What will the rest of the academic year look like?

By CSU Life staff

When classes adjourn on Nov. 20 and Fall Break begins, that will be the last day Colorado State University students will have in-person instruction on campus until January 2021. Campus will remain open, but all classes will be delivered remotely for the last two weeks of Fall semester — Nov. 30-Dec. 11. Finals week — Dec. 14-18 — will also be completely virtual.

Students who remain in Fort Collins may need access to CSU resources and spaces. Although the University will remain open to serve students, faculty and staff, some offices may reduce their hours of in-person operations. The Provost’s Office has offered some information on what campus will look like through the end of this highly unusual academic year in May. All of this is current as of the beginning of November; watch SOURCE and your email inbox for updates. Information about the spring 2021 semester also will be posted on the COVID Information and Resources website as details are available: covid.colostate.edu/kb/plans-for-spring-semester.

Spring Semester

Spring semester will start as originally scheduled — Tuesday, Jan. 19, 2021. A full week of Spring Break will be maintained, but four weeks later than originally scheduled: April 12 - 16, 2021. After Spring Break, all course instruction and exams for the remaining three weeks of the semester and finals week will be delivered remotely, just like the final two weeks of the Fall semester. Finals week will remain unchanged — May 10-14. This adjustment will help eliminate additional risks of exposure for the community that could result from extensive travel during Spring Break. As planned for post-Fall Break, the University will remain open following Spring Break.

COVID-19 testing

The University intends to continue offering extensive coronavirus testing protocols in the Spring semester, and the testing team will continue making process improvements through winter break and into spring. More about testing, symptom reporting, public health protocols, University operations, trending topics and other COVID-related information and resources can be found at CSU’s COVID Information and Resources website.

Course instruction and delivery

In the spring ’21 semester, the Provost plans to replicate the percentage of courses offered either in-person or hybrid as during the Fall semester. Course instruction and assessment must continue after Fall Break through the scheduled end of the academic semester. All regular exams and final exams must be administered remotely. In-person exams are not permitted.

Technology support will continue to be available to faculty to facilitate remote course delivery. Proctoring for online exams will remain the same as it was for the Fall ’20 semester: Faculty should continue to use CSU’s existing online proctoring platforms.

continued on page 3
APPLAUSE

Walter Scott, Jr. College of Engineering

Scott Dworsky, a professor in the Department of Atmospheric Science, appears in the new episode of NOVA, “Can We Cool the Planet?” The segment, which premiered on PBS on Oct. 28, features Dworsky helping explain the science behind various proposals for reducing the amount of greenhouse gases in the atmosphere.

Thomas Bradley, Woodward Professor and chair of the Department of Systems Engineering, and Timothy Coburn, professor of systems engineering, authored a policy brief for the Group of 20 Summit on ways the world’s top economies can leverage new technologies, such as electric vehicles, and policy goals to make major headway in reducing global carbon emissions. Ruha Alawi, a CSU triple engineering alumnus and senior manager of market and industry analysis at CALSTART, a clean transportation think tank, authored the report, which was presented virtually in September.

College of Natural Sciences

Rick Miranda, former provost and now Woodward Professor and fellow of the American Mathematical Society. The former provost is the first CSU faculty member to be named a fellow of the American Mathematical Society.

Experience more of CSU Life online

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Book Review: ‘Death at Armadillo’ by John Littrell

By Zahra Al-Saloon

Death at Armadillo: A Paul Seawright Murder Mystery is a new novel written by John Littrell, one of CSU’s former faculty members from the School of Education. The book is set in Casa Armadillo. The story follows Dr. Paul Scarrowright, an English professor and biographical writer who accidentally stumbles upon a murder at the Maya ruins. He becomes the book’s detective as he investigates the murders that are now piling up, wondering if he could become the next victim.

This is Littrell’s debut novel. The idea came to him in 1990 when he was first inspired to write the story while visiting Casa Na Bolon on a trip with his wife. “I was standing in this old nursery and thought, wow, this could be a great setting for a murder mystery,” Littrell recollected.

This trip, plus his continued fascination with Maya culture, helped get this story off the ground. With setting and storyline in mind, Littrell began the most challenging part, learning the mechanics of writing a novel. He began writing and rewriting the story, which was published this past July. For Littrell, writing has always been something to do in his free time, and once he retired from CSU, he was able to complete the novel.

