according to Rettig, could provide a valuable resource to use in classes.

FOR MORE INFORMATION

THE SCREENING IS FREE AND OPEN TO THE PUBLIC. DOORS OPEN AT 4 P.M., AND WILL BE SEATING FIRST COME, FIRST SERVED.



Saturday Free Tea tasting 1-3 pm



We will taste and study 5 - 6 classic teas, each with its own unique character, from different origins, in traditional Chinese Gong Fu style.

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MAY 6TH – 9TH

SUNDAY - WEDNESDAY

HAVE FUN

ALL DAY IN THE LSC

Take a Break, there's a Lounge on Every Level
Meet Colleagues, in Our 350k Sq. Feet of Space
Grab a Coffee, in One of Several Coffee Locations

GET FUELED

LEVEL 200

50% OFF

50% Off Coffee Venue: 7 - 10 p.m.
50% Off Food Venue: 7 p.m. - Midnight

GET FOCUSED

ALL LEVELS

Grade Papers, in 20+ Study Rooms
Stay Focused, with Extended Hours 'til Midnight
Free Laptop Checkout & Printing, on Level 100

LSC LATE NITE DURING FINALS

#LSCLateNite

For more info visit lsc.colostate.edu/late-nite

Understanding and managing your stress

By Brenda Charles

For Stress Awareness Month this year, consider how much you know about how stress affects you. When do you feel periods of high stress? How do you manage stress? This knowledge is important if we are to stand a chance of combatting the problems that stress cause. Unfortunately, most of our knowledge about stress is limited to knowing when we are stressed, but not what it is doing to us or how to deal with it.

Our bodies have a natural high stress or survival mode which activates when we are in danger. This is called our stress response. Think of a zebra on the plains of the African continent, running for its life as a tiger or lion chases it. The zebra’s sympathetic nervous system activates, putting its body into flight or fight mode. In flight or fight mode, the body and brain focus on quick reflexes that help the zebra run from or avoid danger. The heart rate and blood pressure increase and other bodily functions such as digestion and the immune system slow down.

Unfortunately, being stressed slows down your ability to complete the things that you’re stressed about because your higher functioning and reasoning brain slows down and you actually get little done. To further compound things, your immune and digestive systems also slow down, making you more susceptible to illness and weight gain. It’s a vicious cycle.

If this happens, unchecked, for extended periods, it can lead to serious illnesses like heart disease and high blood pressure. So how do we stop this cycle?

Dealing with stress

The first step in dealing with periods of high stress is to recognize those periods in your life. Be aware of what your stressors are and when they normally occur. During these stressful periods, make a special effort to take care of yourself. Eat as healthy as possible, take multivitamins and do some form of exercise. This will help to boost your immune system and keep you healthy.

It is also important that you take time daily or weekly to do something that relaxes you: go for walk or a run, read a



fictional book, watch a comedy show, knit, play solitaire, do yoga or a mindfulness exercise, have a cup of tea, spend time with a friend or significant other. Doing something that calms you and helps you relax slows down your automatic response brain, taking you out of survival mode.

Once you are more relaxed and your fight or flight response has slowed down, you are better able to think. Use this time to first recognize the stressors and situations that you can and cannot control. Accept that you cannot control everything and move on to the ones that you can. Make a plan and try

to manage your time, use your planner to map out what’s due when, create a daily to-do list and check things off as you go. Don’t try to do everything at once. Completing one thing at a time is a great motivator to complete others, and if you encounter road-blocks ask for help.

Stress is a part of our lives that we cannot eliminate. The best we can do is manage our response to stress, reducing its negative effects. If all else fails, remember what you need the most to deal with your stressors is you. Take care of you.

MEET THE COLUMNIST

Brenda Charles is a second year MFT student from the island of Antigua, in the Caribbean. She has a Bachelor of Science in psychology and a Bachelor of Arts in communications from Dickinson State University, in Dickinson North Dakota. She loves Fall, long walks, sunsets on the beach, hiking beside streams and rivers, and being out in nature.

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CSU CAMPUS TRIVIA WITH RUSS SCHUMACHER

Lindsey Wilhelm knows firsthand that the TILT Building was most recently used as the Music Building, because that’s where she did her undergraduate work in Music Therapy. Now she’s an assistant professor in the department, housed in another repurposed building she knows well – the University Center for the Arts, which was the Fort Collins High School where the proud Lambkin graduated before coming to CSU. She originally studied music – her instruments are French horn and voice – but she also wanted to help people, and music therapy was a perfect fit.

