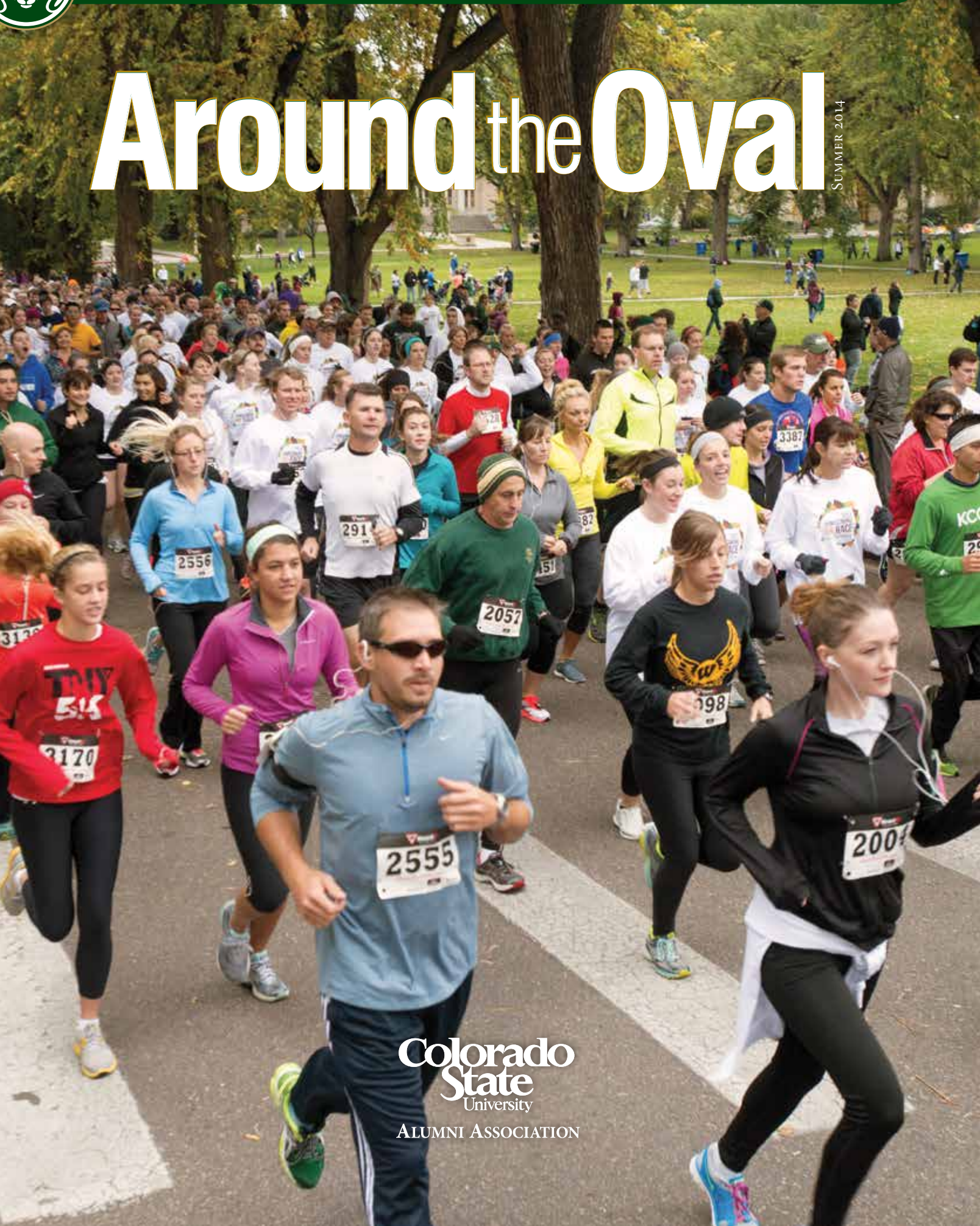




A PUBLICATION FOR MEMBERS OF THE COLORADO STATE UNIVERSITY ALUMNI ASSOCIATION

Around the Oval

SUMMER 2014



Colorado
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University
ALUMNI ASSOCIATION

Colorado State University
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Colorado State University ALUMNI ASSOCIATION

HELLO FRIENDS,

I hope you are having a safe, happy, and healthy summer! I certainly enjoy the beauty and freedom summer offers. My most favorite being family bike rides to breakfast, unplugged evening walks (I prefer the music of nature), and giggling while jumping on the trampoline with my daughter—a sight I'm sure my neighbors find hysterical!

Too often, we forget to take a breath and inhale the meaningful passions in our lives. In this issue, I hope you will give yourself permission to relax and absorb the stories about alumni whose passion for the well-being of others is contagious. You can take great pride in knowing that your alma mater is a leader in the field of health, nutrition, and well-being for both humans and animals. Selfless and dedicated faculty, staff, students, and alumni are making a significant impact to help us all live healthier and happier.



Healthy wishes,

Colleen Meyer, '94
Executive Director & Sustaining Life Member

Cover: The community comes out for the Homecoming 5K race. CSU PHOTOGRAPHY

Top: Children take part in the Kids Fun Run led by CAM the Ram. CSU PHOTOGRAPHY

Bottom: Attendees enjoy the Homecoming Festival on the Oval and parade. CSU PHOTOGRAPHY

Around the Oval

SUMMER 2014

Mission of Around the Oval:

To build relationships and conduct conversations with members of the CSU Alumni Association.

