



## Bison return to Colorado's grasslands

In early November, a herd of 10 American bison thundered from a holding corral onto Northern Colorado's Soapstone Prairie, the first step to restoring the nation's largest iconic land mammal to this part of its historic range. Modern fertility science, supplied by CSU reproduction experts, is helping enable the homecoming, in part by coupling Yellowstone bison in the laboratory and cleansing reproductive cells and embryos of the infectious disease brucellosis.



## Dual graduate degree in social work, public health launched

CSU and the Colorado School of Public Health have partnered to launch a new graduate program that combines social work and public health – letting students earn two master's degrees in less time and at a lower cost than if they were earned separately. It is being offered for the first time in Fall 2016, addressing a need for trained individuals to work on some of society's most challenging, complex social health issues. The application deadline for the inaugural M.S.W./M.P.H. class is Jan. 2, 2016. For more information, visit <http://col.st/q7p6C>.

## Students pitch social media campaigns to Broncos, Coke execs

CSU students got the rare opportunity to pitch a social media campaign to Denver Broncos and Coca-Cola officials in November at Sports Authority Field as part of CSU's unique new partnership with the football team. Five student teams each had 30 minutes to present their plans to create social media buzz about the Broncos and Coke Zero, using a budget of only \$500. The winning team gets to implement its proposal. The Denver Broncos Institute at CSU is the first program of its kind matching a university with an NFL franchise. It welcomed its first class of 42 students this fall.



## No water-based contaminants in Colorado wells

Studies reveal no evidence of water-based contaminants seeping into drinking water wells atop a vast oil and gas field in northeastern Colorado, according to Ken Carlson, professor of civil and environmental engineering, who has led a series of studies analyzing the impact of oil and gas drilling on groundwater in the 6,700-square-mile Denver-Julesburg Basin. The basin extends north-south from Greeley to Colorado Springs, and east-west from Limon to the foothills. Carlson's team found that 2 percent of sampled wells showed seepage of oil- and gas-related methane. The studies have been performed under the auspices of the Colorado Water Watch, a state-funded effort. Read more at [WaterWatch.ColoState.edu](http://WaterWatch.ColoState.edu).



## Watch stadium construction, live!

Rams fans can see the latest images and a time-lapse of the construction of the new, on-campus stadium. Architect's renderings and videos of the project, as well as more information, can all be found online at [Stadium.ColoState.edu](http://Stadium.ColoState.edu).

## Cyclists breathe the brunt of harmful pollution

While cyclists are reaping the benefits of exercise, they may be increasing their exposure to harmful air pollution, say CSU air-quality researchers who studied 45 nonsmoking, healthy Fort Collins commuters and found that exposures vary by pollutant. Drivers got the highest exposure to carbon monoxide and gaseous pollutants, whereas cyclists got higher exposure to particulate matter, such as black carbon. Also, cyclists inhale about three times as much pollution as people breathing normally.

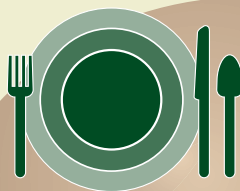


## Portion control tips for healthier holidays

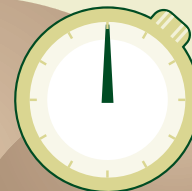
CSU's Kendall Anderson Nutrition Center offers these tips to help people stay healthy and minimize weight gain:

- **Use smaller plates.** If you fill up one small plate, it still has the potential to be much less food than a less-full large plate.
- **Take your time.** Instead of rushing through your meal or snack, slow down and listen to your body; it will tell you when it is time to stop, if you pay attention to it.
- **Skip seconds.** Leftovers are never a bad thing, and if you limit yourself to one plate you can enjoy a dessert without feeling guilty about it later.
- **Add seasonal vegetables.** Include sweet potatoes, squash, onions, carrots, peas, and pumpkins in your meal plans.

Use smaller plates.



Take your time.



Skip seconds, enjoy dessert.



Add seasonal vegetables.



More nutrition information can be found at [NutritionCenter.ColoState.edu](https://NutritionCenter.ColoState.edu).