(Many people who entered this month’s contest also knew that the building on the Oval was the campus library before housing the Music department, but no one remembered using it, maybe because Morgan Library opened in 1965.)

In addition to her teaching duties, Wilhelm accompanies students when they work with clients with a wide range of clinical challenges, who benefit from programs offered by the department.

For having her answer chosen at random from all the correct answers submitted, Wilhelm received the coveted CAM the Ram bobblehead, autographed by State Climatologist Russ Schumacher, the winningest Ram to ever appear on Jeopardy!, as well as a \$20 gift card to Mugs Coffee Lounge.

The final question of this academic year is, fittingly, about the weather.

Q. EVERY APRIL, WEATHER WATCHERS AROUND THE COUNTRY EAGERLY AWAIT THE SEASONAL HURRICANE FORECAST FROM CSU’S TROPICAL METEOROLOGICAL PROJECT. WHEN WAS THE FIRST FORECAST PUBLISHED?

Email your answer, with April Trivia in the subject line, to CSULIFE@COLOSTATE.EDU by April 23.

DJ ON 90.5 KCSU THIS SUMMER



Rory Heath, KCSU & CSU Alumnus

KCSU is welcoming community and CSU alumni DJs this summer.

From May 14th to August 20th, you can learn how to DJ and broadcast your own 2 hour weekly show. Whether you're spinning your own tunes, or music from KCSU's vault of more than 25,000 songs, we'd love to have you join us this summer.

Email station@kcsufm.com for more info.

APIDA Heritage Month extends reach and emphasizes inclusion

By Melissa Leavenworth

In collaboration with Ram Events, the Asian Pacific American Student Association is hosting this year's Asian Pacific Islander Desi American Heritage Month.

This year, APASA worked to make the celebration more inclusive. They renamed the celebration to reflect a broader range of ethnicities who identify as Asian American. Now, rather than promoting a focus more oriented toward East Asian Americans, APASA hopes the name change will welcome people with backgrounds from all reaches of Asia.

"When people hear 'Asian Pacific Islander', they usually think of East Asian," said APASA Vice President Jayne Clanton. "That's why we invited Steven Lim to speak."

APASA hopes to reach students, faculty and staff, particularly in communications-related fields. One goal is to create a dialogue about how Asian Americans are represented in the media, and how that representation can be shifted to better illustrate the experiences of Asian Americans.

"When most people think about

'diversity' they are not thinking of Asian Americans, and sometimes they assume that because the stereotypes are positive, that we don't experience discrimination.," said Asian Pacific American Cultural Center Assistant Director Vani Narayana. "We do not suggest that we deserve attention instead of other groups, but in addition to. Asian Americans do experience discrimination and violence, and it doesn't get much attention."

Attendees stand to gain a new level of understanding of the experiences of fellow Rams at events hosted by APASA at APIDA Heritage Month.

Events like Blasian Narratives, Communicating Across Cultures, and UndocuApida: Know Your Rights aim to bring light to the daily experiences of Asian American members of the CSU community, as well as provide an opportunity for growth.

Events like A Taste of Aloha at the Aspen Grille and the Lu'au, which is making a big come-back this year, are opportunities to appreciate culture that is always present at CSU. They are also great spaces to listen to the stories and experiences of our friends and family.

THE APIDA HERITAGE MONTH LINEUP

COMMUNICATING ACROSS CULTURES

Chai to Understand w/ Sagarika Sarma from Student Case Management

April 9, 1-2 p.m.

APACC LSC Room 333

KEYNOTE: STEVEN LIM

Buzzfeed Producer

The Impact of Asian-Americans in the Media

April 10, 5-6:15 p.m.

Longs Peak - LSC

BLASIAN NARRATIVES

Multi-media performance exploring Afro-Asian heritage

April 12, 6 p.m.

North Ballroom

UNDOCUAPIDA: KNOW YOUR RIGHTS

Chai to Understand w/ Justin Valas from Asian Pacific Development Center

April 16, 1-2 p.m.

APACC, LSC Room 333

AN ANTI COLONIST RESPONSE TO END SEXUAL VIOLENCE

Chai to Undersand w/ Kristy Kumar from WGAC and Tiffani Kelly from NACC

April 23, 1-2 p.m.

APACC, LSC Room 333

LU'AU

Living Aloha

Tickets on sale at csutix.com

April 28, 5-7:30 p.m.

