



pg 3

*June payday returns to June*



pg 4

*Celebrate faculty and staff!*



pg 6

*Free Speech on Campus*



pg 14

*Pets get summertime allergies, too*

## Hughes Stadium: soon to be gone, but not forgotten by Ram fans

By Drew Smith

Hughes Stadium, off-campus home of Ram's football since 1968, began deconstruction on April 10, and demolition is scheduled to finish before November.

The CSU Research Foundation is in charge of the 161-acre site's redevelopment and is currently seeking bids and plans for qualified developers to oversee a mixed-use development.

CSU and the City of Fort Collins are discussing the option of annexing the property to be zoned within the city. The CSU Board of Governors unanimously voted to seek the annexation of the property.

Pending annexation, the development of Hughes will be the subject of the full city review process, and that requires its own various steps for community involvement and input. The Board of Governors will make the final decision as to the highest, best use of the property in consideration of what benefits both CSU and the greater community.

### Special place

Though Hughes has been replaced with the new on-campus facility, Hughes will always hold a special place in the hearts of Rams everywhere. One of these Rams is Jennifer Clary, who went searching for a sign that once hung in the old stadium.

When Clary attended CSU, she was a member of the marching band. Each home football game, she walked down the steps above the 50-yard line and through the gate marked "Portal 15."

When Clary came back to CSU to work with the University Center for the Arts, she brought her daughter with her to the games. Underneath the same "Portal 15" sign became their regular meeting place. Clary was able to track down the sign at Wool Hat, a furniture and antique store in Fort Collins that obtained some of the memorabilia from Hughes.

Clary was able to surprise her daughter, CSU student Eleanor, with the sign. "There is really over a decade of history between us and this sign," said Clary. "Hughes will always be a special place to our family and we are glad to have a piece of it in our home."



Jennifer Clary, right, and her daughter, Eleanor, would always meet under this sign for home games at Hughes Stadium.  
Photo courtesy Jennifer Clary

## Stadium naming agreement one of the largest in the nation

By Tony Phifer

Colorado State University has announced one of the largest collegiate athletic venue naming agreements in history, a \$37.7 million deal that will help launch an ambitious rebranding initiative by the new stadium sponsor and official credit union partner, Public Service Credit Union.

The agreement, which when added to the \$20 million given in 2016 to name Sonny Lubick Field, brings the total naming rights revenues at Colorado State to \$57 million for the stadium. This is comparable to the recently announced \$69 million United Airlines Memorial Coliseum at University of Southern California and the \$41 million Alaska Airlines Field at Husky Stadium at the University of Washington.

The Colorado State agreement with PSCU, announced April 19, is for 15 years and includes annual escalator clauses for inflation, as well as a signing bonus in recognition of the visibility and success of the new on-campus stadium, which begins its second football season in August after setting numerous records during its first year of operation.

Public Service Credit Union is a not-for-profit, state-chartered, member-owned financial cooperative that has been in business since 1938. Today, the credit union has more than \$2.3 billion in assets and more than 230,000 members — and a mission to help individuals and families make better decisions and grow stronger financially. PSCU agreed to become the title sponsor of the new stadium as part of an overall rebranding initiative and planned public rollout of a new name, which will be unveiled in the coming weeks. Learfield's Rams Sports Properties and their Campus+

business brokered the agreement as part of its ongoing support for Colorado State University athletics.

The playing field will continue to be named for the Rams' legendary head coach Sonny Lubick, who also happens to serve as Vice President of Community Outreach for the credit union.

### Stadium successful

The \$225 million on-campus stadium opened in the summer of 2017 and brought the pageantry and celebration of Rams football games back to campus for the first time in 50 years. The stadium's design embraces Colorado's natural beauty, topography and visual connections to the Rocky Mountains from campus and ensures functionality for both game-day and non-game day usage.

The 727,000-square-foot facility proved immensely popular and attractive to fans in its inaugural season of 2017. The Rams set an all-time attendance record with a total of 192,369 fans and a per-game average of 32,062, representing a 16-percent attendance increase from 2016 — eighth-highest for all of college football. Season ticket sales also reached an all-time high of 15,477, a 40-percent increase from the 2016 total of 11,054.

All of the Rams' day-to-day football training facilities and offices are located on the west side of the facility. The east side of the building includes the Iris & Michael Smith Alumni Center, general classroom space and the Collaborative for Student Achievement.





# APPLAUSE

## COLLEGE OF BUSINESS

The **College of Business communications team** and the Division of External Relations social media team received the Shorty Awards Audience Honor for Kevin’s Walk, a story about a CSU student’s journey to graduation that went viral during the 2017 commencement season. The Shorty Awards recognize individuals and organizations producing great content on Twitter, Facebook, Tumblr, YouTube, Snapchat and the rest of the social web.

**Christine Chin**, director of executive programs at the College of Business, was one of 11 women honored at the annual BizWest Northern Colorado Women of Distinction breakfast on April 18. Chin was selected in the Education category.

## COLLEGE OF HEALTH AND HUMAN SCIENCES

The **Child Trauma and Resilience Assessment Center**, which focuses on assessing complex trauma in children, was awarded the Jim Drendel Community is the Solution Award by the Department of Health and Human Services of Larimer County on April 6. The center is part of the Marriage and Family Therapy Program in Human Development and Family Studies.

## CSU HEALTH NETWORK

The **CSU Health Network’s physician assistants** have been named Team of the Year by the Colorado Academy of PAs. In addition, **Tina Dible**, the Health Network’s laboratory manager, as well

as the entire laboratory department have won the American Society for Clinical Laboratory Science’s Omicron Sigma award for Outstanding Service. The network’s Medical Services team consists of seven physicians, six nurse practitioners and seven PAs, who provide students with comprehensive care for the treatment of illness and injury, preventive and wellness care.

The Employee Appreciation Board recognized **Counseling Services** for their exemplary service with a burrito breakfast on April 3. This dedicated group has a wide range of services and counsels fee-paying students on campus regarding areas like situational problems, immediate crisis, and longstanding mental health. The group was nominated for going above and beyond to serve campus following the death of student Savannah McNealy last year.

# CSU LIFE STAFF

- Editor**  
Melissa Leavenworth
- Assistant Editor**  
Megan Hanner
- Reporters**  
Drew Smith
- Designers**  
Zoe Geraghty
- Photographer**  
Sara Graydon
- Advisors**  
Kim Blumhardt  
Kate Jeracki  
Kate Wyman

# CSU LIFE ADVERTISING

Want to promote your business through *CSU Life*?

Contact Kim Blumhardt at **[kim.blumhardt@colostate.edu](mailto:kim.blumhardt@colostate.edu)** or (970) 491-1146

CSU LIFE IS PUBLISHED MONTHLY DURING THE ACADEMIC YEAR THROUGH A PARTNERSHIP WITH CSU DEPARTMENT OF EXTERNAL RELATIONS AND ROCKY MOUNTAIN STUDENT MEDIA.

CONTACT US AT **[CSULIFE@COLOSTATE.EDU](mailto:CSULIFE@COLOSTATE.EDU)**



University Distinguished Professor **Diana Wall**, director of the School of Global Environmental Sustainability and a professor in the Department of Biology, was elected May 1 to the National Academy of Sciences, a top honor in recognition of her distinguished and continuing achievements in original research. She is the eleventh CSU faculty member elected to the National Academy of Sciences.



LOVE SPICE.  
LOVE WING SHACK.



