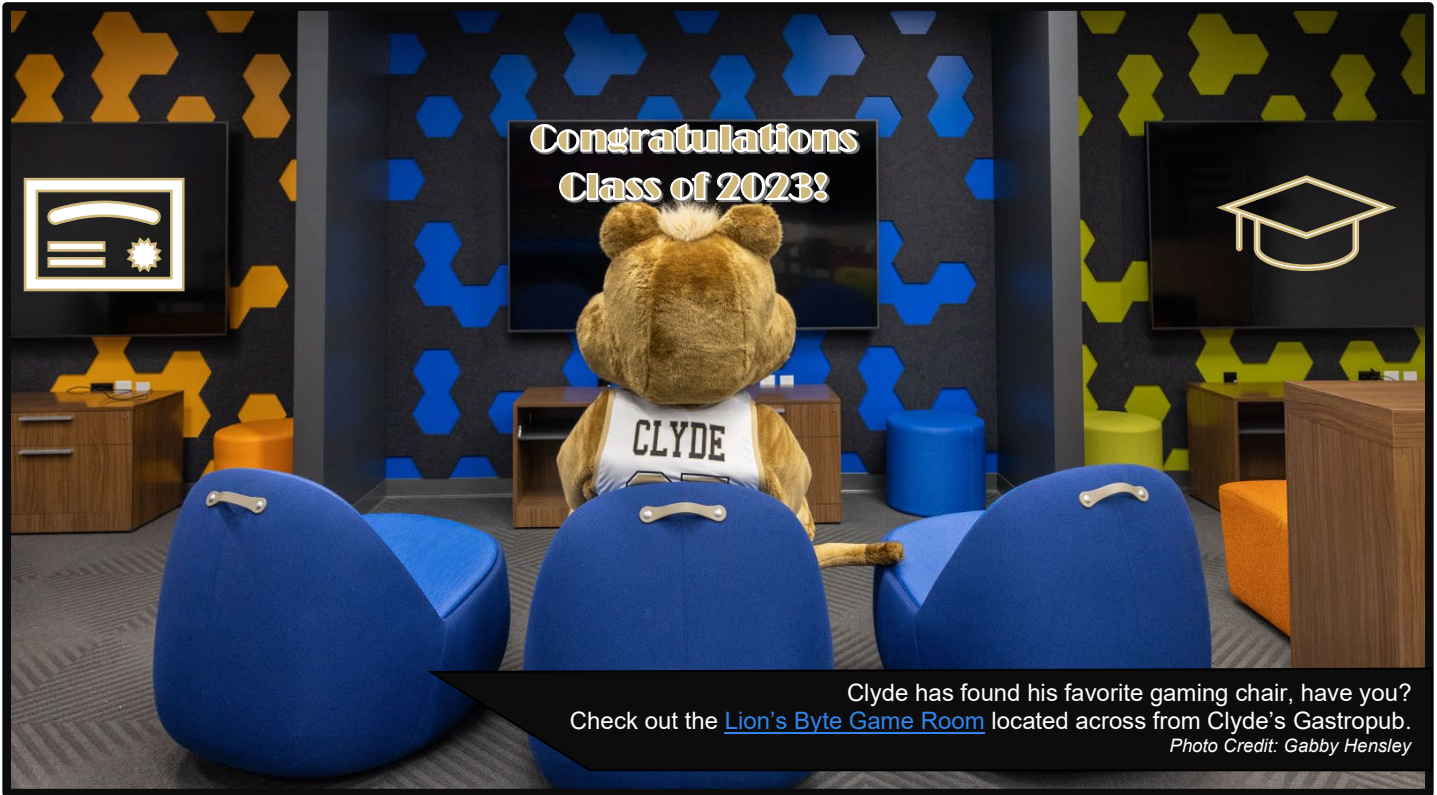


# THE FRIYAY FUEL



Clyde has found his favorite gaming chair, have you? Check out the [Lion's Byte Game Room](#) located across from Clyde's Gastropub. Photo Credit: Gabby Hensley

Word of the day, "DRIP" a slang concept that describes a person's incredible sense of fashion, aka "swag".

