

Swan song: CSU Life editor looks back at some memorable college experiences

Dear Readers,

This is my swan song, it's official; I'm out of here. I have finished my last year as a student and my second year as editor of CSU Life. Leaving college feels weirdly final, and it's making it very difficult to say goodbye. As we all know, it hasn't been the most ideal year, and definitely not how I thought I would be leaving this school. If I'm honest though, I wouldn't change a thing.

This year has been challenging to say the least. After a while, it's hard to be flexible and stay hopeful. But ironically, I've seen more positivity and compassion from individuals during time than ever before, and I truly hope that carries on. These past four years, but more specifically the last two, have brought so many wonderful and kind people into my life. I'm so incredibly thankful for that.

So really, this letter is a thank you note to all of you. To the professors who made learning fun and exciting and turned classes into little communities, I appreciate the way you cared about us and wanted nothing but the best. And to the ones who made it more of a challenge, sometimes to the point I thought I wouldn't survive; thank you for teaching me skills like grit and determination. Thank you for going

through this supremely difficult school year with us and still giving it your all.

CSU Life has given me a new appreciation for this community. I have met countless wonderful people through interviews and appreciate anyone who has set aside time over the last two years to talk with me. Mostly though, this is a thank you to Kim, Kate, and Joe who believed in me from the beginning and taught me so much through endless patience. Thank you for allowing me to grow and learn. I had zero experience going into this, and now I have more than I ever expected. Most importantly though, I want you to know the effect you have had on students. Two years ago, you didn't see it but when I left the interview and accepted the job I did a highly embarrassing happy dance out on the plaza. I mention this because students will always need people like you who make them feel they are capable, they belong, and that someone has faith in them.

So, to everyone reading this, thank you, and I hope that you all enjoyed the publication as much as I enjoyed working on it.

Always proud to be,
Makenna Green



Read more CSU Life online

Print editions of *CSU Life* are being delivered in smaller batches to campus buildings this semester as some university community members are working remotely. Additional copies are available in the Lory Student Center. Read more stories about faculty, staff and the CSU community, online at csulife.source.colostate.edu.

CSU LIFE STAFF

Editor	Designer
Makenna Green	Christina Johnson
Assistant Editor	Advisers
Christina Johnson	Kim Blumhardt
Reporters	Kate Jeracki
Rachel Rasmussen	Joe Giordano

CSU LIFE ADVERTISING

Want to promote your business through *CSU Life*?

Contact Kim Blumhardt at kim.blumhardt@colostate.edu or (970) 491-1146

CSU LIFE IS PUBLISHED MONTHLY DURING THE ACADEMIC YEAR THROUGH A PARTNERSHIP WITH CSU DEPARTMENT OF EXTERNAL RELATIONS AND ROCKY MOUNTAIN STUDENT MEDIA.

CONTACT US AT CSULIFE@COLOSTATE.EDU

AP Council wants your feedback



Administrative Professional Council acts as the voice for administrative professionals

across campus. Involved in multiple committees and decision-making ventures, AP Council leadership takes feedback from AP employees to ensure those perspectives reach the university's leadership. While APs have always been encouraged to share ideas, concerns, and/or opinions with their area representatives, this year, we are excited to offer another avenue of communication. APs can now submit best practices, comments, and/or

questions anonymously through the AP Council website.

Ultimately, the intent of this new process is to collect this information so we can make recommendations for change and improvement to campus leadership. This form is not meant to collect information on HR, legal, and/or Title IX-related matters, though we encourage you to escalate those issues through other available resources. AP Council wants to hear what is important to you! You can find the feedback form and submit your comments here: ap.colostate.edu/contact-us.

IN THIS ISSUE

- Celebrate CSU awards.....4
- Congratulations retirees.....8
- Finding joy in exercise & movement...10
- Looking ahead summer and fall.....12
- Life changing at Todos Santos.....14
- Calendar.....15

Congratulations to our graduates



CSU's Class of 2021 took to the historic Oval the week before Spring Break to be recognized for their accomplishments and completing their degrees during this pandemic year. It wouldn't have been possible without the support of countless CSU faculty, staff and employees who dedicated their time to ensuring a memorable experience for the students.



Celebrate!

COLORADO STATE

Each year, Colorado State University celebrates the teaching, research and service achievements of CSU students, alumni and friends, academic faculty, administrative professionals and classified staff as part of the Celebrate! Colorado State Awards.

While we can't Celebrate! in person this year, we can share the complete list of honorees here. Please reach out to your co-workers to congratulate them on a job well done.



Colorado State honors contributions of faculty and staff

University Distinguished Teaching Scholar

The purpose of the University Distinguished Teaching Scholar designation is to confer honor upon faculty members for outstanding teaching and to symbolize the continuing commitment of CSU to the pursuit of excellence in teaching and learning.

*Dr. Jane Shaw
Professor
Department of Clinical Sciences*

Scholarship Impact Award - Career

This annual award recognizes a faculty member whose scholarship has had a major impact nationally and/or internationally but who has not yet been recognized with the University's highest designations: University Distinguished Professor and University Distinguished Teaching Scholar.

*Debbie Crans
Professor
Department of Chemistry*

Scholarship Impact Award - Recent Achievement

This annual award recognizes a faculty member whose scholarship has had a major impact nationally and/or internationally but who has not yet been recognized with the University's highest designations: University Distinguished Professor and University Distinguished Teaching Scholar.

*John McKay
Professor
Department of Agricultural Biology*

Board of Governors Excellence in Undergraduate Teaching Award

Recognizes a faculty member whose excellence in teaching involves creating a process of inquiry that stimulates the curiosity of students by motivating and challenging them.

*Blythe LaGasse, M.M., '14
Professor of Music Therapy
School of Music, Theatre, and Dance*

Monfort Professor

The Monfort Family Foundation established the Monfort Professors to recognize faculty members who are "rising stars."

*Emily Fischer
Associate Professor
Department of Atmospheric Science*

*Lauren Shomaker
Associate Professor
Department of Human Development and Family Studies*

Provost's N. Preston Davis Award for Instructional Innovation

This award recognizes technology-related instructional innovation or the significant encouragement of such innovation. It is named for N. Preston Davis, who retired in 1992 after serving the Colorado State University community for more than four decades.

