CMU’s accreditation reaffirmed by Higher Learning Commission

The Higher Learning Commission (HLC) of the North Central Association reaffirmed Colorado Mesa University’s accreditation on March 24, completing the final stage of the university’s self-study process. The institution met 20 of the 21 criteria for reaffirmation, as well as the components required by the U.S. Department of Education.

The HLC evaluation team that visited CMU in November 2013 concluded that the sole criteria that was partially met is that of ongoing assessment of student learning and general education outcomes. The university will submit an interim report to the HLC in January 2016 on progress made in that area.

“While the university has made significant progress in this area in recent years, the team observed that a fuller commitment to assessment is needed in order to fully meet the component’s expectations,” President Tim Foster said in a message to faculty and staff.

The evaluation team agreed with the recommendations for improvement identified by the institution during the self-study process. These included:

- Appointing a working group representing the stakeholders of CMU, Western Colorado Community College and the Grand Valley Board of Cooperative Educational Services to evaluate and develop a strategic plan for the future of WCCC.
- Balancing the needs for additional staff positions, resulting from the recent significant growth of the institution, with those for faculty members.
- Implementing a process for evaluating and prioritizing technology investments using a business model that leverages campus-wide solutions.

According to the HLC’s website, the commission is presently transitioning to a new structure for institutional reviews in an effort to reduce the burden on institutions, enhance rigor with regular check-ins and ensure a comprehensive reaffirmation process by collecting as much data as possible.

CMU has been continuously accredited by the HLC since 1957. Reaffirmation means that the institution is recognized as a university that meets certain high quality standards, the degrees conferred are competitive and the general public is assured that its money is being well spent.

Foster thanked the HLC steering committee for its leadership and those who participated in the self-study process. “The work reflected by the self-study document and site visit is an effort in which we all can take pride,” he said.

CMU’s self-study report, containing the objectives for improvement identified by the steering committee, is available at coloradomesa.edu/self-study.

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CMU’s self-study report, containing the objectives for improvement identified by the steering committee, is available at coloradomesa.edu/self-study.
G rantedly, I’m biased, but I think we’re all blessed to work at a pretty special place. I was invited to present a campus update to a few different service clubs over the past couple of weeks and I chose to change things up a bit. Rather than droning on and on about this building or that program, I invited a handful of students to come along to share their stories and convey what they believe is special about CMU. We all enjoy that most of our friends and family members don’t: getting to spend time with motivated, smart young people who are ready to go take the world by storm. If you don’t believe me, strike up a conversation with a student next time you’re standing in line at Jazzman’s.

Luckily, I’m not the only one who believes CMU is a special place. I know each and every one of you believe the same and it shows. Thanks to a lot of hard work and countless hours of meetings over the past couple of years, our accrediting body recently reaffirmed our accreditation. If you see Dr. Carol Futhey, Dr. Joe Richards or Dr. Julie Bruch around campus, be sure to join me in thanking them again for all of their hard work on this.

Enjoy the rest of the semester. I look forward to seeing you around campus.

Sincerely,
Tim Foster, President
Colorado Mesa University

Innovation talent on display at the Student Showcase

T he Student Showcase returns to Colorado Mesa University’s main campus on May 2. The event, in its fifth year, enables undergraduate students to share their work with peers, faculty and the community. Ideally, participation will establish new collaborations and boost resumes or graduate school applications for the students involved.

Each project is sponsored by a faculty advisor who reviews an abstract written by the student presenter or presenters, which is published in a professional-quality booklet. Throughout the day, judges will evaluate presentations based on a rubric with specific criteria for each category. The winners will be announced at a ceremony at the end of the day.

One of the goals of the showcase is to involve as many different disciplines as possible from both CMU and Western Colorado Community College. This year, the showcase features more than 230 artistic exhibits, paper presentations, posters, readings, demonstrations and performances.

The range of topics is diverse, covering everything from translation theory in Spanish to the effects of Amendment 64 on attitudes toward and use of marijuana. Some projects use the CMU campus as a testing ground— in “The Pigeon Project”, biology students investigated the effectiveness of a raptor call in the campus parking garage via behavioral observations of the pigeons’ responses.

