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

continue on page 7
APPLAUSE

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
Archaeologists
The Division of Information Systems, and the Office of Telecommunications, is underway, please continue to visit acns.colostate.edu, informationsystems.colostate.edu, and telecomo.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 and informed by these internal decisions. Process improvements were shared through internal discussions as well as data and research of peer institutions, according to leadership.

“Collaborative and cohesive dialogue is the foundation of what makes our campus strong and evolves the culture of this institution,” said Jim Thake, CSU director of information technology, in his statement.

The new name, IT Services/central-it-helpdesk (970) 491-7276

Email: help@colostate.edu
Phone: (970) 491-7276
Location: Morgan Library, 1st Floor

Web: acns.colostate.edu/all-services/central-it-helpdesk

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 also been established 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 telecomo.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

CSU LIFE STAFF

Editors: Ethan Dozier
Assistant Editors: Christine Johnson
Designers: Christine Johnson
Reporters: Kadyly Therpe
Advisors: Kim Hainard, Joe Gainer

CSU LIFE ADVERTISING
Want to promote your business to more than 7,000 CSU faculty and staff? Contact Kim Blandhurt at kblandhurt@colostate.edu or (970) 491-1146.

CSU LIFE is published monthly during the academic year through a partnership with the CSU Libraries and the Department of External Affairs and the Rocky Mountain Student Media Institute.

CONTACT US AT CSULIFE@COLOSTATE.EDU

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 knows 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 fan 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 travel team, 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 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.”

While shared that it has been a great few years here as part of this beautiful campus and community, but the best part of all is being part of a team and working with a group of 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.

IN THIS ISSUE
Rams Against Hunger............................................. 4
Healthy recipes..................................................... 8
New division for employees.............................. 10
Graduation ceremonies...................................... 10
CSU tops sustainability ratings.......................... 12
Calendar of events............................................. 14

Experience more of CSU Life online

Print editions of CSU Life are being delivered in smaller batches to campus buildings this semester so as many student 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 enrolls, source.colostate.edu.

CSU FALCON FOOTBALLovernment

The C.B. Moore Award annually recognizes a preeminent young scholar in Durham, North Carolina in October. The C.B. Moore Award is the highest honor in United States archaeology.

College of Natural Sciences

Minzhiwu, 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 nominations 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 Award. In 2015, the award recognizes excellence in promoting diversity, equality and inclusion across the country’s agricultural experiment stations.

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 knows 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 fan 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 travel team, 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 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.”

While shared that it has been a great few years here as part of this beautiful campus and community, but the best part of all is being part of a team and working with a group of 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.
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 stigmatization 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 SLIC office or visit ls.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 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.
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 1/2 cups peanuts
- 1/4 cup peanut butter
- 2 Medjool dates
- 1 cup chocolate chips
- 2 Medjool dates

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: 446 kcal
- Total fat: 41 g
- Saturated fat: 2 g
- Cholesterol: 182 mg
- Sodium: 3 g
- Protein: 31 g
- Total Carbohydrates: 57 g
- Dietary Fiber: 5 g
- Sodium: 444 mg
- Added sugar: 1 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, K, Iron, Folate, Zinc, and Selenium.

Serving Size: 1 cup

Yield: 4 servings

Ingredients:
- 1 cups cooked brown rice
- 1 lb of large shrimp (16-20 count), peeled and deveined
- 2 tablespoons soy sauce (low sodium)
- 2 tablespoons 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
- 1/2 cup low sodium chicken broth, divided
- 1 teaspoon black pepper
- 1/2 teaspoon onion, and scallion.
- 2 tablespoons olive oil, divided
- 1 tablespoon scallion, chopped
- 2 tablespoons soy sauce, saucy, 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, garlic, black pepper, and 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 add the onions and peppers 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 shrimp back into the pan and add 1/2 cup chicken broth. Dilute the cornstarch with remaining 1/2 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. Serve with brown rice and enjoy!

Nutrition information / amount per serving
- Calories: 115
- Total fat: 7 g
- Saturated fat: 3 g
- Cholesterol: 0 mg
- Carbohydrates: 13 g
- Protein: 2 g
- Sugar: 17 g
- Sodium: 444 mg
- Dietary Fiber: 5 g
- Added sugar: 30 g

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

By CSU MacComm 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-2019 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 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 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.”

