



C.A.N.S. Around The Oval reaches fundraising goal

By Joe Giordano

It came down to the wire, but Colorado State University's annual drive to collect nonperishable food and raise money for the Food Bank for Larimer County reached its \$60,000 fundraising goal.

The target was met on the final day of the monthlong C.A.N.S. Around The Oval food drive on Oct. 19, with CSU and Fort Collins community members contributing a total of \$60,727. Organizers said that the funds will help supply approximately 120,000 meals through the Food Bank for Larimer County.

The food drive, which started on Sept. 19, also aimed at collecting 20,000 pounds of food. In all, 17,854 pounds was collected. Organizers said they are still tabulating the results of the competition portion of the drive, in which colleges, departments, divisions and other groups compete for bragging rights as the top donors.

Basic Needs Program Coordinator Kathryn Conrad, who is part of CSU's Student Leadership, Involvement, and Community Engagement (SLiCE) office, said this year's C.A.N.S. Around The Oval demonstrated the power of the CSU and Fort Collins community.

"It all got really real when the truck rolled up to The Oval (on Oct. 19)," Conrad said. "We received quite a bit of support from the CSU community, but we also received a lot of support from the Poudre School District."

As in previous years, the Oct. 19 celebration featured remarks from CSU leadership, including Interim President Rick Miranda as well as Vice President for Student Affairs Blanche Hughes.

C.A.N.S. – which stands for "cash and nutritious staples" – is one of the largest fund and food drives in Northern Colorado. The event has been a

staple at CSU for the past 36 years.

Mario Righi, a senior majoring in business administration, was among the students helping at this year's event on the Oval. Righi, who has worked for Rams Against Hunger the past two years, said seeing the outpouring of support was inspiring.

"Just seeing all of the massive amounts of cans that come to the Oval shows that people actually care," he said. "It's incredible how the community comes together to help each other out."



COLORADO STATE UNIVERSITY

APPLAUSE

College of Agricultural Sciences

Ben Rainbolt Jr. was recognized as the 2022 College of Agricultural Sciences Honor Alumnus Award recipient. The awards program recognizes alumni who have distinguished themselves professionally. Weld County has been the beneficiary of Rainbolt's distinguished career in education and community service. He has taught throughout the school district but invested much of his career at Valley High School in Gilcrest, where he most notably served as principal and significantly improved graduation rates.

Walter Scott, Jr. College of Engineering

Electrical and Computer Engineering Professor Branislav Notaros has received the

prestigious Edward E. Altshuler Prize Paper Award for authoring the top journal paper published in the IEEE Antennas and Propagation Magazine in all of 2021.

Walter Scott, Jr. College of Engineering

Mahdi Nikdast, assistant professor in the Department of Electrical and Computer Engineering, has received the Rockwell-Anderson Professorship. The professorship provides support for innovative teaching and research, while advancing the careers of outstanding junior and mid-level faculty in the Walter Scott, Jr. College of Engineering.

Rocky Mountain Student Media

Two Rocky Mountain Student

Media students were recognized with first-place awards at the 2022 National College Media Association's Media Festival in Washington D.C. in October. David Damuth, a junior majoring in Communications, won Best DJ Personality for his show "Moose Crossings" on KCSU 90.5 FM. Damuth, DJ Moose, airs his show Thursdays at 5 p.m.

CMA also recognized Owen Johnson, CSU Journalism and Media Communications alum, with a first-place award in the Short Documentary category for "Becoming Kaz Smith." Johnson's documentary was created as a project through Tree Stump Films, a RMSM documentary film production program. "Becoming Kaz Smith" can be seen at owenjohnsonmedia.com.

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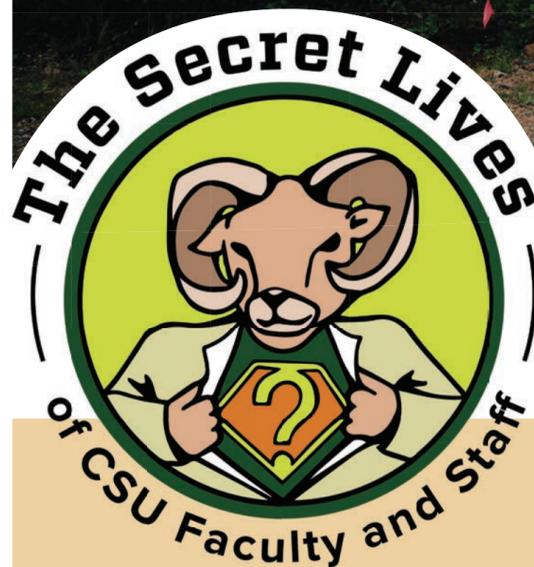
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CONTACT US AT CSULIFE@COLOSTATE.EDU

Financial officer by day, ultramarathoner by night

By Joe Giordano



The Secret Lives of CSU Faculty and Staff is a new series from *CSU Life* — the employee publication of Colorado State University — highlighting the interesting and cool things that employees do when they're not doing their day job. To nominate someone for a story, email jeff.dodge@colostate.edu.



Towers Road is a three-mile stretch of undulating dirt and rock that climbs 1,600 feet in elevation overlooking Fort Collins. During the midst of the COVID-19 pandemic, the trail served as a proving ground for Adrian Macdonald, a financial officer in the Department of Statistics at Colorado State University.

In 2020, Macdonald was training for the Boston Marathon when it was cancelled four weeks out because of the pandemic. "I was fit, and I wanted to do something with all that fitness," said Macdonald, who also serves as chair of the Classified Personnel Council.

Macdonald explained that when he started running Towers Road — a popular training route among area trail and ultrarunners — it reminded him of something. "I always had the idea of doing ultramarathons in the back of my mind," he said. "And that seemed the best time to do it."

Fast-forward two years: Macdonald has become an elite ultrarunner, winning the prestigious Leadville Trail 100 Run the previous two years. He also is sponsored by the running shoe company On and the fitness apparel maker Ultimate Direction.