Editor

Beth Etter (M.A. '03)

Graphic Designer

Vance Sherwood ('99)

Graphic Design Intern

Maci Hass ('15)

Photography

CSU Creative Services

Vance Sherwood ('99)

Alumni Association

Colleen Meyer ('94), Executive Director

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Colorado State University

7114 Campus Delivery

Fort Collins, CO 80523-7114

(800) 286-2586

(970) 491-6533 (phone)

(970) 491-0798 (fax)

CSUAlumni@colostate.edu

www.alumni.colostate.edu

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Thank you for your support through
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You make it possible for us to connect alumni, students,
and friends to Colorado State in meaningful ways.

IT'S ABOUT
PRIDE
ALUMNI ASSOCIATION MEMBERSHIP



Alumni Online

We're on Facebook, LinkedIn,
YouTube, Flickr, and Twitter.

Health and Wellness at CSU

The CSU Health Network is a student support service that provides a full range of education and prevention services to optimize the health of students and the campus community.

These include:

- Party safe strategies
- Stress management
- Grief counseling
- Resources for veterans
- Mental health resources
- Doctors, optometrists, and dentists
- Peer education through CREWS - Creating Respect, Educating Wellness (by and for) Students

health.colostate.edu

Housing & Dining Services Programs

Residence Life offers:

- Pet Nights - aimed at helping students unwind, relax, and interact with four-legged friends.
- More than 130 unique active events focused on educating students about self-care, wellness, alcohol education, drug prevention, and de-stigmatizing mental health care.

Apartment Life offers:

- Safety programs for families and children
- Yoga, fitness, Tai Chi, and dance
- Community vegetable garden
- Bicycling and walking programs

Dining Services offers:

- Eat Well at CSU: A multi-component campaign that involves recommendations on healthy eating, including interactive information at the nutrition stations in all of the dining centers.

housing.colostate.edu

Women and Gender Advocacy Center

provides a variety of services for campus:

- Confidential support and advocacy for those who have been sexually assaulted on or off campus.
- Educational programming in the areas of gender socialization, sexual violence prevention, healthy relationships, sexual health, and more.

wgac.colostate.edu

Kendall Anderson Nutrition Center

An outreach service of the Department of Food Science and Human Nutrition, the Kendall Anderson Nutrition Center offers a range of programs and educational materials to help you change lifestyle and improve health.

nutritioncenter.colostate.edu



PARENTS 2.0

“Clean your room.”
“Eat your fruits and vegetables.”
“Get some exercise.”
“Smile and say hello to people.”

These might seem like directives coming from a parent, but instead, they are words of advice from Marlon Blake to students at UC Berkeley.

Blake ('10, Sociology) is residence hall director of Priestley Hall and Ida Sproul at Berkeley. Nearly three years into the role, Blake brings his southern roots (he was born and raised in Hattiesburg, Mississippi) and his mother's teachings to life when he interacts with his student residents. “We have one purpose on this earth,” Blake says, “and that's to serve each other.” Blake walks the halls, knocks on doors, and checks on his residents. “It's my southern roots: I don't like not knowing people,” he says.

At a place like Berkeley, where everyone is an A student in high school, it can be incredibly challenging for students to suddenly be just like everyone else. “People go bananas over a B,” Blake says. “Students live in a ‘success’ mode that leads them to make poor choices and do unhealthy things.” Things like pulling all-nighters all the time, solely focusing on studying and not on friendships or a spiritual life, and even drinking to excess because they are failing chemistry.

Blake's mother taught him that we have responsibility for other people, and in the residence life profession, there is tremendous responsibility for other people. “I try to teach my students that their decision-making impacts others,” he says.

Blake works with his resident assistants to provide programming and resources to students that help round out their collegiate experience. He also teaches students to serve one another. Through a program called “Bears That Care,” which focuses on bystander intervention, Blake teaches students when and how to help when someone is being physically or verbally attacked or when someone's behavior has become self-destructive.

Blake made his own way to college after a mandate from his mother: go to college or get out of the house. He opened up a large book of colleges, turned to page 261, and put his finger on Colorado State. “I hate it when people say this, but it's true: CSU felt like home,” he says, though it wasn't the southern home he was used to. “I learned a lot about myself as an African American male by living in Colorado,” he says. He quickly became involved in Black Student Services (now called the Black/



Marlon Blake ('10)

African American Cultural Center).

“It was the foundation for why I had such a good time,” he says. And he took advantage of every club or leadership opportunity on campus.

Whether it was through his orientation leader, his Key Academic mentor, his professors, or the staff at Black Student Services, “I learned so much and grew as a person at CSU,” Blake says. This highly involved, people-focused leader takes care of his personal well-being by attending church every Saturday, going to the gym six days a week, and turning off his phone and e-mail when he's not on duty. “I have to set boundaries and know my own limits,” he says.

And he has some additional words of wisdom for his residents, or for anybody: “Keep grounded.” “Say no.” “Get some sleep.”

