CSU team works to slow the spread of COVID-19

By Seré Williams

In the classic arcade game Whack-A-Mole, as you slam the rubber mallet down on one mole that rises up, you stay at the ready to quickly knock down the next mole that emerges. Colorado State University experts have developed a similar strategy that relies on quick identification and isolation of individuals on campus infected with the virus that causes COVID-19 to whack the virus down before it spreads—and keep the number of cases they need to contend with manageable at all times.

Before students returned to in-person learning in August, CSU had developed a targeted monitoring and testing program built on research by faculty scientists and implemented by a team of on-campus experts. Dr. Heather Pidcoke, the chief medical research officer for the university, has assembled the multi-disciplinary team to manage the university’s rapid response to COVID-19.

“It’s made up of experts from across the university, and the point of the team is to figure out what the data means and what to do about it,” she said. The team meets every afternoon and they can then discuss new data, the appropriate response, and then creates a plan to tackle it.

The efficacy of this approach was borne out at the end of September, when wastewater surveillance identified a spike in viral counts from two residence halls, Braiden and Summit. These communities were immediately quarantined and each individual promptly tested. Less than a week later, those infected with the virus were identified and isolated, while the remaining residents returned to classes—and life—as normal. Of the more than 900 students tested, fewer than a dozen tested positive.

Building a baseline

CSU has been monitoring students’ health closely since the first day they returned to campus for the Fall semester.

During the week before classes began, the university offered testing to every student moving into on-campus housing as well as to every professor and graduate teaching assistant who would be exposed to at least 50 students in a week. Out of the approximately 10,000 tests performed, only 11 came back positive. These students were isolated in quarantine spaces for 14 days.

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.
The Administrative Professional Council is the advocate for all administrative professionals at CSU, we are composed of 15 areas with 41 elected representatives serving as your voice. The APC has also shared governance that works closely with the Classified Personnel Council and Faculty Council. Our dedicated members meet on the second Monday of every month for discussion, researching, and making recommendations regarding employment and the welfare of APs. The APC welcomes your attendance as a way to remain in touch with university governance issues or to share your concerns.

The Administrative Professional Council has several standing committees where the work of the APC is accomplished. Membership of the standing committees is restricted to APC members (except for the Executive Committee). This year the APC has created new committees to better represent our AP needs on campus.

- Executive Committee - Accepts items of business to bring before APC, determine the appropriate manner of business to be brought before APC, and act for APC between regular meetings.
- AP Experience (new) - Works within the APC and with other units on campus to advocate for equity and consistent employee evaluations, onboarding best practices, and exit interviews.
- Awards & Events - Is responsible for suggesting and reviewing awards for APs and for overseeing the management of awards.
- Communications - Is responsible for recommending platforms to APC for use in communicating and disseminating information about APC to various audiences.
- Equity & Social Justice (new) - Examines structures and processes within the APC to identify the shifts that could be made to be more inclusive, providing more diverse voices to be heard and therefore allowing APC to more fully represent the AP employees across campus.
- Nomination and Elections - Is responsible for soliciting nominations for and the election of the membership to APC as well as the nomination and election of officers.
- Policies & Procedures - Considers policies and procedures that affect APs and make recommendations to APC.
- Service & Engagement (new) - Works to help connect the APC and APs across campus with service opportunities throughout the year. Interested in attending a meeting or joining a standing committee? Contact the executive team via email apc@colostate.edu today! Want to know who is serving as your area representative? Check out our current member page: ap.co.colostate.edu/members.

What is the Administrative Professional Council?

By Administrative Professional Council

The importance of taking care of your mental health

By Malverna Green

Everyone knows the importance of taking care of ourselves. Eating healthy, exercising, and getting plenty of quality sleep seem to be the key to a healthy individual. However, it can be easy to forget that attention also needs to be paid to one’s mental health and wellness, especially when life gets busy or in current times, when it may feel like there are bigger concerns to be paying attention to. At the end of the day, mental health plays just as big of a role as physical health does with how we function on a day to day basis. I spoke with Janella Patrias, the manager of Mental Health Initiatives at the CSU Health Network about ways staff and faculty can help support their own mental health.

