



CSU community members gathered Sept. 1 for Fall Reflection, an opportunity to acknowledge the challenges of the recent year. Photo by CSU Photography

‘Grateful:’ President Joyce McConnell opens new semester at Fall Reflection

By Anne Manning

On a beautiful, warm first day of September, President Joyce McConnell offered words of thanks and optimism at the campuswide Fall Reflection, held on the Lory Student Center West Lawn and featuring a picnic and tree-planting.

As students returned to campus full-time after 18 months of an ongoing pandemic, McConnell invited the Colorado State University community to join in a collective moment of reflection. The event, which included lunch

for all attendees, was held in place of the traditional Fall Address CSU presidents have given on the Oval over the last two-plus decades.

In her remarks, McConnell acknowledged the physical and mental hardships many endured over the last year and a half: loved ones lost to COVID-19 or cut down by senseless violence; people across the nation affected by pervasive racial injustice; and shared experiences like proms and commencements taken away from young people.

Just like the community rose to the challenge of the catastrophic 1997 flood, the last 18 months brought Rams together in a pandemic response that took strength and courage, McConnell said.

To commemorate the moment, honor the past and look to the future with optimism, McConnell invited all those gathered to write

a message on a compostable slip of paper and plant it with a Bosnian pine sapling finding a new home near the gathering site. “My piece of paper says, ‘grateful,’” McConnell said.

“You’re here today, an essential part of this resilient, hopeful CSU community,” McConnell said. “And like this tree will be, you are part of the CSU community forever.”



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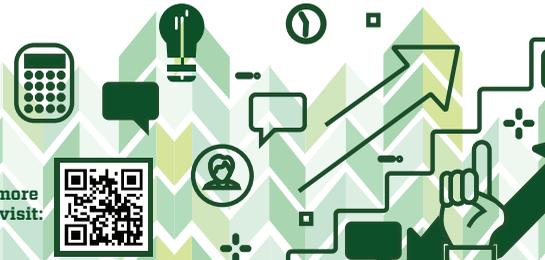
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Local Coloradan and former Colorado 4-H participant William Shaner won gold in Tokyo on in the men's 10-meter air rifle with an Olympic-record 251.6 points. Shaner grew up in Rifle, Colorado, where he was involved with Colorado 4-H shooting sports from 2009 – 2014.

COLLEGE OF HEALTH AND HUMAN SCIENCES

Barry Braun, health and exercise science professor and executive director of the Human Performance Clinical Research Lab, was one of a select few to participate in the Army ROTC Cadet Summer Training Leadership Symposium's Center of Influence, in which more than 200 universities compete for representatives.

WARNER COLLEGE OF NATURAL RESOURCES

Dennis Ojima became an emeritus professor in the Department of Ecosystem Science and Sustainability in late 2019, but that doesn't mean he has slowed down. He continues in his role as a senior research scientist in the National Resource Ecology Laboratory at CSU, and he recently became president of the governing board of the Ecological Society of America, a nonprofit with 9,000 members from around the world.

WALTER SCOTT, JR. COLLEGE OF ENGINEERING

The U.S. Environmental Protection Agency recently named Tami Bond, a mechanical engineering professor in the Walter Scott, Jr. College of Engineering, to its Science Advisory Board. Bond was one of 47 members of the board selected from more than 350 candidates. She will also serve a dual role on the board's Climate Science Committee.

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CONTACT US AT CSULIFE@COLOSTATE.EDU

Experience more of 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.

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New Ram Works web portal simplifies reporting building and grounds issues on campus at CSU

By CSU University Communications Staff

Have you ever wondered who to call to report a leaky sink in a Colorado State University campus restroom, or make a complaint about graffiti on an exterior building? Until recently, trying to figure out how to summon help was a complicated and often frustrating experience, but a partnership between four major departments on campus and a slick new web portal has made the process stress-free.

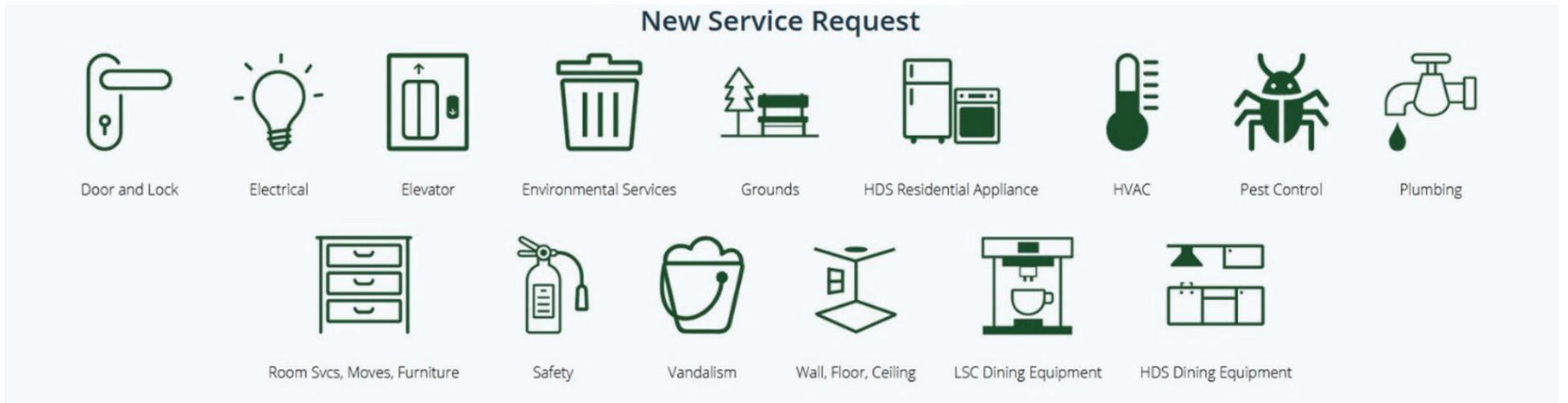
Ram Works is the new portal for students, faculty, staff and visitors to report issues in buildings, or on the grounds around campus. Housing & Dining Services, the Lory Student Center, Campus Recreation and Facilities Management rolled out the updated portal on March 22, and anyone with a CSU eID can log into Ram Works.

If someone without an eID would like to report an issue, they can create

a log in for Ram Works using a valid email address, which will also allow the system to keep them up to date on the progress of their work request. The portal can be accessed on a computer or a mobile device and photos or other documents can be attached in the message.

The portal is to be used for reporting non-emergency issues. In the event of an emergency related to a building or grounds, please contact the dispatch offices of Facilities Management at (970) 491-0077, Housing and Dining Services Operations at (970) 491-7171, Lory Student Center Operations at (970) 491-4284 or the Student Rec Center at (970) 491-6359.

