

# CSU LIFE



THE CITY OF FORT COLLINS HELD ITS ANNUAL DOWNTOWN HOLIDAY LIGHTING CEREMONY ON NOV. 3, MAKING OLD TOWN A MAGICAL SIGHT AT NIGHT. FOR IDEAS ON MAKING THE MOST OF THE HOLIDAY SEASON, SEE PAGE 5.

## Rams Against Hunger plays pivotal role during the holidays

By Annie Weiler

As the holiday season approaches, our attention naturally turns to food. Whether it's Christmas, Hanukkah, Thanksgiving, Diwali, Friendsgiving or Kwanzaa, fall and winter holidays bring friends and family together over shared meals, as preparing and enjoying food strengthens social bonds and reinforces community. With the chill in the air, we find solace in comforting dishes like hearty soups, soul-soothing stews, succulent roasts or spiced desserts. Many also hold unique culinary traditions tied to their cultural heritage, where food not only provides a sense of belonging but instills cultural pride.

But not everyone can indulge in lavish charcuterie boards, endless holiday cookies or a vat of chicken noodle soup. Recognizing this, Rams Against Hunger steps up to ensure that every Ram can experience the holiday warmth with a nourishing meal.

Based in The Office of Student Leadership, Involvement and Community Engagement, Rams Against Hunger provides services to students, faculty and staff facing food insecurity. Rams can access fresh produce, dairy, eggs and shelf-stable and frozen foods at no cost, helping ease the ever-increasing burden of grocery prices. The services offered encompass a food pantry, a meal-swipe program, eight pocket pantries and personalized assistance in navigating federal aid eligibility, especially SNAP and EBT benefits.

Above all, Rams Against Hunger is dedicated to destigmatizing and normalizing discussions about food insecurity, while upholding the dignity of those seeking assistance.

As the holidays approach, Rams Against Hunger becomes a crucial resource, recognizing this time's heightened isolation associated with food insecurity. They've collaborated with the Food Bank for Larimer County, which contributes 95% of the pantry's food, along with Morning Fresh Farms and Whole Foods. Through a myriad of partnerships, Rams Against Hunger ensures a well-rounded and nourishing array of foods, catering to the diverse needs of the community.

*continued on pg. 6*



**COLORADO STATE UNIVERSITY**

**THIS  
MONTH**

FALL COMMENCEMENT

Dec. 15-17

PROFESSIONAL DEVELOPMENT INSTITUTE

Jan. 8-10

MLK DAY MARCH

Jan. 15

## APPLAUSE

**College of Liberal Arts**  
John Phippen, assistant professor of ethnomusicology, presented the paper “Putting Class Back into Classical Music Studies” at the 89th annual meeting of the American Musicological Society in Denver. At the national professional society meeting, Phippen was part of a panel presenting Marxist approaches to the study of music, a currently growing sub-field in music studies.

**Walter Scott, Jr. College of Engineering**  
The U.S. Department of Energy has awarded Russell Perkins, a research scientist in the Department of Atmospheric Science, a grant to understand more about a rare class of atmospheric aerosols that could improve weather models. Perkins received \$668,000 to advance the understanding and modeling of the role these aerosols play in cloud formation.

**Division of Student Affairs**  
Lindsay Sell, director of Fraternity and Sorority Life, was named the recipient of the Association

of Fraternity/Sorority Advisors’ Sue Kraft Fussell Distinguished Service Award, which recognizes individuals who have demonstrated outstanding achievements in many areas. In her current role, Sell’s impact extends beyond the CSU campus, reaching into national organizations and committees, where her expertise and leadership have had a positive influence on the fraternity and sorority community at large.

**Division of University Marketing and Communications**  
The communications team in the Division of University Marketing and Communications recently received a host of accolades from the Council for Advancement and Support of Education as well as the Public Relations Society of America. In addition to awards for individual articles, the team won honors for podcasts, the CSU Magazine and leveraging CSU faculty’s expertise on trending topics.

