

FACULTY & STAFF

Life



May 2013

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COMMUNITY EVENTS

Food for Fines

Bring in a non-perishable food donation and receive \$5 off your parking fine, or reduce an elevated citation fine to its original amount through May 17. Only one donation will be allowed per citation. All donations must be taken to the Parking Services office in the Lake Street Garage and presented at the time of payment to receive a discount.

Women's Leadership Webinar Series: Encore

The Vice President for Research is offering an encore viewing of the Women's Leadership Webinar Series at noon May 7 and May 21 in Rockwell Hall North. Sign-up is required to ensure seating is available. Email Margaret.Saldana@colostate.edu to register.

See Events page 7



A series of snow storms in April brought much-needed moisture to Fort Collins, and resulted in early dismissal at Colorado State on two days: at 3 p.m. on Monday, April 15, and noon on Wednesday, April 17. More snow fell over the next two weeks, ending with heavy, wet accumulation of more than a foot on May 1. Photo courtesy CSU Creative Services.

Snow brings half-days for students, long hours for Facilities, Outdoor Services

by CSU Life Staff

The early dismissals on Monday, April 15, and Wednesday, April 17, were the closest Colorado State has come to a snow day since December 2006. The last full snow day while students were on campus happened in March 2003, when 32 inches of snow fell on Fort Collins, collapsing roofs across town as well as on campus and at the Veterinary Teaching Hospital.

The decision to close campus due to any kind of inclement weather falls to CSU's top administrators. They take input from all over, including from CSUPD and Facilities Management, to assess the conditions. They also take into account what the city and county are doing because of road conditions.

For overnight storms, the Public Safety Team will meet and make a decision before 5:30 a.m.

Many times they will actually drive around campus to get an idea of how it is out there. Aside from how much snow has fallen, they assess wind speed and other factors, as well as the forecast.

They also have to take into account the 7,000 students living on campus, the employees who care for the many animals here, operations at the vet hospital, and all the employees it will take to get the campus clear of enough snow so people can walk or drive.

The final decision to close campus is made by President Tony Frank, and may range from early dismissal, such as last month, cancelled classes or activities, or closing the campus for all but essential personnel, such as police, maintenance personnel, residence hall staff, and those who care for animals.

See SNOW page 12

Celebrate! CSU in May

by CSU Events staff

Colorado State University is once again honoring employees who are celebrating retirement and recognizing those who have reached 10, 15, 20, 25, 30, 35, 40, and 45 years of service to CSU.

The annual Celebrate! CSU Milestones event will take place on May 9 at 3 p.m. in the Lory Student Center Theatre. This university-wide event celebrating the service and dedication of CSU employees is open to the campus community.

A complete list of honorees is available online at www.colostate.edu/celebrate/milestones-2013.aspx.

Send a congratulatory note

To personally congratulate a Milestones honoree or group of honorees, please email your celebratory message to CSUEvents@colostate.edu no later than Tuesday, May 7. Your message may be used during the interactive portion of the Celebrate! CSU Milestones event.

Friends, family, and co-workers of honorees are also encouraged to tweet congratulatory messages using #CSUMilestones. A live Twitter feed will be displayed during this year's Celebrate! CSU Milestones event.

Celebrate! Colorado State

Celebrate! CSU Milestones is a part of Celebrate! Colorado State, an annual series of See CELEBRATE page 6



Colorado State University

applause



College of Natural Science

Computer Science Department

Jaime Ruiz, Assistant Professor in the Computer Science Department, has received the university's first Google Faculty Research Award to help smartphones get a little smarter about interacting with users. The year-long grant, made during the Winter 2013 round of funding, will support Ruiz's project "Using Audio Cues to Support Motion Gesture Interaction and Accessibility on Mobile Devices."

Dining Services

Peter Testory, senior executive chef

for Residential Dining Services, was awarded the top spot in the National Association of College and University Food Service Culinary Challenge Continental Regional Competition held March 22 in Reno, Nev. The event was an American Culinary Federation sanctioned event.

The competition recognizes outstanding food preparation and presentation skills in collegiate dining services. Competitors are required to incorporate the featured ingredient, which was whole duck for the 2013 competitions, in a meal. Testory's dish, Pan Seared Duck Breast, plated pressure-braised duck, potato turnip latkes and julienned vegetables with a blackberry reduction sauce. Testory is now qualified to compete at the national finals, which will be held this summer in Minneapolis. Fellow Dining Services employees **Jason Gonzalez** and **Kyle Hartwick** served as support staff for Testory in the challenge.

Warner College of Natural Resources

Department of Fish, Wildlife, and Conservation Biology

Kenneth Wilson, head of the Department of Fish, Wildlife, and Conservation Biology received the Douglas L. Gilbert Award for

Outstanding Achievements in Wildlife Sciences from the Colorado Chapter of The Wildlife Society. This award nationally recognizes an outstanding achiever in wildlife conservation and biology each year.

Wilson has also been an active member of The Wildlife Society and a TWS Certified Wildlife Biologist since 2000. He served on the Colorado TWS Chapter Executive Board in 1992, The Wildlife Society's Gender and Ethnic Diversity Committee from 1998–2001. He has also served in the Congressional Black Caucus Institute and has been the Secretary-Treasurer for the National Association of Fisheries and Wildlife Programs since 2012.

Associate Dean of Academics for Warner College of Natural Resources **Peter Newman** has been awarded the 2013 George Wright Society Social Science Achievement Award in March. Newman received this award for developing and conducting innovative research in parks and protected areas advancing the social science of natural resources field, in addition to mentoring future researchers and park managers.

College of Liberal Arts

Department of Anthropology

Earlier this year at the 27th Annual History Colorado Awards Ceremony, **Jason LaBelle** received the Hart Archaeology Award and was recognized for his statewide historic preservation and archaeological accomplishments. As Director of the Center for Mountain and Plains Archaeology, LaBelle is engaged in research, teaching, contract work, public outreach, and tours of archaeological sites. LaBelle currently works on academic and community interests in archeology a well.

Neandertal expert **Mica Glantz** hosted a second Front Range Neandertal Workshop through the Department of Anthropology earlier this year, bringing in colleagues and professionals from across Colorado to discuss current research in Neandertals. The workshop welcomed more than 80 guests from the general public, featuring a student poster presentation with seven student presenters and nine speakers from universities around the Front Range.



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CSU Life is published monthly through a partnership with CSU Department of External Relations and Rocky Mountain Student Media. The publication is mailed to faculty and staff on campus. Contact us at CSULife@colostate.edu

Send in your Applause

Do you have news from your department or unit you would like to share with the rest of the CSU community? Send it to csulife@colostate.edu for inclusion in our Applause section.

Kyla Allmon named editor in chief of CSU Life

Kyla Skye Allmon, who will be a senior studying journalism and technical communications in the fall, has been named Editor in Chief of CSU Life for the 2013-14 academic year. She will begin her duties with the next issue, scheduled to be published after classes begin in August.

"I am thrilled to accept this position and look forward to working with the staff," Allmon said. "This is an incredible opportunity, and I hope I will offer invaluable contributions to the publication as well."

