

# THE NEWSLETTER

BROUGHT TO YOU BY THE LETTERS V.C.S.S.



## SPOTLIGHT

Disability Services and University Testing Center



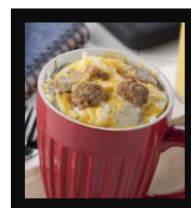
## GIVING BACK

Clyde's Cupboard



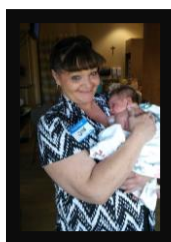
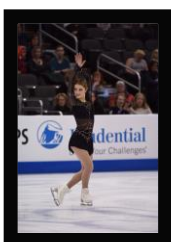
## RECIPES

Fueling for Success



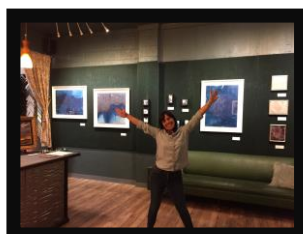
## PEOPLE

Paige Rydberg  
Rosanna Smith



## 1:1 WITH VICE CHANCELLOR BAKARI

Dr. Mandy Hansen



## SHOUT-OUTS

Recognitions, Awards, Woot-Woot! and Graduation



## SPOTLIGHT

### Disability Services and University Testing Center



**The Disability Services  
and University Testing Center Staff**

#### Five Fast Facts

- 1) Proctored ~3,800 exams for students.
- 2) 28%, the largest population registered with Disability Services identify their disability category as Psychological Conditions.
- 3) Processed ~221 book requests for students with print disabilities and converted books into electronic format.
- 4) Have increased the number of students served by 450%, since 2008.
- 5) 32% of total students registered with Disability Services are Military Affiliated.

Nestled on the first floor of Main Hall, you will find the departments of Disability Services and the University Testing Center. The Disability Services Office and its staff provide academic accommodations for students with disabilities, suggestions for temporary medical conditions and academic support for pregnant or nursing students. The office currently serves over 1,100 students making up 6% of the UCCS undergraduate population.

The mission of Disability Services is to facilitate the journey for students with disabilities toward becoming confident, self-advocating and independent adults. Promoting an equitable and inclusive experience by providing reasonable accommodations for students and advancing awareness and education within the campus community. It is through this avenue that Disability Services helps to create a sense of community, belonging and support for students with disabilities enabling UCCS to succeed in our commitment to creating an inclusive campus community.

Staff members in the Disability Services' Office work with students individually to consider experience and access needs. Accommodations are typically around the classroom, technology, and housing areas. The largest accommodation provided for students with disabilities is an alternative testing location.

The University Testing Center is located in the same suite as the Disability Services Office. The Testing Center proctors a limited number of 'make up' or 'take early' exams for instructors and students on the UCCS campus. Students who are registered with Disability Services and/or students who need an exam proctored outside of the classroom can schedule an appointment to take their exams through Starfish.

To learn more about Disability Services, please click [here](#). For the Testing Center, please click [here](#).



## GIVING BACK

### Clyde's Cupboard



We have all seen it before, the stereotype of a poor college student buying twenty packages of ramen because that is all they can afford. It seems so exaggerated, but it is not, it is the reality for 20% of college students.

In 2013, a group of Anthropology students at UCCS decided to do a group project where they collected food across campus for Care and Share. Their project was so successful and rewarding that they decided to start a food pantry on campus for their fellow students to use. The Dean of Students Office agreed to support their dream and assisted in them being granted a cabinet within the Student Life office.

Today, Clyde's Cupboard has grown tremendously and now includes an entire storage room that houses the excess food donated. Clyde's Cupboard is currently open Tuesday thru Thursday and serves approximately 50 students per week. Students in need can visit the Cupboard once a week, where they can receive up to six food items of their choice. Recently added to Clyde's Cupboard is a meal voucher program known as Mountain Lion Meals. Mountain Lion Meals is a program created to provide one free on-campus dining hall meal to UCCS Students in need. Students who wish to apply for Mountain Lion Meals can click [here](#).

Last year's campus-wide food drive brought in over 12,000 food items and has inspired the Clyde's Cupboard team to think bigger. They received a grant from the UCCS Green Action Fund which allowed them to purchase a refrigerator to store fresh fruits and vegetables. The Fresh Food Program will be partnering with UCCS Farm and Care and Share, to provide students with fresh fruits and vegetables on the first Friday of every month.

**BE THE CHANGE  
YOU WANT TO  
SEE IN THE WORLD**

Make change by turning in your loose change to one of the Clyde's Cupboard coin boxes on campus.

