Uniting the Diaspora: Black History Month begins at CSU

By Ethan Dvorak

Colorado State University kicked off Black History Month in the Lory Student Center Theater on Jan. 28, touching on the universal themes of inclusiveness and unity.

The celebration, organized by CSU’s Black/African American Cultural Center, commenced with one significant word: diaspora. Those who spoke referred to this, explaining its meaning as regaining unity among African countries, cultures and peoples. They shared a burning desire to be proud of one’s heritage and culture while establishing a sense of comradery among those that share a similar background.

To celebrate the start of Black History Month at CSU, the event included performances that did not shy away from cultural values but basked in the light of their individuality. This included living statues and spoken word performances, highlighting the values and desires of those running the event.

Sometimes a few simple words can hold 1,000 stories. Words such as community, pride and love filled the theater throughout the night. The speakers at this event showed that despite prejudice and hardship, one’s origin shall never be forgotten, nor shall it be replaced.

This was just the start of the month. In the coming weeks, the monthlong celebration will feature a virtual keynote talk on Feb. 10 from Sybrina Fulton, the mother of Trayvon Martin, whose death in 2012 by a neighborhood watch volunteer in Florida sparked a national movement questioning the role of guns and policing in America.

There also will be with dozens of experiences focusing on the culture, history and traditions that also foster the power of community and love for one another — something that was evident in the opening event at the Lory Student Center.

For more information on events and celebrations for Black History Month at CSU, head to baacc.colostate.edu/programs/cultural-programs/black-history-month-programs.
New York Times journalism headlines International Symposium

By Etan Gershmon and Chris DeRosen
Colorado State University’s third annual International Symposium will be held Feb. 15-17.

The symposium is organized by the Office of International Programs and highlights the ways CSU students, faculty, staff and partners add global dimensions to their teaching and learning, research, scholarship and community engagement.

All sessions at the International Symposium will be virtual and free and open to the public, but registration is required. The International Symposium will cover a wide range of topics, including education, social and environmental issues, health, culture, diversity and inclusion, economics and language.

Over three days, attendees can learn about prosthetic innovation in Ecuador, CSU’s research in support of the UN’s Sustainable Development Goals, human adaptation to environmental change, the development of peace education pedagogy, disability rights laws in Jordan and much more.

Lulu Garcia-Navarro of the New Times will be the keynote speaker at this year’s International Symposium.

On Wednesday, Feb. 16 from 1-2 p.m., keynote speaker Lulu Garcia-Navarro will discuss “How We Collectively Lost Our Minds: A Journalist Trying to Cover Today’s World.”

Garcia-Navarro is an award-winning journalist and currently a podcast host with The New York Times. She was the host of National Public Radio’s Weekend Edition Sunday where she reported on everything from #MeToo to immigration to the pandemic. Garcia-Navarro has years of experience interviewing world leaders, authors, artists and people living on the front lines of a changing world.

Plenary session with vice president for Inclusive Excellence and vice provost for International Affairs

Vice President for Inclusive Excellence Kautila Cipriano, who joined CSU in August 2021, and Vice Provost for International Affairs Kathleen Fairfax will have a dialogue about the connection between domestic and international diversity from 9-9:20 a.m. on Thursday, Feb. 17. Fairfax said she’s excited about the discussion and to share with the greater campus community Cipriano’s perspectives on advancing inclusive excellence at CSU as a woman of color originally from Trinidad.

“I think the arrival of Dr. Cipriano to campus brings a special opportunity for our two units to work even more closely together to engage the world,” DeLuca said.

For full event information, including session descriptions, presenter bios, and registration links, visit international.colostate.edu/symposium.
Employee Appreciation Board recognizes Health Network Laboratory, Classroom Support Services

By CSU MarComm Staff

CSU’s Employee Appreciation Board, which recognizes groups that go above and beyond their normal duties, honored Classroom Support Services and the Health Network Laboratory in January.

The Health Network Laboratory was celebrated for its support in processing COVID tests for campus.

