Avery Martin: Welcome to Health and Human Science Matters, a podcast by Colorado State University's College of Health and Human Sciences. I'm Avery Martin, co-host and digital media strategist.

Matt Hickey: And I'm Matt Hickey, Associate Dean for Research and Graduate Studies. In our college, we make it our mission to optimize human health and wellbeing through discovery and innovation. But don't just take our word for it, each episode we sit down with people who fulfill that mission, our college faculty and staff. Today we have a really special episode. We've got three of our current Dean's Fellows, all PhD students from across the college. This is a relatively recent program when Dean Youngblade started in 2019, one part of her vision was to seed and support graduate student research.

And so we've had several cohorts now and we're pleased to be able to have a conversation with three of our gifted students from all across the college. So we've got Heidi Tseng, a PhD student in human development and family studies, Mohammad Teymouri from Construction Management and Elliot Graham from Food Science and Human Nutrition. And we're going to have a conversation with all three of you. So it's going to get loud and we're looking forward to it. And so we've got a series of things we want to know about you and your scholarship. And we'll simply prompt a question and then we'll let all three of you answer it and we'll move to the next one. Sound like a plan?

Avery Martin: Yep. Simple as that. Well, we want to know always for each episode is about the big problem that we are addressing that we're hoping to solve. So Heidi, we'll start with you. What's the big problem that your research addresses?

Heidi Tseng: I have been studying the psychosocial processes in our minds that's adaptive in a way that the declining in health and functioning no longer stand in our way of living a fulfilling life. I have been specifically studying the views of aging, be it the age stereotypes or our self-perceptions, beliefs of feelings of aging, its developments, its forms, implicit, explicit, and its consequences associated with health and wellbeing in the long run.

Matt Hickey: Fascinating.

Mohammad Teymou...: Thanks for having us. So probably mine is most unrelated to the college, But I'm in a joint program between civil engineering and construction management and I'm working on two main projects, one of them funded by CHHS, the impact of the icers that we are using during the winter on concrete pavements, long-term performance. And also there is an emerging cement type in the US that just got funded by Portland Cement Association, so those are the main focus. And the question is that who cares and how it aligns with the College of Health and Human Sciences mission and region. So concrete is the second most consumed material in the world. It's almost everywhere and it's the most consumed material in construction. So we are using it a lot. And the problem is that sometimes we need to repair it and close the roads and there is a problem for the community and the taxpayer need to pay the taxes or repair.

So we are trying to find a framework to see, okay, if you want to use a deicer, this is the better option compared to what you're using now. And regarding the cement, because the concrete and cement industry is responsible for a lot of carbon emissions. So there is an emerging cement type that we are trying to see the compatibility of these emerging cement in construction industry and to provide some better understanding for the companies that, okay, these are the thing that you can use, environmentally friendly, exact same price, exact same thing, and it can work as good as the conventional ones.

Matt Hickey: So I have to say, we think your work fits nicely within the college.

Mohammad Teymou...: I believe so.

Matt Hickey: Well, we're a diverse college, but again, I think this connection to people, health, wellbeing, communities really is articulated nicely. And so there are safety aspects of this obviously, economic impact as you've pointed out, there's also this social cultural piece, trying to get from point A to point B. If a bridge is out or something along those lines, this can impact human communities as well. And so we think you're a nice fit. You wouldn't be sitting here being celebrated as a dean's fellow if we didn't think that your work was a nice fit and we appreciate what you're doing. Thanks for coming to join us. Yeah, Elliot?

Elliot Graham: Yeah, so my research again is different, but it really studies cardiovascular disease in the broad sense. And cardiovascular disease is the leading cause of death worldwide. And everyone in my field always says that. And we always start saying something like that, that big sentence. But it's true. And it's slightly dipped in the past couple of years, but it's still the number one leading cause of death. What we study is a preclinical measurement of cardiovascular disease and we typically do it in mice and it's a pretty good model for preclinical cardiovascular disease.