### 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](https://csulife.source.colostate.edu).



## Renowned soil health expert by day, pedologist for Hollywood by night: Kelly is a fitness enthusiast as well

By Ben Randall

“LET’S ALL BE LIKE KELLY, AND JUST LAUGH A LITTLE BIT MORE THROUGH IT ALL.”

A little over a month ago, I reached out to Eugene Kelly, a professor of pedology, deputy director of the Colorado Agricultural Experiment Station, and associate dean of extension at Colorado State University.

Within five minutes of meeting him in the Lory Student Center, Dr. (“Just call me Gene!”) Kelly had gotten me to spill my life story as an endurance athlete, bought me a latte, and told me that he used to commute to CSU from Boulder, his home, on his bike, which is about 43 miles ... one way.

And then CSU President Amy Parsons floated by us, stopped abruptly when she saw Kelly (“It’s so good to see you, Gene!”), and continued on her way.

“Oh, that’s just my friend, Amy,” Kelly offered, innocently. “Shall we

sit outside?” I nearly spit out my coffee, as Kelly had seemingly psychoanalyzed me, been recognized (on a first-name basis) by our president, and was apparently a world-renowned pedologist (soil scientist) who has been consulted as a soil expert for the blockbuster movie *The Martian*, among other projects. Starstruck, I remember thinking to myself: “Who... in the world is Eugene Kelly!?”

Sitting out on the plaza, Kelly spoke on growing up as the oldest boy in an Irish Catholic family, reminiscing on the impact Catholicism and the highly placed importance education had on his upbringing.

“That’s what I remember most about growing up and my early education — living a life of purpose and service — it’s probably the most important thing my folks instilled in me,” Kelly said. “I believe in that deeply and make my bed every day when I wake up, even at hotels. Then I go for a run.”

Running, as well as swimming, cycling, water polo, yoga and aerobics — you get it — these are all huge aspects of Kelly’s life. Growing up on Long Island, New York, Kelly was a “reasonably good athlete” by his standards, excelling in track and field, lacrosse and basketball, among other things.

“I believe that like all things in life, endurance sports take time, passion and persistence. It changes your lifestyle, mindset and character,” Kelly said, smiling deeply. “They teach us how far we can go and how much we can endure before giving up or continuing. Your mind will give up far earlier than the body will.”

To this day, exercise remains a crucial component of his life — perhaps most evident by his legendary commute to CSU from Boulder.

I did indeed ride my bike from Boulder to CSU each day in the summer, weather permitting,” he said. “I was training for Ironman triathlons and marathons, and I really couldn’t get enough mileage on the bike — and even more so, it was great to get myself in the right frame of mind, whether I was working on a proposal or preparing for classes.”

There’s a lot here. Despite researching the sheer impact Kelly has had on the field of soil health and pedology prior to our interview, I was repeatedly blown away by Kelly’s incredible, multifaceted way of life. Venturing away from Kelly’s impressive athletic feats, we started discussing his holistic academic career.

“After finding my way out of New York — in a van, mostly just to ski and surf — I made my way out West, finding CSU,” he said. “My advisor during my bachelor’s studies in range science asked me if I knew the difference between a bull and a steer. I couldn’t come up with a quick answer, so he literally walked me over to a new building to study something different ... soil science.”

In a roundabout way, Kelly found soil science and never looked back. He went back to CSU to get a master’s degree in soil science, while simultaneously training for huge endurance athletic events, and then went to the University of California at Berkeley for his Ph.D. — coming back to CSU shortly after to become an assistant professor.

“I drifted into soil science while studying natural resources here at CSU.

I was drawn to pedology because it’s highly interdisciplinary and converges around the things that interest me: chemistry, physics, biology, geology and ecology,” Kelly said. “It’s a discipline that simultaneously challenges one intellectually and physically and has brought me to see some of the most beautiful places in the world.”

Now a revered professor in the realm of soil health and pedology, Kelly is an integral component of the world’s knowledge and perception of our soil. He was recently appointed chair of the National Committee on Soil Science by the National Academies of Sciences, Engineering and Medicine, helping to raise awareness among scientists, societies and decision-makers about the profound importance of soil for human well-being and our planet.

