One year later: How COVID changed CSU

By Rachel Rasmussen and Makenna Green

A year ago, COVID-19 was declared a national emergency and everything changed overnight. As part of this, CSU moved to remote learning. Plans of how to help students at Colorado State University set in, and the work environment for many dramatically changed. A year later, things still aren’t completely the same, but many have learned to adapt to the climate.

When the idea of working remotely was first announced, it was unnerving for some. When Brian Jones, an assistant professor in the Physics Department, found out CSU would be going online after spring break last year, his first thoughts and concerns centered on his students, and how his work and teachings are focused on human interaction.

Jones teaches General Physics I and II, out of Johnson Hall, where his class is designed for students to collaborate in small groups. “It’s all communicating with your fellow students,” Jones said. “And the reason I do that is because that’s how people learn best. We are social creatures and by being able to interact with other humans we learn things, we share ideas, we turn on certain parts of our brain that help us form connections and learn new things.”

With the pandemic, Jones, like many other professors at CSU, realized that he would have to restructure his classes to meet the new online format that began last spring. This meant figuring out how to best teach the material using recorded lectures, Zoom meetings, and online simulations for the labs. In the Health and Exercise Department, Kimberly Burke, instructor and director of adult fitness, was also hard at work trying to find the perfect balance between asynchronous and synchronous classes for her students. Burke teaches Exercise Prescription and Adult Fitness Practicum.

Before COVID-19, Exercise Prescription was a practical exercise programming-based face-to-face lab taught by graduate teaching assistants. In the Adult Fitness Practicum, students worked with community members in one of CSU’s gyms where they provided hands-on learning experiences for members. Like Jones, Burke had to utilize recorded lectures, video submissions from students, Zoom classes, and online simulations for her teaching.

“It was a really steep learning curve. It led to an interesting transition into summer,” Burke said.

For Adult Fitness Practicum specifically, the summer semester was entirely online and provided students with the challenge of working with their community members through a camera. Burke said it was difficult because some of the stuff can’t really be taught online or over Zoom. “You can’t really simulate how to take someone’s blood pressure without the cuff and without the equipment,” said Burke. Instead, she had to find and rely on good videos and simulations to help with the real-world training.

Biggest challenges

Along with the challenges of online classes, both Jones and Burke also had to figure out how to organize the format of two programs. Jones is the director of Little Shop of Physics and Burke is the director of the Adult Fitness Program. Both programs are centered around students working with the CSU community and using skills they have learned in their majors.

During pre-COVID times, the Little Shop of Physics would go to K-12 grade schools around Fort Collins and set up hundreds of hands-on science displays that kids could touch, put their faces up to, talk into, scream into, and more.

Since the pandemic hit, Jones and the Little Shop of Physics staff and volunteers had to come up with ways where they could still interact continued on page 7
Meet four CSU Everyday Heroes

The Everyday Hero Award, a special program sponsored by the Classified Personnel Council that recognizes outstanding employees at Colorado State University, has been presented to Julie Sinkovitz, Charla Waity, Carina Pfennig, and Albert Cones. The award is open to all CSU employees.

Julie Sinkovitz
Julie Sinkovitz is the director of sports nutrition and has worked in CSU Athletics for three years. She was nominated for this award because, according to her nominator, “The Principles of Community apply to everything she does.” This includes her service at a moment’s notice to food employees who help out in the background, in her training and commitment to all sports, and in following CSU’s COVID-19 guidelines.

Charla Waity
Charla Waity has worked at CSU Libraries since July 1999. Waity began in the database maintenance unit in Technical Services at Morgan Library, but in 2001 switched to the cataloging unit, which soon combined with the acquisitions unit. Waity has been in the monographs acquisitions unit ever since. “I am honored to be part of the team I work with,” she said.

Carina Pfennig
Carina Pfennig has been with CSU for four years and has served in her current position of Dining Services. “I combined with the acquisitions unit. Waity has been in Technical Services at Morgan Library, but I was nominated for this award because, according to her nominator, “The Principles of Community apply to everything she does.” This includes her service at a moment’s notice to food employees who help out in the background, in her training and commitment to all sports, and in following CSU’s COVID-19 guidelines.”