**FT. COLLINS**  
1011 S. LEMAY AVE. | 970 631 8067

**ORDER ONLINE**  
at **[www.WingShackWings.com](http://www.WingShackWings.com)**



# Lanai Greenhalgh reflects on Ombuds office she helped create

By Kate Jeracki

Colorado State University offers an array of robust support services for students, but it's only been in the past decade that similar support services to help University employees manage challenges in their personal and professional lives have developed on campus. And that is the result, in large part, of efforts by Lanai Greenhalgh, who has served as Director of the Office of the Ombuds and Employee Assistance Program since 2009.

"Lanai has done such an amazing job creating a position that has been responsive to the needs of employees, supervisors and administrators," said Diana Prieto, associate vice president for human capital. "She has been a key player in all the consult teams across campus, and she will be sorely missed."

Greenhalgh, a licensed clinical social worker, left CSU on May 4 to relocate closer to family in Utah.

She said one of the real strengths of CSU is the climate of caring and support for each other, and a culture of seeking out resources and using them for that care and support. "That's a sign of a healthy organization; the administration pays attention to and supports these efforts."

## Together but different

During her first year as director of the EAP, the shared governance councils – Administrative Professional Council, Classified Personnel Council and Faculty Council – recommended reviving the ombuds function that previously had been part of the student conflict resolution center, with the focus solely on employees. It made sense at the time to have Greenhalgh become the ombuds as well.

The EAP supports CSU employees and their families with personal issues and crises, while the ombuds office provides confidential assistance in resolving issues related to the workplace. Greenhalgh said it is not unusual for the two areas to overlap, but the approach to each is very different.

"The EAP provides resources to help faculty and staff respond to crises, from a student death that impacts all of campus to family mental health issues," she explained, adding that all employees and their families can access six counseling sessions at no charge through the program. "We can put employees in touch with legal resources, financial planning, child care referrals, etc. The CARE program that connects employees to community health and social services is part of the EAP."

On the other hand, the Office of the Ombuds is committed to confidentiality, neutrality, informality and independence and serves as a place where employees can seek assistance in resolving disputes or understanding processes within CSU.

"Our goal is to resolve workplace conflicts early and at the lowest level possible," Greenhalgh said. "What we really want to do is to get people to talk to each other; I think of it as facilitating communication rather than 'mediating disputes.'"

The ombuds is a non-reporting office; Greenhalgh keeps no formal records of appointments or conversations and will not discuss employee issues with supervisors or administrators without expressed permission from the employee.



## Temporary gap

Greenhalgh said she realizes her departure will leave at least a temporary gap in services available to employees. Kathy Rickard will continue as faculty ombuds.

Prieto said she is in discussions with Lynn Johnson, vice president of operations, on next steps to ensure employees have access to coverage through the EAP program on an interim basis.

# Last pay date of the fiscal year: June 29

By Dell Rae Ciaravola

For the first time in 15 years, CSU employees who are paid once a month will receive their June paycheck on the last business day of June, instead of on the first business day of July. June paychecks for salaried employees who are paid monthly will hit personal bank accounts the last business day of June.

The change comes with recent guidance from the state controller's office that the one-day pay date shift, as required by state statute, no longer applies to institutions of higher education. This allows the university to reestablish a June pay date for employees.

The pay date was shifted in 2003, when legislation (SB 03-197) signed by then Gov. Bill Owens changed the last pay date of the fiscal year, which fell on the last business day of June, to the first business day of July, for budgetary reasons.

This guidance allows the university to return to a consistent pay schedule by switching the June pay date back to the last business day of June, the same as all other monthly pay dates.

Pay dates for employees paid twice a month will not be impacted by the change.

For more information, contact Human Resources at myhr@colostate.edu or (970) 491-MyHR (6947).

## RESOURCES AVAILABLE

**COMPSYCH GUIDANCE RESOURCES 24/7 CRISIS AND REFERRAL LINE:** (800) 497-9133

**CARE PROGRAM (EMMA CHAVEZ):** CARE.COLOSTATE.EDU, (970) 491-4839

**FACULTY OMBUDS (KATHY RICKARD):** (970) 491-5121

**HR SOLUTIONS PARTNERS:** (970) 491-6947

**OFFICE OF EQUAL OPPORTUNITY:** (970) 491-5836

**YOU'RE GOING SOMEWHERE.**

*Whether it's getting to your first audition  
or seeing the sun rise over the Grand Canyon.  
Maybe it's watching her T-ball game  
or visiting every single lake in Minnesota.*

*Your dreams can take you anywhere.  
And we'll be there for you, wherever you go.  
Because with the right support, any dream is possible.  
And there's no better insurance than that.*

**Let's talk today.**



**Lesa Ringkjøb Agency, Inc**  
375 E Horsetooth Rd Bldg 6100  
Fort Collins, CO 80525  
(970) 223-0940  
[www.lesaringkjob.com](http://www.lesaringkjob.com)



American Family Mutual Insurance Company, S.I. and its Operating Companies,  
American Family Insurance Company, 6000 American Parkway, Madison, WI 53783  
013589 – 6/17 ©2017

**COME ONE, COME ALL**

APPOINTMENTS | EMERGENCIES

**20% discount for CSU employees!**

\* Discount does not apply to pharmacy, central supply, or services provided by the Veterinary Diagnostic Laboratories or Orthopaedic Research Center.

**JAMES L. VOSS VETERINARY TEACHING HOSPITAL**  
COLORADO STATE UNIVERSITY

300 W. Drake Road  
(970) 297-5000  
[csuvth.colostate.edu](http://csuvth.colostate.edu)



WHEAT PASTA AND VEGETABLE ALFREDO WITH TURKEY MEATBALLS

THE KENDALL REAGAN NUTRITION CENTER SUGGESTS TRYING THIS SUPER EASY, SAVORY AND VEGGIE VERSION OF AN AMERICAN-ITALIAN FAVORITE.

SERVING SIZE: ABOUT 2 CUPS  
YIELD: 4 SERVINGS



CSU COOKS

- INGREDIENTS:**
- Turkey Meatballs
- 1 lb lean ground turkey
  - ¼ cup whole wheat Italian bread crumbs
  - ½ teaspoon dried basil
  - 1 teaspoon garlic powder
  - ½ teaspoon dried oregano
  - ¼ cup Parmesan cheese
- Pasta Alfredo
- 1/2 zucchini, cubed
  - 1/2 yellow squash, cubed
  - 1 medium head of broccoli, chopped
  - 1/2 box (8 oz) of any type of whole grain pasta
  - 1 cup light Alfredo sauce
- Pasta Alfredo
1. Steam vegetables in steamer for 20 minutes or steam in microwave for 2-3 minutes or until tender.
  2. Bring water to boil and cook pasta for about 10-12 minutes until al dente. Drain when done.
  3. Combine pasta with steamed veggies and add Alfredo sauce on top. Mix with spoon until combined.
  4. Top pasta with meatballs and add Parmesan to taste.

**NUTRITION INFORMATION / AMOUNT PER SERVING:**

Calories	335.9
Protein	34.1 g
Total fat	17.9 g
Total	
Carbohydrates	51.97 g
Saturated fat	6.3 g
Dietary Fiber	7.6 g
Cholesterol	113.2 mg
Sodium	631.36 mg

**FIND OTHER HEALTHY AND DELICIOUS RECIPES AT THE KENDALL REAGAN NUTRITION CENTER WEBSITE, [NUTRITIONCENTER.CHHS.COLOSTATE.EDU](http://NUTRITIONCENTER.CHHS.COLOSTATE.EDU)**

- DIRECTIONS:**
- Turkey Meatballs
1. Heat oven to 375 ° F
  2. Mix breadcrumbs with spices and cheese.
  3. Roll ground turkey into balls (about golf ball-sized).
  4. Roll meatballs in breadcrumb mixture.
  5. Sprinkle remaining mixture on top of meatballs.
  6. Bake for about 10-15 minutes (check around 10-12 minutes) or until internal temperature is 165 ° F

CSU Cares: ‘Tell Someone’ campaign

By Leah Bosch

Colorado State University is a diverse community of faculty and staff, students and countless volunteers, stretched across multiple campuses and locations. When any one of us has a question, concern, or need, the system can seem very complex. There are many resources for employees and students, and although each resource is invaluable, the Classified Personnel Council would like to familiarize you with an essential resource for safety and security: the “Tell Someone” program.