For Macdonald, his transformation into a top ultrarunner was the culmination of years of work.

He started running during his sophomore year of high school; he ran cross country in college; and he completed the 750-mile hike of the Oregon Desert Trail in 2016.

Today, Macdonald said he spends up to 15 hours a week training for ultramarathons during his free time, explaining that the preparation is baked into his personal life, so it doesn't conflict with his work at CSU.

"I've been doing running for so long. I've always been putting time aside to do it. Also, a lot of my friends are runners, so it's part of my social life," said Macdonald, who serves as board member of the Fort Collins Running Club, a group that hosts running and social events.

Andrew Epperson, CSU's head cross country and distance coach, is one of the people who regularly runs with Macdonald. He also is his personal coach.

Epperson explained that their friendship and partnership started when Macdonald reached out to him to see if he wanted to go on some runs on Towers Road and other areas. Epperson, who runs with Macdonald once or twice a week, said the training for an ultramarathon is much different than a typical road marathon of 26.2 miles.

"You're putting in the weekly grind that allows you to run 100 miles, but you're never running 100 miles in a single (training) run," he said. "So, it's really about preparing the mind and making sure that you're staying confident because in those longer races, it's going to be tough."

Macdonald noted that Epperson's help has allowed him to focus on the bigger picture and not sweat the smaller things. "As long as I keep getting fitter and stay consistent, the races will work out," he said.

As for what's next, Macdonald said he has his sights set on an ultramarathon in Australia that is part of the UTMB (Ultra-Trail du Mont-Blanc) World Series. If he does well there, it would qualify him for the UTMB in the Alps, widely considered the top ultramarathon in the world.

Experience more of CSU Life online

Print editions of CSU Life are being delivered in smaller batches to campus buildings this semester as some university community members are working remotely. Additional copies are available in the Lory Student Center. Read more stories about faculty, staff and the CSU community online at csulife.source.colostate.edu.

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Old Town Lights:



The Fort Collins holiday season has officially commenced



By Hania Nini

On Friday, Nov. 4, the most anticipated event of the holiday season in Fort Collins took place downtown. The downtown holiday lighting ceremony, which started at 5:30 p.m. in Old Town Square, was a vibrant celebration that featured live music from Soul Station.

Over 300 trees were lit, and will be illuminated every night until Valentine's Day. The reason why the lights are kept through February is very simple: The public and the merchants downtown love the lights. Holiday illuminations are an important tradition of the city, as they help build community and encourage economic activities downtown over the winter months. However, despite what some may think, Fort Collins residents aren't the only ones to enjoy the glowing streets. A lot of people come from nearby cities to eat, shop and, unsurprisingly, see the lights.

Some may also wonder how long it takes to organize the downtown area for the holidays. It takes no less than six weeks to set the lights up, and four to six weeks to take them down.

Bicycle lights available to University community

By Dell Rae Ciaravola

Night falls sooner and clocks will roll back on Nov. 6, which means a larger portion of our time outside will be in low-light conditions; are you prepared to be seen?

Bicyclists not being visible while riding in dusk or dark conditions is the second highest factor in fatal bike accidents. As much as a third of all bicycling injuries from motor vehicle collisions are between 6 p.m. and 6 a.m.

Simply using bike lights at night is one of the most effective safety precautions a bicyclist can take to prevent accidents with motorists.

If you don't have adequate bike lights, you can pick up free front and rear bike lights at Light up the Night, an annual university and city event focused on bicycling safety.

"It's easy for darkness to sneak up on you this time of year," said Erika Benti, a transportation professional with Parking and Transportation Services. "I hope our CSU students and employees will take advantage of these free lights and be as visible as possible in the dark, using lights and reflectors, and consider their visibility from all angles."

To pick up a pair of lights while supplies last and learn more about state laws that require lights and reflectors – as well as how to properly place them on your bike – visit:

- Parking and Transportation Services at the Lake Street Garage, Monday to Friday, 7:30 a.m. to 4 p.m.
- CSUPD in Green Hall, Monday to Friday, 9 a.m. to 4 p.m.
- Fleet Reservation Desk in the fleet office in Facility Services South, 7 a.m. to 5 p.m.



In Colorado, statute requires a minimum of all of the following to legally ride at night:

- A white headlight on the front of the bike that is visible for at least 500 feet.
- A red reflector on the back of the bike that is visible to low-beam car headlights from at least 600 feet away.
- Either reflectors on both sides of the bike that are visible to low-beam car headlights from a distance of 600 feet, or a lighted lamp visible from both sides from a distance of 500 feet.



The Weather is Changing... is your home ready for winter?

Servpro Fort Collins Has These Important Tips to weatherproof your home:

- Be sure to turn off sprinkler systems. These systems can rupture and cause leaks and pipes to burst!
- Drain out your hot water heater.
- Properly seal your doors and windows to stop drafts.
- Seal window wells with hard plastics to prevent snow pile.
- Change out your air filters every six months.
- Make sure to get ducts cleaned before furnace is turned on to prevent a burning smell.
- Make sure your pipes are well insulated by covering them in soft foam to help keep pipes secure and covered from the elements like ice and snow. Without insulation, hot water will lose heat and cold water will begin to get warmer. Insulated pipes will help balance current temperatures.
- If you have a home in the mountains, remember to prep your summer cabin, condominium or home for winter, too. The colder temperatures in higher elevations can more likely to cause accidents and damage.
- Have a sufficient amount of insulation in the attic. Many people forget this space is most likely to freeze first.
- Use antifreeze to flush out pipes to stop lines from freezing
- Clean out your gutters so there is no debris left behind

It is very typical for accidents to happen during this time of year due to lack of preparation for the cold winter months. Accidents such as pipes bursting, water leaks, and clogged air ducts are common. It is important for you to know how to prepare your homes for the cold temperatures.

