C.A.N.S. Around The Oval significantly exceeds goals

By Joe Giordano

Colorado State University’s annual drive for the Food Bank for Larimer County — C.A.N.S. Around The Oval — ended on a high note, exceeding its monetary goal by more than $20,000.

In its 35th year, C.A.N.S. — which stands for “cash and nutritious staples” — raised $66,498.65 and collected 19,082 pounds of food. The 2021 goal targeted $40,000 and 20,000 pounds of food, according to C.A.N.S. organizer Michael Buttram, who serves as the basic needs program manager for CSU’s Student Leadership, Involvement, and Community Engagement (SLiCE) office.

“We blew our monetary goal out of the water,” Buttram said. “It’s a demonstration of a community that cares for the wellbeing of its citizens. We have made it a priority to make sure the needs of every community member matter.”

As one of the largest fund and food drives in Northern Colorado, Buttram said that this year’s edition was special as the community returned to the Oval on Oct. 20 to deliver and weigh food. “There was a sense of energy and joy and that community-building spirit,” he said.

Katlyn Murphy, a senior majoring in microbiology, was volunteering on the Oval during the signature collection event. She said that she sensed the excitement in the volunteers who woke up early on a chilly fall morning.

“It’s really nice to be a part of this tradition,” said Murphy, who serves as part of the community support team in the SLiCE office. “The tradition of C.A.N.S. is very much alive and very much a driving force of why people want to volunteer and donate.”

Nearby, Aidan Briggs, a first-year student majoring in chemical and bioengineering, was on hand volunteering. Earlier in the week, she helped organize a food drive to help the Walter Scott, Jr. College of Engineering compete in collecting food against other colleges and teams in C.A.N.S. Around The Oval.

“We really tried to ramp up the competition and get the community involved,” Briggs said. “It was cool to see people coming in and out of the (grocery) store willing to buy food or donate online. It was super cool to be a part of that.”

As in past years, teams were ranked according to a point system, which considers pounds of food collected, monetary funds raised and team attendance for the "CANversation Series," which features discussions on food security.

“While the friendly competition is sure fun, it’s the collective effort that makes such a tremendous impact on the issue of food security in Larimer County,” Buttram said.

C.A.N.S. Around The Oval results

To see the complete C.A.N.S. Around The Oval results, visit col.st/gz1yp.
Applause

College of Business and Division of Student Affairs
Karina Brum and Meg Skeehan have both exemplified service during their years working at CSU, and now they have something else in common: They’re both members of Northern Colorado’s BizWest 40 Under Forty. Skeehan works as a program assistant in the Department of Accounting at the College of Business. Brum is currently a resident manager for University Housing Apartments.

College of Liberal Arts
Chair and Professor of Economics Elissa Braunstein has been appointed to serve as vice chair of the Economic Recovery and Relief Cash Fund Subpanel created by the Colorado Legislature. The subpanel was created to guide Colorado’s spending of $8700 million in federal relief funds remaining from the American Rescue Plan Act.

Walter Scott, Jr. College of Engineering
Emily Fischer, associate professor in the Department of Atmospheric Science and a Monfort Professor, has received the Jon C. Graff, Ph.D. Prize for Excellence in Science Communication from the Society for Science. Three atmospheric scientists have been recognized by the American Geophysical Union. Associate Professor Elizabeth Barnes was selected for the James B. Macelwane Medal, Senior Research Scientist Paul DeMott has been elected a Fellow, and Professor Emeritus Wayne Schubert was chosen to deliver the Jule Gregory Charney Lecture. They will be honored at the AGU Fall Meeting on Dec. 15.

Division of University Marketing and Communications
A special website created for Colorado State University’s 150th birthday and a story in The Washington Post about continued efforts to develop new COVID-19 vaccines have won honors from the Colorado chapter of the Public Relations Society of America. Both entries won Silver Picks at the Colorado PRSA’s Oct. 6 awards ceremony.

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.

Vote for your favorite places to eat, drink, shop & play in the 32nd annual Best of CSU.

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Want to promote your business to more than 7,000 CSU faculty and staff?
Contact Kim Blumhardt at kim.blumhardt@colostate.edu

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
Be a part of the Administrative Professional Council

The Administrative Professional Council (APC) represents and promotes the interests of all administrative professionals (APs) at Colorado State University. We are composed of 15 areas, with 41 elected representatives serving as your voice. The APC participates in shared governance, working closely with the Classified Personnel Council and Faculty Council. Our dedicated members meet on the second Monday of every month to discuss, research, and make recommendations regarding employment and the welfare of APs. The APC welcomes your attendance to stay informed about university governance activity or share your concerns. Visit the APC website to view meeting times, meeting minutes, and current Council initiatives; ap.colostate.edu.