Visit the Ram Works portal for complete instructions on how to use the portal at the Ram Works website at ramworks.colostate.edu.



DUO Two-Factor Authentication expanding at CSU

By Joe Giordano

In an effort to better safeguard personal information, Colorado State University will soon require DUO Two-Factor Authentication for Microsoft 365 email access and other services within the suite.

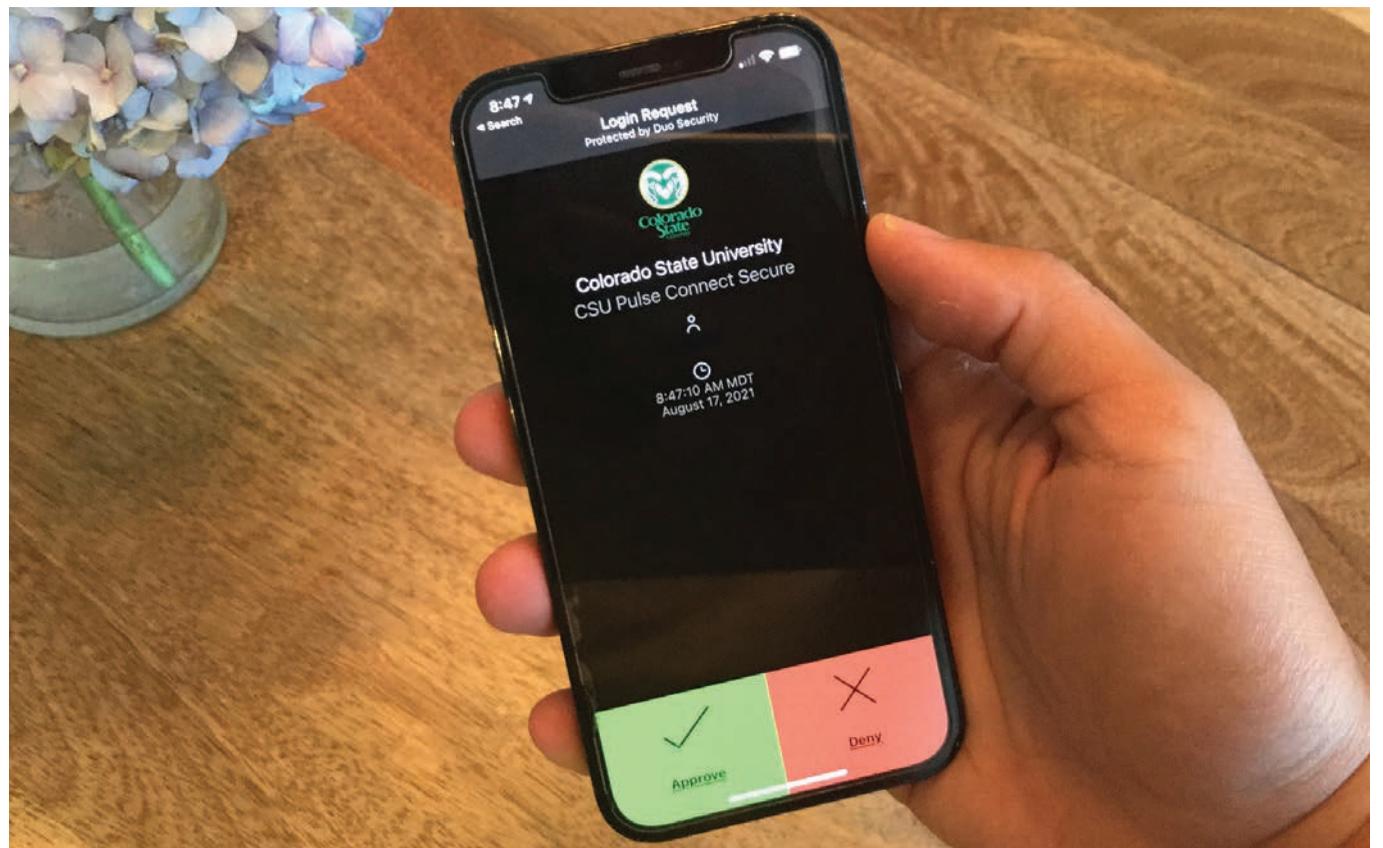
On Oct. 4, DUO Two-Factor Authentication will become required for all faculty, staff and students to access their email, login to Microsoft Teams and other Microsoft 365 services. University community members are encouraged to register for Duo Two-Factor Authentication at duo.colostate.edu.

Once DUO is set up and authenticated for Microsoft 365 applications, users will not have to do this again unless they change their password or connect from a different device.

As students are returning to campus, CSU is making a significant push to encourage students to register before the Oct. 4 deadline, said Security Awareness Specialist Kelly L. Poto.

“At CSU, 82% of the breaches that have occurred since May successfully targeted student accounts,” Poto said. “Our campus leadership recognizes that DUO implementation is the single best action we can take to protect our campus community.”

Those who do not register for DUO before Oct. 4 will be locked



out of their email and other Microsoft 365 services until they register.

Over the past several years, Central IT has been expanding the existing DUO authentication process to better protect against cyber attacks, which can shut down a campus for days while systems are locked down and data is restored.

DUO is a tool that provides

two-factor authentication to better protect accounts, such as email, by requiring an additional piece of information beyond a typical username and password.

“Information security breaches are happening constantly and all around us,” Poto said. “Several of our neighboring Colorado institutions have recently suffered breaches that compromised student information.”

Setting up Duo Two-Factor Authentication

For more information on how to set up Duo Two-Factor Authentication, visit duo.colostate.edu.

Parking and Transportation Services offers new programs

By University Communications Staff

The city of Fort Collins and Colorado State University's Parking and Transportation Services are partnering on an e-bike and e-scooter share program — Spin — making e-bike and e-scooters available to visitors, students, faculty and staff across campuses.

Spin will operate daily, except between 1-3 a.m., and e-scooters and e-bikes will be parked at several key Transfort bus stops and stations.

Through Spin, the partnership offers several innovative options:

- Spin will deliver adaptive bikes to serve those with disabilities and older adult community members. You can request an adaptive bike (trike, recumbent trike, or handcycle) via their website, by calling Spin customer support, or by e-mailing support@spin.pm. Spin staff will deliver the device to the riders' requested location and riders can rent the adaptive bikes at no cost for an extended period of time.