Grand Ballroom

DEAD WEEK: MANAGING YOUR STRESS

Chai to Understand w/ Dr. Steve Okiyama from the Health Network

April 30, 1-2 p.m.

APACC, LSC Room 333

FOR MORE INFORMATION

For more information, contact Kalyn Bonn at RAMEVENTS_APACC@MAIL.COLOSTATE.EDU.



Victoria consistently makes great suggestions for how we can better serve our guests. She uses her creativity to develop new recipes, and we have students coming in even during lunch to ask if there are any of her smoothies left over.

Victoria's team-building efforts are some of the best I have seen. In the face of stress or conflict, she remains calm and keeps others calm as well. The example she sets for our student employees is one of self-control, understanding, and the wisdom to be aware of the impact our actions have on our work environment. We held a play-off style competition this semester, and Victoria volunteered to hand-make the awards for our student participants. They were all thrilled to receive their homemade awards.

Due to her visible work ethic, she has an easy time delegating tasks to our student employees. They have all seen her work tirelessly to keep our dining room and back of house clean and stocked. She is well-liked and respected by the entire team, and the students jump to help her when she asks, as she does for them. This mutual respect that she has built goes a long way to teach our students what they deserve in a work environment. Victoria shows our student employees how to develop and sustain a team that everyone wants to be a part of, and it is a pleasure to work with her every day.



CSUNITE 2018

“

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”

Blanche Hughes, CSU vice president for student affairs



— YOU’RE INVITED WEDNESDAY, APRIL 25! —

APC, CPC AND FACULTY COUNCIL PRESENT: Employee Voice Survey Findings & Recommendations

The Administrative Professional Council, Classified Personnel Council, and Faculty Council invite Colorado State University faculty and staff to attend a special forum where council leadership will present the findings of the Employee Voice Survey 2017, and councils’ recommendations to CSU leadership for moving forward based on the survey results. Lunch will be provided, and the presentation will be followed by Q&A.

When: Wednesday, April 25, 11:30 a.m. – 1 p.m.*
Where: Cherokee Park Room, Lory Student Center

***PRIOR REGISTRATION IS REQUIRED DUE TO LIMITED SEATING. TO REGISTER, EMAIL JENNIFER LOBERMEIER AT JENNIFER.LOBERMEIER@COLOSTATE.EDU.**

The Employee Voice Survey 2017 was a collaborative effort among the employee councils who worked closely with the CSU Department of Statistics faculty for guidance in processing the data. The purpose of the survey was to capture employees’ experiences related to CSU salary trends and rapidly rising living costs.

GARDEN PLANTING GUIDE

The elevation in Fort Collins is just below 5,000 feet; high intensity sunlight and generally low humidity, rapid and extreme weather fluctuations and diverse soil conditions all combine to challenge Colorado gardeners. Resource to help you be successful can be found at EXTENSION.COLOSTATE.EDU.

CHOOSING SEEDS:

VEGETABLES:

Selecting your veggies before you design your garden will help ensure you have the correct amount of room and the best growing conditions. For smaller gardens choose bush varieties that take up less room. For shorter growing seasons try fast maturing varieties that can produce maximum yields for your growing season.

HERBS:

Choose herbs by size, growing habits, and life expectancy. Many planted herbs can live as perennials and will increase in size every season thus needing adequate space to grow and receive the proper nutrition.

FLOWERS:

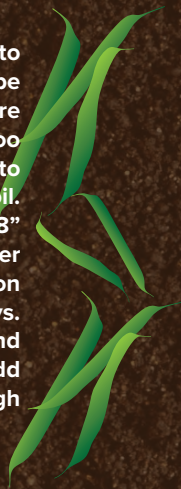
Flowers can reward gardens with beauty and high pollination rates. Mixing flowers in with your vegetable garden will increase yield potentials. Also choosing between annuals and perennials can be hard. Annuals can be easily removed and replaced the next season while perennials will come back every season. Plus, many flower seeds are hard to germinate and require an adequate amount of care and time to grow correctly.



VEGETABLES:

BEANS:

Should be directly sowed into your garden and shouldn't be grown as transplants. Be sure not to plant bean seeds too early as they may rot due to cold weather and moist soil. Plant bush seeds every 12-18" and always be sure to water consistently until germination occurs then every few days. Plant pole seeds every 4" and supply them moist soil. Add fertilizer at half way through their growing season.