## SPOTLIGHT

Veteran and Military Affairs



## RECIPES

Watermelon-Cucumber Salad and Pineapple Orange Refresher



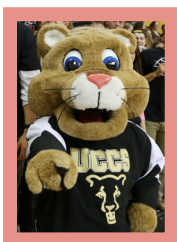
## PEOPLE

Aja Zamundu  
Seth Lindsey



## SHOUT-OUTS

Divisional Recognitions, Awards, and Woot-Woots!



## RESOURCES

Wellness Center Groups



## SUMMER CHANGES

Campus Dining News and a Bookstore Perk



## SPOTLIGHT

### Veteran and Military Affairs (VMA)



Top row: David McConnaughey, Nicholas Siacotos, Tyrese Tolbert, Jimmy Calhoun, Harry Upshaw, Selina Jacobs, Jeff Deickman, Max Milsap  
Bottom row: Jessica Newman, Joneila Henselman, Crista Hill, Daric Murray, Laura Morones, Ashley Tenorio, Mariaguadalupe Colon, Ally Middleton

Did you know that 1 in 5 UCCS students are military-affiliated? It's true! 20% of the UCCS student body is made up of Veterans, Active-Duty military members, National Guardsman, Reservists, and their families.

If you have ever followed the aroma of freshly brewed coffee to the back of Gateway Hall, you will find the McCord-Herbst Student Veteran Center, home of the Veteran and Military Affairs (VMA) office.



Besides the coffee, you will find a private study room, computer lab, printer, conference room, lounge area, kitchen, and a lending library of over 500 textbooks that are available to all military-affiliated students. Military affiliated can also find a monthly informational sessions alongside weekly Veterans Writing Workshops and Math tutoring.

Additionally, the VMA staff collaborates with on- and off-campus partners to enhance the military affiliated student experience across campus and in the community.

To learn more about the VMA, click [here](#).

#### **FIVE McCord-Herbst Student Veteran Center-Veteran and Military Affairs**

- 1) Process VA education benefits for over 1500 students each semester!
- 2) VMA covers the cost of 9 counseling sessions per semester for student veterans through the UCCS Wellness Center.
- 3) VMA has a classroom and two offices in the Fort Carson Education Center, where each month ~100 soldiers, family members, and civilians receive educational assistance and attend courses.
- 4) Every staff member in VMA is military affiliated. This includes our student staff!
- 5) In 2016, Clancy Herbst, Army Veteran and CU Alum, donated enough for the once Student Medical Clinic to be remodeled into the now McCord-Herbst Student Veteran Center. VMA has the world's only "Cookie Fund", which was money left over from the remodel. It covers the cost of "a hot coffee and a cookie for every student veteran", per Clancy's wishes.



## DORM ROOM RECIPES

### Watermelon Summer Salad

#### What you will need:

- ¾ cup of thinly sliced red onion
- 4 cups of cubed watermelon
- 1 cup of cubed English cucumber
- ¾ cup of crumbled feta cheese
- 1 cup of chopped fresh mint
- 1 tablespoon of fresh lime juice
- 2 tablespoons of olive oil
- Large and small bowl



#### Let's prep:

1. Prep your ingredients; cube watermelon, chop your mint, cube cucumber, and slice your onion.
2. In a small bowl, combine your onion slices and lime juice.
  - 🕒 The acid of the lime will calm the flavor of the raw onion.
  - 🕒 Let stand for 10 minutes.
3. In a large bowl, combine the watermelon and cucumber cubes, feta cheese, mint, and onions from your small bowl.
4. Drizzle your combined ingredients with olive oil and toss to blend.



### Pineapple Orange Refresher

#### What you will need:

- 2 cups of Orange Juice
- 2 cups of Pineapple Juice (unsweetened)
- 2 cups of Sprite or Ginger Ale (optional)
- 2 tablespoons Lime Juice
- Orange and/or Pineapple slices
- Large pitcher

#### Let's prep:

1. Pour the sprit or ginger ale (optional) and orange and pineapple juice into your pitcher.
  - 🕒 If using Sprite or Ginger Ale, serve right away as it will lose its fizz over time.
2. Add a sliced orange and/or pineapple to the side of your cup.