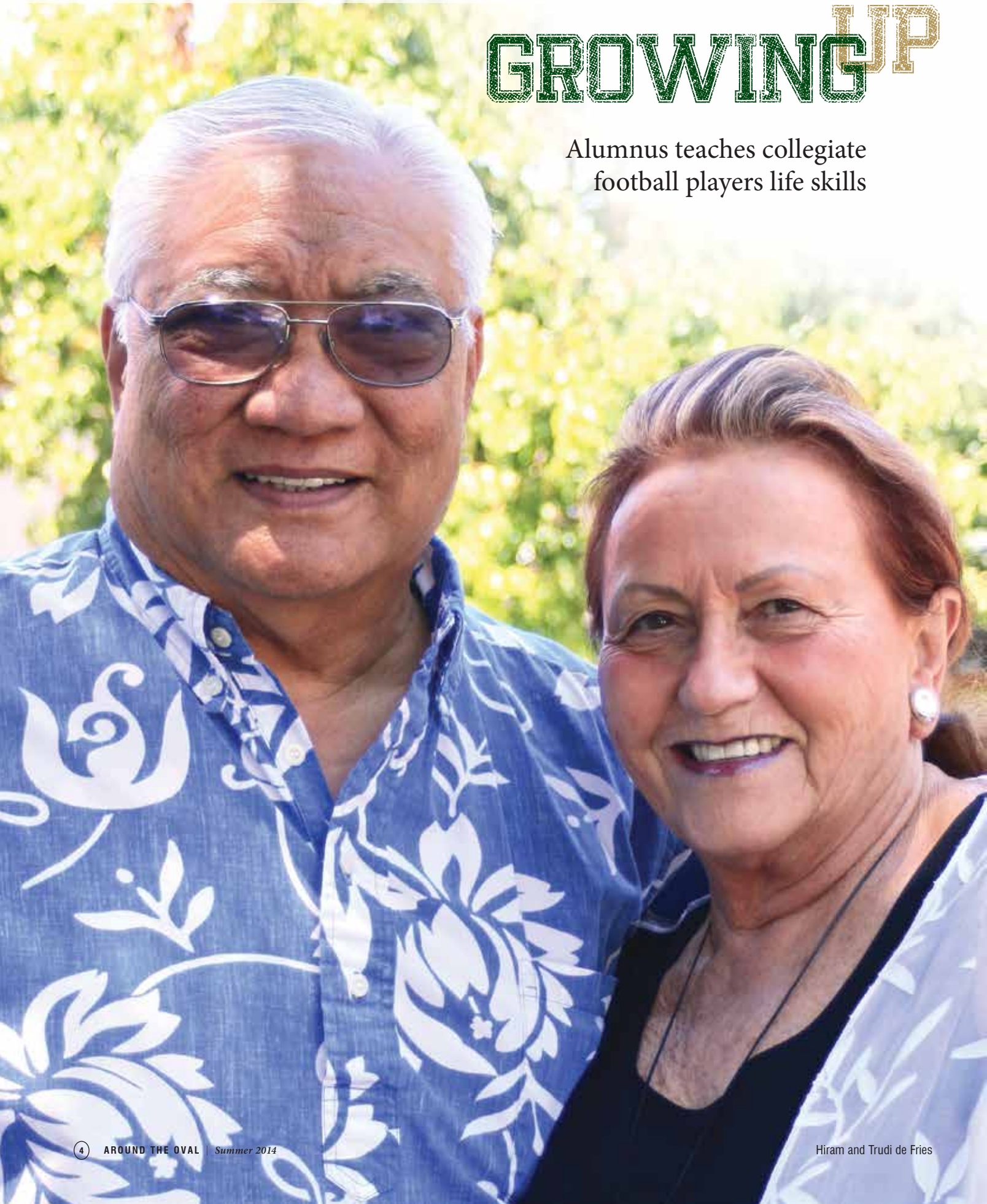
by Beth Etter (M.A. '03)

Why Marlon Blake is a member of the Alumni Association

CSU gave so much to me: as a human being, a professional, and a student. I feel a responsibility to provide that to other people.

GROWING UP

Alumnus teaches collegiate
football players life skills





In 1959 Hawaii became a state and Hiram de Fries, a 17-year-old from Oahu, who had never been off the island, is headed to Fort Collins to attend Colorado State University.

de Fries ('63, Business) was recruited by Coach Tuffy Mullison to play football at CSU. After a recommendation from his high school coach, and the fact that there were other players at CSU from Hawaii, de

players now. Working with Coach Urban Meyer (currently at Ohio State University), de Fries teaches life skills to the players. "Everything you need in football is transferable to life: discipline, leadership, goal setting, and performance," de Fries says. "The thing we try to impress on young people is what makes good players and good teams is not separate from good families and good life outside of football."

"The thing we try to impress on young people is what makes good players and good teams is not separate from good families and good life outside of football."

Fries accepted and made his way to the mainland. After 11 hours on a plane from Hawaii to California and four days on a bus from California to Colorado, de Fries and high school classmate Michael Kent Whitman ('64, Business) arrived in Fort Collins.

"The biggest shock was size. You can go for miles and miles," de Fries recalls. "Growing up on an island, when tourists would ask how to get somewhere, we would point, sometimes in opposite directions, and it didn't matter, you'd get there either way," he says. "All of a sudden we were in this huge world. The distances were so great."

A center and linebacker on the football team, de Fries and his teammates relied on one another and the Athletics staff to guide them through the trials and tribulations of college life and adulthood. "When you're a long ways from home, and you have people who are parents themselves, along with coaching staff, those are good mentors," he says. People like John Fisher, who handled facilities at the stadium, Freddie Glick, who did laundry for Athletics, and Florence Lendt, who worked in the dining room of the dorm. "They would say, 'Uh-huh. Go on. Tell me more.' And 30 minutes later you'd have it figured out," de Fries says. "They had good suggestions about how to fix whatever the problem was."

The impact of those mentors while de Fries was in college is one of the reasons that he is a mentor to collegiate football

The day after de Fries graduated from CSU in June 1963, he married his wife, Trudi (attended), of Lakewood, Colo., and moved back to Hawaii where he got a job with Shell Oil unloading tankers at the docks. (He was ineligible for the draft because of a physical rejection due to football injuries.) After 11 years of numerous assignments, de Fries went to law school, paid for by Shell, and represented Shell in matters related to the Department of Energy. He practiced law for 17 years before going back to the business side of Shell and retiring as a general manager in 2003.

"My last day with Shell was on a Friday in Houston, and on Monday I was working with Coach Meyer in Salt Lake City," de Fries says. His experience as a football player, a lawyer, and a business executive, gives him the credibility to talk to the players about team and family and work.