Other projects study large-scale issues like space exploration (“High Altitude Balloon Observation and Measurement”) or societal concepts of gender (“Cultivation of Masculinity”). Every presentation promises to be interesting, and in some cases, appetizing—timid and adventurous eaters alike can sink their teeth into “Sushi 101”, a presentation by WCCC culinary students aimed at educating people about the misconceptions surrounding sushi. The presenters will prepare and serve several sushi rolls and miso soup during the talk.

The Student Showcase begins at 2:30pm, with presentations taking place across campus. The event is open to members of the CMU and Grand Junction community and culminates in a program at 5:30pm announcing the winners.

A word from the president

T im Foster, President
Colorado Mesa University
Holocaust Awareness Series

Colorado Mesa University hosted the 11th annual Holocaust Awareness Series April 7–10. The interdisciplinary series investigates modern genocide and the Holocaust, with the goal of bringing the Grand Junction and CMU communities together to focus on issues of education, respect and diversity.

This year's events included presentations, lectures by CMU faculty and film screenings hosted by campus clubs and organizations. The topics ranged from a discussion of the generational effects of the Holocaust, to a screening of a film about the U.S. AIDS crisis, to a lecture on the Nuremberg Trials. The event once again featured a field of flags outside the University Center representing the groups targeted during the Holocaust.

Hundreds of cyclists race in Maverick Classic

More than 200 cyclists converged in Grand Junction April 18–20 for the third annual Maverick Classic, a four-event stage race open to the public. The classic also served as the Rocky Mountain Collegiate Cycling Conference Championship. The weekend's events included a criterium in downtown Fruita, an 11.6-mile team and individual time trial in Fruita, a criterium in downtown Grand Junction and finally a 24-mile road race in Palisade.

Open-class riders competed in all four events. Community members participated in April 18's Fruita Community Fat Tire Criterium, riding the same course as the open-class athletes. View photos of the 2014 Maverick Classic on Colorado Mesa University's Facebook page, facebook.com/coloradomesau.

Financial Literacy Fair: money matters

April is National Financial Literacy Month and Colorado Mesa University's Financial Aid Office is spending the month highlighting the importance of establishing and maintaining good financial habits. At April 23's Financial Literacy Fair in the University Center, local vendors will provide information about different financial avenues available to students, with a focus on career and wealth planning, as well as making those goals attainable.

On Tuesday and Wednesday evenings throughout the month, Financial Aid has offered "Foundations in Personal Finance", a course by financial writer Dave Ramsey. Four sessions remain; these will take place April 22, 23, 29 and 30 in room 221 of the University Center at 6pm.

Medical Laboratory Technology program rocks their pride

April 20–26 is Medical Laboratory Professionals Week, an annual celebration of the more than 300,000 professionals and pathologists who play vital roles in health care by performing and interpreting laboratory tests. This year's theme is “Rock Your Pride”.

In honor of this event, Colorado Mesa University's Medical Laboratory Technology (MLT) program will host a "Virtual Medical Laboratory" open house event in the MLT lab (room 158 in the Maverick Center) on April 23 from 4–6pm. Local medical laboratory scientists will be on hand to greet the public, answer questions and promote CMU's MLT program and the profession as a whole. Refreshments will be available in an adjoining room.
Those who haven’t seen dance instructor Megan Glynn on campus yet are about to start seeing her everywhere. In her first at Colorado Mesa University, she choreographed Legally Blonde: The Musical, developed a fast-paced tap number for the spring dance concert and signed on to direct one of this summer’s Mesa Repertory Theatre (MRT) shows.

Initially brought to CMU as a visiting instructor, Glynn also applied for a full-time, tenure track position between her other responsibilities. She was hired into the position last month. “It’s been a busy year,” she said.

Glynn is a California native who grew up involved in dance and theatre. She received a bachelor’s degree in dance from Chapman University and obtained her master’s from the University of California-Irvine. This is the first time Glynn has lived outside of her home state. She was drawn to CMU because of its ongoing development and the size of the dance program.

