



Holiday spirit: Poinsettia sale supports teaching, research

By Stacy Nick

Whether you pronounce them “poin-set-uh” or “poin-set-tee-ah” — either is correct BTW — the fact remains that getting these brilliantly colored holiday plants ready for Colorado State University’s poinsettia sale takes a lot of work.

But the annual event, run by the College of Agricultural Sciences’ Department of Horticulture and Landscape Architecture, is a holiday tradition that both its customers and the students who run it look forward to, said Joshua Craver. The assistant professor of controlled environmental horticulture runs the floriculture practicum, which teaches students how to grow the fickle plants each fall.

It’s one of several practicums offered with the overall goal of giving students hands-on experience in the greenhouse, Craver said.

“It’s really a great way for us to — in a sense — take the training wheels off and really push the

students into a much more practical experience,” he said. “They’ve taken the majority of courses for the horticulture major up to this point, and now they get to put this knowledge into practice as they make decisions for a crop that they’re ultimately responsible for.”

Each student starts out with 50 plants from one poinsettia cultivar. They’re in charge of the day-in/day-out maintenance and decision-making for the crop.

“They’re actually very finicky plants,” said Emily Gritters, a senior horticulture major and a student in this fall’s floriculture practicum. “They can sometimes be very difficult to grow, and we’ve had a particularly difficult year.”

This season, that included battling an infestation of minute, but mighty bugs called thrips, a failed fertilizer injector and an unexpected cooling system malfunction that changed the carefully calculated temperature

parameters previously set, Gritters said.

“We came into the greenhouse, and it was 95 degrees,” she said. “And that is very bad for poinsettias, so they had intense heat shock.”

The plants pulled through and are now thriving, but it’s those constant curve balls that mean they have to always be on their plant game, Gritters said. The students are in the greenhouse

almost every day doing everything from watering the plants to pest management to testing fertilizer concentrations and checking the electrical conductivity and pH of their crop.

Gritters said her cultivar, Orange Glow, was particularly challenging. When her branches began breaking, she

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College of Health and Human Sciences

Steve Jaouen, who retired as a faculty member of the Department of Construction Management in 2009, is the recipient of the Ram Built Hard Hat Award, a recognition bestowed upon members of the CSU community for their invaluable contributions to construction education.

College of Liberal Arts

Assistant Professor of Archaeology Edward Henry has won the 2021 C.B. Moore Award from the Southeastern Archeological Conference. Henry received the award at the professional organization's annual meeting

in Durham, North Carolina in October. The C.B. Moore Award annually recognizes a preeminent young scholar in the field of Southeastern United States archaeology.

College of Natural Sciences

Mingzhong Wu, professor in the Department of Physics and Director of the Center for Advanced Magnetics, a Program of Research and Scholarly Excellence, has been named a fellow of the American Physical Society. This honor is the latest in a series of recognitions for Wu who became a fellow of the Institute of Electrical and Electronics Engineers earlier

this year and was named a College of Natural Sciences Professor Laureate in 2019.

Vice President for Inclusive Excellence

Shannon Archibeque-Engle, associate vice president for inclusive excellence, was named the individual winner of the 2021 Experiment Station Committee on Organization and Policy Diversity and Inclusion Award. Launched in 2015, the award recognizes excellence in promoting diversity, equity and inclusion across the country's agricultural experiment stations.

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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.

IT at CSU has a new name with the same purpose

By Katie Hightower

The Colorado State University community has known the departments of Academic Computing & Networking Services, Information Systems, and the Office of Telecommunications as dependable IT partners, responsible for providing the campus with the technology services, tools and support it needs.

These same teams have come together to form a new unified Division of Information Technology, committed through their work to excellence in teaching, learning, research and engagement.

The Division of IT's reorganization began in 2020, with the intent to create a highly functioning, collaborative and cohesive division that would be

more strategic, aligned with the mission of the institution, and able to adapt based on the needs of stakeholders.

To achieve this goal, campus stakeholders, the campus community and division staff were engaged frequently through a comprehensive process. Decisions were informed by these internal discussions as well as data and research of peer institutions, according to leadership.

"This collaborative process both engaged our campus community as well as helped us look nationally to design a division that would help prepare our campus for the future," Brandon Bernier, vice president IT and chief information officer at CSU.

The results

According to leadership, the organization has been restructured and renamed to better align its people and services.

The Division of IT consists of four newly formed departments: Experience & Collaboration, Cybersecurity & Privacy, Strategy & Planning, and Enterprise Applications & Infrastructure.

A shared services model with the CSU Libraries has been solidified for the Human Resources and Finance Business Offices.

Additionally, a purpose statement was crafted that encapsulates "what we do and why we do it" — Innovating IT, Empowering CSU.

New name, same great service

The Division of IT values being of service to campus and is committed to delivering sustainable solutions for students, faculty, and staff.

A new division website will be announced in the coming months. While that project is underway, please continue to visit acns.colostate.edu, informationsystems.colostate.edu, and telecom.colostate.edu.

IT Help Desk

Email: help@colostate.edu
Phone: (970) 491-7276
Location: Morgan Library, 1st Floor
Web: acns.colostate.edu/all-services/central-it-helpdesk

Classified Personnel Council recognizes 'Everyday Heroes'

By Classified Personnel Council

The Everyday Hero Award is a special program sponsored by the Classified Personnel Council to recognize outstanding employees at Colorado State University. We would like to thank the nominators and celebrate these everyday heroes for helping CSU continue a tradition of success.

Marjorie Moss

Neely Santeramo, Kim Daggett and Carly Hennegan nominated Marjorie Moss, an academic success coordinator in the College of Liberal Arts.

A team of nominators shared numerous ways that Moss shines as an Everyday Hero: "Marjorie's nomination for this award has everything to do with her exemplary day-to-day job performance. Marjorie has made significant contributions to the students she advises, as well as students in her college and in the wider CSU community. Marjorie is strongly dedicated to her work with Music, Theatre, and Dance students in the College of Liberal Arts. She makes an extra effort to know all of her students' names and areas of focus right from the time she meets them at orientation."