His advice to others looking to start writing for the first time is to start small, be patient. Short stories, he explained, are a great way to hone in the writing skills and perfect your style. Letting others read your work is another great way to get feedback. He explained, “I’ve never been afraid of showing my work and having them give me feedback. I would write some chapters and ask people what worked and what didn’t work.” He credits the strong positive reviews he’s received on the book to the opportunities he had to workshop with others about his writing.

Death at Armadillo is available on Amazon in paperback and Kindle version. If you enjoyed this novel, keep an eye out for Littrell’s next murder mystery novel set to debut next summer, which will follow Dr. Paul Scarrowright to a college campus in Iowa.

CSU Sustainability Fund calls for proposals

By Zahra Al-Saloon

The President’s Sustainability Commission has announced the launch of the CSU Sustainability Fund. The fund aims to enhance, support and promote new grassroots and pilot sustainability research projects, academic initiatives, conservation efforts, initiatives, academic initiatives, education and outreach efforts.

Funding for single project proposals can be requested at any level up to $10,000. Proposals received by Nov. 18, 2020, will be prioritized. The President’s Sustainability Commission is inviting all members of the CSU community to submit a proposal.

Proposals will be reviewed by the President’s Sustainability Commission and funds awarded by January 2021. Funds are one-time and must be spent by the end of the fiscal year (June 30, 2021).

Why is CSU introducing a sustainability fund?

Sustainability funds have been a growing opportunity for many universities to advance sustainability, and our students and employees are among a community of creative innovators who have been requesting a fund for several years. The President’s Sustainability Commission often receives proposals or ideas from across the university that require a small amount of funding to be implemented. While the Commission has been able to endorse these proposals in the past, this is the first time the Commission will be able to provide monetary funds to assist with implementation.

Sustainability is not a concept that is just limited to STEM departments, but to all disciplines across the university. Interdisciplinary proposals that integrate environmental, economic, and social aspects of sustainability are highly encouraged. In creating these proposals, students, faculty and other members of the CSU community are encouraged to support and engage CSU students and employees in innovative ways.

Proposal requirements:

• Funding can be requested at any level up to $10,000 on single project proposals.
• Funding can be used for creative ways to enhance, support, or promote sustainability on campus.
• Priority will be given to projects that are innovative and could lead to broader sustainability projects and impacts (scalability).
• Priority will also be given to proposals that integrate social, economic, and environmental aspects of sustainability.
• Funding must be spent by the end of the fiscal year (June 30, 2021).

To learn more about the CSU Sustainability Fund and to submit a proposal visit green.colostate.edu/csust-sustainability-fund.

Find What You Need:
For Up-to-the-minute information for specific programs and services, including hours of operation, visit: LSC.COLOSTATE.EDU
Friendship matters: How to make friends as an adult

By Kathryn Meng

Do you ever wonder how you made friends so easily in elementary school? You would walk up to someone and say, “Hey, wanna be my friend?” and it was settled. Now, as we enter adulthood, having potentially moved to a new state for school and leaving old friends behind, it seems much more difficult to make friends and especially hard to maintain them. However, social support and relationships are imperative connections in our busy lives. So, how do you maintain a lasting friendship in adulthood? Read on below to find out.

Keys to making new friends as an adult

Patience
Well, to begin, we need to be patient. Friendship takes time, and unfortunately, it is not as easy as it was on the playground. A study out of Kansas concluded that it can take up to 50 to 100 hours for two strangers to become casual friends, 90 hours for people to form a friendship, and 200 hours to consider this person a close friend. Patience is key to allowing a strong, meaningful friendship to blossom.

Shared Experiences
Friendship is often based on a shared experience. Try finding something that the two of you have had the chance to enjoy together, whether it be a fun memory or fun activity. Picking a common class or going to see the newest action movie may be what links you with an old friend or new. When you connect with old friends while finding groups for new friendships to flourish. Perhaps you reconnect with a friend from ten years ago, finding out that they also share similar interests.

Now comes the challenging step though, making those friendships last. Old friends you could meet new people and branch out, but how do you keep them close?