Albert Cones
Albert Cones was nominated for the Everyday Hero Award because, as his nominator said, “It is clear that Albert is a bright and kind soul, but Albert too has the drive and passion for work, education, and the overall betterment of society that our world could use right now. There is no doubt in my mind that Albert embodies what it means to be an Everyday Hero in that everyone regardless of education or social status could, and should, look up to, Albert.” Cones works for Facilities Management as a Compost Technician II in Operations.

IN THIS ISSUE

- Julie Sinkovitz
- Charla Waity
- Carina Pfennig
- Albert Cones

Human Resources debunks performance evaluation myths

State Classified performance evaluations are right around the corner. CSU Human Resources would like to dispel a few myths surrounding the review process and the steps you can take to make the most of your year.

MYTH 1: A Supervisor’s decision to give out a “3” rating will be scrutinized by HR and discouraged. NOT SO!

If you disagree with your performance rating, you must initiate a formal dispute by completing a CSU Performance Management Dispute Resolution Form (hrs.colostate.edu/pdfs/form-performance-management-dispute-resolution.pdf) and provide it to your supervisor within three working days of the event which resulted in the disagreement. According to State Department of Personnel guidelines, issues that may be disputed are:

- The employee’s performance plan (or absence of a plan)
- The final overall performance evaluation rating, including lack of a final overall evaluation
- The application of the CSU Performance Management Program to the employee’s plan and/or final overall evaluation; and
- Complete payment of the performance salary adjustments as per the CSU-PMP.

The following matters are not disputable:

- The content of the CSU Performance Management Program.
- Matters related to the funds appropriated.
- The performance evaluations and performance salary adjustments of other employees.
- The amount of a performance salary adjustment, unless the issue involves the application of the CSU Performance Management Program.

MYTH 2: There is nothing I can do to influence salary increases because the Colorado Department of Personnel and Administration dictates how much I will receive. NOT SO!

Although the State Personnel director specifies and publishes the percentage ranges for performance levels, the amount is determined by your state legislators. Contact your legislators (eg.colorado.gov/find-my-legislator) and let them know what an increase means to you.

MYTH 3: My supervisor must review my performance review form, I am “officially” disputing my rating. NOT SO!

Employees who promote via the CSU Performance Management Program inspire the Colorado Department of Personnel and Administration to make the changes warrant a promotion. Employees who promote via the CSU Performance Management Program.

Contact us at cpc.colostate.edu.
Why your heart really loves dark chocolate

By Kendall Reagan Nutrition Center

It’s heart month, and chocolate is on our minds! No wonder it’s a favorite Valentine’s treat—it’s delicious and sweet, and bonus, it actually has some heart-healthy properties. Let’s take a closer look at chocolate and its connection to health.

How is it heart healthy?
Chocolate contains cocoa in addition to commonly added ingredients—sugar, fat, additives, and sometimes milk. The cocoa bean (AKA cacao bean) is the main ingredient of cocoa. Studies show that cocoa’s polyphenolic antioxidants (flavonoids) are what make chocolate “heart healthy.” These flavonoids may help to reduce blood pressure, decrease blood clot formation and reduce oxidation of LDL-cholesterol.

What to look for when buying
The name “dark chocolate” isn’t regulated by the Food and Drug Administration, which means any bar can be labeled as “dark” even if it’s not truly dark chocolate. When shopping for chocolate, look for options with a high cocoa percentage (at least 70%) to ensure you’re getting that healthy dose of flavanols and polyphenols. These varieties typically have cocoa or chocolate liquor as the first ingredient. Several forms of cocoa may be listed, like cocoa powder, cocoa nibs and cocoa butter.

How to decrease bitterness
With a higher cocoa content, comes a more bitter flavor. To decrease the bitterness, it can be helpful to break and chew dark chocolate in small pieces and let it melt in your mouth. Another tip is to pair your dark chocolate with fruit, nuts, wine, or coffee to complement the flavor.