The average age of a football player is 20 years old and some of them struggle to balance academics, athletics, and social life. "You're not dealing in the abstract – you're dealing with young men," de Fries says. "A lot of them are stars, and there's kind of a selfish element. We work with them on time management, leadership and personal skills – taking care of themselves, getting enough rest, working in their position groups. It's all part of growing up – the faster you can get that done, the more successful you are as a team."

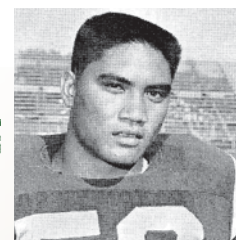
And teamwork is the goal. "[Football] is the ultimate team sport. When you're standing in that huddle and it's colder than heck and blood's dripping down your eyes, and you look at the guy next to you who's in the same situation, you get that feeling of 'I'm playing out of love for him and he's playing out of love for me,'" de Fries says.

For de Fries and his wife, that love for teammates and family extends beyond football. They endowed a scholarship in the name of Purdom "Purd" Thomas ('65), a close friend who passed away, and one in the College of Liberal Arts designated to ethnic studies.

"It means a lot to us. You go somewhere, you get a degree, you find your life partner there," de Fries says. "I don't think that my life and other CSU family members would be the same without CSU."

by Beth Etter (M.A. '03)

CSU FOOTBALL IN THE '60S



Hiram de Fries in 1961



CSU football players are photographed for promotions in 1968
Courtesy CSU Archives & Special Collections



1962 Ram Football



Tracking Water and Waste

ALUMNA USES I.T. SKILLS AT E.P.A.

Kristen (Gunthardt) Gastner ('04, Natural Resources Management) was a transfer student to CSU. "I wanted to do something in the sciences and it took a bit of time to figure out what that meant," she says. Because of her father's work in the mining industry, she had been exposed to environmental firms and impact assessments, and because of her interest in the outdoors, she decided upon natural resources as a major.

She minored in geospatial information management and worked in forestry positions throughout school. Because jobs in forestry were scarce when she graduated, she applied to the Environmental Protection Agency and has been working in Washington, D.C. since 2005.

Her first job with the EPA was on water quality issues related to the Clean Water Act. She worked with states and Native American governments to put their water quality information into a national database.

The EPA gives grant money to state agencies on an annual basis to run their water program, which includes sampling rivers and streams for water quality and writing watershed plans for pollution control. Gastner's job was to compile the sampling information into the database so that states, Native American governments, academics, researchers, and the general public could search for any type of water quality monitoring information they might want, such as nitrogen levels for a particular stream in Nebraska.

"I really enjoyed working with lots of different states, creating relationships and understanding how the money the EPA

would provide was used to do things at the state or local level," she says.

Now, Gastner is working on a way to improve how hazardous waste shipments are tracked across the country. The Resource Conservation and Recovery Act focuses on hazardous waste and managing it in a way that won't harm the environment. Gastner's particular project is to make a hazardous waste manifest, a piece of paper that lists the waste on the truck and lets an emergency responder know what's there and how to handle it, from a physical piece of paper into an electronic document. "Everything from a car manufacturer to a dry cleaner has hazardous waste, and anytime they want to ship that, they need this piece of paper," she says. Moving to an electronic document would allow more transparency into how hazardous waste is moved, improve the quality of data on hazardous waste shipments, as well as decrease burden on industry.

Gastner works with industry and business to make sure that regulations are being met and looking at how they can be improved. "Overall when you look at air or water quality in other places in the world, I'm proud the U.S. has done so much," she says. "A lot of the issues you might see, they're not always as simple as they might seem. There are a lot of different stakeholders involved in an environmental issue."

by Beth Etter (M.A. '03)

The views expressed by the subject of this article are personal and do not reflect EPA policy.



Kristen Gastner ('04)

Why Kristen Gastner is a member of the Alumni Association

It's a way for me to connect. Since I'm in such a different area (Washington, D.C.), it's a nice link. I appreciated my time at Colorado State.



Living Your Values, Leading Your Team

Brigadier General Stephen Smith (B.S., '67, M.Ed., '70) did not intend to make a career out of the military. After graduating from CSU with a degree in zoology, he headed to Kansas State University to pursue a master's degree in bioenergetics in zoology (measuring energy in food for animals), but the year was 1968 and President Johnson withdrew graduate school deferments for the draft.

Smith had to make some choices: be drafted or pursue a master's degree while a member of ROTC. He chose a master's degree and ROTC. Next: choose a major other than zoology since the program was full. He chose a degree in higher education. Though he wouldn't have predicted it, 27 years later, Smith retired from the Army. He spent much of his military career involved in personnel and force management, including his time as a colonel in command of an airborne brigade at Fort Bragg, North Carolina, The Adjutant General of the Army, director of enlisted management, and deputy commanding general of the United States Army Recruiting Command.

After retiring from the military in 1998, Smith entered the world of medicine and human resources for Duke University. As chief HR officer for the Duke University Health System, Smith provides HR support for 22,000 people at three hospitals, clinics, home care, hospice, the Duke Cancer Institute, and ancillary support services. Smith oversees a lifecycle of HR: recruitment, development, performance management, benefits and compensation, and policies. These things are essential components to any organization, but according to Smith, true leadership lies in the relationships.

"Manager development is my number one priority," Smith says. "When we lose people at Duke, most of the time they leave us because of the environment in their workplace, which is driven by their supervisor. If they're happy and committed to the organization, it's because their manager is helping them with that. That's wellness – it enables them to go an extra mile and enhances emotional intelligence."

At Duke Medicine, the employees' jobs are to care for people when they are sick and vulnerable. "The stress of giving care to those who are very ill – that matters. We want to be sure that our people are healthy to do the job and also feel fulfilled and committed to the organization," Smith says. "You cannot do anything unless you have committed people. People have to feel good about the organization and have to be as well as possible," he says.