- To support low-income residents, Spin also offers the "Spin Access" program for eligible residents who wish to receive discounted rates by providing proof of income or enrollment in city, state, or federally funded programs such as the SNAP/EBT, Health First Colorado (Medicaid), TANF, WIC, or HUD Housing Choice Vouchers. Multiple cash payment options are also available for unbanked users. For information, visit spin.app/spin-access.

Spin's launch in Fort Collins follows an e-scooter pilot program between the city, CSU, and Bird. That program ended on May 31, 2021, and its success resulted in the City and CSU issuing an RFP (request for proposals) for a more permanent vendor. Spin was selected as a result of that process.

ParkMobile

Starting this year, Parking and Transportation Services have introduced a new hourly parking



system called ParkMobile, providing contactless parking payments for students, employees, and visitors on campus through an easy-to-use mobile app.

The previous hourly parking app, WayToPark, is no longer valid for on-campus parking. This new partnership with ParkMobile offers

around-the-clock customer service, a lower transaction fee while parking on CSU campuses, and is available in many locations across the country.

ParkMobile is available for both iPhone and Android devices.

Homecoming and Family Weekend set for Oct. 6-10

By Joe Giordano



Homecoming and Family Weekend — one of Colorado State University's most treasured traditions — is back with in-person events in October.

The festivities start on Wednesday, Oct. 6, with the Homecoming Kick Off in the Iris and Michael Smith Alumni Center and reach a crescendo on Saturday, Oct. 9, when the CSU Rams take on the San Jose State Spartans at Canvas Stadium.

In all, Homecoming and Family Weekend features several events, including the Distinguished Alumni Awards, 50 Year Club Luncheon, Friday Night Lights and the Homecoming 5K Race, among other attractions.

This year's theme is "Charging Forward," because that's what Rams do — fitting as the University commits to a new year of moving forward, despite an everchanging landscape.

"We are beyond excited to get to welcome alumni and Rams fans home again for Homecoming and Family Weekend 2021," said Kristi Bohlender, executive director of the CSU Alumni Association. "The fall season and everything that comes with it is such a special time on campus for our green and gold community. Ram Pride shines brightest when we're together and the hope of bringing generations of Rams back together again to celebrate one of our most treasured traditions will be a light to look forward to."

Learn more

Find out more and see a complete list of events by visiting homecoming.colostate.edu.



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Resilient Recovery

The pandemic has brought serious challenges to our community, impacting virtually every aspect of our lives. As we develop our Recovery Plan, we want to hear your ideas about what a vibrant recovery looks like in our community.

What does a resilient recovery look like in Fort Collins?

How can we build back stronger?

Share your ideas at OurCity.FcGov.com/ForFoCo



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Students, housing staff enter academic year with optimism

By Lisa Gilbert-Hardon

As summer comes to a close, the Colorado State University community finds itself entering yet another year unlike any other, but it feels different from 2020. There's a sense of excitement and anticipation for what could be in store this fall.

For many students, this will be their first time on campus. Move-in volunteers from Fraternity & Sorority Life greeted students at their cars, helped unload belongings, and led them to their new rooms.

Students also met a variety of campus student leaders, who introduced them to campus life through Ram Welcome events and community meetings, all in preparation for their first week of classes with in-person learning.

One of these types of student leaders are Resident Assistants, whose purpose is to provide support, guidance, and resources to the new hall residents.

"I'm hopeful to be able to actually build a dynamic with my floor that feels more like a family," said third-year student Freddy Ochoa-Hernandez.

Building valuable connections

As a second-year RA returning to his position in Durward Hall, Ochoa-Hernandez said he finds himself having experience in his role (serving as an RA during the pandemic), yet not knowing what new experiences to expect this fall.

"I'm excited to be able to talk to the people on my floor and eat lunch together, so I can get to know them on a personal level," he said.

While understanding that the world is very different from the one that



existed pre-pandemic, there's a sense of hope for the potential for this school year.

Greg Pretorius, a first-year RA in Allison Hall pursuing a graduate degree in Computer Information Systems, is hoping to find valuable connections within the residential community. For Pretorius and many returning students, there's excitement for what could be.

"I'm both hopeful and optimistic for an academic year that coincides with the vision of campus that we all share," Pretorius said. "I'm hopeful to have the opportunity to mentor, connect, and create new friendships and bonds within the residential community on campus."

Cipriani new VP for Office of Inclusive Excellence

By Mark Luebker

Kauline Cipriani joined President Joyce McConnell's leadership team on Aug. 1 as the new vice president for the Office of Inclusive Excellence at Colorado State University.

When Cipriani first left her home in Trinidad and Tobago to study in Texas, at Prairie View A&M University, she was on a track to become a medical doctor. A few years later, she arrived at Purdue University with her bachelor's degree in hand (biology pre-med), and discovered she had an innate love of research. That detour led her to a master's in microbiology and genetics, then a doctorate in food microbiology, winning multiple honors and recognitions for her work along the way.

So how did an award-winning scientist make the journey to the work of diversity, equity, inclusion and social justice?

Cipriani's most recent position, as associate dean for inclusive excellence at the Gillings School of Global Public Health at the University of North

Carolina-Chapel Hill, is the culmination of a decision she made nearly 20 years ago to accept the position of assistant to the provost at Purdue. In it, she coordinated and launched the university's first strategic plan for diversity and inclusion, and subsequently served in successive leadership positions focused on diversity, equity and inclusion.

"There wasn't an epiphany," she said. "I just came to a fork in the road. And definitely, after taking that job, I knew I was in the right place and doing the right thing. I saw I could really make the campus a different and better place for people who look like me and wanted to come there, whether they were students or faculty or staff members. So there's no regret for leaving the lab."

Cipriani is clearly passionate about what she does.

"Part of my joy in doing this comes from seeing the impact," she said. "I'm very aware of what's at stake when I do my work,

and sometimes it can get overwhelming. But when I get a text or email from someone who has experienced the positive effect of working with a leader who wants to do this better and get it right — a chair or dean who becomes a diversity and inclusion champion — that reminds me you're affecting an entire school, an entire college, an entire campus. And that reconfirms that this is where I'm supposed to be and what I'm supposed to be doing. So I'm joining Colorado State with joy and with anticipation and excitement for the future."

"We are just thrilled to welcome Kauline to the leadership team of Colorado State University," said President McConnell. "She is taking on this critical role with a track record of success wherever she's been and will be able to build on the excellent work done by her predecessor, Mary Ontiveros. We look forward to the experience, expertise and vision Kauline brings to CSU."





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Looking for an exercise partner? Consider your pet!

By Kimberly Burke

It is a well-known fact that regular physical activity is good for your health. A lesser-known fact is that it is not just good for you individually, your physical activity positively influences the physical activity and health of others around you, even your pet. Here are a few ways to consider working out with your pet, to make sure you both get to live a long, healthy life.

