LSC shines Ram pride

By Sarah Sparhawk

Look! Up there! It's a bird… no a plane! No, it's a big, green and white ram's head hanging from the ceiling of the Lory Student Center. Many may have noticed the spirited chandelier at the LSC's east and south entrance from the plaza. This is one of many new additions to the LSC this semester.

"When our LSC renovation committee was meeting it was decide to include elements in the design that would showcase Colorado State University," said Karen McCormick, director for the LSC. "The building is used heavily by the University community and the renovation team wanted to incorporate elements that celebrated CSU."

"What better way to instill University pride than to have the face of CAM greet you every time you enter the LSC?"

This, the Ram's Head and other new additions can be seen during the LSC’s grand opening on http://youtu.be/ZU3kJqDG0. Check out how the Ram's Head came together in the time-lapse video, found at http://youtu.be/ZU3kJqDG0.

The chandelier was officially unveiled for students, faculty and staff during the Lory Students Center grand re-opening week, Jan. 26 – 30. The week long celebration featured live music, free food and prizes and various workshops and events provided by the CSU communities. Photo by CSU Photography.
The Division of External Affairs has received two silver awards, for science writing and for a brochure about national academy-member faculty, and gold for RamChat; the Colorado Sustainability Study; and CSU Life for Faculty and Staff.

College of Health and Human Sciences
Nancy Miller, head of the Department of Design and Merchandising, has received the highest award bestowed by the International Textile and Apparel Association for her significant contributions to the field of textiles and clothing and service to the organization. ITAA named Miller a Fellow at its annual 2014 meeting in Charlotte, N.C. ITAA is the global organization of textile and apparel scholars. Honorees are selected by their peers.

College of Natural Sciences
The Psychonomic Society named Jessica Witt, associate professor of psychology, as the recipient of its 2014 Steven Yantis Early Career Award at its annual meeting in Long Beach, Calif. The award is given to "young scientists who have made significant contributions to scientific psychology early in their careers."

Advancement
Colorado State was honored with nine awards for communications and development projects at the CASE District VI conference in Denver in January. The Legacy Project, which features videos and web pages that gather the personal and professional stories of professors emeriti and retirees from the College of Health and Human Sciences, took gold in two categories and will move on to compete at the national level. The Division of University Advancement received two silver awards, for the campaign to renovate the James L. Voss Veterinary Teaching Hospital and for CSUCares, which supports members of the Ram Family affected by natural disasters.

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Faculty: Canvas easy to use, easy to learn with training

By Julia Selby Smith

Last fall 45 instructors and 962 students put Canvas, the University’s new learning management system, to the test. After a semester of use, both instructor and student feedback on the Canvas experience was overwhelmingly positive.

The goal of the pilot was to test how well Canvas functions for users, and to determine how to make the smoothest possible migration away from RamCT Blackboard by Fall 2015.

“We had very positive responses from the faculty and extremely positive responses from the students, “ said Patrick Burns, vice president for Information Technology and dean of Libraries. “After getting over the hump of learning a new system, both groups found it easier [than RamCT] to use.”

Survey responses from the instructors who piloted Canvas indicated they think the system is “very intuitive,” “more like navigating a web page than other course software,” and “easier to learn” than any other system CSU has used in the past decade. Most instructors indicated they were comfortable using Canvas within one to four hours.

Like with any new system, however, there is a learning curve. A majority of the instructors said they found Canvas training sessions to be extremely valuable. One instructor said, “It is really easy to get started, though I believe attending a workshop on how to set up assignments, graded discussions and getting columns in the grade book should not be missed.”

Other respondents stressed the importance of instructors ensuring their students know how to use it. Survey responses from students who piloted Canvas, however, indicated that learning to use it would not be a major hurdle. Most students said they never needed to use technical support for the system, although help is easily accessible if necessary.

Canvas features

Canvas includes many user-friendly tools that were not available on RamCT Blackboard. A favorite new tool for students is the “what-if grades” calculator, which allows students to predict what their final grades will be by entering hypothetical grades for all ungraded assignments.

Among the most useful tools for instructors are Quizzes, which automatically grades online quizzes instantly, and SpeedGrader™, which allows faculty to view and provide feedback on student assignments digitally, in one place.

The pilot test did reveal that an important feature, an anti-plagiarism tool, is currently missing in CSU’s version of Canvas. Burns said that feature, as well as some other recommendations to improve the system, are being addressed.