But ultimately what we want to look at is how these preclinical measures can predict your long-term risk for cardiovascular disease. So that's one portion of it, like what cardiovascular disease is, how does it happen in terms of other risk factors such as obesity or diabetes? And then what we do is we look at certain diets and how those diets can impact cardiovascular disease usually for the better. So a lot of my research is looking at either probiotic supplements or intermittent fasting, and those have traditionally been thought to be good for cardiovascular disease and now we want to know the mechanisms of why.

Matt Hickey: And so again, because I'm chatty, I can't resist commenting. So we've got a scenario here where we've got animal models of human conditions as you just articulated, we can probe some of the underlying how exactly is this working easier in these animal models than we can in humans for all the obvious reasons.

Elliot Graham: Definitely.

Matt Hickey: But the broader picture before we move on to our second question is really we have a little microcosm again of the variety of what happens in this college, health and human sciences. So animal models of human disease, the environment in which we communicate with one another. We live, we work, we transport goods and services to our psychosocial relationship with ourselves and others as we get older, what does that mean? What's our self perception? What biases might people think about when they see somebody with gray hair all over their face as a foreign...

These things immediately come to mind and that may be not fair because you're judging a book by its cover. This is a slice of the variety of things that happen across the college, day in and day out. It's pretty neat. So one of the things we've always found interesting and we hope inspirational to folks that might be thinking about grad school or being a professor at some point in time is your journey. So we want to talk about how is it that you found yourself in a PhD program here at Colorado State University and maybe it will reverse the order. So talk a little bit about your pathway and here I am studying in a PhD program.

Elliot Graham: So for me, it's funny, my boss Chris always says, "Your pattern looks a lot different to when people are looking at it." So for me, I think that I've gone all over the place and I've tried all these different things, but someone looking on the outside probably says "He knew that he was going to go and research the entire time." So I started research my junior year in undergrad and it was in cardiovascular physiology, but it was firefighter cardiovascular physiology, so a clinical population, a lot of retrospective data where we would just get sheets, write it out, run stats, and we published and it was awesome. Some of my mentors and I still talk to them to this day, was my boss at that time.

Matt Hickey: Now where was that?

Elliot Graham: This was at Skidmore College in upstate New York. Yeah, I'm an east coaster, so definitely different out here. And I really liked it, but I always thought I was going to be more on the applied side. So specifically my undergrad was in exercise physiology, which is also a component of this college. So because of that I wanted to try strength and conditioning. So I went to the University of Iowa for an internship, summer of going into my junior year. And I loved it. It was great. I trained men's basketball, women's basketball, a bunch of those high level athletes.

And I came back to Skidmore and I remember talking with my bosses, saying "That was the best experience, but it really solidified that I like working out as a hobby and I like understanding why does muscle grow, what are the changes in muscle function", right? These very mechanistic questions that I thought I couldn't answer as well in that sector. So that's what put me on the path to research. And then from there, it's really an alumni networking event. Chris Gentile, my boss now was or is an alumni of Skidmore College, and my advisor at the time was his advisor when he was at Skidmore.

Matt Hickey: Oh wow. Small world.

Elliot Graham: Yeah, very small world. So he said, "Why don't you reach out to Dr. Gentile? He's doing some awesome research in cardiovascular physiology", which I had a background in. I came here, I think it was two weeks before the COVID pandemic to visit, but I met Chris, I met my other boss, Tiffany Weir, and I just fell in love with Fort Collins and the community and the program.

Matt Hickey: And so how far along are you in the PhD program?

Elliot Graham: This is my fourth year, which feels very strange to say.

Matt Hickey: Time flies.

Elliot Graham: I know, time flies.

Matt Hickey: And again, among many lessons here, networks matter and they matter everywhere I think in every industry and profession, but they certainly matter in the academy as well. So we're glad you're here.