Consider your pet as a workout buddy

This may be more realistic for some pets and breeds over others, but incorporating your pet is a great way to have fun and encourage you to exercise. There is the classic walk or run, or even the hike, to get you both outside. For smaller dogs, or even some cats, they also make running strollers or hiking backpacks for animals to incorporate your smaller pets into the outdoors safely.

Some other ways to include your pet are incorporating a tennis ball or Frisbee. You can hit or toss the object for your own work out while playing fetch for your dog. Then there is the more untraditional exercises, like adding your pet into your yoga session (doga – it's a thing!) or floor work out.

With a trained dog, you can do handshakes while you hold a plank, squat, or push-up. You can have your dog lay down and sit up with you between crunches, or keep them close and still while you complete exercises and reward them with some treats, hugs, and a cool-down walk between circuits or at the end of a workout.

Help your pet to help you

Research suggests that individuals who exercise with a pet are more likely to stick to their fitness routine (1). Regular walks may

help with pet behavior problems, along with improving their heart health, just like it does for your blood pressure, bone density and mental health. Much like humans, it is always good to check with the doctor before starting an exercise program for your pet, and start low while slowly building a routine. Be sure to keep other factors like temperature, terrain, hydration, and comfort in mind for your pet too.

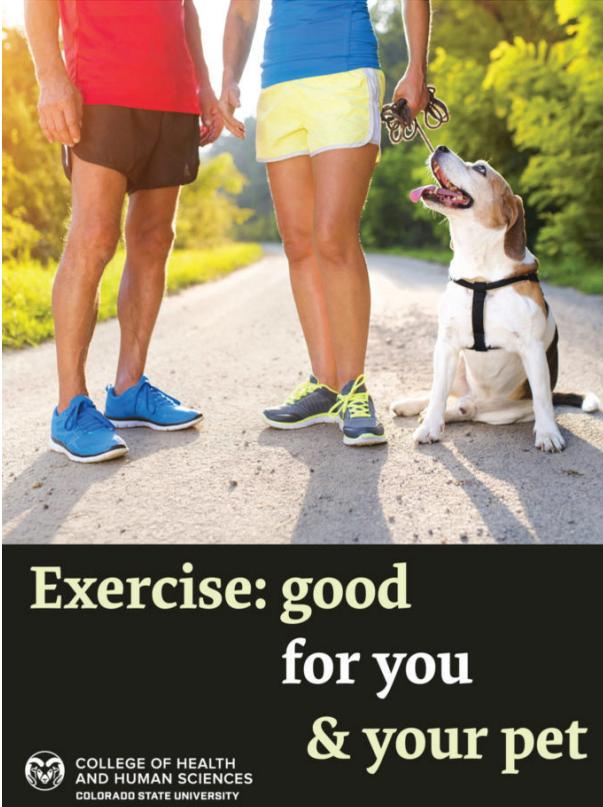
We all need exercise

Cats need exercise as a part of their mental stimulation and play, dogs need to expend energy, and even smaller pets of hamsters/gerbils have their wheels (2). This exercise or play time is an important part of socialization for your animal and can contribute to your bond with your pet. Think of the size of the animal to influence the duration and intensity of your exercise. Ten minutes may be enough with your cat, but your dog may need 30 or more minutes.

Fun facts

Dog owners have a 24% reduced risk for death from any cause. Those with heart problems saw an even greater benefit to pet ownerships (3).

Walking your dog 20-30 minutes a day allows you to meet American Heart Association physical activity recommendations of (75-150 min/week) of moderate to vigorous physical activity.



CSU unveils new 'Charging Forward' video spot

By Jeff Dodge

Colorado State University debuted a new "Charging Forward" video spot during its nationally televised home football opener on Sept. 3, publicly kicking off a branding platform that celebrates the return to campus and succeeds "Together. We Continue."

The 30-second spot – which will air during CSU's NCAA broadcasts of football and men's basketball games this year – features footage of students participating in activities on campus and several of CSU's top rankings.

"When the world turned upside down, we launched 'Together. We Continue' to reassure our community that CSU was operating through the pandemic," said Executive Creative Director Todd Fedell. "Now, as life has moved to a new phase, we wanted aspirational messaging about our resolve and the excitement surrounding our return to campus. 'Charging Forward' embodied that tone and our Ram spirit."

Vice President for University Marketing and Communications Yolanda Bevill agreed.

"This year's Charging Forward theme is not just about what Rams do, it's about celebrating this community's resilience during the pandemic – and advancing our great teaching, research, outreach and service," she said. "This is an excellent, upbeat lifestyle spot that focuses on the academic quality of CSU."

Fedell added that it also represents a departure from the norm.



"We wanted to disrupt the convention of university advertising with our new NCAA spot," he said. "It's a celebration of the on-campus, energetic lifestyle we're returning to and a stake in the ground regarding our academic prowess. It's definitely a new tone for CSU, and we're very excited to keep this energy going forward."