CSU Employees Receive a 20% discount on all rentals & 15% discount on accessories.

Check out our selection of new and used bikes for sale!

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 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 wanting to get some things done. So how do you create 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 benefits for both adults and kids. Exercise benefits all ages, and can help with improvements to cardiovascular health, reduced anxiety, depression, improved energy, alertness and sleep. If that sounds too daunting 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 they 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 where you can 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 entering 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 what they are doing (how great that feeling is) is worth 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. You can do 15 minutes rigorously or 30 minutes steadily! Great! Make those small moments add up, but there is no need to fall for the old tale that 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 the day so everyone gets 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 and planning by asking what they would enjoy doing, or use old children’s toys and equipment in new ways. Bond with family members while talking on a hike. Be willing to invest in yourself and develop new skills that you can share with 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.
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 they will remember.”

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 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 Kadyen 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 what 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 ceremony 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.: College of Business Location: Moby Arena

4 p.m.: Waltier 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 Meier-Benbright

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

By Michael Childer

This podcast is brought to you by the students of Professor Thomas Cauxin’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.

COLORADO STATE INSIDER

By Brian Roth

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!

LIVING HEALTHY LONGER

Colombine 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.

CSU SPUR OF THE MOMENT

CSU Spur Campus

Climate change. 10 Billion humans 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 Jordan Whitt each episode as she speaks with an individual who is making an impact in these fields and inspiring the next generation of change-makers.

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 Jesse Tovar 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 Student Disability Center’s website.

SPONSORED CONTENT
Colorado State University tops sustainability ratings

By Mark Golaki

As a high school senior in Huntsville, Alabama, Carol Dollard went to her guidance counselor’s office to thumb through a phone book like one 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 had 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 our students.”

A common goal

Letts, who will graduate in December, has been a residence hall Eco Leader and a peer mentor, worked with the Environmental Engineering Program, and has been a mentor, worked with the Environmental Studies Program, and has been heavily involved in some type of environmental stuff, “The common goal here is kind of like a common goal among everybody,” Dollard graduated from CSU in 1981.

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.”

CSU has seen social justice courses added to the curriculum, continued research by countless faculty and dozens of sustainability projects completed on CSU’s campuses.

“Consistent excellence

CSU has never scored lower than fourth (2008-2009) 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 a 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.

“We are in a platinum family, and it’s a very elite company,” Dollard said. “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 2030 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.

“What we are doing is making students recognize us, and we get success, we get 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.”

Celebrate at home & we’ll DELIVER the holiday cheer!

ORDER ONLINE.
It’s easy and you can pickup at our door or and we’ll delivery to your doorstep!

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 up warm or chilled near a fireplace or served warm with whipped cream or 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 spicy spices such as ground nutmeg and cinnamon and mixed with expensive liqueurs 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.

*Gch 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 winter of the festive months ahead.


 Ordering to your doorstep! Download our app and discover:

• online specials
• recipes
• beer, wine and spirits education
• online ordering options
• lots more.

Wilbur’s Total Beverage for the holidays. Featuring over 10,000 wines, beers, spirits and holiday gift sets.

WILBUR’S TOTAL BEVERAGE

Celebrate at home & we’ll DELIVER the holiday cheer!

ORDER ONLINE.
It’s easy and you can pickup at our door or and we’ll delivery to your doorstep!

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 up warm or chilled near a fireplace or served warm with whipped cream or 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 spicy spices such as ground nutmeg and cinnamon and mixed with expensive liqueurs 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.

*Gch 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 winter of the festive months ahead.


 Ordering to your doorstep! Download our app and discover:

• online specials
• recipes
• beer, wine and spirits education
• online ordering options
• lots more.

Wilbur’s Total Beverage for the holidays. Featuring over 10,000 wines, beers, spirits and holiday gift sets.
CALENDAR OF EVENTS

SUN, DEC 5 – CHORUS & ORCHESTRA: PRESENTS: HANDEL’S MESSIAH
After a year off in 2020 due to the pandemic, Colorado’s 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
Thursday, Dec. 2, 6 - 9 p.m.
Crooked Stave
Join us for Harry Potter trivia at Crooked Stave. It’s produced by Faye Fearless Trivia in partnership with Worth 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 books we are covering this month (with just a few questions based on the movie). Be sure to review 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 his love of 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
Saturday, Jan. 15, 8 - 10 a.m.
The National Western Complex
National Western Stock Show Member Breakfast
Saturday, Jan. 15, 8 - 10 a.m.
A sweeter walking the Sweaty Sweater 5K Race and 1 Mile Fun Run. The gala event for everyone, whether you are walking, running, or prancing towards the finish line.