The APC includes the following standing committees:

- Executive Committee - Accepts and determines the appropriateness of business items brought before the APC and acts on behalf of the APC between regular meetings. (membership determined via election)
- AP Experience - Works within the APC and with other units on campus to advocate for equity and consistent employee evaluations, onboarding best practices, and exit interviews.
- Awards & Events - Is responsible for suggesting and reviewing awards for APs and overseeing the management of awards.
- Communications - Is responsible for developing content and facilitating information dissemination about APC to various audiences.
- Equity & Social Justice - Examines structures and processes within the APC to identify possible shifts toward improved inclusivity and diversity.
- Nomination & Elections - Is responsible for soliciting nominations for and the election of the membership to APC, including the nomination and election of officers.
- Policies & Procedures - Considers policies and procedures that affect APs and makes recommendations to APC.
- Service & Engagement - Works to connect the APC and APs across campus with service opportunities throughout the year.

Are you interested in attending a meeting or joining a standing committee? Contact the executive team via email at apc@colostate.edu today!

Want to know who is serving as your area representative? Check out our current member page; ap.colostate.edu/members.

CSU announces professional development days

By Kadyn Thorpe

Colorado State University announced it will observe three paid administrative leave days to be used as professional development days between Nov. 22-24.

“We encourage all of you to use this time to explore strategies and resources that can help you maintain your own well-being and mental health,” said President Joyce McConnell in an email to the University community on Oct. 8. “Our HR website includes various virtual resources and opportunities, specifically through the CARE Program and the Employee Assistance Program, but of course there are also resources available both externally and in your own unit or division. We encourage each of you to engage in the professional development activities that feel most valuable to you.”

Employees are encouraged to use the time to explore strategies and resources that can help them maintain their own well-being and mental health. As part of this, CSU’s HR website includes virtual resources and opportunities, specifically through the CARE Program and the Employee Assistance Program.

Additionally, employees also are encouraged to explore resources available both externally and in their own unit or division. “We encourage each of you to engage in the professional development activities that feel most valuable to you,” McConnell said in the email.

Those who are essential employees are encouraged to work with their supervisors to schedule three professional development days before the end of the 2021-22 fiscal year.

Learn more
To learn more about professional development days, visit hr.colostate.edu/fall-break-2021-professional-development-days-faq.
A first look at the upcoming CSU basketball season

By Ethan Dvorak

New beginnings and familiar faces always bring around a sense of excitement. Anticipation for the 2021-22 basketball season at Colorado State University is at an all-time high for men’s and women’s basketball as the hopes of a promising year are soon to be realized.

Coming off a heartbreaking end to the year for the men’s team last year, the Rams are looking to make a name for themselves not just in the Mountain West Conference but in the NCAA. CSU men’s basketball is returning with coach Niko Medved carving the way through the season and hopefully into postseason play following back-to-back, 20-win seasons with the Rams.

Preseason rankings have the Rams leading the pack in the Mountain West, firmly in control of the No. 1 spot with returning all-conference players David Roddy and Isaiah Stevens. Both players are poised to have promising third years at CSU and continue the success they saw in the 2020-21 season.

With chemistry and a drive to win, there is no limit for the CSU men’s basketball team with intriguing freshman Jalen Scott and Jalen Lake looking to crack the rotation and make a name for themselves as well.

Dialed in at the No. 4 spot in preseason rankings within the Mountain West Conference, CSU’s women’s basketball team is aiming to make a name for themselves in the 2021-22 season. Coach Ryun Williams is returning for his 10th year at CSU as the winningest coach in the program’s history.

With three new incoming freshmen and two transfers, Coach Williams will have a lot on his plate, but this is nothing new for the two-time Mountain West Coach of the Year. Adversity drives commitment and our Rams are ready for the upcoming year.

Leading the charge is junior point guard McKenna Hofschild, who was named to the five-person Preseason All-Mountain West Team. Hofschild, along with seven other returning players, will hope to build upon their 15-6 record last year and make a push for the Mountain West Conference title.

This program has seen some turnover within the last year, but this has only led to increased competition among the team. Look for the CSU women’s basketball team to make some noise this upcoming season and build upon their success in the 2020-2021 season.

Tickets for faculty and staff

Tickets for CSU basketball games for faculty and staff can be purchased on csurams.com. In addition to this, faculty and staff can receive a 20% discount on season tickets for the upcoming season.
The McGraw brothers: Veterans and athletes of CSU

By Ethan Dvorak

Military tradition at Colorado State University has a long-tenured and proud history. Many of our heroes throughout CSU sports are also heroes for their country, protecting and serving the United States in the military.

Among those who attended Colorado State and served in the military, the McGraw brothers should be held in the highest regard.

On this Veterans Day, be proud of the great veterans that once called CSU home and no matter where their deployment took them, were always proud to be CSU Ram.

All information regarding the McGraw brothers and their stories is attributed to John Hirn, a volunteer historian for CSU Athletics.

