

# THE FRIYAY FUEL



UCSS Students and Alumni rocking that UCSS Drip. Left to right: Damien Lenahan, Jacob Steele, Lea Carroll, Dejah Glover, and Jasmine Albery

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

## SPOTLIGHT

Dean of Student Office



## GIVING BACK

UCSS Bookstore



## RECIPES

Fueling for Success



## PEOPLE

Hadeel Khammash  
Melina Qualls



## SHOUT-OUTS

Divisional Recognitions,  
Awards, Woot-Woot!  
and Graduates



## HAPPENINGS

Fitness, comics,  
and campus events





## SPOTLIGHT

### Office of the Dean of Students (DOS)



#### Office of the Dean of Students Staff

Top left to right: Dr. Amanda Allee, Alex Baker,  
Lisa Potoka Jones, Katie Morton

Bottom left to right: Kristen LaRoy, Jodyanna Gallegos,  
Daniella Trujillo, Mary Studebaker-Reed

#### Five Fast Facts

- 1) Did you know that the Student Code of Conduct lists 27 prohibited behaviors?
- 2) Clyde's Cupboard now offers free personal hygiene products to students.
- 3) DOS, in partnership with other offices, provides all incoming freshman with the [#SmartMoveUCCS](#) presentation, a social norming campaign designed to inspire UCCS students to drink responsibly.
- 4) The CARE Team sees an average of 17 new referrals per week, with almost 75% of them being mental health or academic related.
- 5) This semester, DOS has collaborated with, supported, and/or made a referral to almost every department within the Student Affairs Division.

Located in Main Hall 201, the Office of the Dean of Students (DOS) is here to assist students, staff, and faculty throughout their time at the University of Colorado Colorado Springs (UCCS). DOS has three primary functions: to administer the [Student Code of Conduct](#), support students in crisis through the Campus Assessment Response and Evaluation ([CARE](#)) Team and promote student growth and development through prevention and educational programming.

The CARE Team addresses concerns related to students' safety and wellbeing, and support students in times of challenge and crisis. The Office of the Dean of Students, "UCCS cares about students' holistic development and wellness. We believe that if a student is to be successful academically, support must also be given on an emotional, social, physical, and intellectual basis."

[Clyde's Cupboard](#) is located in UC 102 and is one of the incredible ways support is given to UCCS students. It is a 100% donation and non-need-based food pantry. It provides free food and toiletries to all enrolled students and aims to support those in need while making them feel safe and comfortable when utilizing these services. Additional resources/services offered to UCCS Students through Clyde's Cupboard are Mountain Lion Meals and Fresh Food Fridays.

Regardless of the reason, when connecting with students, the Office of the Dean of Students goal "is always to support, educate, and empower....think of us [DOS] as a hub for student support."

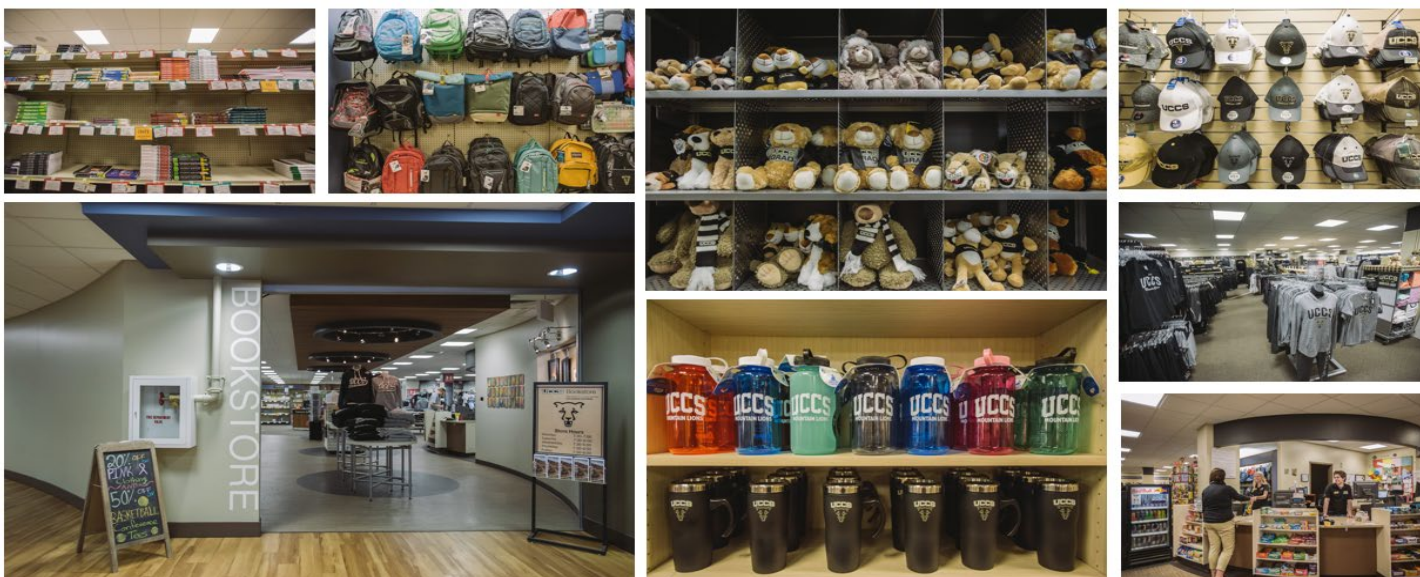
They truly are an amazing team, and if you ever stop over and they are not in their office, check their three favorite spots; UCCS Bookstore (they love the UCCS apparel), Clyde's Cupboard (they enjoy supporting Fresh Food Friday), or at Sanitorium Grounds, especially on Thursdays (it's a tradition for their team to take an espresso shot on Thursdays).