“The staff have run thousands of tests, saving hundreds of thousand dollars for the university,” Director of Medical Clinical Services Kathy Waller said. “They have done all of this while also providing the usual routine services of a clinical laboratory for diagnosing and treating students who come to the clinic for care. The laboratory staff at the CSU Health Network are the unsung heroes of CSU’s pandemic response, and they deserve recognition and gratitude for their hard work behind the scenes!”

The laboratory at the CSU Health Network provides high-quality, affordable clinical diagnostic testing for CSU students with orders from medical providers. State-of-the-art equipment is utilized to perform chemistry, hematology and endocrinology. Microbiology (cultures and molecular science) are also performed on site. The lab staff includes nationally certified medical laboratory scientists and nationally certified phlebotomists. The CSU Health Network Laboratory holds a certificate of compliance through CMS/CLIA.

In appreciation of a job well done, the staff received Olive Garden for lunch.

Classroom Support Services

Classroom Support Services was celebrated for all they have done to go above and beyond their normal roles over the past two years. The team has worked with undergraduate, graduate and DVM classrooms to provide the top level of equipment, service, and end user experience.

When CSU transitioned to fully remote learning, this team worked tirelessly with faculty/instructors to ensure they could still provide the high-quality lectures. They help equipped rooms with Echo 360 which allows the lecture, presentation and video to be recorded automatically at class times. This technology has allowed students a study tool available virtually anytime, anywhere, so they can watch lectures due to missed classes or take detailed notes while reviewing the recording afterward. With a team of only 2.5 FTE, responsible for more than 150 general classrooms, this group has done a phenomenal job on not just assisting general classrooms but other units outside the general classrooms as well.

Maddi Funk, instructional design and media specialist in the College of Veterinary Medicine and Biomedical Sciences, nominated this unit and said that anytime she has called on them, “they are always so kind and quick to help, and I truly appreciate it!” Referring to their help with Echo 360 and some audio recording issues the college was having, she said, “They helped us explore some different options, and ultimately changed some equipment so that the audio is better for both our CSU and Alaska vet students! I know that the students greatly appreciate the better audio quality for the recordings!”

To nominate a campus unit, visit csueab.colostate.edu/nominatea-unit.

Need access to the City in your pocket?

Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at fcgov.com, or download the free mobile app.
Zesty lemon dill salmon

A KRNC fan favorite—a touch of citrus and dill makes this super simple salmon dish extra delicious. Bake it in a foil packet for the best outcome!

**Serving Size:** 1 fillet

**Ingredients:**
- 1 lemon
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 teaspoons lemon pepper

**Directions:**
1. Preheat oven to 450 degrees and spray a piece of aluminum foil and pinch edges together. Set the piece on a baking sheet.
2. Place salmon fillet on the foil. Mix together olive oil, lemon juice, and minced garlic in a small bowl and pour over fillets.
3. Mix together olive oil, lemon juice, and minced garlic in a small bowl and pour over fillets. Bake for 15 minutes.
4. Sprinkle fresh dill, lemon pepper, and chili flakes (if using).
5. Allow to cool in the oven for 15 minutes.
6. Remove packet from the oven and cool 5 minutes before opening.
7. Serve and enjoy with seasonal vegetables or a green salad!

Nutrition information / amount per serving:

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Kale and white bean soup

This tasty soup is packed with fiber and protein to keep you full and satisfied. Try using different beans and vegetables to make this a versatile favorite for every season!

**Serving Size:** 1 cup

**Yield:** 4 servings

**Ingredients:**
- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 medium onion, chopped
- 4 cups kale, chopped
- 4 cups vegetable broth
- 1 (15-ounce) can diced tomatoes
- 1 can white beans, rinsed and drained
- 4 garlic cloves, minced
- 2 tablespoons Italian seasoning
- 1 teaspoon sea salt
- Pepper to taste

**Directions:**
1. In a large saucepan or soup pot, heat olive oil on medium heat.
2. Add garlic and onion, and sauté until soft. Add kale and half of salt, and sauté until wilted.
3. Add broth, beans, tomatoes, tomato paste, Italian seasoning, remaining salt, pepper, and dill flakes (if using).
5. Ladle into bowls, and sprinkle with chopped parsley.