If an accident does happen this winter, give ServPro of Fort Collins a call 24/7 at (970) 493-6335 or visit their website at servprofortcollins.com.

Sponsored Article

Reservation Dogs actor keynote speaker for Native American Heritage Month

By MarComm Staff

CSU NATIVE AMERICAN HERITAGE MONTH CALENDAR

Native American Heritage Month will feature a host of events throughout November.



For the first time since 2019, the annual AISES Pow Wow kicked off Native American Heritage Month at Colorado State University on Nov. 5, and that's just the beginning of the celebration.

The monthlong November celebration, organized by CSU's Native American Cultural Center, features a host of events, including a talk from actor D'Pharaoh Woon-A-Tai, best known for his role as Bear Smallhill on the Hulu series Reservation Dogs.

Woon-A-Tai will speak as part of the Native American Heritage Month Keynote, following a screening of Reservation Dogs in the Lory Student Center Theater on Nov. 10 at 6 p.m.

Reservation Dogs is an Indigenous American comedy drama that features all Indigenous writers and directors, along with an almost entirely Indigenous North American cast and production team.

Set and filmed in rural Oklahoma, Reservation Dogs is a coming-of-age story that follows teenagers living on tribal land.

Scott Artist Series: Nicholas Galanin – Art Lecture and Reception

Tuesday, Nov. 8
Lory Student Center Ballroom 350D
Mural Unveiling at the Visual Arts Building: Noon
Artist Talk in the Lory Student Center Ballroom 350D: 5 p.m.
Nicholas Galanin's work is rooted within his perspective as an Indigenous man, which expands and refocuses the intersections of culture, centering Indigeneity through form, image and sound. Rejecting binaries and categorization, Galanin works to envision, build and support Indigenous sovereignty. Co-sponsored with Campus Activities and the Lory Student Center Arts Program.

Native American Heritage Month Keynote

Thursday, Nov. 10
Lory Student Center Theater, 6 p.m.
Join the NACC as it welcomes actor D'Pharaoh Woon-A-Tai for a screening of the show Reservation Dogs, followed by a fireside chat and Q&A. No reservations or tickets are required ahead of time. Co-sponsored with RamEvents.

Trees, Water, People Film Showing: Homelands

Tuesday, Nov. 15
The Lyric, 6 p.m.
A story of Indigenous resilience and land stewardship, Homelands follows a crew of Lakota tree planters in South Dakota fighting to preserve their land and cultural traditions for future generations amidst centuries of colonization and the ongoing climate crisis. The event also will include free food provided by DGT in the lobby before the screening. Co-sponsored with ACT Human Rights Film Festival.

Native American Heritage Month Film Showing: Manzanar, Diverted: When Water Becomes Dust

Wednesday, Nov. 16
The Lyric, 6 p.m.
At the foot of the majestic snow-capped Sierras, Manzanar, the World War II concentration camp, becomes the confluence for memories of Payahuunadü: the now-parched "land of flowing water." Intergenerational women from Native American, Japanese American and rancher communities form an unexpected alliance to defend their land and water from Los Angeles. Co-sponsored with ACT Human Rights Film Festival and CSU Asian Pacific American Cultural Center.

Harvest Dinner

Thursday, Nov. 17
Roe Bubar and Ron Hall, owners of Arikara Farm, worked the farm this year to engage students, family and the community to support the farm as they grew traditional food and heritage turkey to bring about the Harvest for our Community Dinner. Arikara Farm and NACC are pleased to support this Indigenous Community Dinner. Contact rasa.humeyumtewa@colostate.edu for more information.

For the latest information, visit nacc.colostate.edu.

IT WASN'T ALWAYS CAM

Before the well-known CAM the Ram was the mascot for CSU, there were multiple unexpected animals that represented the university. These four-legged creatures each possessed their own personality and left behind a different legacy.

Peanuts the bulldog

Peanuts the English bulldog was the first known mascot of Colorado State University, previously known as Colorado Agricultural College. He began his service in 1913 and was quickly recognizable by students across campus. Peanuts found his fame by attending every home football game. He would triumphantly bark from the sidelines and then lead students onto the field for halftime parades.

After witnessing the Aggies take home two football championships in 1915 and 1916, Peanuts traveled from Colorado to New Jersey with the Battery "A" artillery unit during World War I. He provided companionship to those he bunked with in training camps and even marched alongside the men in a New York City parade.

When his soldiers boarded their ship and were deployed to Europe, Peanuts headed back to Colorado. However, unfortunately, Peanuts met a grim fate back on campus. In 1918, he passed away after an unknown suspect poisoned him.



Teddy the Bear

The next furry creature to represent Colorado Agricultural College was Teddy the Bear, a 15-month-old black bear. Teddy began his reign directly following the death of Peanuts in 1919. The bear belonged to a former member of Buffalo Bill's Wild West Show, Frank Miller. Just like Peanuts, Teddy could be found on the sidelines of football games. He was even featured in a 1919 film that is believed to be the earliest footage of campus.



Besides the fact that he was a domesticated black bear, Teddy was famous for his Aggie sweater that he wore to each sporting event he attended. This sweater became so well known that a group of mischievous students from CU Boulder attempted to steal it from Teddy, the Rocky Mountain Collegian reported. Luckily, this plan was thwarted by 24 valiant CSU freshmen and Teddy's sweater remained safe.

After a run of a little less than a year, Teddy the Bear retired as mascot. Over 100 years later, though, his legacy lives on.

Gallant Defender

Flash forward 17 years to 1936 and CSU, now recognized as Colorado State College of Agriculture and Mechanic Arts (A&M), met its next mascot: Gallant Defender. Gallant Defender was a white English bulldog that greatly resembled past mascot, Peanuts. The Denver Kennel Club gifted the animal to CSU alumnus Glenn Morris after he won a gold medal at the 1936 Berlin Olympic Games.