Start learning to use Canvas

As almost all courses will be taught in Canvas beginning in Fall 2015, faculty are encouraged to take advantage of the many training resources available, including:

- Online guides and videos
- Staff training workshops
- The Canvas Information Center located in Morgan Library room 185
- One-on-one appointments with college Canvas coordinators

To access these resources or find more information, visit http://info.canvas.colostate.edu/.

APC to host award luncheon in March, look for your invitation

By Sarah Sparhawk

The APC will be hosting its 6th Annual Administrative Professional Recognition Luncheon on March 24 from 11 a.m. to 1 p.m. in Ballroom 350 BCD.

The Luncheon will celebrate the accomplishments of Administrative Professionals with the announcement of the AP Star Award recipients and guest speakers Amy Parsons and President Tony Frank. Lunch is provided along with door prizes.

An official invitation will go out to all Administrative Professional employees in February with RSVP information, according to Steven Dove.

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Social media power: How CSU’s Facebook page reunited a wallet and its owner

By Hannah Wooldens

Social media has become a major outlet in today’s society, and many have taken to the pages of Facebook and Twitter to connect with those around the world. CSU Social Media Coordinator Chase Baker was browsing through the university’s Facebook page over New Year’s weekend when he noticed a wall post that was a little out of the ordinary. “Hey Steven Thomas Rosenzweig, I found in my taxi your wallet/purse in SARATOGA-MALTA NY. Give me a call…” Something made Baker look at the post again.

Typically people get in touch with the Facebook page through direct messages, so we don’t typically respond to the posts that people place on our wall. So, with that said, it was fairly random that I happened to notice this one,” Baker said.

Using the information in the post from taxi driver Fouzia Pirzada, Baker was able to find Rosenzweig’s contact information. “I checked CSU’s online directory and found a student with that same name, so I sent Steven an email and found him on Facebook and sent a friend request and a message. Steven wrote back and notified me that he was in New York but was flying back to Colorado later that day and hadn’t even realized that he had lost his wallet,” Baker said.

Rosenzweig said he had taken a taxi back to his home in Clifton Park, N.Y., after watching New Year’s Eve fireworks in nearby Saratoga. “I was having breakfast with my parents in a diner on Jan. 3 when I got a message from Chase,” he said. “He sent me the phone number for the taxi driver, and we drove over to his house right after breakfast. He wouldn’t even take anything as a reward.”

When Pirzada couldn’t find Rosenzweig’s contact information, he posted to the CSU Facebook page because of the RamCard in the wallet. “My flight was supposed to leave in three hours, and if I hadn’t received Chase’s message, we would have been tearing up the house looking for the wallet,” said Rosenzweig, a first-year master’s student in Soil and Crop Sciences. “They saved me from complete chaos.”

After thanking Pirzada for his effort to contact Rosenzweig to get him his lost possessions before he left New York, Baker received this response from Pirzada. “It’s our responsibility…as a human,……He received his purse today morning……I request to U all guy …keep ur phone number in ur wallet too…….I spend 40 minutes to post first message here…….I was searching him in GOOGLE AND FACEBOOK, BUT I CANT FOUND HIM.”

“I thought this was a neat response because of what he said about it being our responsibility as humans to look out for each other,” Baker said.

Most of us might not think of social media as a resource to find the owner of a lost wallet, but in the digital age, reliance on the internet and social networking communications have grown significantly.

“I am also intrigued by the power of social media to bring two people together,” said Baker, who is part of the Social Media team in the Division of External Relations. “Even though they were both in New York, we were able to connect them from Colorado. I also find it fascinating that the cab driver turned to Facebook as a means of getting in touch with this person.”

In the end, Rosenzweig’s flight to Denver was delayed two days by a blizzard. But since returning to Fort Collins, he’s already had a chance to pay it forward. “Last week, someone left their wallet on the table at Odell’s, and I went all over looking for them to make sure they got it back,” he said. “I know how important it is to know where your wallet is.”

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*Rates vary between $25 to $40 per hour depending on time of day. Students and senior discounts!
The Outstanding Achievement Award is the most prestigious award a State Classified employee can receive. It is meant to recognize individuals for outstanding achievement in their service to the University, which can include excellent job skills and workplace achievements that are above/beyond what is normally expected. Nominees must have been employed as a State Classified employee at Colorado State University for at least three years to be considered for the award, and past recipients are not eligible for ten years. A list of recent recipients is provided on the Outstanding Achievement Award webpage.

Criteria that will be considered include:

- Contributes to the success of fellow employees and students; provides leadership, mentoring, support, etc. to others;
- Contributes to the success of the University; recognized as someone who gives back to the University; serves on University committees, volunteers in the campus community, etc.;
- Demonstrates superior efficiency and productivity; shows initiative in the workplace and/or uses innovative techniques to improve University operations.