*Gillian Bowser
Associate Professor
Department of Ecosystem Science and Sustainability*

Provost's Awards for Faculty Excellence: Lincoln Laureate

Recognizes exceptional balance and joint excellence across teaching, scholarly, or creative activity and service in the best spirit of the land-grant University mission.

*Brett Fling
Assistant Professor
Department of Health and Exercise Science*

Provost's Awards for Faculty Excellence: 14'er Award

Recognizes exceptional innovative achievements demonstrating unique vision, creativity, and grit.

*Jennifer Harman
Associate Professor
Department of Psychology*

Provost's Awards for Faculty Excellence: Provost Teaching Scholar

Recognizes especially notable teaching and learning impact by an early-career professor, represented by innovative teaching, course design, curriculum, or other accomplishment that enhances student success.

*Jennifer Bousset, Ph.D., '10
Assistant Professor
Department of Horticulture and Landscape Architecture*

Provost's Awards for Faculty Excellence: Provost Research Scholar

Recognizes an especially notable scholarly or creative achievement of an early-career professor, represented by a high-impact publication; establishment of an exceptional center or research team; or outstanding invention, innovation, or artistic accomplishment.

*Garret Miyake, Ph.D., '11
Associate Professor
Department of Chemistry*

The President's Council on Culture Award (Individual)

This recognizes individuals, units, or teams that have contributed in significant and positive ways to creating

a University culture that: supports excellence in fulfillment of Colorado State University's mission; supports the success, engagement, and advancement of all its members; embraces inclusion and diversity in all its dimensions; celebrates a culture of respect, integrity, truth, and equity; and rewards innovation, change, and disruption to norms that impede the improvement of University culture.

*Melissa Burt, M.S., '08; Ph.D., '16
Assistant Dean for Diversity and Inclusion
Walter Scott, Jr. College of Engineering*

The President's Council on Culture Award (Group)

This recognizes individuals, units, or teams that have contributed in significant and positive ways to creating a University culture that: supports excellence in fulfillment of Colorado State University's mission; supports the success, engagement, and advancement of all its members; embraces inclusion and diversity in all its dimensions; celebrates a culture of respect, integrity, truth, and equity; and rewards innovation, change, and disruption to norms that impede the improvement of University culture.

Women and Gender Advocacy Center

Kevin Ann Oltjenbruns Award for Outstanding Leadership

This award serves to highlight the extraordinary efforts of truly outstanding CSU faculty and staff who, through their leadership and mentoring/advising, go above and beyond the standard expectations for employees with similar responsibilities.

*Jennifer Aberle, M.S., '03; Ph.D., '07
Interim Associate Dean for Undergraduate Affairs
Department of Human Development and Family Studies*

Outstanding RSO Advisor of the Year

This award recognizes a faculty/staff RSO advisor who demonstrates strong relationships with students, employs effective interpersonal skills, respects students' agency and supports their holistic development.

*Claudia Hernandez, B.S., '15; M.S., '20
Outreach and Equity Coordinator
Walter Scott, Jr. College of Engineering*

Albert C. Yates Student Leadership Award

The Albert C. Yates Student Leadership Award is given to a student who demonstrates strong involvement, leadership, and commitment to upholding CSU's values, traditions, and spirit.

*Ally Murphy Pauletto B.S., '21
Student, International Studies*

Advancing Education Scholarship: Honoring the Legacy and Memory of Martin Luther King Jr.

The Martin Luther King Jr. Scholarship is presented each year to a Colorado State University graduate student who demonstrates service to and advancement of underrepresented student education and personal academic excellence.

*Maria Chavez Ph.D., '23
Graduate Assistant, Graduate Degree Program in Ecology*

International Programs Distinguished Service Award

Presented in recognition of outstanding contributions to the internationalization of Colorado State University.

*Dr. Danielle Frey, B.S., '04; D.V.M., '08
Director of International Student Experiences for D.V.M. Students
College of Veterinary Medicine and Biomedical Sciences*

*Chandra Venkatachalam, M.S., '83; Ph.D., '87
Associate Dean for International Programs
Walter Scott, Jr. College of Engineering*

*Jody Donovan
Assistant Vice President for Student Affairs and Dean of Students
Division of Student Affairs*

Margaret B. Hazaleus Award

This award is presented to faculty or staff whose work demonstrates outstanding modeling of gender equity at CSU.

*D-L Stewart
Professor
Student Affairs in Higher Education*

*Angelica Murray Olsen
Senior Program Coordinator
Women and Gender Advocacy Center*

Enrollment and Access Distinguished Service Award

This award recognizes and thanks an individual who has made a profound difference in, and contribution to, the work of the Division of Enrollment and Access.

*Erik Wilmsen, B.A., '97
IT Coordinator for Enrollment and Access
Division of Information Technology*

Multicultural Staff and Faculty Network Distinguished Service Award

This award is given to a faculty member, state classified professional, or administrative professional in recognition of their outstanding contributions to their profession and the multicultural community.

Fabiola Ponce Ehlers-Zavala
Professor of English
Department of English, INTO CSU

Sonja R. Cervantes
Front Range Region Program
Assistant
CSU Extension

Helena L. Gardner
Director, University Housing
Housing and Dining Services

Oliver P. Pennock Distinguished Service Award

This award recognizes meritorious and outstanding achievement over a five-year period by full-time members of the academic faculty and administrative professional staff.

Michael Antolin
Professor and Chair
Department of Biology

Dr. Alexander Brandl
Associate Professor
Department of Environmental and
Radiological Health Sciences

Natalie Cartwright
Academic Adviser and Abroad
Coordinator, Undergraduate
Programs Office
College of Business

Amy Martonis
Assistant Director
School of Social Work

Dr. Kristy Pabilonia, D.V.M., '02;
Ph.D., '12
Associate Professor and Director of
Clinical Diagnostics
Department of Microbiology,
Immunology, and Pathology

Jack E. Cermak Outstanding Advisor Award – Undergraduate

This award serves to highlight and reward the extraordinary efforts of truly outstanding advisers.