Allmon, who is minoring in political science, has been a Resident Assistant in Corbett Hall since August 2011. She has also been actively involved with the Intra-University Leadership Council, serving as president since August 2012, and has volunteered as a dispatcher for RamRide and participated in Cans Around the Oval.

One of Allmon's goals for CSU Life is to create an online/social media presence for the publication, and foster



greater interaction between the faculty and staff of CSU and the publication's student writers and editors.

CSU Life is published monthly during the academic year as a joint project between Student Media and the Department of External Relations. To submit story ideas or news tips, email csulife@colostate.edu.

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OnlinePlus going strong, changing leadership



Jordan Fritts

by Jim Beers

Colorado State University’s Division of Continuing Education, which has for more than four decades delivered distance education to students near and far, is in transition. Recently, DCE’s online education initiatives were branded as OnlinePlus, and a significant change is once again under way.

Associate Provost Hunt Lambert left CSU to become the dean of Harvard’s Division of Continuing Education at the end of April. Because of his leadership, the program is stable and continuing to grow.

Jordan Fritts, current director of Program Operations and Information Technology, is the interim associate provost. Fritts, who has over 13 years of experience in online and distance education, looks forward to continuing to support the University’s outreach mission by providing access to education for students who cannot or chose not to come to campus.

Quality online, distance learning

“OnlinePlus will continue to offer high-quality online and distance graduate degree programs, undergraduate degree completion programs, and industry-focused certificates and training programs,” Fritts said. “Online students can, and should, expect the same quality education as they would receive if they attended our Fort Collins campus. In fact, all online faculty are hired by CSU departments and all online and distance degrees share the same regional accreditation as on-campus CSU degrees.”

OnlinePlus, which serves more than 10,000 students annually, uses multiple technologies to deliver courses and partners with CSU colleges and The Institute for Learning and Teaching (TILT) to develop innovative online courses that effectively meet learning objectives for those obtaining their CSU education online.



Hunt Lambert

Lambert, who had been at CSU for 13 years and with OnlinePlus since 2009, says the recent growth in students enrolled through OnlinePlus is the result of a focused effort to create a positive customer experience for CSU’s online and distance learners by “nursing them through the process, coaching them and ultimately providing an enrollment funnel to the University.”

The strategic direction and day-to-day operations of OnlinePlus are guided by their customer experience statement: “Rooted in our land-grant heritage of outreach, research, and service, we support the advancement of our students’ education. For our students, we cultivate, advocate, and empower.”

The result? OnlinePlus has taken off, with an average annual growth rate of 24 percent. Last year, the division returned more than \$24 million to campus.

‘Disruptor’

And why did it happen? In order to be part of the future, Lambert felt he needed to be a “disruptor,” to change the way distance learning was viewed. “I came to OnlinePlus to create disruption; constructive disruption to the status quo in order to help build and develop an incredible opportunity for the University,” said Lambert.

“Hunt leaves CSU and OnlinePlus in a significantly and qualitatively different place than when he arrived,” said Lou Swanson, vice president for the Office of Engagement, which oversees OnlinePlus. “Hunt is a national leader in online education. Harvard recognized his national prominence, and in doing so recognized CSU’s innovative leadership in providing distance degrees. Hunt’s presence will be very much missed.”

A national search for the next associate provost is under way.

Faculty and staff still have a chance to give to CSU beyond April Drive

by Joi Dandridge

The Annual Giving Office in University Advancement is continuing to encourage faculty and staff to give to the Faculty and Staff Drive this month.

“Gifts made by faculty and staff are directed to the area that they designate, so they tell us how best to use their support!” according to Assistant Director for the Vice President of University Advancement Caitlin Carlson.

An example of one specific area people have given to includes the Oval Preservation Fund that was established after last school year’s snowstorm. This specific fund was set up to ensure CSU has the resources to preserve the historic American Elm trees at the heart of campus.

Why others give

Loretta Capra has been an ongoing contributor to the Gil Gutierrez Memorial Scholarship since May 1996. “As a CSU graduate and longtime staff member, I am a proud CSU Ram and aware of both the value and cost of higher education. I am inclined to participate to help students gain financial assistance to continue their education,” she says.

One way Capra saw the results of her giving was through the University Scholarship Luncheon for recipients of scholarships from the Division of Student Affairs in March. She sat with Gil Gutierrez Memorial Scholarship

recipients. During this time, she engaged with a student “whose mother is disabled and father was recently laid off, leaving her with no financial support from her family. If she had not received the Gil Gutierrez Memorial Scholarship this year (\$1,000 award), she would not have been able to continue with her studies.”

Results of giving

“Faculty and staff- more than anybody else on our campus- know the needs of our students, our facilities, and each other,” Carlson says. “We know which buildings are in desperate need of updating; who the students are who struggle to get by while going to school, working, and volunteering; what research is being done in laboratories that has the power to save lives. Each and every one of these things benefits from the gifts of faculty and staff. We have the ability to impact every part of this University with our support.”

How to give

1. Annual gifts can be made online at giving.colostate.edu
2. Sustained gifts through payroll deduction can be set up via donorconnect.colostate.edu.

“Payroll deduction is great because faculty and staff can give a small amount every month (minimum \$5), and by the end of the year it adds up to make a big difference,” Carlson says.

Verizon selected as CSU cellphone provider

by CSU Life staff

After many months of discussion, Verizon has been selected as CSU’s new cellphone service provider.

While transitioning from the existing carrier (Sprint) will require new phones for approximately 2,000 current subscribers, individual phone numbers will remain the same after the move to Verizon.

CSU and Verizon will partner to facilitate the switch on a department-by-department basis. The migration will begin with Facilities Management, Housing and Dining Services, and Parking, as these departments have a high percentage of push-to-talk users – a service that Sprint/Nextel plans to discontinue by June.

Anyone who uses push-to-talk but is not in one of these departments should contact Jamie McCue in CSU’s Telecommunications department at (970) 491-4147.

All existing Sprint corporate accounts should be moved to Verizon before the beginning of fall semester.

As the details for the conversion are worked out, the university will be in touch with each departmental billing contact person to set up a time to move from Sprint to Verizon. Between now and then, cellphone users should not contact Verizon directly or go to the Verizon store to switch carriers.

“Individuals won’t be able to get the same discount rates and other advantages offered through the CSU corporate plan, so we ask everyone to be patient while we roll out the new service,” explained McCue.

Anyone who has an immediate need for equipment or service should send an email to cellphones@colostate.edu and explain the situation.

“We’ll do whatever is possible to minimize service interruption,” McCue said.

To find out more about the new CSU corporate plan from Verizon, go to the new informational website, cellphones.colostate.edu. Check back often, as the site will be updated as details become available.

Fostering Success a success for CSU students

by Tony Phifer

Spend two minutes with Colorado State University sophomore Kassandra Sedillo and you'll walk away impressed.

She's on a four-year, full-ride Daniels Fund scholarship following an outstanding academic career at Aurora's Hinkley High School. She's a double major in two challenging fields: chemistry and chemical engineering. She works, and she's an active volunteer.