Evidence of this is reflected in the responses that Moss has received in her advising surveys. She consistently gets excellent ratings on her student advising surveys. One student said, "She knew me and my situation all throughout my years at CSU. I felt she was an advocate for me and a partner in my education plans. In no other college has the advisor actually even cared enough to know my name. Marjorie is absolutely amazing."

Jim Thake

Dottie Cartrite nominated Jim Thake, a custodian in Facilities Management.

Cartrite said: "Jim is exceptional. Our CSU Department of Construction Management is located in some of the oldest buildings on campus. And, Jim has a deep respect for the old woodwork, wood floors, stained glass, and unique qualities of these old buildings. He knows the quirks of the old plumbing, the high ceilings and electrical challenges, the beautiful woodwork on the magnificent staircase, leaky roofs, etc., etc., and takes special care with all. He polishes and oils the old woodwork so it looks its best all the time; he keeps our staff kitchen, student lounge areas, and restrooms spotless. Jim is an exceptional worker and conscientious employee. We believe Jim is highly deserving of an Everyday Hero award every single day."

Thake has worked as a custodian at CSU for 12 years. Thake most enjoys his contact with students and the opportunities to work in the older buildings across CSU. This might come as no surprise to those who know and work with him. Outside of work, Thake takes a real interest in both railroad and industrial history. And, since 2010, he has been a member of the Fort Collins Municipal Railway Society, volunteering for both equipment restoration efforts and as a motor man.

Cassi White

Paul Newman nominated Cassi White, director of football administration in the Department of Athletics.

White has been a CSU Ram for the past two years, making the move to Fort Collins and CSU as part of the staff working with Football Coach Steve Addazio. White works as the director of football programs, which among other things includes planning and coordinating team travel, team meals, and countless other team logistics.

As part of the nomination process, Newman wrote: "Cassi works with many people to make the football team be the best that they can be on the road as well at home. Cassi is very polite to all she deals with in any given day be it custodial staff, outside vendors, or the general public. Cassi treats everyone as if you are a CEO of your department, no matter what your title may be."

White shared that it has been a great few years being here as a part of this beautiful campus and community, but the best part of all is being part of a team and working with all the great people who embody the team spirit. White has been doing a lot of hiking and looks forward to discovering more of the trails and outdoors that northern Colorado has to offer.



Marjorie Moss



Jim Thake (center)



Cassi White

RAMS Against Hunger: More than a food pantry

By Ethan Dvorak

There is a common misconception regarding food insecurity among college students at Colorado State University, 29% of the student body is experiencing food insecurity in the last 30 days.

This can be seen in a variety of ways, whether that is skipping one meal or not eating for a day. Students have become so indebted to their education that they have put aside their basic needs in order to attend universities such as Colorado State. This does not need to be the case, however.

Basic Needs Program Manager Michael Buttram alluded to the food insecurity that is seen on our campus daily and the efforts that he and his team have been making to combat this trend.

There is a reluctance from students to share that they are having food insecurities, something that is trying to be normalized. Buttram said this happens because “a lot of us have this scarcity mindset but that is absolutely false. In this country, we throw away 40% of the food we don’t use. Utilizing programs like this is what we should do.”

The programs at CSU and across the country are working to establish this

change and normalize the ability to use these resources for good, without the stigmatism that often lingers. This is being actively addressed as: “A lot of what RAMS Against Hunger does is making sure that food is distributed equitably.” This not only diminishes the food waste that is being seen, but sets up programs that allow for students to receive the aid they need.

Buttram also addressed the ideology behind what food in college is supposed to be and how you “should go hungry when you’re in college.” But if you reframe your thinking, “The responsible thing to do is to use these resources and get the help you need. College prices continue to go up and these resources are here for a reason.”

Buttram works to support students and limit the amount of food that is being wasted daily. The staggering number of students that are experiencing food insecurity resembles a tendency to not accept. CSU is a school that is predicated on helping others and using your resources, so students should “not be forced to make a decision between not eating and getting an education. There is a way that we can accomplish both.”

Basic needs for students is something

that is often overlooked. There is a sense of gratitude for those that are able to attend Colorado State and other universities, but this should be secondary to taking care of oneself. We all know that Rams take care of Rams, but don’t forget to take care of yourself too.

The RAMS Against Hunger Food Pantry will be moving locations to the General Services Building after a \$400,000 renovation, leading to a full-time service for students at CSU. Services and adaptations such as this will be a momentous transition toward diminishing food insecurity among college students both at CSU and across the country.

Rams looking for services for themselves or others experiencing food insecurity:

- RAMS Against Hunger Food Pantry (LSC Room 140) Wednesday, Thursday, Friday
- Eight Pocket Pantry locations around campus (grab and go items)
- Meal swipe program
- Snap Benefits program
- RAM Food Recovery Program

For more information regarding food insecurity services, visit the SLiCE office or visit lsc.colostate.edu/slice/community-engagement/rams-against-hunger.



Exercise and vitamin D play key role in health

By Kimberly Burke

Vitamin D often gets partnered with calcium as vitamins that are essential for bone health. While bone health is important enough on its own, recent research is shedding light on how important vitamin D can be for other functions of the body as well. Moreover, vitamin D deficiencies are on the rise among the general population, making our understanding of the benefits and awareness of our vitamin D intake crucial for a healthy routine. Exercise and vitamin D have both been identified separately as reducing risk for heart disease, and new research is looking at what they can do when utilized together. Here are some of the latest findings from the research on exercise and vitamin D and how they interact to benefit you.

How does exercise impact vitamin D?

It’s thought the primary mechanism by which exercise can help to increase vitamin

D is through sun exposure. It’s estimated that more than 90% of vitamin D our bodies require comes from sun exposure. However, research is mixed between recommendations of indoor and outdoor activity, as both still seem to have a positive impact on vitamin D. Those meeting physical activity recommendations and those that had optimal and intermediate levels of vitamin D had a significantly reduced risk of a cardiovascular event when compared to those with deficient vitamin D.

What does vitamin D do for exercise?

One study found that higher levels of vitamin D were associated with an increased exercise capacity. Vitamin D plays a role in heart health, and by increasing vitamin D levels, exercise capacity could be increased, further improving heart health. A 2011 study from Harvard found that those who exercise both vigorously and regularly had higher levels of vitamin D.

Should I supplement with vitamin D?