Nominations are encouraged from anyone who interacts with State Classified employees. Please feel free to nominate your co-workers, peers, supervisors, or other colleagues within the State Classified system. Nominations should include specific examples and supporting evidence that demonstrate employee excellence. Please do not include normal job responsibilities and/or experiences. We recommend focusing on the exceptional qualities of the nominee, his/her history of service at CSU, and detailed examples of how he/she typically goes above and beyond.

The Outstanding Achievement Award provides an important opportunity for the University community to recognize the valuable contribution of State Classified employees at CSU. Please nominate someone special today!

Precious Moments for Dave

No one will be watching the Academy Awards on Feb. 22 more avidly than David Ramsay, director of strategic relations for Morgan Library. His son, Duncan, could win an Oscar for the short animated film he produced.

The 18-minute “The Dam Keeper” has already won the Golden Gate Family Film Award at the San Francisco International Film Festival, Best of Fest and Best of Animation at the Portland Film Festival, and the Kids Audience Award at the New York International Children’s Film Festival, among others.

The 30-year-old filmmaker is also a 2007 CSU journalism graduate. He met the film’s animators while working at Pixar Animation Studios in California on popular films such as “Toy Story 3” and “Monsters University.” He now lives in London, but will be in the audience in Los Angeles on the big night.

David and his wife, Karen, will also be in Los Angeles, just not at the Dolby Theatre.

“We’ll meet up after the ceremony,” David said. “Then he has to fly right back to London because he’s in the middle of a project there.”

To celebrate Duncan’s achievement, journalism professors Pete Seel and Greg Luft have helped David arrange a showing of all five films nominated in the animated shorts category. The mini-festival will take place Feb. 13, 7-9 p.m., in Behavioral Sciences 131, and is free and open to the entire campus community.

Find us on social media! @campuswliquors /campuswestliquors

CSU Faculty & Staff Life | February 2015
Founders Day | Everitts receive medal

From page 1

The Everitts’ philanthropic, community, and business contributions to Fort Collins and CSU are too numerous to list. They include an early history of partnering with Don Dobler, the first dean of the CSU College of Business, to help raise funds for program development and scholarships. The Everitts also started the Summit Fund, a student investment fund in the College of Business that exposes students to real-world investing decisions.

The Founders Day Medal Ceremony begins at 4:30 p.m. in Lory Student Center Ballrooms C and D. The ceremony is free and open to the public. Registration for the event is encouraged and available online at https://advancing.colostate.edu/FOUNDERSDAY2015.

For more information on Founders Day activities, go to source.colostate.edu/foundersday.

COMMUNITY EVENTS

From page 1

Feb. 19
Syrbrina Fulton, 7 p.m., LSC Ballroom B
Syrbrina Fulton is dedicating her life to transforming family tragedy into social change. Since the death of her 17-year-old son, Trayvon Martin, during a violent confrontation in 2012, Fulton has become an inspiring spokesperson for parents and concerned citizens across the country. She lends her voice to speak against violence towards children and the need to build better, safer communities for all.

Free for CSU campus community, $5 general public; tickets available at the Lory Student Center box office or csutix.com. Fulton’s appearance is sponsored by the Black/African American Cultural Center as part of Black History Month. Full schedule of events at www.baacc.colostate.edu

Feb. 19
Lunar New Year

Feb. 24
"Antarctica: A Year on Ice," 7 p.m., Behavioral Sciences Building 131
A free screening of this visually stunning documentary of a journey to the end of the world to meet the hardy and devoted people who live there year-round. Using specially modified cameras and spectacular time-lapse photography, filmmaker Anthony Powell captures the splendor of the region like no film before. Panel discussion to follow, featuring CSU professors who have been there: Richard Aster, head of the Department of Geosciences; Michael Gooseff, Civil and Environmental Engineering; Adrian Howkins, History; and Diana Wall, director of School of Global Environmental Sustainability. Part of the SoGES Antarctic Lecture Series, sustainability.colostate.edu

March 4
President’s Community Lecture
Ajay Menon, Dean, College of Business, 6:30 p.m., UCA Organ Recital Hall
The state’s first Chief Innovation Officer will talk about "Imagining Innovation: Building innovative and smart communities"

March 9
Shiza Shahid, 6 p.m., LSC Main Ballroom
The co-founder of the Malala Fund, dedicated to educating girls and women around the world, will speak in recognition of International Women’s Day. Free admission, but tickets required and available beginning Feb. 9 at the LSC box office.
By Heather Weir, DVM

For most pet owners in the United States, spaying and neutering dogs and cats is an important way to benefit animals, their households, and society. For female pets, spaying provides important health benefits, while castrating male pets can help reduce their anxiety and aggression. For pet owners, it’s helpful to eliminate the dilemma of unwanted litters.