Watch the video

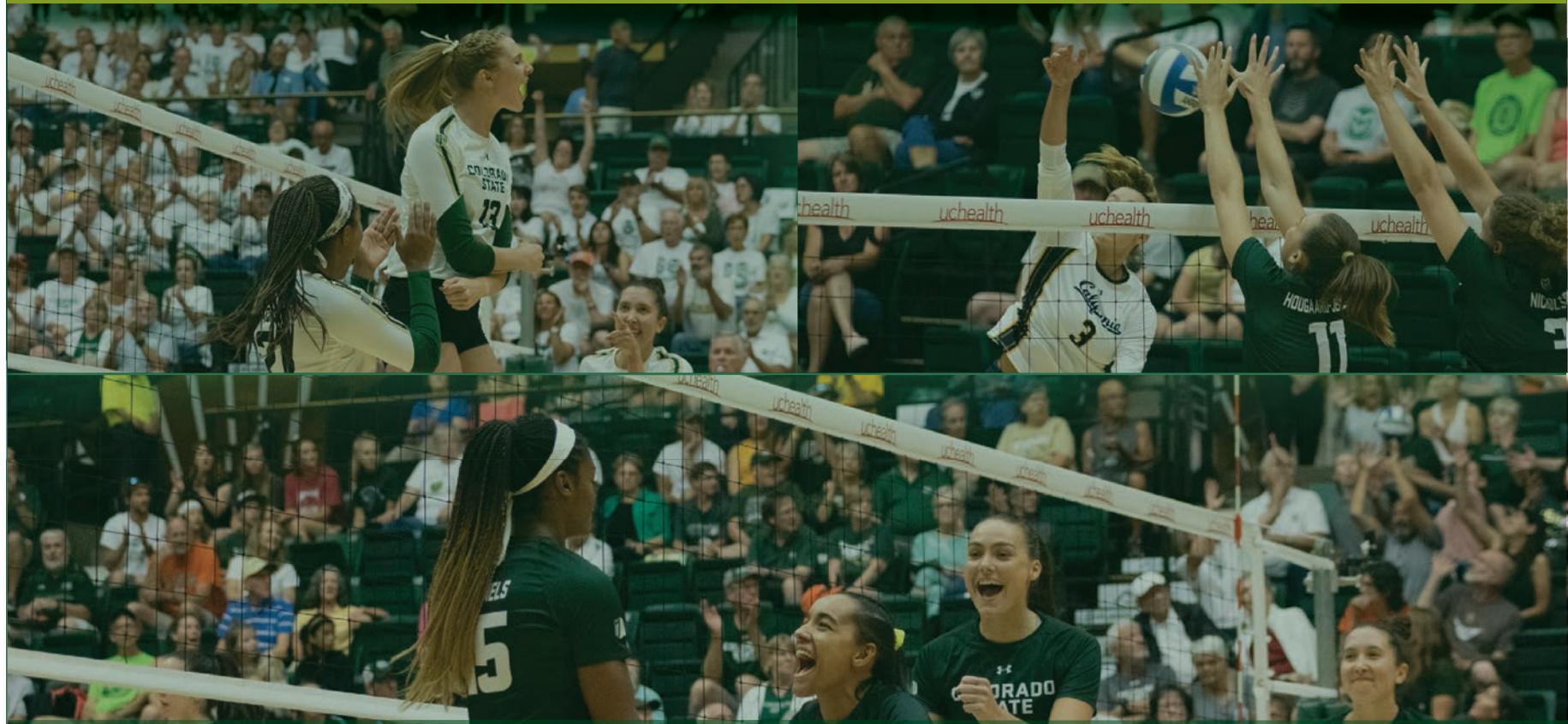
Watch the "Charging Forward" video at youtu.be/wDSA_Pi9UJY.

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For live play-by-play coverage
of all home CSU Volleyball games!

Check out the live stream on KCSUfm.com for these upcoming broadcasts:

September 10	SIUE	12:00PM
September 10	OREGON STATE	7:30PM
September 11	UAB	1:00PM
September 18	COLORADO	1:00PM
September 23	BOISE STATE	7:00 PM
September 25	UTAH STATE	1:00 PM
September 28	WYOMING	7:00 PM
October 14	NEW MEXICO	7:00 PM
October 16	AIR FORCE	1:00 PM
October 23	UNLV	1:00 PM
November 4	NEVADA	7:00 PM
November 6	SAN JOSE STATE	1:00 PM
November 13	FRESNO STATE	12:00 PM



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CALENDAR OF EVENTS

CSU: Latinx Heritage Month

Sept. 15 to Oct. 15

CSU's El Centro is hosting a variety of events for Latinx Heritage Month, featuring guest speakers and dialogues throughout the month. El Centro works to provide support for the Latinx community at CSU and Fort Collins through encouraging student engagement, academic success, cultural pride, empowerment, and volunteer/leadership opportunities. El Centro strives to promote an inclusive environment that focuses on awareness and understanding of the Latinx experience. Learn more at elcentro.colostate.edu/latinx-heritage-month.

Designers for Milton Glaser: International Invitational Exhibition in Homage for Milton Glaser

Thursday, Sept. 16, 10 a.m. - 4 p.m.

BICeBé's International Poster Design Council CIDC in collaboration with Colorado International Invitational Poster Exhibition CIPE, the Golden Bee, the National Design Biennial UBA - Argentina and the International Poster Festival of the University of Buenos Aires UBA, as co-organizers among Diseñadores Gráficos Bolivia and the Aurea Foundation for the Visual Arts and Design are honored to present an homage to Milton Glaser, where they invited their founding members, referents and designer friends from around the world to share their graphic tribute to master Glaser.

Creative Writing Reading Series

Thursday, Sept. 16, 7:30 p.m.

Zoom

The popular Creative Writing Reading Series is turning the page on a new chapter of literary voices at CSU. The program welcomes emerging and established literary voices to Fort Collins to take part in various events, such as public readings, audience Q&As, book signings, class visits and other outreach. The series kicks off with Kirstin Valdez Quade, who will be reading over Zoom. Learn more at english.colostate.edu/cwrs.

2021 Symposium on Conservation Impact

Wednesday, Sept. 29

Virtual

The event will convene leaders from the U.S., Canada, Mexico, and Indigenous territories to explore the state of progress toward national and international large landscape conservation goals, such as the America the Beautiful strategy (aka 30x30) and Canada's Pathway to Target One. In particular, conversations will focus on transboundary partnerships, the role of Indigenous nations, and best practices to achieve 30x30 at the continental scale. Together, we will look at science and data, policies, and case studies to support the benefits of transboundary work for biodiversity, climate, and human resilience.

Homecoming and Family Weekend

Oct. 6-9

Colorado State University Homecoming and Family Weekend - one of CSU's most treasured traditions - is back with in-person events in October. The festivities start on Wednesday, Oct. 6, with the Homecoming Kick Off in the Iris and Michael Smith Alumni Center and reach a crescendo on Saturday, Oct. 9, when the CSU Rams take on the San Jose State Spartans at Canvas Stadium. Learn more at homecoming.colostate.edu.

FORT COLLINS:

Exhibit: 'Wandering Spirit: African Wax Prints'

September - December weekly on Tuesday - Friday, 12 - 4 p.m.

Avenir Museum of Design and Merchandising

The history of the African wax print is a history paved along colonial trade routes and globalization in the postcolonial era. Though not originally African, these textiles have become ingrained in African culture and society and loved and identified as their own.

Fort Collins 37th Annual Historic Homes Tour

Sept. 18, 10 a.m. - 4 p.m.

Virtual and In-Person

This year, the 37th Annual HHT goes hybrid with physical tours (masks required) of select

venues; and high-tech, immersive, 360-degree virtual reality tours via Matterport. These exclusive tours are repeatable and packed with nuggets of historic and architectural info. This year's tour showcases several styles of Old Town Fort Collins historic buildings built between 1879 and 1931: Victorian, Gothic Revival, Queen Anne, and turn-of-the-century Craftsman.

Lightshine Radler Ride

Sept. 18, 2 - 10 p.m.