The McGraw brothers

The McGraw family consisted of fearless and proud brothers. Many Ram fans know of Fum McGraw and his history with CSU, but few know about his two older brothers who served in the military. The oldest brother, Bill McGraw, started his freshman year at CSU in the Fall 1940. Bill started his football career in 1940 and played for the varsity team in 1941 as an end. In the same year, his younger brother, Hersh McGraw, began playing for the freshman team.

Following the 1941 season, Bill went off to fight with the 3rd Marine Division in the South Pacific as Hersh took over at the end of the 1942 season. In 1944, Hersh later joined the U.S. Army after one season of CSU football, eventually transferring to the infantry as he was soon sent to Wales to train for D-Day.

In the South Pacific, older brother Bill commanded a halftrack unit for the Marines and fought in the battle of Bougainville from November 1943 to January 1944. He then took part in the battle of Guam from July 21, 1944, to Aug. 10, 1944. Bill was then sent back to Washington, D.C., to study at the Officers Training School in Quantico, Virginia, where he met and married his wife of 50 years, Jeannette.

Over in Europe, Hersh McGraw arrived in April of 1944 and took part in the D-Day landings on Omaha Beach on June 6. He was scheduled to receive a battlefield commission, but Hersh stepped on a landmine and his right leg had to be amputated. He was discharged in 1946 with a Purple Heart and returned to Colorado A&M to complete his degree. Bill soon returned to receive his degree as well.

Both Bill and Hersh graduated in 1948 and began careers revolving around football and the battlefield.

Bill McGraw received his master’s degree in 1950 and moved to Grand Junction, where he later became the director of athletics and physical education for Mesa County Schools. He was inducted into the inaugural class of the CHSAA Hall of Fame in 1989 and was also inducted into the Colorado Coaches Hall of Fame. Bill McGraw served 20 years with the Colorado National Guard following his discharge from the Marines; he died on June 6, 1995, in Grand Junction at the age of 73.

Hersh McGraw coached athletics at Fort Morgan High School soon after earning his degree from Colorado A&M and later coached and managed athletics at the Colorado School of Mines. In 1956, he returned to Colorado A&M as the business manager of athletics and in 1956 was an assistant coach of freshman football for the Rams. After leaving CSU, he went on to found McGraw and Company, a land-planning and development firm that later consulted for the construction on the Auraria Campus and several other colleges in Colorado. Hersh McGraw died on Oct. 24, 1996, at the age of 71 in Fort Collins.

The McGraw brothers did not only enhance the lives of CSU alumni but provided our country with a great service that shall be rewarded with the highest gratitude. Their story of heroism embodies that of devotion to one’s country and contrition toward Colorado State University. Bill and Hersh serve as an example of what a proud CSU Ram looks like both on the field and overseas, standing proudly beside their teammates and next to their brother.
Health benefits open enrollment available until Nov. 12

By Human Resources

Open enrollment – the once-a-year period when faculty and staff can make changes to their health and retirement benefits – began Oct. 25 and runs through Nov. 12. Changes made during open enrollment become effective Jan. 1. This annual opportunity for faculty, administrative professionals and non-classified staff members who meet eligibility requirements for University benefits includes the opportunity to make changes to health plans and add or drop, partners or children from a health plan.

Changes to health plans outside of open enrollment dates are allowed only for specific circumstances that include births, adoption, changes to marital, domestic partnership or civil union status, and other similar events.

To update your benefit options, visit Employee Self-Service at aar.is.colostate.edu. You must submit official documentation for any new dependents you add to your insurance to Human Resources by 4:30 p.m. on Friday, Nov. 12.

“We work hard to ensure open enrollment is a simple process. After a year of uncertainty, there are minimal plan changes that would require you to update your benefits during this period. We want employees to have more time to focus on their health and well-being by exploring resources available in our rich university benefits package,” said Teri Suhr, chief total rewards officer.

Monthly premiums for benefits

Because of rules with university insurance providers, individual faculty and staff and CSU will pay more for monthly medical premiums.

CSU health plans are self-funded. This means that all claims are paid for directly by the University. The cost-share model means that CSU employer premium contribution to any plan is based off 100% of the Green Plan employee-only coverage ($617 in 2021) and 76% of the Green Plan family coverage ($1,174 in 2021). Employees then pay the difference based upon plan choice and dependent coverage.

CSU will continue to pay 100% of the cost of coverage for employee basic life and short- and long-term disability coverage; there is no increase in monthly premiums for voluntary life insurance and vision coverage.

Annual Benefits Fair

The annual benefits fair is back and will be held from 10 a.m. to 1 p.m., Monday, Nov. 3 at the Lory Student Center Ballroom 350D. This is a great opportunity to learn about the many options available to employees through the university’s robust benefits package. In addition, on-demand resources from our vendors will be available to accommodate anyone unable to make the benefits fair in person.