**Questions? Contact Ray Fisco at [rfisco@uccs.edu](mailto:rfisco@uccs.edu)**

## RECIPES

### Mug Style Breakfast

#### Ingredients:

- 1/2 cup refrigerated or frozen shredded hash browns (thaw, if frozen)
- 2 eggs, beaten
- 1 tablespoon of water
- 1 refrigerated or frozen precooked sausage link, cut into 1/2-inch chunks (thaw, if frozen)
- 2 tablespoons of shredded sharp cheddar cheese
- Cooking spray

#### Let's get cooking:

1. Coat a 12-ounce microwave-safe mug with cooking spray.
2. Place hash browns into the mug and microwave on high 1 minute. Carefully remove the mug, as it may be hot.
3. Place the eggs, water, sausage, and 1 tablespoon of cheddar cheese into the mug (on top of the hash browns); mix well.
4. Microwave on high for 60-90 seconds. Carefully remove the mug, as it may be hot.
5. Stir and then sprinkle remaining cheese on top.
6. Microwave 15-30 seconds longer (until the eggs are set). Carefully remove the mug, because it will be hot.
7. Enjoy your Breakfast!



### Ramen Revamped



#### Ingredients:

- 1 cooked, diced chicken breast  
*\*King Soopers has Tyson Grilled and Ready, Fully Cooked Chicken Breast Fillets*
- 1 package of chicken flavored ramen noodles
- 1 can of cream of mushroom soup
- 1 can of diced mushrooms, drained

#### Let's get cooking:

1. Cook the noodles without the seasoning. *\*refer to the package directions for water and cooking time.*
2. Once noodles are cooked, drain and set them aside.
3. Heat up your chicken breast according to the package directions. Once cooked, cut it into 1" cubes.
4. Place your diced chicken, cream of mushroom soup, mushrooms and chicken seasoning packet into the pan used to cook the noodles. Stir ingredients over medium heat, until soup is cooked.
5. Place your preferred noodle portion on a plate and then top them with the cream of chicken and mushroom sauce.
6. Enjoy!

## PEOPLE

### Paige Rydberg | Olympic Student Athlete

Paige Rydberg journeyed to Colorado Springs to not only train with other Olympic-level athletes, but to continue her education here at UCCS. Paige moved to Colorado from Chicago in 2017 for UCCS's unique opportunity for athletes like her. At UCCS Olympic training athletes can receive in-state tuition even if they are from out of state.

During her free time, Paige enjoys taking advantage of all that Colorado Springs has to offer. She enjoys hanging out with friends, hiking, "very careful" skiing and spending as much time as she can outdoors.

Paige put on her first pair of ice skates when she was just 3yrs old. It was clear from the beginning that she had a natural talent when it came to figure skating. Paige has worked hard to become an Olympic hopeful and continues to work on perfecting her skills Monday thru Friday at the Broadmoor World Arena from 8:00am – 3:00pm. These practice sessions are open to the public and she invites you to stop by and support Team USA.

Paige says balancing school and skating has been a healthy habit for her. With UCCS' flexible class schedules she practices during the day and take classes at night. Paige is pursuing a bachelor's degree in business with a projected graduation in 2023. Upon graduation she plans on obtaining her real estate license and dreams of becoming a corporate realtor one day.



### Rosanna Smith | Coffee Shop Barista



Rosanna Smith moved to Colorado Springs from Massachusetts when she was 6 months old. Growing up with a father who was a chef meant she was surrounded by cooking, the restaurant business and even chef competitions. Rosanna's father used to cater for the university, before UCCS had dining and hospitality services. But that was not her first UCCS experience. Rosanna won a writer's workshop for her school when she was in 6th grade, and the prize was the ability to attend a three-day journalism course at UCCS.

Rosanna Smith started working as a line cook for UCCS in 1992 and shifted to the coffee shop in 1995. In 2005, while pursuing her bachelor's degree, Rosanna began working for the Financial Aid office. In 2009, during her senior year she transferred to the Family Development Center and then back to the coffee shop in 2010. She has a Bachelor of Arts in Communication and will begin working on her master's degree in the SAHE program this Summer. After she graduates from the program, she would like to remain at UCCS and continue to serve students.

Rosanna can be found in the Dwire coffee shop, often crafting tantalizing new coffee drinks, particularly ones inspired by different candy bars. Her favorite drink is espresso shots over ice with a caramel drizzle—sweet and full of caffeine. In fact, her favorite thing to do at work is adding drizzle to people's drinks, because it is "something so simple, and it makes people smile."

Besides making coffee, Rosanna enjoys taking trips to the mountains and spending time with her two sons and granddaughter. Recently she has decided to start playing the piano again, as she grew up playing the cello and piano. Her favorite vacation was to New York City, and if she could go anywhere in the world, she would go to Europe.