Chocolate’s other ingredients
While dark chocolate is a heart-healthy choice, there are plenty of chocolate varieties that can also be a significant source of added sugar. Generally the higher the cocoa percentage, the lower the sugar content. High-quality dark chocolate often doesn’t contain milk, with the exception of milk fat. It is sometimes added to dark chocolate for a softer texture and flavor. The limited amount of milk in dark chocolate can make it a safer choice for people with lactose intolerance and vegans (make sure to check the ingredient list for added milk or milk fat).

Top five nutrition strategies for good heart health

By Kendall Reagan Nutrition Center

1. Eat regular meals & snacks
Eat three small meals and two power snacks each day to keep from overeating at mealtimes. This will help to regulate energy and appetite cues.

2) Choose foods high in fiber
Eating foods naturally high in fiber, especially soluble fiber, helps lower cholesterol and creates a feeling of fullness. Soluble fiber is found in beans, fruits, vegetables, and grains. Increase fiber to 25-38 grams per day.

3) Choose more healthful fats
Choose foods high in unsaturated fats including monounsaturated and omega-3 fats. These have been shown to lower blood pressure and triglycerides, and promote healthy blood clotting. Sources of omega-3 fats are seafood, flax seed, walnuts, and omega-3 fortified eggs. Saturated fats can raise your LDL cholesterol, lower your HDL cholesterol, and cause other health problems. Saturated fats are found in full fat dairy products, meats, lard, and tropical oils. Limit your intake to 12-15 grams per day.

4) Choose low-sodium
Foods high in sodium will raise blood pressure and contribute to fluid retention. Look for low-sodium products. Low-sodium foods have 140mg or less. Anything above 300mg is considered a high-sodium food. Be careful of labeling terms like “reduced sodium” vs “low sodium” or “no added salt”. The daily goal for sodium is 1500-2300 mg per day.

5) Limit empty calories
Sugar provides “empty calories” and can raise blood sugar quickly, leading to a relatively quick crash in blood sugar causing you to want to eat sooner. Women should keep added sugar intake to 25g or less and men 36g or less per day.

Alcohol also provides “empty calories” in addition to contributing to elevated triglycerides and increased blood pressure. If you do drink, do so in moderation.

Find What You Need:
For Up-to-the-minute information for specific programs and services, including hours of operation, visit: LSC.COLOSTATE.EDU

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COGEN seeks faculty members to serve mission of addressing gender equity

By Kate Jeracki

Colorado State University’s Council on Gender Equity in the Faculty has two openings for members from across campus to serve the mission of addressing issues facing faculty women.

COGEN, originally established in 2014 by CSU President Tony Frank as the Standing Committee on the Status of Women Faculty as part of the President’s Commission on Women and Gender, is looking to fill two vacant at-large seats this semester, according to co-chair Jimena Sagás, an associate professor in Libraries.

While the council includes representatives of every faculty status from all eight colleges and the CSU Libraries, the at-large seats are designed to ensure gender diversity on the council itself with at least two members who are men.

“Jimena and I are the new co-chairs of COGEN, and we’d like to expand the membership to continue work on gendered issues, like child care,” said Jessica Metcalf, associate professor in Animal Science and the CSU Creative Writing Reading Series is made possible by the donors /The CSU Creative Writing Reading Series is made possible by the donors
One of the first casualties of the pandemic pivot was the annual Best Teachers Award banquet, originally scheduled for March 25, 2020. By that time, CSU had pivoted to working remotely, and in-person events had largely been canceled.

To make sure that the educators selected are honored for their outstanding contributions to students and the university, the Alumni Association will host a “live” event on Instagram on March 25 this year. Five of the seven will be accepting their award by sharing a short video talking about what being named Best Teacher means to them.

You can be part of the celebration by tuning into CSU’s Instagram account at instagram.com/coloradostateuniversity. Check back often for more details as the date approaches.

These Best Teachers will be appearing on Instagram:

**Mark Uchanski**
Mark Uchanski, associate professor of horticulture, College of Agricultural Sciences. Uchanski arrived at CSU in 2015 to serve as Specialty Crops Program coordinator, where he works on vegetable and other specialty crops while researching sustainable and organic practices. He helped establish the CSU Student Education Garden in 2016, just south of campus, which was certified organic shortly thereafter.