Similar to Gallant Defender's predecessors, he sported a green and gold cape with a large Aggie "A" printed on it. His collar was also decorated with the words, "A Champion for a Champion." After less than two years, the champion retired and little was mentioned of him.



CAM the Ram

In 1945, the legendary CAM the Ram mascot took his post. The students deemed "Rams" as the best fit for Colorado A&M after voting on multiple animals. One year later, the first live ram mascot made his appearance at a basketball game against the University of Denver. However, the first ram was given the name "Buck," not CAM. It was not until 1954 when CSU President William Morgan announced that the mascot would, from then on, be called CAM. The name CAM was a clever acronym of CSU's previous title, Colorado A&M, and conveniently rhymed with "ram."

Today, CSU still uses CAM the Ram, and the tradition of an animal ambassador continues on. CAM now has a team of student handlers that take him to events, run across the end zone with him, and tend to his needs. The ram lives with other livestock at a secret location off campus where he is under 24-hour supervision.



The current CAM the Ram is number 26 and has been around since 2020. Previous rams have either passed away or retired, giving another young Rambouillet sheep the chance to shine. At sporting events, CAM 26 is accompanied by a costumed mascot to help generate school spirit among fans.

INSIDER MASCOT FACTS

CAM is a Rambouillet sheep. Contrary to popular belief, CAM the Ram is not a bighorn sheep. Although his mighty horns do resemble that of a bighorn, he is a Rambouillet. This breed is known to have some of the finest wool of all sheep.



Peanuts was a mischievous menace. The bulldog was known to chase unsuspecting students on campus and bite car tires in parking lots.



Teddy the Bear was almost the victim of a crime. A group of CU Boulder students attempted to steal Teddy's game day sweater. A group of CSU freshmen deterred them and saved the day.



Peanuts spent a portion of his life in New Jersey. When World War I broke out, Peanuts traveled from Colorado to New Jersey with the Battery "A" artillery unit to support the soldiers. He returned to Colorado when the unit was deployed to Europe.



CAM lives with other livestock. CAM's farm animal friends include horses, chickens, a cow, a pig and another sheep.



Teddy the Bear is a movie star. Teddy was featured in a film from 1919. This film is believed to be the first footage of CSU's campus.



The current CAM is number 26. Since 1954, 26 CAM the Rams have filtered through CSU, bringing school spirit to fans.

Story by Clara Deforest Colvig
Design by Sarah Fowler

By the numbers: Impressive feats by CSU athletes this fall

By Mark Govaki



5 under par

Sofia Torres was the co-medalist of the Rainbow Wahine Invitational by shooting a 5-under-par 211 in three rounds as Colorado State University claimed the team title by a whopping 14 shots over the second-place team. The team win and medalist honors are the first for the Rams since 2018.

2 awards

Volleyball player Kennedy Stanford has won two Mountain West player of the week honors. CSU's volleyball team was 8-2 through 10 conference games (and 15-6 overall), in third place behind 9-1 teams UNLV and San Jose State.



2 pool records

Swimmer Erin Dawson set two Colorado School of Mines natatorium records when she won the 200 individual medley in 2:09.54 and the 400 individual medley in 4:32.70. Dawson was named Mountain West swimmer of the week. CSU swept the Miners and New Mexico State.

12.0 tackles

This season, as of Oct. 29, CSU safety Jack Howell ranked first in the Mountain West with 12.0 tackles per game. Howell is the only MW player to be named to the Pro Football Focus Midseason All-American team.



Rams take care of Rams.

Operating from The LSC's Office of Student Leadership, Involvement and Community Engagement (SLICE), Rams Against Hunger offers a menu of services that support students, faculty and staff experiencing food insecurity.

Services include:

- Food Pantry
- Meal Swipe program
- Pocket Pantries
- In-person assistance with navigating federal aid ability.

Our hope in providing these services is to ensure that basic needs are not overlooked at the expense of a degree.

Rams really do take care of Rams.



Rams Against Hunger program continues to provide solutions to Colorado State University community following expansion

By Ethan Dvorak



The COVID-19 pandemic revealed many systemic failures across the country.

While the pandemic helped release the veil surrounding issues once concealed, individuals and programs came together in a concerted effort to help people in their time of need.

One individual, Michael Buttram, program basic needs manager in the Student Leadership, Involvement

and Community Engagement office at Colorado State University, works to combat food insecurity with the expansion of Rams Against Hunger.

Rams Against Hunger implements various approaches to food insecurity and individual hardship, with programs such as student food swipes and the Ram Food Recovery Program.

These programs serve to fulfill the goals of Rams Against Hunger, working to not only diminish food insecurity, but to also limit the stigma surrounding food insecurity and individuals facing hard times.

Following 2020, Buttram knew that more had to be done to help the community.

"The pandemic shined a light on the hardships that students were facing," said Buttram. "COVID was what really allowed us to mobilize the support. It inspired people's compassion."

Rams Against Hunger, following an expansion that included more funding and relocation to the General Services Building on campus in January 2022, works to incorporate "a number of different resources because we know that there are a number of different needs," said Buttram.

"There isn't just one face of food insecurity," Buttram added. "Rams Against Hunger exists to ensure that there is greater food security among the entire community, not just students."

One of the main issues facing food insecurity is the stigma that surrounds receiving aid. Buttram acknowledged this issue, saying food insecurity should not be something that is surrounded by negative connotations, but is attacked head on and combated with an abundance of available resources.

Rams Against Hunger is just another example of the power that empathy and dedication can have on a population, but the population affected by hardship must be willing to work with programs to ensure their food security.

Referring to those affected by food insecurity, Buttram said, "This is not their fault. This is a systemic failure."

Although hardship and potential policy implementations may leave some with food insecurity, Rams Against Hunger and Buttram work to ensure that these effects are diminished as much as possible.

