Rams Against Hunger plays pivotal role during the holidays

By Annie Weiler

As the holiday season approaches, our attention naturally turns to food. Whether it’s Christmas, Hanukkah, Thanksgiving, Diwali, Friendsgiving or Kwanzaa, fall and winter holidays bring friends and family together over shared meals, as preparing and enjoying food strengthens social bonds and reinforces community. With the chill in the air, we find solace in comforting dishes like hearty soups, soul-soothing stews, succulent roasts or spiced desserts. Many also hold unique culinary traditions tied to their cultural heritage, where food not only provides a sense of belonging but instills cultural pride.

But not everyone can indulge in lavish charcuterie boards, endless holiday cookies or a vat of chicken noodle soup. Recognizing this, Rams Against Hunger steps up to ensure that every Ram can experience the holiday warmth with a nourishing meal.

Based in The Office of Student Leadership, Involvement and Community Engagement, Rams Against Hunger provides services to students, faculty and staff facing food insecurity. Rams can access fresh produce, dairy, eggs and shelf-stable and frozen foods at no cost, helping ease the ever-increasing burden of grocery prices. The services offered encompass a food pantry, a meal-swipe program, eight pocket pantries and personalized assistance in navigating federal aid eligibility, especially SNAP and EBT benefits.

Above all, Rams Against Hunger is dedicated to destigmatizing and normalizing discussions about food insecurity, while upholding the dignity of those seeking assistance.

As the holidays approach, Rams Against Hunger becomes a crucial resource, recognizing this time’s heightened isolation associated with food insecurity. They’ve collaborated with the Food Bank for Larimer County, which contributes 95% of the pantry’s food, along with Morning Fresh Farms and Whole Foods. Through a myriad of partnerships, Rams Against Hunger ensures a well-rounded and nourishing array of foods, catering to the diverse needs of the community.

continued on pg. 6
CSU LIFE | FACULTY & STAFF

Experience More of CSU Life Online

Print editions of CSU Life are being delivered in smaller batches to campus buildings this semester as some university community members are working remotely. Additional copies are available in the Lory Student Center. Read more stories about faculty, staff and the CSU community online at csulife.source.colostate.edu.

A Little over a month ago, I reached out to Eugene Kelly, a professor of pedology, deputy director of the Colorado Agricultural Experiment Station, and associate dean of extension at Colorado State University. Within five minutes of meeting him in the Lory Student Center, Dr. (‘Just call me Gene!’) Kelly had got me to spill my life story as an endurance athlete, instructor, and told me that he used to commute to CSU from Boulder, his home on the bike, which is about 43 miles … one way.

Kelly — the dynamo of energy that he is — is clearly one of the most beautiful places in the world.”

“After finding my way out of New York — in a van, mostly just to ski and surf — I made my way out West, finding CSU!” he said. “My advisor during my bachelor’s degree studies in range science asked me if I knew the difference between a bull and a steer. I couldn’t come up with a quick answer, so he literally walked me over to a new building to study something different … soil science.

A roundabout way, Kelly found soil science and never looked back. He went back to CSU to get a master’s degree in soil science, while simultaneously training for events. He then went to the University of California at Berkeley for his Ph.D. — coming back to CSU shortly after to become an assistant professor.

“I drifted into soil science while studying natural resources here at CSU. I was drawn to pedology because it’s highly interdisciplinary and converges around the things that interest me: chemistry, physics, biology, geology and ecology,” Kelly said.

“It’s a discipline that simultaneously challenges one intellectually and physically and has brought me to see some of the most beautiful places in the world.”

Now a revered professor in the realm of soil health and pedology, Kelly is an integral component of the world’s knowledge and perception of our planet. He was recently appointed chair of the National Committee on Soil Science by the National Academies of Sciences, Engineering and Medicine, helping to raise awareness among scientists, societies and decision-makers about the profound importance of soil for human well being and our planet.

“The Martian movie story is funny … I was being interviewed by some folks unrelated to the movie on providing input to the Biosphere program, and I spent a bit of time as a biochemist, mapping soil and living on the Biosphere 2,” he said. “The experiment that they had designed was failing … without going into too many details, they had too much organic C in the soil, which set the whole system out of whack, and we solved it. Eventually, some movie folks who were interested in endurance sports took time, passion and persistence. It changes your lifestyle, mindset and character,” Kelly said. “I believe in that deeply and make my bed every day when I wake up, even at hotels. Then I go for a run.”