If you look a bit deeper, though, you'll go from impressed to speechless. Sedillo, you see, was twice a foster child, including all of her sophomore year of high school. She's been homeless. And she played the role of mom to her siblings before she was old enough to enter high school.

In other words, she had every opportunity to fail. But thanks to an iron resolve to succeed and help from CSU's unique Fostering Success program she is thriving, despite very long odds.

"From a very young age I've had a desire to learn, and I always knew that I would attend college and find a way to succeed in life," said Sedillo. "My experience at CSU has been amazing, and Fostering Success has been a big part of that. The program really gives you a sense of belonging, and they show us that we can succeed."

Success a challenge

Success is the biggest challenge facing former foster youth. Fewer than 3 percent nationally will graduate from college. Unlike the vast majority of students, they generally can't lean on family for financial or emotional support, and they often have no place to spend holidays. Many don't get birthday cards or the care packages many of their fellow students take for granted.



Terrance Harris and Kassandra Sedillo

Fostering Success was established at CSU in 2010 as a way to fill those voids. At first, the program provided care packages to 13 of CSU's independent students. Since then, the program has expanded to provide scholarship assistance, host dinners, sponsor events and offer numerous other services to more than 35 students.

"The big thing for me is the scholarship, because you don't have money when you're on your own," said Jackie Colacino, who grew up in Fort Collins and first entered the foster care system at age 12. She graduated from CSU in 2012 with a degree in social work. "The care packages were a huge, wonderful thing to look forward to, and I loved the family dinners. There are just so many resources available through Fostering Success, and that really helped me."

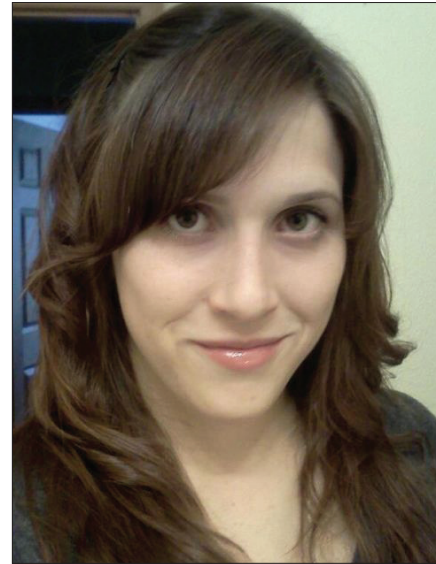
Negative stereotypes

CSU has approximately 80 current or former foster youth on campus, and about 60 of them take advantage of the services offered by Fostering Success.

Many former foster youth who have learned to be independent are hesitant to get involved because of the negative stereotypes associated with coming from backgrounds where parents are not a positive part of their lives.

"The people in the program sent me a bunch of letters and packages trying to get me involved, and one day I just decided to go to one of the family dinners," said senior Courtney Bernatis, who grew up in Mesa, Colo., in a difficult home environment. "I felt like I had moved on from that part of my life, and it took a while to get comfortable with coming out in public and talking about my experience."

"A lot of people have the perception that, if you're a foster kid, you are a bad person or that you're scarred for life, but the reality is that we're normal people. Fostering Success allows us to have a normal college experience," he added.



Courtney Bernatis

More support needed

Erin Pitts, who co-chairs Fostering Success as part of her job in CSU's Center for Advising and Student Achievement (CASA), said the program currently provides partial scholarship assistance for nine students. She would love to add more scholarship dollars and more programs to help these unique students succeed.

"We are so proud of the Fostering Success program," she said. "The student leaders and staff volunteers have created an amazing community for independent youth here at CSU."

For more information about the program, visit <http://www.supporting.colostate.edu/fosteringSUCCESS/index.aspx>.

To donate to Fostering Success, visit <https://advancing.colostate.edu/1510>. CSU employees can donate via payroll deduction at https://advancing.colostate.edu/community/payroll_change.asp.

Try Mediterranean diet habits for better health

by Melissa Wdowik

A recent article in the New England Journal of Medicine provided further evidence for what health care experts have proclaimed for years: a traditional Mediterranean diet helps your risk of heart disease.

And that's not all! This dietary pattern is also linked to a lower risk of cancer, Parkinson's disease, obesity, diabetes, dementia and Alzheimer's disease. Fortunately, you don't have to live in the Mediterranean to enjoy the benefits; you can incorporate small changes for an overall healthier pattern of eating.

■ Olive oil is the primary fat in Mediterranean cuisine and contains healthful monounsaturated fat. Use extra virgin oil for its rich color and flavor. Its moderately high smoke point makes it ideal for sautéing (but not frying), or it can be used as a bread dip or salad dressing. Be sure to use it in place of other fats, not in addition, as its calories still add up.

■ Fruits and vegetables are abundant in this pattern of eating, appearing at almost every meal and snack. They don't have to be boring!

Include a variety of colors, shapes and textures, experimenting with a new one each week. With vegetables, vary your cooking style (grill, roast or sauté) and spices. Set yourself up for success by washing and slicing vegetables for snacks, keeping fruit where you can see it, and packing them into lunches and snacks the night before school or work.

■ Fish is much more common as part of a Mediterranean meal than red meat or processed meat such as sausage. If fish fillets don't interest you, be creative so the flavor isn't overwhelming. You will often find my family preparing fish tacos with vegetables, layering smoked fish with light cream cheese on a bagel, simmering clams and calamari with tomato sauce, or grilling salmon in foil with sweet potatoes.

■ Legumes are plentiful in the Mediterranean eating pattern, and no wonder – they are high in fiber and protein, and satisfying enough to take the place of meat. Try garbanzo beans in a green salad or toss cannellini beans with pasta.

■ Nuts such as walnuts, almonds and hazelnuts are popular in the Mediterranean region. Although high in fat, they contain good fats that

promote heart health, and small portions can be enjoyed on a regular basis. Try mixing them with dried fruit for a snack, with oats for breakfast, and with vegetables in a stir-fry.

■ Red wine is a traditional component of many meals, and has been linked to improved circulation and heart health. More is not better, though; limit your intake to one serving daily and if you don't drink, health experts don't recommend you start. Instead, try 4 ounces of red or purple grape juice, which is also beneficial.

The nutrient-rich foods in a Mediterranean-style diet are multicolored, flavorful and easy to add to your day. Think in terms of what you can have, not what you should eliminate, and try one change each week.

If you want to live a longer, healthier life, now is a good time to try incorporating easy Mediterranean habits into your diet!

Melissa Wdowik is an assistant professor at Colorado State University, director of the Kendall Anderson Nutrition Center and a CSU Extension affiliate.

Take a unique getaway to Pingree Park

by Courtney Riley

CSU's Pingree Park campus offers an opportunity to escape the chaotic urban lifestyle and experience a relaxing vacation at 9,053 feet above sea level. Just more than 50 miles west of Fort Collins, the area has hosted natural resource and forestry field studies for nearly 100 years.

As part of the campus' commitment to serving the CSU community, the Pingree Park mountain campus provides opportunities for faculty, staff, alumni and their families and guests to experience a unique getaway several times throughout the year.