Health and Wellness

Health savings account – Ram Plan

The $500 health savings account contribution for each employee enrolled in the Ram Plan-HDHP plan will continue.

FITlife wellness incentive

Employees enrolled in the Anthem Health Plan can benefit from the FITlife wellness incentive by completing four wellness programs. Employees who take the following steps receive an extra $150 (before taxes) in one paycheck by completing the following four steps:

1. PARTICIPATE in the Health Fair blood draw
   Off-Campus? Visit your health care provider for the blood draw and use this link to download the form to bring to your physician or the LabCorp form to have your blood drawn at a LabCorp facility.

2. CHECK-IN with a retirement counselor or attend a webinar and complete this form

3. REGISTER for Anthem Engage

4. COMPLETE Anthem’s Health Assessment

A step-by-step guide to complete these steps can be found here.

If all of these tasks are completed by Dec. 31, the $150 (taxable) income will be included on a Spring 2022 paycheck.

ALEX – benefits counselor

ALEX, the online benefits counselor, helps employees learn about available benefits. This tool can also help you decide how much to put into your health savings account or flexible spending account – and which other health and retirement benefits might be a good fit for you.

Virtual Help Sessions

Visit with Human Resources virtually via Teams, 11 a.m. to 1 p.m., Tuesday through Thursday. Register for a personal, 15-minute appointment to ask questions or receive enrollment assistance.

Register for an Appointment

On Your Appointment Date

Join Microsoft Teams Meeting

Call-In Number: 1-970-628-0547 (Toll Free)

Conference ID: 690 534 488
Colorado State University’s Native American Cultural Center is hosting a month-long schedule of programs and events focused on Indigenous history, culture and food for Native American Heritage Month.

With community programming extending beyond CSU and into the Fort Collins community, NACC is offering both in-person and virtual events. This celebration kicked off on Oct. 27 with keynote talk by poet and novelist Joshua Whitehead in collaboration with the Pride Resource Center as LGBTQIA+ History Month came to an end and kicked off Native American Heritage Month.

In-person programming will adhere to social distancing guidelines, mask requirements and COVID-19 safety protocols as recommended by CSU. It is important during the pandemic that while enjoying social events, safety is a number one priority to students, staff and faculty according to organizers. Virtual events will be held over Zoom, and the event link will be highlighted over the NACC’s social media pages and official website.

All events, online or in-person, are free for the public to attend and a great volunteer opportunity, according to the organizers. Certain events, like the CSU Housing and Dining Services Native American Heritage Month Special, will feature indigenous foods and a special dining experience for students to learn more about the various cultures and backgrounds represented at CSU.

By Alexandra MacDonald

Native American Heritage Month

“We hope the programs and events showcased in Native American Heritage Month provide community and a space for Native and Indigenous students to gather and be together,” NACC Assistant Director Tiffani Kelly said. “As well as for the non-Native community at CSU and Fort Collins to have an opportunity to learn more about Indigenous communities in ways they may not have been exposed to, while also being in community together to learn and support one another.”

On Nov. 9 and 10, the Aspen Grille inside the LSC Dining Center will feature Native American lunch dishes with indigenous foods like corn, strawberries and tomatoes. Chef Ken Symsauck will prepare dishes that acknowledge the importance of these foods. Reservations are encouraged in advance for preparation.

Also that week on Nov. 10 and 11, organizers will showcase a documentary titled Home From School: The Children of Carlisle at the the Behavioral Sciences Building and the Lyric, with a panel discussion afterward.

The documentary follows the 2017 journey of a band of Northern Arapaho elders and youth as they travel from the Wind River Reservation in Wyoming to Pennsylvania to retrieve the bodies of three children buried at the Carlisle Indian boarding school from a century ago. The event is free without reservation ahead of time.

On Nov. 16, the official Community Harvest dinner at the Arikara Farm has been adapted to an outdoor, drive-through event with optional socially distant activities. The organizers hope to engage with the community that helped support the farm this season in order to produce the traditional food and heritage turkey. For more information, email Tiffani Kelly for more information at tiffani.kelly@colostate.edu.

Diné artist JayCee Beyale’s work will be showcased at the Lory Student Center Duhesa Art Gallery reception on Wednesday, Nov. 17, from 4:30-6:30 p.m. and will feature comments from the artist at 5:15 p.m.

If you are interested in learning more about the events mentioned above, please visit the NACC’s official website or any of their social media pages on Instagram and Facebook.
It is well known that the past couple of years at Colorado State University have presented some of the most unique challenges in the institution’s history, especially for employees. Understanding the breadth and depth of these challenges and their impacts on our employee work culture is more imperative than ever.

The 2021 Employee Climate Survey, launched on Oct. 19, provides an opportunity for employees to let leadership at all levels know what it is like to work at CSU in these unique times. Employees received an email from unit leadership with a link to complete the survey starting on Oct. 19. The survey is also available in both English and Spanish, as well as through hard-copy formats by request, which can be returned in secure drop boxes around campus.