Ann Randall, M.S., '96
Undergraduate Program Coordinator,
Academic Success Coordinator, and
Assistant Professor
Department of Fish, Wildlife, and
Conservation Biology

Lauren Wolff
Academic Adviser
Undergraduate Programs Office,

College of Business

Steph Lebsock, B.S., '12
Academic Success Coordinator
Department of Animal Sciences

Jack E. Cermak Outstanding Advisor Award – Graduate

Rachel G. Lucas-Thompson
Associate Professor
Department of Human Development
and Family Studies

Classified Personnel Council Outstanding Achievement Award

This award recognizes meritorious and outstanding achievement in job skills and/or service to the University by state classified employees.

Courtney Hensel
Communication and Curriculum
Coordinator for the Veterinary
Communication for Professional
Excellence Program
Department of Clinical Sciences

Kathy Krell, B.A., '07
Office Manager
Lory Student Center Executive
Director's Office

Kevin Nolan
Learning Management System
Administrator
ACNS

Sandra Dailey
Program Assistant II
Graduate School

Jan Lee Cordova, B.A., '98
Fiscal Officer
College of Business

Distinguished Administrative Professional Award

This award recognizes administrative professional staff for continuing meritorious and outstanding achievement in the areas of operational efficiency, leadership and mentoring, innovation, and the Principles of Community.

Adam-Jon Aparicio
Senior Staff Counselor/Coordinator
for Diversity and Outreach Services
CSU Health Network

Katie Risheill, B.A., '06; M.M.P., '11
Associate Registrar for Academic
Services
Office of the Registrar
Beverly Earley, M.B.A., '90
Public Health and Risk Manager
Immunizations and Allergy in CSU's
Health Network

Michael Brake, B.S., '02
Associate Director for Assessment and
Technology

Collaborative for Student Achievement

Steve Johnson, B.S., '13
Lab Support Engineer
Department of Mechanical
Engineering

Faculty Institute for Inclusive Excellence Diversity Impact Award

This award recognizes contributions by a fellow of the Faculty Institute for Inclusive Excellence who has made significant contributions toward increasing inclusive excellence in the following areas: departmental culture, classroom climate, curricular redesign, or pedagogical implementation.

Katie Knowles
Curator of the Avenir Museum of
Design and Merchandising and
Assistant Professor
Department of Design and
Merchandising

Exceptional Achievement in Service-Learning Student Award

This award is in recognition of remarkable social or environmental contributions achieved through an academic service-learning course, a supervised internship or professional project, or community-engaged research.

CSU Department of Sociology
Students

Exceptional Achievement in Service-Learning Community Partner Award

This award is presented to a CSU community partner for their commitment to building University-community partnerships that meet community-articulated needs and challenges while supporting the holistic education of the next generation of professionals, leaders, and citizens.

Food Bank for Larimer County

New Belgium Brewing Company

Exceptional Achievement in Service-Learning Instructional Innovation Award

This award honors faculty members who demonstrate an innovative contribution to service-learning curriculum development and community outreach.

Jason Landis Downing
Senior Instructor
Department of Sociology
William Timpson
Professor Emeritus
School of Education

Spirit of Philanthropy Award

This award is presented by the Division of University Advancement in

recognition of a faculty, staff, emeritus, or retired faculty or staff member whose commitment and passion to support Colorado State University have made a significant impact on the fundraising efforts of the University.

Doug Max, B.S., '75
Retired Senior Associate Director
of Athletics Facilities and Event
Management
Athletics

CSU Ventures Award for Innovative Excellence

The CSU Ventures award for Innovative Excellence is presented to a researcher who is not only an innovator, but also someone whose innovations have been transferred to industry and are exhibiting strong potential for commercial success.

Dr. Raymond Goodrich
Executive Director IDRC; Professor
MIP
Infectious Disease Research Center
and Department of Microbiology,
Immunology, and Pathology

Interdisciplinary Scholarship Award (Individual)

This award recognizes either a faculty member or research team whose interdisciplinary scholarship has had a major impact nationally and/or internationally, or who have demonstrated their potential to do so.

Jessica Prenni
Associate Professor
Department of Horticulture and
Landscape Architecture

Interdisciplinary Scholarship Award (Team)

The Ogallala Water Coordinated Agriculture Project Team faculty:
Lead: *Meagan Schipanski, Associate Professor, Soil and Crop Sciences*
Allan Andales, Professor, Soil and Crop Sciences
Jordan Suter, Associate Professor, Agricultural and Resource Economics
Dale Manning, Associate Professor, Agricultural and Resource Economics
Ryan Bailey, Ph.D., '12, Associate Professor, Civil and Environmental Engineering
Additional CSU contributing team members include: *Andrew Jones, satellite remote sensing and data analytics expert, CIRA; Amy Kremen, program manager, Department of Soil and Crop Sciences; Diane DeJong, Extension and outreach program specialist; Garvey Smith, graduate student, Department of Soil and Crop Sciences; Agustin Nunez, graduate student, Department of Soil and Crop Sciences; Joel Schneekloth, specialist, Colorado Water Center; Soheil Nozari, graduate student, civil and environmental engineering.*



Congratulations Celebrate CSU Award Winners, Retirees and Graduates!

WILBUR'S DELIVERS!

ORDER ONLINE for easy front door pickup or have us deliver to YOUR door!

Download our app!

Discover online specials, staff pics, new recipes, Wilbur's Blog, upcoming events, beer, wine and spirits education, online ordering options and a whole lot more.

All from your favorite device!

Available on the App Store™ & on Google Play



Sign up online to receive our exclusive email specials.

This month at Wilbur's Total Beverage check out their great selection of champagnes and sparkling wines, perfect for any celebration.



Whatever the occasion, celebrate with a Colorado Classic.

Stranahan's Colorado Whiskey is like spring in Colorado. If you take equal parts winter and summer, shake vigorously, then pour that concoction into a glass for your May celebration party guests, the result is warm, sunny days followed by cold snowy blizzards, but I think that as a people, we Coloradans celebrate versatility.

Which is probably why Stranahan's Colorado Whiskey is so sublimely "Colorado." Is it a rye? A bourbon? A single-malt Scotch? Its flavor profile defies any one genre, and instead reflects the plains-meet-mountains blend that is our fair home state.

Vanilla, malted barley, toasted marshmallow, and oaken notes all emanate with strength on the nose of this deep golden-amber whiskey. The palate is among the most interesting of American whiskeys currently available: it has an all-barley mash bill (like a Scotch) aged in charred new oak barrels (like bourbon) is an odd coupling, but it works.