Those who are doing the job are of supreme importance to Smith. "I try as frequently as possible to visit the people who work for me. When people see you're interested in them, they begin to trust you," Smith says. "In the military that was vital. There was nothing more important I could do than be with soldiers: doing a workout, doing a jump, ensuring they were safe and motivated. Otherwise, we forget who is supporting us and allowing us to accomplish the mission."

Part of Smith's personal and professional resiliency training includes reflection at the end of the day. "If I'm tense or worried, I think of three things that went well that day. It has to be three new things each day. It's a simple exercise, but you'll sleep better and you'll realize that things aren't as bad as you thought," he says. He also draws strength from his faith and



Stephen Smith (B.S., '67, M.Ed., '70)

his family, particularly his wife, Luci (who also attended CSU).

Whether it was in the Army, at Duke, or via the speeches that Smith gives about leadership in the time of the Civil War, Smith is dedicated to teaching people about their own health and wellness so as to contribute to the mission of their organization. "Leadership is not difficult, it's just hard. You've got to invest the time in people if you're going to be a leader worth your weight."

by Beth Etter (M.A. '03)

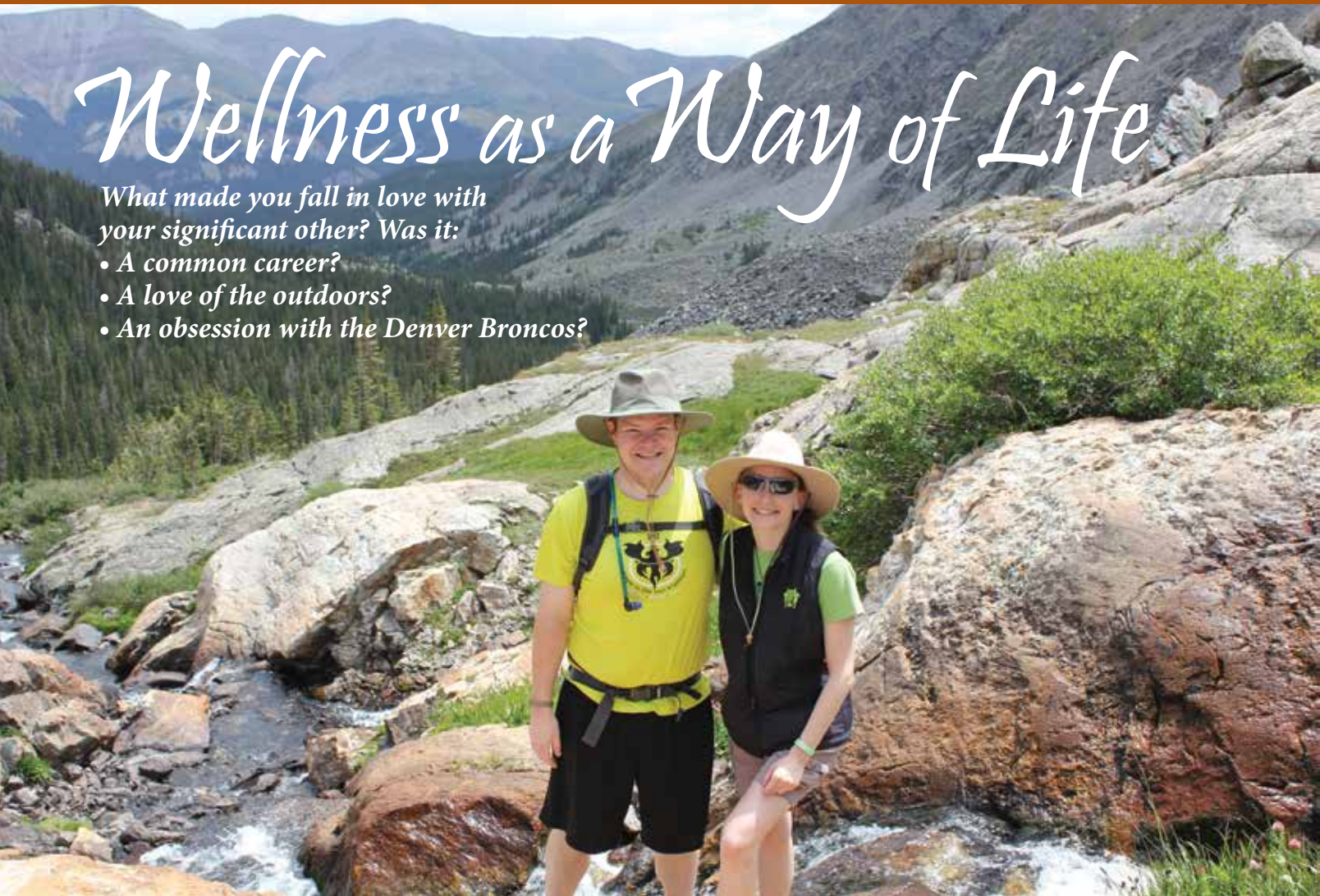
Why Stephen Smith is a member of the Alumni Association

I love Colorado State. It was such a wonderful place to get an education. It made an optimist of me – the future is always bright. I am so proud to be an alum.

Wellness as a Way of Life

What made you fall in love with your significant other? Was it:

- *A common career?*
- *A love of the outdoors?*
- *An obsession with the Denver Broncos?*



Justin Wright and Rae Lynn Ortega hiking the McCullough Gulch Trail in Breckenridge, Colo.