Maxline Brewing & 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 it missed it - we hope you’ll join us!

Charles Dickens’ A Christmas Carol
Saturday, Dec. 18, 7:30 - 9 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. 11, 8 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.

Are you the ULTIMATE RAM FAN?
Support the green and gold AND show your school pride.

Coming soon, just in time for the holidays
The RamPride Box is the ultimate way to show your school pride. Three times a year (May, August and December), you’ll receive Colorado State themed boxes chock full of ram gear, featured alumni products, books and more.

Each box provides options of three to five items to choose from so what you will receive in your shipment. As a special bonus, each will include custom art Colorado State poster and Postcards exclusive to Ram Fans.

Choose your level:
Green $129/yr  Gold $249/yr Platinum $399/yr

Get on the Waiting List Today at RamPride.ColoState.EDU

As a special subscriber thank you, ALUMNI ASSOCIATION MEMBERS RECEIVE AN EXCLUSIVE FOURTH BOX – CURATED JUST FOR MEMBERS!

INTRODUCING: Ram Subscription Boxes

Order Now

Or Scan Here

Platinum $399/yr

Sip and Shop Holiday Market
Saturday, 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 it missed it - we hope you’ll join us!

Charles Dickens’ A Christmas Carol
Saturday, Dec. 18, 7:30 - 9 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. 11, 8 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’s 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
Thursday, Dec. 2, 6 - 9 p.m.
Crooked Stave
Join us for Harry Potter trivia at Crooked Stave. It’s produced by Faye Fearless Trivia in partnership with Worth 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 books we are covering this month (with just a few questions based on the movie). Be sure to review 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 his love of 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
Saturday, Jan. 15, 8 - 10 a.m.
The Lincoln Center
Rage Yoga became a viral sensation in 2017 for embracing the merits 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 practices.

As a special subscriber thank you, ALUMNI ASSOCIATION MEMBERS RECEIVE AN EXCLUSIVE FOURTH BOX – CURATED JUST FOR MEMBERS!

GET ON THE WAITING LIST TODAY AT RAMPRIDE.COLOSTATE.EDU

As a special subscriber thank you, ALUMNI ASSOCIATION MEMBERS RECEIVE AN EXCLUSIVE FOURTH BOX – CURATED JUST FOR MEMBERS!

INTRODUCING: Ram Subscription Boxes

Support the green and gold AND show your school pride.

Coming soon, just in time for the holidays
The RamPride Box is the ultimate way to show your school pride. Three times a year (May, August and December), you’ll receive Colorado State themed boxes chock full of ram gear, featured alumni products, books and more.

Each box provides options of three to five items to choose from so what you will receive in your shipment. As a special bonus, each will include custom art Colorado State poster and Postcards exclusive to Ram Fans.

Choose your level:
Green $129/yr  Gold $249/yr Platinum $399/yr

Get on the Waiting List Today at RamPride.ColoState.EDU

As a special subscriber thank you, ALUMNI ASSOCIATION MEMBERS RECEIVE AN EXCLUSIVE FOURTH BOX – CURATED JUST FOR MEMBERS!

INTRODUCING: Ram Subscription Boxes

Support the green and gold AND show your school pride.

Coming soon, just in time for the holidays
The RamPride Box is the ultimate way to show your school pride. Three times a year (May, August and December), you’ll receive Colorado State themed boxes chock full of ram gear, featured alumni products, books and more.

Each box provides options of three to five items to choose from so what you will receive in your shipment. As a special bonus, each will include custom art Colorado State poster and Postcards exclusive to Ram Fans.

Choose your level:
Green $129/yr  Gold $249/yr Platinum $399/yr

Get on the Waiting List Today at RamPride.ColoState.EDU

As a special subscriber thank you, ALUMNI ASSOCIATION MEMBERS RECEIVE AN EXCLUSIVE FOURTH BOX – CURATED JUST FOR MEMBERS!
Passion for life, meet money for life

Follow whatever calls you and leave your retirement to us. Guaranteed lifetime income means money when you need it, for however long you need it. Visit TIAA.org/NeverRunOut