Like a boozy trail mix, flavors of dried fruits, nuts, honey, and vanilla mingle on the front of the flavor. On the finish there are more subtle notes of char, spice, leather and caramel. As a ribbon on the whole package, Stranahan's has one of the most satisfying mouthfeels of any whiskey around.

You might already be familiar with Stranahan's. If you're not, you owe it to yourself to give it a try, and if you haven't, give it another go. It's a unique flavor that lends interesting characteristics to classic whiskey drinks like a Manhattan or an Old Fashioned, and it certainly drinks well on its own, during rain or shine. Cheers Colorado!



More than a liquor store. Featuring over 10,000 wines spirits and beers.

2201 South College • Open Mon-Sat 9-10 • Sun 9-7 • (970) 226-8662

Wilbur'sTotalBeverage.com

Congratulations Retirees!

April 2020 - April 2021

Elias Aguilar, Housing and Dining Facilities
 Laurie Alburn, Civil and Environmental Engineering
 David Alciatore, Mechanical Engineering
 Ruth Alexander, History
 Matt Allen, Biomedical Sciences
 Sandra Allen, Veterinary Teaching Hospital
 Irene Anguiano, Facilities Management
 Anna Arevalos, The Access Center
 Nancy Ault, Fort Collins Diag Lab
 Lora Ballweber, Microbiology, Immunology and Pathology
 George Barisas, Chemistry
 Natalie Barnes, Art and Art History
 Diane Barrett, Sponsored Programs
 Debbie Bartlett, Computer Science
 Michael Bartolo, Arkansas Valley Research Center
 Jeff Baughman, Facilities Management
 Leslee Becker, English
 Patricia Bedinger, Biology
 Kelly Belden, Sponsored Programs
 Frances Betts, Continuing Education - Administration
 Gail Bishop, Veterinary Teaching Hospital
 Louis Bjostad, Agricultural Biology
 Jerry Black, Animal Sciences
 Erika Borges, Vice Pres for University Operations
 Mike Borky, Systems Engineering
 Cindy Brock, Fort Collins Diag Lab
 Roberta Brouwer, Warner College of Natural Resources
 Jason Bruemmer, Animal Sciences
 Judith Bryant, Honors Program
 Leisha Buell, Housing and Dining Facilities
 Nelson Bultmann, Internal Auditing
 Eva Burch, Facilities Management
 Diane Burton, Honors Program
 Daniel Bush, Provost/Executive Vice President
 Leslie Butler, Biomedical Sciences
 Patrick Byrne, Soil and Crop Sciences
 Gerald Callahan, Microbiology, Immunology and Pathology
 Connie Cecil, 4-H Youth Development State Office
 Joe Chavez Jr, Housing and Dining Facilities
 Jean Christman, General Counsel
 Kathleen Chynoweth, Art and Art History
 Stephanie Clemons, Design and Merchandising
 Terry Comerford, Walter Scott, Jr. College of Engineering
 Mark Cooper, Vice President for University Communications
 Bill Cotton, Vice President for University Communications
 Whitney Cranshaw, Agricultural Biology
 Sarita Crawford, English
 Nora Cruz, Admissions

Denise Culver, Colorado Natural Heritage Program
 Richard Curtis, Colorado State Forest Service
 Norman Dalsted, Agricultural and Resource Economics
 Mac Danford, Finance and Real Estate
 Mary Daughtrey, Human Development and Family Studies
 Eric Davey, Facilities Management
 Rich Davis, CEMML
 Brenda Day, Veterinary Teaching Hospital
 Allen Denham, Facilities Management
 Scott Denning, Atmospheric Science
 Beverly DeVault, Lory Student Center
 Joan DiMatteo, Residential Dining
 Anne Dixon, Veterinary Teaching Hospital
 Lanita Doering, Human Development and Family Studies
 Joseph Duda, Colorado State Forest Service
 Jeanne Dufлот, Mathematics
 Denise Dulac, Colorado State Forest Service
 Clayton Edwards, Central Receiving
 Thomas Ehlers, Athletics
 Lizzetta Elder, Parking & Transportation Services
 Robert Ellis, Microbiology, Immunology and Pathology
 Cam Elvheim, Housing and Dining Facilities
 Carol Engel-Enright, Design and Merchandising
 Rodney England, Housing and Dining Facilities
 Gabriele Engler, Warner College of Natural Resources
 Don Estep, Statistics
 Grant Evans, Fort Collins Diag Lab
 Laura Fagan, Biology
 Patrick Fahey, Art and Art History
 Jim Farnell, Academic Computing and Networking Services
 Doreen Fickenwirth, LSC Dining Services
 Jonie Fidek, Office of Financial Aid
 Kathryn Fieseler, Clinical Sciences
 Ellen Fisher, Vice President for Research
 Elden Flick, Information Systems
 Laurie Fonken, CVMBS College Office
 Sharal Foss, CSU Extension
 Linda Foster, Vice President for Research
 Steve Foster, Walter Scott, Jr. College of Engineering
 Bruce Freestone, Lory Student Center
 Valerie Freymuth, Student Legal Services
 Jonathan Friedrich, Telecommunications
 Tim Gallagher, Finance and Real Estate
 Sarah Gates, Analytical Resources Core
 Assefa Gebre-Amlak, Front Range Region
 Scott Glick, Construction Management
 Gene Gloeckner, School of Education
 Mark Gluckstern, Office of Financial Aid
 Kevin Gobbo, Western Colorado Research Center