**KuoRay Mao**
KuoRay Mao, assistant professor of sociology, College of Liberal Arts. Mao has won numerous honors for his research, especially for projects in China. He received the 2016 Outstanding Emerging Scholar Award from the Western Social Sciences Association and the Best Journal Article Award from the American Society of Criminology Division on Critical Criminology and Social Justice in 2009.

**Andrea Rice Purdy**
Andrea Rice Purdy, associate professor of Spanish, College of Liberal Arts. Purdy has been on faculty at CSU for 20 years. She teaches several Spanish courses, specializing in reading and writing skills, as well as translation and interpretation. Her background was instrumental in helping to establish a semester-long education abroad program at the CSU Todos Santos Center in Baja California Sur, Mexico, that gives students the opportunity to immerse themselves in Mexican culture.

**Brian Geiss**
Brian Geiss, associate professor of microbiology, immunology, and pathology, College of Veterinary Medicine and Biomedical Sciences. Geiss came to CSU in 2005 as a researcher and joined the faculty in 2010. He helped establish the master's program in microbiology and immunology and offers unique life lessons beyond laboratory and textbook learning so that graduates are prepared to succeed in the field.

**Dr. William Hanneman**
Dr. William Hanneman, professor of toxicology, College of Veterinary Medicine and Biomedical Sciences. Before his death from cancer on July 28, 2019, Dr. Hanneman had been on faculty since 1999 and worked to enhance the already-sterling reputation of CSU’s world-renowned toxicology department. He will be represented by his widow, Marie Legare.

You can read more about all of 2020’s Best Teachers at source.colostate.edu/seven-outstanding-teachers-to-be-honored-at-the-2020-best-teacher-awards.
A day in the life of Sara Istre of the CSU Career Center

By Classified Personnel Council and the Career Center

DAY IN THE LIFE: The feature introduces the campus to the stories of State Classified colleagues, to get to know and recognize the campus and enjoy the lively atmosphere of the College of Business, had was further highlighted when Handshake tapped them to provide best practices to share with other universities across the nation in an email campaign.

Istre recently organized campus partners for another Virtual Career Fair event. this time including a day specifically for the College of Engineering.

Tight-knit community

When asked about her position, Istre expressed her appreciation for the tight-knit community at the Career Center, as well as the flexibility to focus her work on diversity, equity, and inclusion efforts. Her colleagues said she models how to infuse this important work in every aspect of her job. Within the center, she serves on the Accountability and Sustainability Committee, actively supporting BIPOC efforts, and leads optional committee engagements, such as a book club focused on DEI readings. Istre also plays an active role with the Dreamers United student group on campus, advocating for and pushing efforts to provide support to undocumented students at CSU.

The Career Center points to her ability to be driven while honoring and supporting work-life integration. Istre regularly acknowledges and appreciates student staff in the office and encourages time to get together in a casual manner – virtually now because of the pandemic and in-person prior. She is consistently the person who plans baby showers or birthday celebrations, making sure to highlight special moments in peoples’ lives. Istre commented that “she can’t wait to have everyone back on campus and enjoy the lively atmosphere of the Loy Student Center, filled with students.” When not at work, Istre enjoys spending her free time with her family, especially outdoors. Born and raised in Colorado, Istre said rafting, snowboarding, camping and hiking are a few of her favorite activities. She loves baking sweet goodies, which pairs well with her workloads to help balance off the calories.

Istre and Brittany Kooner, her counterpart in the College of Business, had further highlighted when Handshake tapped them to provide best practices to share with other universities across the nation in an email campaign.

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The Career Center recognizes the contributions Istre makes to CSU as a State Classified employee and as a crucial member of their team. More than deserving of this recognition, she exemplifies hard work, dedication, and the sincerest form of kindness – virtually now because of the pandemic and in-person prior.

Source: Jamie Hardeigne-Ulma, assistant professor of physics and director of the Madison MacDonald Observatory at CSU. The observatory is currently closed due to the pandemic, but will eventually reopen for public viewing on the first and third Friday of every month. Check the website physics.colostate.edu/about/astrology for updates.