If you would like to recognize a staff member for a positive contribution to UCCS, [give a kudos!](#)

## PEOPLE | 2023 UCCS STUDENT ACHIEVEMENT AWARD RECIPIENTS



**Aja Zamundu** is graduating with a Bachelor of Arts in Psychology and with an impressive 4.0 GPA. She is a member of the Psychology Honors Program, a student research assistant, a member of the UCCS undergraduate research academy, was a Teaching Assistant for English 3410: Poetry for the People Course, served as a speaker for the MOSAIC and UCCS Changemakers panel, is on the UCCS Riverrun Literary Arts Journal editorial team, and was the winner of the Top Scholar Award at Mountain Lion Research Day.

Aja is not your traditional student; she already had an established career when she decided to enroll at UCCS. She was a nationally and internationally acclaimed musician with a successful touring career, writing her first collection of poems for publication, working with the Federal Reserve Bank on a financial literacy curriculum to reach underserved communities, taught English and creative writing at the Colorado Springs School, taught a 'writing with feelings' workshop at PPLD, collaborates with youth organizations to teach songwriting and performance for K-12 students, and navigatg a newly diagnosed autoimmune disease.

I highlight this because though Aja was already established and had a full plate, she took a leap and pursued a newfound passion, a passion to help and empower others. Aja stated that she "knew she wanted to reach people with more than music. She wanted the professional skillset to listen, intervene, and assist. She wanted to become a psychologist."

Throughout her UCCS career, Aja continued to succeed in her personal life as a wife and mother of three, as a touring musician, teacher, writer, and active member on campus and in her community. She also has since picked up coaching basketball, is a recording arts mentor at the Colorado Springs Conservatory, is co-owner of an art space downtown called *Virtu*, and is co-writing a poetry curriculum for fourth graders called *Poetry as life Practice*.

After graduation, Aja is enrolled as a graduate student in the Master's in Clinical Psychology program beginning this fall. She has an ultimate goal of earning her Ph.D. in Psychology and a desire to be a clinician scientist, utilizing both creative expression and more traditional therapeutic techniques to assist trauma survivors who are members of marginalized groups.

I want to share with you how Aja ended her personal statement for this award, as it truly moved me. Aja wrote, "I am doing even more than I was before. But I am happy, I am proud, and I am one hundred percent sure that I must continue this path. Most of all, I am proud to say that I am a soon-to-be college graduate of the University of Colorado, a place that welcomed me when all I knew was why I wanted to be a psychologist. UCCS showed me how to become one and taught me that I was capable beyond my own expectations and limitations. For that, I am grateful."

**CONGRATULATIONS CLASS OF 2023!!!**

**"TODAY is your day. You're off to Great Places!**

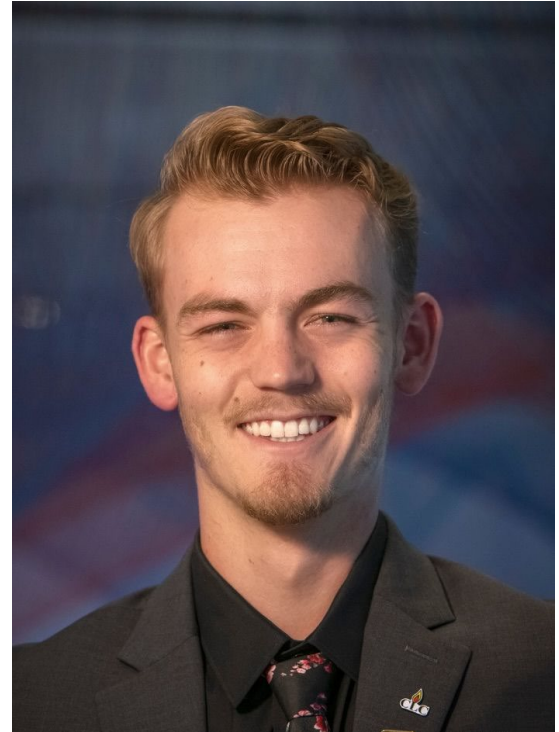
**You're off and away! You have brains in your head.**