For Rae Lynn Ortega, M.D. and Justin Wright, M.D., it was all three. Though Ortega ('01, Microbiology) and Wright ('02, Biological Science) are both CSU grads, they didn't meet until medical school at Texas Tech, when Ortega was assigned as Wright's "big sibling," a mentoring program for first-year medical students. Their backgrounds and their love of the Denver Broncos ensured a strong friendship. After they both ended up in El Paso, Texas to do their rotations, their friendship blossomed into love. They married in 2007 in Estes Park and headed to Philadelphia for their residencies. The sunshine and the culture brought them back to El Paso, where they've been practicing medicine since 2010.

One might think the concept of health and wellness is obvious, and perhaps easy, for those trained as medical doctors. But doctors suffer the same challenges we all do: work/life balance, stress management, healthy diet, and regular exercise.

Ortega, an emergency medicine physician, loves the adrenaline of the emergency department. "I'm a little bit of a control freak, and there is no control in the ER," she says. "Learning to deal with the unexpected pushes me out of my comfort zone; it's never boring."

Whether she's navigating the personalities of nurses, techs, and patients in the ER, constantly moving and responding to whatever and whoever comes through the ER doors, or delivering bad news to fam-

ily members, Ortega is regularly balancing the emotional and physical needs of both herself and the people around her. "To keep your emotions under control can be really challenging," she says.

Wright, a family physician specializing in sports medicine and faculty member at the Texas Tech University Health Sciences Center-El Paso Paul L. Foster School of Medicine, knows firsthand the challenges of physical wellness. "I've struggled with my weight my entire life," he says. "As a family doctor and sports medicine provider, I was supposed to be an example for my patients, but I wasn't doing a very good job of it."

In 2012, with the help of Weight Watchers, Wright set out on a path that has



proven successful. “I lost 45 pounds and started running and training for a triathlon,” he says. After that, he continued reading about weight loss and made his way to the Paleo diet – pioneered by CSU professor Loren Cordain – and the Paleo lifestyle, which emphasizes movement, stress management, and sleep, as well as diet. “I would like to think that, given my experience, I empathize better with patients and can give them better advice because I have lived it,” he says.

Though Wright says doctors aren’t supposed to get invested in relationships with patients, and though Ortega sees patients for a very short period of time before they’re transferred to someone else’s care, the two find relationships an integral part of their work. “The relationships are the most endearing part,” Wright says.

“It’s an honor that people entrust their lives and their care to me,” Ortega says. “It’s a different kind of contact and relationship than what a lot of people are able to have.”

In addition to watching Broncos games (they have season tickets), Ortega and Wright like to travel, hike, and visit the mountains. In fact, they’ve combined their profession with their hobbies by attending the Wilderness Medicine Society conferences where people learn to practice medicine in an austere environment – minimal tools, equipment, or nurses to help. “It matches with sports medicine,” Wright says. “You’re in a marathon tent, on a sideline, with very few tools. It’s improvisational medicine.”

Through Wright’s personal experience of reevaluating his own health and lifestyle, he’s come to focus on prevention rather than pushing medicine. “At school, you focus on sick care, but it’s important to move toward a different approach to caring for patients: healthy diets, lifestyle, and no smoking,” Wright says.

Ortega agrees, “It’s important to emphasize personal responsibility and taking control of one’s own health and decisions.” Beyond eating and exercise, “you need to balance the stress of your job so it doesn’t



Wright and Ortega after finishing the Estes Park Half Marathon, June 2014

negatively affect your personal life.”

The prescription for this couple’s wellness? Protecting the time they have off together, training for races (from 5Ks to marathons), being outside, and cheering on the Broncos.

by Beth Etter (M.A. '03)



Super fans Wright and Ortega

Why Rae Lynn Ortega and Justin Wright are life members of the Alumni Association

“CSU provided a major contribution to my personal growth. I hold many fond memories of the people I met. I am incredibly grateful for the experiences I had.”

– Rae Lynn

“I made lifelong friends, and CSU prepared me exceptionally well for medical school. We love the school.”

– Justin

You helped make it happen!

Thanks to your membership support, we were able to accomplish the following

MEMBERSHIP **WELCOMED** **1,002**  new members from the 2013-14 class

FUNDRAISING  **\$469,920** in total fundraising

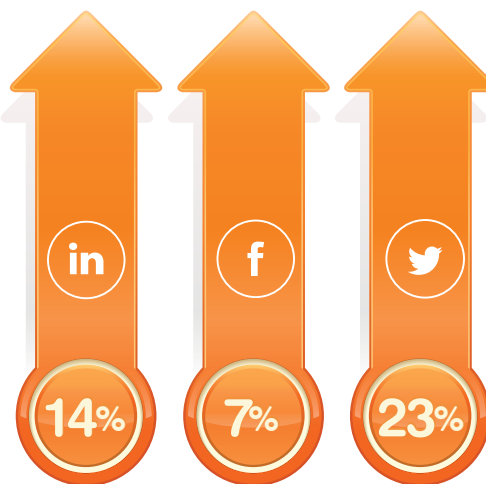
ENGAGEMENT

CSUnity: Alumni Day of Service

170 volunteers contributed



628 hours to service projects around the nation.



SOCIAL MEDIA

- LinkedIn group members increased to 15,430.
- Facebook fans increased to 7,598.
- Twitter following increased to 3,925.



PROFESSIONAL DEVELOPMENT

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- Career Fit online class • Alumni Career Ram
- Rams Leading Rams Professional Development Symposium



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4P8



NEW LIFE MEMBERS

The following individuals became Life Members of the Alumni Association, February 24, 2014 – June 29, 2014.