Antonio Gonzalez, Facilities Management
 Paul Gordy, Biomedical Sciences
 Thaddeus Gourd, Front Range Region
 John Graham, Geosciences
 Cathy Griffin, Infectious Disease Research Center
 Jodi Griffin, Ethnic Studies
 Saul Gutierrez, Facilities Management
 Scott Haley, Soil and Crop Sciences
 Dwayne Hamar, Environmental and Radiological Health Sciences
 Mark Hanson, Creative Services
 Patsy Harlan, Vice President for Research
 Mary Harris, Food Science and Human Nutrition
 Scott Harris, CSU Police Department
 Kathleen Harward, Student Legal Services
 Sue Hendrickson, Admissions
 Larry Hennessy, Mountain Campus
 Joseph Herbert, CEMML
 Mary Hile, Facilities Management
 Alan Hill, Information Systems
 Elizabeth Hobbs, Horticulture and Landscape Architecture
 Dorothy Hooker, Housing and Dining Facilities
 Tom Hooten, Western Region
 Anne Hudgens, Health Network Medical
 Robert Hudgens, Office of Financial Aid
 Robyn Hufziger, Lory Student Center
 Ellen Hughes, CSU Extension
 Bob Hultman, Facilities Management
 Bill Hunter, Housing and Dining Facilities
 Julie Iven, Military Studies
 Lugene Jackson, Veterinary Teaching Hospital
 Patty Jeffries, Environmental and Radiological Health Sciences
 Nancy Jianakoplos, Economics
 Laurence Johnson, Accounting
 Elizabeth Jones, History
 Victoria Keller, Vice Pres for University Advancement
 Dan Kelso, Central Receiving
 Mostafa Khattab, Construction Management
 Allan Kirkpatrick, Mechanical Engineering
 Clint Kranz, Housing and Dining Facilities
 Rosemary Kreston, Student Disability Center
 Rex Kroemer, Mountain Campus
 David Krueger, Physics
 John Labadie, Civil and Environmental Engineering
 Melinda Laituri, Ecosystem Science and Sustainability
 Elizabeth Lechleitner, English
 Naomi Lederer, Library
 Edward Lemieux, Facilities Management
 Marnie Leonard, English
 Allison Lewis, Library
 Ralph Lewis, Facilities Management

Rodney Ley, Campus Recreation
 Roger Lipker, Journalism and Media Communication
 Linda Loing, Sponsored Programs
 Gary Longmore, Facilities Management
 James Lowell, Laboratory Animal Resources
 Thomas Lundberg, Art and Art History
 Darlene Maki, Facilities Management
 Ted Manahan, Animal Sciences
 Alexis Marquez, The Access Center
 Ernest Marx, Natural Resource Ecology Laboratory
 Kathryn Mason, Telecommunications
 Susan Matthews, Veterinary Teaching Hospital
 Doug Max, Athletics
 Keith Maxey, Front Range Region
 Ross McConnell, Computer Science
 Patrick McCurdy, Analytical Resources Core
 Janice McFadden, LEAP Institute for the Arts-SAU
 Wayne McLlraith, Clinical Sciences
 Dawn McIntosh, Information Systems
 Patrick McKee, Philosophy
 Jim McNeal, Facilities Management
 Liza McNeely, Health Network Medical
 Lisa Monzingo, Fort Collins Diag Lab
 Janice Moore, Biology
 Carmen Morales, Sponsored Programs
 Jan Morgan, Marketing
 Daniel Moyer, Campus Recreation
 Dimas Munoz III, CEMML
 Beverly Munroe, Registrar
 Parvin Naysary, Business and Financial Services
 Steven Newman, Horticulture and Landscape Architecture
 Lance Noble, Cooperative Institute for Research in the Atmosphere (CIRA)
 William Nobles, Peaks and Plains Region
 Jennifer Nyborg, 9Biochemistry and Molecular Biology
 Melanie Nyborg Berteau, General Counsel
 Diane O'Brien, Continuing Education - Administration
 Kim Okamoto, Vice President for Student Affairs
 Joseph O'Leary, Human Dimensions of Natural Resources
 Michael Olsen, Chemistry
 JoAnn O'Neal, Veterinary Teaching Hospital
 Mary Ontiveros, Vice President for Diversity
 Ronald Owen, Facilities Management
 Allen Owen Jr, Colorado State Forest Service
 Joyce Owens, Central Receiving
 Gary Ozzello, Vice President for University Communications
 Jacqueline Paone, Front Range Region
 Randal Paulus, Facilities Management
 Frank Peairs, Agricultural Biology

Robert Peters, LSC Dining Services
 Kathy Petersen, Environmental and Radiological Health Sciences
 Connie Peterson, Veterinary Teaching Hospital
 Ed Peyronnin, College of Agricultural Sciences
 Kathy Phifer, Vice President for University Communications
 Tony Phifer, Strategic Communication and Public Relations
 Marinus Pilon, Biology
 Elizabeth Pilon-Smits, Biology
 Shonilea Pischer, Housing and Dining Facilities
 JoAnn Powell, Front Range Region
 Eric Prince, School of Music, Theatre and Dance
 Kenneth Radicek, Continuing Education - Administration
 Theresa Ramirez, Housing and Dining Facilities
 David Ramsay, Library
 Diane Rees, Research Services
 Nancy Rehe, History
 David Rhoads, Housing and Dining Facilities
 Teresa Rice, Native American Cultural Center
 Douglas Rideout, Forest & Rangeland Stewardship
 Christopher Rithner, Analytical Resources Core
 Bill Ritter Jr, Center for the New Energy Economy
 James Robb, CSU Extension
 Ronald Robbins, Facilities Management
 Terri Rogakis, HDS Administration
 Judy Rogers, Military Studies
 Bernard Rollin, Philosophy
 Linda Rollin, Philosophy
 Renee Rondeau, Colorado Natural Heritage Program
 Barb Rose, Clinical Sciences
 Lee Rosen, Psychology
 Rodney Rosychuk, Clinical Sciences
 Jo Royal, Human Resources
 Steven Rutledge, Atmospheric Science
 Hiroshi Sakurai, Mechanical Engineering
 Donald Samelson, Accounting
 Pat Sample, Occupational Therapy
 Terrie Sandelin, English
 Eve Schauer, CEMML
 Lisa Schmitz, Creative Services
 LeAnne Schnader, Office of Financial Aid
 Jackie Schneider, Veterinary Teaching Hospital
 Robert Schur, Policy and Compliance Office
 Dana Schwartz, CVMBS College Office
 Pete Seel, Journalism and Media Communication
 Ron Sega, Systems Engineering
 James Self, Soil and Crop Sciences
 Erick Selgren, Colorado State Forest Service
 Kristina Servin, Walter Scott, Jr. College of Engineering
 Scott Shuler, Construction Management

