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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

Thank you for your support through your Alumni Association membership!

You make it possible for us to connect alumni, students, and friends to Colorado State in meaningful ways.

#AlumniOnline
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

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.

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.

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.
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. 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.
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 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 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.”

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)
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.
Living Your Values, Leading Your Team

B rigadier 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 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?

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 family 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 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)

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

Super fans Wright and Ortega
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

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CSUnity: Alumni Day of Service  
170 volunteers contributed  
628 hours to service projects around the nation.

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

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Dr. Robert J. Grant, ’60
Kayla K. Green, ’11
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Kimberly A. Hughes, ’91
Christopher W. Kilroy
Judy B. Smetana, Ph.D., ’06
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Jerry and Melinda Black
Jason S. Weinland, ’87
John C., ’75 and Sandra K., ’75 Lorenzen
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Bill Russell, ’65
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Roger D. Sherman, ’88
Laurie Sue Slavec, ’14
Judy B. Smetana, Ph.D., ’06
David M. Sorensen, ’75
Ara Serjjev, 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
Richard A., ’70 and Karin C. Bailey
Alvin L. Barden, ’70
Dr. Daniel A., ’82 and Dr. Sharon A. Benz
Sally R. Black
Arvin 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 C. Gates
Douglas L., ’66 and Judith A., ’67, ’84 Chambers
Paul R. Clapper, ’69
Leslie M. Cone, ’74
Jeri 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 Erikson, ’50
Paul S. Fedec, ’77
Gerald B., ’65 and JoVonne A., ’64, ’66 Fitzgerald
Carlton E. Gayles, ’80
John W. Haefeli, ’80
Dean C., ’53 and Bernice C. Hall
David W. and Pat HarDer
David H., ’64 and Barbara B. Hawes
Royal D., ’75 and Charlene C., ’75 Heins
Charles D., ’66 and Kathy J. Henry
Thomas J., ’59 and Mary A. Hildreth
Steven B., D.V.M., ’58, ’65 and Susan Holzman
Carter T. Jackson, D.V.M., ’51
Leslie S. Jackson, ’75
Charles D., ’73 and Mary E., ’73 Jacobs
A. Bruce, ’83, ’91 and Diane K. Johnson
Frank J. Judish, D.V.M., ’41, ’46
William G., ’63 and Marilyn M. Jump
A. Fred, ’62, ’63 and Arthid D. (Briggs), ’63 Kerst
Frank J. and Laurel L., ’71 Kubin
Donald P., ’69 and Judy A. Kuntz
Anne M. Kyleen, ’53, ’57
Georgia R. LaBerge, ’58
Dr. Ivo E., ’53, ’70 and Dr. B. J. Lindauer
Kathleen A. Mackay, ’78
Donald A. MacKendrick, ’50
Clyde A., ’47, ’49 and Barbara A., ’51 Maxey
Byron H. McCandless, Ph.D., ’48
Gordon C., ’69 and Shirley J. Meurer
Stephen L., ’58 and Maxine A. Miller
Dr. William K., ’67 and Sally J. Moninger
Duane A. Newman, D.V.M., ’54, ’56
Thomas E., Jr., ’50 and Alice M., ’63 Nix
Virgil G., ’71 and Ingrid D. Parsons
Dr. Donald L., ’70 and Marcia L. Pirmetall
Dean A., ’66 and Janiece K., ’67 Pigmun
Charles E. Renner, ’63
Dr. Steven W. Rogers, ’70 and Susan K. Streeter
Claude D. Salomon, ’51
Elisa A. Shackett, ’84, ’06
Thaddeus W., ’74 and Claudia B. Smith
Carl S. Sorensen, ’54
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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
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Alvin L. Barden, ’70
Dr. Daniel A., ’82 and Dr. Sharon A. Benz
Sally R. Black
Arvin M., ’52 and Loretta M. Bolin
Wilford W. Burt, ’67
Muriel H. Butler, ’59
Ronald L., ’90 and Dr. Kristina B., ’89, ’94 Carlson
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Paul R. Clapper, ’69
Leslie M. Cone, ’74
Jeri A. Danielson, ’60, ’61, ’64
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Gerald B., ’65 and JoVonne A., ’64, ’66 Fitzgerald
Carlton E. Gayles, ’80
John W. Haefeli, ’80
Dean C., ’53 and Bernice C. Hall
David W. and Pat HarDer
David H., ’64 and Barbara B. Hawes
Royal D., ’75 and Charlene C., ’75 Heins
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Frank J. Judish, D.V.M., ’41, ’46
William G., ’63 and Marilyn M. Jump

LIFE MEMBERSHIP dollars support the Alumni Association endowment, making possible what we do – now, and in the future.

SUSTAINING LIFE • Life members can further their support of the Alumni Association by making annual contributions to the Sustaining Life Member program.
If you’re going to buy office products, shop where you can support Colorado State.

Visit alumni.colostate.edu for details or call the Alumni Association at (800) 286-2586.

SPECIAL MOVING OFFERS for COLORADO STATE UNIVERSITY ALUMNI

Johnson Storage & Moving is proud to partner with the CSU Alumni Association to offer the following discounts:

THE DEAL
Best available pricing on interstate moves through United Van Lines
6% OFF of local residential and office moves
One month free storage with minimum purchase of $5,000
6% OFF on packaging and moving supplies
Up to 30 used boxes free with your next move (subject to availability)
and 5% OF YOUR PURCHASE GOES BACK TO CSU

Contact Libby Bland – Johnson Storage & Moving Company
direct 303-785-4314  cell 720-220-5419  lbland@johnson-united.com

Hewlett Packard and CSU have partnered to bring you special pricing on HP Business Class Products and Services.

Details available at www.alumni.colostate.edu
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)

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!
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.
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 experience 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.

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.
Auto insurance as special as your alma mater.

Did you know that as a Colorado State University graduate, you could **save up to $427.96 or more** on Liberty Mutual Auto Insurance?¹ You could save even more if you also insure your home with us. Plus, you’ll receive quality coverage from a partner you can trust, with features and options that can include Accident Forgiveness², New Car Replacement³, and Lifetime Repair Guarantee.⁴

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¹Discounts are available where state laws and regulations allow, and may vary by state. Figure reflects average national savings for customers who switched to Liberty Mutual’s group auto and home program. Based on data collected between 9/1/12 and 8/31/13. Individual premiums and savings will vary. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. ²For qualifying customers only. Subject to terms and conditions of Liberty Mutual’s underwriting guidelines. Not available in CA and may vary by state. ³Applies to a covered total loss. Your car must be less than one year old, have fewer than 15,000 miles and have had no previous owner. Does not apply to leased vehicles or motorcycles. Subject to applicable deductible. Not available in NC or WY. ⁴Loss must be covered by your policy. Not available in AK. Coverage provided and underwritten by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley Street, Boston, MA. ©2014 Liberty Mutual Insurance
OCTOBER
16-19, 2014

HOMECOMING
And Family Weekend

1914-2014
CELEBRATING
100 YEARS
of HOMECOMING

homecoming.colostate.edu