“Understanding what work climates are like across various employee classifications, identities, work units and hierarchies will provide a lens for understanding some of the nuanced impacts of the pandemic on our institutional culture,” said Kauline Cipriani, vice president for inclusive excellence. “It is so important to recognize this moment in time in relation to the long-term culture work we will be undertaking through the Courageous Strategic Transformation.”

Survey data is anonymous

The Employee Climate Survey is strictly anonymous, and no identifying data is reported under any circumstance. The Office of Inclusive Excellence, in collaboration with the Office of Institutional Research, Planning and Effectiveness, conducts the survey every three years to give each CSU employee the opportunity to share their perspectives and experiences, on topics identified by key university groups and committees.

“It is crucial that we receive feedback from as many university employees as possible, including faculty and staff, administrative professionals and state classified employees,” said Shannon Archibeque-Engle, associate vice president for inclusive excellence and project lead for the survey. “Each cycle we receive more data, we are able to understand our culture at deeper levels, which ultimately impacts culture change work and progress toward our equity, diversity and inclusion goals.”

While individual privacy is paramount, the process itself is transparent, with final anonymous data posted on the Office of Inclusive Excellence website after results are tabulated. The aggregate findings are shared with the President and Executive Leadership Team members, CSU’s Shared Governance Councils and anyone who requests a presentation for their respective unit. PowerPoints of these presentations are also posted online once they are available.

For more information or to request a hard copy version of the survey, visit the Employee Climate Survey website at inclusiveexcellence.colostate.edu/data/employee-climate-survey or contact Shannon Archibeque-Engle at shannon.archibeque-engl@colostate.edu.
The Colorado State University Mountain Campus and Odell Brewing in Fort Collins have come together in partnership to celebrate the remote 1,600-acre campus through the creation of a fundraiser that supports various programs and activities hosted at the campus. Mountain Campus IPA is a limited, special-release beer featuring a unique label and brew.

Cheers to the Mountain Campus

The limited release beer pays homage to the Mountain Campus on several levels. It signifies a tribute to returning to operations, while also celebrating the special place that has helped forge deep connections for all those who work and learn there. The collaborative brew is also helping to raise funds that will help offset costs associated with the campus’ closure and will go toward facility improvements, campus upkeep, scholarships, and curriculum development.

“Through our charitable program, we volunteer with local organizations to rebuild trails and plant new vegetation, but we wanted to do something more, and the idea of brewing a beer to support the CSU Mountain Campus rose to the top,” said Odell Brewing Marketing Manager Adam D’Antonio. Local connections helped to solidify the partnership.

“Our CEO, Eric Smith, is a Fort Collins native and has fond memories of attending Eco Week as a kid at the Mountain Campus,” added D’Antonio. And thus, a local beer was born.

“It’s an innovative approach to fundraising for the Mountain Campus and a fun way for us to celebrate the transformative experiences the campus and valley offer those who spend time studying, visiting, or working there,” reflected Webb. “This is a great example of a CSU and private-sector partnership with one of our most acclaimed local breweries. It doesn’t get any more FoCo than this.”

A Kidney for Kent

Hi, my name is Rosie and I am writing because my husband Kent needs a kidney. Kent inherited polycystic kidney disease from his father who died from the disease in his early 70s.

Kent’s kidney disease has progressed over the years and he is now in end stage kidney failure. His nephrologist has recommended a kidney transplant for the best treatment. Kent has been on the kidney recipient list since February of 2021.

We are reaching out and asking for your help. Kent is searching for a living donor. The donor needs to be blood type O. A kidney from a living person lasts longer for the recipient, has better function and cuts down on waiting time for a kidney. You can help us in several ways:

1. Please send your prayers and positive support. This is always uplifting.
2. Spread the word to family and friends who might know someone who is willing to serve as a donor. Share this message via email or Facebook.
3. If you are interested in donating, the link for initial screening of designated living donors is: https://www.uchealth.org/services/transplant-services/living-donation. The UCH living donor office number is: 1-720-848-0855 for more information.
4. You can contact Kent with questions via e-mail at: kent.weitendorf@gmail.com.
5. To learn more about living kidney donation go to: https://www.kidney.org/transplantation

Kent’s ability to do the things that he loves like spending time with family, hiking, extended travel, and community volunteering are now drastically diminished due to fatigue. We would be forever grateful if you take the step to consider our request.

Heartfelt thanks for reading this message.

Blessings,

Rosie
Old Town Fort Collins is celebrating the holidays

By Kadyn Thorpe

The holiday season is coming up and with the rough year and a half we have been through due to the pandemic, we deserve a little celebration.

The holidays are great to spend time with family and friends. Old Town Fort Collins has all the makings of a great holiday experience for you.