Astrophysical Equinoxes – the start of the Spring season when the Sun crosses the equator moving north. This day, that moment is March 20.

There are two days each year when Earth experiences 12 hours of daylight and 12 hours of night: the Spring and Autumn Equinoxes.

The spring equinox is an exact moment in time, when the Sun appears to cross the equator going north. This year, that moment is 3:37 am Moun- tain Daylight Time on March 20.

Because the Earth’s atmosphere bends the light from the rising and setting sun, the day when day and night appear equal is different at different latitudes. In Fort Collins, that day is March 17 this year.

After the spring equinox, days begin to get longer in the Northern Hemisphere. After the longest day of the year on summer solstice in June, the Sun appears to move back toward the equator and the days get shorter.

All calendars are based on astronomical observations.

Many ancient civilizations used the spring equinox as the beginning of the new year, the Iranian New Year, called Nowruz, is still celebrated on the equinox. The dates of both Easter and Passover are calculated based on the first full moon after the spring equinox.

HAPPY SPRING EQUINOX

This is a good time to reflect on the past year and create goals for the next year.

GRIND: Look at the bigger picture. When you only focus on downs, you become mired in anxiety and uncertainty. Learn to proactively address potential challenges rather than letting them become a distraction. Affirmation: I can avoid procrastination when I’m not only focused on the task at hand but also on the bigger picture. Instead of choosing my feelings to be my rationalizor, I choose to think on the task at hand.

CANCER: When you neglect your intuition, you neglect your own truth. You need to accept your emotions and values, and let your emotions guide you. Affirmation: I can rely on my deep inner knowing and let it lead me where it will.

LIBRA: The perfect moment for you is not when you’re at your best. It’s time to let go of everything. A change of direction will help you see new opportunities.

AFFIRMATION: I trust that the best will happen when I let my heart lead me toward spaces that have the potential to grow.

SCORPIO: You are coming out of an important transformative experience. Before you make the time to explore the depths of yourself, and make a mental shift. You must trust your gut feelings and move forward. Affirmation: I know I am on the correct path and will keep moving forward.

TAURUS: A year ago, you couldn’t have imagined you’d be in the place you are in now. For better or for worse, you must accept your current position as well as the things that have unfolded. Trunks are in control of your fate.

AFFIRMATION: I know I am on the right path and I will listen to the guidance of my soul.

CAPRICORN: This is the first full moon after the spring equinox. This is a reflection of the internal work I’ve done and a sign of the growth I’ve experienced. Affirmation: By using my imagination, I create a new and abundant future for myself.

AQUARIUS: You have a new perspective on life in the universe. While the reality of your situation may not be coming, surrender to the truth that the road you are on is not the same road you are on. Trust the guidance of your intuition.

AFFIRMATION: I am open to embracing my inner guidance and choosing to walk the path I am on.

LIBRA: When you realize your potential, you are on the right path. This is your time to grow. Affirmation: I know I am on the right path because I am on the right path.

GEMINI: Look at the bigger picture. When you only focus on downs, you become mired in anxiety and uncertainty. Learn to proactively address potential challenges rather than letting them become a distraction. Affirmation: I can avoid procrastination when I’m not only focused on the task at hand but also on the bigger picture. Instead of choosing my feelings to be my rationalizor, I choose to think on the task at hand.

LEO: Guide your own worth. Your true worth is what you choose to value. Make sure you’re not making decisions based on what’s on the internet. Affirmation: I know I am on the right path and will keep moving forward.

SALVAGE: Create a heart that is open to constructive change. Affirmation: By using my imagination, I create a new and abundant future for myself.

AQUARIUS: You have a new perspective on life in the universe. While the reality of your situation may not be coming, surrender to the truth that the road you are on is not the same road you are on. Trust the guidance of your intuition.

AFFIRMATION: I am open to embracing my inner guidance and choosing to walk the path I am on.

PIECES: You must weigh everything you do before you do it. Affirmation: I am on the right path and I will keep moving forward.