It is not entirely clear if vitamin D is the driver for improved fitness, or if improved fitness naturally boosts vitamin D stores. Some speculation is that they work together and are mutually beneficial to the other. It is important to note though that if you and your doctor decide to add supplementing with vitamin D to your routine, adding vitamin D alone may not improve your exercise capacity. Combining exercise with your supplementation will provide a greater benefit. When it comes to supplements, many would recommend natural and food sources first. Focus on vitamin D from sunlight exposure and foods like fish, egg yolks, and fortified foods. If you’re thinking of starting a vitamin D supplement, it is best to confirm with a doctor or other health care provider first.

Kimberly Burke is the director of the Adult Fitness Program at Colorado State University, an outreach program through the Department of Health and Exercise Science. Adult Fitness offers exercise opportunities for employees of CSU as well as community members, while providing hands-on learning experiences for health promotion students. To learn more see the Adult Fitness Program website.



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Fruit-based treat: KRNC homemade peanut butter cups

By Kendall Reagan Nutrition Center

This fruit-based treat offers less added sugar than the classic peanut butter cups!

Serving Size: 2 mini cups KRNC Recipe of the Month | Peanut Butter Cups

Yield: 12 mini cups

Ingredients:

- 1/2 cup peanuts or 1/4 cup peanut butter
- 2 Medjool dates
- 1 cup chocolate chips
- Dress up your peanut butter cups with fun toppings. Try toasted coconut, crushed almonds, or flaky sea salt.

Directions:

1. Place 12 liners in a mini muffin tin.
2. In a food processor, grind peanuts until they are a creamy consistency. Remove from bowl and set aside.
3. Place pitted dates in food processor and grind until they are the consistency of sand.
4. Add peanuts back to the food processor and process until combined with dates.
5. Place chocolate chips in a microwave-safe bowl and microwave on high for 30-second increments, stirring after every 30 seconds, until melted. This should take approximately two minutes depending on

your microwave.

6. Spoon approximately 1 teaspoon of melted chocolate into the bottom of each liner, making sure the entire bottom is covered.

7. Using your fingers, form small, flat patties using one teaspoon of the peanut mixture. Gently set patty on top of the chocolate.

8. Cover each cup with the remaining chocolate so none of the peanut mixture is visible.

9. Place muffin tin in the freezer until chocolate is hard.

10. Store cups in the refrigerator.

Nutrition information / amount per serving

Calories – 115
 Total fat – 7 g
 Saturated fat – 3 g
 Cholesterol – 0 mg
 Sugar – 17 g
 Protein – 2 g
 Total Carbohydrates – 13 g
 Dietary Fiber – 2 g
 Sodium – 3 mg
 Added sugar – 10 g



Immune-boosting micronutrients: KRNC balanced shrimp bowl

By Kendall Reagan Nutrition Center

This balanced shrimp bowl has all the macronutrients and several immune-boosting micronutrients, such as Vitamins A, C, D, E, K, Iron, Folate, Zinc, and Selenium.

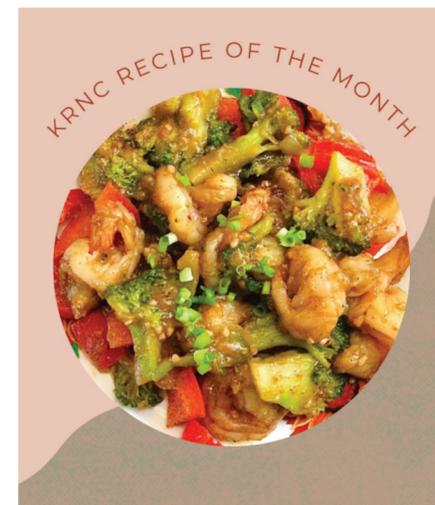
Serving Size: 1 cup
 Yield: 4 servings

Ingredients:

- 4 cups of cooked brown rice
- 1 lb of large shrimp (16-20 count), peeled and deveined
- 2 tablespoons soy sauce (low sodium)
- 1 tablespoon red wine vinegar
- 2 teaspoons brown sugar
- 2 tablespoons garlic, minced, divided
- 1 bell pepper, cut into 1-inch pieces
- 1-inch piece of ginger, sliced into 3 pieces
- 1/2 head of broccoli, cut into 1-inch pieces (about 1.5 cups cut broccoli)
- 1/2 yellow onion, diced
- 1 tablespoon scallion, chopped
- 2 tablespoons olive oil, divided
- 1/2 teaspoon cayenne pepper
- 1/8 teaspoon black pepper
- 1/2 cup low sodium chicken broth, divided
- 2 teaspoons cornstarch
- Optional: 1/8 teaspoon red chili flakes

Directions:

1. Make the rice by following the instructions on the bag.
2. Place the shrimps, soy sauce, red wine vinegar, brown sugar, and 1 tablespoon of garlic into a bowl and marinate for 15-20 minutes.
3. Prep the bell pepper, ginger, broccoli, onion, and scallion.
4. In a large pan, heat up 1 tablespoon of olive oil for 1 minute and pour the marinated shrimps, cayenne pepper, black pepper, and cook for 2 minutes or until the shrimp is opaque.
5. Remove shrimp from the frying pan and add to a bowl.
6. In the same pan, heat up 1 tablespoon of olive oil and cook the ginger and onion for 2 minutes.
7. Then, cook 1 tablespoon garlic, bell pepper and broccoli and the marinating sauce until the vegetables are halfway done (about 5 minutes).
8. Place the shrimps back into the pan and add 1/4 cup chicken broth. Dilute the cornstarch with remaining 1/4 cup of chicken broth then add to frying pan and let it gently boil. Then it's ready!
9. Sprinkle scallions or red chili flakes.
10. Serve with brown rice and enjoy!



Nutrition information / amount per serving

Calories – 446 kcal
 Total fat – 11 g
 Saturated fat – 2 g
 Cholesterol – 182 mg
 Sugars – 3 g
 Protein – 31 g
 Total Carbohydrates – 57 g
 Dietary Fiber – 5 g
 Sodium – 444 mg
 Added sugar – 1 g

continuation of page 1



went through a long checklist of possible contributing factors. Thankfully, the plants recovered.