Maintaining New Friendships Compares to Childhood Kindness
For some of us, making new friends may be easier than maintaining old friends. It is certainly easy to say yes to someone and then never follow through. Maybe they have more of a negative effect on you than you originally thought, causing you to get around with them. Practicing compassion and kindness can allow you to relate to your new friend and listen to who they are. It is so easy to be busy, curious about who they are, rather than dismissive. This little piece of empathy can go a long way.

Be Present
When you’re with your new friend, be with that new friend. Practice being present in the moment. Of course, it is easier said than done, as we now all have phones that hold an abundance of possibilities. Putting your phone down, listening, and feeling present with your friend will allow you to feel like you know them. Connect. Allow the shared experience to happen and truly listen.

Recognize the Differences in Friendships
Just as you take a moment to remember that not every friendship is the same. Some friends you still chat on every day, others you will see every other year. In practicing the strategies above, you can maintain that important relationship you have with them when you are with them.

Adult friendships may not have the same function, but there are many ways to make friends. Good luck as you navigate the complexities of life and forming lasting friendships. But most importantly, have fun while you’re doing it.

Michael McFaul, former U.S. Ambassador to Russia, will speak virtually with CSU community

By André Galz

On Dec. 3, former U.S. Ambassador to Russia Michael McFaul will speak virtually with the CSU community about the power relationships between the United States, China, and Russia. During this conversation, organized by the Office of International Programs, McFaul will share his expertise as well as an account of what he witnessed while serving as ambassador in Russia.

McFaul currently holds several positions at Stanford University, including professor of international studies in political science, director and senior fellow at the Freeman Spiegel Institute for International Studies, and senior fellow at the Hoover Institution. He is an analyst for CNBC, who covered the 2018 U.S. midterm elections for NBC News and the 2020 presidential election for CNN.

He has authored several books, including recent New York Times bestseller, “From Cold War to Hot Peace: An American Ambassador in Putin’s Russia.” His current research interests include: American foreign policy, international relations between the U.S., China, and Russia, and the relationship between democracy and development.

KRNC recognizes National Diabetes Awareness Month

By Kendall Rogers Nutrition Center

More than 10% of the United States’ population has diabetes (more than 34 million Americans), and it is estimated that up to 12% of the United States’ adults have prediabetes. Diabetes is considered a chronic disease, and if not treated, can have deadly complications. Today, diabetes is the seventh leading cause of death in the United States.

Although there is no cure for diabetes, the early stages of Type 2 diabetes (T2D) – or “prediabetes” – can be reversed. When detected early, both prediabetes and diabetes can have harmful health outcomes. November is Diabetes Awareness Month, a time to recognize diabetes risk for early detection and intervention.

What is prediabetes?
Prediabetes is characterized by having higher than normal blood sugars, but not high enough to be diagnosed as diabetes. Although “pre” diabetes doesn’t sound like a big deal, it is considered a serious health condition that increases risk for developing T2D, heart disease and stroke. There are many risk factors for prediabetes, including age, genetics and physical inactivity.

Prediabetes exists on the same continuum as T2D, and if unaddressed, could develop into T2D within five years, according to the CDC. Most people with prediabetes won’t develop diabetes before they develop T2D, posing a critical opportunity to adapt positive lifestyle changes to improve the course of the disease before it becomes more serious. Small lifestyle changes can have a huge impact on delaying or preventing diabetes altogether.

When prediabetes becomes T2D, it cannot be cured, but early detection remains critical to prevent complications.

How do I know if I have prediabetes?
Prediabetes often does not have clear symptoms, which is why it can be overlooked for years. Of those with prediabetes, 8 out of 10 don’t know they have the condition.

You can get a simple blood sugar test to find out if you have prediabetes. Ask your doctor to get a “Glycated Hemoglobin (A1C) test,” which indicates your average blood sugar for the past two to three months. Think of a fasting blood glucose test like a single baseball game – tell you about your blood sugars just in that moment of time. An A1C is much more like a batting average for the whole season – what blood sugars have looked like for the past few months.

In general, an A1C level between 5.7% and 6.4% is considered prediabetes. A1C levels at 6.5% or higher are considered diabetes range. If you have diagnosed diabetes, work with your health care provider to establish a goal for your blood sugars.