Society benefits from decreased pet overpopulation and the public-health problems that arise with feral animals; society further benefits as we limit the number of animal-control, shelter and euthanasia programs needed for unwanted, neglected, stray and feral pets.

In fact, spaying and neutering has so many advantages that veterinarians at Colorado State University consider sterilization surgery a cornerstone of preventive care for pets.

Recently, veterinarians have discussed the age at which pets should be spayed and neutered. Many interesting studies—especially so-called “lifetime studies” that follow pets through their lives—seek to answer this question. So far, there’s no definitive answer; timing for spay and neuter will help you arrive at a decision that’s best for you and your pet.

Timing for spay and neuter depends on pet and owner

By Heather Weir, DVM

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Detecting orthopedic disease and other health problems for your pet, and how might these be influenced by the timing of spay or neuter?

• Are you willing and able to manage the hassles that come with a cycling female pet or an intact male? This includes, for females in heat, limiting interaction with other animals in order to avoid unwanted litters.

• Is your pet fully vaccinated? We prefer to wait at least two weeks after the pet’s last vaccine.

• Can the operation be performed laparoscopically? Minimally invasive sterilization is an option at some veterinary practices, and at the CSU Veterinary Teaching Hospital.

Talking through the pros and cons of timing for spay and neuter will help you arrive at a decision that’s best for you and your pet.

What to ask your veterinarian

When making the decision about the timing of spay and neuter procedures, it is best to consult your veterinarian and to discuss your circumstances and your individual pet. Here are some topics to cover with your vet during the decision-making process:

• What are the risks of orthopedic disease and other health problems for your pet, and how might these be influenced by the timing of spay or neuter?

• Are you willing and able to manage the hassles that come with a cycling female pet or an intact male? This includes, for females in heat, limiting interaction with other animals in order to avoid unwanted litters.

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Meet Gigi

Provided by the Larimer County Humane Society.

Gigi has quite the story! Rescued from a shelter in Florida and cared for by the ASPCA, she’s had a long journey to Larimer Humane Society. After months of medical care and behavioral enrichment, Gigi is ready to find a new family. Although she’s deaf, she is playful and prefers squeaky toys. This 5-year-old, female American Bulldog mix can be yours for $100!

To visit with featured pets or any other adoptable animals, stop by Larimer Humane Society at 6317 Kyle Ave. in Fort Collins. The Shelter is open 11a.m.-7p.m. Monday through Friday, and 10a.m.-5p.m. Saturday and Sunday. For more info, call (970) 226-3647 or visit larimerhumane.org.