“I was so frustrated, thinking my plants were dying,” she said. “And then I started seeing this really bright transformation color — going from gorgeous green to bright orange. And every day, you see it just a little bit more and more vibrant as we cool down the temperature. They look amazing.”

Craver agreed, saying that this year's poinsettia crop is right on time for the sale. All funds from the event will be used to sustain the greenhouses and pay for the materials needed for next year's poinsettia crops.

“It's always really gratifying for the students to have that interaction with customers and realize that all this work that they're putting in is actually making a difference,” Craver said.

Commitment to campus and CSU bookstore offer new coupon, shipping

CSU Bookstore and C2C will bring to the University community two coupons on CSU gear each fiscal year, expanding from one coupon previously offered. And, the coupon can be used both in the store and online, so employees can have CSU items shipped to them.

The 35% off any single item purchase coupon is only available through an email to all employees, sent by Commitment to Campus in late November. The coupon is also posted on the Commitment to Campus website (commitmenttocampus.colostate.edu).

Please note that this offer expires on Dec. 19.



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4 FESTIVE PLANTS FOR THE Holidays

by Anna Jelden

Christmas Cactus

Unlike most other cacti, this cactus is native to southern Brazil and enjoys warm temperatures and humidity. They're known for their pink or purple tubular blooms. This cactus is also pet friendly!

- ☀️ Prefers bright indirect to medium indirect light
- 💧 Every 2-3 weeks, top 1/3 of soil should be dry
- 🌫️ Can be misted once a week

Poinsettia

The poinsettia is a native to Mexico and Central America. The colorful leaves on this plant are actually bracts (a modified leaf). There are more than 150 varieties of this plant and leaf colors can include orange, white, and pink.

- ☀️ Prefers bright, indirect light
- 💧 Every 1-2 weeks
- 🌫️ Enjoys humidity, can be misted every one or two weeks

Frosty Fern

The Frosty Fern isn't actually a true fern. It's a fern ally, meaning it behaves like a fern but isn't actually one. It's native to Azores and some areas in Africa and gets its name from its distinctive white tips that give it a frosted look.

- ☀️ Prefers bright, indirect light
- 💧 Every 1-2 weeks, Prefers consistently moist soil
- 🌫️ Needs high humidity, should be frequently misted or placed over a tray of pebbles and water

Norfolk Island Pine

The Norfolk Island Pine is actually a tropical evergreen that is native to Norfolk Island. As a tropical native, this plant prefers warmer temperatures and high humidity.

- ☀️ Prefers bright, indirect light, tolerates medium light
- 💧 Every 1-2 weeks
- 🌫️ Likes humidity and temperatures between 65-70 °F

Sponsored by CSU Horticulture Department

New division created to focus on employees: Fergus assumes the helm as vice president

By CSU MarComm Staff

Robyn Fergus, executive director of Human Resources, has assumed a new role as vice president for Human Resources, creating a new division at Colorado State University solely focused on employees. Fergus will report directly to President Joyce McConnell in her new role, embodying the commitment to strategic workforce development, support and wellness articulated as a Building Block of the university's Courageous Strategic Transformation.

"I am excited to see Robyn step into this expanded role, because in a short time at CSU, she has distinguished herself as an incredibly talented, responsive leader," McConnell said. "I'm also excited for our community to see Human Resources elevated to a stand-alone unit, because I think that elevation illustrates our commitment to our employees' success and wellbeing. That's something we built into our Courageous Strategic Transformation process from the beginning, and this move will help us make good on that foundational commitment to our people."

Like many employers, CSU has seen an increase in the scope and intensity of employee needs since the beginning of the COVID pandemic in March 2020. Under Fergus' leadership, HR has committed to not just meeting those needs but to more intentionally engaging with employees, focusing on promoting a healthy work-life balance and on holistic employee well-being.

As an initial step in creating the new division, Fergus will lead a strategic reorganization of HR to better focus on meeting the strategic needs of supervisors and employees. This work will include identifying and implementing integrated information systems to centralize, simplify and create consistency for important tasks that address an employee's entire career at CSU, including

the hiring process; new employee onboarding; data capture and reporting related to unit and individual employee success; and interventions and resources proven to help employees succeed from the moment they apply to their separation or retirement.

Fergus joined CSU in the summer of 2019 following 16 years with the Denver and Jefferson County school districts, where she worked with K-12 employees. She has also worked as an HR professional in the private sector, including recruiting for national and global companies.

"Robyn has extensive experience as a dynamic HR leader, and she has put her expertise into practice at CSU, including strategies for diversity hiring practices, establishing partnerships, enhancing transparency, designing and implementing efficient systems and processes, and guiding human resources units through change and transformation," McConnell said.

In 2020, Fergus guided the university workforce through the complexities of public health leave, extended family medical leave, equal pay for equal work initiatives, and creating structures to support employee physical health and well-being. She was instrumental in creating CSU's teleworking policy in Summer 2021, along with a structure for both bringing employees back to campus offices and finding ways to support remote and flexible work arrangements.

"The pandemic created a stronger human resources community within the university," Fergus said. "Central Human Resources worked tirelessly to support our employees and the human resources partners for units and divisions across the university. I'm excited to build upon that momentum by further developing ways to support our employees, from the moment they apply for a job until they



leave the university. We value our people, and it's important that our systems are set up to

help us support them and build an employee-focused culture."

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Engage the kids in exercise with these top tips

By Kimberly Burke

A regular dilemma for many parents is the balance of being away from their kids when at work or engaging in personal hobbies, and the guilt that can accompany that. But when spending time with the kids, you might be thinking of all the work you still need to do and want to get some exercise in. Why not make exercise something the whole family can be a part of, making it something to do to spend more time together and promote everyone's health and well-being?

Exercise has the same benefits for adults and for kids, too. Exercise benefits all ages, and can help with improvements to cardiovascular health, reduced anxiety/depression, improved energy, alertness, ability to focus, and sleep. If that sounds good to you, think of the added benefit of both you and your kids seeing these changes. General recommendations for kids between the ages of 6 and 18 are that kids should be getting around 60 minutes of moderate activity a day. Before you get overwhelmed, know that there is little structure to this recommendation, allowing for the freedom and flexibility needed to help kids find what they enjoy and to do varying types of exercise.