“Running, as well as science, cycling, water polo, yoga and aerobics — you get it — these are all huge aspects of Kelly’s life. Growing up on Long Island, New York, he was a ‘reasonably good athlete’ by his standards, excelling in track and field, lacrosse and basketball, among other things.”

“I believe that all these things taught me and were interested to see if the idea of food production was viable in closed systems like in the movie. Kelly — the dynamo of energy that he is — is clearly one of the most influential and important soil health advocates on our planet, yet somehow maintains a philosophical, passionate love for the complexities of life that extends beyond just that of his career. How?”

“Navigating a professional career, much like enduring in sports, entails confronting multiple and diverse challenges,” he said. “It’s critical to cultivate a new perspective on failure. Obstacles are a part of our journey, and they are inevitable, whether in your career path or during your daily pursuits, it behooves us all to play.”

“Let’s all be like Kelly, and just laugh a little bit more through it all.”

Ben Randall

The Secret Life of Scientists

Renowned soil health expert by day, pedologist for Hollywood by night: Kelly is a fitness enthusiast as well.
You bought a poinsettia. ... Now what?

By Clara Deforest-Colvig

Although these flowers make a great gift for a loved one or a lovely centerpiece at the dinner table, they can be tricky to take care of. They require the right temperature, sunlight and amounts of water. Ironically, the plant that often represents the holiday season is native to warm, tropical climates. Physician and botanist Joel Roberts Poinsett introduced poinsettias to the United States from Mexico in 1825. Due to their origin, it is best to keep poinsettias away from drafty areas of the house.

Poinsettias also require lots of sunlight. They should be placed in south, west, or east-facing windows. However, beware of cool windows – when the poinsettia’s leaves, called bracts, touch the cold glass, they will wither up and fall off.

To keep poinsettias healthy and growing, they must be watered correctly. The plant should be watered when the soil is noticeably dry. It is important to avoid over-watering poinsettias as well. Over-watering of poinsettias can lead to root issues as well as bract/leaf drop. A sign of over-watering is the bracts turning yellow and falling off. If ever in doubt, it is best to under-water poinsettias rather than over-water them.

Another thing to watch out for when taking care of a poinsettia is the sap. The plant oozes a milky substance that can irritate the skin after contact. The sap can also cause nausea in pets. Additionally, contrary to popular belief, poinsettias are not poisonous, but if eaten they can induce vomiting.

Although poinsettias can be a more difficult plant to take care of, they are beautiful additions that can spruce up any room in the house.

- Michele Bennett contributed to this story.

The City of Fort Collins illuminated Old Town on Nov 3. Every night through Valentine’s Day, the holiday lights will be shining across 22 block faces of downtown, with thousands of strands of lights in alleyways, along sidewalks and within tree-tops.

Here’s a handy tour to help you make the most of this special time of year.

**Thirsty Nights Carriage Rides | Location on Map: Old Town Square**
Explore Old Town by horse and carriage through Dec 22.

**Old Town Square Skate Rink | Location on Old Town Square**
Lace up the skates and enjoy the lights while skating around Old Town Square.

**Global Village Museum of Arts and Cultures**
Location on Map: 250 W. Mountain Ave. #2, Fort Collins, CO 80521
Experience “Fire and Light: Winter Solstice Traditions” at this museum in Old Town.

**Clothes Pony & Dandelion Toys**
| Location on Map: 111 N. College Ave., Fort Collins, CO 80524 |
Take your child or unlock your inner child at this classic toy store in the heart of Old Town.

**Rocket Fizz Fort Collins**
| Location on Map: 523 N. College Ave. #190, Fort Collins, CO 80524 |
Stop back in time at this old-school candy store.

**The Exchange**
| Location on Map: 200 N. College Ave., Fort Collins, CO 80524 |
Enjoy food, drinks and maybe even some ice cream at this popular Fort Collins destination.

**Old Firehouse Books**
| Location on Map: 232 Walnut St, Fort Collins, CO 80524 |
Grab a picture outside of this historic firehouse and stop inside to explore a large array of books.
Ausubel’s novel about the woolly mammoth earns rave reviews

By Annie Weiler

In April 2023, Ron Charles of The Washington Post delved into the pages of CSU Assistant Professor Ramona Ausubel’s novel ‘The Last Animal: A Novel.’ Charles emphasized the story’s woolly mammoth, seeing it as a poignant symbol of irreversible change and the inescapable march toward extinction. He captured the novel’s essence, writing, “The paradox that this novel confronts with such tender sympathy and humor is how to love the time we have left.”