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For more delicious recipes, nutrition tips, and cooking and nutrition classes, contact the Kendall Reagan Nutrition Center at (970) 495-1916 or see this CSU website: colorado.edu/nutrition. More health tips are also available at pennlive.com/ food-and-health-and-wellbeing. Lastly, don’t forget to sign up for the KRNC monthly newsletter! The Kendall Reagan Nutrition Center is in the Department of Food Science and Human Nutrition, part of CSU’s College of Health and Human Sciences.

AAAS honors CSU’s Aster, Ranu as new fellows

Two Colorado State University faculty members have been elected fellows of the American Association for the Advancement of Science. Considered one of the most distinctive honors within the scientific community, the award has been bestowed annually since 1874 by the AAAS, the world’s largest general scientific society and publisher of the Science family of journals. Professor Rick Aster, head of the Department of Geosciences in the Warner College of Natural Resources, and Dr. Rajinder Ranu, professor emeritus of cell and molecular biology, molecular genetics, microbiology and plant pathology in the College of Agricultural Sciences, are among the AAAS members honored with the lifetime designation.

The 2021 class of AAAS Fellows recognized for scientifically and socially distinguished achievements includes 364 scientists, engineers and innovators spanning 24 scientific disciplines.

**Honors in geology and geography, medical sciences**

Aster is being recognized for “distinguished contributions to earthquake and volcano seismology, seismic imaging, inverse problems, signal processing, cryospheric and thalial seismology, Antarctic geophysics and seismological instrumentation.” He is also being honored for exemplary service to the community.

Jeffrey Freymueller, Endowed Chair for Geology of the Solid Earth at Michigan State University, said the recognition for Aster is “great news.”

In addition to Rick’s research contributions in seismology, he literally wrote the book when it comes to inverse problems and parameter estimation in the geosciences, said Freymueller, also an AAAS Fellow. “A full generation or more of graduate students have now learned critical tools and techniques by taking a course centered around Rick’s book.”

Bobert Woodward, a geophysicist and president of the Incorporated Research Institutions for Seismology, said Aster is an outstanding scientist and educator with a broad range of research interests and discoveries across the planet. “Rick’s research, often involving major field experiments in remote regions, including the Arctic and Antarctica, have furthered our understanding of Earth on a wide range of spatial and time scales,” he said.

Aster currently chairs the Board of Directors of the Research Institutions for Seismology, a consortium of over 100 U.S. universities.

Ranu was elected in the Medical Sciences section for “distinguished contributions to molecular biology, particularly in discovery and characterization of factors involved in protein synthesis,” and for working to increase diversity in the student and faculty population at CSU.

He holds a Doctor of Veterinary Medicine degree from Punjab University in India and master’s and doctoral degrees from the University of Pennsylvania.

His work regarding immature red blood cells—reticulocytes—has resulted in a series of important and broad-based contributions to iron deficiency anemia, said Ram Sriram, a nominator and chief of the Software & System Division at the National Institute of Standards and Technology, one of the nation’s oldest physical science laboratories.

In addition to his biomedical research, Ranu has also made major contributions to molecular biology involving the cloning of genes of biotechnological importance in ornamental plants. “Rajinder’s research has led to the cloning of a variety of genes from roses and geraniums involved in ethylene biosynthesis,” Sriram said. “Many of these genes are now patented—a first at Colorado State University.”

Sriram and other officials who nominated Ranu pointed out major scientific contributions he has made, including the discovery of three key factors involved in the initiation of protein synthesis and expanding research in plant molecular biology and biotechnology.

**Among today’s brightest minds**

Sudip Parikh, AAAS chief executive officer and executive publisher of the Science family of journals, said that the new fellows are among today’s brightest minds who are integral to forging our path into the future.

“We celebrate these distinguished individuals for their invaluable contributions to the scientific enterprise,” he said.

Aster and Ranu join more than 110 researchers from CSU, going back to the 1920s, who have been named AAAS Fellows.