A key way to take better care of yourself throughout the day is to take intentional breaks. Some ideas to help release some stress in minor ways is to just take a moment and step away from the desk and go for a walk. Being outside, even as the weather cools down, is a great way to relieve stress. Taking a moment can even be as simple as YouTubeing a five-minute meditation video or taking 10 minutes to get up and stretch. Wellness often comes from small things that help curb stress. By not experiencing fatigue, as many of us are, it is key to have some technology relief. This can be hard to accomplish but a simple way to help by remembering that it is OK to suggest doing a phone call instead of a virtual meeting. It is also vital to set aside time to be completely tech-free.

Right now it can be easy to feel disconnected or lonely more often than usual. Staying well means having that social connection we all need. Don’t be afraid to ask a colleague or friend to just chat or take a socially distant walk together. Although it can feel like everyone’s conversation needs to be purposeful, it’s OK for us to reach out to just simply connect.

Spending time on yourself and checking in with how you are doing is always a good idea. But it is equally important to remember to keep the wellness of others in mind. Everyone is trying to deal with these changes to the best of their ability and being mindful of one another’s struggles can help.“One of the greatest ways we can support one another right now is to give everyone some grace,” explained Patrias.

There are many resources on campus for employees, Jan Pierce, the Employee Assistance Coordinator, explained. Through the Employee Assistance Program staff, all faculty have access to six free sessions of counseling per person per calendar year.

In addition, through ComPsych, employees can call to ask legal and financial questions. They can also create an account at Guidance Resources to gain access to many other financial, legal, wellness, and lifestyle resources. For more information and resources visit these websites:
- care.colostate.edu
- colorado.gov/c-seap
- guidanceresources.com
- govweb/login
- hr.colostate.edu
- cap.colostate.edu

CSU LIFE | FACULTY & STAFF

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Changes to the Classified Personnel Council

The year 2020 has brought big changes to the way Colorado State University conducts business. The Classified Personnel Council (CPC) is still serving the needs of classified personnel at CSU. CPC wants you to know that we are still working to disseminate information related to CSU and state classified employees, review bills before the state legislature that impact the University community, recognize and reward CSU employees, host informational sessions and employee appreciation events, and research, review, and recommend ways to improve the work lives of CSU employees.

The 2020 fiscal year was a busy year for the CPC. The council met on a monthly basis to discuss current issues and concerns affecting state classified employees at CSU. A record of the meeting minutes can be found at cpc.colostate.edu. When non-essential employees were sent home to work behind the scenes and essential employees worked on the front lines, the CPC remained active (and continues to remain active) focusing their efforts on disseminating ever-changing information to assist employees with their needs. To get a more in-depth idea of the hard work the CPC has done in the past year, please see the Fiscal Year 2020 Annual Report at the CPC website, cpc.colostate.edu/media. This year, the CPC plans on pivoting due to the changed work environment due to COVID-19 to provide support and representation to State Classified Staff. Please see what the classified personnel council has planned for the upcoming year.

Executive Committee — The executive team will be actively working with committees on new ways to engage with state classified employees given the current landscape of the pandemic. The Executive Committee is working to identify ways to use the CPC annual budget to have the greatest impact for our campus community. This committee will also continue discussions with the State of Colorado Department of Personnel Administration to navigate the implementation of Collective Bargaining (Colorado Partnership for Quality Jobs and Services Act - HB 1210), as well as advocating to expand leave benefits to update the current annual review rating scale from a 3-point to 5-point. The committee is currently reviewing the Colorado Employer of Choice strategic plan and roadmap to provide feedback and to help shape conversations with our representatives through the year. (Link to the Colorado Employer of Choice website colorado.gov/eoc). An update to your colleagues in your department or on campus who you’d like to recognize? If so, please do! Not-only will they feel great, but you will, too. Send in your nomination ASAP!

Communications Committee — We are excited to roll out our own Facebook page allowing us to pass on pertinent information in a timely manner. Please like us on Facebook! The committee still plans to continue to share valuable information through articles on the SOURCE and CSU Life. We will also continue to email issues of the Communicator (a newsletter that informs state classified personnel of events, awards, etc. that may be of interest), but on an as-needed basis.

Employee Recognition Committee — This committee manages special awards created by the CPC to help recognize State Classified employees. These awards include: 1) The Everyday Hero Award. It is great to feel valued and get recognized, especially during these unique times. Do you have a colleague in your department or on campus who you’d like to recognize? If so, please do! Not-only will they feel great, but you will, too. Send in your nomination ASAP! 2) Educational Assistance Award, Who could use $500 to help meet any needs associated with furthering their education, such as tuition, books, technology, childcare expenses, and gas for traveling to/from class. If you are working to further yourself and your education don’t delay – apply today!

