

Biennial Presentations

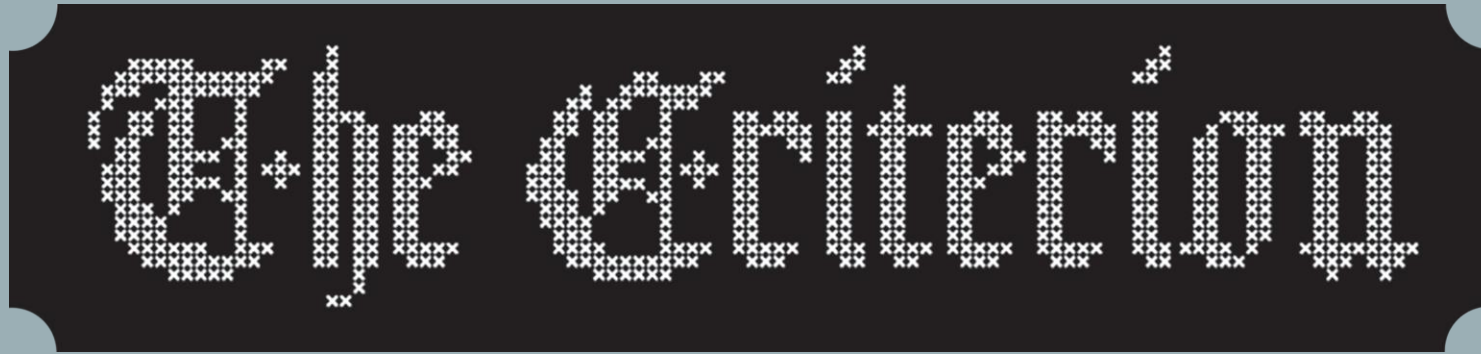
October 13, 2026 | Three presentations in hearing order.

PRESENTATION		PAGES IN THIS PDF
01	Criterion Criterion Biennial Presentation Fall 2026.pdf	2-15 14 pages
02	Monfort Family Human Performance Lab HPL 26' Biennial Proposal.pptx	17-26 10 pages
03	Food Pantry ASG Biennial Presentation PowerPoint Pantry.pdf	28-35 8 pages

How the layout works

Page 1 is this guide. Blank pages separate the presentations (pages 16 and 27).
Page ranges refer to this combined PDF. Each presentation retains its original slide order and layout.

32 presentation pages + 1 guide + 2 blank separator pages = 35 pages total.



Julia Wildman – Editor-in-Chief

Dana Dial – Managing Editor

Paul Dieterichs – Accuracy Manager

Marigold Nugent – News Editor

Raine Foor – Art & Life Editor

Charlene Clark – Sports Editor

Caleb Barnett – Opinions Editor

Taylor Kaspar – Photo Editor

Alejandro Torres – Web Designer

Brianna Harlow – Social Media & Marketing Manager

Miley Guidotti – Distribution Manager

ORGANIZATION PURPOSE

“The voice of the students since 1931”

- The Criterion has served the students at Colorado Mesa University since 1931. The campus newspaper is the voice of the students and strives to report and inform in both print and online. The Criterion offers opportunities for students to get hands-on journalism experience. We as an organization shall report truthfully and act within the boundaries and guidelines of Society of Professional Journalists (SPJ).
- Publish 16 editions per year with four sections
 - News, Art & Life, Sports and Opinions

ORGANIZATION PURPOSE

- History
 - Second oldest student entity on campus behind football
 - Several dozen awards throughout lifetime
 - Record keeper of the school (archives)
- Impact
 - Importance of student media/journalism
 - Published/paid portfolio for students, skills development (programs, writing, interviewing, research, photography, interpersonal communication)
- Staff members – writers, photographers, designers and comic artists
 - 2025-2026: 48 individual student contributors (16 editions)
 - 2026-2027: (so far) 34 individual student contributors (4 editions)