Buttram said, "The food that is provided is part of the student's fees. I have never heard someone say, 'I don't want to use the gym on campus. Someone needs it more than me.' But they will say the same about this program."

That scarcity mindset is something that needs to be eliminated. Rams Against Hunger is more than prepared to help any student, staff or faculty member that may be facing food insecurity.

Use the resources that are provided. Empathy is a powerful tool when bestowed onto a community by others. Allow it to help you and others affected.

For more information about Rams Against Hunger, visit <https://col.st/DW2al>. The new location of Rams Against Hunger is on the first floor of the General Services Building on campus at 1251 S. Mason St.



Rams Against Hunger Grand Opening 2022



Turkey donations at Tour de Turkey 2021

It's Tour de Turkey time

The annual Tour de Turkey, sponsored by the Food Bank of Larimer County, is Thursday, Nov. 17. Frozen solid turkeys can be dropped off from 7 a.m. to 6 p.m. at the Drake Centre, 802 W. Drake Road in Fort Collins or Orchards Shopping Center, 261 E. 29th St. in Loveland. The first 250 donors at each location will receive a New Belgium gift token. More New Belgium prizes will be given out throughout the day. Demand is high, so grab a turkey and help support Larimer County families in need.

Just turkeys?

• Turkeys are ideal but frozen hams and chickens will also be accepted. In order to ensure safe transportation and distribution to Larimer County residents, please make sure everything is frozen solid when dropped off.

Can I donate before Nov. 17?

• Yes, donations can be dropped off before Nov. 17 at Loveland or Fort Collins Food Bank locations. Check the website for available days and times. foodbanklarimer.org/

Open enrollment: Change your benefits between Oct. 31 and Nov. 18

By Dell Rae Ciaravola

The university is increasing the amount it pays into each employee's health insurance benefits to offset increased costs to the employee, contributing additional money beyond its regular annual increase for health insurance to keep employees from paying significantly more.

In 2022, CSU paid \$50.3 million to fund employee health insurance costs. In 2023, CSU will fund its regular increase plus an extra \$3.3 million, for a total of \$55.4 million toward employee health insurance coverage.

This equals a CSU contribution of \$10,600 each year for each employee, up from \$9,778 per employee last year for medical coverage, with employees covering the rest.

Employees enrolled in some health insurance plans will see an increase in their monthly premiums. Employees on the Ram Plan or Green Plan who do not provide coverage for dependents will not see an increase in their monthly premium cost.

Why insurance premiums on some plans are increasing

The university is self-insured, which means that insurance claims from employees drive health insurance premiums that employees pay. During 2022, there has been a high dollar amount of claims submitted, in part due to COVID and the resulting impact of delayed care.

This has created a need for health insurance plan premiums to increase so that the collective cost of providing health insurance for employees can be balanced.

As a result, some employees will see slightly higher insurance premiums withdrawn from their pay each month. There are no increases in monthly premiums for dental, voluntary life insurance, short-term and long-term disability insurance or vision coverage.

Once-a-year opportunity to change benefits started Oct. 31

Open enrollment for faculty and administrative professionals began on Monday, Oct. 31 and ends Friday, Nov. 18. This is the once-a-year opportunity to modify CSU benefits for the next calendar year, barring a qualifying event such as the birth of a child. So faculty and staff who want to make a change to their medical coverage plans should do so during open enrollment.

Open enrollment is the time for employees to change:

continued on page 11

ANSWERS TO QUESTIONS ABOUT BENEFIT CHOICES

Need help understanding open enrollment options?

- In person with Human Resources and benefits providers:

If you have questions about CSU benefits, you can speak with the Human Resources benefits team and with companies such as Anthem and Delta Dental that provide benefits at the annual benefits fair, 10 a.m. – 1 p.m., Wednesday, Nov. 9, at the Lory Student Center, Ballroom B. You can also grab snacks, freebies and enter to win prizes.

- Virtual with a Human Resources team member: Visit with Human Resources virtually via Teams, 11 a.m. to 1 p.m., Tuesdays and Wednesdays. Register for a personal, 15-minute appointment on the open enrollment website to ask questions or receive enrollment assistance.

How much should you contribute to a health savings account or flexible spending account?

CSU has an online tool called ALEX that helps employees learn about benefit options. This tool can also help you decide how much to put into your health savings account or flexible spending account – and which other health and retirement benefits might be a good fit for you. Visit the ALEX homepage to use the tool.

New, year-long health and well-being resources

Anthem Health Guide and inclusive care

Beginning in 2023, you can access a team of customer service experts to:

- Connect you with support regarding medical and prescription drug coverage
 - Provide an inclusive and a total health approach – defined as a comprehensive, coordinated approach to care for LGBTQ+ individuals
 - Stay on top of exams and screenings by providing reminders to make appointments – or, if you want, they can even help you make an appointment
 - Access a network of centers of excellence for specialized health-care needs
 - Compare costs for health-care services, find in-network doctors and much more
- These guides are offered by Anthem and are trained on all aspects of your health benefits, providers and programs to serve the entire CSU population for excellence in inclusive care.

No-cost preventive medications

Employees will now have access to select preventive medications to help them manage health conditions. Medications on this list will be provided with no-cost prescriptions under a program called PreventiveRx.

This program covers medicines that may keep you healthy because they may prevent illness and other health conditions. You can get specified medicines on the PreventiveRx list – generally generic medications as alternatives to brand name drugs – at no cost.

This new medical benefit starts Jan. 1 and aims to help employees manage common, chronic medical conditions such as high blood pressure, high cholesterol, diabetes and asthma. Learn more from Anthem.

Employee Assistance Program

Starting Jan. 1, employees can access a well-being coach through the Employee Assistance Program. The coach offers one-on-one support through a video session or on the phone. The coaches, who are available through CompPsych, are specialists who work with you to reduce personal roadblocks and specific risks, such as mental health and well-being issues, before they evolve into long-term, more costly challenges. The Employee Assistance Program has also added WellthSource, an online platform where you can access personalized financial well-being information and tips after taking an assessment to set financial goals for your personal needs, career and future retirement. The platform is available Jan. 1.