SAGITTARIUS: You have a new perspective on life in the universe. While the reality of your situation may not be coming, surrender to the truth that the road you are on is not the same road you are on. Trust the guidance of your intuition.

AFFIRMATION: I am open to embracing my inner guidance and choosing to walk the path I am on.

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AFFIRMATION: I am open to embracing my inner guidance and choosing to walk the path I am on.
A new shuttle provides Transfort connection to CSU Foothills Campus

By Brian Dodge

A new Foothills Shuttle service is now running, and it connects the CSU Foothills Campus to a Transfort route for the first time in the history of the campus.

Running four times an hour, the bus makes a loop with stops at the Equine Center on Rampart Road, Engineering Research Center on Laporte Avenue, and the Elizabeth and Overland stop, with connection to Bus Routes 2 and 32, which serves the Lory Student Transit Center.

“This shuttle removes barriers for people participating on that campus as a researcher, employee, or a student taking classes,” said Aaron Fodge, director of alternative transportation at CSU. “Parking and Transportation Services. If they didn’t have reliable transportation before, now they have a bus that can connect them to every major building on the campus, while also connecting all the parking lots.”

To access the shuttle, people can hop on at stops at the CSU Foothills Campus, the Equine Center, Laporte Avenue and Rampart.

CSU’s virtual ACT Human Rights Rights Film Festival makes connections March 19-28

By Jeff Dodge

The sixth annual CSU film festival, which is being held virtually, will feature several live events, including the opening night screening of Duty Free. Director Sian-Pierre Regis and his producer, Rebecca Danigelis, the subject of the film, will participate in a question and answer session after the screening.

The film is about the adventure that Regis gives the 77-year-old Danigelis after she faces ageism and gets fired from her lifelong job as a hotel housekeeper. The film, will participate in a question-and-answer session after the screening.

The question-and-answer session will be held at 5:30 p.m. on March 9, featuring festival highlights, film trailers, and a trivia contest with free tickets/passes as prizes.

“The 2021 film slate showcases stories that are both challenging and inspiring,” ACT Managing Director Beth Seymour said. “While we remain physically apart, these must-see films help to build connections and define what it means to be human.”

Live events

The sixth annual CSU film festival, which is being held virtually, will feature several live events, including the opening night screening of Duty Free. Director Sian-Pierre Regis and his producer, Rebecca Danigelis, the subject of the film, will participate in a question and answer session after the screening.

The festival, which will be a mix of livestream screenings and pre-recorded events that can be viewed any time during the 10 days, will also feature the North American premiere of Ama Goriseau's This Rain Will Never Stop, which won Best First Appearance at the International Documentary Film Festival Amsterdam.

“Just as we have done ever since the 2016 inaugural festival, the members of ACT’s programming committee have selected some of the most accomplished and inspiring examples of nonfiction filmmaking from the past year,” said ACT Director of Programming Scott Diffient. “They include works that celebrate the heroic efforts of women to shine a light on institutional abuses and fight for their rights—whether on the streets of Dublin (where proactive activists made history three years ago by successfully campaigning against Ireland’s nationwide ban on abortion) or in California’s correctional facilities (where female prisoners and their advocates have blown the whistle on the practice of forced sterilizations).”

Inclusion and empathy

Different added that the majority of the films chosen for this year’s line-up were directed or co-directed by women.

“This, I believe, highlights an encouraging trend in human rights cinema, which has increasingly provided creative, expressive, investigative opportunities to people who, for no other reason besides their ethnicity, gender or sexual orientation, have faced discrimination and other obstacles in more mainstream professional capacities,” Diffient said. “Empathy— the capacity to feel another person’s emotions (including the experiences of elation or pain, joy or anguish)— is what this year’s films deliver in buckets, and I anticipate that audiences will be moved to both laughter and tears over the 10-day span of our festival.”

As in past years, the Odell Brewing Company has created a special “Screening Session” beer in honor of the ACT Human Rights Rights Film Festival—a pale ale with tropical hops that is available at the Fort Collins brewer for a limited time.