What is it?

The program began in 2011 as an early intervention program. Following the Virginia Tech shooting, many universities identified a need for a platform for which campus concerns could be reported. In the Virginia Tech case, there were twenty-some reports regarding the shooter’s behavior, but all reports were made to different groups and the total number of warning signs slipped through the cracks. Tell Someone hopes to provide a universal platform for people to report students or employees who may be a threat to safety, either to themselves or others. They could be struggling with mental health or emotional issues, or may be experiencing or initiating bias-related incidents.

Who coordinates the program?

Michelle Jacoby, the program coordinator, received both her bachelor’s degree and master’s degree in social work from CSU. The position appealed to her because she “love[s] working with people within a university setting. I think campus life is a unique setting that provides countless opportunities for growth and fulfillment. However, it can also be a difficult place to navigate for those in the community experiencing difficult situations. Tell Someone provides assistance in addressing the issues impacting people in the community and offers resources to support safety and well-being. It’s hard to experience growth and fulfillment without feeling safe or well, so it’s important to me to support community members in that.”

How does it work?

Anyone with a concern should either call 970-491-1350 or use the online referral form at [tellsomeone.colostate.edu](http://tellsomeone.colostate.edu). If an individual may be an immediate threat to themselves or others, do not hesitate to contact CSUPD immediately. The “Tell Someone” team will review the report and follow up as needed within one business day of the initial contact. The goal is to assess the level of risk depending on the severity of the threat, whether it be direct or implied,

and if there is any prior history of concerns. If the risk is high, the CSUPD is contacted immediately and the Employee Consult Team reviews the case for campus safety and support plans. If the risk is low to moderate, information and history for the person of concern is reviewed and an individualized response is determined based on the issue. A response may include working with other campus partners and supervisors to mitigate risk and support the person of concern.

Yehuda Berg once said, “A true community is not just about being geographically close to someone or part of the same social web network. It’s about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role.” The Classified Personnel Council urges anyone with a concern about a student or an employee not to hesitate to report the issue. If something does not feel right, it probably is not. Learn more about the “Tell Someone” campaign at [tellsomeone.colostate.edu](http://tellsomeone.colostate.edu).

FOR MORE INFORMATION

If you would like to learn more about the Classified Personnel Council, and the resources available to staff and faculty on campus, check us out at [CPC.COLOSTATE.EDU](http://CPC.COLOSTATE.EDU).

CONGRATULATIONS  
HOUSING AND DINING FACILITIES

Employee of the Quarter

**Dominic “Dom” Cruz** has stepped into a temporary position with the Building Automation Systems Team. He is a new set of eyes looking at equipment in a different way. One of the areas he has taken on is the Laurel Village VRF system. Very few local companies have the knowledge/skill set to work on these complex systems. Dominic has taken on this role to learn how to troubleshoot and also make certain repairs on these systems.

Employee of the Month

**Nick Bowman** is known throughout the department as a true gentleman. He is always professional and treats everyone around him with respect. He takes pride in his work and delivers exceptional customer service! He has recently moved into a temporary position focusing on quality control for the department and he has demonstrated his commitment to customer service and teamwork. Nick is a role model to other employees and he accepts new duties without complaint.

Employee of the Month

**Brandon Yoder** is a great leader, hard worker and very friendly. Brandon works in one of our apartment communities where he has a diverse staff who serve a diverse population. Students and staff comment on how Brandon lives out the Principles of Community daily. Brandon is committed to facilitating the success for his staff as well as for the department and he does this every day with a positive attitude!

Employee of the Month

**Karre Diem** was recently promoted to a lead position and transferred buildings with the promotion. She has jumped right in and is a good leader. She motivates her staff to work hard and is not afraid to work alongside them doing any task! Karre’s enthusiasm and positive attitude are valued and appreciated!

Employee of the Year

**Christina Silerio** is a great leader and always encourages her staff to work harder not because it’s mandatory or what we must do, but because together we have to provide great customer service to the students! Christina also demonstrates the Principles of Community especially when it comes to inclusion. Christina is always willing to translate for our Spanish speaking staff and she ensures that they feel valued and affirmed. Christina takes her role as a supervisor seriously and has established a positive rapport with her team.

Invisible Employee of the Year

**Rodney England** truly embodies why the invisible employee award was created. Rodney is a behind the scenes staff member who goes out of his way to keep staff safe and able to get around campus. As the vehicle coordinator for Housing and Dining Services, he is proactive, friendly, and always willing to help. A colleague shared, “No matter what the issue with vehicles, moveable assets, general questions or concerns, Rodney is right there with a smile and getting on it! He is an all-around loveable guy and represents our department in a positive way!”



# HERE'S YOUR SHOT

## summer Recreator



REGISTRATION OPENS MAY 10  
[fcgov.com/recreator](http://fcgov.com/recreator)



# Think Tank tackles tough issues of free speech on campus

By Kate Hawthorne Jeracki

The light of privilege burns bright, but illuminates only a small pool of experience, according to Colorado State University President Tony Frank.

“It’s time to stick our heads outside that bright pool of light, let our eyes adjust, and take a look at what those without the same privilege see and experience every day.”

Frank spoke during the President’s Panel, presented as part of the Think Tank: Free Speech Summit at CSU on April 13. He was joined by Dorothy Horrell, chancellor of the University of Colorado-Denver, and Timothy Mottet, president of CSU-Pueblo, in a discussion moderated by Shannon Archibeque-Engle of the CSU Office of the Vice President for Diversity. All three leaders acknowledged that the biggest challenges facing them surround finding the balance between the free exchange of ideas that is part of the nature of college campuses and protecting all members of the academic community from hate speech and incidents of bias.

“Our most important work is really messy, but really, really important,” Horrell said. “It’s critical that in our role as an institution of higher education we develop and maintain a culture of respect for all, but in these times it’s not always easy to navigate.”

Mottet, who has been at the helm of one of the most racially diverse campuses in the state for less than a year, agreed.

“There’s a tension between wanting the opportunity and ability to express whatever is on your mind and supporting our value of inclusivity,” he said. “We need to navigate between these poles.”

### Philosophy evolving

Campuses, because of their commitment to academic freedom and openness, have become a target for groups spreading racist, homophobic and anti-Muslim and anti-Semitic views. Frank acknowledged that the recent rise of such openly expressed sentiments at CSU has led him, as an academic, to re-examine some of his long-held beliefs in the absolute nature of free speech.

“The purpose of hate speech is not communication, or to debate opposing ideas,” he said. “Its purpose is to bully and intimidate, to create isolation and fear. And if we look at our campus as our students’ home while they are studying at CSU, it is the University’s role to ensure that they feel safe in their home so they can learn.”

CSU has made a conscious decision to acknowledge and publicly discuss incidents of hate and bias that have occurred on campus, and the University’s responses. This can leave



The President’s panel was a conversation moderated by Shannon Archibeque-Engle, far left, among CSU President Tony Frank, CU Denver Chancellor Dorothy Horrell, and CSU-Pueblo President Timothy Mottet. Photo by John Eisele, CSU Photography

the impression that things are worse here than at other institutions that remain silent when incidents happen, or do not respond, Frank acknowledged.