Tina Sievers, Food Science and Human Nutrition
 Jocelyn Skitt, Residential Dining
 Dan Smeak, Clinical Sciences
 Charles Smith, Computer Information Systems
 Robert Smith, Residential Dining
 Sarah Solano, College of Agricultural Sciences
 Diane Sparks, Design and Merchandising
 Craig Spooner, Occupational Therapy
 Deb Spotts, Occupational Therapy
 Cindy Standley, Food Science and Human Nutrition
 Kay Steinbock, Residential Dining
 Marcia Stille, Veterinary Teaching Hospital
 Janet Stoneberg, Registrar
 Steven Strauss, Chemistry
 Scott Sweetser, CEMML
 Becky Tamlin, Library
 Tina Taylor, Health Network Medical
 Alma Tejada Ariza, Lory Student Center
 Laura Thomas, English
 Linda Thornton, Psychology
 William Timpson, School of Education
 Bruce Trameri, Continuing Education - Administration
 Sally Tschirhart, Business and Financial Services
 Susan Tungate, School of Social Work
 Evelyn Turk, Residential Dining
 Timothy Tursick, Facilities Management
 Nancy Tuttle, Residential Dining
 David Twedt, Clinical Sciences
 N Unnithan, Sociology
 A Vince Urbina, Colorado State Forest Service
 Sharon Van Gorder, History
 Stella Vigil, Expanded Food and Nutrition Education Program (EFNEP)
 John Wagner, Animal Sciences
 John Walker, Information Systems
 Thia Walker, Agricultural Biology
 Sarah Ward, Soil and Crop Sciences
 Gary Warner, Facilities Management
 Reagan Waskom, Colorado Water Center
 James Weber, Health Network Counseling
 Debbie Weddle, Soil and Crop Sciences
 Richard Wells, Environmental Health Services
 Marty Welsch, Vice President for Research
 Patti Wermeling, Library
 Jean West, HDS Administration
 Lawrence Whalen, Biomedical Sciences
 Terry Whitaker, Telecommunications
 Kenneth Wilson, Fish, Wildlife and Conservation Biology
 Char Wixson, Vice Pres for University Advancement
 Ann Wood, Colorado State Forest Service
 Jeffrey Wood, CSU Extension
 Linda Zawadzki, Housing and Dining Facilities

How to find joy in exercise and find joy in movement

By Elle Schuldt

How do you view exercise? Do you use it as a way to burn calories, lose weight, or compensate for what you ate? When we approach exercise this way, it can feel like punishment and wear on motivation, self-confidence and mental wellbeing. The good news — it doesn't have to be this way. In fact, we're here to encourage you to explore the joyful movement mentality and learn how to exercise in a way that benefits your mind, body, and soul.

What is joyful movement?

Joyful movement is the ninth principle of the 10 Principles of Intuitive Eating, created by Evelyn Tribole and Elyse Resch. Just as intuitive eating emphasizes improving your relationship with food, joyful movement focuses on rebuilding your relationship with exercise. Joyful movement is a way of approaching physical activity that emphasizes pleasure, choice, flexibility, celebration, and intuition.

Pleasure

Joyful movement can be difficult to define because we all have different things that bring us joy. The best part about joyful movement is that you get to define what is pleasurable for you. Some people love playing a sport while others may enjoy hiking. Find what movements make your body, feel good and incorporate them into your routine.

Choice

Exercise can often feel like something you have to do. When viewed this way, it can feel as if we are adding another chore to our never-ending to-do-lists, and it takes the joy away. Engaging in movement is your choice. You have the right to rest when you're feeling tired or burnt out. Listen to your body and make the choice that feels best for you.

Flexibility

Joyful movement is open to all types of movement. Everyone has different preferences and abilities when it comes to movement, and there is no "right way to be active." Joyful movement emphasizes moving when it feels right and taking the pleasure out of "should" and "should not" by adopting a flexible mindset. Also, what feels joyful and fun now may be different than what your body preferred five years ago, and that's OK. Your preferences likely will change over time, in the same way that your body changes over time — accept this with flexibility.

Celebration

When you approach exercise with the mindset of losing weight or compensating for what you ate, it feels like punishment and this strips the experience of joy. You will get more out of exercise if you see it as a way to listen to and connect with your body and celebrate how powerful you are.

Intuition

It is extremely important to listen to your body, especially when it comes to exercise. Pay attention to the cues that your body is sending you before, during, and after movement. Notice the signals, listen to what they are telling you, understand why they are being sent, and follow them. If you feel stiff before movement, take it slow. If you feel empowered during movement, keep pushing. If you feel sore after movement, enjoy a rest day.



Embrace mindfulness

Mindfulness is a state of being aware of your feelings, thoughts, and sensations in the present moment. When you are engaging in joyful movement find your breath, feel your body, pay attention to your surroundings, and be aware of how you feel throughout the process. This will allow you to have a more positive and therapeutic experience.

Reflect on what makes you feel safe

Safety is key when it comes to exercise. When participating in activities, make sure you have supportive equipment (shoes, yoga blocks, chair/wall for balance support, hiking poles, etc.) to help you feel safe and capable. Some movement options may need some modifications to fit your ability level and unique needs. Work with a professional, if accessible, or find online resources to help make movement safe and enjoyable for you.

Incorporate movement into your daily life

The journey to discovering joyful movement does not require that you take big steps and make big changes. There are hundreds of little ways that you can add movement to your daily life. This could look like taking your dog for a walk in the afternoon, having a walking work meeting, or playing catch with your friends or family. Again, joyful movement is not exclusive to certain types of movement. Get creative and find ways to make movement a part of your daily routine.

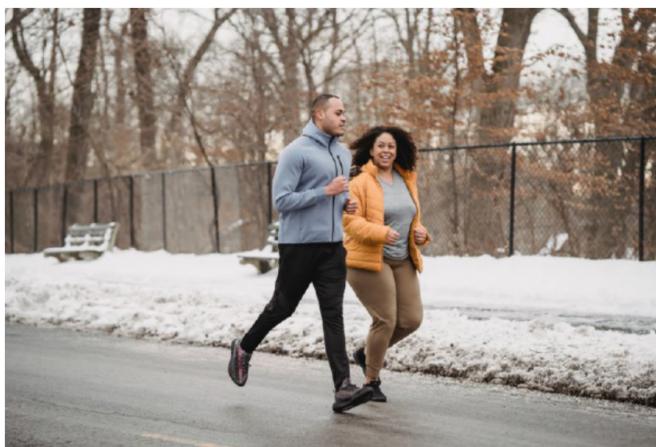
Ideas for joyful movement

Everyone enjoys different types of movement. Here are some ideas for how you can bring joyful movement into your life:

- Take your dog for a walk
- Play with kids or grandkids
- Spend some time in your garden
- Take a hike
- Go for a bike ride
- Go shopping
- Take a yoga class
- Go kayaking
- Take a walk around the block after a meal
- Lift weights
- Dance
- Go for a run
- Join a team sport
- Take a martial arts class
- Play an instrument
- Walk while on the phone
- Swim at a lake or local pool
- Stretch when you wake up/go to bed

More information

For additional resources to healthy eating, check out programs from our registered dietitian nutritionists atchhs.colostate.edu/krnc/programs-and-services. More health tips are also available at the College of Health and Human Sciences Pinterest board. Find delicious and healthy recipes on our Recipes page! Lastly, don't forget to sign up for the KRNC monthly newsletter!