The new fellows will be celebrated later this year during a virtual gathering when it is feasible from a public health and safety perspective. The new class will also be featured in the AAAS News & Notes section of Science in January 2022. Learn more about the AAAS Fellows on the association’s website.
Black History Month includes keynote speakers

By Joe Giordano

Colorado State University is celebrating Black History Month in February with dozens of experiences focusing on the culture, history and traditions that are unique to the African American experience.

The monthlong celebration will feature a virtual keynote talk on Feb. 10 from Sybrina Fulton, the mother of Trayvon Martin whose death by a neighborhood watch volunteer in Florida sparked a national movement questioning the role of guns and policing in America.

Additional events at CSU include group discussions and film screenings that organizers say are designed to connect a range of communities through art and culture. This year’s theme is titled “Uniting the Diaspora.”

“We have students from all over the world, and we want to see them unite and see themselves as one,” said Duan Ruff. director of CSU’s Black/African American Cultural Center. “From there, we can connect to the greater university and start to connect to the entire human diaspora.”

Black History Month kicks off on Friday, Jan. 28, at 4 p.m. at the Lory Student Center Theatre, with live performances, featuring students portraying “living statues” of important Black historical figures such as activist Fred Hampton and others.

Students in costumes will pose as statues of the historical figures and then come to life to start to connect to the entire larger universe, and we want to see them unite and see themselves as one,” said Duan Ruff. director of CSU’s Black/African American Cultural Center. “From there, we can connect to the greater university and start to connect to the entire human diaspora.”

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Black History Month

Kick-Off
Friday, Jan. 28, at 4 p.m.
Lory Student Center Theatre
Virtual access will be provided closer to the event.

Real Talk: ABC—“Appreciating Black Culture”
Tuesday, Feb. 1, at 4 p.m.
B/AACC Office – Lory Student Center 335

Black artists exhibition
February 2nd, at 4 p.m.
Gregory Allicar Museum of Art – 1400 Remington St.

Movie screening: “Black Art: In the Light of Absence”
Wednesday, Feb. 2 at 6:30 p.m.
Behavioral Sciences Building A101

Being Black & Holistic Health: Nutrition
Thursday, Feb. 3 at 4 p.m.
Lory Student Center 328/330

Throwback event by Ram Events
Thursday, Feb. 3 from 5-8 p.m.
Lory Student Center Ramskeller

Black Facility/Staff Mixer
Friday, Feb. 4 at 3 p.m.
Office of Inclusive Excellence at 645 S. Shields St.

Real Talk: “Art as Activism”
Tuesday, Feb. 8 at 4 p.m.
B/AACC Office – Lory Student Center 335

Black Student Alliance – Sex for Chocolate
Wednesday, Feb. 9 at 5 p.m.
Lory Student Center 328/330

Movie screening: “Passing”
Wednesday, Feb. 9 at 7 p.m.
Lory Student Center 335 – B/AACC Office

Being Black & Holistic Health: “Passions”
Thursday, Feb. 10, at 4 p.m.
Lory Student Center 324

Keynote: Sybrina Fulton (presenting virtually)
Thursday, Feb. 10, at 4 p.m.
Lory Student Center – Grand Ballroom C-D

Aspen Grille Luncheon
Thursday, Feb. 10, and Friday, Feb. 11, 11 a.m. to 1 p.m.
Lory Student Center – Aspen Grille

United Men of Color: Gal-entines Dinner (invitation only)
Friday, Feb. 11, at 6 p.m.
Lory Student Center 335 (invitation only)

United Women of Color: Gal-entines Brunch (invitation only)
Saturday, Feb. 19, at 11 a.m.
Lory Student Center 335 (invitation only)

United Women of Color: The Hair Show
Sunday, Feb. 20, at 5 p.m.
Lory Student Center Theatre

Real Talk: “Passing”
Tuesday, Feb. 15, at 4 p.m.
B/AACC Office – Lory Student Center 335

Soca Mash-Up – Dance Class
Wednesday, Feb. 16, at 7 p.m.
Lory Student Center 386

Being Black & Series: “Being Black & Holistic Health: Spirituality”
Thursday, Feb. 17, at 4 p.m.
Lory Student Center 324

Thursday, Feb. 17, at 7 p.m.
Movie screening: “Respect”
(Special event)
The Lyric at 1209 N. College Ave.