“We can’t prevent anyone from saying something repugnant,” Frank said. “But we can use our right of free speech to stand against it, and make them understand how far outside the norm of our community those sentiments are. We can let those attacked that they are not alone.”

### All-day summit

The Think Tank was presented as part of the Colorado Association of Diversity Officers in Higher Education, and attracted about 120 participants from campuses along the Front Range from Pueblo to Wyoming for a day of more than a dozen breakout sessions. Topics ranged from First Amendment legal issues to proactive public relations and admissions considerations, the importance of communication among groups impacted by incidents, the role of the administration in

supporting faculty in the classroom, and how faculty and staff can help targeted students when they themselves are part of a targeted group.

Mary Ontiveros, CSU’s vice president for diversity, said that while the topic is extremely timely, it was chosen for its annual presentation by the organization last year.

“It’s something all campuses are dealing with, not just big campuses anymore,” she said. “It’s discussed at every professional conference, and people are really searching for answers and ways they can be prepared.”

Archibeque-Engle said that while diversity officers would like to eventually work themselves out of a job, she doesn’t see that happening anytime soon.

“I do think more people are ready to engage in the discussion of the importance of diversity and inclusion not only on our culture but on the work they do every day,” she said. “They no longer think of ‘diversity’ as an add-on, but as a part of our community.”

DOING THE  
RIGHT THING  
MATTERS.®

BRING IN THIS COUPON TO RECEIVE A

FREE PRE-TRIP  
SAFETY CHECK

Includes visual inspection of tires, alignment, shocks,  
brakes & battery. See store for details.

Offer valid at Les Schwab Tire Center, 4560 Weitzel St., Timnath, Colo., location only. Present coupon at time of purchase to receive discount specified. Offer valid on passenger cars and light trucks only. Limit one per customer. Void where prohibited. Not valid with other offers. No copies of this coupon permitted. Good through May 31, 2018.

Timnath  
4560 Weitzel St. • 970-493-9585

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](mailto:station@kcsufm.com) for more info.



# Networks of support growing for women of color on campus

By Dell Rae Ciaravola

Women of color have expressed that, as faculty and staff at CSU, they have experienced a feeling of isolation. Being both a woman and a person of color means being a part of a smaller campus group, with only 629 out of about 7,500 total employees on campus identifying as women of color.

With the evolving focus on providing opportunities through the Women of Color Network, the goal is to increase a sense of belonging, says Mary Ontiveros, vice president for Diversity.

“The efforts to provide avenues for connection are really about providing a sense of community, and helping us retain employees who may otherwise feel isolated and not have a positive experience as a member of our campus,” Ontiveros said.

Ontiveros is formalizing, through organized luncheons and summits, what began years ago as a grassroots effort. When Maricela DeMirjyn joined CSU faculty about 10 years ago, she said she realized something was missing for women of color, and her belief that things could and should be better have helped shape today’s efforts.

“In my second year at CSU, as a member of the President’s Commission on Women and Gender Equity, I witnessed advocacy happening on behalf of women but not necessarily on behalf of women of color,” DeMirjyn said. “That prompted me to rally support for the creation of a subcommittee to support women of color.”

## Summits, networking offered

Now, the efforts have expanded to provide



consistent programing for professional development and networking opportunities. Last fall, the Women & Gender Collaborative started sponsoring community luncheons for staff and faculty women of color each semester. In April, 80 women attended the spring luncheon and networking opportunity.

The summit involves collaboration among the Women & Gender Collaborative, the Division of Student Affairs, the Office of the Vice President for Diversity, the Division of Enrollment and Access, the Women and Gender Advocacy Center, the Office of Equal Opportunity, the Graduate School, and the President’s Commission on Women and Gender Equity.

Connections from the efforts are long-lasting, with women reporting that smaller groups who met through the effort are continuing to meet as friends and colleagues. “It’s not unlike what happens within our student diversity offices,” Ontiveros said.

## FOR MORE INFORMATION

The Women of Color Summit is slated for 8:30 a.m. – 4 p.m. on Wednesday, June 6, at the Wedgewood Tapestry House in Laporte, and prior registration is required. This summer’s summit features Becky Martinez, an organizational development consultant with a focus on social justice, leadership and organizational change through dismantling systems of oppression through critical dialogue and reflection.

# Zonta Club to unveil art exhibit honoring local women

By Megan Hanner

The Zonta Club of Fort Collins will unveil a historic public arts exhibit on the west side of Coopersmith’s Pub and Brewing on Sept. 30. The “Her Legacy: Women of Fort Collins” exhibit will be made up of Japanese woodcut-style portraits honoring local women, both deceased and living.

Women included are those who have made significant contributions to the community and those who have been important role models to local young women. Forty-eight women with ties to Fort Collins, including 22 from CSU, have been chosen to be honored over the next three years. The portraits will be unveiled every six months in groups of 12, beginning with notable CSU women such as Temple Grandin, Becky Hammon, Blanche Hughes and Gladys Eddy.

According to Patti Smith, “Her Legacy” project chair and Zonta Club member, women’s accomplishments have been neglected for centuries. In her research, she found that there are many women whose legacies are often forgotten, or simply not recognized.

“We want to recognize these women for their accomplishments because they just started out following a passion,” Smith said. “And they have impacted thousands and thousands of women and girls along their path.”

Smith believes the exhibit will raise awareness for CSU and its impact on the community by educating those who

attend it.

“CSU impacted each of these women in some way,” Smith said.

The women included in the exhibit were selected by local volunteer women from different backgrounds. The final 48 women were chosen after a series of selection events. Most of the people working on planning for the exhibit are volunteers.

“It is truly a community project,” Smith said.

Smith came up with the idea at the Denver Convention Center in 2013. While walking to her car, she saw a wall of mosaic portraits. Later, she learned it was an exhibit of 40 men and 40 women who helped build the foundations of Colorado.

“I thought, if they can do that in Denver, why can’t we recognize only women with ties to the city of Fort Collins here with some type of an art project?” she said.

The Zonta Club has offices in 67 countries and 30,000 members. Its mission is to empower women worldwide by educating and advocating in communities. Zonta strives to create safe havens not only locally, but internationally.

## FOR MORE INFORMATION

Visit [HERLEGACYFCDONATE.ORG](http://HERLEGACYFCDONATE.ORG) to learn more about the exhibit. Go to [ZONTAFCEVENT.COM](http://ZONTAFCEVENT.COM) to explore the local Zonta Club and other projects it has done for the community.

Specializing in

PERFORMANCE SUNGLASSES  
AND EYEWEAR  
SINCE 1980

locally owned since 1980

**The Eyes Have It**

EYEWEAR • EYE CARE • SUNGLASSES

New Location | 102 W MOUNTAIN AVE  
970.407.0665 | FORT COLLINS, CO



# ENTERTAINMENT

## THEATRE AND PERFORMING ARTS

### “EQUUS” BY PETER SHAFFER MAY 31 – JULY 1

Bas Bleu Theatre

Peter Shaffer’s masterpiece “Equus” is a play of anguish, disappointment and discovery. It is a story about a psychiatrist who, in treating a terribly deranged young man who has committed a horrible deed, discovers himself. This play contains nudity and adult material.

[BASBLEU.ORG](http://BASBLEU.ORG)

### WILLIAM SHAKESPEARE’S “THE COMEDY OF ERRORS” JUNE 2 – JULY 7, 7 P.M.

Presented by OpenStage Theatre & Company

The Park at Columbine Health Systems, 947 Worthington Circle

Not one but two sets of long-separated twins form a springboard for confusion, slapstick and surprise as a family that once was lost now is found. Shakespeare’s farcical onslaught of mistaken identities, fateful romance and family reunions has all the ingredients for theatrical chaos. Walk in, bike in or drive in! Featuring nightly food trucks.