THANK YOU for being COVID smart



COLORADO STATE UNIVERSITY

2021: What to expect for summer events and activities

By Makenna Green

Last summer many events and activities had to be put on hold due to the pandemic. This summer though is looking a lot different. On-campus events and camps will be returning for what is looking to be a fun summer.

If you know anyone interested in touring campus this summer, you're in luck as in-person tours will be happening again. Orientation for freshmen will be virtual this summer but fortunately, things are starting to head in the right direction.

Of course, virtual tours are still being offered but admissions look forward to getting prospective students back on campus. There will be the full 12-week session of various and exciting day camps. The camps are for kids ages 5-13, with a wide variety of options including camps: Music and Movement, Sport Science,

Super Sport Camp and more. If this is something you're interested in make sure to



register easily as spots are more restricted due to COVID-19 protocols. Faculty and staff receive a 15% discount at registration on the

day camps. For more information visit chhs.colostate.edu/hes-youth-sport-camps.

A look ahead at Fall 2021 at Colorado State University

By Rachel Rasmussen

With the announcement that COVID-19 vaccinations will be required for faculty, staff and students returning to the CSU campus for the Fall semester, the University has started the process of returning classrooms to full capacity.

There are still a lot of unknowns for the CSU community as far as what the fall semester will look like. Therefore, the following information may be helpful, but is also subject to change based on the Larimer County Health Department's guidelines.

The Pandemic Preparedness Team will be sharing more information about public health requirements for fall, including what this means for returning to work on campus, over the summer.

As of May 16, the University will lift the requirement issued in March 2020 that as many employees as possible work remotely. There is no longer a directive to minimize the number of faculty and staff on university grounds.

This will be a gradual shift, according to the PPT, and all employees are not expected to return to campus all at once. Human Resources will provide detailed guidance on issues such as how to gradually on-board faculty and staff back to work sites; application of the telework policy currently in development; and guidance for both supervisors and employees on how to phase back into in-person work.

In an email to campus May 4, campus leaders strongly encouraged flexibility with employees during this time of transition leading up to fall.

What will remain

- Screening for COVID
- Saliva screenings will still be available to the CSU community.



- Pods for screenings will remain on campus but may change locations.
- Faculty, staff and students should still use the online COVID Reporter to report any symptoms.
- CSU will still be doing wastewater testing and other protocols that ensure the health and safety of everyone on campus.

Move-In and Ram Welcome

- Residence hall move-ins will still be scheduled and take place over three separate days with activities during those days.
- Ram Welcome will invite 2020 first-year students to participate for the in-person experience they missed last fall.

Other campus/community-wide events

- Homecoming and Family Weekend will be in person, Oct. 6-7
- Comprehensive guidance for all university activities is available on the CSU COVID Information and Resources page.

For more information and the latest updates, visit the COVID website, covid.colostate.edu. The administration will also be sending out emails and messages to the community with updates and more information throughout the summer.

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

OR Scan Here 

How one week in Todos Santos Center changed Colorado State alum Jennifer Thompson's life

By Ayelet Golz

CSU alum Jennifer Thompson knew she wanted to study abroad while getting her undergraduate degree in agriculture business, but it had to be close by since she had two children at home. When Thompson saw the program at CSU Todos Santos Center, she knew it was the one for her, but she didn't know how much it would affect her future.

"I wanted a good education that would go towards my degree. But I also wanted to meet new people, try new food, and share agriculture information with people," said Thompson. "When I heard about the one-week program in Todos Santos, it was perfect for me. It was the perfect location, length, and price. And I wasn't going to be away from my family for a long time."

Not only did Thompson learn a lot during her program, she acquired a new love of seafood. One day she went with a group down to the beach at Punta Lobos and they bought fish right from the fishermen. At the Center, they learned how to make ceviche from the seafood and Thompson was blown away by how much she loved it. Despite growing up in Florida and living in Italy, Jennifer had never liked fish, but she loved how fresh it was in Todos Santos.

After returning from her one-week program in Todos Santos, Thompson convinced her husband to go on vacation there for the summer. Once they were in Todos Santos though, it became clear that they wanted more than a vacation. Instead of returning to the U.S., they decided to stay for a year and enrolled their children in a local school.

"You learn a lot about yourself when you are living in a developing



country," said Thompson. "You learn how far you can push yourself outside of your comfort zone. I really tried to get immersed in the culture and language. Mexico, for us, wasn't just a vacation – we were actually living, working, and schooling there."

While in Todos Santos, Thompson and her family participated in both daily life and special occasions like Dia de los Muertos (Day of the Dead) and Christmas. She continued to enjoy the fresh seafood and learned how to prepare it with cooking classes. Throughout the year, she learned how to make dishes with fish, mole, a type of hibiscus tea called Jamaica, and tamales among other dishes.

"Mexicans love their families and friends and gathering in groups to enjoy each other's company. This is celebration – music, food, laughter,

conversation. This is how Mexicans show their love through food," said Thompson. "The people in Mexico take pride in fresh delicious food, and take their time preparing it. It's tied to culture and traditions. Food is made by love."

Eventually, the COVID-19 pandemic and other life decisions prompted Thompson and her family to return to Colorado in June 2020. But Todos Santos will always be in her heart.

"You can't find any place like Todos Santos – and I've lived many years in different countries with a lot of travel," said Thompson. "But there's no place like the Baja. It's unique and special. Todos Santos is a mind-blowing experience."