“I love that I know all of my students personally. I know where they’re from, and their injuries. I know what they’re like outside of class, I know where to find them when they’re not showing up. As a student, I always liked smaller programs because of the one-on-one attention, and as an instructor, I feel like I have greater success when I have more time to spend with them,” Glynn said. This summer, she will direct Stories from the Southwest, the MRT’s children’s show, which touches on cultural aspects of life in this region. “It really gives character to aspects of nature” Glynn said. “People play [everything from] Mother Earth to the wind to the prairie dog. … There isn’t any dance, but there’s a lot of physical movement as they play these creatures, which makes it really accessible for children.”

Her choreography work can be seen in a tap dance piece which closes the upcoming Spring into Dance. “We’ve got some phenomenal tappers and they don’t get an opportunity to perform a lot,” said Glynn. “[The piece features] 13 women and it’s to “Smooth Criminal” by Michael Jackson. It is crazy fast, incredibly athletic and they’re working really hard. I’m really excited.”

Spring into Dance runs April 25–26 in Robinson Theatre. The MRT season runs June 12—29. Visit coloradomesa.edu/theatre/performances.html for tickets and showtimes.

Megan Glynn, Instructor of Dance

The following faculty members were granted tenure by the Colorado Mesa University Board of Trustees and promoted from assistant professor to associate professor by President Foster:

**James Ayers, Chemistry**
Ayers has taught at Colorado Mesa University since 2007. He earned his BS in physics from the University of Texas and his PhD in chemistry from Stanford University.

**Tonya Chapin, Nursing**
Chapin began her career at CMU as an instructor in Western Colorado Community College’s medical preparation program before moving to the university’s BSN program. She is a graduate of CMU and earned her MSN at the University of Northern Colorado.

**Justin Gollob, Political Science**
Gollob came to CMU in 2008 after completing a PhD in political science from Temple University. He has served as faculty advisor for Associated Student Government for four years and is heavily involved with the Redifer Institute.

**Brian Parry, Psychology**
Parry joined CMU in 2008 and teaches a wide range of psychology courses. He completed his MS and PhD in applied social psychology from Brigham Young University.

**Genell Stites, Nursing**
Stites brought more than 25 years of nursing experience with her when she came to CMU in 2007. In 2012, she led the practical nurse to associate in applied science/registered nurse program to full accreditation. Stites earned her MS in nursing leadership from Regis University.

The following applications for promotion were also approved by the president:

**Technical Instructor to Assistant Technical Professor**
Melanie Snyder, Visual Communications

**Assistant Technical Professor to Associate Technical Professor**
Alaa Kassir, Developmental Education

**Associate Professor to Professor**
Kristen Hague, English
Tamera Monick, Environmental Sciences
Gigi Richard, Geology
Sarah Swedberg, History
A lot has changed at Colorado Mesa University over the years, but the university’s commitment to providing the highest quality education at a great value and to alumni persists. To that end, the institution has announced the CMU Legacy Scholarship, a $1,000 annual scholarship exclusively for the children of alumni.

“Financially, it’s no small thing,” said Rick Adleman, Director of CMU’s Alumni Association. “With our tuition and fees being what they are, $1,000 moves the needle. A thousand dollars a year over a four-year college career is $4,000. That’s a significant scholarship.”

The scholarship will be available beginning next fall for full-time incoming, transfer and current students. To qualify, degree-seeking students must have earned and maintain a 3.0 GPA or better. The student’s parent or legal guardian must have earned a degree from CMU. The award is available to both in-state and out-of-state students.

Like the merit awards available from CMU, the legacy scholarship is renewable up to a maximum of 120 credit hours. As with other awards, the scholarship does not apply to the summer term.

“This has always had a family feel as an institution, and we pride ourselves on that,” Adleman said. “As I talk to alumni around the nation … they consistently tell me that the faculty and staff at this institution cared about them. I think this is a great physical manifestation of that. The institution still cares about you as an alum and your family. This is one big Maverick family, and it’s putting its money where its mouth is to keep that way.”