Wibby Brewing

The Lightshine Radler Ride is a celebration of cycling - for cyclists of all ages, sizes, and abilities. Join 1,500-plus riders for cruiser rides, expo, and some great bands! Annual celebration of cycling presented by Bicycle Longmont. Featuring 3, 5, and 13-mile cruiser rides on bike lanes and greenways and through Longmont, kids festival, music, food trucks, beer garden, and Expo. with Ride starts at 4 p.m. Hosted at Wibby Brewing Co.

Containing Identities: Social Roles of Ceramics in the Pueblo Southwest

Sept. 21, 6 - 7:30 p.m.

Global Village Museum of Arts and Cultures

Ceramics in the Pueblo Southwest will be examined from 6-7:30 p.m. Tuesday, Sept. 21, in a Zoom presentation hosted by the Global Village Museum of Arts and Cultures. Samantha Fladd, assistant professor of Anthropology at the University of Colorado Boulder, will present "Containing Identities: Social

Roles of Ceramics in the Pueblo Southwest." The program is in conjunction with the Museum's Main Gallery exhibit, "How We Hold It: Containing Our Lives." Admission to the lecture is \$5 per Zoom connection, with registration available at globalvillagemuseum.org.

Fall Leaves Felted Wool Class

Sept. 22, 10 a.m. - 12 p.m.

Blue Moose Art Gallery

Celebrate the colors of Autumn by needle felting colorful fall leaves - great for autumn decorations, or that perfect accent on a harvest wreath. Students will have the opportunity to make at least two autumn leaves of various shapes and colors. A great class for beginner felters. All supplies included.

NOCOM Largest Manufacturing Trade Show in Colorado

Sept. 23, 9 a.m. - 3:30 p.m.

The Ranch Events Complex

NOCOM is the largest in person manufacturing trade show in Colorado and attracts manufacturers and their supply chain from across Colorado and beyond. The show will be following state and local COVID safety guidelines as a top priority. Exhibitor booths are limited, and manufacturers are encouraged to purchase their booth soon. Attendees will meet with qualified decision makers:

- Visit over 70 exhibitors showcasing innovative products and services
- Network with top companies in Colorado and across the nation



Tips for preserving, preparing and enjoying peaches

By Emily Nardone

In many places, including Colorado, Georgia and California, peaches are in peak season throughout the summer months. Colorado peaches are especially well-loved and famous. As peaches are now at the forefront of many farmers' markets and grocery store produce sections, we're celebrating our favorite Colorado peaches by sharing peach nutrition information, preservation tips, and preparation ideas.

What makes Colorado peaches so good?

Colorado peaches are known for being extra juicy and sweet! They are grown throughout the state's Western Slope, and are most famously from a small town called Palisade. The Western Slope is perfect for growing famous Palisade Peaches due to its temperate microclimate that includes warm winds from the mesas, long summer days, and cool summer nights. This area is also known for growing other fruits throughout the summer months, including pears, apricots, cherries and grapes. These plentiful and delicious fruits are why Palisade is often referred to as the "fruit basket of Colorado."

Fun facts about Palisade:

- There are more than 25 peach-growing farms in Palisade
- The majority of these farms are family-run businesses
- Many farms offer tours to the public

What makes peaches nutritious?

No matter what variety of peach you enjoy (there are more than 300 grown in North America alone), you can expect this fruit to be packed with nutrients. Fresh peaches are a good source of vitamin C, vitamin A and antioxidants. Your body has many uses for vitamin C, including building connective tissue, helping the immune system function properly, and acting as an antioxidant. Antioxidants help protect the body against harmful free radicals that can play a role in the development of many chronic diseases (read more about antioxidants here). Vitamin A also plays many roles in the body, including promoting healthy eyesight and tissue (skin and mucus membranes).

One medium raw peach also provides 2 grams of fiber, which is good for the digestive system.

Additionally, peaches provide small amounts of other vitamins and minerals, including vitamins E and K, iron, and potassium.

Preservation tips

What can you do with your delicious peaches once you bring them home? If you'd like to eat them as soon as possible, it is best to leave



them on your counter at room temperature until they ripen. To quicken the ripening process, you can place the peaches in a sealed paper bag. This traps peach's natural gas (ethylene gas) that speeds up the ripening process. How will you know when they're ready to eat? Peaches become ripe once they get soft and have some "give" as you press into the skin. If you want to wait a few days to eat your peaches, place them in a loosely sealed plastic bag and leave them in the fridge until ready to eat. They should last for about 5-7 days in the fridge.

Want maximal storage potential? You can also freeze ripe peaches! Before placing them in the freezer, slice the peaches, let them completely freeze on a baking sheet, and then store them frozen in a plastic bag until ready to eat.

You can also try canning, drying, and even making your own peach jam!

Prep tips and recipes

While you might enjoy eating a delicious peach on its own, there are also endless ways to incorporate peaches into other recipes! One of our favorites is our recipe of the month: peach frozen yogurt! This is the perfect treat on a hot summer day. If you don't want to stop there, check out these other ways to prepare peaches:

- Make your own peach cobbler or fruit crisp
- Layer peach slices with Greek yogurt and other fruits/toppings to make a parfait
- Add peaches to a fresh summer salad
- Grill night? Make grilled peaches! Check out our Balsamic Grilled Peaches recipe on our Appetizers page
- Taco night? Make your own peach salsa!
- Pineapple on pizza will always be up for debate, but how about a peach pizza?

We hope you have the opportunity to get creative with peaches and enjoy this nutritious summer staple and remember to freeze some for winter!

CSU sees spike in student/employee aid gifts

By Jeff Dodge

WITH YOU, WE *support our community.*



Even as the pandemic was taking a severe financial toll on people around the world, Colorado State University had one of its strongest years ever for fundraising — and donors were especially interested in contributing to programs for people in need, such as Ram Aid and Rams Against Hunger.

In fact, despite the many prominent scientific research efforts that were under way at CSU during the 2020-21 fiscal year to combat COVID-19, members of CSU's fundraising team say donors commonly preferred to give money to aid programs.

"We launched several campaigns to support research, and while those were successful, what we found was that people were calling us to ask how they could support students, faculty and staff," said Whitney Dwyer, managing director of annual giving and membership. "People especially wanted to give back to students."

"They were emailing and calling us, saying, 'I don't need my stimulus check, where should I put it?'" added Brittany Habben, assistant director of development for Student Affairs. "For them to be so selfless, in not accepting that stimulus check for their own needs but giving it to the students — where there was the highest need — was really cool to see."

'Very scary time'

Rams Against Hunger was one of the primary beneficiaries of the giving, and it was needed even more during the pandemic as a safety net for those experiencing food insecurity.

Adriana McClintock, an account coordinator for University Marketing and Communications, went through a difficult period prior to starting at CSU as a temporary, nine-month employee in December 2019. She battled cancer in 2016-17, and her husband passed away unexpectedly in 2018.