REPRESENTATION

- Student Outreach
 - 2025-2026
 - 344 articles published online; 17 letters to the editor published
 - Advice column, anonymous tipline, crowdsourced stories
 - Hyper-local focus, promotes student voices and perspectives of CMU, promotes transparency and accountability to improve life on campus
- Organizational Accountability
 - Editor evaluations
 - adherence to SPJ Code of Ethics,
 - publish the newspaper –tangible deliverable that requires people to fulfill responsibilities
- Off-Campus Representation
 - National/State: Won two national awards and four regional awards in 2025-2026 school year
 - Local: stands in local businesses; direct connection with The Daily Sentinel, Montrose Daily Press, Delta County Independent and others; cover community events



REPRESENTATION

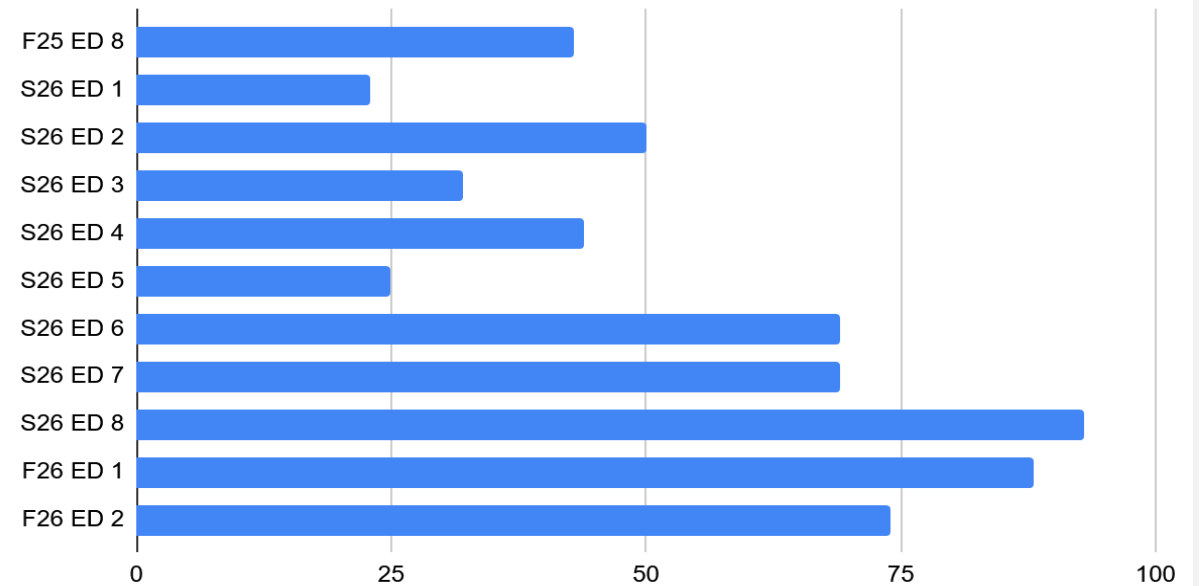
- Alumni Impacts
 - Julia Wildman – summer internship with The Daily Sentinel (secured position for after graduation)
 - Teagan Meens and Justin Shaw – Delta County Independent
 - Rebecca Dunn – Colorado Springs Gazette
 - Mike Wiggins – Ouray County Plaindealer
 - Jace DiCola – The Daily Sentinel - medical beat
 - Dalton Tanonaka – Award-winning TV executive
 - Anthony Himes – CMU Athletics Reporting
 - Kyle Cooper – Sports Photographer for the Colorado Rockies
 - Cloie Sandlin – BEACON Senior News

REPRESENTATION

(ENGAGEMENT ANALYTICS AS OF 10/7)

- Social Media
 - Followers: 1,919 – doubled in the last year
 - Views in the last 30 days: 200k
- Website
 - Last Year Total Visitors: 177,017
 - Last 30 days: 16,419
- Newspaper
 - Highly valuable to all campus community
 - Physical media desirable

