

THE #LIT NEWSLETTER

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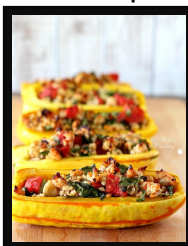
SPOTLIGHT

Health and Wellness



RECIPE

Southwest Stuffed Winter Squash



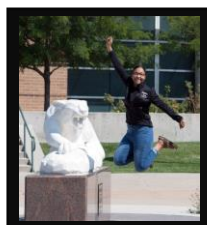
GIVING BACK

UCCS Athletics



PEOPLE

Sierra Brown
Steve Linhart



1:1 WITH VICE

CHANCELLOR BAKARI

Thomas Dawson



SHOUT OUTS

Recognitions, Awards, Retirees



SPOTLIGHT

Gallogly Recreation and Wellness Center



**Gallogly Recreation
and Wellness Center Staff**

Five Fast Facts

- 1) One of the first in the nation to provide a holistic approach and co-locate campus recreation, health, mental health, nutrition, and wellness promotion into one building.
- 2) Ranked 39th Best Campus Recreation Center according to College Consensus.
- 3) This year SOLE trips and cooking classes have been filling up within one day of registrations opening.
- 4) Wellness Center visits have grown 113% since integrating health, mental health, nutrition, and wellness promotion a little over two years ago.
- 5) Campus Recreation had over 125,000 visits last year and are averaging more than 500 visits a day this semester.

The Gallogly Recreation and Wellness Center is a bit of a trek across campus, but it is definitely worth the visit. The Center provides recreation, mental health, physical health, nutrition, and wellness promotion services all under one roof.

The Campus Recreation Center is more than just a fitness center. Here you will find top of the line work-out equipment, four basketball courts, a four lane lap pool, seven miles of trails for biking and hiking, and a hot tub that offers a spectacular view of Pike's Peak. The Centers newest addition that was implemented earlier this year is a two-story climbing wall located in the SOLE Center. The SOLE Center also hosts numerous outdoor trips throughout the year and is a resource for faculty, staff, and students to rent out tents, paddleboards, and bikes for whenever adventure calls. Group fitness classes are also available to members for a one-time \$20 fee per semester.

At the Wellness Center students can receive care similar to what they would receive by visiting a primary care physician for just \$15. This could include anything from a physical, minor injury care, and illnesses just to name a few. The Wellness Center also provides counseling services to students in the form of individual, couples, family, and/or group therapy for just \$15 a visit. They also have registered dietitians who provide 1:1 sessions to students looking to learn more about proper nutrition, as well as hosting two free cooking classes per month. Lastly, students, faculty, and staff can visit the chiropractor or massage therapist in the Wellness Center for affordable and convenient care.



RECIPE

Southwest Stuffed Winter Squash

Ingredients:

Makes 6 servings (1/2) squash

- 3 small delicate squash, halved and seeded
- 3 teaspoons extra virgin olive oil
- 5oz. ground turkey breast
- 1 small onion, chopped
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1, 15oz can black beans, rinsed
- 1/2 teaspoon salt
- 1 cup shredded cheese of choice

Directions:

1. Preheat the oven to 425°F.
2. Brush cut sides of squash with olive oil and sprinkle with salt. Place face down on a large baking sheet and bake until tender and browned on the edges, about 25 to 30 minutes.
3. Meanwhile, lightly coat a large skillet with olive oil and heat over medium heat. Add ground turkey and cook, stirring to break up with a wooden spoon until lightly browned, about 3 to 5 minutes.
4. Add onion and bell pepper stirring often until soft, about 3 to 5 minutes.
5. Stir in garlic, chili powder and cumin and cook for 30 seconds.
6. Stir in tomatoes, beans and salt scraping up any browned bits.
7. Cover, reduce heat and simmer until the tomatoes are broken down, about 10 to 12 minutes.
8. When the squash are tender, reduce oven temperature to 325°F. Fill the squash halves with the turkey mixture and top with cheese. Place on the baking sheet and bake until the filling is heated through and cheese is melted, about 8 to 10 minutes.



Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians, Alyssa Shrader, Merri Metcalfe or Yuka Sanui.