Festival passes are $55, and individual tickets are $10. Student ticket prices are half off. To receive the code, email info@actfilmfest.org. Tickets and more information are available on the ACT virtual hub.

Community input

ACT engages a 20-person committee of faculty, staff, students, local filmmakers, and community volunteers/activists to review films and help inform the program’s artistic selection.

“Though faced with the same challenges as others around us, the ACT team has persevered,” Dickinson said. “Rather than giving up on the possibility of the festival, we have created a rich digital experience. We certainly long for gathering in theaters, but we also celebrate that the digital festival makes these stories—and our ability to build community—accessible to so many people across the country.”

ACT is produced by CSU’s Department of Communication Studies, with generous support from CSU partners that include the College of Liberal Arts; Interdisciplinary Liberal Arts; Women’s & Philanthropy; Lilla H. Morgan Memorial Endowment; University Communications; Honor’s Program; CSU Alumni Association; and the departments of Philosophy, Ethnic Studies, Anthropology and Geography, English, Sociology, Political Science, Journalism and Media Communication, History, Art and Art History, and Music, Theater and Dance.

Outside-campus partners include the City of Fort Collins; Fort Collins FilmFest; The Lighthouse Colorado Creative Industries; the Eye Center of Northern Colorado; Odell Brewing; KUNC 91.5, the Colorado Office of TV, Media, and Film; and dozens of individual supporters.

CONTACT TRACING PROTECTS OUR LOVED ONES AND COMMUNITY

8 out of 10 CSU students agree that contact tracing helps protect the community from COVID-19.

If you test positive for COVID-19, help us identify those who may have been exposed while you were infectious.
CALENDAR OF EVENTS

CSU Life • Faculty & Staff

Claudia Rankine
Wednesday, March 10, 7 p.m.
The acclaimed author of Citizen: An American Lyric will deliver a virtual keynote and conversation as part of Rams Read, which has selected Citizen as this year’s book. Register at ramsread.colostate.edu.

Blood Drive
Tuesday, March 16, 10 a.m. – 2 p.m.
Durrell Center Seminar Room A
This event will be a socially distanced blood drive with event support coordinated by Conference & Event Services. The drive itself will be coordinated by Vitalant which works closely with Larimer County Public Health.

Faculty artist Bryan Wallick is the featured artist for human rights. Registration required: bit.ly/NaomITutucsu.

Engagement Distinguished Lecture Series
Wednesday, March 17, 3:30 p.m.
McDonald Atrium
Speakers will deliver a free, virtual talk as part of the Global Engagement Distinguished Lecture Series. The event is sponsored by International Programs and Engagement. Distinguished Lecture Series.

ACT Human Rights Film Festival
Friday, March 19, to Sunday, March 28
The 6th ACT Human Rights Film Festival will screen films from around the world, plus Q&As with programs. Visit colostate.edu/events/conference for more information.

Friday, March 19, 3 p.m.
Filmroom 141/142
Sponsored by International Programs and Engagement. Distinguished Lecture Series.

Friday, March 19, 7:30 – 9:30 p.m.
Board R Brush
Join this popular DIY workshop and create a unique wood sign. Select a wood project from DIY & Brews workshop’s gallery. The event provides all the materials and step-by-step instructions on how to create a beautiful piece for the home or a gift. Choose from a variety of paint and wood stain colors in the workshop. Pre-registration is required. Please arrive 10 minutes prior to your workshop start time. Free flight of beer.

Sinfonia Strings and Percussion Concert
April 1, 7:30 – 9:30 p.m.
Live stream
The strings and percussion of the CSU Sinfonia create a new world of harmonies of works by faculty composers, followed by the Colorado debut of works by Black composers. Composer-Taylor Pet Forte is the energetic conductor. Faculty artist Bryan Wallick is the featured soloist. While there are no in-person events this spring, students, faculty, friends, and arts patrons can access live-streamed and, or on-demand performances created by the School of Music, Theatre, and Dance. Livestreams will be hosted on our Vimeo account and access will be provided through university tickets.com. “Date, time, and program subject to change. Ticket sales for live-streamed events will start 15 minutes prior to the start of the performance.