Ausubel’s work resonated widely, with other publications like People magazine and The New York Times Book Review applauding her work. Inspired by a news story on mammoth de-extinction, Ausubel’s teaser for the novel promises a “playful, witty and resonant” novel following a single mother and her two teenage daughters as they embark on “a wild scientific experiment and discover themselves in the process.”

In his review, Charles noted, “The Last Animal” captures the thrill and chill of a scientific adventure to the Arctic. The narrative’s icy landscapes don’t scream ‘stream vacation’ for the bored teens, but a marvelous adventure leads to an accidental and astonishing discovery — a perfectly preserved, 40,000-year-old baby mammoth. This stroke of luck catapults the trio into a glinting whirlwind, from Siberian slopes to Icelandic shores and an eccentric animal farm in Italy. Their journey unfolds with a series of wild events, culminating in the birth of a creature hailed as the game-changer — the woolly mammoth, which they call “the most important animal on the planet.”

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In line with their dedication to sustainability and public involvement, Rams Against Hunger enthusiastically embraces donations from community members. They’re currently receiving donations of unopened packaged food. Rams Against Hunger also supports the Growing Give program, encouraging Rams to contribute surplus garden produce and help minimize food waste.

As winter approaches, Rams Against Hunger is gearing up for holiday initiatives. A recent Thanksgiving event on Nov. 17 saw 150 turkeys and holiday meal items distributed to CSU families. For Giving Tuesday on Nov. 28, they planned to raise $90,000 for programs like the Meal Swipe initiative. This initiative allows students to apply for 30-50 meal swipes, usable at any CSU dining hall. They also remained open throughout fall break, offering assistance to local, on-campus and international students.

The Rams Against Hunger Food Pantry, located in the CSU General Services Building at 1251 Mason St., extends its welcome to all community members — students, staff and faculty alike. Visitors are encouraged to bring their CSU ID card and bags for a seamless experience. For more details about Rams Against Hunger’s eight-pocket pantries, meal swipe program, ongoing initiatives or volunteer opportunities, visit the SLICE office in the Lory Student Center, Room 210.

Rams Against Hunger is also involved with the CSU Food Pantry, one of the university’s many programs dedicated to helping students in need. The pantry is open throughout fall break, offering assistance to local, on-campus and international students. As winter approaches, Rams Against Hunger is gearing up for holiday initiatives. A recent Thanksgiving event on Nov. 17 saw 150 turkeys and holiday meal items distributed to CSU families. For Giving Tuesday on Nov. 28, they planned to raise $90,000 for programs like the Meal Swipe initiative. This initiative allows students to apply for 30-50 meal swipes, usable at any CSU dining hall. They also remained open throughout fall break, offering assistance to local, on-campus and international students.

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Celebrating continued culture change at Student Recreation Center

By Joe Giordano

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New plan sets goals for the future of transportation and parking at CSU

By CSU MarComm Staff

Parking and Transportation Services has announced the completion of the Transportation Demand Management Master Plan update, which sets transportation goals for the next decade.

PTS contracted with consulting firm Kimley-Horn to develop a TDMP that is focused on optimizing transportation options for campus community members. The document outlines strategies by mode of travel for the next 10 years and has been submitted to the Master Plan Committee for consideration as it develops the university’s overall master plan to be completed in 2024.

The plan is the culmination of a year-long coordinated effort among PTS, other CSU departments and city and regional stakeholders. PTS engaged with over 3,500 members of the CSU and Fort Collins community through pop-up events on campus, workshops and presentations to departments and student organizations, surveys and focus groups. “Robust stakeholder engagement was an essential part of the process when developing the TDMP,” said Jamie Gaskill, associate director of active transportation with PTS. “We wanted to ensure that the needs of campus community members were at the center of the recommended strategies so that we are focusing future efforts on the things that will make the biggest impact for students, employees and visitors.”

About the goals

Recommendations made in the plan focus on improving convenience, quality and equity in the university transportation network. Goals set forth include investing in safe and reliable infrastructure, addressing transit frequency and reliability, and optimizing peak parking lot utilization. Additionally, the plan provides a framework to help CSU achieve a more balanced transportation mode split that will help the university meet climate action goals, improve safety and ensure the campus is accessible.