## 1:1 WITH VICE CHANCELLOR BAKARI

### Mandy Hansen

Dr. Mandy Hansen is the Director of International Affairs here at UCCS. She grew up in Pennsylvania and is a first-generation student. Dr. Hansen received her bachelor's from the University of Pennsylvania, her master's from Alfred University and her doctorate from Northern Arizona University. She is one of the most passionate and committed people I know. Dr. Hansen is deeply committed to exposing our students to the power and benefits of global engagement. She truly cares about our students being globally aware and connected.



Did you know that she is an accomplished artist? I recently had the opportunity to visit the Orly's Art Gallery downtown Colorado Springs, where several of her paintings are on display. Mandy said that "painting is a creative outlet" for her, and "provides needed work-life balance." After spending "so many years focused on work and school," she is learning to embrace and explore her creativity. Mandy also enjoys various genres of music, but one of her favorites styles is Bossa (fusion of Brazilian samba and jazz).

Another passion of hers is travel. She has traveled to over 35 countries and stated that Myanmar was her favorite visit to date. Dr. Hansen traveled Myanmar several years ago as a course designer and instructor for the Institute of International Education.

In getting to know Dr. Hansen, one of the things I learned that we have in common is that she too is a Fulbright recipient. She received the award for Germany in 2009. Mandy is a positive inspiration to many and is one of the many hidden gems here at UCCS. She is without a doubt, a global ambassador and amazing resource for UCCS students.



# SHOUT-OUTS

## AWARDS

CU President's Diversity Award

**Jesse Perez**, MOSAIC and Program Director, LGBT Resource Center

Student Achievement Awardees

**Victoria Asuquo** and **Ryan Dobbs**

2019 Achievement Award in the Arts | Drew University College Alumni Association

**Drew Martorella**, UCCS Presents

2019 Rising Star | Colorado Business Journal

**Aisha Ahmad-Post**, Ent Center for the Arts

## RECOGNITIONS

Recently selected as an American College Health Association (ACHA) Fellow

**Stephanie Hanenberg**, Health and Wellness

Existential Psychology East-West Volume 1 – Revised and Expanded Edition | *Chapter 3, co-author*

**J. Christy Thrash**, UCCS Mental Health

Existential Psychology East-West Volume 1 – Revised and Expanded Edition | *Chapter 20, co-author*

**Cathy Calvert**, UCCS Mental Health

Existential Psychology East-West Volume 1 – Revised and Expanded Edition | *Chapter 25, author*

**Heatherlyn Cleare-Hoffman**, UCCS Mental Health

Secretary-Elect, Student Affairs Assessment Leaders (SAAL) Board of Directors

**Brad Bayer**, Student Life and Assessment

## WOOT WOOT!

**Corey King**, Dining and Hospitality Services, will be representing UCCS and showcasing Vietnamese Pork Bah Mi in the [2019 Culinary Passport](#) on April 27.

**Heather Nicholson**, Veteran and Military Student Affairs, thank you for your dedication to UCCS and good luck in your future endeavors!

**Katie Gordon**, Wellness Center, completed her UCCS Mini-MBA last month.

D Y Y V S D E B K X L L U A S  
 T O O W F H I U E K F G W W U  
 C Q H R A H O N X V P A T N C  
 S N O I T A L U T A R G N O C  
 S T U D E N T S T D F M E I E  
 J F V G F U E H S O E E N S S  
 Y M T Q I C R U M H U D F I S  
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 R E C O G N I T I O N S S D I

### FIND AND CIRCLE THE FOLLOWING WORDS:

AWARDS

CONGRATULATIONS

DIVISION

GRADUATES

RECOGNITIONS

SHOUT-OUTS

SUCCESS

WOOT

STUDENTS

GPA

## DIVISION GRADUATES



**Bradley Plesz**, University Center and Events Services, will be graduating with his MA in Leadership with Concentration in SAHE.

**Mia Pino**, University Center and Events Services, will be graduating with her MA in Leadership with Concentration in SAHE.