"It was just a very scary time in general because the loss was a shock, it was sudden," she said. "It was a really rough period of trying to get back on my feet in all ways, my body recovering from the surgeries and the chemo, and the loss of my husband. I was just trying to come back to life."

McClintock turned to Rams Against Hunger for help.

"It was really a saving grace," she said. "I had to be very humble in this time of recognizing that I needed help, and it was OK that I needed help. It took me a little bit for me to accept that I was one of those people who

needed help."

McClintock, who was a first-generation college student, said she used Rams Against Hunger off and on until the pandemic prompted stay-at-home orders in Spring 2020.

"We didn't use it a whole lot, but it was nice to know it was a resource," she said. "There are times when you are stretched, when you are concerned about making sure you're making your rent and all of your bills. I can really see this being such a great way to not have shame in going in and picking up things that are basic necessities."

The totals

During the fiscal year, 2,375 donors gave a total of \$271,595 to Rams Against Hunger, and 377 people gave \$253,240 to Ram Aid, which is a program that provides emergency funds to students for needs that go beyond food. In Spring 2020, that program was the beneficiary of a \$1 million anonymous gift.

Ginny Fanning, executive director of development for the College of Natural Sciences and Enrollment, Academic and Student Affairs, explained that Ram Aid can provide students one-time funds for a blown tire, an electric bill, or even rent.

"This is basically a bridge, so that we didn't have a situation where a lot of students were homeless or struggling," she said. "A lot of students were also reporting that their parents had lost their jobs, and they'd moved back home. We're not giving students \$10,000 a pop; we're giving somebody \$250 that sustains them in their job or their house. And there may be a student who's getting \$1,500 because they can't pay their rent when they're supporting a family as well as themselves. It's small amounts that just create that bridge for helping people continue living the life they've created."

An aid program for employees, CSU Cares, received \$90,752 from 294 donors in 2020-21. Canvas Credit Union donated \$50,000 to the program. In addition, in Fall 2020, CSU enjoyed its most successful Giving Tuesday ever, raising \$159,434 from 1,545 donors.

Learn more

Discover how gifts make a difference through Rams Against Hunger, Ram Aid and other areas at CSU by visiting giving.colostate.edu.

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3rd-highest fundraising year ever

28,078 donors gave
\$178,225,778
to our students, faculty,
and programs.

2,375 donors gave
\$271,595
to Rams Against Hunger

377 donors gave
\$253,240
to Ram Aid

294 donors gave
\$90,752
to CSU Cares

7,000
donors made first-time gifts

10,567
CSU alumni made gifts

Sponsored Article by CSU Department of English Creative Writing Reading Series

Creative Writing 2021-2022 reading series

Literary Stars Blaze Bright at CSU



KRISTIN VALDEZ
QUADE

This month the CSU Creative Writing Reading Series will launch a new season of readings and talks with distinguished literary voices right here in Fort Collins. Throughout the school year the program will play host to fiction and non-fiction writers and poets who will spend two days on campus sharing their work, meeting with students and the community and sharing their knowledge and craft. First up on September 16th is Kirsten Valdez Quade, Princeton University professor and the author of the award-winning collection of short stories *Night at the Fiestas* and the new novel *The Five Wounds*. This event will be on Zoom but the rest should be in person. Later in the year, superstar, National Book Award Finalist and bestselling author of *Fates and Furies*, Lauren Groff will discuss her new novel about 12th century poet Marie de France.

Reading Series organizers did not have to look far afield for star-studded literary talent—in November, CSU professors Andrew Altschul, EJ Levy and Sasha Steensen will read in a celebration of homegrown novels and poems in an event that will also raise money to fight hunger.



ANDREW
ALTSCHUL

EJ LEVY

SASHA
STEENSEN

“This is such a generous space and I always learn something and feel more connected to the literary community after one of the readings. I find them very energizing,” said Ramona Ausubel, who currently directs the series.

This year brings a new and exciting partnership between the Reading Series and the CSU Libraries. Lilla B. Morgan Writer in Residence, MFA third year Eliana Meyer, will host literary salons with visiting authors in the library the day after their big readings.

Mindful of different levels of comfort, a Zoom option will be made available for all events. Ausubel says, *“So many of us are hungry to gather and connect. This year should bring some really joyful evenings.”*

For more information, please visit: <https://english.colostate.edu/cwrs/>



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CSU Mountain Campus reopens for classes and more

By Nikki Martinez



July 1 marked the reopening of the Colorado State University Mountain Campus after being closed since October 2019 due to the COVID-19 pandemic. Mountain Campus facilities, research and academic classes are set to return to regular operation in the fall.

In the weeks since the reopening, the campus – typically open each year from mid-May to mid-October – has seen its full-time staff return as well as faculty, students and visitors. Construction on a new wastewater plant and the Donald and Esther Harbison Experiential Learning Center have continued since April 2021.

“We haven’t worked at the Mountain Campus from a total operations perspective in 20 months,” said Seth Webb, Mountain Campus director. “It’s a pretty significant moment for us to be up here welcoming faculty, staff, students and alumni back.”

In the midst of the closure, the Cameron Peak Fire passed through the campus on Oct. 9-10, 2020, burning nearly 620 acres, one-third of the campus grounds. The flames avoided campus structures, thanks to successful efforts to mitigate the fire.

“Reflecting back on everything that was done last year to protect the Mountain Campus, had things gone differently, we might not have been able to open this season, so there’s an extra level of appreciation and gratitude,” Webb said.

With the reopening, the 74 campus structures spared from the flames, including the ropes course, conference center and homestead, are now fully operational, a feat made possible by “phenomenal” students and staff, said Mari Strombom, executive director of Housing &

Dining Services.

“There’s a lot of work that needed to be done from the campus sitting unused for a year, so that’s been our focus first,” Strombom said. “We’re really grateful that we don’t have to figure out how to rebuild.”

Strombom said she sees this moment as “an opportunity to continue looking at how to make changes and improve things. There is excitement in the air.”

Research on the campus

While some researchers worked on the campus during the pandemic with permission from the university, the fire halted their efforts. The reopening will allow researchers to return, including population ecologist Lise Aubry, an associate professor in the Department of Fish, Wildlife and Conservation Biology in the Warner College of Natural Resources.

Aubry studies hibernators’ response to climate change, specifically the Golden-mantled Ground squirrel and Wyoming Ground squirrel species found at different elevations around campus. She uses an elevation gradient to compare differences in immunocompetence, growth, reproduction and survival across the two squirrel species, which tend to adopt different hibernation strategies.