“In the most basic sense they are simply a personal mountain retreat experience, a chance to leave our fast-paced urban lives behind and take in the splendor and recreational delights of the high mountain environment,” said Seth Webb, the assistant director of Pingree Park.

The dates of getaways that are offered vary, but Webb said that the campus usually offers opportunities during Memorial Day weekend, a weekend in early June, the week surrounding the Fourth of July and Labor Day weekend. The number of visitors per getaway also changes, but usually the park hosts about 30 to 50 people per getaway.

Activities available

Visitors are encouraged to participate in the things that interest them most, Webb said, but some common activities that are involved in the getaways include:

- Valley strolls
- Self-guided nature and history walks
- Hiking
- Catch-and-release fishing in the South Fork of the Poudre River
- Relaxing with a book
- Mountain biking
- Trail running
- Photography
- Birding
- Evening wildlife viewing
- Campfires

There are hikes appropriate for all abilities and ages, Webb said, including treks that range from “short beginner day hikes to daylong rigorous peak ascent. Often times, if there is enough interest, we open up the high elements on our ropes course and invite the participants to join us for a time of adventure and personal challenge.”

Discounts for faculty, staff, alumni

The getaways also give faculty, staff, alumni and their guests the chance to enjoy the campus at a significantly reduced cost, Webb said.

“Pingree Park does not operate like a hotel or resort, so these getaways open the campus and facilities to people who may otherwise not have the opportunity to stay overnight in the valley and hopefully form new friendships with other CSU visitors,” he said.

A getaway at Pingree Park also allows visitors to take a step back in time, Webb

said.

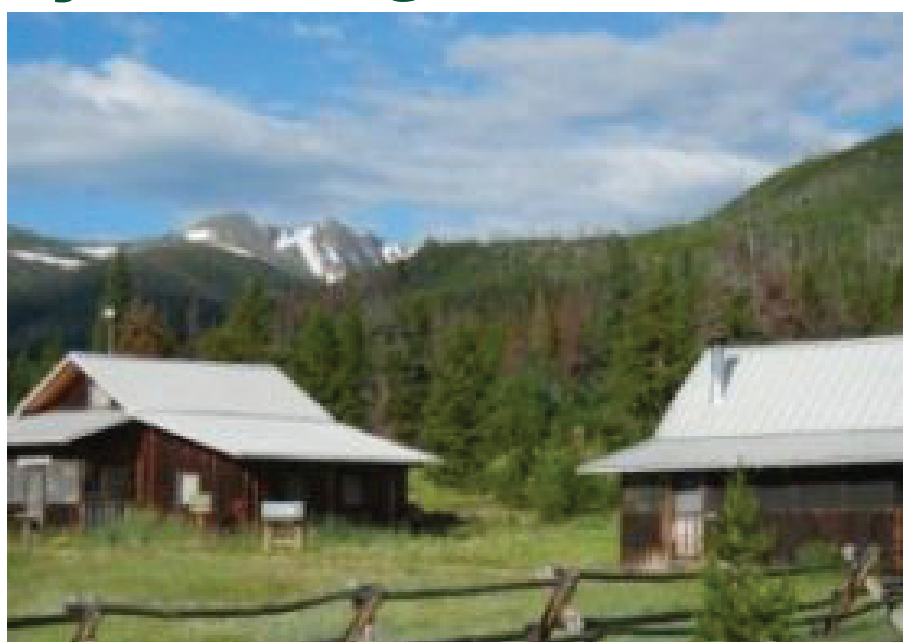
“Pingree Park is a historical part of the university that breeds a strong connection among many of our visitors,” he said.

"We have worked hard to preserve the homesteading history of the valley as seen in our little museum and other buildings that remain from those days."

The campus includes abundant flora and fauna, including wildflowers, regular moose sightings and the South Fork of the Poudre River that runs through campus.

“The Comanche Peak Wilderness area and Rocky Mountain National Park are within a few miles of campus, leading to world-class hiking destinations,” Webb said. “Lastly, Pingree Park is so special because we are CSU.”

A registration form with more information is available at www.pingree.colostate.edu or call Webb at 970-491-4747.



The Pingree Park mountain campus in Poudre Canyon hosts conferences, camps and researchers throughout the summer. CSU employees can also take advantage of select dates for a family getaway. Photo courtesy Pingree Park.



What do you love about CSU in the summer?

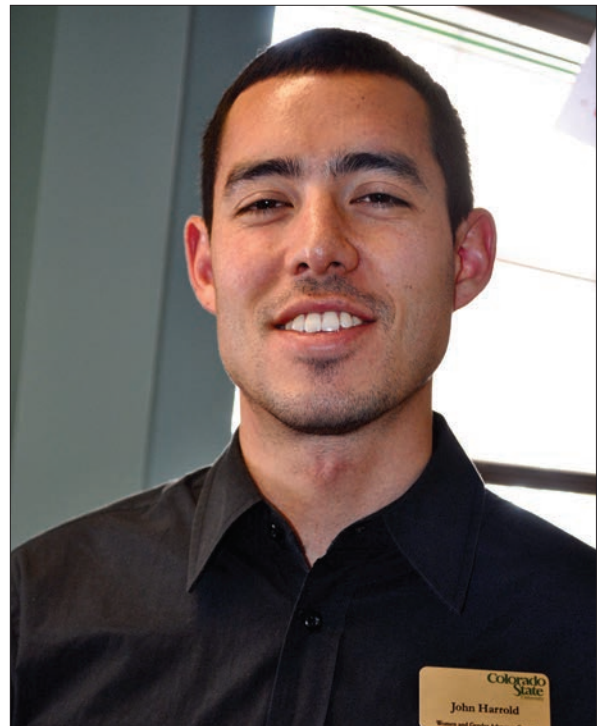
Photos by Mary Willson



Lindsay Mason
Graduate Coordinator at SLiCe Office
"I love being energized by student passion, and it really keeps me going; but in the summer it is also nice to research new ideas, have planning time as it quiets down"



Arissa Fitch-Martin
Career Counselor Intern
"Working in the Career Center has allowed me to gain experience in the counseling field, working with a variety of students and ages."



John Harrold
Program Coordinator for men's programs and violence prevention
Women and Gender Advocacy Center
"I'm excited for the summer preview program we put on. We get the Red Whistle Brigade (also known as Peer Educators) ready to help educate students on campus."

CELEBRATE | Milestones

From page 1

spring events recognizing the achievements of the campus community.

For more information regarding the Celebrate! CSU Milestones or any Celebrate! event, please contact the Office of CSU Events at CSUEvents@colostate.edu or (970) 491-4601.



Elaine Ann, 25 years



Brian Dunbar, 30 years



Ellen Audley, 25 years



Bob Chaffee (with wife Norma), 35 years

Small acreages can have big impacts

by Jennifer Cook

In recent decades, large tracts of farm and ranch lands have been subdivided into small acreages — 1 to 35+ acre parcels — that maintain some agricultural uses or at least a sense of the openness that comes with agriculture. Often, land is purchased by people seeking a lifestyle change. Cumulatively, these small acreages have a big impact on our natural resources.