Earn a wellness incentive

Employees enrolled in an Anthem medical plan can earn a \$150 wellness incentive when they participate in the fall health fair blood draw, check in with their retirement counselor or attend a webinar, complete a YOU@CSU self-check, and complete Anthem's health assessment. Employees who complete these options by Dec. 31 will earn \$150 (taxable) which will be included with a spring 2023 paycheck. When you complete these options, submit a FITlife wellness incentive form to Human Resources.

Your monthly health coverage premium increases

	GREEN PLAN	RAM PLAN	GOLD PLAN	POS PLAN
Employee coverage	\$0	\$0	\$6	\$11
Employee +1 dependent	\$13	\$13	\$26	\$35
Family coverage	\$18	\$18	\$37	\$51

Effective Jan. 1, 2023

continued from page 10

- Their medical insurance plan, along with vision and dental plan options.

• Their covered dependents, such as adding or removing a spouse, domestic partner or children.

- Which company keeps records of their mandatory defined contribution plan retirement contributions (changes cannot be made to PERA).

• Their health savings account and flexible savings account options.

• The amount of voluntary life coverage carried for the employee and their spouse or partner.

If employees do not make changes to their benefits, they will stay the same, with the exception of flexible spending accounts. Those enrolled in a flexible health spending account are required to re-enroll each year.

There are no other significant changes to health insurance coverage options this year.

Changes made during open enrollment become effective Jan. 1. Changes to health plans outside of open enrollment dates are allowed only for specific circumstances that include births, adoption, changes to marital, domestic partnership or civil union status, and similar events.

Employees can view and change their current health insurance and the records for their retirement account, vision, dental and other options by visiting employee self-service at aar.is.colostate.edu. They must submit official documentation for any new dependents they add to their insurance to Human Resources by 4:30 p.m. on Friday, Nov. 18.

"Updates to medical plans include a specific list of no-cost preventive prescriptions and access to an inclusive care concierge service that helps you find and access medical providers and care more easily with an Anthem health guide. The team also specializes in inclusive LGBTQ+ care," said Teri Suhr, chief total rewards officer. "Human Resources has sharpened its focus on amplifying resources that help enhance our employee well-being and offering a rich benefits package."

CSU will continue to pay 100% of the cost of coverage for employees enrolled in the Green or Ram health insurance coverage, basic life and short-term disability coverage. Employees are required to pay premiums for dependents who enroll in these health insurance plans.

Colorado International Invitational Poster Exhibition inspires community with exclusive pieces and dedicated leaders

By Ethan Dvorak

Since 1979, Colorado State University and the Department of Art and Art History have hosted the biennial Colorado International Invitational Poster Exhibition (CIPE).

And since 1979, the event has promoted the arts in the community and serves as a fantastic platform for artists to showcase their work and educate others on their process.

The exhibition, which opened this year on Sept. 22 and closes Nov. 4, is in the Visual Arts Building on campus.

The CIPE is a series of exhibitions and events featuring the world's most distinguished poster artists and designers and is one of only a few international invitational poster exhibitions in the world.

The use of posters as a medium of art works to leave quick and lasting impressions. Bob Coonts, a Fort Collins artist and Colorado State University graphic design emeritus faculty member, believes that posters are one of the more effective ways to convey a message, but you have to do it intentionally and quickly.

"A poster has to be observed rather quickly, so you need to communicate its message quickly," Coonts said. "You maybe only have a moment, somebody is walking or riding a bike past it, and you have just seconds to capture somebody's attention to make them stop and take a second look."

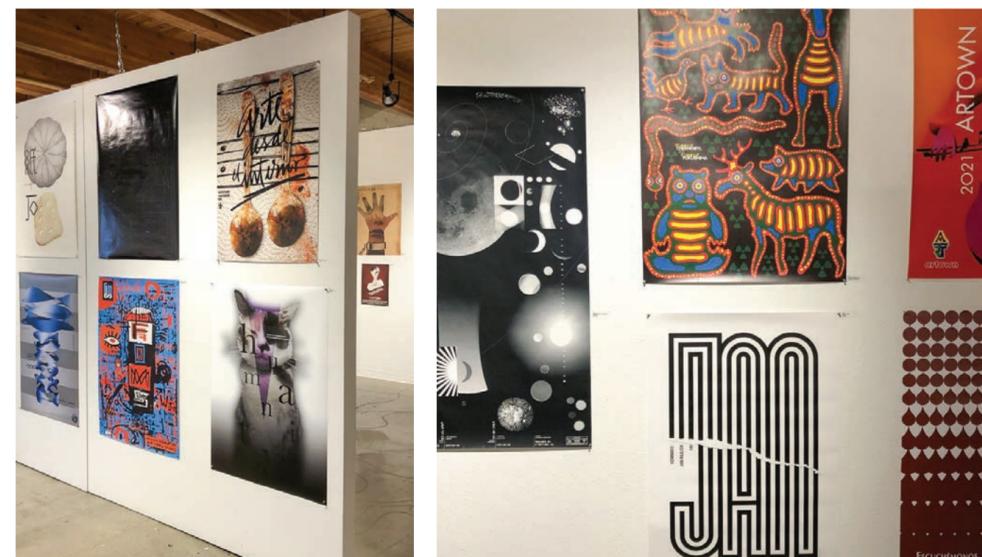
Lucky enough for those who have attended the event, there is enough time to sit with each poster and fully appreciate the message it is attempting to convey.

Art can have a great impact on a community. The event allows for not only the CSU community to become more educated but provides a solid foundation for what professional art and events are meant to be.

CIPE inspires the next generation and celebrates those that have made their mark, such as Coonts. Coonts was honored on Sept. 20 at a special retrospective showcasing posters he designed over the past 50 years.