[LCTIX.COM](http://LCTIX.COM)

## LITERATURE AND ART

### WOMEN READING @ CSU FRIDAY, MAY 11, 12 - 1 P.M.

Lory Student Center 386

“Born Bright: A Young Girl’s Journey from Nothing to Something in America” by C. Nicole Mason

This book club is designed for CSU employees and graduate students who identify as women. The 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. [LEARN MORE AT HTTPS://THECOLLABORATIVE.COLOSTATE.EDU/INITIATIVES/#1](https://thecollaborative.colostate.edu/initiatives/#1)

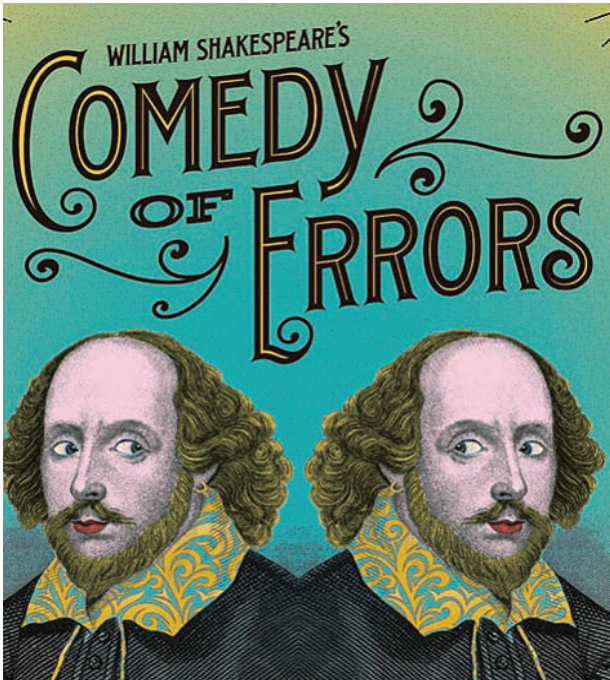
## MUSIC AND DANCE

### ROCK BAND PROJECT THURSDAY, MAY 10, 6:30 - 8:30 P.M.

University Theatre at the UCA

Join the TH264 Lighting Design 1 class and professor Price Johnston as they showcase a unique approach to teaching lighting, sound and projection design by utilizing Harmonix’s video game, Rock Band. This simulated rock and roll concert will have you on your feet and singing along. In fact, you may even forget it is a university lighting class final

THIS EVENT IS FREE AND OPEN TO THE PUBLIC.



# MENTAL HEALTH CRISIS SUPPORT

**DO YOU KNOW SOMEONE WHO IS HAVING A DIFFICULT TIME?**  
Please help them by telling key university offices that you’re concerned.

**911** Immediate risk of someone hurting themselves or others, call 911 from any location. If you are on campus, immediately tell the dispatcher that you are on campus and then your campus location.

**CALL** Tell Someone: If you are concerned about a student or employee we will connect them to support.  
[tellsomeone.colostate.edu](mailto:tellsomeone.colostate.edu) or **970-491-1350**

### EMPLOYEE ASSISTANCE PROGRAM AND CARE PROGRAM:

**CARE** The Employee Assistance Program offers a confidential referral to mental health counselors for employees and members of their household and up to six counseling sessions without a charge. The CARE program connects and refers employees to community resources that provide health and social services.  
[ombudsandeap.colostate.edu/employee-assistance-program](http://ombudsandeap.colostate.edu/employee-assistance-program)



Colorado State University



# COMMUNITY

## THE FOOD SYSTEM: NOVEL APPROACHES TO ITS APPLICATION FOR PUBLIC HEALTH



WEDNESDAY, MAY 16

Lory Student Center Main Ballroom

Join fellow health professionals and students at CSU’s 38th Lillian Fountain Smith Nutrition Conference! Explore novel ways the food system impacts public health at this popular annual conference - designed to provide participants with the most current, objective and authoritative information available in selected areas of human nutrition.

A variety of registration options are available, including student discounts.

[FSHN.CHHS.COLOSTATE.EDU/OUTREACH/LFS/](http://FSHN.CHHS.COLOSTATE.EDU/OUTREACH/LFS/)

## FRONT RANGE WORM SYMPOSIUM

THURSDAY, MAY 24, 10 A.M. - 4 P.M.

Lory Student Center Grey Rock 290

Colorado State University will host the upcoming 2018 Front Range Worm Symposium. Local and regional nematode scientists will have the opportunity to share their research, learn and socialize. Front Range Worms is a community of scientists in Colorado and Wyoming who use the nematode worm to gain insight into biological questions. This organism is an ideal candidate for research in molecular biology, biochemistry, genetics, neurobiology, developmental biology and related fields.

This event is free.

## CSU BBQ SHOWDOWN

MAY 26 – 27, 3-10 P.M.

The Stanley Hotel, 333 Wonderview Ave. Estes Park, CO

Enjoy your stunning surroundings at the historic Stanley Hotel, with evening events to include drinks, music and of course BBQ! The 2nd Annual CSU BBQ Showdown is sanctioned by the Kansas City Barbeque Society as a State Championship, Jack Daniels Qualifying Contest. Enter your best pork, pork ribs; brisket and chicken to try your luck at impressing the judges to win cash prizes in each category. Contestants can also compete for a People’s Choice award and convince all of Estes Park that you’re the true BBQ Master! Temple Grandin will give a talk on Saturday at 4:00 p.m. This is a ticketed event.

Open to the public, parking at The Stanley Hotel \$10/day, People’s Choice on Sunday \$15/adult, \$10/child, Temple Grandin talk on Saturday \$12

## WOMEN OF COLOR SUMMIT 2018

WEDNESDAY, JUNE 6

8:30 A.M. - 4 P.M.

Networking Social after 4 p.m.

Wedgewood Tapestry House, Laporte, CO

Hosted by the Women of Color Network, this annual summit will focus on professional development and community building for Women of Color. Dr. Becky Martinez will be the guest speaker. This year’s title is “What’s Your Class Story?: Building Class Consciousness.”

RSVP by May 23 at 5 p.m.

Questions? Contact Office of the Vice President for Diversity Training Coordinator Alicia Sprague at [alicia.sprague@colostate.edu](mailto:alicia.sprague@colostate.edu) or (970) 491-6544

## GREELEY BLUES JAM

FRIDAY JUNE 8

4 P.M. - MIDNIGHT

Downtown Greeley 9th St. Plaza & Surrounding Area

The Friday performances are appropriate for the entire family until around 9 p.m. Bring your dancing shoes and be prepared to do some bar-hopping in Greeley!

This event is free, and no ticket is required.

SATURDAY JUNE 9

Gates open at 10:30 a.m.

Music begins at 11 a.m.

Ends at 10:30 p.m.

Island Grove Arena

Great food and drink, merchandise vendors, ample free parking, plus camping and RV sites available just outside the Island Grove Arena. Don’t forget to bring your picture I.D.

See and meet some of the most talented young blues performers from Colorado and around the country. There are two stages inside the arena enabling continuous music for over 11 hours.

Tickets are \$30 until day of show, they will be \$40 at the door. Kids 12 and under are free when accompanied by adult and no ticket required.

VISIT [GREELEYBLUESJAM.COM](http://GREELEYBLUESJAM.COM) FOR MORE INFORMATION AND LINE-UPS.



## TASTE OF FORT COLLINS

FRIDAY, JUNE 8: 6 - 10 P.M.

SATURDAY, JUNE 9: 11 A.M. - 10 P.M.