Darryl L. Beemer, '14
 Edie R. Best, D.V.M., '95
 Jerry and Melinda Black
 Joseph T., Jr., '77 and Jan B., '82, '94 Carroll, Ph.D.
 Theresa D. Clark, '84
 Stephen Collins, Ph.D., '90
 Ronnie J., Jr., '04 and Megan M., '06 DePoty
 Ken A. Forrest, '72 and Susan G. Bostick
 Deserae M. Frisk, '06 and Elisabeth Cole
 Dr. Robert J. Grant, '60
 Kayla K. Green, '11
 John P. and Connie S. Hanrahan
 Kimberly L. Henriksen, '93
 John P. Holloway, '02
 Kimberly A. Hughes, '91
 Christopher W. Kilroy
 Wilbur N. Ladd, Jr., '67, '69
 James R. Lesley, '14
 Stephen M., '88, '91 and Brandy G. Lewis
 John C., '75 and Sandra K., '75 Lorenzen
 Amy B. Luhrs, '14
 Erin R. Mross, '14
 Katherine A. Odanaka, '14
 Maria C. Pawlus, '69
 Robert W. Pieratt, '08
 Katherine J. Plym, '85
 F. Bruce Posey, '78
 Carol E. Price, '13
 Kyle N. Ramstetter, '05
 Dennis F. Reed, '73
 Bill Russell, '65
 Ara Serjoie, Ph.D., '14
 Roger D. Sherman, '88
 Laurie Sue Slavec, '14
 Judy B. Smetana, Ph.D., '06
 David M. Sorensen, '75
 Ronald C., '89 and Michele J. Stettner
 Robert P. Stupp, Jr., '83
 Vern B. Swanson, Jr., '75
 Charles W., '61, '86 and Ronita M. Sylvester
 Dr. Rocci V. and Marla S. Trumper
 Edward Umada, Jr., '14
 Ian J. Wallace, '11
 Susan A. Waterbury, '78
 Jason S. Weinland, '87
 Tyler J., '92 and Grace-Lyn Liberato, '92, '02 Wilson
 Lyn L. Yucuis, '81

SUSTAINING LIFE MEMBERS

Life members can further their support of the Alumni Association by making annual contributions to the Sustaining Life Member program.

Following are Life Members who made an annual Sustaining Life contribution, February 24, 2014 – June 29, 2014.

\$1,870 AND ABOVE

Ibrahim A. Al-Assaf, Ph.D., '82
 Jeanne B. Davies, '53
 Gene E. Fischer and Marylynn Keithly Fischer

\$1,000-\$1,869

Robert L. Warner, '58, '59

\$500-\$999

Dennis D., '67 and Earlene E. Becker
 H. D. (Buzz), '60 and Ann E. Bruner
 Dr. Douglas J. Carlon, '92
 Roberto A. Cimino, '78
 Douglas A., Ph.D., '99 and Dr. Gloria R. Findley
 Judith E. Gustafson, '62, '68
 Robert D. Miller, '72

\$100-\$499

Richard O., '70 and Karin C. Bailey
 Alvin L. Barden, '70
 Dr. Daniel A., '82 and Dr. Sharon A. Benz
 Sally R. Black
 Arwin M., '52 and Loretta M. Bolin
 Wilford W. Burt, '67
 Muriel H. Butler, '59
 Ronald L., '90 and Dr. Kristina B., '89, '94 Carlson
 Dr. Grant R., '81 and Alicia L. Cates
 Douglas L., '66 and Judith A., '67, '84 Chambers
 Paul R. Clapper, '69
 Leslie M. Cone, '74
 Jeris A. Danielson, '60, '61, '64
 Cheryl C. Dotten, '75
 Robert W., Ph.D., '68, '92 and Anita C. Eatman
 Dorothy A. Eiman, '66
 C. Dale Eriksen, '50
 Paul S. Fedec, '77
 Gerald B., '65 and JoVonne A., '64, '66 Fitzgerald
 Carlton E. Gayles, '80
 Gregory D. Griggs, D.V.M., '63, '66
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A. Fred, '62, '63 and Ardith D. (Briggs), '63 Kerst
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 Dr. Ivo E., '53, '70 and Dr. B. J. Lindauer
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 Donald A. MacKendrick, '50
 Clyde A., '47, '49 and Barbara A., '51 Maxey
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 Gordon C., '69 and Shirley J. Meurer
 Stephen L., '58 and Maxine A. Miller
 Dr. William K., '67 and Sally J. Moninger
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 Thomas E., Jr., '50 and Alice M., '63 Nix
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 Charles E. Renner, '63
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 Claude D. Salomon, '51
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 Elisa A. Shackleton, '84, '06
 Thaddeus W., '74 and Claudia B. Smith
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Ram Network Spotlight

Colorado Springs Ram Network

With more than 6,300 CSU alumni in El Paso county, the Colorado Springs Ram Network works to engage those alumni and Ram fans in a variety of activities and programs.

Each summer, the alumni volunteers engage more than 200 people - incoming CSU students and families - with a Student Send-Off, an opportunity for students and families to meet one another and to speak with alumni who share advice and tips for life at CSU.

Other yearly events include:

- The annual alumni dinner, Nov. 4, with this year's guest speaker Jack Graham ('75), CSU Athletics Director.
- Football game-watch parties on Sept. 6, Oct. 11, Nov. 1
- Alumni Insights Panel, Sept. 24, with a spotlight on entrepreneurship
- Alumni Breakfast and University Update to learn more about what's happening at CSU, Sept. 24 and Nov. 19

For information on these events, or to learn more, please contact Ram Network volunteer Mary Harrington ('79) maryaharrington@comcast.net