What can I do to prevent diabetes?
Proper nutrition, physical activity, stress management, weight management and sleep hygiene can help prevent prediabetes from developing into T2D. It can be challenging to navigate lifestyle changes on your own. The National Diabetes Prevention Program at CSU’s Kendall-Bragin Nutrition Center provides resources and support for making those lifestyle changes to lower your diabetes risk. NIIDP helps participants practice healthy eating and regular physical activity. Classes are led by KRNC certified lifestyle coaches who are also master’s level registered dietitians.

KRNC is offering its next session of the year beginning Jan. 22, 2022. If qualified, your health insurance may cover the entire cost of the program. CSU employees not covered by their insurance will receive a 25% discount on registration thanks to Commitment to Campus. Students also receive a 50% discount.

For those with diagnosed diabetes, KRNC also offers its 8-week Diabetes Empowerment Education nutrition-focused cooking program. This program provides the comprehensive information and hands-on cooking to help manage diabetes. Join our list of subscribers and find our classes online!

Prevention Program at CSU’s Kendall Reagan Nutrition Center

Find us on social media! @campuswliquors /campuswestliquors

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krazeykarlss.com

DEPOT
1107 City Park Ave.
Open daily 8am-12am
Check our weekly specials @ Campus West Liquors
BUÑUELOS

**Ingredients:**
- 1 tbsp salt
- 2.2 lbs all-purpose flour
- ½ cup of lard or butter
- Hot water to add
- Oil for frying
- 1 cup packed dark brown sugar
- ½ cup water
- Cinnamon to taste

**Directions:**
1. Mix salt, flour, and lard/butter in a frying pan
2. Add a cup of hot water, or until the dough comes together
3. Knead the dough
4. Roll out pieces of the dough into small circles with a rolling pin until they become thin and transparent
5. Let the dough dry before frying it
6. Heat the oil and drop in the flashbread, frying it until it’s golden brown
7. In a separate pot, boil the brown sugar and cinnamon with water to taste
8. Dip the round into the boiled sugar sauce until it’s covered
9. Enjoy you bunuelos!

**Profitable CARE Program**

**What is it?**
The program serves to connect employees to resources that best meet an individual’s needs inside and outside of Colorado State University.

**Who coordinates the program?**
Emma Chavez, CSU’s community resource coordinator, earned her master’s degrees in counseling and career development at CU. She serves as a liaison between employees and community resources. Aside from directly working with employees, she maintains the care website at care.colostate.edu which provides a large list of benefits available to all employees at CSU.

**How to Access the CARE Program?**
Emma urges anyone that may need assistance of any kind to contact her. She will be happy to assist any employee in need of help regarding their personal situation. She states that often employees come to her with one personal need, but that one need can be caused by multiple issues.

**Who coordinates the program?**
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Below is just a small list of what you might find on the CARE Program website:

- Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, is a federal entitlement program that helps individuals access food benefits. CSU now has someone available to help you apply for SNAP remotely!
- For more information and to complete an eligibility screening and/volunteer the application, contact Help4Rams@colostate.edu. Or you can call us at (970) 491-8051.
- Emphasizes a robust list of resources related to COVID-19. This includes both University resources available to the CSU community as well as resources available in the greater Northern Colorado community. One such resource includes a toolkit of COVID-19 resources created by ComPsych where you can find a list of webinars, helpful guides, and tips to help you navigate this difficult time.
- All this information can be accessed here.

The Cameron Peak Fire has also hit our beloved community hard. Recently, the East Troublesome Fire and additional fires near Boulder have affected many in our CSU community and beyond. To help those affected by the fire, Emma has been able to develop a list of resources to those affected by the Cameron Peak Fire or other nearby wildfires. This encompasses information like financial assistance, housing/shelter options for all (including large and small animals), plus other resources offered by Larimer County as well as United Way 2-1-1 help line. Details to access this information and more can be found here.

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The CARE Program is a beneficial CARE Program for employees.

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Virtual Native American Heritage Month celebrations designed to build community

By Joe Goodson

Colorado State University’s Native American Cultural Center is hosting a range of virtual activities in November to celebrate Native American ancestry and traditions and build community.

This year’s Native American Heritage Month includes keynote presentations by activism author Megan Red Shirt-Shaw at 5:30 p.m. Red Shirt-Shaw is an advocate for greater Native presence in media and higher education.