**You have feet in your shoes. You can steer yourself any direction you choose!"**

**– Dr. Seuss, *Oh, the Places you'll Go!***

**Seth Lindsey** is graduating with a Bachelor of Arts in Visual and Performing Arts with an emphasis in Theatre and a minor in Leadership. He is a Chancellor's Leadership Class (CLC) scholar, served as a peer facilitator for *UCCSlead*, a Student Ambassador Lead, a Student Representative on the Theatreworks Advisory Board, has emceed multiple donor events, hosted his own UCCS radio show, served two years as the Theatre Representative on the VAPA Chair's Council and assisted in helping organize the *All Arts VAPA Festival*.

Seth has created and collaborated extensively with the arts these past four years. He has been a part of 18 Ent Center for the Arts productions and has volunteered his time to work as an actor for the Colorado Springs Police Department's negotiation unit. Through Seth's Leadership Capstone he partnered with non-profit cancer organizations to raise funds and awareness about blood cancer. Being a cancer survivor himself, he is particularly proud of this aspect of his college journey, as Seth was diagnosed *with IV-B Hodgkin's Lymphoma* at the tail end of his 4<sup>th</sup> semester.



Seth's found out he had cancer two hours before he was to be on stage for the opening night of *Medea* at the Ent Center. Yet, enlight of this news, Seth still went on stage and performed. He had surgery two weeks later and then began chemotherapy over the summer break. When his Fall semester rolled around, Seth had to attend virtually for the first 2 weeks because his white blood cell count was not back to normal levels. He also attended his first class for *Kevin's Clown Class* over a Zoom call while actively doing a blood transfusion. Seth's resiliency, strength, and determination is admirable.

In Seth's personal statement he wrote, "I am happy with who I am now. I am happy with the community that has surrounded me. And, I rest assured knowing that because of the work I've done and the life I've lived at UCCS, I will make the world a better place for those in it."

After graduation, Seth will be working with El Pomar Foundation as part of their Fellowship program. He is elated to continue developing his skills as a leader and interacting with the non-profit sector here in Colorado. Seth also plans to continue enhancing his craft as a theatre-maker and artist.

*\*Aja was the student speaker at the 10:30am and Seth was the student speaker at 2:30pm 2023 Spring Commencement Ceremonies. If you are unable to attend the ceremonies in-person, it was be streamed [online](#).*

### [UCCS Spring Commencement](#)

**Broadmoor World Arena | May 12, 2023**

#### **10:30 a.m. Ceremony:**

- College of Letters, Arts, and Sciences

#### **2:30 p.m. Ceremony:**

- College of Business
- College of Education
- College of Engineering and Applied Science
- Helen and Arthur E. Johnson Beth-El of Nursing and Health Sciences
- College of Public Service

#### **DIVISION STAFF GRADUATES**

**Josh Hedrick**, Dining and Hospitality Services, will be graduating with his MA in Student Affairs in Higher Education (SAHE)

**Kristen LaRoy**, Dean of Students Office, will be graduating with her MA in Student Affairs in Higher Education (SAHE)





## DIVISION SHOUT-OUTS

### AWARDS

#### 2023 DEI Grants

- ★ Ellen Burkart, FYE, and Whitley Hadley, MOSAIC and LGBTQ+ Resource Center
- ★ Rafael Norwood and Whitley Hadley, MOSAIC and LGBTQ+ Resource Center

#### 2023 Dr. Sheltreese D. McCoy Award for Outstanding Social Justice Practice from the Consortium of Higher Education LGBT Resource Professionals

- ★ Rafael Norwood, MOSAIC and LGBTQ+ Resource Center

#### Garrett Swasey Outstanding Staff Award

- ★ Stephen Cucchiara, Student Life

#### NACADA Region 10 Excellence in Advising Award

- ★ Jessica Woods, Academic Advising

#### NACUFS Culinary Competition | Bronze Medal

- ★ Edward Salazar, Dining and Hospitality Services

#### NCAA South Central Region Assistant Coach of the Year (Track and Field)

- ★ Mark Misch, Athletics

#### RMAC Men's Head Coach of the Year (Track and Field)

- ★ Ross Fellows, Athletics

#### 2023 – 2024 Military Friendly | Top 10 School (Gold)

- ★ Veteran and Military Affairs (VMA)

### RECOGNITIONS

**Family Development Center (FDC)** passed the *National Early Childhood Program Accreditation (NECPA)* with flying colors.