The impact of this ongoing showcase dating back to 1979 has established an impressive legacy, profound community leaders and inspiration for all.

For more information on CIPE, visit <https://art.colostate.edu/events/ciipe-2022/>



Posters from the CIPE hanging in the Visual Arts Building's Hatton Gallery. Photos by Maddie Christian.

KRNC RECIPE OF THE MONTH

Baked Apples

Indulge in this delicious dessert that packs a big nutritional punch. Great for holiday cooking, but can be enjoyed any time of the year.



Serving Size: 1 stuffed apple half / Yield: 4 Servings

- Ingredients:**
- 2 large apples
 - 2/3 cup rolled oats
 - 1/3 cup chopped pumpkin seeds (can substitute pecans or extra oats)
 - 2 1/2 tablespoon brown sugar
 - 1 tablespoon baking spice*
 - *Saigon cinnamon, Indonesian cinnamon, nutmeg, mace, allspice, and ginger
 - Pinch of salt
 - 2 tablespoons butter or margarine, cold and diced

- middle of each apple half.
- 3. Set apples in a baking dish cut side up. Put all dry ingredients into a bowl.
- 4. Add butter and use a pastry cutter or your hands to mix butter into dry ingredients until mostly combined.
- 5. Pack each apple half with a generous amount of oat mixture.
- 6. Cover baking dish with foil and bake apples for 20-40 minutes, depending on how soft you want the apples.
- 7. Remove foil and bake another 10 minutes for the topping to caramelize slightly.
- 8. Let cool for a few minutes before serving.

- Directions:**
1. Preheat oven to 375°F.
 2. Cut apples in half lengthwise, and use a melon baller or small spoon to scoop out the core, making a 1-inch well in the

Note: Baking time is going to vary by apple size and type.

For more recipes and nutrition tips go to the Kendall Reagan Nutrition Center website at chhs.colostate.edu/krnc/.

University approves several professional development days

In addition to the designated university holidays for the current academic and fiscal year, university leadership has approved adding several professional development days to the schedule.

Three professional development days will be added the week of Fall Break, giving faculty and staff without essential duties the entire week off. Specific professional development days assigned to the week are Monday, Nov. 21, Tuesday, Nov. 22, and Wednesday, Nov. 23.

One professional development day will be added to December, with Monday, Dec. 26, as a designated professional development day for all faculty and staff.

Some university departments may have responsibilities that require employees to work alternative schedules on holidays. Those departments may establish holiday schedules that deviate from the University's official holiday schedule, with approval from Human Resources.

Student, non-student and administrative professional hourly employees are not eligible for holiday pay. If student, non-student and administrative professional hourly employees work on a day that a holiday is observed, they are compensated only for work actually performed on the day of observance. State classified hourly employees earn holiday pay on a prorated basis. Please contact Human Resources if you have questions related to holiday pay.

CEMML employees are funded by and directly support the Department of Defense and do not participate in CSU professional development days.

Professional development administrative leave is an available option for eligible employees in TimeClock Plus.

design feature

Plants for the Mind and Body

This is a special feature on the homeopathic alternatives to better your all around health! Every feature, there will be a suggested plant or vitamin that research and my personal experience has proven to be an effective alternative to pharmaceutical medicine or just an addition to your daily wellness.

ELDERBERRY

sambucus



Taken frequently or every day, elderberry will improve your immune system significantly. Ingesting 15 milliliters of elderberry syrup four times a day has shown to reduce symptoms and the length of time the sickness lasts by 3-4 days. Naturally, elderberry has high Vitamin C and fiber. It is also an antioxidant, relieving oxidative stress that can be affecting your mood, brain function, and physical state. Elderberry has been used for thousands of years by indigenous groups for treating respiratory illnesses and general sickness.

LIONS MANE

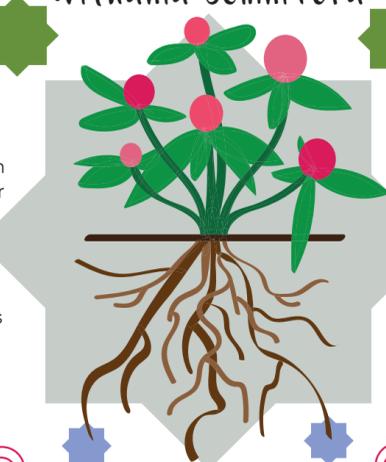
Hericium erinaceus



Lions Mane is rare mushroom that is most commonly used for brain function and focus. It is an important factor of Chinese medicine and goes by many strange names due to its peculiar shaggy appearance. It can be bought in forms of tea and extract tablets or powder. It can help fight symptoms of depression and anxiety, and it can boost your natural immunity. Overall, if taken daily, it has shown to significantly improve your brain function, focus and energy. I suggest adding it to your coffee to avoid the 2 o'clock crash.

ASHWAGANDHA

Withania Somnifera



Ashwagandha is the powerful root of the Winter Cherry. It has been a major part of Ayurveda which is India's most traditional form of medicine. Ashwagandha has been used for thousands of years to improve physical and mental strength of individuals coining the name "smell of horse hair" to emphasize the power it can help you gain. The berries and leaves are harvested, but the most nutrition is in the roots of the plant. The roots are granulated into a capsule for daily usage. Studies show that individuals who take one ashwagandha capsule daily resulted in less stress hormones and reported better sleeping patterns.

Ashwagandha has shown to reduce stress and anxiety significantly. Multiple studies have shown that having their participants who took 250-600 miligrams over an eight-week period, had perceived significantly less anxiety driven hormones like cortisol than those who had taken the placebo. It can also improve your physical strength by allowing more oxygen into your lungs. This greater oxygen flow can potentially improve your overall muscle gain, studies have shown. The benefits of this plant are so varied; it also has been studied for ameliorating mental health conditions like depression and schizophrenia.