Heritage Month at CSU will feature talks by faculty and students about the importance of Native American and Indigenous communities.

Virtual activities will take place each day of the month and will focus on Native American cultures across the country. Even though COVID-19 has canceled many of the events in-person, the people host events remotely so that students can still participate.

CSU’s Native American Cultural Center is also hosting a virtual NBA Bingo Night with Women’s Circle and the Pedi- Mentors on Nov. 7 at 5:30 p.m. Red Shirt-Shaw is an advocate for Indigenous rights issues and a champion for greater Native presence in media and higher education.

In addition to the keynote, Native American Heritage Month at CSU will feature talks by faculty on campus about the importance of Native American and Indigenous communities.

For Indigenous peoples, she said relationships are essential, whether in ceremony settings or maybe springtime for the pow wow, but we also need to celebrate on Zoom, so you can sit on your couch and eat while participating.

“We need to worth it the risk,” Kelly said. “Our elders, youth and community are more important than this event. Fingers crossed maybe springtime for the pow wow, but we will see.”

Kelly added that cultural universities such as the Native American Cultural Center available for students during COVID-19 have been vital. For Indigenous peoples, she said relationships are essential, whether in classroom or everyday environments.

While partially online, the Native American Cultural Center still has a presence on campus and is open a few days a week. Kelly said she meets weekly with the center’s peer mentors, which she said is uplifting.

“Our offices exist to provide resources for students,” Kelly said. “But a huge part of what we do focuses on that community aspect — being in community with each other. Not being able to be together in person has been tough. So trying to duplicate that virtually is really hard, but absolutely critical,” Kelly said.

Kelly said the Native American Cultural Center has been working hard to build that community online through events such as Native American Heritage Month. She said she hopes this year’s virtual festivities can also help the entire CSU campus learn and experience Native American culture.

“Even though we’re online, hopefully it will be refreshing and rejuvenation because the topics are so rich, interesting and unique,” Kelly said. “You’ll learn something. Hopefully you laugh a little bit. And hey, you’ll be on Zoom, so you can sit on your couch and eat while participating.”

Native American Heritage Events

NACC Bingo Night hosted by Women’s Circle and the Pedi-Mentors

Thursday, Nov. 5, 4:30 - 6 p.m.
Zoom link: zoom.us/j/98634192175
Meeting ID: 986 3419 2175
Join the students from the Native Women’s Circle and the North Star Peer Mentors for a night of bingo, music and community building.

Drop in at any time and all are welcome.

Bison Days: Fifth Anniversary of Laramie Foothills Bison Conservation Herd

Saturday, Nov. 7 - Sunday, Nov. 8
To celebrate the success on the weekend of Nov. 7-8 with Laramie Foothills Bison Conservation Herd organizers.

Native Wellness Hour hosted by Stephanie Mora-DeRosby

Thursday, Nov. 12, 3 - 4 p.m.
Zoom link: zoom.us/j/91934500034
Learn more about the power of “Mindful Art” as part of this special session of Native Wellness Hour.

The program is a joint effort between the Native American Cultural Center and the CSU Counseling Center to provide a new virtual program for students. This session is hosted by NACC liaison Stephanie Mora-DeRosby, who is the senior staff counselor at the CSU Health Network.

Riigai Shasty Assistant Vice President for Diversity

• Anticipate conflict and resistance

How do we think about potential conflict matters? Do we dread conflict arising? We can be better prepared for conflict when we anticipate it and plan for it. I suggest reviewing your syllabi for content which may be confusing, challenging, or controversial. You will go about creating an environment that encourages discussion around that content and minimize opportunities for harm.

• Take responsibility. Many of our faculty use potential conflict, cross-cultural communication, and debate as pedagogical tools for learning. As productive as this strategy can be, we also know that it can place underrepresented students in the position of arguing for or against an identity they hold.

I would ask faculty to do this responsibly by recognizing how this type of strategy can put underrepresented populations in a vulnerable place. The classroom environment is the faculty member’s responsibility to uphold so feel empowered to do so. This includes being intentional about what is included in the syllabus, how the classroom climate is created, who gets invited to guest speak, and the content of pair or small-group interactions.

• How do “do over”. Faculty have expressed to me that when conflict arises in the classroom, they do not always know what to do. ’How do you know if you need a “do over”? Faculty should be explicitly provided with opportunities to grow and make changes to their teaching.