BASIL:

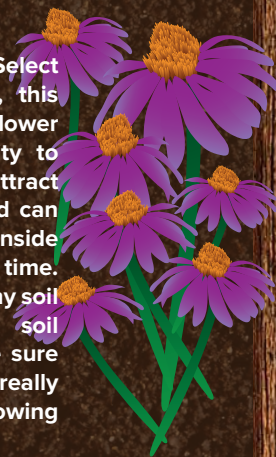
Start your basil seeds indoors 6-8 weeks before last frost. Cover the seeds with a slight soil cover and dampen soil with a light watering. Once two sets of leaves emerge basil can be transplanted into the garden. Pinch off the top two sets of leaves once the plant reaches a reasonable height. This gives you a much higher quality plant.



FLOWERS:

CONEFLOWERS:

Chosen as a 2018 Plant Select by the CSU Extension, this American purple coneflower has amazing adaptability to western gardens. They attract birds and butterflies and can be cut and brought inside where they last a long time. They do well in almost any soil and tolerate dry soil conditions very well. Be sure to water them during really dry periods to keep growing healthy.



CUCUMBERS:

Cucumbers require full sun and a large amount of space in order to develop properly. Should be directly sowed into your garden and shouldn't be grown as transplants. Be sure to add a generous amount of organic compost to ensure proper nutrition.



CHIVES:

Chives are by far the easiest herb to grow in any garden. The seeds may be slow to germinate until the soil warms up. Harvesting chives is just as easy as growing them. Once they reach 1 foot tall they are ready to be used. The flowers the chives produce are edible as well!



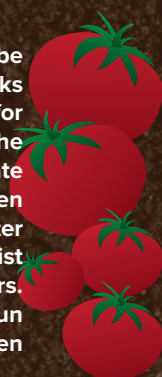
DAHLIAS:

These are long-lasting flowers with showy blooms that range in color and size to fit most cutting gardens. Plant dahlias after the last spring frost. These can be treated as perennials and can be dug up two weeks after a killing frost.



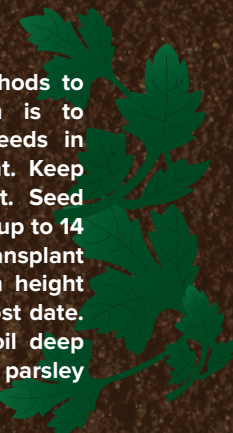
TOMATOES:

Tomato seeds should be started indoors 6 to 8 weeks before the last frost date for best germination results. The tomato seeds will germinate best if the soil is kept between 80 to 90 degrees. Water lightly and keep the soil moist until the germination occurs. Plant in a location with full sun and provide fertilizer when needed.



PARSLEY:

One of the best methods to increase germination is to soak your parsley seeds in warm water overnight. Keep the soil evenly moist. Seed germination can take up to 14 days so be patient. Transplant seedlings when 6" in height and after your last frost date. Be sure to loosen soil deep into ground for healthy parsley plants.



MARIGOLDS:

Marigolds are easily grown from seeds in your flower garden. Marigolds can be grown inside 6-9 weeks before your last frost to get a jump start on the season. Starting indoors will ensure high germination and plant success. Seeds will germinate and also grow quickly once sprouted. Marigolds love full sun and rich, well-drained soil.



Richardson Design Center marks milestone

By Jeff Dodge

At a beam-raising ceremony marking a major milestone in construction of the Richardson Design Center at Colorado State University March 30, two interior design students thanked Nancy and Curt Richardson and other donors for making the new facility possible.

“You’re giving us much more than just a beautifully constructed building,” sophomore Nick Hahn said. “You’re giving us an educational foundation to set us up for success the rest of our lives.”

The Richardson Design Center was made possible by an \$8.1 million gift from the Richardsons, who co-founded OtterBox and Blue Ocean Enterprises. Nancy Richardson, who is a CSU interior design alumna, and her husband were on hand for the celebration, which marked the placement of one of the facility’s final steel beams.

Attendees signed the beam before hearing remarks from Hahn, sophomore Ally Hamlyn, College of Health and Human Sciences Dean Jeff McCubbin and Laura Malinin, an assistant professor in the Department of Design and Merchandising who serves as director of the new center.

Hahn described the “maker’s space” where students will be able to work together as they experiment with new concepts, and Hamlyn added that much of the building’s infrastructure will be left visible, to serve as a learning tool for students.

Malinin said the center will bring together many departments on campus and was the result of 62 visioning sessions attended by the various partners.



Nancy Richardson signs the beam before it is hoisted to the top of the center that bears her name. Photo courtesy CSU Photography.