Muscle Strength — Although the practice doesn’t often include weights, or additional equipment, tai chi strengthens upper body, lower body, and core. With the unsupported raised arms and motion of exercises, upper body strength is challenged. The stance positions and support from the lower body enhances lower extremity strength. The engagement of the core to support stance and slow changes in movement challenge and enhance abdominal strength.

Flexibility — Due to the circular pattern of exercises and working joints through a comfortable range of motion at a slow pace tai chi promotes flexibility throughout the body. Another great benefit to tai chi is how the practice can be adapted for almost anyone from those with mobility limitations to highly fit individuals.

Balance — Improvements and positive changes to balance often lead to a decreased risk of falls and fear of falling. Reducing falls, also helps to prevent minor and major injuries that are common among older adults as a result of falls. Tai chi can help in the body’s ability to sense and understand its position in space. This proprioceptive ability naturally decreases with age, and can lead to decreases in strength, reaction time, and more. Being able to enhance it can be seen as a powerful tool. In tai chi studies researchers have found that tai chi reduces both fall risk and fear of falling.

Whether you’re new to exercise, or a life-long participant, and regardless of age tai chi may be a great addition to your physical activity habit! Kimberly Burke is the director of the Adult Fitness Program at Colorado State University, an outreach program through the Department of Health and Exercise Science. Adult Fitness offers exercise opportunities for employers 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.
Fort Collins autumn treats

By Rachel Rasmussen

Since the Colorado seasons seem to be undisciplined in abiding by their correct timing in the year, it's best to take advantage of every autumn day that Fort Collins provides. This can include so many outdoor activities and indoor projects, but knowing where to feed your fall sweet tooth or pumpkin spice cravings is something that should be taken very seriously. With current health guidelines in place to prevent the spread of COVID-19, these goods are perfect when taken to go as well.

**Pumpkin patches in Fort Collins**

- **Something From The Farm**
  - Address: 88028 S. Timberline Road
  - Website: somethingfromthefarm.com/activities
  - This family-owned and operated, fourth-generation pumpkin patch allows guests to search for their perfect pumpkin, enjoy hayrides and their bale maze. Their store offers a variety of decorative fall items and foods so you can bring a little Something From The Farm home with you.
  - **Bartels Farm and Pumpkin Patch**
    - Address: 3424 E. Drake Road
    - Bartels Farm lets visitors pick out pumpkins from their patches for only $1 per pumpkin. You can also stop by to purchase some fresh produce from their produce stands.

Just because Halloween this year has to look different, doesn’t mean it can’t still be fun. All it takes to enjoy the spirit of Halloween is a little creative thinking, an open mind and a face covering.

While these options are safer, they can still pose a risk to exposing you and others to COVID-19. If you do decide to go to a pumpkin patch be sure to use hand sanitizer before touching the pumpkins, maintain six feet of distance from other people and groups and wear a face mask.

**Transfort to resume service on routes 6 & 7**

By Mages Hall Wahl

Bus service on Transfort routes 6 and 7, suspended since April, returned on Monday, Oct. 5. Route 6 goes from the Colorado State University Transit Center to Snowfall Station via Mulberry Street and Taft Hill Road, and Route 7 goes from the CSU Transit Center to Rigden Farm via Shields Street and Drake Road.

Route 6 will run once per hour northbound from 6:11 a.m. to 6:37 p.m. and southbound from 6:45 a.m. to 7:08 p.m. Route 7 will run once per hour northbound from 6:40 a.m. to 7:03 p.m. and southbound from 7:45 a.m. to 7:35 p.m.

These service times differ from previous schedules and reflect reduced service hours due to COVID-19. Passengers should check ridetransfort.com/routes and click the Exceptions tab to view the timetables and see the modified service.

Make your autumn season a little sweeter with some seasonal items.

**Mexican Mocha**

This mocha coffee is made with cinnamon and cayenne to create a perfect blend with a kick. Check out more of their “Flavors of Fall” including teas, coffees and ices online or in store!