“The *Martian* movie story is funny ... I was being interviewed by some folks unrelated to the movie on providing input on a TV program that was loosely tied to the Biosphere 2 program, and I spent a bit of time as a biospherian, mapping soil and living on the Biosphere 2,” he said. “The experiment that they had designed was

failing ... without going into too many details, they had too much organic C in the soil, which set the whole system out of whack, and we solved it. Eventually, some movie folks approached me and were interested to see if the idea of food production was viable in closed systems like in the movie.”

Kelly — the dynamo of energy that he is — is clearly one of the most influential and important soil health advocates on our planet, yet somehow maintains a whimsical, passionate love for the complexities of life that extends beyond just that of his career. How?

“Navigating a professional career, much like enduring in sports, entails confronting multiple and diverse challenges,” he said. “It’s critical to cultivate a new perspective on failure. Obstacles are a part of our journey, and they are inescapable, whether in your career path or during your daily pursuits, be it work or play. As you navigate the various facets of life, you might encounter those who seem insensitive, akin to birds that, occasionally, leave their mark (essentially, crap on you). Addressing these situations with humor is key to gaining spiritual and emotional separation. Laughter is a trusted ally.”

Let’s all be like Kelly, and just laugh a little bit more through it all.



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The CSU Bookstore and Lory Student Center will be impacted by a power outage over winter break. Visit [lsc.colostate.edu/closure-info](https://lsc.colostate.edu/closure-info) for up-to-date hours and information.



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By Clara Deforest Colvig

This year marked the CSU Horticulture Center’s 28th annual poinsettia sale, held on Dec. 2 and Dec. 4.

Each year, students in the department’s floriculture practicum grow the plants to be sold in December. The tradition gives the students great hands-on experience and spreads holiday cheer throughout the Fort Collins community.

“We want to make sure students are getting experience with techniques and equipment they will encounter when they graduate and enter the horticulture industry,” said Mike Hazlett, research associate with the Horticulture Center.

Some techniques remain simple, however. Every night students cover the plants with a light-blocking tarp to simulate fall’s shorter days, which triggers the dramatic change in color. Even a little bit of intrusive light, for example from a streetlamp, can disrupt the flowering process, and the plants will remain green.

All proceeds will funnel back into the horticulture program, ensuring future students have access to the prized experiential learning the practicum provides.

Hazlett added that the annual sale is an important community engagement opportunity where students can interact with customers and see the impact of their efforts. It’s also a chance to showcase the students’ achievements. “They put in a lot of hard work all semester to produce a high-quality crop, and they’re proud to share their work,” he said.

Colors

Poinsettias most commonly are a bright red color, hence the popularity during the holidays, but they also can come with pink, white, yellow, salmon or multi-colored leaves. In fact, there are over 100 varieties of the plant.

Although these flowers make a great gift for a loved one or a lovely centerpiece at the dinner table, they can be tricky to take care of. They require the right temperature, sunlight and amounts of water.

Ironically, the plant that often represents the holiday season is native to warm, tropical climates. Physician and botanist Joel Roberts Poinsett introduced poinsettias to the United States from Mexico in 1825. Due to their origin, it is best to keep poinsettias away from drafty areas of the house.

Poinsettias also require lots of sunlight. They should be placed in south-, west-, or east-facing windows. However, beware of cool windows – when the poinsettia’s leaves, called bracts, touch the cold glass, they will wither up and fall off.

To keep poinsettias healthy and growing, they must be watered correctly. The plant should be watered when the soil is noticeably dry. It is important to avoid over-watering poinsettias as well. Overwatering of poinsettias can lead to root issues as well as bract/leaf drop. A sign of overwatering is the bracts turning yellow and falling off. If ever in doubt, it is best to under-water poinsettias rather than over-water them.

Another thing to watch out for when taking care of a poinsettia is the sap. The plant oozes a milky substance that can irritate the skin after contact. The sap can also cause nausea in pets. Additionally, contrary to popular belief, poinsettias are not poisonous, but if eaten they can induce vomiting.