Laxmi Shashy Coordinator for Intergroup Relations

• Student Diversity Programs and Services

• Feedback opportunities— Soliciting students’ questions and feedback about the classroom can add a layer of accountability and information about what the group is feeling and what they may need. Knowing how students are experiencing the classroom space and dialogues allows you to respond more effectively and thoughtfully and shift your approach, if needed.

It’s helpful to provide multiple options where students can share their thoughts: office hours, anonymous feedback forms shared regularly and/or available all semester; a structured mid-semester evaluation process; quick journal/reflection assignments, etc. Think about specific questions you have: How are different students experiencing classroom dynamic? What emotions are coming up? Did they notice a “hot moment” that you missed? Let the class know why you are interested in their feedback and set clear expectations about how you may or may not implement their feedback this semester.

• Build connections— Online learning may afford students relative anonymity in the classroom. This compounded with the general distance and disconnect many students may be feeling, can impact how and when students are participating. Do not expect each other to reflect appropriately and appropriately. Helping students connect with each other and build relationships can disrupt feelings of anxiety and help students across different identities and perspectives can better feel when students know who they are talking to and feel a level of investment in each other’s well being and learning. We can introduce icebreakers, group work, introduction videos, weekly student spotlights or other activities even partway through the semester.

Creating inclusive classrooms to uphold free speech

Our country is a day away from a very contentious presidential election, and many of our faculty, staff, and students are feeling this contention in their homes, classes, and online communities. We recognize that for many faculty and students the thought of this tension existing in the classroom brings much fear and uncertainty.

As educators, we need to facilitate and teach our First Amendment rights in a physical, or virtual, classroom setting. researchers have found that productive and inclusive learning environments based around shared understanding of the ground rules, goals of dialogue, and the Principles of Community.

As a public institution, Colorado State University has the opportunity, responsibility, and legal obligation to uphold the First Amendment through both individual and group freedom of speech. Thus, we acknowledge that the inherent tension that exists between our First Amendment rights and the potential harm exercising those rights can cause to others.

With free speech comes the responsibility of knowing how speech can be used to harm, silence, and promote erasure of people and ideas. By utilizing their free speech and understanding its impact, students can hone their logic, stand in solidarity for or against topics, speak truth to power, and better advocate for issues they deeply care about.

We want faculty and students to use their voices to better articulate their passions.

Fluerette King Equity Educator, Undergraduate Affairs and TILT

• Create ground rules— Setting ground rules allows faculty and students to co-create classroom expectations and norms. It is important for students to have space in their mind and for faculty to express expectations of your inclusive classroom. As a faculty member you should hold one another accountable to those guidelines without intervention by you. It allows for all members to know what is expected of them and what they can expect from one another. We recommend carving out time on the first day of class and creating them together, but if you haven’t done this, fear not, it’s not too late. You can start out your next class period by discussing expectations of each other. Also, you can start with a short list and empower the group to modify as needed throughout the semester.

• Asking meaningful questions— Ask questions that help participants get to a deeper understanding of themselves and their beliefs, and shed light on ways to grow and make positive, more inclusive change. Ask questions that focus on sharing experiences instead of opinions; use simple and easy to remember prompts to evoke feelings and experiences leading to dialogue; focus on their sphere of influence; ask for their reflection on their experiences and backgrounds. These are just a few ways that faculty can create meaningful connections for students.

As educators, we have a tremendous responsibility, but also have tremendous opportunities. By taking proactive classroom strategies, we’ll be better prepared to navigate free speech, develop competency, and to encourage students to use their voices to better articulate their passions.
The CSU Center for Mindfulness is offering two series of weekly sessions to help you navigate the stresses of the end of the year—or any time.