SUNDAY, JUNE 10: 11 A.M. - 8 P.M.

Washington Park, Old Town Fort Collins

Taste of Fort Collins continues to benefit the Eyeopeners Kiwanis Club of Fort Collins Foundation in its charitable activities in the community. This three-day festival offers attendees food from local and national restaurants, entertainment from regionally and internationally acclaimed musicians and an eclectic display of fine artisans work as well as the region’s best crafters.

3-Day Pass: \$25

2-Day Pass: \$20

Friday: \$5

Saturday & Sunday: \$10 until 3 p.m., \$15 after 3 p.m.

[VIEW MORE INFORMATION AND LINE-UPS AT TASTE OFF FORT COLLINS. COM.](http://VIEWMOREINFORMATIONANDLINEUPSATTAKEOFFORTCOLLINS.COM)

## MOUNTAIN CAMPUS GETAWAYS

### MEMORIAL DAY WEEKEND:

SATURDAY, MAY 26 – MONDAY, MAY 28

### INDEPENDENCE WEEKEND:

FRIDAY, JULY 6 – SUNDAY, JULY 8

### JULY WEEKEND:

FRIDAY, JULY 20 – SUNDAY, JULY 22

### LABOR DAY WEEKEND:

SATURDAY, SEPT 1 – MONDAY, SEPT 3

Mountain Campus Getaways are wonderful opportunities for faculty, staff and alumni of Colorado State University to experience the Mountain Campus. Spend one of these special weekends hiking, fishing, relaxing and enjoying the mountains.

Adults/\$60, Teens/\$40, Children/\$30 for Conference Center Cabins.

Adults/\$40, Teens/\$25, Children/\$25 for Dorms.

TO REGISTER AND LEARN MORE INFORMATION GO TO [MOUNTAINCAMPUS.COLOSTATE.EDU](http://MOUNTAINCAMPUS.COLOSTATE.EDU).







# Ramskeller brewhouse opens for teaching

By Jeff Dodge

The long-awaited teaching brewery in Colorado State University's Ramskeller was unveiled April 9 when students, donors and other project partners offered a toast to the future brewers who will be trained on the system.

Guests at a grand opening event included Pete Coors and a host of other representatives from the nearly two dozen companies that contributed in-kind gifts worth hundreds of thousands of dollars to create the world-class teaching facility. "The craft brewing industry is a big part of Colorado's economy," CSU President Tony Frank told the crowd in the Lory Student Center. "And preparing people to be the next generation of the educated workforce in the economy of Colorado is one of the things that a land-grant university like CSU has existed to do, literally, since 1870."

## Partnerships

Frank also lauded the various campus and industry partners who made the project possible.

"This is here because people came together across different areas, for different reasons," he said. "And whenever people come together, you generally see good things happen. I'm confident that projects like this one will have not only a lasting economic impact, but will have an impact on just how we interact with each other as human beings, and will help bring people together."

Jeff Callaway, associate director of the Fermentation Science and Technology program in the Department of Food Science and Human Nutrition, thanked student center staff and CSU Facilities Management as well as the various industry partners and the students who worked on the project. Many of those students were in attendance, and Callaway encouraged the audience members to speak with them.

"Talk to them, get to know them, offer them jobs, that sort of thing," Callaway said with a laugh. Then he led the group in a toast to the new brewery.

## About the brewery

The facility features a brewhouse donated by Molson Coors. The contribution was shepherded by CSU alumna Jeannie Miller, who retired as the company's vice president of global technical governance and innovation after more than three decades with the Denver-based brewing corporation.

When Miller, a member of the fermentation science and technology program's advisory board, learned that a teaching brewery was in the works, she knew Molson Coors needed to be a part of it. She recalled an old brewing system that was sitting idle in a Vancouver, B.C., hockey arena, and worked with the manufacturer, Newlands Systems Inc. (NSI), to procure a new kettle, smaller tanks and several other improvements and refurbishments. She even helped coordinate delivery and navigate the customs process. The 10-hectoliter NSI system, capable of producing about 17 kegs per batch, arrived at CSU in December 2016.

Then students from the Walter Scott, Jr. College of Engineering went to work, helping fermentation science and technology students and industry partners set up the brewing system. They worked with CSU alumnus and systems engineer Dan Malyszko on the automation "brains" of the brewhouse as part of a senior design project called "Brewery Design and Automation" sponsored by Malyszko's




Students examine new equipment at the grand opening of the Ramskeller teaching brewery. Photo by CSU Photography

firm, Malisko Engineering. Callaway credits Malyszko with bringing together many of the industry partners who ended up contributing to the project.

In addition to Molson Coors, NSI and Malisko, organizations that contributed in-kind gifts include Rockwell Automation, Hoffman, Atlas Copco Compressors, Argelith Ceramic Tiles, Corosys Kellerworks, Georg Fischer COOL-IT, New Belgium Brewing Company, Dewco Controlled Fluid Systems, Kathinka Engineering, NFT Automation, Panduit, Pentair, Rexel Automation Solutions, U.S. Engineering Company Innovations, Burkert Fluid Control Systems, Belden, WB Tray, the Irving Brown family, and Spectrum Controls.

Watch a video of the unveiling at [chhs.source.colostate.edu/csu-partners-christen-new-state-of-the-art-teaching-brewery-at-ramskeller/](http://chhs.source.colostate.edu/csu-partners-christen-new-state-of-the-art-teaching-brewery-at-ramskeller/)

## CONGRATULATIONS



Dining Services is proud to announce that **Rusty Cowan**, Dish Room Attendant at the Corbett/Parmelee Dining Center, has been awarded the April Remarkable Service Award! This recognition program honors Dining Services' employees who demonstrate remarkable service by going above and beyond their normal duties. Rusty has been a reliable team member of the dining team since 2000. He works incredibly hard and never slows down! From the moment he clocks in, he is constantly doing all he can to keep the dish room clean and organized. If he isn't busy himself, he is looking for opportunities to help his fellow employees. General Manager, David Green, notes, "Rusty is dedicated, reliable and well deserving of this award!"

Congratulations, Rusty! Thanks for being a valuable part of our team!

## LIQUOR



**CAMPUS WEST DEPOT**

Kick off Summer in style!

FOR ALL CSU FACULTY & STAFF

## 13% OFF

ALL PURCHASES FOR THE MONTH OF MAY\*

\*Just show your CSU faculty/staff ID excludes kegs, cigarettes, & sale items

**1107 City Park Ave.**

Mon. - Thurs. 8 a.m. - Midnight  
Fri. - Sun. 8 a.m. - Midnight

**(970) 484-1107**



Find us on social media! @campuswliquors /campuswestliquors

**[campuswestliquors.com](http://campuswestliquors.com)**



# RamRide's Tom Walker named nation's Student Employee of the Year for 2018

By Jeff Dodge

Mechanical engineering senior Tom Walker didn't know what he was getting into when he showed up to an appreciation event for him and his fellow Off-Campus Life student employees on April 10.

His supervisors had kept it a secret that he had been selected as CSU's Student Employee of the Year. And that he'd gone on to win that honor at the regional level as well. Oh, and then at the national level.

It's believed to be the first time a CSU student has been named the country's Student Employee of the Year by the National Student Employment Association (NSEA).

## Another surprise

Off-Campus Life Assistant Director Lindsay Mason, who nominated Walker, made the announcement at an event in the Lory Student Center, then surprised him further by bringing his mom into the room so that she could be with him as he received the honor.

Walker, who works as data acquisition and analysis coordinator for RamRide, CSU's safe-ride home program, received plaques and three scholarships: \$1,000 from the CSU Office of Financial Aid, \$500 from the regional Western Association of Student Employment Administrators (WASEA) and \$1,000 from the NSEA.