Although poinsettias can be a more difficult plant to take care of, they are beautiful additions that can spruce up any room in the house.

–Micha Bennett contributed to this story.

# ALL of THE LIGHTS

The City of Fort Collins illuminated Old Town on Nov. 3. Every night through Valentine's Day, the holiday lights will be shining across 22 block faces of downtown, with thousands of strands of lights in alleyways, along sidewalks and within tree-tops.

Here’s a handy tour to help you make the most of this special time of year.

**OLD TOWN**  
*ft. collins*

**DECEMBER 2023**

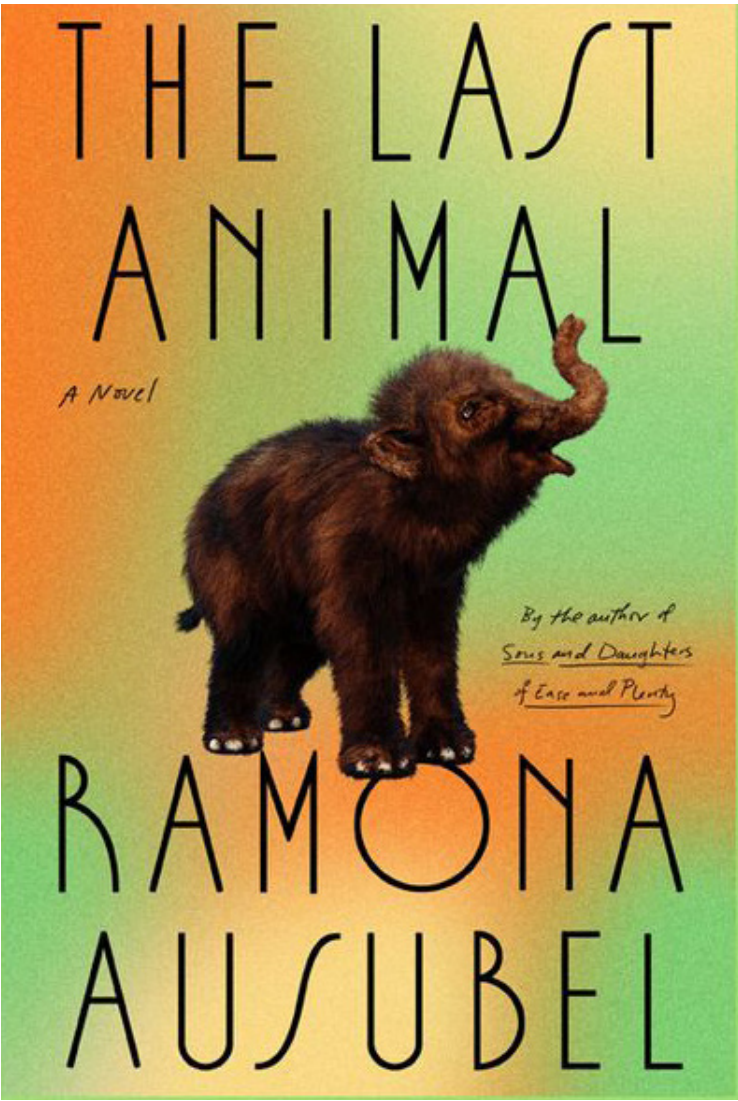
- Thrifty Nights Carriage Rides** | Location on Map: Old Town Square  
*Explore Old Town by horse and carriage through Dec. 22.*
- Old Town Square Skate Rink** | Location on Map: Old Town Square  
*Lace up the skates and enjoy the lights while skating around Old Town Square.*
- Global Village Museum of Arts and Cultures**  
Location on Map: 200 W. Mountain Ave. # C, Fort Collins, CO 80521  
*Experience "Fire and Light: Winter Solstice Traditions" at this museum in Old Town.*
- Clothes Pony & Dandelion Toys** | Location on Map: 111 N. College Ave., Fort Collins, CO 80524  
*Take your child or unleash your inner child at this classic toy store in the heart of Old Town.*
- Rocket Fizz Fort Collins** | Location on Map: 123 N. College Ave. #180, Fort Collins, CO 80524  
*Step back in time at this old-school candy store.*
- The Exchange** | Location on Map: 200 N. College Ave., Fort Collins, CO 80524  
*Enjoy food, drinks and maybe even some ice cream at this popular Fort Collins destination.*
- Old Firehouse Books** | Location on Map: 232 Walnut St., Fort Collins, CO 80524  
*Grab a picture outside of this historic firehouse and stop inside to explore a large array of books.*