Thirst for Knowledge: Student Activism
Friday, Feb. 18, at noon
Lory Student Center 328/330

United Women of Color: Gal-entines Brunch (invitation only)
Saturday, Feb. 19, at 11 a.m.
Lory Student Center 335 (invitation only)

United Women of Color: The Hair Show
Sunday, Feb. 20, at 5 p.m.
Lory Student Center Theatre

Keynote: Nicole Lynn Lewis
Monday, Feb. 21, at noon
Lory Student Center – Grey Rock Room

Real Talk: “Uniting the Diaspora” in collaboration with African’s United
Tuesday, Feb. 22, at 4 p.m.
B/AACC Office – Lory Student Center 335

A Conversation Around Haiti with Dr. Ernesto Sagas, in partnership with El Centro
Wednesday, Feb. 23, at noon
Lory Student Center – Grey Rock Room

Being Black & Holistic Health: “Aspirations”
Thursday, Feb. 24, at 4 p.m.
Lory Student Center 226/228

Kick B/AACC – Black History Trivia
Friday, Feb. 25, at 2 p.m.
Lory Student Center 335

From Denver to Dearfield: Colorado Black History Tour
Saturday, Feb. 26, at 8 a.m.
More details around the day of agenda and to sign up coming soon

Black History Month 2022

Author Nicole Lynn Lewis will speak at CSU on Feb. 21.

Syrbrina Fulton, the mother of Trayvon Martin, whose death by a neighborhood watch volunteer in Florida sparked a national movement questioning the role of guns and policing in America, will speak virtually at CSU on Feb. 10.

In February, the Black/African American Cultural Center highlights the accomplishments and contributions of African, African Americans, Pan African people and culture. This is done through a great deal of collaborations with students, student organizations, on-campus faculty/staff, CSU departments, alumni, and Northern Colorado community members.

Events include: the Kick off Celebration, keynote speakers (past speakers: Angela Davis, Hill Harper, Melissa Harris-Perry, Laverne Cox, Mark Lamon Hill, Eric Thomson, Dr. Yusef Salaam, Wesley Hamilton); the Black Women’s Summit; The Hair Show; Open Mic Night; and southern-style lunch at Aspen Grille.

For the latest information about Black History Month Programs at CSU, visit baacc.colostate.edu/programs/cultural-programs/black-histroy-month-programs.

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New Year’s reflections: Take care of YOU in ’22

By Kimberly Burke

Make 2022 all about you! We often use the new year for reflections on the year previous, and for thinking of new goals for the next year. For 2022, why not make a goal for more self-care and taking care of yourself? Self-care is the practice of taking action to preserve or better one’s own health. We might think we do not have time, or that self-care is bubble baths and sweet treats, however, there are lots of ways, big and small, as well as multiple dimensions to self-care. It does not just have to be physical, but you can add in emotional, social, and environmental self-care, or whatever realms of care speak to you and feel rejuvenating.

Physical self-care

We can easily forget in the mayhem of life, especially when trying to take care of both ourselves and others, that the best way to take care of others, is to first take care of ourselves. To keep running efficiently, you have got to take care of your body. This means being mindful of what you are eating, how you are sleeping, how much you exercise, how often you are going to the doctor, and making managing your physical health a priority.

 Emotional self-care

Life can get overwhelming, and without restoring our energy, we can hit that threshold for overload, each time hitting that threshold quicker and quicker, and sometimes with more force. Handling our emotions is an important coping skill. Let me be clear, having emotions is not the problem, as they are important, all of them! Emotional self-care activities help to acknowledge and express your emotions and feelings and let you process them rather than cover them or deal with them at another time. This could be talking with a partner, friend, family, therapist, or solo activities to help process and work through your emotions.