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Dr. Heather Weir is a veterinarian with the Community Practice service at Colorado State University’s James L. Voss Veterinary Teaching Hospital. Community Practice provides general care, wellness services, and treatment of minor injuries and illnesses for pets.
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<td><strong>Sweeney Todd by Stephen Sondheim</strong>&lt;br&gt;Through March 8, doors open at 5:30 p.m., seating at 6 p.m.&lt;br&gt;Midtown Arts Center&lt;br&gt;3750 S. Mason St.&lt;br&gt;The center opens its new Studio 2 space with this spine-chilling musical masterpiece of obsession and revenge. Dinner will be served throughout the performance, and yes, meat pies are on the menu.&lt;br&gt;midtownartscenter.com</td>
<td><strong>Neil Gaiman Book Signing</strong>&lt;br&gt;Feb. 6, 4 p.m.&lt;br&gt;Old Firehouse Books&lt;br&gt;232 Walnut St., Old Town&lt;br&gt;Fort Collins fantasy and comic fans pushed paperback sales of Neil Gaiman’s The Ocean at the End of the Lane at Old Firehouse Books to the top of all the nation’s independent bookstores over the holiday season — and won the only February signing of his new book Trigger Warning: Short Fictions and Disturbances. The store is small, interest is high, and purchase is required, so plan accordingly. oldfirehousebooks.com</td>
<td><strong>Confucius Institute Spring Festival Celebration</strong>&lt;br&gt;Feb. 8, 2 p.m&lt;br&gt;Lincoln Center&lt;br&gt;$10 adults, $5 students and seniors, $2.50 children 12 and under.&lt;br&gt;Welcome the Year of the Ram with Chinese music — opera, folk songs and instrumental — dance, acrobatics and performances by local and professional artists.&lt;br&gt;lctix.com</td>
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<td><strong>Luv by Murray Schisgal</strong>&lt;br&gt;Feb. 7-March 8&lt;br&gt;Bas Bleu Theater&lt;br&gt;401 Pine St.&lt;br&gt;People fall in love. Some people fall in LOVE. Murray Schisgal’s people fall in LUV in this Tony-award winning comedy set in 1960s New York.&lt;br&gt;basbleu.org</td>
<td><strong>An Evening with Author William Ury</strong>&lt;br&gt;Feb. 11, 7-9 p.m.&lt;br&gt;Fort Collins Hilton&lt;br&gt;435 W. Prospect Road&lt;br&gt;Free and open to the public&lt;br&gt;Ury, co-founder of Harvard’s Program on Negotiation and an internationally effective mediator in conflicts from Kentucky coal mines to the Balkans, will talk about his latest book, Getting to Yes with Yourself. The Evening with an Author Series is presented by the Friends of the CSU Library and the Poudre River Friends of the Library. No tickets required, seating on a first-come, first-served basis, and a book sale and signing will follow the talk.&lt;br&gt;<a href="http://lib.colostate.edu/about/news/2015/ury">http://lib.colostate.edu/about/news/2015/ury</a></td>
<td><strong>Ailey II Dance Company</strong>&lt;br&gt;March 2, 8 p.m.&lt;br&gt;Lincoln Center&lt;br&gt;$30 faculty staff and community; free for CSU students&lt;br&gt;Ailey II, an internationally known dance troupe based out of New York City, was created to “be a vital American cultural ambassador to the world.” This phenomenal performance is sponsored by RamEvents with support of the Black/African American Cultural Center as part of Black History Month. An on-stage question-and-answer session will follow the hour-and-a-half full team performance – a once-in-a-lifetime event.&lt;br&gt;Student tickets available at Lory Student Center Box Office; all others at lctix.com</td>
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<td><strong>Unnecessary Farce by Paul Slade Smith</strong>&lt;br&gt;Feb. 14-March 14, 8 p.m., matinees at 2 p.m. on March 1 &amp; 8&lt;br&gt;When a pair of under-qualified yet blindly ambitious detectives set out to catch the town’s embezzling mayor in the act with his sexy accountant, even the simplest tasks go unnecessarily awry – with hilarious results.&lt;br&gt;lctix.com</td>
<td><strong>Keeping Body and Soul Together: An Installation by Larry Bob Phillips and David Leigh</strong>&lt;br&gt;Feb. 11-March 28, visiting artist lecture 5 p.m.&lt;br&gt;Feb. 11 in the Griffin Concert Hall followed by reception in the museum&lt;br&gt;University Art Museum, University Center for the Arts&lt;br&gt;1400 Remington St.&lt;br&gt;Free and open to the public&lt;br&gt;In an installation created especially for the University Art Museum, Albuquerque-based collaborators Larry Bob Phillips and David Leigh create an exhibition of fantastic and grotesque drawings that aim to overwhelm the audience with vast references and chaotic narrative. The artists create a cartoon-like, horrific yet comedic landscape. Sponsored by the FUNd at CSU.&lt;br&gt;<a href="http://artmuseum.colostate.edu">http://artmuseum.colostate.edu</a></td>
<td><strong>Joshua Bell</strong>&lt;br&gt;March 12, 7:30 p.m.&lt;br&gt;Lincoln Center&lt;br&gt;Tickets $45-$75&lt;br&gt;The next concert in the Classical Convergence Series, co-presented by CSU and the Lincoln Center presents one of the world’s most celebrated violinists, Joshua Bell. The multi-award winning “classical music superstar” enchants audiences with his breathtaking virtuosity, tone of sheer beauty, and charismatic stage presence.&lt;br&gt;lctix.com</td>
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For American Heart Month, combine exercise and romance

By Kimberly Burke

In honor of February’s American Heart Month and also Valentine’s Day, why not show yourself and your partner a little love through exercise?

Working out with a partner is a great way to not only obtain physical benefits but also personal ones. The ability to work out together takes advantage of a common interest and leaves many feeling a deeper bond from the additional motivation and support. This Valentine’s Day why not plan a workout together?

Read on for some workout ideas that are not only good for your heart, but also for exercising your romance.