The burn scar opens new opportunities for research, Aubry said. She and her CSU Extension intern Ryan Black will now be looking at how the fire impacted the Wyoming Ground squirrel, as the fire touched the species’ habitat. They’ll address whether the fire may force these animals to forage more post-fire, to compensate for a lack of food within their home

range.”

“If they’re closer to the edge of the fire and resources around them are impacted, how does that change their survival chances?” Aubry said.

Students can expect some Mountain Campus classes to resume after being held online since spring semester 2020. Because those online courses lacked the campus experience, Paul Doherty, the Mountain Campus academic coordinator, set out to recreate that experience for students this summer.

“Our majors have said Mountain Campus experiences are key to earning their major,” Doherty said. “There’s a sense of community tied to the campus that some students missed out on, and then with the fire there was a fear of losing the campus and community altogether.”

Doherty and his team developed the Mountain Campus Service Learning and Action Week, a fire restoration retreat held July 19-23. Twenty students elected to join as well as volunteers to work with CSU faculty, the Coalition for the Poudre River Watershed, Wildlands Restoration Volunteers and the U.S. Forest Service. The week will provide lessons on recovering from a wildfire, Doherty said.

Attendees will rebuild trails, restore natural springs, and repair grazing exclosures – which keep out unwanted animals – that the U.S. Forest Service uses to monitor the effects of grazing leases.

“Fire is such a huge issue across the West and will be into the future, so we now have what I call a nice living laboratory to learn from,” Doherty said. “Thank goodness the buildings didn’t burn, so we still have a place to do this important work.”



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Grainger's: Our pick for late summer cocktailing

"Do not try to do everything. Do one thing well." - Steve Jobs

Or, as Ron Swanson so eloquently put it, "Never half ass two things. Whole ass one thing." It is in this spirit (pun intended?) that Grainger's Deluxe makes vodka. Just Vodka.

The recipe is simple, corn, yeast, and water. Moreover, this American made vodka checks a lot of boxes: gluten free, organic, non-GMO, locally sourced ingredients, seven distillations, tasty and pleasantly affordable. Organic corn, grown within one hundred miles of the distillery in Missouri, gives Grainger's its distinct corn vodka flavor. It has a charming sweetness on the nose and palate, pairing especially well with citrus, the brightness of lime, grapefruit, or orange both contrasting and highlighting this quality. Seven distillations maximizes the purity of the product, so that even at 80 proof, this vodka is surprisingly mild and clean, with just a hint of zing on the back end.

This vodka plays well for a simple vodka soda with lemon or lime and stands up to the assertive flavors of a well-mixed Bloody Mary. For \$14.99, Grainger's is a sure pick for your late summer cocktailing.



Wilbur's Lemonade

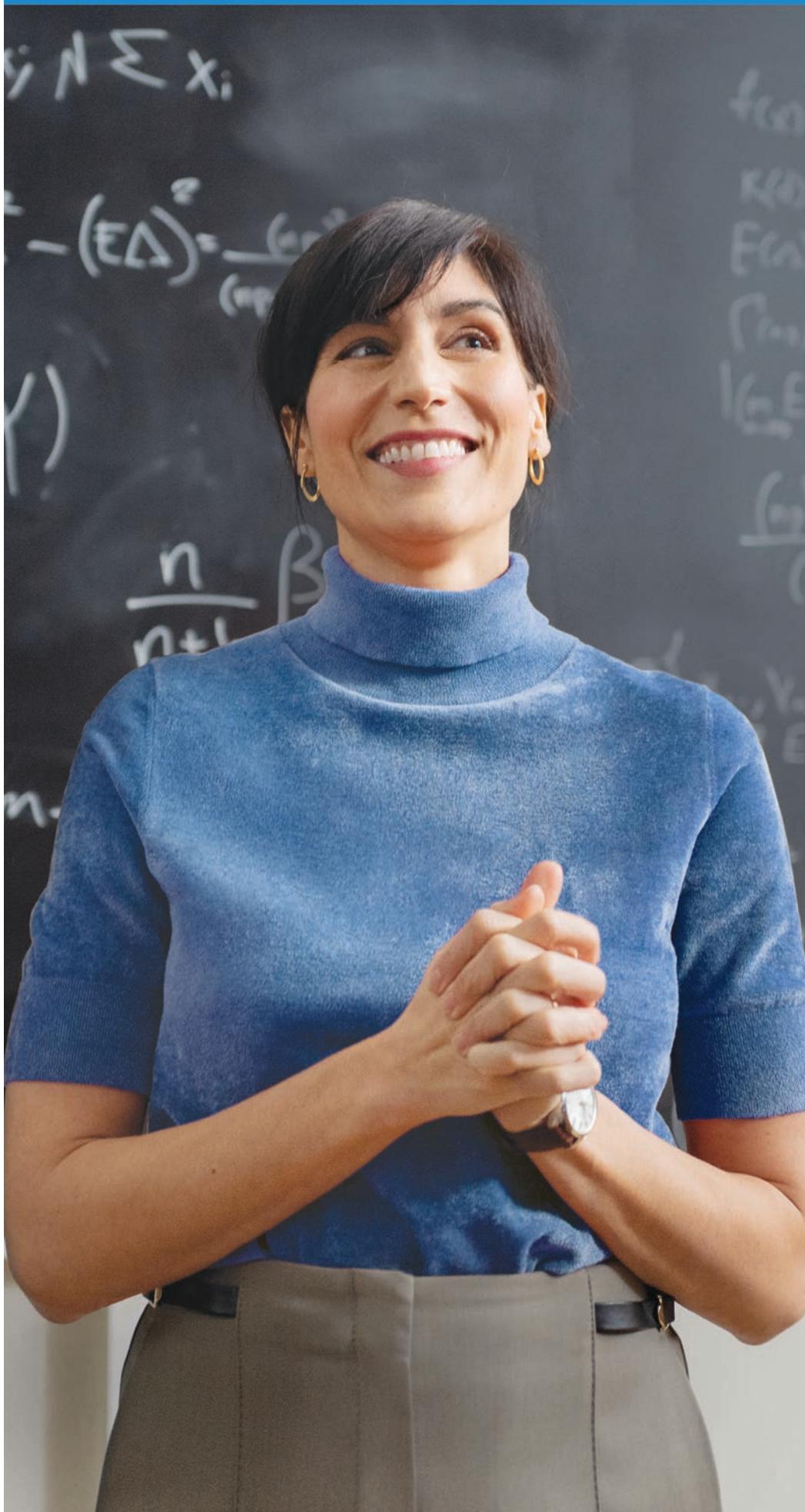
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