Elliot Graham: Thank you.

Mohammad Teymou...: So I'm from a country in Middle East called Iran. It's a wonderful country, great nature, pretty similar to Colorado. And during my undergrads I worked on lightweight concrete because my country is located in an earthquake prone area, so we have frequent earthquake and everything, so it's better to have lightweight construction materials, it helps. So I worked in lightweight concrete. I like it because it's kind of cooking, you have different ingredients that you can put and mix and then you can add your flavor by playing with the ingredients. And I felt that this is something that I want to do. And we had a professor, Dr. Ramson Yompur, he was a legend in our field back home in my country, and he was involved in different projects and he had a meaningful impact on students and the community. And I was like, "I want to like him." And then I studied my master's as a student and then right before the COVID I applied here, I got admitted and I waited for my visa for another year. That was...

Matt Hickey: Oh my goodness, wow.

Mohammad Teymou...: It was very frustrating and then I came here. I really liked that and the nature, pretty similar to my country. And from the beginning I wanted to work on something related to the concrete and something that we can have a meaningful contribution to the knowledge in the field and also in the community. We know that when I started, it's hard sometimes to avoid the trends. People wanted to work on data and AI and I said, "That's good, that essential, we need that, but I want to do something that people are involved." So you can see the trucks that the city send during the winter to apply the deicer. And we thought, okay, this is something that maybe we can work on that.

And then so the project funded by American Concrete Institution and then we continue that, I like it. And the thing that I really like about the research, you have an idea that maybe this is maybe work or not, you have some hypothesis but you are not sure, I like it. And you do it and you fail and you fail and you fail. And then at the end you say, "Okay, that's it. This is exactly what I wanted. It's not perfect, but it's an ongoing process." The more that you do it, the more you like it and the more you can improve it. But what I like about the research is the challenge. It's something that it's not a routine work that you go to a job and do it again and again and again. You need to challenge yourself. Sometimes you need to work on something and learn something that you have no idea.

You need to learn it in a week or two weeks. Maybe it's a software, a new thing, and then you need to apply it in your work and the excitement that okay, I learned it and I applied and it worked. And sometimes you fail and that's fine. But I really like the process in the research that first, that you have an idea, but that's not a clear idea. You need to make it clear. And then you are trying to solve something in industry, like the new cement that you're trying to work on. It is commercially available, but most of the subcontractors have an issue because they haven't worked with that. And then you want to do something meaningful for the community like instead of applying these deicers, do something else and save a lot of time and money for all of us. And this is the thing that I really like about the graduate research. It's fun.

Matt Hickey: This is such a key piece to this because, and as I reflect on my own mentoring over the last 30 years, how often I pointed out, if you love what you're doing, you're going to be able to endure the frustrations. And part of it, there's this old attributed to Thomas Edison that "I didn't have a thousand failures, I had a thousand ways to figure out that's not how a light bulb is going to work." So if answering the question moves you, then the failures become something I check out, it's not that, let me move on to the next opportunity. Right?

Now it's easy to say that sitting around a table, it's a sunny day, we're having a good time, right? Of course, sometimes you get back into the lab and that fourth or fifth frustration or I can still remember it even as a postdoc, right, getting ready to go to the weekly lab meeting and my results continued to be somewhat disappointing. And your head's down and you go, "One of these days, I don't want to go to a lab meeting and have something to say." But the passion about the discovery I think is what keeps us going because frustrations are inevitable, right?

Mohammad Teymou...: That's right.

Heidi Tseng: Yeah. My journey to the graduate program at CSU has been very winding and I hope in many years when I look back it will make sense to me. But now it's a piece of random opportunities, a lot of supports, kindness along the way that sent me here in Fort Collins and at CSU and my passion for research has been on and off, to be really honest. But it all started in undergrad, I was an undergrad research assistant in a psychology lab back in Taiwan. And at that time it was a lab study in parenting. So at that time we want to developed a coding schemes to quantify the quality of mother-child interaction during their play. So every one of us watched a 10-second videotape of mother and her kids playing together, solving a puzzle, things like that. And unexpectedly or expectedly, every one of us saw things differently.