% of papers picked up off stands

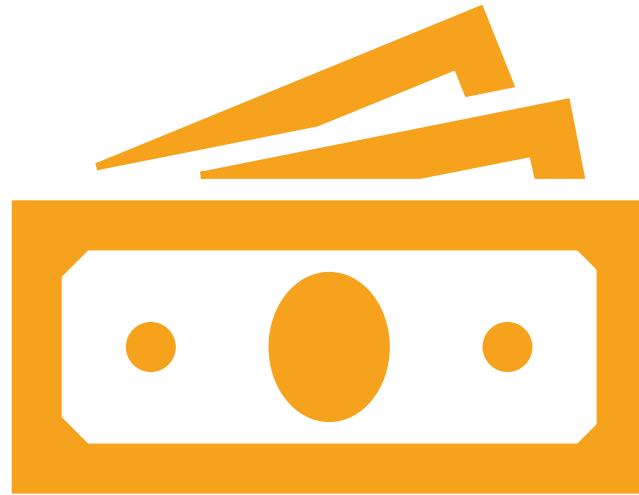


REPRESENTATION

- CMU Core Values
 - Curiosity (research, audience consideration, constantly learning, skills development)
 - Courage (Orgs Fight Back, Miller's Resignation, Jared Taylor)
 - Humility (Accountability for the school, corrections and updates)
 - Chicago Statement – radical free-speech school

"After reviewing this maintenance request with Residence Life and Facilities, we agree it did not meet the standard we set for ourselves in serving students who live on campus. We can and will do better."

(Quote from VP of Marketing & Communications David Ludlam in one of our recent stories)



BUDGET PROPOSAL

BUDGET PROPOSAL BREAKDOWN

	2025 Actual	2026 Actual	2027 Budget	2028 & 2029 Request	Change	Percent
Student Fee per Credit Hour		\$0.12	\$0.12	\$0.13	\$0.01	4.7%
Revenues						
Student Fees	63,093	73,476	68,088	71,322	3,234	4.7%
Other (Non-Fee) Revenue						
Bad Debt	(1,577)	(1,577)	-	-	-	0.0%
Advertising Sales	765	590	-	-	-	0.0%
Subtotal, Other (Non-Fee) Revenue	(812)	(987)	-	-	-	0.0%
Total Revenue	62,281	72,489	68,088	71,322	3,234	4.7%
Expenditures						
Staff & Faculty Wages	5,000	5,000	5,000	5,000	-	0.0%
Staff & Faculty Benefits	1,168	1,172	- *	1,172 *	1,172 *	0.0%
Student Stipend Payments	44,405	43,461	48,120	50,000	1,880	3.9%
Student Travel - Out of State	-	2,789	- **	3,000	3,000	0.0%
Supplies	3,725	2,376	1,200	1,800	600	50.0%
Software	1,424	180 ***	850	850	-	0.0%
Printing and Reproduction Services	5,528	1,303 *****	6,500	7,500	1,000	15.4%
Dues & Memberships	-	- *****	100	300	200	200.0%
Official Functions - Student Related	-	299	200	200	-	0.0%
Administrative Service Recharge	3,811	3,811	-	-	-	0.0%
Non-Capital Computer Equipment	-	-	1,500	1,500	-	0.0%
Total Expenditures	65,061	60,390	63,470	71,322	7,852	12.4%
Revenue Over/(Under) Expenditures	(2,780)	12,099	4,618	-	(4,618)	-100.0%

BUDGET PROPOSAL BREAKDOWN

(LINE ITEM EXPLANATIONS)

- Staff & Faculty Wages
 - Pay for our advisor, not a CMU employee
- Staff & Faculty Benefits*
 - For the advisor
- Student Stipend Payments
 - Editors and staff member pay
- Student Travel - Out of State**
 - Conferences (ACP and SPJ – Professional Development)
- Supplies
 - Merch, Office Supplies (Printer ink, paper, etc.),
- Software***
 - Website hosting (\$850 per year)
- Printing and Reproduction Services****
 - Newspaper printing and delivery from Montrose (800 pages, full color, from 8-14 pages)
- Dues & Memberships*****
 - Membership and awards consideration (ACP and SPJ)
- Official Functions - Student Related
 - Team building and professional development (Snacks, prizes)
- Non-Capital Computer Equipment
 - Mandatory – 11 Macs to replace in 2028 (~2,000 each)