Many small acreage owners — unlike their agricultural predecessors — may have never raised animals or managed land. These new landowners increasingly need guidance on diverse management topics to prevent unintentionally impacting soils, water, plants, animals and other natural resources.

Small acreage landowner John Myers sought weed management and pasture assistance from the CSU Extension's Small Acreage Program in 2010. John owns seven acres in Greenwood Village, where he raises pack llamas. I visited John's property to identify weeds and look at the health of the pasture grasses. We discussed how grazing impacts the productivity of grasses, and together we designed a rotational grazing system and a weed management plan.

"I know now that we need to limit grazing, leaving quite a bit for the grass to re-establish itself," John explains.

Long-term relationships

Building long-term working relationships is part of what adds value to this program. Since our first visit in 2010, John has reduced soil erosion and weeds, and improved grazing and manure management practices on his property.

As a result, John says that in 2012, "we made a huge change in our pasture management because it was so dry.

The persistent dryness led us to keep the animals off pastures ... and keep them in a holding area."

His dryland grasses remained healthy, despite the drought.

The demand for information and technical assistance is immense. Placing rural agricultural land into the hands of many diverse owners has created a new educational challenge for Extension. Weed control, water use, and grazing management are prime examples of the land management skills which many small acreage landowners seek. CSU Extension, along with partners such as the USDA-Natural Resources Conservation Service, Colorado Division of Parks and Wildlife, and local Conservation Districts are leading this educational effort.

Extension recently published the Colorado Forage Guide to help landowners make grass seeding and grazing management decisions. It offers guidance on how to reseed pastures, and lists seeding recommendations and forage species descriptions. The guide is available at <http://www.ext.colostate.edu/sam/pasture.html> The Colorado Forage Guide can also be purchased at CSU's Resource Center.

To meet the needs of the diverse mix of Colorado's small acreage population, the Small Acreage Program delivers education in numerous formats. Information and resources are offered via webinars, videos, workshops, e-newsletters, fact sheets, and one-on-one assistance. Visit the Small Acreage Management website to find out more at www.ext.colostate.edu/sam

Jennifer Cook is Small Acreage Management Coordinator for CSU Extension/USDA-NRCS.

COMMUNITY EVENTS



From page 1

Celebrate! CSU Awards

Each year, CSU celebrates the teaching, research and service achievements of students, alumni and friends, academic faculty, administrative professionals and classified staff. This year's reception is from 3-5 p.m. May 7 in the Lory Student Center Theatre. Learn more at celebrate.colostate.edu.

Workshop on Plagiarism

CSU's Office of the Vice President for Research is hosting a free workshop on avoiding plagiarism 9 a.m.-4:30 p.m. May 8 in the Lory Student Center North Ballroom. Lunch is provided, but registration is required at ricro.colostate.edu/plagiarismevent.html.

Celebrate! CSU Milestones

CSU will honor faculty and staff who have reached service milestones during the 2012-13 fiscal year at Celebrate! CSU Milestones, set for 3 p.m. May 9 in the Lory Student Center Theatre. Learn more at celebrate.colostate.edu.

'Horse Sense' Airs on Rocky Mountain PBS

"Horse Sense," a documentary exploring the world of equine health at CSU filmed by Chapman University students, airs May 9 at 8 p.m. on Rocky Mountain PBS.

'Be Prepared'

"Be Prepared" is a community event to help people be better prepared to reduce damage to their property and increase the odds that their homes can be saved during the upcoming wildfire and flood seasons in the High Park Fire burn area. The event is from 9 a.m. to noon May 11 at Ward Mountain Ranch, 4985 Stove Prairie Road in Bellvue.

Final Examinations

Final examinations for CSU students occur May 13-17.

Commencement

Spring 2013 graduates will be honored May 17-18. To learn more or view a schedule, visit commencement.colostate.edu.

University Holiday

The university will be closed May 27 in observance of Memorial Day.

Youth Sport Camps offer summer fun and physical activity for all kids

by Dell Rae Moellenberg

Registration for the Colorado State University Youth Sport Camps is now open.

From June 3 through Aug. 16 the camps offer youth lots to do with more than 60 sessions in 12 different sports and activities over 11 weeks of summer, including a new Colorado Adventure Camp for older campers. Kids from kindergarten to eighth grade with every level of ability and interest will find fun summer activities here.

Camp counselor opportunities are also available for youth 14-17 years old. Youngsters can hone their skills in a particular sport like hockey, soccer, volleyball, tennis or basketball, or try a variety of sports in one week. Daily swimming is a part of most camps. The program also promotes healthy lifestyles as well as an educational outlook on an active lifestyle.

New programs this summer

This summer, experience the addition of lacrosse, redesigned FunLIFE, expansions of the Music and Movement and Field Sports camps, and the new Colorado Adventure Camp for campers 10 years and older. Adventure Camp features mountain biking, hiking, geocaching and

other outdoor adventures.

The camp counselors, primarily health and exercise science students at CSU, teach technique, rules of the game, skills and tips for healthy living, with a big dose of encouragement for each child. The camps are celebrating 42 years of fun this year.

The Youth Sports Camps provide hands-on experience and research opportunities for Colorado State students and employees while also promoting the benefits of physical activity and healthy lifestyles for youths. The camps help the Department of Health and Exercise Science reach its goal of decreasing the prevalence of childhood obesity and inactivity.

Register online

To register or to read more information about the camps, visit www.hes.cahs.colostate.edu/YSC. Click on "Register Online FREE!" to sign up to attend. Camp schedules, camp descriptions, a printable registration form, fee information and a slideshow of camp activities also are available online.

Colorado State University's Youth Sport Camps are sponsored by the Department of Health and Exercise Science in the College of Health and Human Sciences.



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ENTERTAINMENT CALENDAR

THEATER

“Legally Blonde: The Musical”
Midtown Arts Center
Through May 19
This musical, based on the hit film, was written by Northern Colorado’s Heather Hach. Don’t miss this “smart” celebration of knowing who you are and what you’ve got.
midtownartscenter.com

Debut Theatre Company’s “James and the Giant Peach”
Lincoln Center
May 10-11
Roald Dahl’s beloved tale of unlikely friendship, and an unlikelier fruit, is an incredible journey for everyone who is a child ... or still dreams like one.
lctix.com

“Let’s Dance”
Lincoln Center
May 17
The performers dance pieces from “The Phantom of the Opera,” the Blues Brothers, Lord of the Dance and more.
lctix.com

“A Year with Frog and Toad”
Midtown Arts Center
May 25 and June 1
Part vaudeville, part make-believe, all charm; “A Year With Frog and Toad” jumps off the classic storybook page with story and songs of friendship that endures each of the four seasons.
midtownartscenter.com

“Faust”
Lincoln Center
May 31
The aging and disillusioned scholar Faust cuts a deal with the devil in order to selfishly regain his lost youth. All hell breaks loose following his transformation. This production of the classic opera highlights the scenic art of Sieger Hartgers, Professor of Art at UNC, including a 20x30-foot depiction of Hell’s mouth. Heaven only knows what bargaining with the devil will get you.
lctix.com