To learn more about the DOS and ways to collaborate, click [here](#).



## GIVING BACK

### UCCS Bookstore



Have you visited the UCCS Bookstore lately?

Located on the main floor of University Center (UC), the bookstore serves as a hub for faculty, staff, students, and future mountain lions. If you ask Paul Deniston, Director of Retail Services what the UCCS Bookstore's objective is, he will tell you "to help students succeed." But did you know they also give back to campus?

The bookstore is university owned and operated, and proceeds go back to the university in many ways. One way they give back is by providing \$20,000 towards Family Development Center (FDC) student scholarships. Another is by providing \$100 per fiscal year to any registered UCCS Student Club with the only requirement being it must be used for student-centric activities. They also help Student Financial Services by administering Special Accounts, where certain scholarship recipients or groups like VA/VOC (military) students get their course materials without any out-of-pocket expense.

Aside from giving back financially, they support faculty and departments with their course material and securing these required class items at the lowest cost available. They then pass along these savings to students. If the item is D1 (inclusive access), they guarantee that the retail price is below competitive market rates. If the item is D1, students have access to the course materials on day one of class, which helps with class success. They guarantee that they have the correct course materials and offer pricing transparency by showing competitor's pricing on their [website](#), with links to those vendors.

Lastly but not least, they hire and train amazing student employees. With students behind the counter and around the store, customers can relate and receive exceptional customer service and advice. So, I encourage you to take some time and stop on over at the UCCS Bookstore to support them and their support of the Mountain Lion Family.



UCCS Bookstore student employees are ready for you to stop on down for the **20% off sale all next week, 5/9 – 5/13.**

20% off UCCS branded apparel /gifts (some exclusions, see store for details).



## DORM ROOM RECIPES

### Chicken Pot Pie Soup

#### What you will need:

- Chicken broth – 2 cups
- Flour – ¼ cup
- Onion - 1 small
- Celery – 1 stalk
- Unsalted butter – 2 tablespoons
- Rotisserie chicken- 2 cups
- Frozen trio of peas, corn, and carrots – 1 ½ cups
- Salt and pepper
- Microwave and microwave-safe square baking dish with lid *\*Dollar Store has these containers*



#### Let's prep:

1. Whisk with a fork the chicken broth and flour until there are no lumps. This can be done right inside the microwave-safe dish you will be using.
2. Dice your onion, chop your celery, and cube your butter.
3. Stir the onions, celery, and butter into the broth mixture.
4. Add a pinch of salt and pepper.
5. Partially cover with microwave safe lid, to allow venting, and microwave for 5 minutes.
6. Carefully remove dish from the microwave, as it will be hot.
7. Whisk broth again, to get rid of any clumps that may have formed.
8. Without the lid, place dish back in the microwave for another 5-8 minutes, or until the base thickens up.
9. Carefully remove dish from the microwave.
10. Add pulled rotisserie chicken and frozen peas, carrots, and corn to the mixture. Stir it a bit.
11. With the lid, place dish back in the microwave for another 4 minutes.