 Social self-care

We are all busy, which makes getting together with family and friends hard to do sometimes. It may seem like the best level of rest is to skip the last social gathering, and while that can be very true, sometimes seeing friends helps to fill our empty reserves from a going-gone society. Close connections are important to our long-term well-being, and those relationships take time and effort. It is important to figure out your social needs. Some may need regular gatherings and phone calls, others may need a once-a-month hang.

Whatever the area, or all of the areas, that you are thinking of starting on with your self-care practice, take a little time to reflect and then plan. What works for your friend may not work for you, so do not get discouraged or compare. Customize your self-care to fit your needs, and do not feel like you must do it all at once. Start small. Reflect first on how

You are feeling. Are you feeling energized, drained, sleepy, hungry, excited? Use that to start to think about what would help those feelings or alter them. If you are feeling drained, what self-care would be best for you? Call a friend, go for a walk, grab a coffee, or take a mental break? Experiment with different practices to see what resonates with you the most, and see if there are ways to get that specific practice into your routine more regularly.

Maybe that means a once-a-day practice of gratitude or a mental break to repeat a personal mantra. Maybe it means a bath once a week, maybe it means a massage once a month, maybe it means a beverage with a friend on the way to or home from work. Whatever it looks like to you, try to get more self-care in 2022!

Kimberly Burke is a lecturer in the Department of Health and Exercise Science and the director of their Adult Fitness Program at Colorado State University. 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.

Visiting CSU Spur in Denver? Here’s what to expect

By Kadyn Thorp

Colorado State University has continued to grow their footprint and their latest attempt to do so was shown in their unveiling of the CSU Spur.

The first building included in CSU Spur opened this January in Denver located right on the grounds of the National Western Center. It is a public, free, year-round educational destination where anyone can learn more about water, food and health.

The growth of this Denver location doesn’t stop at this building. The Terra building, which will focus on food and agriculture, is opening in April and the Hydro building, which will focus on water and will open in November. The Vida building, open now, is dedicated to getting people to museum, dedicated to getting people to explore more about animal and human health. Once all the buildings are open, Spur will have something for all interests and all ages: laboratory, veterinary clinic, art studio, and gardens.

Be sure to take a day to go visit and open your mind to a completely interactive experience that you have never seen before. For more information, visit cusaspur.org.

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We can easily forget in the mayhem of life, especially when trying to take care of both ourselves and others, that the best way to take care of others, is to first take care of ourselves. To keep running efficiently, you have got to take care of your body. This means being mindful of what you are eating, how you are sleeping, how much you exercise, how often you are going to the doctor, and making managing your physical health a priority.

 Emotional self-care

Life can get overwhelming, and without restoring our energy, we can hit that threshold for overload, each time hitting that threshold quicker and quicker, and sometimes with more force. Handling our emotions is an important coping skill. Let me be clear, having emotions is not the problem, as they are important, all of them! Emotional self-care activities help to acknowledge and express your emotions and feelings and let you process them rather than cover them or deal with them at another time. This could be talking with a partner, friend, family, therapist, or solo activities to help process and work through your emotions.

 Social self-care

We are all busy, which makes getting together with family and friends hard to do sometimes. It may seem like the best level of rest is to skip the last social gathering, and while that can be very true, sometimes seeing friends helps to fill our empty reserves from a going-gone society. Close connections are important to our long-term well-being, and those relationships take time and effort. It is important to figure out your social needs. Some may need regular gatherings and phone calls, others may need a once-a-month hang.

Whatever the area, or all of the areas, that you are thinking of starting on with your self-care practice, take a little time to reflect and then plan. What works for your friend may not work for you, so do not get discouraged or compare. Customize your self-care to fit your needs, and do not feel like you must do it all at once. Start small. Reflect first on how

You are feeling. Are you feeling energized, drained, sleepy, hungry, excited? Use that to start to think about what would help those feelings or alter them. If you are feeling drained, what self-care would be best for you? Call a friend, go for a walk, grab a coffee, or take a mental break? Experiment with different practices to see what resonates with you the most, and see if there are ways to get that specific practice into your routine more regularly.