Here are some ways to think of getting the whole family involved for the next workout.

Plan when possible

One of the best ways to start enticing your kids to be active is to make sure you are being active yourself. You want to model the behavior of making time and prioritizing health and activity for your kids, and it is important to show them that their health (and yours) is something worth working on and working towards. Find ways to create a routine. Easy routines can consist of after-dinner walks, family competitions at the park (basketball, soccer, softball, tennis), or heading down to the local pool during the week. Don't be intimidated by the 60 minutes a day, it really doesn't need to be hours at a time. Can you spare 10 minutes, 15 minutes right now? Great! Make those small moments add up, but there is no need to fall for the old tale that it's all or nothing. Aim for is just doing anything because something is better than nothing.

Try new things

It's important to pick age-appropriate activities, as some kids may be able to go for a mile hike and carry their own supplies, but others may be looking forward to some backyard workouts or obstacle courses at the local park. We might be trying to steer our kids away from screen time, and while that can potentially be a positive thing, don't be afraid to embrace their technology. Several video games can keep you and your kids moving, such as Wii Sports, Ring Fit Adventure, Just Dance, and other motion-oriented games. Some game consoles make workout class games, including Zumba or yoga classes. There are also lots of free guided videos online, and you can find a favorite YouTube channel, or use apps like Peloton, which all have family sections for workouts. With time and planning, you can make weekend activities a little bigger or longer to get in some extra movement. Each weekend, let a different family member pick the activity of their choice. That way everyone gets in something they like, and everyone gets some variety. Provide a list of activities you have equipment for or are willing to invest in like hiking, swimming, kayaking, stand-up paddleboard, local 5K, biking, and more.

Have fun with it

Perhaps the number one rule or guidance to make exercise a habit for the whole family is to make it fun! Get your children involved in the decision-making, support imagination by making new games, or use old children's toys and workout equipment in new ways. Bond with family members while talking on a hike. Be willing to invest in yourself and your health if you're trying to teach your kids those habits too. Involving them and making them see the value and fun of exercise can set them up for a lifetime of exercising and healthy habits.



Family workouts

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Free ICEE with purchase</p> | <p>NOSH NoCo
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Wednesdays get 50% off food
Tribal Rites
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Tuana
10% off any purchase
Verts
Buy any 2 solventless products, get 15% off both
Wing Shack
Boneless wings, fries, & drink \$6
and more!</p> |
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Avery Martin: Leading charge for new style of media

By Ethan Dvorak

Avery Martin is a profound example of not only what an excellent faculty member and student looks like, but he also embodies the transition of traditional media outlets to a more innovative approach.

Avery Martin graduated from Colorado State University in Spring 2020 and is now working at the University as a digital media strategist in the College of Health and Human Sciences. In an interview on Nov. 20, Martin alluded to his love of journalism and the media, stating that he “loves to tell people’s stories and hear about their background.”

This can be seen in his newest podcast project within the College of Health and Human Sciences titled “Health and Human Science Matters” that will include 10 episodes in season one with a different faculty and staff member in each production.

The episodes in this podcast will include representatives from the following departments: Construction Management, Design and Merchandising, Food Science and Human Nutrition, School of Education, School of Social Work, Human Development and Family

Studies, Occupational Therapy, and Health and Exercise Sciences. This podcast is one of many examples that relate to Martin’s devotion toward storytelling and creating new modes of content.

Martin said that “being in the role that I am, I really do have a lot of agency to steer where we go creatively.” Martin said that being a driving piece of creating the idea was unexpected, but he is making the most of his opportunity and loves being able to collaborate with others within the University to create an excellent final product.

Within the interview with Martin, there was an overwhelming sense of empathy and contrition toward those that he has worked with. He wants to represent those that he is speaking about well and works to create a lasting relationship that allows for both sides to have a voice, saying that “I want to be remembered as somebody that remembered them.”

Martin’s approach is different from many in the mass media, residing within an innate desire to tell a story well and be thoughtful rather than being the first person to release the



headline. This can be seen within his podcast and his overall tendency to remain empathetic in his work. Martin “wants to let people know that what they are doing is making a difference somehow.” This does not only resonate within his work, but in his life as well as he wants to be a “consummate collaborator, seeing myself as a facilitator that wants to get people to where they want to go too.”

Martin’s goals are more abstract than many media members but his desires are true. Martin is a profound example of what a leader and proud CSU ram should look like. He views the future of the

media in a way that is far more progressive, embodying a sense of storytelling that is predicated on conceiving a positive impact within the media that contains more than making money or creating the best headline.

Martin has continued his time at CSU and his impact can already be seen. When speaking about CSU, Martin said that “CSU professors, faculty and staff have this level of respect for each other. We’re all going in the same direction so let’s help each other along.”

The eight-part podcast that Martin has worked on can be found on Spotify under the name “Health and Human Science Matters.”

CSU graduation ceremonies slated for Dec. 17-18

By Kadyn Thorpe

Winter graduation is upon us again, and for the first time since COVID we can have an in-person commencement ceremony.

Here is what the commencement ceremony will look like, as well as a couple of things that you should know before you go.

The commencement ceremony is split into two days, Friday Dec. 17, and Saturday, Dec. 18. Each ceremony will last approximately two hours and the doors will open an hour before the ceremony begins. Ceremonies will take place in both the Moby Arena and the Lory Student Center. The ceremonies will start at 9 a.m. each day.

You may find more information about the commencement ceremonies on the CSU website under the commencement page and at commencement.colostate.edu. Since Larimer County has a mask mandate in place, all people are required to wear masks regardless of vaccination status as well as adhere to the clear bag policy CSU has used for all events such as sporting events.