# Ausubel’s novel about the woolly mammoth earns rave reviews

By Annie Weiler

In April 2023, Ron Charles of The Washington Post delved into the pages of CSU Assistant Professor Ramona Ausubel's novel *The Last Animal: A Novel*. Charles emphasized the story's woolly mammoth, seeing it as a poignant symbol of irreparable loss and the inescapable march toward extinction. He captured the novel's essence, writing, "The paradox that this novel confronts with such tender sympathy and humor is how to love the time we have left."

Ausubel's work resonated widely, with other publications like People magazine and The New York Times Book Review applauding her work. Inspired by a news story on mammoth de-extinction, Ausubel's teaser for the novel promises a "playful, witty and resonant" novel following a single mother and her two teenage daughters as they embark on a “wild scientific experiment and discover themselves in the process.”



In an unexpected twist to their summer break, sisters Eve and Vera find themselves reluctantly tagging along with their mom on a scientific escapade to the Arctic. Siberia's icy landscapes don't scream "dream vacation" for the bored teens, but a mischievous adventure leads to an accidental and astonishing discovery — a perfectly preserved, 4,000-year-old baby mammoth. This stroke of luck catapults the trio into a globetrotting whirlwind, from Siberian slopes to Icelandic shores and an eccentric animal farm in Italy. Their journey unfolds with a series of wild events, culminating in the birth of a creature hailed as the game-changer — the woolly mammoth, which they call "the most important animal on the planet."

As Jane and her daughters grapple with the ups and downs of keeping their newfound friend Pearl alive, the story becomes a deep dive into family dynamics and self-discovery. Beyond the scientific marvel, it tackles personal grief, climate anxiety and institutional sexism. With the Ausubel touch, the narrative seamlessly blends scientific intrigue with a heartfelt exploration of what it means to be human.

Ausubel, hailing from Santa Fe, New Mexico, is an assistant professor in the CSU Department of English. With three novels and two story collections in her repertoire, Ausubel's literary journey has earned her prestigious accolades, including the VCU Cabell First Novelist Award and the PEN Center USA Literary Award for Fiction. A finalist for the New York Public Library Young Lions Fiction Award and the California and Colorado Book Awards, Ausubel's work skillfully navigates the confluence of science, emotion and societal dynamics, often exploring the complexities of the human experience.

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“AS THE HOLIDAYS  
APPROACH, RAMS  
AGAINST HUNGER  
BECOMES A CRUCIAL  
RESOURCE”

In line with their dedication to sustainability and public involvement, Rams Against Hunger enthusiastically embraces donations from community members. They’re currently receiving donations of unopened packaged food. Rams Against Hunger also supports the Growing Give program, encouraging Rams to contribute surplus garden produce and help minimize food waste.

As winter approaches, Rams Against Hunger is gearing up for holiday initiatives. A recent Thanksgiving event on Nov. 17 saw 150 turkeys and holiday meal items distributed to CSU families. For Giving Tuesday on Nov. 28, they planned to raise \$90,000 for programs like the Meal Swipe initiative. This initiative allows students to apply for 30–50 meal swipes, usable at any CSU dining hall. They also remained open throughout fall break, offering assistance to local, on-campus and international students.

The Rams Against Hunger Food Pantry, located in the CSU General Services Building at 1251 Mason St., extends its welcome to all community members — students, staff and faculty alike. Visitors are encouraged to bring their CSU ID card and bags for a seamless experience.

For more details about Rams Against Hunger's eight pocket pantries, meal swipe program, ongoing initiatives or volunteer opportunities, visit the SLiCE office in the Lory Student Center, Room 210.