Dance class – Sign up to take a dance class together. Many instructors offer private or group lessons (a great way to get your friends involved). Dance styles can range from the traditional ballroom and Latin dances or even more modern styles. For a 150-pound person, an hour spent ballroom dancing to a fast tempo will expend around 240 to 300 calories, meaning you can eat three or four pieces of chocolate without feeling guilty.

Couples yoga – Not only is yoga a great form of exercise that helps many to relax, increase flexibility, and improve strength, but it also lends itself well to being done together. Poses can generally be held for anywhere from 20 to 60 seconds and with your bodies close if not touching, you can pick the moves to make the evening as intimate as you want. In an hour yoga session a 150-pound person can expect to expend about 175 calories. Having a glass of red wine for your special dinner only costs you 125 calories (1 serving of 5 fluid ounces).

Couples race – Going for a walk or run together is a great way to get time together that you’d normally spend apart. And on Valentine’s Day, why not make the cardio session all the more special? It would be easy to turn the run into a scavenger hunt, or take breaks at destinations special to your relationship. You can run side by side, or take turns leading to quicken the pace and get your adrenaline pumping even more. Run for 45 minutes at the pace of 5 mph and you’ve expended a whopping 350 to 400 calories, for a 150-pound individual. Chocolate cake for dessert anyone?

Couples gym session – Many couples who exercise together recite the mantra: “couples that train together, remain together.” Having a partner is helpful for a lifting session at the gym. For heavy lifting, your partner can spot you, but you can also do exercises that require two people. Why not do crunches and pass a medicine ball back and forth between you? Get down for a plank and high-five each other for every major milestone. Our standard 150-pound person can expect to expend approximately 215 to 250 calories for your 60-minute gym workout, meaning you can enjoy six chocolate covered strawberries, which you can also make together!

Kimberly Burke is the director of the Adult Fitness Program at Colorado State University, an outreach program through the Department of Health and Exercise Science. Adult Fitness offers exercise opportunities for employees of CSU as well as community members, while providing hands-on learning experiences for health promotion students. To learn more see http://hes.chhs.colostate.edu/outreach/adultfitness/.

Campus Trivia with Russ Schumacher

Kent LaFlair, an accountant with Sponsored Programs, submitted the correct answer to the December trivia question:

The campus weather station recorded an all-time low of 41 degrees below zero in February 1951.

Kent said he looked up the answer in the weather archives that the University has maintained since 1889 – and more recently made available online through the Colorado Climate Center website.

For February, we have a question about the very beginning of CSU, which we celebrate each year as Founders Day on Feb. 11.

Q: While Territorial Gov. Edward McCook signed a bill in 1870 authorizing the creation of the Colorado Agricultural College in Fort Collins, when did the first students begin taking classes on campus?

Email your answer to csulife@colostate.edu by Feb. 16. We will choose the winner at random from all the correct entries submitted, to receive a CAM the Ram bobblehead autographed by Russ, and a $25 gift certificate.

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Pearly Pork Ball, Beijin-Hebei Style

By Shelly Luo, Associate Director, Confucius Institute

Ingredients:
- 9 ounce of pork or commercially ground pork
- 1 tablespoon soy sauce
- ½ teaspoon salt, or to taste
- 1 teaspoon rice wine
- 2 eggs, beaten
- 1 ½ teaspoon sugar
- 2 tablespoon cornstarch, dissolved in 2 tablespoon water
- ½ teaspoon scallions, chopped
- ½ teaspoon fresh ginger, minced
- 3 ounces glutinous rice
- ¼ teaspoon MSG

Directions:
Mince the pork if not already ground. Mix with the ¼ salt, soy sauce, MSG, rice wine, eggs, sugar, cornstarch, scallions and ginger. Set aside.

Wash the rice in several changes of water until the water runs clear. Then pour boiling water over it and drain.

Lightly shape the meat mixture into balls about 1 inch in diameter and roll them in the rice, covering them completely.

Mix the salt (or to taste) with the rice that remains and spread it in the bottom of a large heat-proof bowl. Place the meat balls on the rice and set the bowl in a steamer.

Steam for 25 minutes over high heat, then turn the heat to low and steam 10 minutes more, or until the pork is cooker. Remove and serve.
Q. What can you tell me about the Chinese New Year and its significance?
A. The Chinese New Year is called Spring Festival in modern China. It is the most important traditional holiday of the year. It is a time for family to come together. This originates in the tradition of honoring gods and ancestors. The holiday is typically celebrated from the New Year’s Eve (in the lunar calendar) to the 15th day of the first month of the New Year (again, according to the lunar calendar). Each day has significance and separate activities.