**Octoberfest 6.1 ABV**

This fall brew is made with “locally sweet Munich malts and spicy, herbal noble hops.” Online ordering and curbside pickup is still available for all drinks.

**Switch & Save $200**

Get premium features like Netflix, international texting and data, and free stuff every week with T-Mobile Tuesdays—all with taxes and fees included. File a tax return online or in store.

**T-Mobile PERKS**

Get extra perks for your loved ones with T-Mobile’s exclusive employee benefits, including an extra $20 off your monthly bill with Magenta Plus (12 lines or less) and unlimited high-speed data for $20/mo.

**Magenta Plus:**

- Active & in good standing to receive credits. Credits may stop if you cancel a line. May not be combined with some offers/discounts. Restrictions apply. Limit 1 T-Mobile Perks Corp node per acct.

**Limited time offer, subj.to change**

Be sure to mention your employer to receive this offer.

"Netflix: 2+ lines req’d. Standard, up to 2 HD screens. Req. new acct. on Magenta Plus with Autopay & validation. $5/mo./line discount up to 2 lines for 20 mo. 1st credit includes $5/month for up to 2 lines. New acct. must be on netflix.com. See Netflix’s Terms of Service for more info. Offers subject to change. Be sure to mention your employer to receive this offer. See t-mobile.com/netflix for add'l info. For the small business discount, 1 offer per T-Mobile acct.; may take 1-2 bill cycles. See t-mobile.com/netflix for add'l info. For the small business discount, 1 offer per T-Mobile acct.; may take 1-2 bill cycles. See t-mobile.com/netflix for add'l info. For the small business discount, 1 offer per T-Mobile acct.; may take 1-2 bill cycles.

## Terms & Conditions

- **Netflix:** 2+ lines req’d. Standard, up to 2 HD screens. Req. new acct. on Magenta Plus with Autopay & validation. $5/mo./line discount up to 2 lines for 20 mo. 1st credit includes $5/month for up to 2 lines. New acct. must be on netflix.com. See Netflix’s Terms of Service for more info. Offers subject to change. Be sure to mention your employer to receive this offer. See t-mobile.com/netflix for add'l info. For the small business discount, 1 offer per T-Mobile acct.; may take 1-2 bill cycles. See t-mobile.com/netflix for add'l info. For the small business discount, 1 offer per T-Mobile acct.; may take 1-2 bill cycles. See t-mobile.com/netflix for add'l info. For the small business discount, 1 offer per T-Mobile acct.; may take 1-2 bill cycles.
Orecchiette

Ingredients:
- 1 1/4 cups all-purpose flour (150 grams)
- 1/2 cup - 3 cups of semolina flour (may be called durum wheat 300-320 grams)
- Water, as needed
- Saucè to top the pasta

Directions:
1. Mix the semolina flour and all-purpose flour. Make a circular groove in the middle of the dough.
2. Slowly add the water into the groove and mix together. Add the water a little bit at a time.
3. You'll mix and knead the dough until it's smooth and doesn't flake off or break. Add water to your hands if the dough sticks to them while you're kneading.
4. Use the dough scraper or spanula to incorporate the bits of flour that get stuck to the board or table. Prep trays with flour or use a clean dishcloth.
5. Roll the dough into a log. Cut off a bit and place the rest of the pasta between the knife and your thumb to create a shell-like shape.
6. Flip the shell over your thumb upside-down and then place it on the tray. Wrinkles in your pasta are ideal!
7. If your dough rips as you slice it, you may be pushing too hard. This happens, squish the pasta dough into a ball again and try again.
8. Once all your pasta pieces are all done, you will boil a pot of water. This happens, squish the pasta dough into a ball again and try again.
9. Slide the dough pieces between the knife and your thumb to create a shell-like shape.
10. Boil the pasta for five minutes, taste it, and then strain it. You can also create a pasta sauce to go on top of the pasta.
11. Once all your pasta pieces are all done, you will boil a pot of water. This happens, squish the pasta dough into a ball again and try again.
12. You'll want enough water to cover the pasta pieces. Once all your pasta pieces are all done, you will boil a pot of water. This happens, squish the pasta dough into a ball again and try again.
13. Add water to your hands if the dough sticks to them while you're kneading.
14. Use the dough scraper or spanula to incorporate the bits of flour that get stuck to the board or table. Prep trays with flour or use a clean dishcloth.
15. Roll the dough into a log. Cut off a bit and place the rest of the dough into a covered bowl or plastic bag until you're ready to use it again as it doesn't dry out.
16. Roll the dough into a small log and then cut 1/2 – 1/2 pieces with a knife.
17. To prepare the pasta shape, take your knife in one hand and put a pasta piece between the knife and your thumb. A serrated knife works better to create ridges on the pasta.
DIY Hand Sanitizer