### Cheddar and Herb Biscuits in a Mug

#### What you will need:

- Flour – 4 tablespoons
- Baking powder – ½ teaspoon
- Salt – ⅛ teaspoon
- Butter – ½ tablespoon, cubed
- Milk – 3½ tablespoons
- Shredded cheddar cheese – 2 tablespoons
- Parsley – 1 teaspoon, chopped
- Garlic Powder – 1 tablespoon
- Microwave and microwavable mug *\*Dollar Store has mugs*



#### Let's prep:

1. In a microwavable mug, mix the salt, flour, and baking powder together.
2. Using a fork smooch the cubed butter into the dry ingredients. *\*when done it will be similar to breadcrumbs*
3. Stir in the milk, cheese, parsley, and garlic powder until your mixture forms a batter.
4. Microwave for ~45 secs - 1 min. *\*based on a 1200W microwave*

## PEOPLE | 2022 UCCS STUDENT ACHIEVEMENT AWARD RECIPIENTS

**Hadeel Khammash** is graduating with a Bachelor of Science in Biology with a minor in Leadership. She is among the first generation of her family to receive a bachelor's degree in the United States, is a member of the Chancellor's Leadership Class (CLC), and an active member of the UCCS community.



In her four years at UCCS Hadeel has worked in various positions across the UCCS campus. She has worked as a campus tour guide and peer mentor for the Mountain Lion 360 program, worked in Dr. Amy Klocko's Genetics lab and was actively involved in research. Hadeel also became a part of the Undergraduate Research Academy, which is a competitive summer research program.

Along with working various positions across campus, Hadeel is an active volunteer within an international non-profit organization that provides refugees in Jordan with access to clothing, hygiene products, schools supplies, and food. She is also a volunteer with the UCCS/lead program and has been an active peer facilitator since 2019. During her time with CLC, Hadeel has become an involved member of the Colorado Springs area through ongoing community service.

Hadeel believes that "through hard work and dedication, the sky is the limit for what we can achieve," and has held those values in all that she does. Throughout her academic, personal, and professional life she is dedicated to working hard, giving when she can, and being an active part of her community. Hadeel hopes that during her time at UCCS she has helped and made an impact in the lives of those around her.

After graduation, Hadeel is excited for her future as she plans to continue her education at CU Anschutz, where she will pursue her master's degree in biomedical sciences and biotechnology, with an ultimate goal of working in medical research and making a change in the lives of those in need.



**Melia Qualls** is graduating with a Bachelor of Science degree in Mechanical Engineering with a Minor in Aerospace Engineering. She is a first-generation college student, a GPS Peer Leader, a teacher's assistant, lab instructor, and a member of the Senior Design Team for Dr. Matt Quinlan's research group.

She has maintained Dean's and President's List every semester since being admitted into the College of Engineering, and in 2020, she became the Treasurer for Society of Women Engineers at UCCS. Melia empowers those around her and volunteers her time to work with STEM intent students. Melia teaches a senior level fluid mechanics lab, mentoring students on data analysis, technical writing, and research rigor. She is also contributing to the new MAE Laboratory Manual.

Outside of her commitments at UCCS, Melia works as a social media and E-Commerce Specialist for a local jewelry company. She is a photo editor for Capture Life Photography and has recently begun an internship at Schriever Space Force Base as an Analyst. She volunteers at the Cool Science Festival and facilitates activities to engage future STEM Students at the Space Foundation.

Through Melia's work in her community, she wants to "positively impact the people around her." It is no doubt that Melia has left a legacy here at UCCS and made an impact in the lives of her fellow students. After she graduates, she plans to continue her career as a full-time Analyst at Schriever Space Force Base.

## SHOUT-OUTS



### AWARDS

CU System Service Award  
**Alex Baker**, Dean of Students Office

Garrett Swasey Outstanding Staff Award  
**Rita Martinez**, Sanitorium Grounds

UCCS Employee of the Quarter  
**Ellen Burkart**, First Year Experience



**HUGE SHOUT-OUT TO OUR UCCS ATHLETES!**  
THEY HAVE HELD A 3.0 OR BETTER GPA  
FOR 37 CONSECUTIVE SEMESTERS

### RECOGNITIONS

Recognized as having a Top 20 presentation at Association of Student Conduct Administrators (ASCA) Annual Conference.  
**Lisa Jones**, Dean of Students Office

Served on the Colorado Preschool Program Advisory Board in El Paso County.  
**Season Doeblner**, Family Development Center

