We couldn’t have done it without you! This month’s issue of CSU Life celebrates the University community. The faculty, staff, employees and students of Colorado State University who amidst uncertainty continued charging forward to ensure a successful academic year.

Throughout these pages, you’ll find photos, stories and graphics honoring some of the people who made this year special. For even more, be sure to visit csulife.source.colostate.edu.
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, 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, to the staff members who have met countless wonderful people and made 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

AP Council wants your feedback

Administrative Professional Council acts as the voice for administrators 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.

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.
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.

Each year, Colorado State University recognizes the teaching, research and service 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.

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 continued commitment of CSU to the pursuit of excellence in teaching and learning.

Dr. June Shaw
Professor
Department of Clinical Sciences

Scholarship Impact Award – Career

This year’s 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

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 LaFrance, M.M., ’14
Professor of Music Therapy
School of Music, Theatre, and Dance

Monfort Professor

The Monfort Family Foundation established the Monfort Professorships to recognize faculty members who are “rising stars.”

Emily Fischer
Associate Professor
Department of Atmospheric Science

Lauren Shumaker
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 Brown
Associate Professor
Department of Ecosystem Science and Sustainability

Provost’s Awards for Faculty Excellence:

Lincoln Laureate

Recognizes exceptional balance and joint excellence across teaching, scholarship, 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

Scholarship Impact Award – Recent Achievement

This 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 Holker
Professor
Department of Agricultural Biology

Scholarship Impact Award – Career Achievement

This 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

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 Award

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 Rauwels, Ph.D., ’10
Assistant Professor
Department of Horticulture and Landscape Architecture

Provost’s Awards for Faculty Excellence: Provost Research Scholar Award

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.

Garett Moule, Ph.D., ’11
Associate Professor
Department of Chemistry

The President’s Council on Culture Award (Individual)

This award 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.

Walter Scott, Jr., College of Engineering

The Martin Luther King Jr. Legacy and Memory of 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.

Maurit Duran, 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., ’10; B.S.M., ’10
Director of International Student Experience for D.V.M. Students
College of Veterinary Medicine and Biomedical Sciences

Chandra Venkataraman, M.S., ’30; Ph.D., ’07
Associate Dean for International Programs
Walter Scott, Jr. College of Engineering

Judy Donavan
Assistant Vice President for Student Affairs
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 Oliden
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 contribution, and to the work of the Division of Enrollment and Access.

Erik Wilcoxen, B.A., ’97
Director of 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 Pence Echters Zunala
Professor of English
Department of English, INTO CSE

Sonja R. Cervantes
Front Range Region Program Assistant
CSE Extension

Elena L. Gardiner
Director, University Housing Dining and Dining Services

Oliver P. Pennock
Distinguished Service Award – Graduate
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 Admissions Coordinator, Undergraduate Programs Office
College of Business

Amy Martonis
Assistant Director
School of Social Work

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

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

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

Sunny O'Neill
Communication and Curriculum Coordinator for the Veterinary Community as a Means for Professional Excellence Program
Department of Clinical Sciences

Kathy Caroll, B.A., '97
Office Manager
Lory Student Center Executive Director's Office

Kevin Nolan
Learning Management System Administrator
ACNS

Sandra Bailey
Program Assistant II
Graduate School

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

Jack E. Cermak
Outstanding Advisor Award – Graduate
This award recognizes contributions by a fellow of the Faculty Institute for Inclusive Excellence who has demonstrated significant contributions to increasing inclusive excellence in the following areas: departmental culture, classroom-climatic, curricular redesign, or pedagogical implementation.

Kate Kramlin
Curator of the Avenue 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

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 most 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

Interdisciplinary Scholarship Award (Individual)
This award recognizes faculty members whose interdisciplinary scholarship has had a major impact nationally or internationally, or who have demonstrated their potential to do so.

Jessica Prenni
Assistant Professor
Department of Horticulture and Landscape Architecture

Interdisciplinary Scholarship Award (Team)
The Ogallala Water Coordinated Agricultural Project Team faculty: Lead: Megan Schipanski, Associate Professor, Soil and Crop Sciences Miles Andrews, Professor, Soil and Crop Sciences Jordan Saltz, Associate Professor, Agricultural and Resource Economics Dale Manning, Associate Professor, Agricultural and Resource Economics Ryan Baug, Ph.D., T2, 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 Kellogg, Extension and outreach program specialist, Garvey Smith, graduate student, Department of Soil and Crop Sciences; Agustina Nunez, graduate student, Department of Soil and Crop Sciences; Joel Schwindich, specialist, Colorado Water Center; Robert Noor, graduate student, civil and environmental engineering.

Catching up with Wilbur's Total Beverage
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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 vaguely, then pour that concoction into a glass for your May celebration party guests, the result is warm, sunny days followed by cold snow blizzards, but I think that as a people, we Coloradans celebrate variability. Which is probably why Stranahan’s Colorado Whiskey is so subtly “Colorado.” Is it a rye? A bourbon? A single malt Scotch? Its flavor profile defies any one genre, and instead reflects the plains-mountain blend that is our fair home state.

Vanilla, malted barley, toasted marshmallow, and oaked notes all emanate with the nose of this deep golden-amber whiskey. The palate is among the most interesting of American whiskies 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 boozey 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 mouthfeel 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 Manhattan or an Old Fashioned, and it certainly drinks well on its own, during rain or shine. Cheers Colorado!
Congratulations, Retirees!

April 2020 - April 2021

CSU LIFE | FACULTY & STAFF

CSU LIFE | FACULTY & STAFF
How to find joy in exercise and find joy in movement

By Elia Schuld

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 celebrate 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 placing 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 at athls.colostate.edu/khnc/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 KHNC monthly newsletter!
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: 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-in 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
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 kids 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, she had never had anything like it, but she Thompson 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, she was in heaven.

Even though she had traveled to other countries in the past, 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.

“While in Todos Santos, Thompson and her family participated in both daily life and special occasions like Día 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 her journey, she learned how to make dishes with fish, mole, a type of hibiscus tea called Jamaica, and tamales among other dishes.

“Mexican 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 their take time preparing it. It’s tied to culture and traditions. Food is made for 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. She can’t find any place like ‘Todos Santos’ and I’ve tried 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 Family

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 family in Todos Santos, Mexico, continue to show their love through food, even while this pandemic continues. Many of our family 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.

variety of short films from a variety of filmmakers. Some of these 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 Fort Collins Veterans Plaza. Heroes can be veterans, service members, first responders, or personal heroes. Find out more at fortcolinasalute.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 don’t have a fishing license, 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

Lyric Cinema

May 1, 7 - 8 p.m.

Lyrical Cinema presents their Spring Dance Series – Radical Transformation. This is a free public outdoor screening event. For more information, visit the website at impulsefs.org. The event 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

Create your own taste buds adventure during this monthly self-guided Old Town food 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 mouthwatering options.

Fort Collins Farmers Market

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

Harmony and Lamey

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.

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