**If Making Your Own Hand Sanitizer:**
- Be skeptical of recipes. Do your own research on ingredients and their final alcohol concentrations.
- Avoid adding any unnecessary ingredients to your sanitizer.
- Test the final product for sensitivity, allergic reactions, or burning by only applying it to a small part of your hand. Mass it all immediately if any sensitivity occurs and do not continue use of product.

**HAND WASHING:**
1. Wet hands with clean running water (can be warm or cold)
2. Scrub hands for at least 20 seconds, long enough to sing “Happy Birthday” twice
3. Rinse hands thoroughly and dry with clean cloth or air dry

**AVOIDING METHANOL (WOOD ALCOHOL)**

The FDA is warning consumers about hand sanitizers containing methanol (wood alcohol), because it is dangerous and toxic. Methanol can cause serious side effects when absorbed through the skin that range from nausea, vomiting, and headaches to permanent blindness, seizures, coma, nervous system damage or death when swallowed. Young children who accidentally swallow hand sanitizer and adolescents or adults who may drink hand sanitizer as an alcohol substitute are most at risk. Most hand sanitizers containing methanol will not list it as an ingredient on the label so it’s important to check the FDA’s list to see if any of your hand sanitizers are on their list of possibly contaminated products. You can find this list by searching “FDA updates on hand sanitizers consumers should not use” on FDA.gov. The list gets updated frequently so checking regularly is recommended.

**WARNING:** Do not use hand sanitizers with methanol (wood alcohol) on the FDA’s list.

**Is Your Hand Sanitizer Safe?**
- Check your hand sanitizers against those on the FDA’s list of hand sanitizers consumers should not use. This list is updated frequently.
- If your hand sanitizer is on the list, stop use immediately. If you are experiencing symptoms, seek immediate medical treatment.
- Dispose of hand sanitizers containing contaminants responsibly, ideally in a hazardous waste container. Do not pour these products down the drain or flush them. Contact your local waste management center for more information.

** messagebox**

- “We felt like it would be very important to have a baseline on the people coming in,” said Pidcoke. “It’s been extremely beneficial in informing us from the beginning.”
- As of Oct. 1, the university has conducted more than 20,105 tests of students (living on and off campus)*, faculty and staff on CSU’s main campus. Of those tests, 197* have been positive, for a 1% rate of positive tests.
- The dashboard of positive results on CSU’s COVID-19 Information and Resources website also includes the results of tests of those affiliated with CSU but performed somewhere other than on campus – physicians’ offices, Larimer County testing sites, etc. The interactive website also offers a link to the daily symptom checker required for anyone coming to campus and detailed information about all aspects of the university’s response to the pandemic.
- After move-in week, CSU pivoted its efforts to targeted testing approach will continue through the Fall semester with the potential of ramping up both wastewater sampling and saliva testing in the spring.

**Graphic by Anna Meiser**
Flu shot clinics set for end of October on campus

By: Joe Giordano

The CSU Health Network is hosting flu shot clinics throughout October for students and faculty. Human Resources is doing similar clinics for faculty, administrative professionals, state classified employees and non-classified staff. The Larimer County Health Department is recommending that everyone who is able to get flu shot be vaccinated, according to the CSU Health Network.

“As we’re in the midst of a coronavirus pandemic this year, it is more important than ever to get a flu shot to protect our own health and that of our community,” said Dr. Kathleen Waller, director of medical services at the CSU Health Network. “If a person is infected with both influenza and coronavirus, it is likely they will be sicker than if infected with one or the other.”

Waller added that both viruses can cause serious complications, such as pneumonia or inflammation of the heart muscle (myocarditis). Additionally, she mentioned that there is limited data that shows “a double whammy of contracting both viruses increases the risk of hospitalization.”

CSU faculty, admin pro & non-classified staff flu shot clinics

For faculty, administrative professional and non-classified staff, CSU Human Resources is hosting three flu shot clinics in the Moby Arena North Concourse.