GIVING BACK

UCCS Athletics

Community service is a fundamental part of being a student athlete here at UCCS. However, this is not due to any requirement to fulfill a certain number of hours, but instead arises out of the desire to give back to their community. Athletes assist several different departments on campus, like the Family Development Center (FDC) and the UCCS Farm whenever they need a little extra assistance. Athletes have helped plant vegetables, tend the gardens, and have cleaned up the playgrounds to ensure the children at the FDC have a safe place to play. For the past 10 years, they have also assisted with the BooZar on campus. This annual event is held in October and provides a safe trick-or-treating atmosphere for children of students, faculty, staff, and community members.



Their community service is not limited to just UCCS. They also volunteer with organizations and schools within Colorado Springs. Two organizations that they are very proud to have established relationships with are the YMCA and the Special Olympics. The Athletic Director, Nate Gibson, is especially proud of the fact that students are taking initiative and coming up with their own ideas to give back to the community. He loves seeing the student athlete's passion in giving back grow and is continuously impressed by their proactive approach to community service. They are not just here to play their sport, and it certainly shows.



Last year, the UCCS Athletics Department landed number 11 in the nation in amount of volunteer hours in an academic year for the NCAA Good Works Team Award. This year they are currently listed as number 1 in the nation. This is an amazing achievement considering that there are approximately 350 athletes attending UCCS and other schools have upwards of 800 athletes. They continue to actively pursue different community service opportunities, and encourage those who would also like to give back to contact the Student Athlete Advisory Committee Coordinator, Heather Sanders at hsander2@uccs.edu to find the different volunteer opportunities they will be participating in.

THE OFFICIAL ATHLETICS SITE OF UNIVERSITY OF COLORADO COLORADO SPRINGS
GOMOUNTAINLIONS.COM

PEOPLE

Sierra Brown | Student Government President

The President of the Student Government Association (SGA), Sierra Brown, loves being a student at UCCS and helping her fellow students achieve their collegiate goals. She transferred here from CU Denver because she felt that UCCS was a more close-knit community, something she was looking for when searching for the perfect university to attend.

During Sierra's first semester (Spring 2016) she was driven to run for the SGA judicial board and was soon elected as the Chief Justice. Spring 2018, Sierra dreamed bigger and ran for student body president in which she was elected and now represents the UCCS student voice. More recently she was selected to represent CU students by serving on the search committee for the new CU President.



Her favorite thing about being in student government is that she has the opportunity to help other students and organizations with their needs and guide them in achieving their goals. She wants to make certain that everyone is included and that everyone's voice is heard on campus. Stating, "a good leader is someone who can listen to multiple perspectives." Sierra is pursuing a Bachelor's Degree in English with a minor in Japanese. Growing up part Japanese, Sierra found a love and passion for Asian culture. Upon graduation, she plans on traveling abroad and utilizing her degree to teach in Japan. Her ultimate goal in life is to become a chancellor of college politics.

Steve Linhart | Dean of Students

At a towering six feet and five inches tall, Steve Linhart is certainly a large presence on campus. Originally from Massachusetts, Steve moved to Colorado in the 90s to attend the United States Air Force Academy. He received his undergraduate degree in Geography and not long after pursued his Master's degree at UCCS.

Steve joined the UCCS family in 2000, starting as a student employee in the Bookstore. He then went on to become a campus police officer, eventually earning his way to becoming the Deputy Chief of Campus Safety. It was during this time, while giving safety presentations that he discovered his passion for working with students.



In 2010, he moved to the position known as the Director of Judicial Affairs and Student Support. This led to the creation of the Dean of Students Office, where he was able to work with students more frequently and directly. He started with a staff of two, which has now evolved into a staff of six.

Steve makes his presence known on campus as well as the importance of what his office does for the university. He is incredibly proud of the team he leads and their outreach on campus. Besides his passion for supporting students, Steve also loves mountain biking and started the Police Mountain Bike Association with Campus Safety. Impressively, he even completed a 210-mile journey, biking from Logan, UT to Jackson Hole, WY in just ten hours.

1:1 WITH VICE CHANCELLOR BAKARI

Thomas Dawson

Recently, I had the opportunity to have lunch with one of the most prolific musicians, producer and audio engineer in the country. Now in hearing this, would you believe me if I told you that that person works as a lecturer here in the UCCS Music Department?