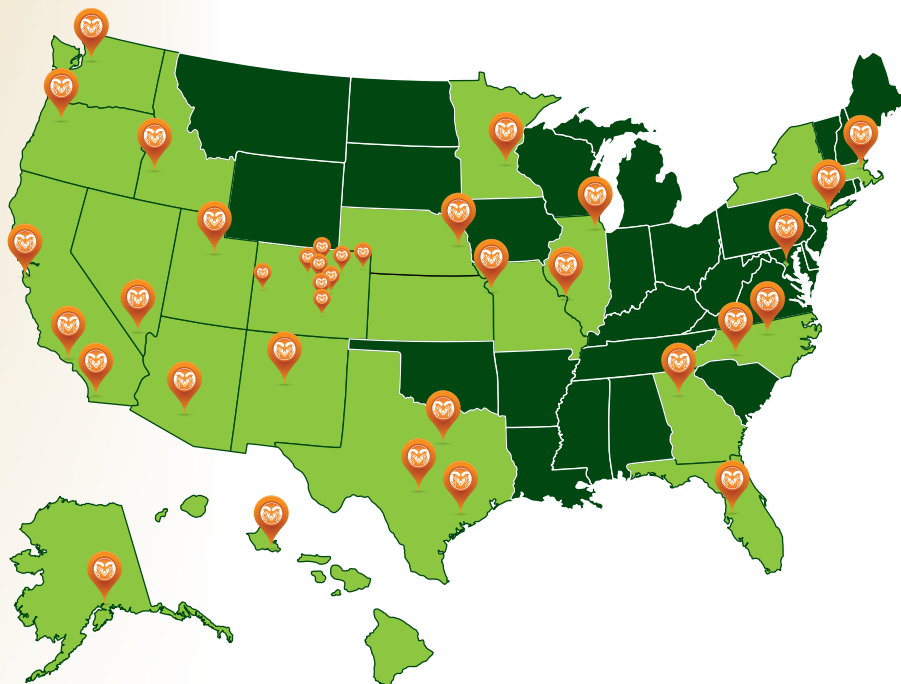
"We have a great cross section of people and a lot of fun. It's an opportunity to reconnect and re-engage with the CSU family."
– Mary Harrington ('79)



A CSU men's basketball pre-game rally in Colorado Springs

Ram Networks

The Ram Network is a group of volunteers committed to fostering relationships between alumni and the University through a variety of programs, services, and volunteer opportunities. Offering both long- and short-term commitments, alumni can explore how they can best contribute to the University.



Go to www.alumni.colostate.edu to see a full listing of Ram Network locations, and to see how you can get involved!



Professional Development Services

Grow personally and professionally with our Professional Development Services.

Alumni Career Ram

An online job system designed to assist you with your career and employment needs – for alumni seeking employment and for employers seeking to hire.

Career Counseling

We offer a suite of professional career counseling services, including:

- Individual career counseling consultations
- Resume, cover letter, and other professional document critiques
- Individual mock interview sessions
- Workshops

Online Learning

- *Webinars*: These free, monthly sessions cover a broad range of personal and professional topics. You can also listen (for free) to our previously recorded webinars through the Webinar Library. Topics this fall:
 - Aug. 13 – Colorado and Our Future Economic Sustainability
 - Sept. 25 – Innovation in the Workplace
 - Oct. 1 – Smart Choices: Making sense of health insurance
 - Oct. 9 – One Health and Future Earth: How CSU research impacts your life
- *Career Fit*: A comprehensive career exploration class. Next class starts Sept. 1.



Fall Rallies & Tailgates 2014

August 29 Rocky Mountain Showdown CSU vs. CU

- Tailgate time: 4 – 6:30 p.m.
- Location: Sports Authority Field at Mile High Stadium, Denver

September 6 at Boise State

- Tailgate time: 5:30 – 7:45 p.m.
- Location: Norco Lot at Bronco Stadium

September 27 at Boston College

- Tailgate time: TBD
- Location: Lyons Dining Hall

October 11 at Nevada

- Tailgate time: 6 – 8 p.m.
- Location: Lawlor patio

November 1 at San Jose State

- Tailgate time: 2:30 – 4:30 p.m.
- Location: TBD

November 28 at Air Force

- Tailgate time: 11 a.m. – 1 p.m.
- Location: TBD



Go to www.alumni.colostate.edu for updates.

Erin Sherwood

- '06, Health and Exercise Science
- Annual Member

What have you done with your degree?

I was a wellness intern at Apple in Cupertino, Calif. where I performed medical fitness evaluations including maximal stress tests and EKG readings. It was a cool, hands-on experience because their focus is on diagnostic and preventative measures.

For seven and a half years, I worked at HealthFitness, a health management and corporate fitness consultant, managing and working with clients to properly plan, staff, and supply the screening events.

Companies will offer a wellness program to their employees as a way to save money on health insurance and to increase productivity by decreasing sick days and the impact of managing a chronic illness. Wellness programs vary and can have on-site screenings, health coaching, fitness or nutrition programs, and online health assessments.

Since April, I've been a flight attendant at Southwest Airlines.

How does health and wellness fit into your job at Southwest?

Keeping yourself healthy when traveling is hard. If you're not conscious of it, it's easy to gain weight, not get enough sleep, and get stressed out. With all my experi-

"It's important to take care of the one thing you'll have your whole life: your body."

ence traveling, I've learned what to avoid eating, to make sleep a priority, and I use the hotel gym.

Plus, this job fits my personality. It's very flexible; I'm not a 9-to-5 desk person.

What does health and wellness mean to you?

It's important to take care of the one thing you'll have your whole life: your body. Be conscious of what's going into your body and how you're treating your body, your well-being, personal life, and how you feel about yourself.



Erin Sherwood ('06) with CAM the Ram

Why are you a member of the Alumni Association?

It's a good way to meet people. When I lived in San Francisco, I wanted to watch the CSU v. CU football game so I looked for CSU alumni in the area. That re-sparked my love for CSU. I want to stay up-to-date on news and what's going on with CSU and my department.



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