Ceremony schedule:

Friday, Dec. 17

9 a.m.: Graduate School
Location: Moby Arena

10 a.m.: Air Force and Army ROTC Commissioning
Location: Lory Student Center, North Ballroom

11 a.m.: University Honors Recognition Ceremony
Location: Lory Student Center, Grand Ballroom

1 p.m.: College of Business
Location: Moby Arena

4 p.m.: Walter Scott, Jr. College of Engineering
Location: Lory Student Center, Grand Ballroom

5 p.m.: College of Health and Human Sciences
Location: Moby Arena

Saturday, Dec. 18

9 a.m.: College of Liberal Arts
Location: Moby Arena

10 a.m.: College of Veterinary Medicine and Biomedical Sciences
Location: Lory Student Center, Grand Ballroom

1 p.m.: College of Natural Sciences
Location: Moby Arena

2 p.m.: College of Agricultural Sciences
Location: Lory Student Center, Grand Ballroom

5 p.m.: Warner College of Natural Resources
Location: Moby Arena

COLORADO STATE UNIVERSITY PODCAST SPOTLIGHT

By Christine Moore-Bonbright

Podcasts are becoming one of the most popular digital media formats today, and it’s easy to see why. They’re the perfect audio companion to almost any activity: walking, workouts, chores, and even sleeping! But with so many podcast options out there, it can be difficult to choose which ones to listen to. This column features podcasts from a variety of topics and voices, created here at CSU.

THE LAND GRANT CHRONICLES: HISTORY AT CSU

Students of HIST 479 and HIST 481

This podcast is brought to you by the students of Professor Thomas Cauvin’s Fall 2019 Public History and Professor Michael Childer’s Spring 2021 History of Outdoor Recreation classes. Season 1 covers a variety of stories about CSU and Fort Collins’ pasts. Season 2 discusses the environmental impacts of outdoor recreation.



CSU SPUR OF THE MOMENT

CSU Spur Campus

Climate change. 10 Billion humans to sustain by 2050. An ever-shrinking water supply. These are major issues affecting humanity. And CSU’s Spur Campus in Denver is working on understanding these forces and creating solutions through education and research. Join host Jocelyn Hittle each episode as she speaks with an individual who is making an impact in these fields and inspiring the next generation of change-makers.



COLORADO STATE INSIDER

Department of Communication Studies

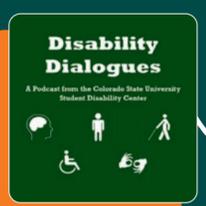
Do you want to stay updated on the latest CSU Sports news? Then this podcast is for you! Each week, host Brian Roth, the Voice of the CSU Rams, shares the latest news and updates in CSU Sports. Episodes include game recaps, analyses and interviews with coaches, players, and many other exciting guests. If you are a CSU Rams fan, this podcast is a must-listen!



DISABILITY DIALOGUES

CSU STUDENT DISABILITY CENTER

Brought to you by the Colorado State University Student Disability Center, Disability Dialogues is a podcast about diversity, social justice, accessibility, and the disability experience. Each episode, host Joe Tiner speaks with guests about topics like Disability Rights, ableism, and disability resources at CSU. This podcast is available on most streaming platforms, and audio transcripts for the episodes are available on the CSU Disability Center’s website.



LIVING HEALTHY LONGER

Columbine Health Systems Center for Healthy Aging

This podcast features the latest in aging research and gives listeners tips for healthy and happy aging. Each episode features interviews with a CSU faculty member who focuses on aging research. These interviews turn these aging research topics into actionable steps listeners can take to live longer, happier, and more holistically.



SPONSORED CONTENT

Colorado State University tops sustainability ratings

By Mark Gokavi

As a high school senior in Huntsville, Alabama, Carol Dollard went to her guidance counselor's office to thumb through a phone book-like tome listing colleges and universities.

"There were no search engines; I came here as a student in 1978 because there were only two institutions in the country — that I could find — that taught what we called solar engineering," said Dollard, a utility engineer for Colorado State University's facilities management team. "We've been leading in a lot of this environmental area since long before we called it sustainability."

Some 40 years later, Fran Letts made the same college choice: "I thought Colorado was beautiful and wanted to study environmental stuff," said Letts, a senior majoring in human dimensions of natural resources. "It was kind of a no-brainer to come to CSU."

The continuity of action and reputation has led CSU to again be named the top overall performer among doctoral institutions in the Association for the Advancement of Sustainability in Higher Education's 2021 Sustainable Campus Index. It is CSU's second consecutive year earning the highest ranking and fourth time in seven years.

"It is an incredible honor for us to be recognized by AASHE as the overall top performer among doctoral institutions for the second year in a row," CSU Provost and Executive Vice President Mary Pedersen said. "The work of our faculty, staff and students has a broad impact in helping to solve the greatest environmental challenges of our time, and that work is creating a more just and equitable existence for communities around the globe."

"Sustainability is woven into the fabric of our institution, and we will continue to work hard to set rigorous standards for our academics, research and engagement."

'A common goal'

Letts, who will graduate in December, has been a residence hall Eco Leader and a peer mentor, worked with the Environmental Learning Center for two years and been the president of the Zero Waste Team for three years.

"As a student, there's a lot of opportunity to get involved even if you're not in an environmental major; you can still be heavily involved in some type of environmental organization or program," Letts said. "And there's campus connections with people that are like-minded because, as much as we are about sustainability, there are 30,000 people on our campus. It is kind of like a common goal among everybody."

Dollard graduated from CSU in 1983



with a mechanical engineering degree with an emphasis in solar energy, got a master's degree in 1990 and returned to CSU as an employee in 1999.

In her nearly 23 years at CSU, Dollard has seen social justice courses added to the curriculum, continued research by countless faculty and dozens of sustainability projects completed on CSU's campuses.

AASHE's rankings also placed CSU in the top six in five individual categories: Campus engagement; curriculum; public engagement; research; and well-being and work.

Consistent excellence

CSU has never scored lower than fourth (2018-2019) and was second in 2017 among doctoral institutions. Dollard pointed out that the differences among the top performers, including Stanford, New Hampshire, California-Irvine, California-Berkeley, Arizona State, Cornell and Connecticut, are often fractions apart. "We are in a platinum family, and it's very elite company," Dollard said.

CSU polymer chemist Eugene Chen, whose award-winning research includes creating waste-free sustainable resources that compete with conventional petroleum plastics, said there is always room for improvement.

"While preserving and further promoting our strength in areas such as curriculum, research, engagement, et cetera, we will need to learn from our peers in the areas that outperform us and make immediate investments to improve those areas," said Chen, who was named a University

Distinguished Professor in 2020.