ART & LITERATURE

Asian Fest
May 12
Old Town Library
The Poudre River Public Library’s District Asian Festival brings the whole family together through Asian and Pacific Island cultures, featuring a variety of music, dances, stories and marital arts.
www.poudrelibraries.org/

The French Nest Open Air Market
May 18
Civic Center Park
This market will feature local artisans and collectors, along with live music, food and shopping.
thefrenchnestmarket.com/

Author Abigail Tarttelin Visits
May 29
Old Town Library
The author will be discussing her new book “Golden Boy,” which tells the story of Max Walker, who is the perfect son, the perfect friend and the perfect crush for the girls in his school. The event is presented by Old Firehouse Books.
www.poudrelibraries.org/

Movie: “The Boy in the Striped Pajamas”
May 31
Old Town Library
This unique film tells the story of the Holocaust through the eyes of 8-year-old Bruno whose father is a Nazi commander at Auschwitz. Bruno strikes up a friendship with a Jewish boy, Shmuel, through the fence surrounding the camp where everyone wears striped “pajamas.” Their friendship will have startling and unexpected consequences for both of them. The film is rated PG-13 and is 94 minutes long.
www.poudrelibraries.org/

MUSIC

Virtuoso Concert Series
May 6
University Center for the Arts
New CSU Faculty Ilya Sinaisky will be performing the piano. He will also be joined by Joel Bacon, piano; Susan Hochmiller, soprano; Margaret Miller, viola; and Barbara Thiem, cello for an evening of chamber music that features works by Brahms, Mendelssohn and more.
csuartstickets.com

Piano Studio Recital
May 8
Organ Recital Hall, UCA
The recital, set for 7:30 p.m., features works by students from the studios of Janet Landreth, Silvana Santinelli and Ilya Sinaisky. The event is free and open to the public.

Woodwinds Studio Recital
May 9
Organ Recital Hall, UCA
An instrumental recital presented by students from the woodwind division and the studios of Wesley Ferreira, Gary Moody, Peter Sommer, and Michele Stanley, featuring classic and modern literature for chamber groups and soloists. The event begins at 5 p.m. and is free and open to the public.

The Whole Enchilada Pops
May 12
Lincoln Center
The group concludes its 3012-13 concert season with this performace directed by Glenn Shull.
lctix.com

Head For The Hills Pickin’ On The Poudre
May 18
Mishawaka Amphitheatre
Head For The Hills christens Mishawaka’s 2013 summer season in traditional fashion, with a masterful pickin’ party...featuring the debut performance of the Drew Emmitt Trio (Leftover Salmon’s Drew Emmitt and Andy Thorn with Andy Hall of the Infamous Stringdusters). Mosey West opens the show at 8 p.m.
themishawaka.com/

3 Twins BroadBand with Winchester Holiday
May 25
Avogadro’s Number
This performance will feature an evening of dance music that will be donated to the Health Center at Centennial High School.
www.avogadros.com

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Warner College of Natural Resources committed to forest health, community education as fire season approaches

by Mary Willson

As the spring season finally blossoms, so does the chance of wildfires throughout the Colorado foothills, such as the devastating High Park Fire last June. The Colorado Forest Service and Warner College of Natural Resources have been at the forefront of wildfire restoration and mitigation throughout the year, and are progressing stronger than ever as the fire season rolls around again.

Warner College of Natural Resources is home to four departments: Ecosystem Science and Sustainability; Fish, Wildlife and Conservation Biology; Forest and Rangeland Stewardship; and Geosciences and Human Dimensions of Natural Resources. While the College serves a range of focuses, the broad scope of studying, work and research doesn't stop in the classroom.

Warner also encompasses the Colorado State Forest Service, one of only six state forest services hosted at a land-grant university. Through leading mitigation research projects, securing funding for growth and service, and generally leading the community toward a safe and healthy summer in Colorado, Warner College and the CSFS are committed to creating a positive foundation for all through the wildfire season.. This is extremely pertinent because of the financial loss, emotional

distress, and extreme resources that the 2012 summer wildfires brought.

Some of the projects WCNR is undertaking include:

Colorado Wildfire Preparedness Day of Service

A day is being dedicated to family service work for prevention of the upcoming forest fire season. On May 4, community members of Northern Colorado are invited to serve in projects ranging from a few hours to a full day. Some examples of projects include everything from moving woodpiles and clipping low-hanging branches, to having a garage sale in support of local firefighters.

The first Colorado Wildfire Preparedness Day of Service will be a collaboration between the American Red Cross, Colorado State Forest Service and Colorado Division of Homeland Security and Emergency Management, and will serve as a proactive day in the International Association of Wildland Fire's Global Wildfire Awareness week, a time dedicated to awareness of wildfires nationally.

More information about the Colorado Wildfire Preparedness Day of Service can be found at www.firewise.org or www.facebook.com/firewise.



In the wake of the High Park Fire last June, the Colorado State Forest Service is engaging the community and educating on wildfire safety this summer. Photo courtesy of Colorado State Forest Service.

Seedlings for High Park

More than 2,000 seedling trees, donated by The National Wildlife Federation's Legacy Program to the CSFS during this year's National Wildlife Week in March, will be replanted in burn areas as a partnership to help restoration efforts after the High Park Fire.

The seedlings will be distributed by CSFS to landowners affected by the High Park Fire, showing the dedication to the importance of community and resiliency shown throughout last summer's events. Although these seedlings will be replanted to help replenish the scorched areas, and therefore help the wildlife habitat that has been affected, the project also contains an educational outreach commitment.

The Colorado Risk Assessment Portal

The Colorado Risk Assessment Portal, released in March by the CSFS, is available to the community at www.ColoradoWildfireRisk.com. It is a web-mapping tool that helps community members, prevention planners and fire mitigation professionals alike generate maps and reports that can help decipher the potential wildlife risks within an area. The objective is to help reduce impact to areas through overall public knowledge.

The maps are generated using geographic information system (GIS) data layers, and users can choose themes such as historic fires, potential for burning, or possible fire intensity of an area. The technology creates a tool that can be used in many sectors, and is committed to real-life tools for wildfire prevention and education.

Colorado Forest Restoration Institute

The Colorado Forest Restoration Institute housed in Warner College is dedicated to "developing locally relevant knowledge, fostering collaborative learning and action, and promoting knowledge partnerships." Launched in 2005, the institute recently put on an educational symposium to help the community understand and process the High Park



Seedlings are vital in the rebuilding of burn areas. The Forest Legacy program is committed to giving seedlings to affected communities, in order to rebuild for a new generation. Photo courtesy of Colorado State Forest Service.

Fires. The institute is at the leading edge of research and outreach regarding the upcoming wildfire season; go to <http://coloradoforestrestoration.org> for a full narrative of resources, projects and involvement.