Q. How is the Chinese New Year celebration different in Fort Collins as opposed to China?
A. First, there is not one celebration of Spring Festival in China or in Fort Collins. Many organizations on campus and in the community celebrate the Lunar New Year or Spring Festival. Each of them celebrates slightly differently. I can only really speak about the Confucius Institute at Colorado State University’s (CICSU) celebration. CICSU is organizing a performance of traditional and modern Chinese culture. It will include professional and amateur performers of Chinese opera, acrobatics, vocal and instrumental song, as well as dance. The performance will be held on Sunday, February 8, 2015 at the Lincoln Center prior to the actual Spring Festival holiday.

Q. How does one say/pronounce “Happy New Year” in Chinese?
A. 新年快乐 xīn nián kuài lè

Q. Is there a large Chinese community in Fort Collins?
A. There is definitely a Chinese community in Fort Collins and Northern Colorado.

Q. How have the celebratory traditions of both the New Year and Spring Festival changed throughout history (if at all)?
A. This is a big question. A whole course could be devoted to its change and development. But generally speaking, celebrations have always been community family focused with different practices being dropped or incorporated as populations moved, blended, assimilated, or adapted to new locations and regional customs.
What better way to learn about wine than with your friends in your own home? With the plethora of wines on the market, and more coming every day - how can anybody keep up? One proven way is to start or join a tasting group. Considering that most wine encounters are random, you either grab a bottle while shopping for dinner, or you pick something off a restaurant list because the sommelier recommends it, a tasting group can be a helpful and fun way to focus on and understand wine. But remember there's a big difference between drinking wine and tasting wine in a formal group setting. Drinking is for fun, for dinner parties, for nights on the town, with wine in a supporting role.

Tasting is different, where wine is the star of the show and attention is focused upon each bottle. Tasting groups are a great way to taste many wines without the big expense of purchasing many different bottles, but they have so many other benefits as well. Similar to a book club or a college study group, you can enjoy a novel or read the textbook material on your own. But getting together with a group of people who have read the same book, or who are taking the class, can enhance your appreciation and understanding. The most important element to a successful tasting is to keep the mood light and fun. So gather up a few fellow wine enthusiasts and start your own tasting group.

**Tips On Starting a Tasting Group**

**Start small**
Begin with five or 10 people – it’s easier to handle the logistical demands of larger groups after getting a few events under your belt.

**Set a budget**
You can't organize a tasting until the budget is set. Pick a price range and stick with it.

**Invest in stemware**
Quality glasses are one of the best inventions a wine lover or tasting group can make. Have at least two per person. A simple red wine glass with a 10 ounce volume capacity (to give you room to swirl your wine) will do. Make sure the glassware is clean and sparkling - soap residue and dust can ruin your experience.

**Pick a theme**
A horizontal tasting is where different wines of the same vintage (year) are tasted. This is a good way of determining which producer or vineyard you prefer. A vertical tasting is the same wine from different vintages. This is where vintage variations and the effects of bottle aging are clearly seen. Another fun tasting is a “stand off” where wines of one variety and region are paired against wines of the same variety but from a different region (For example: Bordeaux from France vs. the Cabernets of California or Shiraz from Australia vs. Syrahs from Rhone).

**Less is more**
Five to eight wines is plenty. Also, don't over pour – remember that you're tasting, not drinking, and 1.5 ounces suffice for that first impression while leaving enough for a second go-round.

**Blind is best**
The host should help everyone leave preconceptions at the door by concealing each bottle in numbered bags (don't forget to remove the capsules). Let us help you determine the order in which the wines should be served. White before reds. Light bodied to full bodied. Dry to sweet.

**Look and learn**
A wine's appearance reveals much about its grape composition and age. Good lighting is essential, as is some sort of white background – the tablecloth, or even just sheets of paper – against which the color can be judged.

**Discuss what you're tasting**
Every tasting has a unique perspective. Listen, and you might well see the wines in a new light. Encourage all participants to describe the smell and taste.

**Take notes**
Always take notes; otherwise, many of the lessons will be lost. If nothing else, indicate your preferred wines.

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Sitting down with Baby, CSU’s local marmot

By Sarah Sparhawk
As told to Gregory Florant

In honor of Groundhog’s Day, Colorado State University has a local to tell faculty and staff what it’s all about – from his own large rodent perspective. Baby, Dr. Gregory Florant’s marmot, talks growing up and Groundhog’s Day.

Q: So, tell me about yourself, Baby.
A: “I was born in Florant’s lab about 13….no, maybe 14 years ago. I grew up in a warm loving environment with three siblings. When we were old enough to have our own cages, we would see Mom outside and chirp to her – she warned me “Mid-August you will become very sleepy and want to hibernate!” And so, I learned to make warm nests in October. She also warned me I may want to reproduce, but currently I am a bachelor.”