Current and prospective students who may qualify for the legacy scholarship will be notified via email when the award becomes available. Visit coloradomesa.edu/finaid/legacy.html for more information about the CMU Legacy Scholarship.

Exercise science students win student bowl, assist vets

Spring is off to an auspicious start for exercise science students at Colorado Mesa University. March 28–29, members of the Exercise Physiology Research Club (EPRC) won the student bowl at a Denver conference. March 30–April 4, 10 students volunteered at the National Disabled Veterans Winter Sports Clinic (NDVWSC)—the only college students among the volunteers.

The Rocky Mountain chapter of the American College of Sports Medicine (ACSM) hosts an annual meeting featuring two student competitions. “We try to go every year,” said club advisor Brent Alumbaugh. “Some of our students present a poster project—we had three this year. At the end, there’s a student bowl where they ask exercise physiology [and biomechanics] questions in a Jeopardy format.”

Participating club members included Sam Phillips, Ryan Teal, Nate Bachman, Samantha Meinrod, Keonimana Shigematsu and Nicole Brimhall. The students, who were competing against graduate and doctoral students, did not win the poster category but dominated the student bowl, winning the championship. The EPRC will advance to the ACSM nationals, held in Orlando, Fla., for the third year in a row.

Several members, including Teal and Bachman, joined their classmates in Snowmass, Colo., the following week for the NDVWSC, a world-leader in adaptive winter sports instruction for nearly 30 years.

“It’s the largest event of its kind for winter sports,” said Teal. “It’s free for the veterans with physical or mental disabilities. … They get to ski or snowboard with adaptive equipment, and there’s a variety of alternative activities such as kayaking, adaptive curling, scuba diving and sled hockey. The aim is to get them involved in activities that they can go home and continue to participate in.”

Kinesiology department head Jill Cordova and kinesiology professor Gig Leadbetter have been involved in the program for years, leading to a unique opportunity for CMU students, who were the only college students accepted as volunteers.

“You just can’t compare it to anything else,” Bachman said. “It really can’t even be put into words. The event had been described to me, but once I actually got there it was just way beyond anything I could have imagined. We’re pretty lucky.”
April is Mental Health Awareness Month

The Department of Health and Human Services recognizes May as Mental Health Awareness Month. Colorado Mesa University’s Diversity, Advocacy and Health Office is sponsoring mental health first aid training for faculty and staff during the month of May. This training will teach employees to help others seek mental health resources and support them in that decision.

Nationally, the need for mental health services on college campuses continues to grow. According to the National Alliance on Mental Illness (NAMI):

- One in four Americans experience mental illness in a year.
- One in 17 Americans experience serious mental illness.
- Among 15-24 year olds, suicide is the third-leading cause of death in the U.S.
- More than 90 percent of the people who die from suicide have some form of mental illness.
- Each day, about 22 veterans die from suicide.

Despite these large numbers, the most effective way to treat mental health is by focusing on one person at a time. An email invitation to the training will be sent out in late April.

At CMU, all full- and part-time students are offered mental health services through Behavioral Clinical Services (BCS), an agency located across the street from the main campus at 1112 Belford Ave. As part of CMU’s partnership with BCS, students may see a licensed counselor for up to six sessions for a copay of $5 per session. Financial hardships may be appealed to the Student Services Office.

BCS offers both day and evening appointments to accommodate students’ schedules, and is on-call 24/7 for crises and emergencies. For more information about BCS, or to make an appointment, call 970.241.6500.

The Western Slope chapter of NAMI is hosting a walk on May 17 at the beautiful Western Colorado Botanic Gardens. Teams can register at namiws.org.

If you would like more information about how to get involved with promoting diversity, advocacy and health at CMU, please contact me at dsandoval@coloradomesa.edu, extension 1765 or stop by Albers Hall.