Old Town Holiday Lights

As per usual, starting the first week of November and going all the way until Valentine’s Day in February, all Old Town will be lit up. Whether you want to go and walk-through Old Town at night, sipping some hot chocolate as the snow falls, or you just want to drive down College Avenue and watch the lights from the warmth and comfort of your own car, the Old Town lights are a great way to spend time with your loved ones and get into the holiday spirit.

Santa Quest

For the little detectives in your family, don’t forget to check out the Santa Quest. Starting Nov. 19 and lasting till Dec. 19, local businesses will hide the names of Santa Claus figurines in their store-front windows. The winners are entered into a raffle to win a gift card for different local businesses in Fort Collins.

Ice Skating Rink and Santa’s Workshop

The Old Town Ice Skating rink is coming back on Nov. 24 and will stay until Feb. 5. Admission and skates are free to everyone who wants to enjoy some time on the ice this holiday season. Also starting on Nov. 24, Santa and his elves will be in his workshop to hear kids’ wish lists. Santa’s workshop will be up until Christmas Eve, which gives you some time to enjoy all other holiday events happening and still have time to visit Santa.

A Christmas Carol

Lastly, for anyone who appreciates the theater, the Lincoln Center is putting on a one-time show of A Christmas Carol. On Dec. 18 starting at 7:30 p.m., you can watch the classic Christmas play. This is a great way to get into the spirit and is a way for you and your loved ones to spend some time together and appreciate the holidays.

As of now, those are the main holiday events happening in Old Town for this year. Old Town has always had great events happening during the holidays that are fun for the whole family.

Learn more

If you would like more information about the events happening, feel free to visit the Holiday Hub page at downtownfortcollins.com/event/holiday-hub.

CSU launches new pronouns website, statement

By Joe Giordano

Colorado State University has a new website designed to help educate the University community on personal pronouns in an effort to create a more inclusive and welcoming campus environment.

The new website, launched by the Office of Inclusive Excellence in the lead-up to International Pronouns Day on Oct. 24, features information on how to learn more about using correct pronouns and why pronouns matter for transgender and nonbinary people. The site also includes a statement and video affirming CSU’s commitment to creating a culture and climate that respects all identities.

CSU Pronouns Website

Visit the new website, which features CSU’s Pronoun Statement, at pronouns.colostate.edu.

Meg Skeehan, a program assistant in the Department of Accounting who serves on the Commission on Diversity and Inclusion, played a key role in developing the site over the past three years. Skeehan said that the committee conducted significant research in creating the site’s content.

“We want to educate people to be better at sharing pronouns and respecting folx who don’t use binary pronouns — and also not making assumptions about folx’s pronouns,” Skeehan said.

Skeehan explained that the pronouns site features videos as well as helpful tips on how to integrate pronouns into meetings and events as well as communications.

The new website also provides links to videos and posters for easy sharing.

Supporting students

According to CSU’s Pride Resource Center, transgender and nonbinary students face mental health issues at far greater rates than their peers. Maggie Hendrickson, assistant director of the Pride Resource Center, cited National College Health Assessment findings from 2017 and 2019.

“We know that one in two of our LGBTQIA+ students feel they do not belong at CSU, and one in four of our LGBTQIA+ students seriously considers suicide each year,” Hendrickson said. “This is alarming data for us to know about our campus community, and it takes the whole community to work together to support our queer and trans siblings.”

Hendrickson explained that respecting someone’s pronouns, true name and identities is shown to increase young trans and nonbinary people’s sense of belonging. According to the Trevor Project’s National Survey on LGBTQ+ Youth Mental Health, respecting someone’s pronouns and name corresponds with lowering suicide attempts by 50%.

“Often times, the focus for encouraging shifts in language is on how we may be limiting folx’s ability to share, learn and express themselves,” Hendrickson said. “Queerness has always been about honoring queer and trans siblings.”

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Visit the new website at pronouns.colostate.edu.
Decoding sugar on the new nutrition facts label

By Annie Campain

Recently, sugar has been under the microscope of health professionals, researchers, and consumers alike. The association between sugar and health is complicated and has caused a lot of confusion and stress. Not all sugars are equal and there are many factors that influence how they behave in the body. So, if you’re wondering “should I avoid sugar?” read on for fast facts and clear evidence-based answers.

Why is sugar concerning?

Excess sugar consumption is a common concern among Americans. The average American consumes around 17 teaspoons of sugar every day, most of which come from sugary drinks like sodas and juices. Sugary foods and drinks can replace foods that contain important vitamins and minerals. Excess sugar consumption—especially when coupled with a diet low in nutritious foods—has been associated with increased risk for inflammation and health conditions including heart disease.

Are all sugars equal?