National Ecological Observatory Network project

A team of researchers from WCNR is responding to the urgent wildfire conversation through a large-scale impact study to assess the effects of the High Park Fire in order to better support the community moving forward. This is made possible by grants from the National Ecological Observatory Network (NEON), a National Science Foundation project designed to detect and enable forecasting of ecological change at continental scales over multiple decades, of which CSU is a member institution.. The study will collect remote-sensing and ground-based data to further understand the needs for recovery efforts in the fire-affected region, and to support the professionals working on this recovery. Go to www.neoninc.org for more information on NEON and the research project.

For a full list of ongoing projects at WCNR, Pingree Park updates, and more High Park Fire-related activities, go to <http://warnercnr.colostate.edu/>.



Volunteers work together to plant a tree with the Colorado State Forest Service. Volunteers are valuable to the mission of the Forest Service, and they are constantly looking to reach out to the community about the importance of forest areas. Photo courtesy of Colorado State Forest Service.



Colorado State Forest Service workers have been focused on restoration after the High Park Fire, getting others involved as well. Here, generations come together to replant a burned area. Photo courtesy of Colorado State Forest Service.

Who you gonna call? Gardening community resources encourage planting success

by Cortney Moore

According to the calendar, spring started March 20. Looking out my kitchen window as I write this it looks more like the dead of winter. My hope is that as you read this we have turned the corner toward warmer weather.

Winter actually felt fairly mild this year. When the weather started looking good in early March, flashbacks from last spring's rapid onset came flooding back. I was bamboozled thinking that this spring would be just as easy. And I know better.

Like many gardeners, I have called unpredictable gardening settings home my entire life. My garden journals prove no spring is ever the same, but that did not stop me. The tiny bits of green poking up through mulch drove me insane and I had to see what was coming up. My desire to have the best tomatoes ever pushed me to start them even earlier. My addiction for pansies drove me to bring them home and set them out the day before the temperature dropped to 8 degrees.

I am working with a blank slate in a large portion of my yard. This blank slate and the fact that I work at a nursery has fueled my insanity. Especially the desire to try plants I haven't grown before.

I needed help so I reached out to the gardening community for resources that will encourage success this season, despite the challenges the weather has presented.

CSU Extension

One of my go-to resources is the Colorado State University Extension. The website is packed with information and it is easy to navigate. There are fact sheets available for printing, Plantalk scripts with reliable, up to date information, or you can use the Ask An Expert feature if there is a question you don't find



an answer to. The site also connects gardeners with valuable resources like the Master Gardener program. Take a peek at the website www.ext.colostate.edu/ next time you need some gardening help.

Speaking of websites, I am careful when I search online, making certain my source is tried and true for our area. There are many interesting gardening blogs that are fun to read but the information doesn't always jive with gardening in Northern Colorado. Stick with those written by Colorado gardeners or people in very similar climates.

Nurseries and garden centers

Getting the right information for our area is also why I visit local nurseries and garden centers.

Fort Collins and the surrounding area are loaded with garden centers and nurseries. Most of them have been around for years and are staffed with professionals ready to help. I love picking the brains of the experts at the nursery where I work as well as visiting many

others in the surrounding area. Sharing gardening struggles and triumphs, personal experience and discussing what really works, is how I learn the most.

If you aren't sure where to look, there are a few organizations that will help you find reputable gardening establishments. These groups also offer information for gardeners that is the industry standard, especially on hot topics like water restrictions and xeriscape. This means the message is continually reinforced as to the best way to do things around here.

■ The Colorado Nursery and Greenhouse Association or CNGA offers a store locator. Search the establishment you frequent to see if they are a member at coloradonga.org. CNGA is a group of amazing people and businesses with a passion for helping.

■ GCC or Garden Centers of Colorado lists gardening resources under the Gardening Resources and the Smart Gardening tabs at www.gardencentersofcolorado.org

■ Greenco is seven green industry groups and the information they share

is based on Best Management Practices commonly referred to as BMPs. Additional information can be found at www.greenco.org.

Other resources

Other places to visit for gathering ideas, attending classes and seeing the plants in action are botanic gardens. We have some fabulous ones only a short drive away.

■ The Gardens on Spring Creek is the closest botanic garden to us. The last time I lived in Fort Collins this garden was still in the germination phase. Imagine my delight at the progress when I returned 7 years later. But that is what you get when you have a community committed to growing. Visit www.fcgov.com/gardens/ to learn about events and classes.

■ The botanic gardens in Cheyenne and Denver are valuable garden day trips. All of the details can be found at www.botanic.org and www.botanicgardens.org.

Finally, I always pick up any publications like *Colorado Gardener*, *Edible Front Range* and *Zone 4* to see what else is going on in the gardening world. The articles are authored by those who have tried and failed and tried and succeeded and are willing to share their experience.

One thing we are not lacking in any sense of the word is a gardening community and the resources are plenty. You never know when the information you gain from personal experience or from talking with another gardener will help. It might even be as simple as helping them stay sane through a crazy, snowy spring.

Cortney Moore is a Certified Nursery Professional and Hard Goods Buyer for Fort Collins Nursery

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You know that Today@Colorado State headlines arrive in your email inbox every Monday and Thursday morning during the academic year with news from around campus. But did you know there's even more information available on the Today website?

Did you know there's a Today website? Go to www.today.colostate.edu to see for yourself.

The Department of External Relations is in the process of revamping our online news presence, and Today@Colorado State is a vital part of it as the vehicle that links faculty, staff, students and the entire CSU community together.

We need to know how we can make Today@Colorado State more useful for faculty and staff.

Tell us if you read your Today emails and how often. Would you like to see more news on a particular topic? Less? More frequent emails with fewer stories? Have you ever submitted a story to Today or an item to the University calendar? If so, tell us about that experience.

Let us know what interests you – and what doesn't – by sending your comments to today@colostate.edu. We're listening.

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From page 1

Outdoor Services, Facilities Management keeps streets safe

Whether campus closes or not, it is up to the Outdoor Services Group to keep the roads, sidewalks and parking lots clear and safe for the Ram community during any snow storm. Director Doug Nagel said his department has 31 pieces of equipment that can be used to clear snow, although he only has 29 people in his department. He can call on Facilities Management to lend a hand



CSU's Facilities Management staff rose to the challenge on Friday, April 19, to support athletes and fans of three sports. Photo courtesy of CSU Facilities Management.

when the weather gets severe.

Nagel said his group keeps a weather eye on the forecast, and will prepare the snowplows and sidewalk brushes the day before a storm is predicted.

"It's better to have to take the plows off if the snow doesn't come than to be surprised," he said.

In a typical snow storm, crews get out at about 3 a.m. with the goal of having everything clear by 7 a.m., when most people start arriving for work and classes. Depending on conditions, they can start at midnight, Nagle said, and are responsible for not only the main campus, but also the south campus, west campus, the sprawling Foothills campus, the Natural Resources Research Center, the vet hospital and the area around the Colorado Visitors Center at 1-25.

If there is a game or a practice scheduled at Hughes Stadium, Outdoor Services also clears the field. After the storm on April 15-17, about 50 people from Facilities Management also turned out to clear the seats in the west stands in time for the annual Spring Football Game as well as a men's lacrosse game and the Horsetooth Marathon, all on Saturday, April 20.