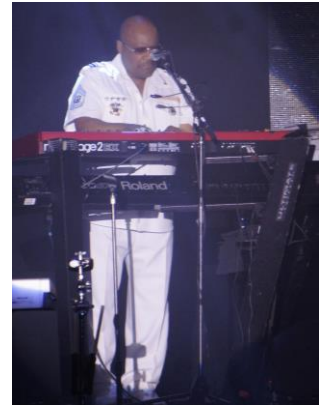
I am referring to Mr. Thomas Dawson, a lecturer who started teaching recording at UCCS a little over a year ago. What an amazing opportunity for UCCS students to be engaged by a lecturer with the breadth and depth of knowledge, experience and global network in the music and recording industry.

During our conversation, Mr. Dawson shared with me that for him, “it is a joy teaching UCCS students and providing them with practical and relevant experiences regarding the music and recording industry.”

Outside of the classroom, Dawson is a talented keyboards player and is the musical director for the renowned, world-famous Commodores. He has worked with the Commodores for over 30 years and you don't have to be old school to know some of their hits; *Easy*, *Brick House*, *Sail On and Night Shift*. Mr. Dawson portfolio is extensive, having worked on productions for Beyoncé, J-Lo, Queen Latifah, and Michael Jackson (just to name a few). Professor Dawson was actually working on the rehearsals for the Michael Jackson, 'This is it' tour, right up until Michael's passing.

So, next time you hear and dance to those amazing hits by the world-famous Commodores, hopefully you will think of Mr. Thomas Dawson and how he is sharing his experiences and musical journey with our UCCS students.

*Check The Commodores out online at <http://www.commodoreslive.com/>



Thomas Dawson playing the keyboard with The Commodores
Photo provided by Mr. Dawson

SHOUT-OUTS

AWARDS

Excellence in Leadership Award

Megan Bell, Executive Director for Community and Learning Initiatives

RECOGNITIONS

2018/19 President, National Association of College Auxiliary Services (NACAS)

Carlos Garcia, Associate Vice Chancellor for Student Success and Auxiliary Services

Master of Arts in Higher Education and Student Affairs (MA HESA)

James Ledbetter, Residence Life

Master of Arts in Public Administration (MPA)

Jennifer Phillips, Veteran and Military Affairs

2018/19 President, American College Health Association (ACHA)

Stephanie Hanenberg, Executive Director for the Health and Wellness Center

FALL 2018 RETIREES

Ruth Sansing, Academic Advisor

Sean Milton, International Student Advisor and Program Director

Tisha Mueller, Family Development Center



CONGRATULATIONS!

2018 FALL FACULTY/STAFF INTRAMURAL VOLLEYBALL CHAMPIONS!!!

Christopher Bell, Megan Bell, Skyler Cook,
Skyler Rorabaugh, Stephanie Hanenberg,
and Trey Grubert

CONGRATULATIONS GRADUATES!

2018 UCCS Fall Commencement

When: December 14, 2018 at 2:00p.m.

Where: Broadmoor World Arena

Featuring Graduates from:

- College of Letters, Arts, and Sciences
- College of Helen and Arthur E. Johnson Beth-El
- College of Nursing and Health Sciences
- College of Business and Administration
- School of Public Affairs
- College of Education
- College of Engineering and Applied Science





UCCS University of Colorado
Colorado Springs

**STUDENT
LIFE**

Walk with us
**Festival
of Lights** in the

December 1st at 5:50 pm
Downtown Colorado Springs

RSVP BY EMAILING [KWATSON@UCCS.EDU](mailto:kwatson@uccs.edu) OR
CHECK YOUR EMAIL FOR THE LINK TO RSVP

MEET AT UCCS FLOAT BY 5:30 PM

PRE-PARADE RECEPTION AT UCCS DOWNTOWN PRESENCE AT 4:00 PM



UCCS is committed to an inclusive environment and welcomes participants with disabilities. Please contact Student Life at (719)255-3470 or studlife@uccs.edu to discuss reasonable accommodations allowing for all to participate.

NEWSLETTER TEAM

Editors: Heather Allen and Claire Ami

Contributors: Michael Allen, Sentwali Bakari Tia Gillespie, and Michaela Norve