Natural sugars are those that occur naturally in food such as milk (lactose) and fruit (fructose). Added sugars are those added during processing, usually in the form of cane sugar and high fructose corn syrup. While both are fundamentally similar, natural sugars tend to accompany other nutrients such as fiber, vitamins, and minerals; whereas added sugars generally lack these key nutrients. Because of this, recommendations to limit sugar are typically referring to added sugars. The old nutrition fact label included all sugars (natural and added) together in one category “sugars,” which made it confusing for parceling out natural vs. added. The new label, however, differentiates between natural sugars and added sugars.

Should I cut out sugar altogether?

The Food and Drug Administration (FDA) recommends limiting calories from added sugars to less than 10% of overall daily calories (less than 12.5 teaspoons or 50 grams of sugar). The American Heart Association has stricter guidelines, recommending males limit added sugar intake to 9 teaspoons (36 grams) and women to 6 teaspoons (25 grams) per day. Remember, this is referring to added sugars, not sugars found naturally in fruit and dairy.

While reducing added sugar intake to match recommended guidelines can be beneficial for health, there is still room for some in the diet. Consuming added sugar in moderation is acceptable and can contribute to quality of life. Overly restricting the diet can impact mental health and lead to negative feelings, cravings, preoccupation with food and behaviors like binging. Like the rest of the diet, everything has its place. While it’s important to be conscientious of added sugar intake, finding balance in the diet can improve health while still allowing for flexibility and enjoyment with eating.

How can I reduce added sugars in my diet?

Added sugars are often found in more foods than just treats. If you’re interested in reducing your added sugar intake, start with reading nutrition fact labels for all foods, including sauces, condiments, breads, cereals, and bars.

Here are some ideas for reducing added sugars in your diet:

- Replace some of your sodas or juices with coffee, tea, or sparkling water.
- Find yogurts, granola bars, cereals, condiments, and sauces with lower amounts of added sugar.
- Try replacing flavored yogurts with plain ones or mixing half your usual amount of flavored yogurt with half plain yogurt. You can even top with fruit to add a little more sweetness.
- Try to cut added sugar in your recipes. Surprisingly, you can cut the sugar in many recipes by about 25% before there are noticeable changes. One great way to attempt reducing sugar in your recipes is to start small (cut 10%) then gradually increase this reduction until you notice a difference.
- Fruit such as dates, coconut, banana, and unsweetened applesauce are all great ways to sweeten recipes without the added sugars.

Check out our recipe of the month: date-based peanut butter cups.
Find What You Need:
For up-to-the-minute information for specific programs and services, including hours of operation, visit:

LSC.COLOSTATE.EDU
CSU: Socio-Environmental Rights: Insights from Black & Indigenous Leaders from Colombia
Tuesday, Nov. 9, 12 - 1:30 p.m. Virtual

Colombia is a dangerous place for environmental leaders. Just in 2020, 65 environmentalists were killed. Ethnic groups are increasingly at risk as extractive economies expand into their ancestral lands to open mining and agribusiness frontiers. In this roundtable, leaders from the Pacific coast — a region of Indigenous and Black traditional territories — will discuss the rights of their communities, the impact of climate change, and the consequences of human rights violations on their livelihoods. Join moderator Professor Marcela Veleas and panelists from Colombia for this virtual event. More info at publichealth.colostate.edu/event.

University Chorus Concert
Tuesday, Nov. 9, 7:30 - 9:30 p.m.
University Center for the Arts

The University Chorus will present a wide-range of musical works in this concert that span classical, spiritual, folk, and contemporary selections. The concert will primarily present two themes. First, an initial song set will speak to the small joys in life — taking time to highlight the beauties we were forced to slow down and observe during the global pandemic. Second, the subsequent song set will focus on issues of mental health. We will draw on the work of contemporary artists to explore the small joys in life — taking time to highlight the beauties we were forced to slow down and observe during the global pandemic.

CSU LIFE
NOVEMBER 2021

SEED Training - Empathetic/Effective Listening
Tuesday, Nov. 16, 5 - 6:30 p.m.

In this workshop, participants will be introduced to a particular technique or strategy for listening, practice their listening skills together, and then discuss application and action particular to their roles or context. Please RSVP by emailing CAS.StudentSuccess.Team@colostate.edu.

FORT COLLINS:
Downtown Fort Collins Restaurant Week
Nov. 5 through Nov. 14

Come down and savor the creativity of 30 participating restaurants in Downtown Fort Collins! Only from Friday, Nov. 5 – to Sunday, Nov. 14, will you be able to savor and sip these creative menu specials.

Wideing the Lens: New Gifts of Photography
Through Dec. 19, 10 a.m. - 6 p.m.

Gregory Allicar Museum of Art
New Gifts of Photography showcases a selection of works by eleven artists from three countries, spanning the 1950s through the 21st century. From Walter Iooss’ award-winning sports photography to Joyce Tenneson’s ethereal landscapes to Donna Ferrato’s groundbreaking photojournalism on domestic violence, the works in this exhibition cover a variety of styles, themes, and subjects.