**Kaitlin Shields**, Academic Advising, will be graduating with her MA in Leadership with Concentration in SAHE.

**Lauren Rundell**, Academic Advising, will be graduating with her MA in Leadership with Concentration in SAHE.

**Curtis Evans**, Academic Advising, will be graduating with his MBA.



## CONGRATULATIONS GRADUATES!

**2019 UCCS Spring Commencement**

**Where: Broadmoor World Arena**

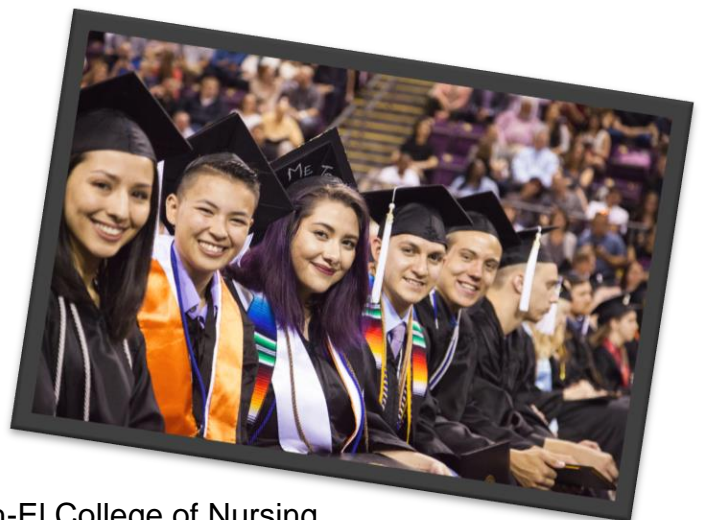
**When: Friday, May 17, 2019**

**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



## Clyde's Closet

Clyde's Closet, in the UCCS Career Center, is dressing students for professional success by providing FREE professional attire through community donations.

### HOW IT WORKS

Students can shop for FREE business professional and casual business suits, dress shirts, dress pants, ties, dresses, skirts, blouses and more! Learn tips on how to dress to impress and build a professional brand.

\*Inventory varies; students may select 6 items per semester.

Where: Cragmor Hall 101  
When: 9 AM – 4 PM, M-F

Visit our JCPenney Suit Up Event each semester to purchase new professional clothing at deep discounts in partnership with JCPenney.

### DONATIONS

Clyde's Closet welcomes donations of gently used and new professional clothing (no shoes, please). Drop offs accepted at The Career Center, Cragmor Hall 101, 9 AM – 4 PM, M-F.

Host a clothing drive for your class or office! Contact us today at [719-255-3340](tel:719-255-3340) or [careers@uccs.edu](mailto:careers@uccs.edu) to learn more.

**UCCS** Career Center  
UNIVERSITY OF COLORADO  
COLORADO SPRINGS

**UCCS** Student Life      **active minds**      **UCCS** Recreation and Wellness Center

**39%** OF COLLEGE STUDENTS EXPERIENCE A SIGNIFICANT MENTAL HEALTH ISSUE.

A 2016 EL PASO COUNTY STUDY FOUND THAT

**27.6** PEOPLE PER 100,000 PEOPLE DIED BY SUICIDE WHICH IS DOUBLE THE NATIONAL AVERAGE.

**2/3** OF STUDENTS WITH ANXIETY OR DEPRESSION DON'T SEEK TREATMENT.

**THE 2<sup>ND</sup>** LEADING CAUSE OF DEATH AMONG STUDENTS IS SUICIDE.

**67%** OF COLLEGE STUDENTS TELL A FRIEND THEY ARE FEELING SUICIDAL BEFORE ANYONE ELSE.

**85%** OF THOSE WITH MENTAL ILLNESS DO NOT DIE BY SUICIDE BECAUSE MENTAL ILLNESSES ARE TREATABLE.

**SEND Silence PACKING**

**END THE SILENCE THAT SURROUNDS MENTAL ILLNESS AND SUICIDE**  
**May 2<sup>nd</sup> 9 am - 4 pm West Lawn**

UCCS resources to aid in mental health related crises are available at the Recreation and Wellness Center at (719) 255-4444.

For anyone thinking about suicide or worried about a friend in crisis, please call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or text BRAVE to the Crisis Text Line at 741-741. For resources on how to be a friend to someone who is struggling with a mental health issue, visit [activeminds.org/beafriend](http://activeminds.org/beafriend).

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

# Fashion Show.

PRESENTED BY:  
THE UCCS BOOKSTORE

*Prizes, Food, Coupons and More!*

BOOKSTORE (719)255-3357      APRIL 18, 2019 2:00-4:00PM  
Cafe 65

In partnership with Team Red, White, and Blue and the Army ROTC

**SATURDAY APRIL 27**  
**RACE STARTS AT 930**  
*In Memory of Dr. Ed Burke*

**BASH THE BLUFFS 5K**  
CAMPUS RECREATION  
UCCS

**April 20, 2019**

Weigh in starts at **9:00am**  
Competition starts at **10:00am**

**POWER LIFTING UCCS CAMPUS REC COMPETITION**

## NEWSLETTER TEAM

Editors: Heather Allen and Claire Ami

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