# Celebrate continued culture change at Student Recreation Center

By Joe Giordano



Empower others. Use proper pronouns. Healthy is not a body type or weight. These are just a few of the sayings emblazoned on the walls in a new, upgraded area of Colorado State University's Student Recreation Center.

The bold and colorful wall treatment, located in the west portion of the first-floor fitness area, is part of a larger effort to create a more inclusive environment for the CSU community that features adaptive fitness equipment, virtual tutorials from personal trainers as well as more approachable weights and equipment.

A grand opening for the newly updated WeREC area was held Nov. 2., with t-shirt and sticker giveaways, on-site personal trainers

offering personalized tips, free chair massages, and more.

WeREC aims to combat the national rise of toxic gym culture that involves unrealistic workout plans and health advice, as well as problematic behaviors in gym environments.

According to Nick Eppley, the Student Recreation Center's assistant director of marketing and communications, the idea for WeREC emerged from patron feedback, with the campaign officially launching two years ago.

"We wanted to better address some historically negative aspects of the typical gym vibe — especially when thinking about gender — about who feels welcomed and who feels like

the gym is a space that is safe and affirming for them," Eppley said.

The WeREC Area is a complement to the two all-gender changing rooms also on the first floor, near the entrance to the Aquatic Center. Completed in 2010, the all-gender changing rooms include a sink, toilet and shower in addition to reservable locker space. Eppley explained that the all-gender changing rooms were designed to provide a safe and inclusive locker area.

"We know that students, faculty and staff want and need these types of resources, so we're working to enhance the culture throughout the department," Eppley said.

# New plan sets goals for the future of transportation and parking at CSU

By CSU MarComm Staff

Parking and Transportation Services has announced the completion of the Transportation Demand Management Master Plan update, which sets transportation goals for the next decade.

PTS contracted with consulting firm Kimley-Horn to develop a TDMP that is focused on optimizing transportation options for campus community members. The document outlines strategies by mode of travel for the next 10 years and has been submitted to the Master Plan Committee for consideration as it develops the university's overall master plan to be completed in 2024.

The plan is the culmination of a year-long coordinated effort among PTS, other CSU departments and city and regional stakeholders. PTS engaged with over 3,500 members of the

CSU and Fort Collins community through pop-up events on campus, workshops and presentations to departments and student organizations, surveys and focus groups.

"Robust stakeholder engagement was an essential part of the process when developing the TDMP," said Jamie Gaskill, associate director of active transportation with PTS. "We wanted to ensure that the needs of campus community members were at the center of the recommended strategies so that we are focusing future efforts on the things that will make the biggest impact for students, employees and visitors."

**About the goals**

Recommendations made in the plan focus on improving convenience, quality and equity in

the university transportation network. Goals set forth include investing in safe and reliable infrastructure, addressing transit frequency and reliability, and optimizing peak parking lot utilization. Additionally, the plan provides a framework to help CSU achieve a more balanced transportation mode split that will help the university meet climate action goals, improve safety and ensure the campus is accessible.

"PTS strives to learn from best practices of other universities and industry standards to best serve our community," said Dave Bradford, executive director of PTS. "This plan will help us anticipate future challenges and opportunities as the university continues to grow."

Copies of the executive summary and the full Transportation Demand Management Plan update can be found online.

## CSU to have another strong presence at National Western Stock Show Jan. 6-21

By Jeff Dodge

From Ag Adventure to CSU Day to the newly completed CSU Spur campus, Colorado State University will once again have its imprint all over the National Western Stock Show, being held in Denver Jan. 6-21.

CSU has been a partner with the NWSS since it began in 1906. Below are some highlights of CSU-related activities and events at the Stock Show.



### Jan. 4

- The National Western Stock Show Parade ([nationalwestern.com/special-events/parade](https://nationalwestern.com/special-events/parade)) will be held at noon on Jan. 4, featuring CAM the Ram and Ram Handlers. The parade route begins at Denver's Union Station and runs up 17th Street, concluding at 17th and Glenarm Place.