Playing Dreidel with Judah Maccabee/A Child’s Christmas in Wales
Nov. 12 - 14, 7:30 p.m.

Bas Bleu Theatre Company
Playing dreidel with Judah Maccabee to tell stories of miracles with hope and unity to honor traditions.

Sculpt your Pet Clay Class
Nov. 13, 12 - 5 p.m.

Blue Moose Art Gallery
Create your own animal piggy bank or simple sculpture of your furry best friend. Bring pictures of your favorite animal (many views) and the first class we will create your piece. We will use clay and various sculpting tools, and fired off-site. The second class will be for glazing your piece (giving it color). It will be glazed off-site and returned to the gallery for you to take home and enjoy. Beginners welcome - simply bring your sense of humor and wear clothes you can get dirty. All supplies will be provided.

Horsetooth Half Marathon
Nov. 14, 8:30 a.m. - 2 p.m.

New Belgium Brewing Company
The race will take you on a scenic point-to-point journey from Hughes Stadium, the former home of the CSU Rams, to the finish line party at New Belgium Brewery. On the way, you’ll tackle the challenging hills of Centennial Drive along the shorelines of the shimmering Horsetooth Reservoir, before you head for the famed finish line party on the downhill Poudre River recreation trail. Whether an elite runner or a first time half marathoner, the Horsetooth Half Marathon offers a challenging yet surprisingly fast course, with a net loss in elevation.

Recycled Ornament Decorating Activity
Nov. 15 - 19, 10 a.m. - 2 p.m.

Garbage garage Education Center
Stop by the Garbage Garage Education Center to make an ornament using reused materials. Prizes include an activity box subscription, tickets to the Lincoln Center and eco-friendly holiday gift baskets. Plus, your entry will be displayed at the Larimer County Courthouse Offices during the month of December. Learn more at larimer.org/solidwaste; contests. Registration required.

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 Ghost Tour
Recruing weekly on Friday, Saturday, 7:30 - 8:15 p.m.
Fort Collins Tours, LLC
Fort Collins Tours is here to provide a ghoulishly good time for all ages! Check out these Fort Collins ghost tours which will take you around Old Town exploring century-old buildings and their histories. You’ll even get the chance to go underground for some extrasppokiness.

Haunted History After Dark Recurring weekly on Friday and Saturday, 5 - 6:30 p.m.

Old Town Fort Collins
Explore the dark side underneath Fort Collins on guided 90-minute walking ghost tour.

Comedy Brewers Improv Show at The Comedy Fort Through Feb. 27, 2022 monthly on the last Sunday, 7:30 - 9 p.m.

The Comedy Fort
Brewed in Fort Collins Colorado in 2013, this bold improv pack is at the top of its craft. Similar in style to "Whose Line is it Anyway," the Comedy Brewers put on a highoctane improv comedy show where each performance is unique and made up on the spot from audience suggestions. Featuring Fort Collins’ most seasoned improv comedians, it’s a fast, hysterical, and highly interactive show that has been proven to be the most fun allowed by Colorado law.

Poudre River Irregulars
Traditional Jazz on Avo’s Patio
Recurring monthly on the 1st, 2 - 4 p.m.

Avogado’s Number
The Poudre River Irregulars is a lively group playing Dixieland and Traditional favorite music to an enthusiastic fanbase. Join the fun afternoon by purchasing a table on the patio and inviting guests to join you at the table.
Thanksgiving is coming up quick, so I’m just going to cut to the chase: Riesling is what you want with your big holiday dinner, and the Riesling you want is Eroica.

I’m not kidding! No hemming and hawing about the different wine pairing strategies one can employ during Turkey Day, no off-the-beaten path suggestions. You got twenty bucks? Great! Get some Eroica.

Let me lay it out for you. The current vintage has 91 points from “Wine Advocate,” and is a collaboration wine between Germany’s Dr. Loosen winery and Washington state’s Chateau Ste. Michelle. Its grapes are harvested at night to maximize freshness and go straight to press, resulting in a bright, full-flavored, and balanced Riesling. This wine has pedigree, it has critical acclaim, and it is just plain tasty.

Pouring a pale straw, Eroica opens with aromas of juicy pear, melon, and citrus fruits. The taste is a quiltwork of flavors working together to be versatile and delicious, but balanced enough so that individual flavors can be detected. For example, you’ll notice notes of apple peel and tangerine, but also sweet honey and chalky minerals.

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**Thanksgiving Wine Suggestions**

- Black Oak Pinot Noir $10.99
- Carl Sittman Riesling $12.99
- Pleasures Pinot Noir $14.99
- Borgo San Leo Prosecco $17.99
- Dom Vetriccie Rose $12.99
- Mount Beautiful Chardonnay $17.99

For more wine specials see Wilbur’s weekly deals online at wilburstotalbeverage.com

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**Wilbur’s will be open Thanksgiving Day 9 a.m. - 2 p.m.**

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

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