Donya Gadley of the WASEA and Gloria Jenkins of the NSEA were also on hand and gave remarks at the ceremony, as did a teary-eyed Mason.

"Tom, I could go on and on about all the great things you've done for RamRide, and how talented of a student, employee and human you prove to be every day," Mason said. "Suffice it to say that your graduation is bittersweet for me. I'm so excited for your future, but I know that you leaving our team will be rough. You have left a strong legacy with RamRide, and I am incredibly proud of you."



## The nomination

In her nomination, Mason wrote that Walker consistently took the initiative to tackle issues he identified in his position, one that he actually proposed himself to address a gap in staffing.

For example, when he noticed that RamRide users regularly asked how long they would have to wait to get a ride, Walker coded a program that would estimate wait times based on the day of the week, number of patrons in the ride and the rider's number in the queue.

When he noticed inefficiencies in some of RamRide's zones, he developed a formula that would determine a zone's efficiency and implemented it into the system. To increase engagement among RamRide's volunteer drivers, he developed a way to measure a group's productivity throughout the night.

Walker even developed a national presentation about his data collection efforts and delivered it at the national Safe Ride Programs United conference. The presentation has made an impact nationally, as multiple schools have asked for his help and a copy of his presentation.

Walker graduates in May and has secured a full-time engineering job with Raytheon.

**Watch a video of the presentation ceremony at [source.colostate.edu/ramrides-tom-walker-named-nations-student-employee-of-the-year/](https://source.colostate.edu/ramrides-tom-walker-named-nations-student-employee-of-the-year/)**

## CSU CAMPUS TRIVIA WITH RUSS SCHUMACHER

**Amber Riley** usually plays CSU Life Campus Trivia when she knows the answer off the top of her head, but this month she had to look up when William Gray and the Tropical Meteorological Project at CSU published the first seasonal hurricane forecast – May 24, 1984.



Amber, executive assistant for the Department of Internal Auditing for the CSU System, has been with the University for 7 years, and came from the City of Fort Collins Utilities. She said since having her two boys, most of her trivia playing has been on her phone – she and her husband challenge each other on Trivia Crack.

While Internal Auditing reports to the Board of Governors and the Chancellor, to provide independent review and analysis of the effectiveness of controls and operations throughout the organization, the offices are on campus in Johnson Hall. Amber said she really enjoys working on the Oval and helping the department achieve its goals.

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

And that wraps up another year of trivia. Have a good summer, and watch for more in the next issue of *CSU Life* in September.

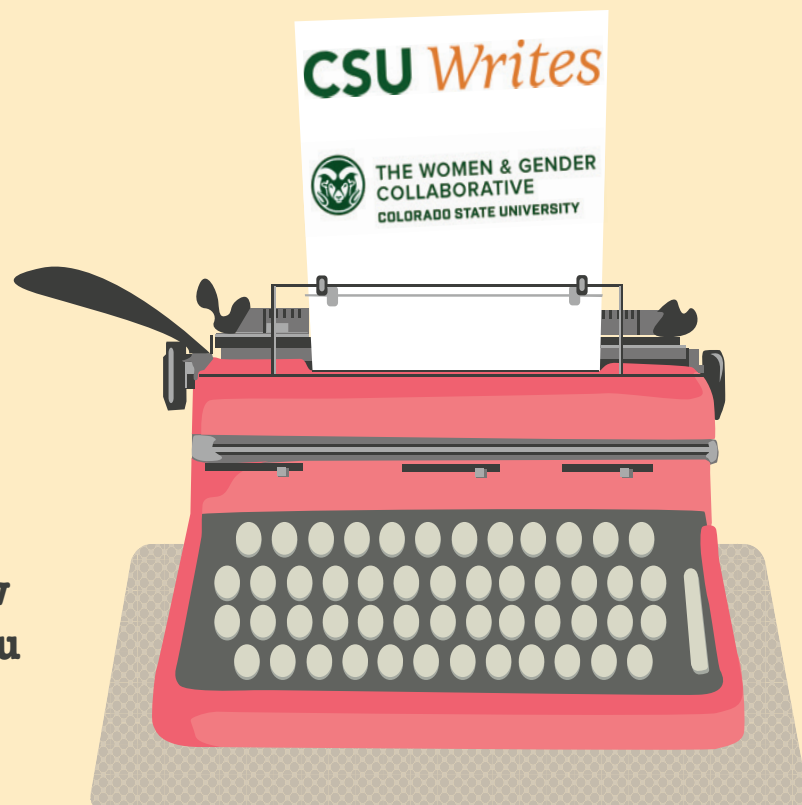
# Women Faculty Summer Writing Retreats

**A collaboration between CSU Writes and the Women & Gender Collaborative to support the productivity of women faculty at all stages of their careers.**

**Women Junior Faculty Writing Retreat  
June 4 - June 6 at the Mountain Campus**

**Women Faculty Week-Long Writing Retreat  
June 25 - 29 on CSU main campus**

**Space is limited - for more information and how to register, visit <https://csuwrites.colostate.edu> or email [csuwrites@colostate.edu](mailto:csuwrites@colostate.edu)**







Remember rushing to your freezer after playing in the summer sunshine, reaching into that never-ending mountain of colorful ice-pop tubes, and fighting for your favorite flavor? Finally, we have an adult way to get that feeling back.

Whether it's in frozen form or in the bottle, locally made Coyote Gold Margarita Mix is the only beverage of its kind crafted with all-natural ingredients. Golden from the tequila's aging process and flavorful even when the ice melts, these beverages demand you raise your margarita quality standards.

Founders and electrical engineers Mo and Randy stumbled upon their margarita business accidentally in 1998. The personal quest to find the perfect margarita (ready-made or in restaurants) was a precursor to what is now the company mission: to "liberate you from bland margaritas."

Crafting a drink dubbed the "microbrew of margaritas" took two years of testing and a meticulous detail to ingredients—the engineering approach to alcohol.

The legendary drink easily gained traction among the founders' friends, and later across Colorado as a catering addition to large-scale charity and non-profit fundraisers. Coyote Gold never forgot this start, and continues to support charitable events through the Margaritas With A Mission Program.

Get ready for the summer season with Fort Collins' own Coyote Gold Margarita mix, in ice-pop form or in the bottle, available at Wilbur's Total Beverage. *By Paige Beaufort*

**KICK OFF MARGARITA SEASON  
WITH COYOTE GOLD, MADE IN FORT COLLINS AND  
AVAILABLE AT**

**WILBUR'S  
TOTAL BEVERAGE  
WINE & SPIRITS**



# Cures for the doggy summertime blues

By Dr. Jennifer Schissler

Trail running, swimming, hiking — healthy outdoor recreation forms loving bonds and beautiful memories as we bask in the summertime glow with our pets. But, just as in people, exposing the skin to the outdoors can lead to troublesome inconveniences and even life-threatening conditions. It helps to be aware of these treatable and preventable skin conditions as you venture outside this summer.

Do you suffer from seasonal or year-round allergies? Dogs commonly do, too. Summer can be a challenging time of year for many dogs with allergies when they are exposed to pollen through outdoor activities.

Canine allergies manifest as skin and ear problems, including:

- Licking, biting, scratching and rubbing of the skin, and shaking of the head.
- Persistent foot-licking.
- Red, greasy skin, with small red bumps, scabs, or patches of hair loss due to secondary infection.
- Wax or even pus discharge from red, painful ears.
- An unpleasant odor from the skin or ears.

If your dog is exhibiting these signs, it is important to seek veterinary care to identify and treat secondary infections and to treat the pain and itch. Your veterinarian can perform quick tests to look for mite infestations, infections, and other curable skin problems that can mimic allergies.