COMING SOON

The \$19.5 million facility, located between the Gifford Building and the new on-campus stadium, is expected to open in January 2019. Construction began last September. The Department of Design and Merchandising is part of CSU’s College of Health and Human Sciences.

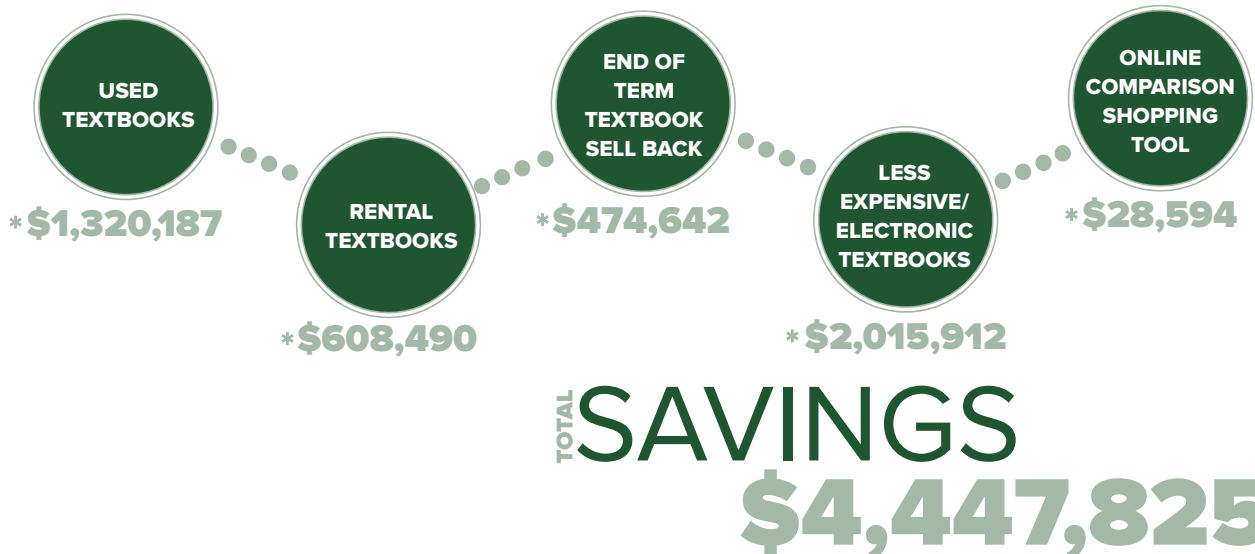


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TEMPEH BOLOGNESE

THE KENDALL REAGAN NUTRITION CENTER SUGGESTS TRYING THIS HEARTY SAUCE SERVED OVER RICE, SPAGHETTI, SPAGHETTI SQUASH OR ZOODLES.

SERVING SIZE: 1/2 CUP
YIELD: 8 SERVINGS

INGREDIENTS:

- 8 ounces tempeh, broken into chunks
- 1 1/2 tablespoons olive oil
- 5 cloves garlic, minced
- 1 medium yellow onion, finely chopped
- 2 carrots, peeled and finely chopped
- 2 cups cremini mushrooms, sliced
- 2 ¼ teaspoon dried basil
- 1 teaspoon dried oregano
- 6 ounces canned tomato paste
- 1 cup low-sodium vegetable broth
- 28 ounce canned crushed tomatoes
- ½ cup flat-leaf (Italian) parsley, chopped or 3 tablespoons dried parsley
- ¼ cup fresh basil, chopped

DIRECTIONS:

1. In a food processor with metal blade, pulse tempeh to a texture similar to ground beef.
2. In a large saucepan, heat the oil over medium heat. Add tempeh, and cook, stirring often, until lightly browned, about 5 minutes.
3. Add the garlic, onion, carrots, mushrooms, dried basil, oregano and salt and pepper to taste. Cover and cook, stirring often, for 5 minutes. Stir in the tomato paste, cook, stirring often, for 1 minute. Add broth and cook, stirring often, for 5 minutes.
4. Add tomatoes and simmer, uncovered, over medium-low heat, for 20 minutes. Stir in parsley and fresh basil.

NUTRITION INFORMATION / AMOUNT PER SERVING:

Calories	152
Protein	9.6 g
Total fat	4.9 g
Total Carbohydrates	18.7 g
Saturated fat	0.7 g
Dietary Fiber	5.6 g
Cholesterol	0 mg
Sodium	416 mg

FIND OTHER HEALTHY AND DELICIOUS RECIPES AT THE KENDALL REAGAN NUTRITION CENTER WEBSITE, NUTRITIONCENTER.CHHS.COLOSTATE.EDU



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SUBWAY

BEYOND THE OVAL

A fresh guide to life in Fort Collins through the eyes of CSU Students.