AASHE's Sustainability Tracking, Assessment & Rating System (STARS) made CSU the world's first institution to reach platinum status three times. The STARS rating is a significant component of the Princeton Review's Top 20 Cool Schools, of which CSU has been a member for eight years in a row.

"We were proud when we were doing one or two things like a strong recycling program or hey, we've got solar panels on the Foothills Campus," Dollard said. "But I think what STARS really showed us was that we have a very broad spectrum of sustainability at CSU. Everything from social justice to environmental policy to how many solar panels we have."

Taking more action

Dollard said CSU is working on its Climate Action Plan and has moved up its date of climate neutrality from 2050 to 2040. She said that CSU is working toward 100% renewable electricity by 2030.

Dollard also highlighted the geothermal exchange heating and cooling project at the Moby Arena complex and 20 new solar projects, including a solar canopy being added to a parking lot near Westfall Hall.

"Sustainability is top of mind for a lot of our students," Dollard said. "We get success, which makes students recognize us, and they come and then they're saying, 'Well yeah, but we want you to do more.' It's a feedback loop in a positive way."

Letts agreed. "We've done all the really easy stuff," she said. "There's still so much more that we can be doing."

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Traditional Egg Nogs to compliment a "cozier at home" holiday season



Eggnog is one of those winter cocktails that stirs up holiday nostalgia and warms you with that festive feeling for the "cozier at home" days ahead. Served over ice while curled up near a fireplace or served warm with whipped cream and a cinnamon stick while celebrating with friends and family, eggnog is sure to be a holiday pleaser.

Although nobody seems to know the exact origins of eggnog, it is believed the drink began as early as the 13th century as a beverage for the British aristocracy. It was only the wealthy who could afford to drink warm milk and egg beverages seasoned with pricey spices such as ground nutmeg and cinnamon and mixed with expensive liquors like brandy and sherry to keep it from spoiling. Today, you can enjoy this sweet, creamy classic, mixed and ready to serve, for as little as \$10 a bottle at Wilbur's. We recommend Overbrook New England Egg Nog, available in three flavors: Original, Pumpkin or Cinnamon.

Each flavor is crafted using the freshest 100% dairy from local dairy farmers then blended with imported brandy, smooth blended whiskey, imported rum and Kentucky bourbon. Then is added natural nutmeg for an authentic homestyle flavor.

No matter which flavor you choose or how you choose to serve it, eggnog is sure to be a winner for the festive months ahead.

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CALENDAR OF EVENTS

CSU: Designs & Images 2021 PSD Art Show

Through Dec. 11, 10 a.m. - 4 p.m. Virtual
The Designs & Images art exhibition has more than a 47-year tradition showcasing the visual arts in Poudre School District. Over the years, the exhibition and art programs have adapted and changed to reflect the current learning and standards, but because of the global pandemic, this year has been like no other. Students and teachers are facing many challenges with limited studio resources, yet the visual arts at PSD are as vibrant and valid as ever. Art teachers are incorporating new material sources and tools, re-inventing, and transforming their teaching practices to meet the needs of their students during COVID.

Fall Dance Capstone Concert: The Thing Itself

Friday, Dec. 12, 7:30 - 9:30 p.m. University Center for the Arts and Virtual
The Thing Itself is an evocative dance concert featuring work by Colorado State University capstone choreographers. Abby Allison, Jame Fuerte, and Maddy Kling explore duality through movement, narration, and imagery. The discovery of story and exploration of truth has influenced the seniors' choreographic process. This concert represents the culmination of their undergraduate career and features both solo and group work performed by the choreographers and selected dance majors.

Wind Symphony Concert: Celebrations

Friday, Dec. 10, 7:30 - 9:30 p.m. Virtual
The Wind Symphony, directed by Dr. Rebecca Phillips continues their celebration of live music with a concert featuring Dr. Dan Goble, director of the School of Music, Theatre, and Dance, on Mark Watters' Rhapsody for Baritone Saxophone. This program also includes works by Omar Thomas and Julie Giroux.

National Western Stock Show Member Breakfast

Saturday, Jan. 15, 8 - 10 a.m.

National Western Complex
Get your boots and spurs, Saturday, January 15 is CSU Day at the National Western Stock Show, and we have breakfast planned just for our members! Join us for breakfast before the rodeo. Breakfast is provided by your Alumni Association and this member exclusive event is free to attend.

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.

Poudre River Irregulars Traditional Jazz on Avo's Patio

Recurring monthly on the 1st, 2 - 4 p.m. Avogadro'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.

Clara & the Nutcracker

Dec. 10 and 11, 7 - 9 p.m. The Lincoln Center
Kick-off the holiday season with the most well-known ballet adventure of all time! Contemporary Dance Academy presents a full-scale production of The Nutcracker with talented students and guest artists that will delight audiences of all ages. Clara and The Nutcracker have the magic, joy, and sweetness that the whole family will love. Start a new family tradition by experiencing this uniquely beautiful and entertaining production as CDA takes center stage at The Lincoln Center. Livestream options are available as well!

Sweaty Sweater 5K

Saturday, Dec. 11, 9 a.m. - 3 p.m. Foothills Shopping Center

They want to see your most hideous and unforgettable ugly sweater running the Sweaty Sweater 5K Race and Kids 1 Mile Fun Run. This is an event for everyone, whether you are walking, running, or prancing towards the finish line.

Maxline Brewing Sip and Shop Holiday Market

Sunday, Dec. 12, 11 a.m. - 4 p.m. Maxline Brewing
Go enjoy some craft beer and craft goods with over 10 Makers. Sip and Shop Local this Holiday Season.

Community Christmas Concert

Dec. 16 and 17, 7 - 8:30 p.m. Faith Church Fort Collins
An annual well-loved community event, the Christmas Concert at Faith Church features a 40-person orchestra and 30-voice choir singing traditional Christmas music to get you in the Christmas spirit. This year's concert will feature a variety of choral, jazz and orchestral ensembles performing numbers from the likes of The Nutcracker, Trans-Siberian Orchestra and Handel's Messiah. Choose from two performances, in-person only, every year we hear from those who wish they hadn't missed it - we hope you'll join us!