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 Mandl, E. (2021, March 12). The pros and cons of elderberry. Healthline. <https://www.healthline.com/nutrition/elderberry>
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by Nicole Atilas

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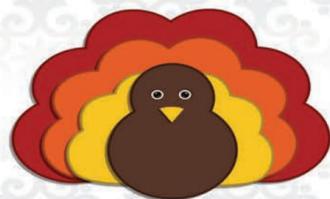
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HAPPY Thanksgiving

Simple rules for choosing the perfect wines for your holiday

Family, friends and food. In a holiday nutshell, that pretty much sums up Thanksgiving.

While traditions may vary, and menus may deviate from tradition, one thing is for sure, the wine should be great. Selecting the perfect wine to pair with a cornucopia of sides and mains covering a variety of tastes, textures, flavors, and aromas, can be tricky, but it doesn't have to be complicated.

Here are a few simple rules to consider when planning your Thanksgiving wine pairings.

Sparkling Wines

Start your festivities with a sparkling wine. Prosecco is a sparkling wine often served before a large meal. Prosecco wines range from dry to sweet and are typically light, clean and refreshing, making them ideal wines to enjoy with hors d'oeuvres or as a pre-dinner toast.

White Wines

No Thanksgiving is complete without a light white wine to compliment traditional menus of turkey, dressings and rooted veggie dishes. Your best choice is crisp aromatic whites like a Riesling, Gewürztraminer and Pinot Gris.

A slightly off-dry but balanced white wine is a good complement to sweeter sides like sweet potatoes, cranberry sauce, and creamed veggie dishes. Acidity is also key, so look for a white with a tart freshness.

It's versatility, high acidity and harvest fruit notes like apple, pear and citrus, make a Pinot Gris ideal for poultry, pork, seafood and tasty sides. You might also surprise your guests with a Gewürztraminer. Because of its aromatic body and spicy palate, it pairs well with turkey and gravy bringing out the best in both.

And don't forget a Riesling! The day isn't complete without one. A dry Riesling is an aromatic wine with high acidity levels and, like a Pinot Gris, is a good wine to complement the flavors of traditional dishes. The simple flavors of roasted vegetables pair well with the crisp taste of a dry Riesling.

Red Wines

For the reds, choose wines with high-acid and low-tannins like a Pinot Noir. The bright cherry and tart cranberry notes, along with savory-sweet baking spices are the ideal accompaniment to vibrant Thanksgiving side dishes like stuffing, creamy gravy, and mashed potatoes. The very subtle earthy

flavors are a great match with turkey.

You can't go wrong with a Beaujolais. Like other lighter-bodied red wines, Beaujolais are versatile and pair well with a range of roasted light cuts of meat including turkey, chicken and pork. Beaujolais' come from a region in France, located near Switzerland's border and in most cases feature notes of various red berry flavors, including red cherry, cranberries, raspberry and red currant.

Most importantly

With such a wide range of flavors and aromas, no one single wine will pair perfectly with this meal. More important than color, country or grape variety is choosing a wine that inspires good cheer and hearty conversation as you toast to family and friends.

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CSU CALENDAR OF EVENTS

American Roulette

Nov. 10 - Dec. 22
Hatton Gallery, CSU Visual Arts Building, 551 W. Pitkin St.
The Hatton Gallery presents American Roulette, an exhibition exploring the current state of affairs, gun-culture and kneeling at the altar of hate and intolerance in the United States. Free and open to the public, the exhibition features the work of Michelle Graves, CJ Hungerman, Cesar Conde, Dominic Sansone, Anthony Guntren, Yousif Del Valle and Folleh Shar Francis Tamba.

Opening day activities and reception are Thursday, Nov. 10, from 3:30-7 p.m. For updated information and a full schedule go to art.colostate.edu/hatton-gallery

Food Science and Human Nutrition Graduate Seminar Series

Thursday, Nov. 10
4 p.m., Gifford, Room 235
FSHN Graduate Seminar Series presents Tiffany Carson, Ph.D., MPH, FTOS, Associate Member, Department of Health Outcomes and Behavior, Moffitt Cancer Center. Title: "Weighing in on Stress: Exploring the role of psychological factors in chronic disease among Black women."

Mr. Blackwell Celebration: Conserving Couture

Friday, Nov. 18
6 p.m., Avenir Museum of Design and Merchandising
Join in a celebration of fashion designer Mr. Blackwell and featuring student work inspired by Mr. Blackwell. Hear stories of the legendary designer from those at Colorado State University who knew him best and from the apparel design students who have been inspired by his legacy.

advancing.colostate.edu/EVENTS/BLACKWELLGALA

Shabbat 200 Dinner

Friday, Nov. 11
7 p.m., CSU Lory Student Center Ballroom
Join students and staff for the largest Shabbat dinner in Northern Colorado. In its 15th year, Shabbat 200 Dinner will feature a menu of favorite Jewish foods and guest of honor, Rick Miranda. Reservations are required. JewishCSU.com/Shabbat200

CSU Fall Break, Professional Development and University Holiday

Saturday, Nov. 19 - Sunday, Nov. 27
Fall recess for CSU students. Monday, Tuesday and Wednesday, Nov. 21-23, are designated professional development days for CSU employees. University offices are closed Nov. 24 and 25 for holiday observance.

Carolfest

Friday, Dec. 2
6:30 p.m. Old Town Square, Fort Collins
Performance by Choice City Singers a capella group of holiday music including a sing-along of Christmas carols.

Concert Orchestra Concert: Mozart Musicale

Sunday, Dec. 4
2:30 p.m. CSU Organ Recital Hall
The Concert Orchestra, conducted by Leslie Stewart, features faculty artist Dr. Bonnie Jacobi on Wolfgang Amadeus Mozart's Piano Concerto No. 17 in G Major in a free concert celebrating this unique musical prodigy. music.colostate.edu/events/

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