**Whitley Hadley** received a 2023 CU President's DEI Award Honorable Mention.

### WOOT WOOT!

**Chad Garland**, University Center and Event Services, received the Student Affairs Educator Certification (CSAEd) with a specialization in College Unions (CSAEd-CU).

**First Year Experience** will officially change its name to **Student and Family Connections** on 6/1.

**Ida Dilwood**, Disability Services, selected to be a committee member on the Colorado Department of Higher Education Disability Services in Higher Education Advisory Committee.

**Whitley Hadley**, MOSAIC, four UCCS students served on a UCCS student panel at the 30<sup>th</sup> African American Youth Leadership Conference. Over 500 students of color from varying Colorado Springs schools attended the conference and ~40 students attended the UCCS panel discussion.

# WELLNESS CENTER GROUPS

In addition to individual, family, and couple's psychotherapy sessions, the Wellness Center offers a number of group therapy sessions.

Contact Vonda Weiss  
**wellness@uccs.edu**  
**719-255-4444**



**More Details**



## DISORDERED EATING

Focused on helping those who have been diagnosed with an eating disorder, are in recovery, or believe they may have an eating disorder.

## COUPLES COMMUNICATION

This group is for couples wanting to learn effective communication skills and to strengthen their relationship.

## TEST ANXIETY

Join to learn effective strategies for managing anxiety and procrastination!

## FINDING LIFE BALANCE WITH DBT

Learn coping skills to create more balance in your thoughts, emotions, relationships, and behaviors.

## GRIEF AND LOSS

This group supports students experiencing loss and bereavement after losing someone close to them.

## SURVIVORS OF INTIMATE PARTNER VIOLENCE

Gentle and safe place for survivors to connect, support, and learn from each other.

## CHANGING YOUR RELATIONSHIP WITH SUBSTANCES

Do you use substances more than you'd like and want to reduce and/or stop your use? If so, this group is for you!

## LGBTQIA+ SUPPORT & PROCESS

Support and Process group for members of the LGBTQIA+ community.

## BEYOND "ATHLETE"

This group creates a space for athletes to support each other through a challenging transition out of their competitive sport.

## THE FIRST STEP

Open group for anyone on the Wellness Center wait list. We can provide initial support while you await therapy services.

## CLUB Q

In the LGBTQIA+ community and need support after the Club Q shooting? Come join us to process your experience in a safe, confidential space.

## STUDENTS OF COLOR

Safe and supportive environment for students of color to process issues they may be facing - including discrimination, oppression, and racism.

## EXPRESSIVE ARTS THERAPY

Get to know yourself better while being creative! Explore your identity while learning self compassion.

# Campus Dining News

## Summer Hours | June 4 - August 4

*\*Door prices will go up to \$10.25 on July 1*

### Roaring Fork | Sun - Sat

Breakfast

7:00 – 9:00am

Lunch

11:00am – 1:00pm

Dinner

5:00 – 7:00pm

### Big Cat Coffee | Mon – Fri

7:30am – 2:00 pm

### Clyde's Gastropub | Mon - Fri

11:00 am - 2:00 pm

### CLOSED over the Summer

**The Lodge**

**Alpine Express**

**Café 65**

**\*\*Dining facilities,  
except Big Cat Coffee and Clyde's  
will be closed  
from May 15 - June 3**



### Roaring Fork Summer Meal Plans

Staying on campus this summer?  
We have got you covered!

30 Meal Swipes for \$262  
or save \$50 by  
doubling your plan!  
60 Meal Swipes for \$474

[\*\*PURCHASE  
YOUR PLAN\*\*](#)