Q: How is it living with Dr. Florant?
A: “I really like living with Greg. Once, I was involved in an experiment that measured food intake at CSU, but now I guess I have become like a pet, because I do not like to bite.”

Q: What is it like having to hibernate?
A: “The rest is great, and there are no predators. Well, there are no predators in the lab. My circadian rhythm is a bit off compared to wild marmots, so I wake up a little bit earlier and eat a bit more during the summer. I’m bit heavier than I should be.”

Aren’t we all, Baby.

Q: What is the difference between a groundhog and yourself, a marmot?
A: “We are cousins – different species, same genus.”

Q: Why were groundhogs chosen to predict the rest of winter?
A: “It’s a really funny story actually. German settlers use to have the same custom, except they would look for a badger. When they came to America, they thought the groundhog was a badger. I would be pretty upset if they had mistaken me for a badger, personally.”

Q: What is your prediction for this year’s Groundhog Day?
A: “Long winter, definitely.”

Keep an eye out for Baby’s small screen debut, possibly this April, on PBS!

Get a charge out of driving to campus

Gas prices might be lower than they have been in a long, long time, but filling up your electric vehicle on campus is even cheaper – it’s free.

CSU now offers 10 electric vehicle chargers at five on-campus stations, and charging is free for all employees.

All you have to do is register your electric vehicle with Parking and Transportation Services and make sure your state electric vehicle registration sticker is visible. This allows you to park at the chargers and specially designated electric vehicle spaces on campus.

Each charging location has two stations. The Chargepoint chargers require a Chargepoint card, which is also available for free at Parking and Transportation Services in the Lake Street Garage.

Station locations:
- Between Durward Hall and Laurel Village along Laurel Street
- Between Scott Bioengineering and Rockwell West on Laurel Street
- University Services Center at Laurel and Meldrum streets

For more information, call (970) 491-2823. And if you’d like to help determine the placement of future charging stations on campus, take the survey at studentvoice.com/colostate/electricvehicle

College of Business Dean search down to four

Four finalists for the position of dean of the College of Business have made visits to campus.

Erik Rolland, interim dean of the School of Engineering and Professor of Management at the University of California, Merced; Beth Walker, chair of the department of Marketing, at the W.P. Carey School of Business, Arizona State University; Caryn Beck-Dudley, dean of the College of Business at Florida State University; and Yash Gupta, president and CEO of SDP Telecom Inc., each spent two days at CSU meeting faculty, staff, students and administrators at the end of January and the first week of February.

Ajay Menon announced last year that he would be stepping down by June 1 after 12 years as dean of the College. The search committee to find his replacement was headed by Dr. Mark Stetter, dean of the College of Veterinary Medicine and Biomedical Sciences.

More information, including complete CVs for each candidate and a link to watch videos of their open forums with faculty, can be obtained by emailing Karin Cowles, karin.cowles@business.colostate.edu
Meanwhile...

Martin Luther King Day and March

Students may have been on Winter Break, but the CSU campus was beehive of activity in December and January. Here are just a few of the big stories since our last issue of CSU Life:

On Jan. 19, CSU helped the Fort Collins community celebrate the legacy of Dr. Martin Luther King Jr. The traditional march that began in Old Town ended at the Lory Student Center, where spoken word artists Sesugh Tor-Agbidye and Shayla Monteri and the IMPACT Dance Company performed and students from the Poudre School District read their award-winning essays. February is Black History Month, too.
To kick off the new year, John and Leslie Malone donated $42.5 million, the largest cash gift in the university’s history, to create a new Institute for Biologic Translational Therapies in the College of Veterinary Medicine and Biomedical Sciences. They were inspired by the treatment one of their horses received at CSU’s Orthopedic Research Center. A portion of the gift will be used to construct a new institute building that will house laboratories, specialized surgical suites, and conference space for veterinarians and physicians investigating next-generation remedies based on living cells and their products. Just before Christmas, President Tony Frank, CAM the Ram and the whole Ram Family welcomed new head football coach Mike Bobo and his kids to Fort Collins. Once again, a grand time was had by all at the National Western Stock Show in Denver, where the littlest members of the Ram Family took a wild and wooly ride in the Mutton Bustin’ competition on CSU Day at the Stock Show Jan. 17. Mike Bobo got to ride on the stagecoach in the rodeo opening ceremonies – something he never did in Georgia.
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