PREVIOUS USAGE OF FUNDS

(CURRENT STIPEND POSITIONS - \$39,420)

Position	Stipend Amount (Monthly)	Stipend Amount (Yearly)	Office Hours (Monthly)	Duty Hours (Monthly)	Hourly Pay (Just office hours)
Editor-in-Chief	\$480	\$4,800	46	12	\$10.43
Managing Editor	\$480	\$4,800	40	8	\$12
Accuracy Manager	\$288	\$2,880	30	9	\$9.60
News Editor	\$350	\$3,500	28	5	\$12.50
Sports Editor	\$336	\$3,360	28	5	\$12
Sports Editor 2	\$336	\$3,360	28	5	\$12
Opinions Editor	\$336	\$3,360	28	5	\$12
Art & Life Editor	\$336	\$3,360	28	5	\$12
Photography Editor	\$336	\$3,360	28	5	\$12
Social Media & Marketing Manager*	\$264	\$2,640	30	5	\$8.80
Distribution Manager	\$200	\$2,000	20	0	\$10
Web Manager	\$200	\$2,000	24	0	\$8.33

* - SM&M earns a 15% commission

PREVIOUS USAGE OF FUNDS

(**PROPOSED** STIPEND POSITIONS - \$39,650)

Position	Stipend Amount (Monthly)	Stipend Amount (Yearly)	Office Hours (Monthly)	Duty Hours (Monthly)	Hourly Pay (Just office hours)
Editor-in-Chief	\$500	\$5,000	46	12	\$10.86
Managing Editor	\$500	\$5,000	40	8	\$12.50
Accuracy Manager	\$300	\$3,000	30	9	\$10
News Editor	\$350	\$3,500	28	5	\$12.50
Sports Editor	\$350	\$3,500	28	5	\$12.50
Opinions Editor	\$350	\$3,500	28	5	\$12.50
Art & Life Editor	\$350	\$3,500	28	5	\$12.50
Photography Editor	\$350	\$3,500	28	5	\$12.50
Social Media & Marketing Manager *	\$275	\$2,750	30	5	\$9.17
Distribution Manager	\$200	\$2,000	20	0	\$10
Web Manager	\$240	\$2,400	24	0	\$10
General Assignment Reporter **	\$100	\$1,000	4	12	\$20
General Assignment Reporter **	\$100	\$1,000	4	12	\$20

* - SM&M earns a 15% commission
 ** - elevated staff writer, \$25 per story
 Eliminated extra sports editor

STAFF MEMBER STIPENDS

- Writing (after edits)
 - \$10 – 449 words or less
 - \$15 – 450 words or more
- Photography
 - \$10 – 1 or 2 photos published
 - \$15 – 3 or more photos published
- Graphics
 - \$15 per graphic
- Comics
 - \$30 per graphic
- Graduated Scale
 - +\$5 – Mass Comm Class
 - +\$5 – Photospread – more than 10 photos, every 5 additional
 - +5 – Front page photo
- Per Edition Cost
 - FY26 – \$7,434 total: \$465 each
 - YTD27 – \$2,060 total: \$515 each
 - Estimated FY27 total: \$8,240

PROPOSED TOTAL AMOUNT

\$71,322

Current
\$68,088

Requested
\$71,322

Change
\$3,234 (4.7%)