I saw the mother smiled a lot while my colleague would say, "Did you see the frowning between her eyebrows?" It's complex. And I realized that how much information we could possibly derive from just a 10-second videotape and how potent if we could gather all the perspectives in the room to represent the quality, such an abstract dimension of human behaviors and interaction. And for me that was very poetic and growing up, I haven't imagined myself to be a researcher. I wanted to be an artist, I wanted to be a dancer. So somehow that poetic and beauty in research and then methodologies encouraged me to keep going on doing research. And prior to here, I worked in the field site also back in Taiwan for a healthy aging longitudinal study where we interview thousands and thousands of older adults living in a community and we follow them up years and after years and after years.

And I feel like all the infrastructure work supporting the research has been giving me a big lesson of how much investment a research needs. And then from the bottom of my heart, at that time, even though the work was shared by four research assistants, we did the IRB, we helped with the application for the fundings, we take care of the atmospheres, working with different stakeholders and the collection of data, the quality of it, and the training of the field workers and a lot of things, it was a bit overwhelming. So I knew from the bottom of my heart, if I'm going for further degree, I would need a place where they have the supports that they needed to nurture students to become an independent researcher, whichever field it is. And I feel like right now at the point of my study, I can be very confident saying that the college and also the Department of Human Development and Family Study has been really, really supportive in terms of fundings, resources, network, everything. So I'm very grateful for that.

Matt Hickey: We're pleased to hear that. Of course that matters to us, needless to say, right? And here I'm struck and for a long time I don't think I have much creativity at all to be honest with you, but I appreciate it when I see it, right? And this marriage of imagination and creativity and research, particularly in the STEM disciplines where we might think, I go read somebody's methods and I'm going to do the same thing again. And sometimes it's that non-conformance that ask... One of the things I love about Dean Youngblade, so often we'll be in a meeting in a discussion with her and she'll just toss out a 'what if' and almost then a dot, dot, dot. She wants you to start thinking about what would it look like if... And that's where this marriage of creativity and imagination and the pursuit of these interesting questions can maybe get beyond this linear pathway or this history that's been bequeathed to us by ways we frame questions and design studies. That's where those square waves of innovation come from in some ways. So I'm really glad that you brought that up.

Elliot Graham: I was just going to say one thing. It struck me when you said the poetry or the art, and the first thing that came to my mind is about disseminating our data. There's one thing if you have a lot of good data, but it's a whole nother thing to write it or present it.

Heidi Tseng: Exactly. Yes.

Elliot Graham: And I feel like that's the part where you and I think all of us can really shine and say, "This is an issue, this is what we did." And if you have that succinct and clear writing or presenting capabilities, I think that's almost, I'm not going to say more important, but I think that's just as important as a part of what you learn in your PhD or your master's as anything else.

Matt Hickey: Absolutely. Well said. This storytelling element is of course central to what we've been attempting to do with this podcast, but in many ways it's how we are successful as scholars as well. We're not going to get an agency to fund us if we don't enrapture them in some ways where I want to fund this, I think this is really innovative. It's more than the hum-drum. I think some of the passion you've heard in this room in the last 20 minutes, now how do you put that on a page? Can we convey in creative, innovative ways the importance of the question, our novel way of looking at it, and of course our ability to actually pull it off?

Elliot Graham: It's like constrained excitement almost.

Matt Hickey: It is in many ways, and I think I suspect all of you had this experience, you probably have some authors that move you. And I'm talking authors again in the academic sense, not fiction, that you keep going back to and going back to because they do work similar to what you're doing. But they have such an evocative way of talking about it, because we've all found other authors who don't have that gift. And we find ourselves, let's get to the end of the discussion section. What's the bottom line here because it's a little harder to wade through. And so this gift for communicating ideas in creative ways I think is so important in what we do as well.