FORT COLLINS: Front Range Chamber Players - Series Concert #4
Tuesday, March 9, 7 p.m.
Facebook
The nonprofit Front Range Chamber Players strives to make outstanding chamber music accessible to audiences of all ages. This program will be performed by existing ensemble recorded at their homes or other location they choose. The concert will be live-streamed on the FRCP Facebook page and will remain there for subsequent viewing. Pieces and performers: Mendelssohn Trio, Colorado ensemble, trio in residence at CSU: Erik Peterson, violin, Barbara Thiem, cello, Bryan Wallick, piano. Cello Sonata in G minor, Op. 19, Sergei Rachmaninov Piano Trio in A minor, Op. 50 - Peter Ilyitch Tchaikovsky.

Great Plates of Downtown
March 1-14, 5 p.m.
Recruing daily
Our annual dining promotion and fundraiser comes to life in Old Town Fort Collins! Great Plates is a celebration of the Downtown dining community and highlights restaurants offing $25 dinner specials! In addition, 100% of donations proceeds from this community culinary celebration benefit the Food Bank for Larimer County. Now in its 16th year, the promotion has become one of the Food Bank for Larimer County’s largest external fundraisers with the 2020 event raising $80,014.99. Check out the menu specials and plan a night (or two or three) out on the town to enjoy a delicious meal and support the Food Bank for Larimer County.

The Right To Herself Exhibition
Recruing every 10 weeks on Tuesday, Wednesday, Thursday, Friday, and Saturday
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Kombucha Brewing at Home - Online Adult Class
Saturday, March 13, 1:30 – 3 p.m.
Gardens on Spring Creek
Brewing your own deliciously-fermented beverage is less complicated than you may think! In this class, you will learn how to select the right scoby, learn the basic information about worms and their care, and make your own worm bin! *Be sure to have a designated location for the bin. Please see us safely to a good time on St. Paddy's Day.

1) Glendalough Double Barrel Whiskey - A craft distiller from Ireland guaranteed to blow you away with both barrels. Sweet honey and smooth vanilla notes will float you up to heaven, then ginger spice and a touch of almonds will bring you back down with an earthy finish. Double barrel means double aged, first in American bourbon barrels, second in wine casks from the small Spanish town of Mollerus. ($34.99) 750ml

2) Saint Brendan's Irish Cream - A wonderful choice for discerning Irish Cream lovers. It's crafted in one of the oldest dairies in Derry, Ireland by combining fresh cream and Irish whiskey. Perfect for enjoying on the rocks or with whiskey. After Saint Brendan, the Navigator, this choice will see you safely to a good time on St. Paddy's Day. ($19.99) 1fl.

3) Tullamore Dew - This Irish whiskey is aged to perfection in bourbon and sherry barrels and has been a defining spirit of Ireland since 1829. Tullamore boasts the reputation of being the world's triple distilled, triple blend, triple matured whiskey, and its final taste has won the brand some major distinctions. The result is a balanced, slightly spiced, and smooth finish that is not for the faint of heart. ($24.99) 750ml

4) Bailey's Irish Cream - An Irish Cream classic, Bailey's has the added bonus of having a variety of flavors to choose from, including espresso cream, almond, and caramel. An Irish cream for those who enjoy a wide range of flavors. ($22.99) 750ml

5) Jameson - No list of Irish liquor would be complete without the iconic Jameson line of whiskies. The whiskey is aged for a minimum of four years in oak casks and has no4 specifications for the production. The now Ipa edition (aged in stout beer barrels), or the Jameson Cask Bond (whiskey, blended with cold brew coffee). ($26.99) 750ml

Wilbur's has more than 90 Irish Liquors and Liqueurs to choose from.

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MARCH 2021 | 14

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MARCH 2021 | 15
NO DATA CAPS! NO CONTRACTS! NO INSTALL FEES!

YOUR COMMUNITY-DRIVEN AND COMMUNITY-OWNED FIBER NETWORK!

- Blazing-fast Gigabit speed internet - only $59.95 per month
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- Live TV, sports, On Demand and all your favorite shows!

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