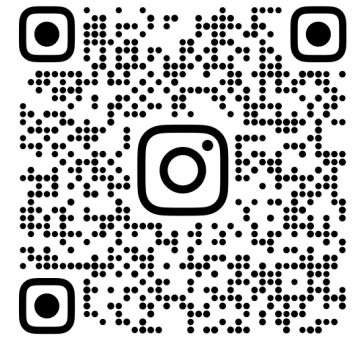
MONFORT FAMILY HUMAN PERFORMANCE LAB

Spencer Olson, Sydney Baxter, Delaney Forbes

MONFORT FAMILY HUMAN PERFORMANCE LAB

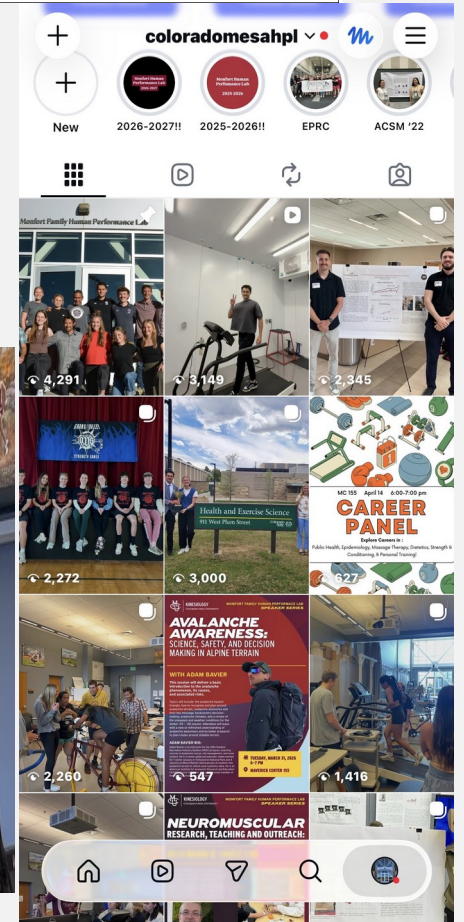
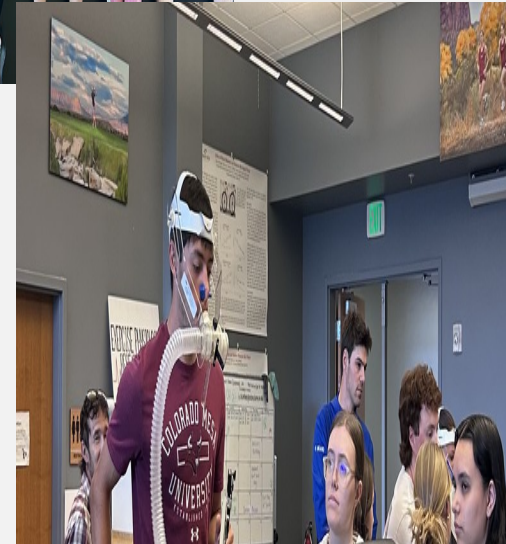
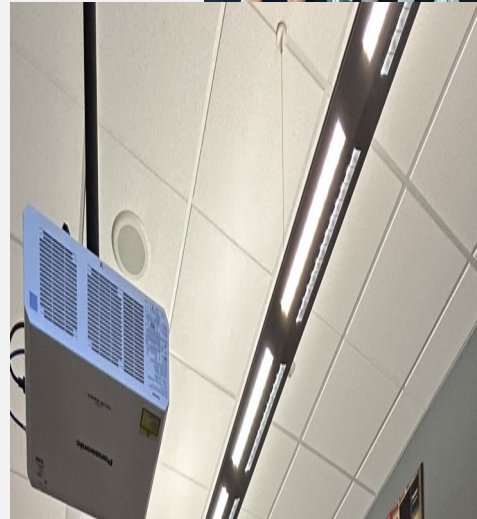
- The MFHPL's mission is to provide advanced physiological and biomechanical performance and wellness testing to CMU students and expand student-learning opportunities and serves to host current and future undergraduate research projects.
- Free testing offered to all CMU students
 - Body composition testing RMR
 - VO_2 max testing
 - Threshold testing for zone determination
 - Isokinetic force testing
 - Etc.
- Student research
- Student internships and independent studies
- Majority of prospective students tour lab
- High school class tours and demonstrations
- Community testing offered at low cost