Maybe that means a once-a-day practice of gratitude or a mental break to repeat a personal mantra. Maybe it means a bath once a week, maybe it means a massage once a month, maybe it means a beverage with a friend on the way to or home from work. Whatever it looks like to you, try to get more self-care in 2022!

Kimberly Burke is a lecturer in the Department of Health and Exercise Science and the director of their Adult Fitness Program at Colorado State University. 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.
University guidelines for weather closures

By Dell Rae Ciavarola

In rare cases, extreme weather may necessitate a decision to cancel all classes and events and close offices on all campuses, or operate on a delayed schedule during winter conditions. However, the University’s goal is to remain open when possible, in consideration of tuition already paid by students and the University’s mission.

Living in Colorado means living with snowy weather. Unless weather is extreme and street crews are unable to keep up with clearing the snow, the University will likely stay open.

Who makes the decision? The Public Safety Team gathers information and makes a recommendation to the president regarding whether to stay open, delay the start of classes, close mid-day, cancel evening events and classes, or cancel all activities.

The Public Safety Team and President consider the following information:

- Local school district status. CSU does not automatically close on a local school district’s closing day. K-12 students are not adults and have different safety considerations than college-aged students and University employees.
- The status of the city of Fort Collins and Larimer County offices and operations, including the operating status of Transfort.
- City of Fort Collins Emergency Management recommendations.
- Road conditions to and from campuses from within the city and county, as well as road conditions on Main, South and Foothills campuses.
- The condition of campus parking lots and sidewalks, including if Facilities Management has been able to adequately clear most areas.
- Assessments by CSUPD and CSU Facilities Management of safety on campus such as tree damage, sidewalks, etc.
- Personal assessments. Members of the Public Safety Team actually get out on the streets, even during early morning hours, and drive their neighborhoods or to Main Campus.

Safety is the primary concern in making these decisions, with the understanding that winter storms are common in Colorado and that if the majority of students and employees can safely travel to campus. However, individual students or employees who cannot travel safely should use sound judgment and make arrangements with their professors and supervisors. Individual departments or colleges do not have the authority to close down University operations or closed buildings. Events may be canceled at the discretion of event planners.

When is the decision made? When overnight storms are a factor, employees tied to the Public Safety Team start gathering information in the early hours of the morning and generally come together on a conference call by 5 a.m. to review the information. The team aims to make the decision by 5:30 a.m. for overnight storms. On rare occasions, some circumstances push the decision to a later time.

During daytime storms or emergencies, safety officials keep tabs on conditions throughout the day and continually assess conditions. If conditions deteriorate to merit a closure discussion, a conference call is scheduled for as soon as possible to discuss an early closure or other options.

If a storm moves in during the day, the team will monitor conditions and hold a call as necessary during work or evening hours. When a daytime or evening storm creates conditions that necessitate a campus closure the next day, the team aims to communicate by 9 p.m.; however, the team may also opt to get an update from city, county and University crews on road and grounds conditions at 5 a.m. before making a determination.

If the University is closed, can I still be on a campus? Employees and students who do not live on Main Campus are asked to leave campuses once the University is closed. This allows facilities crews to more readily clear snow from parking lots and roadways as it accumulates. Some employees are required to report to campus even if the University is closed; otherwise, employees are encouraged to stay home.

How are students, faculty, and staff notified? The University notifies employees and students through a variety of means:
- Safety.colostate.edu
- CSU official social media sites (Facebook and Twitter) including CSUPD and main university sites.
- A University-wide email sent to all employees and students; individuals cannot opt out of this email. Distribution may take several minutes to hours, depending upon demands on local technology, but generally reaches all subscribers within 15-20 minutes.
- A University text alert. Employees may sign up via Administrative Applications and Resources portal. Click on “emergency text alerts” under the resources tab. Students can sign up via RamWeb.
- Local and Denver news media (Denver TV channels, local radio stations). • CSU status line at 970-491-7669.