### Jan. 5

- Boots 'N' Business After Party: 1-3 p.m. on Friday, Jan. 5, at CSU Spur. Paid registration required. Register at <https://col.st/A55rL>.
- Spur One-Year Anniversary Celebration: 1-5 p.m. on Friday, Jan. 5, at CSU Spur. Join this free and public event that is all about having fun and interacting with CSU programs and partners. Commemorate the milestone first year of the full CSU Spur campus being in operation.

### Jan. 6-21

- Ag Adventure: Become a Junior Ag Ambassador by participating in this interactive, hands-on exhibit where CSU Agricultural Education students teach about agriculture and natural resources, including where your food comes from. It is a collaboration among the NWSS, CSU and various commodity organizations from around the state that represent Colorado producers. The CSU booth and Ag Adventure can be found every day of the Stock Show on the third floor of the Hall of Education.

### Jan. 6-12

- Stockyards: Visit CSU's student-led Seedstock Merchandising Team in its new digs and learn about CSU's tradition of raising and showing livestock at the stock show. Open to the public.

### Jan. 6-12

CSU Spur: Open from 10 a.m. to 5 p.m. every day of the Stock Show, and there will be ongoing programs at CSU Spur each day. Check out the CSU Spur calendar for more info on daily events at [csuspur.org/spur-events](https://csuspur.org/spur-events)

### Jan. 9

- NWSS Free Admission Day

### Jan. 12

- Discover and explore CSU and Colorado 4-H, delivered by CSU Extension, during 4-H Day at the Stock Show, Friday, Jan. 12.

### Jan. 13 - CSU Day

- CSU Day at the Rodeo is Saturday, Jan. 13. Special group discount tickets are available for CSU Day at the Rodeo at 11 a.m., featuring seating in CSU fan sections. Tickets include grounds admission for the day, which includes nearly 300 trade show vendors, Mutton Bustin', CSU officials as stagecoach/wagon riders, National Western nursery, kids' activities, petting farm and more. Rodeo tickets are available at [tinyurl.com/nwsspromo](https://tinyurl.com/nwsspromo), promo code NWSSCSU. Questions about tickets can be directed to the groups department at (303) 295-3959. Prices offered are not available to the general public. All orders are subject to availability, and prices are subject to change.
- The CSU Alumni Association Member Breakfast will be held from 8-10 a.m. on Saturday, Jan. 13, at CSU Spur Hydro Theater, featuring photos with CAM the Ram. Registration link: [advancing.colostate.edu/NWSSMEMBERBREAKFAST2024](https://advancing.colostate.edu/NWSSMEMBERBREAKFAST2024). CAM the Ram will also be on hand from 9:30-11:30 a.m. on Jan. 13 outside of CSU Spur Vida.

### Jan. 17

- Learn more about Colorado FFA and agricultural education on FFA Day, Wednesday, Jan. 17.

### Jan. 18

- Temple Grandin Equine Center Exceptional Rodeo, from 10 a.m. to 2 p.m. at the CSU Spur Vida Building. The mock and adaptive rodeo experience is for Denver-area youth with special needs, ages 4 to 12. Professional Rodeo Cowboys Association athletes and rodeo royalty partner with the youth to assist them through the rodeo obstacles. CSU Professor Temple Grandin engages with the youth and signs books, while community volunteers help host each activity station. The public is welcome to watch.

## SAVE THE DATE: MARTIN LUTHER KING DAY MARCH STARTS AT OVAL ON JAN. 15

The annual Martin Luther King Jr. Day march and keynote is set for Monday, Jan. 15, starting at Colorado State University's historic Oval.

The 1.7-mile march will begin on CSU's campus and end at The Lincoln Center at 417 W. Magnolia St. for a special keynote presentation. Details for the march and keynote are still being planned. This year's theme is "It Starts with Us." The latest information can be found at [col.st/F3sUK](https://col.st/F3sUK).

As in previous years, the march will feature several historical Black houses located in Old Town. The keynote will start shortly after the march ends at The Lincoln Center. This year's new route is due to work being completed at the Lory Student Center.