“PTS strives to learn from best practices of other universities and industry standards to best serve our community,” said Dave Bradford, executive director of PTS. “This plan will help us anticipate future challenges and opportunities as the university continues to grow.”

Copies of the executive summary and the full Transportation Demand Management Plan update can be found online.
From Ag Adventure to CSU Day to the newly completed CSU Spur campus, Colorado State University will once again have its imprint all over the National Western Stock Show, being held in Denver Jan. 6-21. CSU has been a partner with the NWSS since it began in 1906. Below are some highlights of CSU-related activities and events at the Stock Show.

**Jan. 4**
- The National Western Stock Show Parade (nationalwestern.com/special-events/parade) will be held at noon on Jan. 4, featuring CAM the Ram and Ram Handlers. The parade route begins at Denver’s Union Station and runs up 17th Street, concluding at 17th and Glenarm Place.

**Jan. 5**
- Boots ‘N Business After Party: 1-3 p.m. on Friday, Jan. 5, at CSU Spur. Paid registration required. Register at tinyurl.com/nwsspromo.

**Jan. 9**
- NWSS Free Admission Day

**Jan. 10-21**
- Spur One-Year Anniversary Celebration: 1-5 p.m. on Friday, Jan. 5, at CSU Spur. Join this free and public event that is all about having fun and interacting with CSU programs and partners.

**Jan. 11**
- Ag Adventure: Become a Junior Ag Ambassador by participating in this interactive, hands-on exhibit where CSU Agricultural Education students teach about agriculture and natural resources, including where your food comes from. It is a collaboration among the NWSS, CSU and various commodity organizations from around the state that represent Colorado producers. The CSU booth and Ag Adventure can be found commemorating the milestone first year of the full CSU Spur campus being in operation.

**Jan. 12**
- Discover and explore CSU and Colorado 4-H, delivered by CSU Extension, during 4-H Day at the Stock Show, Friday, Jan. 12.

**Jan. 13**
- CSU Day at the Rodeo is Saturday, Jan. 13. Special group discount tickets are available for CSU Day at the Rodeo at 11 a.m., featuring seating in CSU fan sections. Tickets include grounds admission for the day, which includes nearly 300 trade show vendors, Mutton Bustin’, CSU officials as stagecoach/wagon riders, National Western nursery, kids’ activities, petting farm and more. Rodeo tickets are available at tinyurl.com/nwsspromo.

**Jan. 17**
- Learn more about Colorado FFA and agricultural education on FFA Day, Wednesday, Jan. 17.

**Jan. 18**
- Temple Grandin Equine Center Exceptional Rodeo, from 10 a.m. to 2 p.m. at the CSU Spur Vida Building. The mock and adaptive rodeo experience is for Denver-area youth with special needs, ages 4 to 12. Professional Rodeo Cowboys Association athletes and rodeo royalty partner with the youth to assist them through the rodeo obstacles. CSU Professor Temple Grandin engages with the youth and signs books, while community volunteers help host each activity station. The public is welcome to watch.
Eggnog is one of those winter cocktails that stirs up holiday nostalgia and warms you with that festive feeling for the “cozier at home” days ahead. Served over ice while curled up near a fireplace or served warm with whipped cream and a cinnamon stick while celebrating with friends and family, eggnog is sure to be a holiday pleaser.

Although nobody seems to know the exact origins of eggnog, it is believed the drink began as early as the 13th century as a beverage for the British aristocracy. It was only the wealthy who could afford to drink warm milk and egg beverages seasoned with pricey spices such as ground nutmeg and cinnamon and mixed with expensive liquors like brandy and sherry to keep it from spoiling. Today, you can enjoy this sweet, creamy classic, mixed and ready to serve, for as little as $10 a bottle at Wilbur’s. We recommend Overbrook New England Egg Nog, available in three flavors: Original, Pumpkin or Cinnamon.

Each flavor is crafted using the freshest 100% dairy from local dairy farmers then blended with imported brandy, smooth blended whiskey, imported rum and Kentucky bourbon. Then is added natural nutmeg for an authentic homestyle flavor. No matter which flavor you choose or how you choose to serve it, eggnog is sure to be a holiday pleaser.


Traditional Egg Nogs to compliment a “cozier at home” holiday season

Gingerbread Eggnog Martini
Mix Gingerbread Liqueur with Original New England Egg Nog and serve in a martini glass rimmed with cinnamon and nutmeg. Cheers!

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