"Thursday was an all-out snow



This week's storm piled up 22 inches of heavy wet snow at Hughes Stadium right before the Green and Gold Game, a men's Lacrosse game and the Horsetooth Half Marathon will all take place. Photo courtesy of CSU Facilities Management.

removal day on campus, so we only had Friday and Saturday morning (to work at Hughes)," Nagel said. "It took about 12 hours total. Athletics worked with us and was very gracious. And Saturday was a beautiful day."

Custodial personnel from Facilities Management are responsible for clearing snow and ice within 20 feet of all campus building entries. Everyone in Facilities Management, from tradespeople such as carpenters and electricians, to people with desk jobs, have assigned snow routes that include all the "nooks and

crannies" elsewhere, according to Fred Haberecht, assistant director. He shovels over by the Pathology building, checking to see that curb cuts are clear and other areas are safe for pedestrians.

"The challenge with continuing snows is that it gets packed down, and once the crews clear it, they have to go right back at it," Nagel said. "They work hard, they work long hours, then they come back and work harder and longer. They are a great group of people."



CSU students took advantage of a couple of snowy afternoons off. Photos courtesy of CSU Creative Services.





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How are we doing?

This is the last issue of the semester for CSU Life and we'd like to hear from you about how we did this year. Your ideas, input, and opinions on the newspaper will help us zero in on what we could improve for next year and what's working fine.

CSU Life, a monthly publication for faculty and staff, is a partnership between CSU publications and Rocky Mountain Student Media. It's written, edited, and designed by students with the help of staff advisors and contributors.

Please take a few minutes to fill out the brief survey, and if you'd like, include some comments and suggestions. The survey is completely confidential. When you are finished please return through campus mail to the following addressed:

*Student Media
Lory Student Center
8038 Campus*

If you'd prefer an online version, log on to the survey at the address listed at the bottom of this page. Either way, we appreciate your help in making CSU Life the best it can be.

Thanks! CSU Life staff

1. How often do you read CSU Life?

☐ Monthly

☐ Occasionally

☐ Never

2. How much of CSU Life do you usually read?

☐ I usually read all of it

☐ I usually read a few select articles

☐ I just skim through quickly

☐ I read very little of it

3. How would you rate the quality of CSU Life's content?

☐ Excellent

☐ Good

☐ Average

☐ Below Average

☐ Poor

4. I think CSU Life is for Colorado State's (check all that apply)

☐ State classified staff

☐ Administrative professionals

☐ Faculty

☐ Administration (department heads, deans, VP's, directors)

☐ All university employees

5. How would you rate the quality of CSU Life's appearance?

Highly Disagree Disagree Neutral Agree Highly Agree

Attractive

☐

☐

☐

☐

☐

Sparks my interest

☐

☐

☐

☐

☐

Makes me want to read it

☐

☐

☐

☐

☐

Needs improvement

☐

☐

☐

☐

☐

6. How much do you agree or disagree with the following statements?

It's important to me to personally to build bridges between departments, colleges.

☐Strongly disagree ☐Disagree ☐Agree ☐Strongly Agree

I would like to read a publication that would help me learn about what other departments and colleges on campus are doing.

☐Strongly disagree ☐Disagree ☐Agree ☐Strongly Agree

I get a good sense of campus activities and events from elsewhere already.

☐Strongly disagree ☐Disagree ☐Agree ☐Strongly Agree

I would be interested in a source for learning about campus activities and

☐Strongly disagree ☐Disagree ☐Agree ☐Strongly Agree

7. Which of the following do you think would be interesting sections to you?

Not interesting Slightly interesting Neutral Somewhat interesting Very interesting

Community events

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Book debuts

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8. If CSU Life has content that interests you, what would be the most likely way you would read this publication? (Check all that apply)

☐ As it is, delivered in print to my CSU mailbox

☐ As an insert in the Collegian

☐ Online only, in my e-mail

☐ Online only on the CSU website homepage

☐ Other (please specify)

13. Have you ever read the Applause section of CSU Life?

☐ No ☐ Maybe, but I don't recall ☐ Yes

14. Have you ever submitted any content to the Applause section of CSU Life?

☐ No ☐ Maybe, but I don't recall ☐ Yes

15. Rate how interesting you think an Applause section is to you?

☐ Not interesting ☐ Slightly interesting

☐ Somewhat interesting ☐Very interesting

16. What is your employment relationship to Colorado State?

☐ Faculty ☐ Administrative professional ☐ State classified staff

18. What department and/ or college are you in at CSU?

19. CSU Life seeks to provide content written especially for faculty and staff in a monthly publication. Do you have any additional comments or suggestions that you feel would make this publication more helpful or appealing to you?

www.surveymonkey.com/s/csulife2013

Culinary creations

from the Kendall Anderson Nutrition Center

Fiesta Soup

Serve this soup as an addition to your Cinco de Mayo fiesta!

Ingredients

- 1 tablespoon olive oil
- 1 small onion, chopped
- 3 cloves garlic, chopped
- 1 green pepper, chopped
- 4 cups fresh spinach or about 4 oz. frozen spinach
- 1 tablespoon cumin
- 1 can of salsa
- 1 quart broth
- 1 14-oz can black beans, drained and rinsed
- 2 cups cooked brown rice
- 2 limes, juiced

Directions

1. Heat olive oil over medium-high heat. Add garlic, onion, and green peppers and cook until fragrant.
2. Add spinach, cumin, salsa, broth, rice, and beans to pot. Allow to simmer for 10 minutes.
3. Add lime juice. Remove from heat.

Tip: Top soup with guacamole, shredded reduced fat cheddar cheese, or a dollop of Greek yogurt. Chopped cilantro is another flavorful topping.



Makes 8 servings.

Nutrition Information / Amount per serving
 Calories 186; Protein 8.0 g; Total fat 5.8 g; Saturated fat 0.9 g; Total carbohydrates 26.8 g; Dietary fiber 5.8 g; Cholesterol 0.0 mg; Sodium 757.7 mg

For more recipes and other information, visit the Kendall Anderson Nutrition Center website at www.nutritioncenter.colostate.edu or call (970) 491-8615.

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WILBUR'S TOTAL BEVERAGE WINE & SPIRITS



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Buy One Get One for 1¢
Wine/Liquor only*

*Must purchase two like bottle to receive discount.

Wine Specials

Price per bottle after 2 bottle purchase

Ten Lakes	Merlot, Chardonnay	750ml	\$8.00
Ocaso	Pinot Noir	750ml	\$7.00
Baus Family	Sauvignon Blanc	750ml	\$8.00
Perseverance	Zinfandel	750ml	\$7.50

Liquor Specials

Patron Silver	375ml	\$13.00
Royal James Gin	750ml	\$7.50
Grays Peak Vodka	750ml	\$10.00

Great Beer Buys!

Bridgeport Hop Harvest, 22oz	\$4.99
Amstel Light 12pk bottles	\$9.99
Bitburger 4pk cans	2 for \$10.00
Sam Adams	
Double Agent, White Lantern, 6pk bottles	\$6.99
Newcastle Brown Ale, 6pk cans	\$5.99

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