A column by Danny Sandoval

Fighting back against domestic violence

According to the Center for Disease Control, one in four women and one in seven men in the U.S. have been the victim of severe physical violence and/or stalking by an intimate partner. Domestic violence is preventable through education and the promotion of healthy relationships. Colorado Mesa University and the Mesa County Domestic Violence Task Force (DVTF) are partnering to help begin a conversation in the community. CMU and the DVTF will host the sixth annual Domestic Violence Academy on May 8 and 9 in the University Center.

The two-day conference is designed for law enforcement, advocates, social workers and other professionals who work in the domestic violence field. The academy is free to CMU students, faculty, and staff, and includes more than 20 sessions presented by CMU faculty, officers of the Grand Junction Police Department and national speakers.

The keynote presentation will be given by Lt. Mark Wynn on May 8 at 7pm in the University Center ballroom. The presentation, “Building a Community Response to Domestic Violence”, introduces attendees to model communities and their response to the issue.

Wynn is an internationally acclaimed expert who served on the Nashville, Tenn. Metropolitan Police Department for 21 years. He is the recipient of more than 120 commendations and 51 awards and certificates, including the 2012 Family Justice Center Alliance Lifetime Achievement Award and the 2011 Visionary Award by End Violence Against Women International. Wynn has appeared on The Oprah Winfrey Show and Dateline, has testified on domestic violence before Congress on numerous occasions and has spoken at the White House.

Participants may register for the conference at regonline.com/dvacademy2014. The academy fee will be waived for CMU attendees who enter their 700 number during registration. The keynote is free, open to the public and requires no registration.

Acclaimed expert Lt. Mark Wynn will deliver the keynote presentation.
Spring into Dance (and music and art, too)

As the year draws to a close, CMU artists are showcasing some of their best work.

Dance program presents Spring into Dance
On April 25 and 26, the dance program presents its annual spring concert, Spring into Dance, in Robinson Theatre. The show features a variety of dance styles, ranging from modern and jazz to tap and contemporary.

Choreographers include faculty Melonie Buchanan Murray, Megan Glynn, Abbi Phillips, Ann Sanders and Connie Monroe. Student choreographers are Jessica Vandermeer, AJ Labrum and Allison Duncan. This semester’s guest choreographer is Jerome Alexander, a Los Angeles-based dancer who has performed in music videos and live shows for Beyonce, Kanye West, Lady Gaga and others. For the first time, the concert will feature a piece danced and choreographed by CMU alumni.

Purchase tickets for Spring into Dance at the Moss Performing Arts Center (MPAC) box office or online at coloradomesa.edu/mosstickets.

Choir director hangs up baton
On April 29, CMU’s Women’s Choir and Chamber Choir will present a concert in Robinson Theatre. The show features a piece danced and choreographed by CMU alumni.

 Choir director hangs up baton

Niles has taught at CMU since 1979 and performs frequently with the Grand Junction Symphony Orchestra and the Western Colorado Chorale. She has performed with Denver’s Classis Collegium and symphonic orchestra, has sung lead roles in both oratorio and opera and was a faculty member for a summer music program at Italy’s University of Urbino for four years. Niles will continue to teach voice at CMU.

BFA seniors exhibit work
TETRAD, an exhibit by Bachelor of Fine Arts seniors, is being displayed through May 11 at 501 Colorado Ave., an industrial building in Grand Junction. The pieces by Brevin Currier, Salina Kirk, Kirk Shiflett and Meril Wallace encompass a variety of mediums.

The artists coordinated the exhibit as part of their Senior Seminar and Portfolio course. Assistant Professor Heather Patterson McCulloch guided them through locating a space, finding sponsors, budgeting and installing the exhibit. Gallery hours are Monday–Saturday, 12pm–6pm; admission is free.

Their work is also on display at the Mesa County Library’s Central Branch.

Mavericks stampede the competition
On April 11, CMU’s rodeo team drove a herd of steers across campus and handed out free passes to the weekend’s Maverick Stampede Rodeo. The rodeo, held at the Mesa County Fairgrounds, featured bull riding, steer wrestling, goat tying and more.

CMU’s baseball team completed a four-game sweep of the Metro State Roadrunners with a 5–2 win on April 13 at Suplizio Field. The Mavericks (27–8) host their final regular season home series April 17–19 when they play Colorado Christian University.