**Please note that it may take 10-15 minutes for all news media, the status line and other notification methods to be updated once the decision is made.

University employees with emergency duties should check with their supervisor about whether they are expected to report to work even if the University is closed.

When is a decision made to re-open the University? The decision to re-open campuses will be made by the president with information from the Public Safety Team, based on weather and road conditions. If the University is currently closed and weather conditions improve during evening hours, a decision to reopen the next day may be made that evening, or before 5:30 a.m. the next day, depending upon the weather forecast and available information.

It should be assumed that the University is open the day following a closure, unless a new closure for the current day has been communicated.

For more information, visit source.colostate.edu/university-guidelines-weather-closure.

RAMS Against Hunger: New location, same mission

By Ethan Dvorak

Food insecurity is a critical issue among college students, as well as the greater Colorado State University community. Consider this: In the last 30 days, 29% of students at CSU are experiencing food insecurity.

Luckily, services such as RAMS Against Hunger are working to better this issue. They just moved to the General Service Building thanks to a $400,000 renovation and renewed effort to establish food security at CSU.

The new pantry offers a “client-choice shopping experience,” similar to a grocery store, according to Michael Buttram, who serves as the basic needs program manager for CSU’s Student Leadership, Involvement, and Community Engagement (SLICE) office.

It also serves as a one-stop shop for basic needs services, where people can get information about Supplemental Nutrition Assistance Program (SNAP) benefits as well as the Rams Against Hunger Meal Swipe Program. The new location also has limited free parking available.

Operating from the SLICE Office, Rams Against Hunger offers a menu of services that support students, faculty and staff. These include the Rams Against Hunger Meal Swipe Program, which allows eligible students to apply for 60 meal swipes that can be used at any CSU dining hall, as well as the Pocket Pantries located across campus for students to grab quick meals and snacks.

This common misconception that services such as RAMS Against Hunger are only applicable to those who are in dire need of food is pervasive. These resources should be used by everyone and provide a great deal of aid to students at the University.

For more information regarding RAMS Against Hunger and other resources that are available, go to lsc.colostate.edu/sllice/community-engagement/rams-against-hunger and find out how you can help yourself or a CSU affiliate in need.

President Joyce McConnell and Division of Student Affairs Vice President Blanche Hoger were among the speakers at the Rams Against Hunger Pantry opening ceremony on Jan. 29.
CSU: The Art and Science of Design

FORT COLLINS: Itty Bitty Art Show

WILBUR’S TOTAL BEVERAGE

CSU LIFE | FACULTY & STAFF
FEBRUARY 2022

CALENDAR OF EVENTS

CSU: The Art and Science of Design
Tuesday, Feb. 8, 4:30 - 6 p.m.
Zoom
The Research Safety Culture Program at Colorado State University works collaboratively across the university to ensure productive, synergistic relationships within our research community to continuously improve our positive, proactive safety culture that is critical to and enhances CSU’s world-renowned research.

University Symphony Orchestra Concert: The Concerto Competition Returns
Wednesday, Feb. 16, 7:30 - 9:30 p.m.
University Center for the Arts
After two years, one of the most exciting nights on the calendar returns—the annual concerto competition. Three competitors from across CSU Music compete for the coveted title. Also on the program is Johannes Brahms’ Symphony No. 1.

Mindfully Managing Stress
Wednesday, March 2, 12:30 - 2 p.m.
Zoom
Are you feeling overwhelmed? Need to get a handle on your stress? This four-session workshop will cover 10 mindfulness practices to support your well-being. Mindfulness is a way to train ourselves to be in the present moment with awareness, to accept things as they are, and to practice non-judgment.

FORT COLLINS: Underworld at Ace Gillett’s
Saturday, 5 - 6 p.m.
Ace Gillett’s
This is an interactive show that has been proven to be the most fun allowed by Colorado law. It’s a fast, hysterical, and highly interactive show that has been proven to be the most fun allowed by Colorado law. Curious? Come see for yourself and a ghoulish ghoulish time.

SOUTH beimbebe.jpg

2022

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SOUTH beimbebe.jpg
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

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