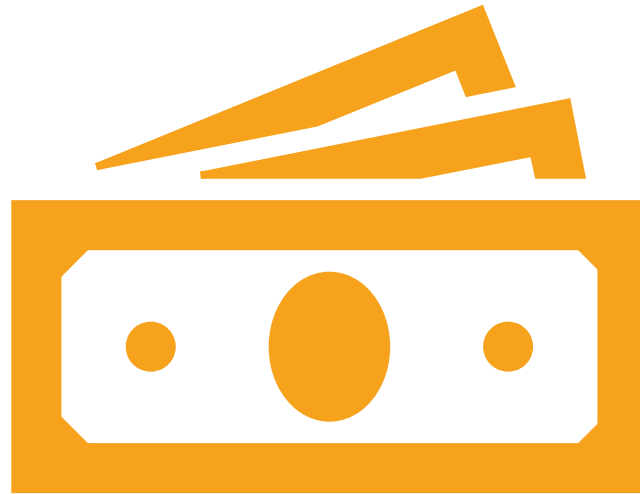
REPRESENTATION



EPRCCMU

- Student Outreach
 - Exercise Physiology Research Club
 - Instagram
 - Faculty
 - On campus events
 - Club Fair
 - Mesa Experience
 - Lab courses
- Community Outreach
 - Grand Valley Strength games
 - Community testing
 - Conferences
 - Volunteering
 - Health care professional presentations
 - Testing





BUDGET PROPOSAL

PREVIOUS USAGE OF FUNDS

- Breakdown cost of previous years
- Justification of what was spent
 - Total revenue decreased due to increase in number of KINE classes hosted in the lab and a greater emphasis placed on student research as opposed to community testing.
 - Student assist increased due to an increase in minimum wage and a decrease in the number of students that were able to acquire MavWorks.
 - Force plate amplifiers stopped working and had to be replaced. This is a good example of how lab equipment costs can add up quickly.
- All student assist positions are lab employee positions. The lab is open Monday-Friday from 8 a.m. to 5 p.m. and must have a minimum of two employees at all times to have the ability to have same sex technicians when administering body composition. Additionally, there are often multiple tests being administered at once, which requires more than one lab employee.

	2025 Actual	2026 Actual
Student Fee per Credit Hour		\$0.22
Revenues		
Student Fees	21,266	22,903
Other (Non-Fee) Revenue		
Bad Debt	(532)	(532)
Testing Fees	6,912	2,605
Subtotal, Other (Non-Fee) Revenue	6,380	2,073
Total Revenue	27,646	24,976
Expenditures		
Student Assist	7,715	12,815
Professional Service Fees	-	130
Employee Travel - In State	32	-
Student Travel - Out of State	528	-
Supplies	942	599
Software	-	-
Equipment Repair & Maintenance	216	-
Maintenance Supplies	-	-
Insurance	-	-
Administrative Service Recharge	1,304	1,304
Expense Card	4,299	-
Professional Development	390	-
Non-Capital Equipment	-	11,231
Total Expenditures	15,425	26,079
Revenue Over/(Under) Expenditures	12,220	(1,103)

PROPOSED TOTAL AMOUNT

\$26,360.00

BUDGET PROPOSAL BREAKDOWN: FUTURE HPL EXPENSES

<u>Expenditure Type/Description:</u>	<u>FY25-26</u>	<u>FY26-27</u>	<u>FY27-28</u>	<u>FY28-29</u>
Replace Trackmaster Treadmill (smaller treadmill)	\$14,000.00			
VALD software for force plates	\$1,500.00	\$1,500.00	\$1,500.00	\$1,500.00
New Parvo Medics metabolic cart		\$29,000.00		
New large treadmill			\$25,000.00	
Inertial Movement Unit (IMU) motion analysis				\$40,000.00