Softball also completed the four game sweep on April 13 with a pair of wins against of Western New Mexico University. CMU (21–17) will face Black Hills State University and Chadron State University April 18–19 in Spearfish, S.D.

The women’s golf team hosted the Maverick Spring Invitational April 7–8 at a local golf club. CMU swept the top three positions in the Collegiate Women’s A criterium—junior Lexi Millard came in first, Horbach second and sophomore Ariane Dittmer third. The Mavericks won the women’s time trial and came in second in the men’s event.

The Colorado Mesa men’s lacrosse team scored the final three goals to earn a 9–8 win over Dominican University on April 13. CMU (6–2) will play rival Colorado College on April 19. The women’s team fell to Lindenwood University 19–9 on April 13. The Mavs (7–5) will host Regis University on April 18.

Interviews with the artists are available at mesacountylibraries.org.

By Laura Bradley
Colorado Mesa University’s Monfort Family Human Performance Laboratory contains some of the most technologically advanced equipment west of the Rockies, and it’s all available to students and faculty and staff. Located in the Maverick Center, the lab provides advanced physiological and biomechanical performance and wellness testing, teaching community members how to maximize their physical potential and become their best.

Lab staff can help athletes and non-athletes alike develop season and year-long training plans based on training loads, recovery, peak phases and more. The lab’s aerobic testing equipment measures endurance and cardiovascular information, telling participants everything from the fuels their bodies use to what the best training intensity is for them. Testing can include walking, running, biking or skating on an oversized treadmill.

Sports techniques and even gait can be improved via sport skill analysis—a service that utilizes high speed video and other instruments to identify deficiencies and idiosyncrasies. Thermal imaging can be used to discern inflammation from training or injury, and a recovery analysis can tell test subjects how much rest they should be getting.

The lab also houses equipment designed to track progress throughout training. Body composition analysis determines how much muscle and bone versus body fat a person has. Performing this analysis before and throughout any weight loss program helps determine progress.

“If you’re interested in what we’re doing in the lab, come on over,” said lab assistant Nate Bachman. “We’ll show you around.”

The Monfort Family Human Performance Lab is open from 8am–5pm Monday through Friday and by appointment. Visit coloradomesa.edu/hpl for more information on pricing and available tests.

CMU’s hidden gem: Monfort Family Human Performance Lab

What’s going on in your department?

Have you heard about current or former students who are doing interesting, even amazing things? Has your colleague been recognized for an accomplishment? These are just a few of the things the Marketing Office would like to hear about. Perhaps it is something that should be shared with the campus through our monthly newsletter, InsideCMU, or with our alumni and friends through The Maverick. Maybe it would make an interesting news story to be shared locally, statewide or nationally. Please share your good news by contacting marketing@coloradomesa.edu

Calendar of events

April

April 25–26
Spring into Dance, Robinson Theatre, April 25—7:30pm, April 26—2:30pm, 7:30pm

April 29
Chamber Choir and Women’s Choir, MPAC Recital Hall, 7:30pm

April 30
Wednesday Music Club Honors Recital, MPAC Recital Hall, 7:30pm

May

May 1
Spring Recognition Reception and Program, University Center Ballroom, 3:30pm

May 2
Student Showcase, CMU Main Campus, 2:30pm
Jazz Festival, MPAC Recital Hall, 7:30

May 3–4
Relay for Life, Delta Quad, 6pm–6am

May 6
Wind Symphony, MPAC Recital Hall, 7:30pm

May 8–9
Domestic Violence Academy

May 9
Final Day of Classes
Choir and Orchestra Concert, MPAC Recital Hall, 7:30pm

May 10
Mav Awards Banquet, University Center Ballroom, 3pm

May 12–15
Finals Week

May 17
Commencement, Stocker Stadium, 8:30am

InsideCMU is produced monthly during the academic year by the Marketing Office. It is edited by Stephanie Summar and designed by Jeremy Smith. For more information or to submit story ideas, please contact marketing@coloradomesa.edu or 970.248.1412