### WOOT WOOT!

Selected to be a FY22-23 ELP Fellow.  
**Dr. Amanda Allee**, Dean of Students

Presented “Joint Service Transcripts for Student Veterans” at the Council for the Study of Community Colleges (CSCC)  
**Jeff Deickman**, Veteran and Military Affairs

Selected by the CU System office to be part of the UCCS cohort in a restorative justice education program  
**Lisa Jones**, Dean of Students Office

Won the RMAC Championship (Back-to-Back) and will head to NCAA National Championships May 26-28 (ranked in the top 20 in the NCAA).  
**UCCS Women’s and Men’s Outdoor Track and Field**

## DIVISION GRADUATES



**Brie Escobedo**, T. Rowe Price Career & Innovation Center, will be graduating with her MA in Communication with a Concentration in Training and Development (Spring '22)

**Kane Lemasters**, Residence Life, will be graduating with his MA in Leadership with a Concentration in SAHE (Spring '22)

**Polly Knutson**, Dining and Hospitality Services, will be graduating with her Master's in Business Administration (Spring '22)

**Sarah Fillman**, T. Rowe Price Career & Innovation Center, will be graduating with her MA in Leadership with a Concentration in SAHE (Spring '22)



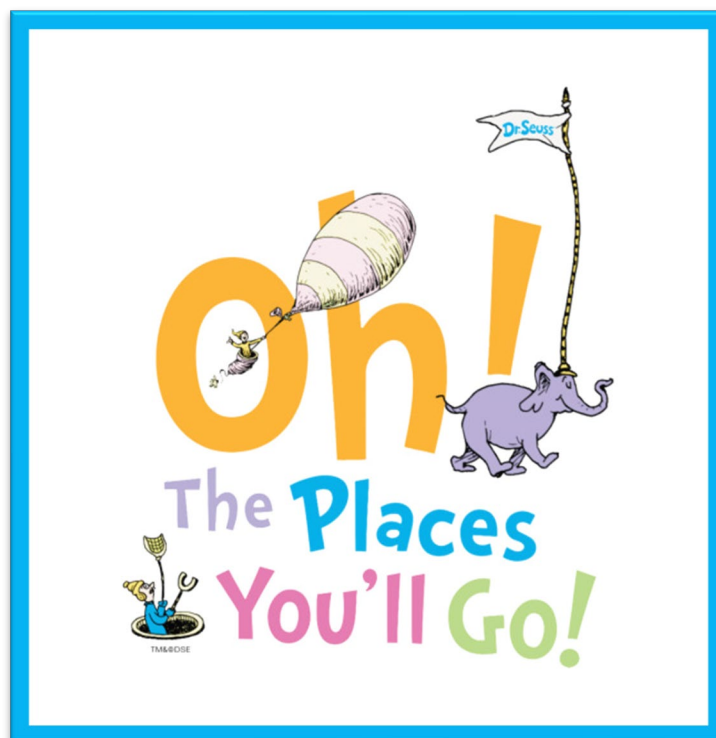
**UCCS Spring Commencement**  
**Where: Broadmoor World Arena**  
**When: Friday, May 13, 2022**

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

- College of Letters, Arts, and Sciences

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

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

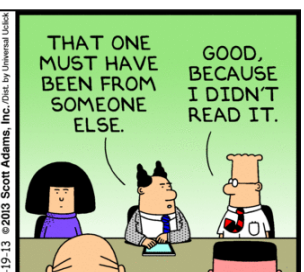
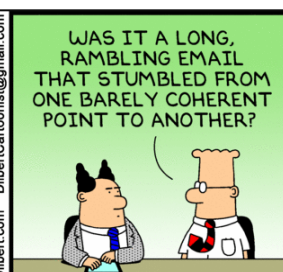
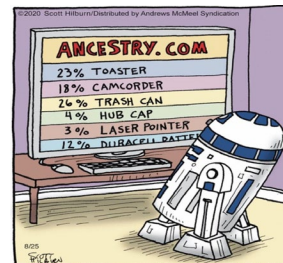