BUDGET PROPOSAL BREAKDOWN: LINE- ITEM JUSTIFICATION

- Student Assist
 - Four student assist employees at 7.5hrs/week
- Supplies
 - Expendables associated with testing: Calibration gasses, lactate strips, glucose strips, gloves, cleaning supplies, etc.
- Software
 - Software for lab equipment: VALD for force plate testing, Noraxon and Vicon updates for EMG and motion analysis
- Equipment Repair & Maintenance
 - Unexpected equipment repair from wear and tear associated with heavy use
- Insurance
 - Insurance cost from previous years
- Non-Capital Equipment
 - HR monitors, Lactate analyzers, watches, etc.

	2028 & 2029 Request
Student Fee per Credit Hour	\$0.27
Revenues	
Student Fees	26,360
Other (Non-Fee) Revenue	
Bad Debt	-
Testing Fees	
Subtotal, Other (Non-Fee) Revenue	-
Total Revenue	26,360
Expenditures	
Student Assist	14,550
Professional Service Fees	
Employee Travel - In State	
Student Travel - Out of State	
Supplies	4,910
Software	520
Equipment Repair & Maintenance	1,120
Maintenance Supplies	1,030
Insurance	1,630
Administrative Service Recharge	-
Expense Card	
Professional Development	
Non-Capital Equipment	2,600
Total Expenditures	26,360
Revenue Over/(Under) Expenditures	-

BUDGET PROPOSAL BREAKDOWN: DIFFERENCE FROM PREVIOUS PROPOSAL

- Student Assist
 - Increase to represent four student employee workers for 32 weeks at 7.5hrs/week and minimum wage of \$15.16
 - Currently eight students on MavWorks funding
 - Minimum of two employees during the week
 - MavWorks has become increasingly more challenging to acquire
- Non-Capital Equipment
 - 4% increase to reflect average annual inflation from 25' to 26' k
 - not account for inflation from previous years. Moving forward



	2025 Actual	2026 Actual	2027 Actual	28'-29' Request	Change	Percent		
Student Assist	7,715	12,815	9,230	14,550	5,320	57.6%	(9,230)	-100.0%
Non-Capital Equipment	-	11,231	2,500	2,600	100	4.0%	(2,500)	-100.0%

BENEFITS TO CMU STUDENTS AND COST SAVING EFFORTS

- EPRC won RMACSM Student Bowl, representing the state of Colorado at the national ACSM conference. Winning this competition earned three students a paid trip to the conference saving KINE and ASG over \$3000.
- Several of the winning students presented research projects. Travel funds for these students would historically come from ASG.
- Three other students presented projects at national ACSM, all of which roomed with winning students.
- EPRC Guest Lectures
 - PTCAS, PACASPA, ATCAS
 - Local healthcare professional guest lectures
- EPRC fundraising efforts
 - Stall Street
 - Beer Fest
 - BodPod community promotion
 - Grand Valley Strength Gains
- EPRC volunteer efforts
 - Soup kitchen
 - Dog walking
 - Club fair
 - Mesa Experience
 - Run for Ricky
- Eight of the ten student employees use MavWorks
- In 2025 364 free body composition tests were administered (normal cost is upwards of \$75/test (\$27,300))
- Over 20 free VO₂ max tests administered to students in 2025 (normal cost is upwards of \$300/test; saving students \$6000)
- Over 360 free body composition tests administered to students in 2025 (normal cost is upwards of \$75/test; saving students \$27,000)
- Countless other tests administered free of cost to CMU students (force plate testing, glucose testing, blood pressure, BIA, etc.)

The Pantry

Administered by:

Isabel Manzanares

Executive Asst. To Senior Vice

President of Student Services

ORGANIZATION PURPOSE

- **Colorado Mesa University is dedicated to supporting students and their well-being both inside and outside the classroom.**

Every Maverick has access to free food if and when they need it. The Pantry was created to alleviate the stress of food insecurity on campus and to ensure the basics needs of all Mavericks are met. The program is free and all students are eligible.