Elliot Graham: Definitely.

Avery Martin: Yes. And that directly ties to impact. And at the end of the day, someone like me has never been in a lab outside of covering it and interviewing folks like you. So I really love how all of you mentioned direct impact. How is this helping everyday people? So talk a little bit about the impact 5, 10, 15 years from now when you're retiring, whenever that is. What does your impact and your research look like in the future?

Mohammad Teymou...: When you're a grad student, it's a pretty tough question to answer to be honest, because you need to start with what your advisor and the committee wants. And then after a while you have a complete independent opinion about what is going on. And maybe this is your opinion that you want to apply, but sometimes because of the financial problem or the time and things, you cannot do it. But anyways, for me, not only the research, even the job, anything is meaningful as long as you have impact on the community. Otherwise, what's the point? You can get rich in different ways. You can earn money in different ways. But for me at least, the happiness, when it's somebody read my work and it's an agency or people, I have meetings with different people in different agencies, city of Fort Collins and people, and then they say, "Okay, this is something that we can use in the foreseeable future and to help us to have less deterioration on the concrete."

That's the point, it's okay, I'm happy. Even more happier than when my paper's published because it's easy to publish a lot of papers. It's easy to sometimes do a lot of work, but when you feel that, okay, somebody else can use your work or it's beneficial for the community, it's the thing that you almost impossible for me to compare that enjoyment to something else. So in the long run, again, I want to continue to work on concrete because I love concrete. I will tell you shortly why, if you compare the concrete and human, they're pretty similar to each other. Consider human. We are kid, we cannot do almost anything, right? We need somebody like our parents who take care of us. After a few years, we are teenagers, you are young. We can do almost everything perfectly. We are independent. We can perform for a long time.

And again, at our 80s and 90s, we need somebody to take care of us. We need to see the doctor frequently, right? It is exactly the concrete. In the first few hours or days, it can do anything. You need a group of people to work on that. You need to take care of that. And after a few months and years, it can work maybe perfectly without any repair or maintenance for a few years. And again, at the end, you need to do some repair and maintenance to make it better. And that's similar to always think about that. This is pretty similar and because we have concrete almost everywhere, it doesn't matter that we are living the United States, Middle East, China, it doesn't matter. That's the thing that we need to improve the quality. And when you improve the quality of that, you can improve the quality of the life for the community.

You can save money. And also you know that the concrete is responsible for a lot of carbon emission. And believe it or not, global warming is serious. It's very serious. That's emerging cement, it's a future for the construction and civil industry. And again, we will try to provide some frameworks for people that are working on this project to help them to have a better understanding and believing that it's pretty hard in construction and civil to motivate and pursue people that use something new. It's pretty hard. But that storytelling is a skill that you can learn it here in the graduate school. And then you have a technical side, you need to have a storyteller side to tell the story that this is the thing that can help your project or your community. And then at the end, my goal is to help the community in different ways with my research to have a meaningful impact in the community that I live. And then if possible, beyond of that.

Avery Martin: That's incredible. Talk about poetic. I've never thought of concrete that way, but as soon as I step outside and look at concrete, I'm going to remember that. That was incredible.

Mohammad Teymou...: Thank you.

Elliot Graham: Yeah. Well, I was going to say, we were at an outing the other day with our lab, and we asked Chris, our boss, "What do you think about the research that we do? How impactful is it?" And he told us a story about when he was in graduate school, I think it was Harvard, a very famous Harvard professor came to his lab and they went out for a beer with him after. And the Harvard professor said to Chris, "Nothing you ever do will be the singular next best thing in cardiovascular medicine. It just won't. That's not possible." And I think that that relates to what I think about my impact in the future is that when I first came in to my PhD, I wanted to publish in the big three, Cell, Science or Nature and have all these grants and have a pathway named after me.