**MEET THE COLUMNIST**

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

Ear treatments should be performed under the recommendation of a veterinarian. Inappropriate treatments can make the situation worse or even lead to dizziness or reduced hearing.

There are now allergy tests for dogs marketed online, directly to dog owners. These tests ask for saliva or hair samples. They are not recommended by veterinary dermatologists, as they have been found to be very inaccurate. In fact, the tests come back positive even when only water is sampled.

There are many new anti-inflammatory medications, shampoos and topical applications, and ear treatments for allergies in dogs. We can even perform skin allergy tests on dogs.

Based on the results, we can formulate allergen solutions administered by injection under the skin or via drops under the tongue. This reduces requirements for antibiotics and anti-inflammatory medications over time.

### Sun damage and skin cancer in white dogs

Dogs with short, white coats and white skin that spend time in the sun may suffer sunburn and long-term damage that may lead to skin cancers.

Sunburns present in dogs similarly to people as red, painful skin. If your dog experiences an acute, severe sunburn, seek veterinary care.

Sunburn and skin cancers can be prevented entirely by limiting sun exposure in the peak sun hours of the day (11 a.m. to 3 p.m.). You may also put a t-shirt on your pup and apply child-safe sunscreen to prevent burns and skin cancer.

### Thermal sunburns in black dogs

Dogs with black or dark brown hair are also at risk for severe burns in the sun if they are outside in non-shaded areas during extreme heat. This has been shown to occur in temperatures at or about 90 degrees in less than 30 minutes. Because black hair absorbs approximately 50 percent more solar heat energy, the temperatures of the skin rapidly rises, causing painful and severe burns of the back.



PET HEALTH

If your dog has a dark coat, do not keep your pet outdoors for extended periods in unshaded areas during hot weather. If you must venture outdoors with your pet during extreme heat, limit the time outdoors and provide shade and water. If shade and water are not available, put a white shirt (preferably soaked in water) on your dog.

And always check the temperature of water exiting the hose before you spray down your dog, as hoses left in the heat can lead to dangerously hot water.

### SIMPLE TIPS TO HELP ALLERGY SUFFERERS

- Bathe or rinse your dog weekly during the pollinating months to remove pollen from the skin.
- Oatmeal-based shampoos can temporarily reduce mild itch.
- Wipe the paws and underbelly after outdoor activity with a damp cloth to remove pollen.



**A PUPPY IS WHAT MAKES A HOUSE A HOME**

*HAPPY AND HEALTHY FAMILY PETS*

All puppies have a health guarantee, are up to date on shots and you get a free vet visit. Our puppies come from responsible, reputable breeders.



3663 S. COLLEGE AVE., FORT COLLINS, CO 80525  
970-223-5318 | PETCITYFORTCOLLINS.COM

RENTALSEARCH.COLOSTATE.EDU

# RENTALSEARCH

FIND YOUR PLACE

NEED A PLACE?

HAVE A PLACE?

STAFF & FACULTY HOUSING NOW AVAILABLE

LIST AND FIND VACANT HOMES ROOMS TO RENT ROOMMATE LISTINGS





# A guide to shopping Fort Collins farmers’ markets

*By Megan Cooney with the Kendall Reagan Nutrition Center*

As the days get longer and temperatures climb higher, the time is ripe for celebrating our state’s bounty of local produce. Embrace summer by taking your grocery shopping outside and give farmers’ markets a try. Did you know that June is National Fresh Fruit and Vegetable Month? Picking up a colorful bag of produce at your local farmers’ market is a great way to celebrate and try something new.

## Why Shop at Farmers’ Markets?

There is an abundance of fresh, delicious produce grown right here in Colorado. From Palisade peaches to Olathe sweet corn, seasonal fruits and vegetables are usually picked at the peak of ripeness and taken directly to farmers’ markets around the state. This seasonal schedule and short travel time make these fresh fruits and veggies top in both nutrition and flavor compared to produce that was picked unripe and brought in from out of state. Buying local produce that requires less transportation also helps to minimize your carbon footprint. You can often score deals with local vendors that can make purchasing your produce from the farmers’ market budget-friendly, all while directly supporting Colorado farmers and your local community—keeping your “bucks in your backyard”.

Fruits and vegetables are the stars of farmers’ markets, but you can also find many other local offerings like honey, meats, eggs, cheese, handmade bread and pastries, handmade soaps, spices, local coffee, dog treats, flowers and even tamales and pierogis for an al fresco lunch.

## Shopping Tips for Getting the Most Out of Your Market Trip

**Go early.** Vendors bring a limited number of their products to the market. Going early ensures you will have a greater selection to choose from.

**Bring cash.** While more and more vendors accept credit cards and Electronic Benefit Transfers, it is a good idea to bring cash just in case.

**Bring your own bags.** Reusable cloth bags are durable and a great way to keep all your purchases organized as you browse. Bring insulated bags if you plan to buy perishable items.

**Take your time.** Give yourself plenty of time to walk around and compare similar products so you can find exactly what you want at the best price. Many markets have live music and vendors often offer samples, so take your time exploring and enjoying the tastes of summer.

**Talk to the vendors.** Vendors know their products best and are a great resource for any questions about growing methods, preparation techniques, and many will share recipe suggestions. Getting to know your farmers will help you become more connected with your community and your food.

## What Should I Buy?

Use the Colorado Produce Calendar to see what is in season. Generally, you want to pick produce that looks fresh and is free from signs of mold or bruising. Be sure to give all produce a good rinse and scrub before chopping and eating, even if you don’t plan to eat the peel or rind. Here are some tips for choosing some Colorado favorites:

**Peaches** Choose peaches with fuzzy, firm skins that yield to gentle pressure. They should be yellow-orange in color with some red blushing.

**Melons** Choose fragrant, symmetrical melons that are heavy for their size and do not have major bruising.

**Corn** Look for corn with green, tightly folded husks and brown, stiff tassels. Check for even, plump kernels.

**Peppers** Choose peppers that are firm, free of wrinkles, and that have their stems mostly intact.

## Finding a Farmers’ Market

**Fort Collins Farmers’ Market**, Wednesdays from 10 a.m. - 2 p.m. and Sundays from 10 a.m. - 2 p.m. Wednesday market open from June 13 to September and Sunday market



open from May 6 to mid-November. Located at 1001 East Harmony Road in front of the Ace Hardware.

**Larimer County Farmers’ Market**, Saturdays from 8 a.m. - 12 p.m. Open from May 19 to October. Located at 200 S. Oak Street in the Larimer County Courthouse parking lot.

**Drake Road Farmers’ Market**, Saturdays from 10 a.m. - 1 p.m. Open from April 21 to October. Located at 802 W. Drake Road.

The USDA Farm Fresh mobile app is an easy way to access a current and complete guide to ALL Colorado farmers’ markets and roadside stands. Download the free app at [COLORADOAGRICULTURE.COM](http://COLORADOAGRICULTURE.COM).



# CELEBRATING MOTHER'S DAY BY CELEBRATING MOTHER EARTH



**REDUCE!**



**REUSE!**



**RECYCLE!**



**REJOICE!**

**250 E. MOUNTAIN AVE | 970.484.7448 | OPEN 9AM-7PM DAILY | [FCFOOD.COOP](http://FCFOOD.COOP)**



PROUD TO BE  
A CSU RAM?

SHOW IT



Stop by and see us in the Lory Student Center, next to the RamCard Office, to open a First National Free Checking Account and get your CSU Visa Debit Card on the spot.

Learn more at [1stnationalbank.com/CSU](http://1stnationalbank.com/CSU)



Colorado State University



First National Bank

Member FDIC