The celebration is organized by CSU's Office of Inclusive Excellence, the Black/African American Cultural Center, BIPOC Alliance, CSU Vice President for Student Affairs, CSU Police Department and the City of Fort Collins, among many others.



## Cybersecurity training available for faculty and staff

By CSU MarComm Staff

The Division of IT has launched the Colorado State University System's inaugural cybersecurity training series to educate faculty and staff on cyberattack awareness and prevention.

The training, planned to be an annual opportunity, is a self-paced online series that will walk users through several videos with checkpoints through the Litmos platform and can be accessed through the Cybersecurity webpage or going directly to Litmos.

"This is an acknowledgment of the evolution of cyber risk," said Chief Information Security Officer Steve Lovaas. "It's been said that attackers don't break in – they log in. Recent attacks have been focusing much more on gaining access to sensitive data and systems by compromising credentials. The individual is now the primary target for launching a damaging attack."

Best practices in IT cybersecurity show that educating individuals is the first line of defense in recognizing attempts and preventing attacks. The training covers a variety of topics that every individual should know in order to safeguard our information and is a key part of the IT Strategic Plan to enhance the CSU System's security profile.

"Our user community is an important part of our CSU System cybersecurity strategy," said Brandon Bernier, vice president for information technology and chief information officer. "Our approach has evolved to ensure we are doing everything we can to take care of our users and their devices. This training program is a national best practice that will help us move in that direction."

While the training is encouraged for all researchers, faculty and staff members, a subset of individuals handling sensitive information are required to complete the program. The Division of IT will issue a separate notice to these individuals, outlining their obligation to finalize the training by Dec. 22, 2023, while the broader CSU community is encouraged to complete it by Jan. 31, 2024.

For more information, please visit the IT Cybersecurity webpage at [it.colostate.edu/cybersecurity](https://it.colostate.edu/cybersecurity).

# PIERCING TATTOO JEWELRY

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CALENDAR

**CSU Fall Commencement**  
Thursday, Dec. 15 – Saturday, Dec. 17  
Full schedule of commencement ceremonies online at [commencement.colostate.edu](http://commencement.colostate.edu).

**Career & Professional Development: Building Your Online Portfolio**  
Monday, Dec. 18, 12:30 p.m., Zoom  
Elevate your online presence by building a dynamic online portfolio.  
+ [advancing.colostate.edu/ONLINEPORTFOLIO](http://advancing.colostate.edu/ONLINEPORTFOLIO).

**Professional Development Institute**  
Monday, Jan. 8 – Wednesday, Jan. 10  
Find your Energy is the theme for 2024. The PDI is a 45-year tradition offering CSU faculty, state classified personnel, administrative professionals, and graduate students an opportunity to explore a wide range of topics. This year presenters and participants will share ideas on topics such as sustainability, inclusivity across campus, health and wellbeing, creating positive change together, and gaining new insights from each other. Online and in-person sessions are offered.  
+ [training.colostate.edu/professional-development-institute/](http://training.colostate.edu/professional-development-institute/)

**Martin Luther King Jr. March**  
Monday, Jan. 15  
11 a.m., CSU Oval  
This year's march will start at the Colorado State University Oval at 11 a.m. and end at The Lincoln Center, approximately 1.7 miles. The march route features a path to commemorate Black families who put down roots in northern Fort Collins in the early 1900s.  
[lsc.colostate.edu/involvement/campus-activities/dr-martin-luther-king-jr-march-celebration/#March](http://lsc.colostate.edu/involvement/campus-activities/dr-martin-luther-king-jr-march-celebration/#March)





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p.s. CSU faculty and staff (and all teachers everywhere) receive discounts on repairs and custom projects.

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

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

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

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

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

**Overbrook New England Egg Nog available at Wilbur's.....\$9.99**



Try this twist on the holiday classic.

### Gingerbread Eggnog Martini

Mix Gingerbread liqueur with Original New England Egg Nog and serve in a martini glass rimmed with cinnamon and nutmeg. **Cheers!**

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