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Prepare for medical emergencies while pet health is normal

By Dr. Timothy B. Hackett

April is American Red Cross's Pet First Aid Awareness Month, so here are some tips on what to do when a pet needs emergency veterinary care.

We cannot plan for an emergency, yet we can be prepared in case one occurs. Medical emergencies often occur outside standard business hours, so these are important questions to discuss with your veterinarian during a regular office visit, when you aren't worried about a crisis.

Some veterinary practices see their established patients when emergencies occur after office hours and on the weekends. Others refer patients to specific hospitals or clinics that offer emergency services. Either way, it's useful to have your veterinarian's guidance and to know about available resources before you need them.

Once you've determined where to seek emergency care, you likely will want to know when this medical attention is needed for your pet.

Some situations are clear. For instance, seek emergency veterinary care if you know your dog has ingested antifreeze, a bottle of human medication or another substance toxic to pets. Likewise, emergency veterinary care is needed if your dog is struck by a car, bitten by a rattlesnake, or suffers deep puncture wounds from the bite of another dog.

But what if your dog or cat acts sick? Maybe your pet starts repeatedly vomiting, develops diarrhea or exhibits behavior that seems notably off.

Understanding normal behavior

In these cases, it is very helpful to fully understand your pet's normal behavior and vital signs. By knowing signs of normal, you are better positioned to recognize the abnormal.

- **Vital signs:** When something is wrong with a pet, its heartrate, breathing pattern and body temperature are often the first changes that may be objectively observed. Discuss with your veterinarian what would be expected as normal measurements for your pet – and, importantly, what type of variation would suggest a need for emergency care.
- **Heartrate:** Ask your veterinarian to demonstrate how to take your dog or cat's pulse, meaning how to measure the number of times your pet's heart beats per minute. Then check and record this rate several times when your pet is relaxed at home. This will give you a good idea of your pet's "normal." Significant heart elevation – 20 or 30 beats per minute above normal – would warrant an emergency visit if not associated with exercise.
- **Breathing:** Take the same approach here that you do in measuring heartrate. Ask your veterinarian for tips, then assess and record how many times your pet breathes per minute under relaxed conditions. Take several measurements to gain a solid sense of what's normal.
- **Temperature:** I recommend keeping a digital thermometer dedicated for use with your pet. Practice taking your dog or cat's temperature under the armpit. (The armpit temp will be a degree or two lower than a core temperature, which is taken orally or rectally, but it's a good basis of comparison when your pet is at home.) While normal body temperature in humans is predictable at 98.6 degrees Fahrenheit, normal body temperature in dogs and cats might range from 98 to 102. Normal temps are often lower in large animals and higher in small animals; the key is knowing what's normal for your pet.
- **Gum color:** During physical exam, a veterinarian will often look at the color of your pet's gums, and might press on the gums to see how fast pinkness returns to



PET HEALTH

the surface. This is a way to assess how well tissues are being oxygenated. If the animal is sick or in shock, the gums will appear bluish, pale, or it will take more time for color to return to normal.

In an emergency

- Use a vinyl, form-fitting muzzle if your pet has a medical emergency. Even the most loving and docile pets – those that have never snarled or bitten – have the capacity to bite and seriously harm an owner, veterinary professional or someone else when suffering from intense pain. First responders abide by this "safety first" principle, and it extends to emergency veterinary care. If your pet is having trouble breathing or has injuries to the face or mouth, you may wrap a towel around the head and neck. This will make it harder for the animal to bite, but will allow for easier breathing.
- Take your pet's vaccine history and information about any current medications if you are headed in for emergency care, especially if you are seeking help from a clinic or hospital you don't normally visit.
- Do not give your pet medication without instructions from a veterinarian. Pet owners sometimes give human medications, such as antihistamines and pain relievers, to sick or hurt animals. This can worsen a pet's problems because dogs and cats metabolize drugs differently than do people. Over-the-counter and prescription medications meant for people can even be lethal for pets. A veterinarian can answer questions about steps to take before emergency care.

Dr. Timothy Hackett is director of Colorado State University's James L. Voss Veterinary Teaching Hospital. He is a specialist in veterinary emergency and critical care.

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