The flu shot clinics are free for employees and their dependents enrolled in a CSU Anthem medical plan. For those not enrolled in an Anthem plan, the cost of the flu shot is $37 for those under age 65.

Human Resources is hosting three flu shot clinics in the Moby Arena North Concourse.

• Thursday, Oct. 22: 8 a.m. to noon
• Thursday, Oct. 29: 8 a.m. to noon
• Wednesday, Nov. 4: 11 a.m. to 4 p.m.
• Locations: Moby Arena North Concourse (951 W. Plumb St.)

Website: hr.colostate.edu/current-employees/benefits/flu-shot-clinics

CSU state classified flu shot clinic

“Ask us at CSU Human Resources,” is hosting a flu shot clinic in the Moby Arena North Concourse on Oct. 29. The free-on-campus clinic is for employees and their dependents enrolled in a State of Colorado Anthem medical plan.

For more information about cold and flu prevention and care, visit health.colostate.edu/cold-and-flu-prevention-and-care.

Flu shot clinics throughout October

For students and faculty, the Colorado State University community has grown accustomed to hearing that this fall, “things will look a little different” because of COVID-19 health protocols on campus. In the case of the annual President’s Fall Address, however, things will look very different.

In keeping with current public health protocols on campus, instead of a speech delivered to a live audience and followed by a picnic on the Oval, President Joyce McConnell will be shining a spotlight on several arts and areas of excellence via a series of one-on-one interviews with CSU faculty and experts. “The Tell Me More” conversation series will be available on the university’s YouTube channel, accessible through the President’s webpage.

The first interview, presenting Oct. 5, features Dr. Marcela Hemas-Tamayo of the College of Veterinary Medicine and Biomedical Sciences.
CSU: First Annual Borderlands Speaker: National Latinx Heritage Month

Wednesday, Oct. 28, 6-7 p.m.
Zoom Link will be posted on elentro.colostate.edu
The Borderlands Speaker is an intentional collaboration between the Pride Resource Center, El Centro and Ram Events to honor the overlap of Latinx Heritage Month and LGBTQ+ History Month. The Borderlands Speaker seeks to honor the intersectional experiences, stories and contributions of the Queer Latinx community. Join us as we hear poetry from La Espiritista, a writer, performance artist, and healer based out of Seattle whose art is a manifestation of their exploration of queer spirituality.

Cans Around the Oval Collection
Oct. 16
CSU kicked off its annual drive — C.A.N.S. (Colombia a New State of Mind) — to collect nonperishable food for the Food Bank for Larimer County. The 4-ton target is equal to one week’s worth of food at the CSU’s Mobile Food Pantry. University members can donate nonperishables on campus Oct. 14-16.

20th Annual Diversity Symposium
Monday, Oct. 19, 9-4 a.m.
Lory Student Center
Featuring 50-minute sessions on a wide variety of diversity, equity, and inclusion topics, keynote speakers, CSU Inspire, and more.

Mentorship II: Building Successful Mentor-Mentee Relationships
Wednesday, Oct. 21, 12-1:30 p.m. Virtual
The Graduate School invites all current CSU graduate students and postdocs to the annual Graduate Professional Development Series: Personal and Professional Well-Being. Register for this and upcoming sessions at cesl.colostate.edu.

FORT COLLINS:
Pumpkins on Parade
Friday, Oct. 23-25, 6-9 p.m.
Gardens on Spring Creek
Join us for a fun-for-all ages celebration of Halloween and the harvest! Enjoy the first ever CANS around the Oval event, trick-or-treat challenges! For the Fall Colors Tours, they are changing routes due to the Cameron Pass Fire. Some of the different routes they take will depend on due to the ever-changing nature of the fire. Each tour will include a picnic lunch with salads and sandwiches. Seating is limited to 6 people in the 14-seat van due to COVID-19. Please call Voky at (970) 829-9540 to reserve your seat for a tour.

Dichroic Glass Jewelry Class
Wednesday, Oct. 14, 1-5 p.m.
Blue Moose Art Gallery
Jewelry by Glass Artist, Susie Morey will share basics of fusing glass. Make a pendant with ears and Susie will fire and finish your jewelry.