Show your love for our Todos Santos Ramily

Thompson explored how much she connected to the food she

learned to cook in Todos Santos and how she sees food as a way to nurture her daughters. As she says, "I show my love through the food I make, [with] the ingredients, the organic quality, and the time I spend to put love and heart and soul into preparing the food."

Likewise, our Ramily in Todos Santos, Mexico, continue to show their love through food, even while this pandemic continues on. Many of our Ramily are missing the CSU students and staff who used to visit the Center regularly. Our Todos Santos Center staff have continued working and showing up while under similar uncertainty and upheaval we all experienced this year. To show our appreciation and love for our friends in Mexico during this tough time, please consider donating to support those who have been affected by the pandemic.



CALENDAR OF EVENTS

CSU: Design & Images 2021 PSD Art Show

April 26 - Dec. 11

Virtual

Rather than solely focusing on the students' finished art products, our goal is to capture what the learning and the making of art looks like remotely and in person during this challenging year. This show highlights the resilience, craftsmanship, and depth of thinking from our art students, the innovation and tenacity of our teachers. These images and videos exemplify why we celebrate art and why art matters. The virtual exhibition is a snapshot of art-making during the 2020-21 school year.

Well-being webinar

Wednesday, May 12, 12 - 1 p.m.

Virtual

Learn a few practices to reduce stress, improve health and well-being, and create resilience and capacity from CSU philosophy instructor Mac McGoldrick. This talk will combine individual and organizational development with the teachings of world wisdom traditions.

FORT COLLINS:

East of the Sun & West of the Moon

May 14 - 15, 7 - 9 p.m.

Debut Theatre Company

An epic story of rags to riches, hags to heroism, trolls and true love, magic and mystery, curses and quests. A grand adventure to a world of fantasy and imagination brought to life with puppetry, special effects and stage magic. Find out more at debuttheatre.org.

Travel Journaling WaterColor

Virtual Class

May 17, 2 - 4:15 p.m.

Virtual

Run by Blue Moose Art Gallery, this online class uses the combination of ink and watercolor for some exciting results. Perfect idea for traveling and journaling with all supplies provided.

The Arc of Larimer County's Film Festival

May 20, 8:30 p.m.

Holiday Twin Drive-In

The Arc of Larimer County's annual film festival works to dispel stereotypes about individuals with intellectual and developmental disabilities. The event features a

variety of short films from a variety of filmmakers. Some films are humorous, some are serious, but all work to spread awareness.

Field of Honor – 500 Flag Display to Salute our Heroes

May 28 - 31

Fort Collins Veterans Plaza

A Field of Honor 500 flag display to salute our heroes will be held on Memorial Day weekend at the Fort Collins Veterans Plaza. Heroes can be veterans, service members, first responders, or personal heroes. Find out more at febreafastrotary.org.

Here Fishy Fishy – Cooking Class

May 28, 5 - 8 p.m.

Farm Fusion

Learn how to fabricate (cut up) and utilize different fish. This is the perfect class for those who do a lot of fishing, or who enjoy the health benefits of incorporating fish into their diets. We will teach how to fabricate and cook four different fish. Find out more at farmfusion.org.

Impulse Spring Dance Series

June 1, 7 - 8 p.m.

Lyric Cinema

Impulse presents their Spring Dance Series – Radical Transformation. This is a free public outdoor screening event. Food and drink will be available for purchase by the Lyric. Chapter of the American Society of Landscape Architects presents a spring lecture series every year. In 2021, they will be hosting all virtual lectures and encourage the public to join.

Fort Collins Foodie Walk

Monthly on the third Friday,

5 - 8 p.m.

Downtown Fort Collins

Come educate your taste buds during this monthly self-guided Old Town foodie tour, featuring new and exciting taste experiences on the third Friday of each month. It's free and everyone is welcome. Visit downtownfortcollins.com/events/foodie-walk to view participants and monthly specials.

Fort Collins Farmers Market

May 2 - Nov. 14, 10 a.m. - 2 p.m.

Harmony and Lemay

The market is supplemented with specialty processed goods and they offer a variety of high-quality produce, plants, fruits, cheese, and meats as well as specialty products that complement local merchants.



With Mother's Day, the 2nd Sunday in May, being the traditional first day for outdoor planting in Northern Colorado, this is the perfect time to think about where to find seeds to grow or starters to plant. Did you know you can become part of a healthy seed-sharing community right here in Fort Collins? Check it out.

Seed Library

Spring means the opening of two wonderful seed libraries across Fort Collins, a community resource that strives to grow community through free and accessible seeds, and to protect genetic diversity and resiliency by encouraging seed-saving and sharing. This year The Fort Collins Community Seed Library and Poudre River Public Library District Seed Library have combined their seeds and are housing both collections at Wolverine Farm Letterpress & Public House at 316 Willow St in Fort Collins. The seed library is managed by TGP, People & Pollinators Action Network, Wolverine Farm, and volunteers. To borrow seeds, choose up to 5 packets per season and check them out by signing a log near the seed library. If possible, save the seeds from your mature plants and return them after the season is over. Returning seeds is not a requirement for borrowing but is highly encouraged. On top of offering seeds, The Fort Collins Community Seed Library serves as a resource for people interested in learning about growing and seed-saving. More information and other gardening tips and events can be found at thegrowingproject.org.



Community Plant Sale



If you're looking for starters and established plants, look no further than the 2021 Spring Virtual plant sale hosted by The Gardens on Spring Creek and Colorado State University. Back by popular demand, this year's plant sale will be hosted virtually. The opportunity to purchase wonderful and unique Annuals, Perennials, Herbs, Vegetables and Edible Flowers starts on May 4th and 5th for members-only and opens up to the public May 6th through May 17th. Plants can be purchased through the events online store and will be fulfilled by the Gardens staff, packaged for you, and can be picked up curbside at the Gardens May 12th through May 21st. Information about all of the plants on sale, including their care needs and more will be available on the online store. Plants are sold first-come, first-served and certain varieties may sell out earlier than others. All plant sale online purchases are final. Refunds and exchanges are not available. More information and a plant list is available at fegov.com/gardens.

Graphic and Photo by Anna Meiser



FORT COLLINS CONNEXION

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
-  Affordable, reliable home phone
-  Live TV, sports, On Demand and all your favorite shows!

LEARN MORE & SIGN UP FOR NOTIFICATIONS AT [FCCONNEXION.COM](https://fconnexion.com)