**Mindful Mondays**
- **Nov. 11 | Falling Asleep Swiftly**
- **Nov. 4 | Start Sleeping Better**
- **Nov. 18 | Relearning To Fall Back Asleep**
- **Nov. 25 | Clear Your Mind, Go To Sleep**
- **Dec. 2 | Wind Down Into Sleep**

**Festive Scheduled Sleep**
- **Nov. 29 | Meditation For Loneliness**
- **Dec. 7 | The Joy Of Self-Compassion**

**Festive Mindful Sleep Series**
- **Nov. 11 | Falling Asleep Swiftly**
- **Nov. 18 | Relearning To Fall Back Asleep**
- **Nov. 25 | Clear Your Mind, Go To Sleep**
- **Dec. 2 | Wind Down Into Sleep**

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**Mindful Sleep**
- **Nov. 6 | Break Free From The Ties That Bind**
- **Nov. 13 | Mindful Movement**
- **Nov. 20 | Meditations For Loneliness**
- **Nov. 27 | Mindful Sleep**

**WINTER WONDERLIGHTS**
The lights go on every evening from the first week of December to January 1. From Nov. 14 to Jan. 1, guests can visit the Chapungu Sculpture Park, which features over 80,000 lights formed to create LED mappable park features, as well as a giant 48-foot tall tree with a star on top.

**THE GREELEY GRISWOLDS**
Every year, for the past 17 years, the Medhurst family has decorated their home with lights and holiday decorations from the height of their house. They have orange and multicolored LED lights in windows, arches, and balconies to display their lights that are sure to create holiday magic. They also put out a small store that is open to the public.

**FESTIVAL OF TREES**
The event is hosted by the Denver Center for the Performing Arts and features over 500 tree displays from various organizations. Trees are decorated with lights and decorations, and there are also holiday activities for the whole family.

**OUTDOOR LIGHT SHOWS in Northern Colorado**
- **Festival of Trees**
- **Chapungu Sculpture Park**
CALENDAR OF EVENTS

CSU: Commencement walk on the Oval
Nov. 26 - 20

Fall Break
Nov. 23 - 27

All learning remote
Nov. 30 - Dec. 18

Martin Luther King Jr. Day
Monday, Jan. 18

First day of the semester
Tuesday, Jan. 19

Graduate String Quartet
Wednesday, Nov. 18, 7:30 - 8:30 p.m.
Virtual
Since its inception in 2008, the graduate quartet program at CSU has brought together musicians from around the country and Mexico for an intensive two-year program of rehearsing and performing. For their concert this fall, the new quartet will perform works from across the chamber music spectrum. While there are no in-person events this fall, on-demand content will be hosted on our Vimeo account and access will be provided through couarts@tickets.universitytickets.com.

Virtual Library Innovations
Tuesday, Dec. 1, 4 - 5:30 p.m.
Virtual
Poudre River Public Library District and the CSU Library have partnered to bring virtual programming and information to you! The first program will feature information about the Library's Virtual Library Innovations Program and the Fall breaks and upcoming events. More information can be found at prpld.org.

FORT COLLINS:
Welcome To Colorado Youth Outdoors: Winter Wonderland
Nov. 27-Dec. 31, 9 - 10 p.m.
Colorado Youth Outdoors
NoCo Winter Wonderland is a one-mile drive-thru holiday light display filled with twinkling lights, jingle bells, Christmas music, animated outdoor themed features, and... a fly fishing Santa. Stay warm while you listen to Christmas music and drive alongside the gravel path which takes approximately 15 minutes. No contact, low contact. Reserved timed entry required. More information at nocowinterwonderland.com.

Family Holiday Wreath Making
Saturday, Dec. 5, 10:30 a.m. - 12:30 p.m.
Gardens on Spring Creek
Create your own natural holiday wreath from scratch! This class is suitable for children 10 and up when accompanied by an adult, as everyone will make a wreath. Examples, instructions, assistance, and materials provided. More information at figov.com/gardens.

Garden of Lights
Dec. 9 - 25, 5 - 9 p.m
Gardens on Spring Creek
Join us for one of Northern Colorado’s favorite holiday traditions! Stroll through a whimsical, twinkling winter wonderland illuminated by thousands of lights at the Gardens on Spring Creek. More information at figov.com/gardens/garden-of-lights.

Tai Chi at the Gardens on Spring Creek
Nov. 21, Dec. 5, Dec. 12, 9 - 10 a.m.
Gardens on Spring Creek
Tai Chi classes will be outside in most weather, inside during hazardous weather, and capped at 10 participants. Registrations can be cancelled or rescheduled if needed. Social distancing will be observed. figov.com/gardens.