Charles Dickens' A Christmas Carol

Saturday, Dec. 18, 7:30 - 9:30 p.m. The Lincoln Center
A powerful story of redemption, Charles Dickens' A Christmas Carol, has enchanted audiences the world over with its simple message of holiday joy. Ebenezer Scrooge, that most unrepentant and miserly of fellows, is made to see the light as he survives a merciless battery of revelations by the ghosts of his own life: Jacob Marley and the Christmas Spirits of Past, Present and Future.

Colorado Bach Ensemble Presents: Handel's Messiah

Saturday, Dec. 18, 4 - 5 p.m. Griffin Concert Hall, University Center for the Arts
Quite likely the most beloved choral work of all time, Handel's Messiah, has been performed annually all over the world since its premiere in Dublin in 1742.

After a year off in 2020 due to the pandemic, Colorado Bach Ensemble is thrilled to continue this festive Holiday tradition! We will present two performances this December, giving Colorado audiences an inspiring and exhilarating experience of this magnificent work! Joining the professional chorus/orchestra are some of the country's premier Baroque soloists from right here in Colorado.

Harry Potter Trivia

Tuesday, Dec. 21, 6 - 9 p.m. Crooked Stave
Join us for Harry Potter trivia at Crooked Stave FoCo produced by Faye Fearless Trivia in partnership with Worthwich School of Wizardry. Get ready for the most challenging trivia you've ever done! All original questions - created, written, and hosted by super fans! Questions come exclusively from the book we are covering this month (with just a few questions based on the movie). Be sure to reread the chapters before trivia! We get through 70 original questions in 2 hours at each and every event! At the end of 7 rounds, our top 2 teams face off in an EPIC finale wizard duel.

Hayden Childress (Magician)

Saturday, Jan. 8 The Lincoln Center
Hayden is a modern magician and mentalist. He has performed off-broadway in New York City and is featured on the latest season of Penn & Teller: Fool Us on the CW. Don't expect a flashy Vegas magic show - Hayden uses everyday objects instead of ornate magic props. His show combines magic, psychology, and audience participation into a fun, modern, and thought provoking experience that keeps the audience guessing!

Rage Yoga Workshop & Book Signing

Monday, Jan. 17, 12 - 5 p.m. Crooked Stave
Rage Yoga became a viral sensation in 2015 for embracing the misfits of the yoga community. It is often done in breweries so that participants can relax and talk over a drink afterwards - a departure from what people usually think of typical yoga practice.



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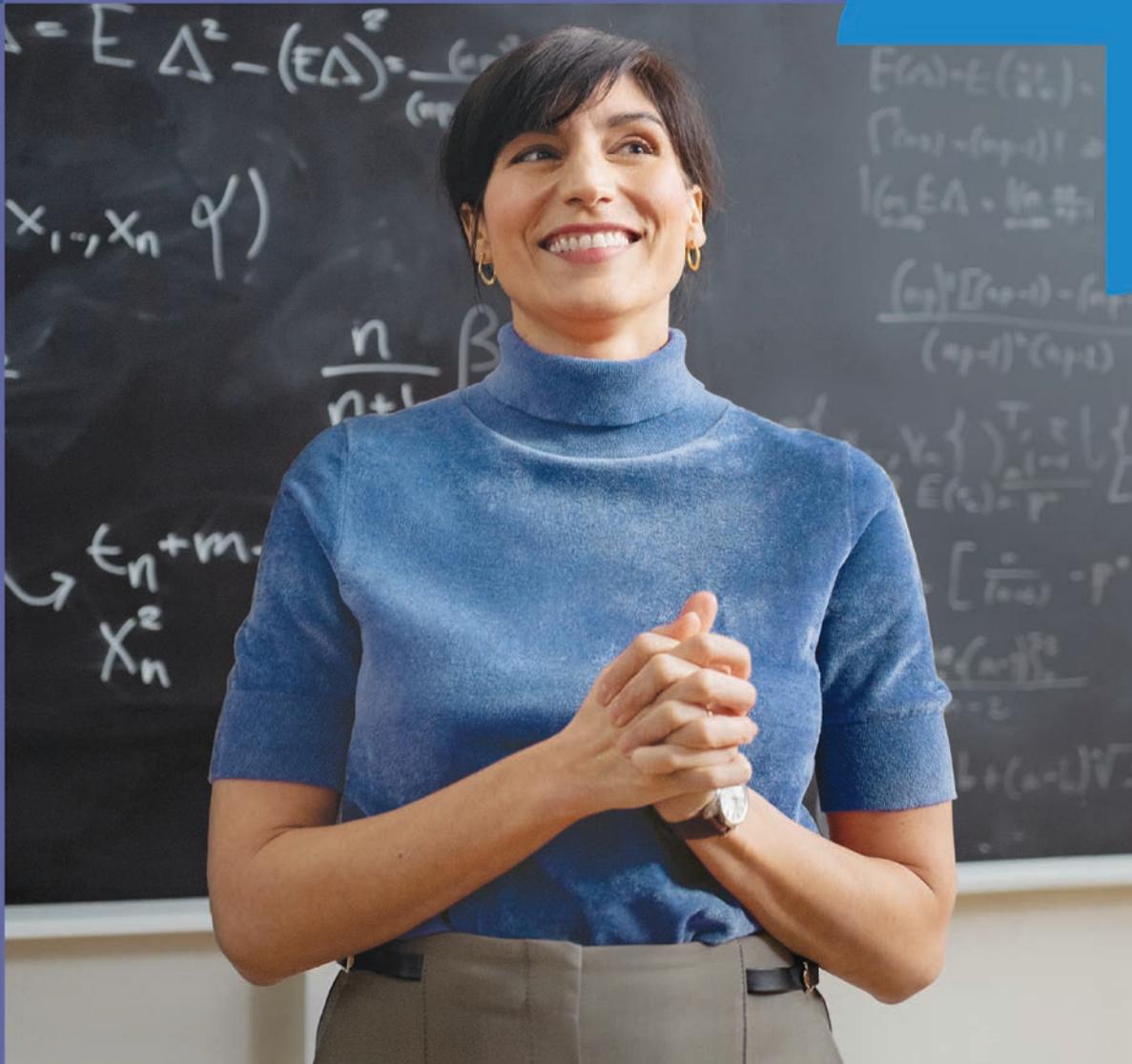


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