That was my thing, right? The grand pathway. Yeah, exactly. And now I think it's much simpler and I just want to be able to ask good questions, and I want people to think of me as introspective and curious. I think it's really that broad where if I can ask good questions, the research will eventually follow. And that doesn't mean it needs to be complicated, just like a good question. It could be simple or whatever in nature. And then I want other people who come into the lab to follow in terms of the techniques that I've given. I want my success and my impact to be measured within how the lab is contributing to the science rather than me. Because I think I've realized me as a scientist isn't going to do a lot. I could still do good work, but just innately I'm not going to do a lot. So I think that's how I would like to be impactful.

Matt Hickey: That's so great. And I can't resist a little microbiome humor here. So you could claim that gram-negative bacteria are named in your honor, right?

Elliot Graham: That's true. That's true, or gram-positive.

Matt Hickey: Either of them. So you're already there, my friend, a long time ago, as it turns out.

Heidi Tseng: Yeah. What did you say about the previous comment reminds me of a motto like sticks on the wall of my mentor's office. It says "Less is more." Less is more. I think that resonates with me a lot when listening to what you said about how your research interest and questions evolved, you asked the question that you feel so passionate about.

Elliot Graham: And it could be the most simple, right? It doesn't need to be complicated at all.

Heidi Tseng: Yes, yes, indeed. And I'm thinking about the third question. I am thinking about hopefully, in two decades from now, a lot of the evidence-based programs will become the norm to support people in the community to thrive. But before we can achieve that, so many things has to be ready and in place. And I think one of the things is that, the question that always has been in my mind is do we have a comprehensive and inclusive enough perspective about healthy aging? For example, a lot of research in my field has been derived from the data of a very specific demographic, and it has a acronym. It's weird. So the data, were mostly from western educated, industrialized rich, and developed country. And I hope in the next decades I could be more focusing on how the differences in culture and even the differences in the infrastructure in societies that shaped the way we view ourselves and our own aging process.

And to what extent the association between our views of aging and the developmental outcomes would differ by cultures. What is good, what is bad, what is good in one culture may not be necessarily the best one in another one. So that's my goal for the next 10 years. And I say 10 years because looking back, I always thought, I grew up in Taiwan, I should be very familiar with the cultural context. But the past two years, while I was working on translating the questionnaires for studying subjective aging with the Taiwanese older population, I realized that I don't know that much or I don't know well enough to do this study about the ecological intricacy and its impacts on human development. So I would say maybe 10 years would not be enough for me. It has been such a humbling and reflective process. But overall, the goal is really to have a more comprehensive understanding of human development and hopefully these piece of information can be translated and be more applicable to more populations to benefit from the research.

Avery Martin: All right. I absolutely love that.

Matt Hickey: Part of why I've loved the Academy for so long is precisely this. It's been 30 plus years since I defended my dissertation, which hard to wrap my head around to be honest with you.

Elliot Graham: Do you still remember all of it?

Matt Hickey: This is a true story. I actually defended it on April Fool's Day, which is some cosmic coincidence of sorts. So I've often thought about that. But it's keeping in touch with young minds. It helps us stay young in some ways. I think it's really important. As much as I love talking to my colleagues and my best friend on campus is older than I am, but there's a refreshing aspect of being in the Academy that I wouldn't swap for anything. So thanks.

Avery Martin: Agreed. One note we need, we always get to know the person as the researcher and who you are as people. So we'd be remiss if we didn't ask what some of your hobbies are, what you're doing outside of the lab setting. I know you mentioned weight training and staying healthy. Heidi, you mentioned dance, Mohammad being in nature. So what are all some things that you enjoy doing?