Students may choose to visit the pantry in person and select the items they need or they may fill out a food request form.

CMU Main Campus Pantry Locations

- Main Pantry
 - Lowell Heiny Hall, Room 141 (Located across the hall from the IRIS Information Desk)
- Satellite Locations
 - Tomlinson Library
 - Hamilton Rec Center Lobby

CMU Tech Campus

- Student Services, Kayenta Hall

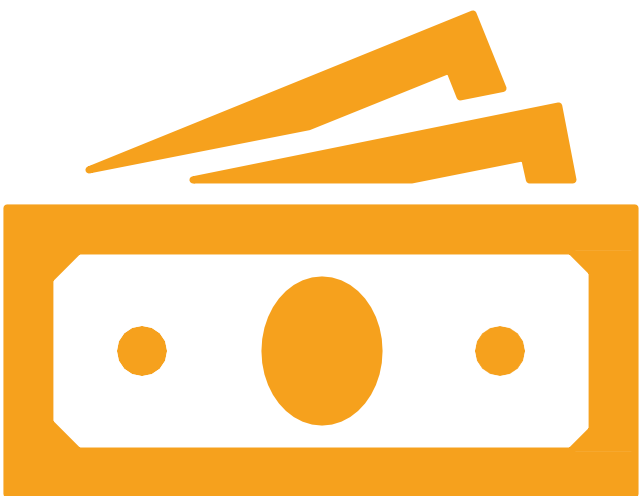
CMU Montrose

- Branscome Student Center, Room 112

REPRESENTATION

- **How you reach out to students**
 - Resource Website, IRIS, ResLife, Sodexo, Wellness Center, Faculty/Staff, Signs
- **How you uphold CMU's values, policies.**

- Love	- Showing care for Mavs in all aspects academics → sustenance
- Dignity	- Providing a resource with no strings attached to protect students
- Courage	- Publicly available resource encouraging those who need it
- Humility	- Recognition we do not all come from the same background
- Resilience	- Encouraging and providing opportunities for persistence
- Curiosity	- Opportunities for students to support other students
- Power	- Recognizing we might not be able to help everyone, but we can do what we can to make a difference in others' lives.
- **How the organization represents the university on and off campus and engages with the community at large.**
 - **Community Partnerships:** Foodbank of the Rockies, City Market, CMU Foundation, Local News Stations, Sodexo, HygienePalooza (Justice Necessary)
 - Roughly equivalent to: \$30,000 of in-kind donations and support.



\$21,631

PREVIOUS USAGE OF FUNDS

- Breakdown cost of previous year

- * Supplies
 - FOOD – *Sams, Walmart, City Market* (85%)
 - CLEANING/MAINTENANCE – *Webstraunt.com, Amazon* (5%)
 - SWIPE OUT HUNGER – Meal Swipes (10%)
- * Advertising – Yard Signs (First String) ***Was pulled from Supplies** (\$549.00)*
- * Equipment Repair & Maintenance – N/A ***Luckily – cost of goods & labor***
- * Non-Capital Equipment – Deep Freezer (\$499.00)

\$21,631

BUDGET PROPOSAL BREAKDOWN

- **Justification of future budgeted funds**
 - Continuation of services to students and expansion of partnerships
 - Clarify the difference from previous proposal if has one
 - N/A
 - Recommended to add the big/known events that organization uses money
 - None
- **Justify line-item amounts**
 - Supplies
 - Food, Toiletries, Storage
 - Advertising
 - Yard Signs, Posters
 - Equipment Repair & Maintenance
 - Repair or Replacement of Fridges/Freezers/Shelving
 - Non-Capital Equipment
 - Newly Purchased Equipment

BUDGET PROPOSAL BREAKDOWN

Expenditures	Budget
Supplies	\$18,000
Advertising	\$631
Equipment Repair & Maintenance	\$1,800
Non-Capital Equipment	\$1,200
TOTAL:	\$21,631