**ENJOY THE WEATHER WHILE GETTING YOUR STEPS IN!**

	TO											
FROM	ALPINE VILLAGE	REC CENTER	THE LODGE	COLU	OCSE	ENG	KFL	UC	CENT	DWIRE	MH	UH
ALPINE VILLAGE	x	475 Steps	590 Steps	860 Steps	1090 Steps	1190 Steps	1160 Steps	1335 Steps	1475 Steps	1435 Steps	1535 Steps	2985 Steps
REC CENTER	475 Steps	x	385 Steps	450 Steps	785 Steps	825 Steps	800 Steps	1030 Steps	1095 Steps	1230 Steps	1305 Steps	2700 Steps
THE LODGE	590 Steps	385 Steps	x	270 Steps	500 Steps	600 Steps	570 Steps	745 Steps	885 Steps	845 Steps	945 Steps	2395 Steps
COLU	860 Steps	450 Steps	270 Steps	x	290 Steps	370 Steps	345 Steps	545 Steps	645 Steps	780 Steps	855 Steps	2255 Steps
OCSE	1090 Steps	785 Steps	500 Steps	290 Steps	x	170 Steps	110 Steps	350 Steps	380 Steps	415 Steps	490 Steps	1980 Steps
ENG	1190 Steps	825 Steps	600 Steps	370 Steps	170 Steps	x	145 Steps	385 Steps	325 Steps	410 Steps	485 Steps	1885 Steps
KFL	1160 Steps	800 Steps	570 Steps	345 Steps	110 Steps	145 Steps	x	260 Steps	300 Steps	435 Steps	510 Steps	1910 Steps
UC	1335 Steps	1030 Steps	745 Steps	545 Steps	350 Steps	385 Steps	260 Steps	x	140 Steps	300 Steps	355 Steps	1690 Steps
CENT	1475 Steps	1095 Steps	885 Steps	645 Steps	380 Steps	325 Steps	300 Steps	140 Steps	x	160 Steps	215 Steps	1550 Steps
DWIRE	1435 Steps	1230 Steps	845 Steps	780 Steps	415 Steps	410 Steps	435 Steps	300 Steps	160 Steps	x	75 Steps	1475 Steps
MH	1535 Steps	1305 Steps	945 Steps	855 Steps	490 Steps	485 Steps	510 Steps	355 Steps	215 Steps	75 Steps	x	1400 Steps
UH	2985 Steps	2700 Steps	2395 Steps	2255 Steps	1980 Steps	1885 Steps	1910 Steps	1690 Steps	1550 Steps	1475 Steps	1400 Steps	x

\*1 mile is ~ 2000 Steps





# 31-Day Happiness Challenge

1

no social media

2

call (not text) a friend

3

listen to your favorite song

4

15 min of movement

5

hug someone you love

6

small act of kindness

7

watch a funny movie

8

stretch for 5 min

9

dance to happy music

10

imagine positive outcomes

11

eat your favorite treat

12

color a picture

13

wear your favorite outfit

14

read for fun

15

go for a walk

16

spend time with loved one

17

drive/walk without a destination

18

eat a nutritious meal

19

take a nap

20

write down strengths

21

declutter your room

22

meditate

23

be in nature

24

write 5 things to be grateful for

25

journal about self love

26

write a thank you card

27

practice spirituality

28

volunteer

29

be creative

30

coffee with a friend

31

revisit a goal



### OTHER CHALLENGES





# Clyde's Kudos

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

Examples of kudos-worthy actions:

Demonstrating an infectious positive attitude

- Picking up trash on campus grounds, just because
- Voluntarily helping a co-worker complete a task
- Going above and beyond to help a fellow coworker or student
- Taking initiative
- Performing actions outside of job scope
- Random acts of kindness




**DEEP IN LAND**



**Deep in Land**  
Jo Bertini

Marie Walsh Sharpe Gallery, Ent Center for the Arts

May 5 - July 15, 2022



**MOSAIC Juneteenth Watch Party**

📅 Friday, June 17 at 4:00PM MDT  
📍 Mosaic Lounge UC110




**C.R.E.A.T.E. - Connections (Watercolor Painting Class for UC...**

📅 Saturday, May 14 at 1:00PM MDT  
📍 Lowell Lofts Studio



**May 2022 New Employee Orientation**

📅 Wednesday, May 18 at 8:15AM MDT  
📍 University Center Theater 302



**Whitewater Rafting the Gorge Faculty & Staff Only**

📅 Saturday, May 21 at 7:00AM MDT  
📍 Royal Gorge



**C.R.E.A.T.E. - Cooking Class (Quick and Easy Thai Curries with Dave)**

📅 Wednesday, June 8 at 6:00PM MDT  
📍 Gather Food Studio

^Further details can be found in [Mountain Lion Connect](#)^

NEWSLETTER CREATOR AND POC

Heather Allen, [heather.allen@uccs.edu](mailto:heather.allen@uccs.edu)

You're appreciated ❤️ Thanks for reading!