Elliot Graham: Yeah, that would be funny if I was like, "I don't weight train anymore." Yeah, I'm definitely in the gym a lot, but me and my girlfriend do a lot together. She's really been big into being, first of all, she's really big into science. She's actually in medical school here, which is great, which because we can have these intellectual conversations. But she has a rule that no more than 30 minutes per day, which I actually like because it brings us out of the lab, right? Or for her, med school. But I love hiking, skiing. I play tennis a lot around the state and around here. I love good food. I'm in the nutrition department. I have to be into food. So I'll venture out and see what the best restaurants are. I'm a big movie buff. Love watching movies.

Avery Martin: Oh, great.

Elliot Graham: But yeah, I don't know about you guys, but I like to make a very clear distinction between the lab and then what I do outside of it. So I try to get as away from science as possible when I don't have to be there. And that's nothing of an ill intent with it. I just think it's very good to compartmentalize.

Avery Martin: Yeah, that's healthy.

Mohammad Teymou...: Yep, that's true. So for me, I'm from a very big family. I have eight siblings and family is pretty important for me, spending time with the family. I don't have this option here. I'm married, my wife is here. We usually spend a lot of time together going to the rec center. I'm crazy about soccer. We call it football in my country. Football, completely different story. We are trying to learn what is going on with the American football. I love it. But we watch a lot of movies and series. We are crazy about those, trying to spend time together here. Another thing for the grad students, it's a mental pressure because it's hard to separate your life from your research.

I can tell you several times, and I'm pretty sure about you, that even during sleep you think about it, it happens that we are still, oh, maybe I miss something or... It's frustrating but what I did is that I completely separate my research place at home. I don't do anything related to the research. Sometimes I have to, so I come to the office and do it. Those need to be separated, but it's really challenging during graduate school to do that because of the deadlines and other things like that, but yeah, maybe for me, we have some Iranian community here. We spend some time together, but I'm crazy about soccer, you can't believe. That's my first and foremost hobby.

Avery Martin: That's great.

Matt Hickey: Thanks for sharing.

Heidi Tseng: Yeah. Like you said, I keep dancing a lot. I dance twice in a week. I go to the rec center a lot too. Growing up with the movement background, it's really hard for me to stay [inaudible 00:34:41] while also maintain my focus on one thing so I move a lot. And I think one thing that this town excites me a lot is how close it is close to the nature. It's surrounded by mountains, which is totally different from where I grew up. I grew up in a metropolitan city. It's called Taipei, it's in Taiwan. Being able to get so close to the nature is new. So I find myself spending quite some time researching on the gears so that I can hike and camp comfortably to enjoy the most of the beauty in this environment.

And if I may say, the other thing is that in my family, we use Chinese medicine a lot. We use Chinese herbs a lot. And I think to this point, I have been in some workshop in this community where there are a few amazing human beings teaching us the native plants here in Colorado. And they have some corresponding medicinal elements like what I'm familiar with in Asia. So I am also exploring some of the new plants that I am not familiar with, but definitely wanted to know more about it. And then hopefully benefits from having them being so close to me. Just so handy to me.

Avery Martin: That's really cool. Yeah.

Matt Hickey: Well, thank you all.

Mohammad Teymou...: Thank you for having us.

Elliot Graham: Yeah, thank you.

Matt Hickey: Oh, it's our pleasure. This was really fun.

Avery Martin: Greatly appreciate it.

Matt Hickey: We're glad it worked out. And we set a precedent, high bar.

Avery Martin: I know.

Matt Hickey: If you want to go talk to the next three students, I'm telling you, man.

Avery Martin: Yeah. Let them know.

Matt Hickey: Good luck.

Elliot Graham: The questions are hard. It's four hours long.

Matt Hickey: It's worse than my defense.

Another great interview is in the books. Thank you for listening to this episode of Health and Human Science Matters.

Avery Martin: Stay tuned for the next episode, it's on the way. In the meantime, go listen to our episodes from seasons one through four. And if you want to learn more about our College of Health and Human Sciences at CSU, go to www.chhs.colostate.edu.