Planting Fall Bulbs for Spring Colors
Saturday, Oct. 17, 10:30 a.m.-12:30 p.m.
Magical Moonlit Gardens
Learn how to plant bulbs in fall for optimal color and blooms in spring. This online class will explore the ins and outs of spring bulbs including bulb sizes, site selection, bulb sourcing, planting for success, spring care, dividing, as well as plenty of examples of specific kinds of bulbs that will bring your spring garden to life.

Sugar Skulls and Spooky Things Fabric Class
Sunday, Oct. 18, 1-4 p.m.
Blue Moose Art Gallery
Whether you’re into jack-o-lanterns and black cats or are looking to honor the memory of people passed on, this is the class for you! Sign up today and come make Day of the Dead or Halloween items.

The Rich and Complex History of Día de los Muertos
Thursday, Oct. 22, 6-8 p.m.
Global Village Museum of Arts and Culture
Daniela Castillo, Senior Instructor in CSU’s Department of Journalism & Media Communication, will explore the history of the Day of the Dead, a holiday celebrated throughout Mexico honoring family members and friends who have passed. Visit globalvillagemuseum.org.

Welcome to Wilbur’s Total Beverage
Fort Collins’ number one liquor store featuring over 10,000 wines, beers & spirits.

Stem Ciders for Fall - Crisp, Refreshing and LOCAL
There’s something about apples that is quintessentially fall. They are featured on teachers’ desks, in students’ lunch boxes, and in so many of our favorite fall dishes. But apples were first brought to America for a very different purpose: making cider.

Cider is a great way to celebrate the changes of the seasons and beat the lingering summer heat. Stem Ciders out of Lafayette, Colorado makes an assortment of wonderful ciders, and their Pear Apple Cider is far and away my favorite. This dry-off-dry cider, made with freshly pressed apple and Bartlett pears, is the best pear cider I’ve ever had. While many pear ciders are very dry, following the traditional style of apple cider, this cider is balanced and honors the best qualities of pears. When one bites into a pear, it should be rich, sweet, and indulgent. Stem keeps the integrity of the pear’s caramel-sweet richness and compliments these flavors with a pleasantly tart finish. Craft cideries like Stem started to pop up following the rise of craft beer, and while they haven’t had the explosive growth the craft beer market has seen, they are stealing their way back into the hearts—and fridges—of the American people.

Stem Ciders started in 2013, featuring a charming pop cider named Prelude which was later re-christened Real Dry Apple Cider. Stem is dedicated to making ciders with a few, carefully selected ingredients, working with small, local farmers in Colorado and across the nation. If you’re new to cider or a long-time fan, I encourage you to try out Stem’s Ciders variety pack. This six pack features my favorite, the off-dry Pear Apple Cider (made with freshly pressed apple juice and...wait for it... pear juice), the previously mentioned Real Dry Apple Cider and the surprising and tantalizing tart Raspberry Apple Cider made with freshly pressed apple juice and, you guessed it, purred raspberries). This variety pack showcases the best of what cider has to offer: the slightly sweet, the delightfully dry, and the subtly sour. If you’re feeling adventurous, consider checking out Stem’s more unconventional offerings such as the hoppy A Salted Cucumber or more unconventional offerings such as the hoppy A Salted Cucumber or...

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WILBUR’S DELIVERS!
Outdoor water restrictions begin Oct. 1 to help manage the water available to our community, during a projected water shortage due to the drought conditions, Cameron Peak Fire, and Horsetooth Outlet Project (HOP) maintenance.

HOP is a proactive maintenance project on the outlet that provides water to Fort Collins Utilities and Soldier Canyon water treatment facilities and will strengthen the Horsetooth Reservoir water delivery infrastructure for the future.

The Cameron Peak Fire could affect water quality in the Poudre River during future runoff seasons, making it crucial to complete the reservoir maintenance now.

To lower risks to our community, we need all customers to reduce water use to winter (indoor) levels early this year.

Mandatory restrictions for all customers begin Oct. 1.

- Stop lawn watering.
- Don’t wash your vehicle at home.
- Sweep leaves and dirt instead of pressure washing.

Details: [fcgov.com/water-restrictions](http://fcgov.com/water-restrictions)

Safety is our top priority. We are monitoring water quality and quantity for wildfire impacts and other issues.

Stay Updated: [fcgov.com/HOP](http://fcgov.com/HOP)

HOP@fcgov.com, 970-416-8040 or V/TDD 711.