Virtual virtuosos with Jeffery Kahane
Thursday, Dec. 3, 7 - 9 p.m.
Virtual
Online conversation with your favorite musicians. More information at offbeathosts.org/event/virtual-virtuosos-presents-jeffery-kahane.

Bingo Night at the Goat
Recurring weekly on Wednesday, 7 - 9 p.m.
Gilded Goat Brewhig
Whether you love bingo or just love beer, Gilded Goat Bingo Night is for everyone and is free to play. Every day it’s Wednesday – play for a chance to win gift cards to local businesses, free beer, Cowler’s Gilded Goat gift cards, special prizes, and Gilded Goat swag. More information at gildedgoatbrewing.com/events.

Teddy and Tea - A Bedtime Storytime
Recurring monthly on second Friday, 6 - 8:30 p.m.
Golden Poppy Herbal Apothecary & Clinic
Children come with your teddy, drink some tea, and listen to stories that build self-love, compassion, and community. Parents’ caregivers come drink tea, learn about the herbs in the evening’s tea, and unwind. Let this Bedtime Storytime be a part of your evening routine. All are welcome (stories and activities are ages 2-7 appropriate). More information at goldenpoppyherbs.com/classes.

Resolution Run 5K
Thursday, Dec. 3, 6 - 8 p.m.
Edora Pool and Ice Center
Run out the old-year, and welcome the new! The Resolution Run is a family-friendly, neighborhood streets 5K starting and finishing at the Edora Pool Ice Center. Kids, strollers, dogs & walkers welcome! Finish in under 20:21 to earn a special prize! The race is held after sunset. Glow sticks will be provided! No pre-registration required. More information at resolutionrunfc.com.

17th Annual Artisan Fair
Friday, Jan. 1, 10 a.m. - 4 p.m.
Harmony House
Join us for the 17th annual Artisan Fair to benefit the Harmony House! Enjoy the warmth of the Harmony House as it’s filled with 20 local artists of every medium who will be selling their pieces to support the Harmony House. Help us provide a safe place for supervised visits and custody exchanges by shopping for your friends, family, and yourself! More information at casalarimar.com/annual-events.

Smorgadogos
Recurring monthly on the 1st, 7 p.m.
Avogado’s Number
Come Host! With Us for a night of exceptional local poetry and expression. This month we are featuring traveling New Orleans poet, Jonathan Brown. If you are interested in performing, be ready to spit with three poems. All poets are welcome and encouraged to come! If you just want to hang that’s rad too! Show up with an open mind, a ready heart and maybe a pen and notebook combination, just in case inspiration strikes.

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Traditional Egg Nogs to compliment a “cozier at home” holiday season
Eggnog is one of those winter cocktails that stir up holiday nostalgia and warms you with that festive feeling for the “cozier at home” days ahead. Served over ice while curled up near a fireplace or served warm with whipped cream and a cinnamon stick while celebrating with friends and family, eggnog is sure to be a holiday pleaser.

Although nobody seems to know the exact origins of eggnog, it is believed the drink began as early as the 13th century as a beverage for the British aristocracy. It was only the wealthy who could afford to drink warm milk and egg beverages seasoned with pricey spices such as ground nutmeg and cinnamon and mixed with expensive liquor’s like brandy and sherry to keep it from spoiling. Today, you can enjoy this sweet, creamy classic, mixed and ready to serve, for as little as $2 a bottle at Wilbur’s. We recommend New England Egg Nog, available in three flavors: Original, Pumpkin or Cinnamon.

Each flavor is crafted using the freshest 100% dairy from local dairy farmers then blended with imported brandy, smooth blended whiskey, imported rum and Kentucky bourbon. Then is added natural nutmeg for an authentic homemade flavor.

No matter which flavor you choose or how you choose to serve it, eggnog is sure to be a winder for the festive months ahead.

Overbrook New England Egg Nog available at Wilbur’s... $9.99
GIVE JOY
THIS HOLIDAY SEASON

PREMIER CARD
A reloadable card that works like cash at any course, with additional discounts earned the more you spend. Use for tee times, cart rentals, and driving range visits!

GIFT CARDS
Redeemable at any course for merchandise, golf play, cart rentals and range balls.

ANNUAL PASS
Visit our City courses frequently? The Annual Pass will save you money and maximize your value.

For more information visit FCGOV.COM/GOLF