I’m sorry to say that we lost a wonderful member recently. Our hearts and thoughts go out to her family. Let us not feel sorrow, but rejoice in her memory and appreciate the joy she brought to the lives so many. Lou was an incredible person and it was a pleasure to have known her smiling face. If you are interested in service information please ask Kimberly, the service will take place 10/3/14.

“Life is what you celebrate. All of it. Even its end.” - Joanne Harris

~Kimberly

A new article researched the health benefits of a low-carb diet that embraces fat. A study was done with approximately 150 men and women over one year to see if cutting carbs but not focusing on cutting calories would help in weight loss and decrease cardiovascular risk.

Two groups were used for the study: one group focusing on lower carbohydrate but higher fat intake, and the other group ate more grains, cereals, and carbs. Both groups were encouraged to eat lots of fruits and vegetables, but physical activity remained the same.

What did they find? Overall, the low-carb/high fat diet showed great improvements in metabolic levels and weight loss. Levels of both inflammation and triglycerides in the low-carb/high fat diet were significantly reduced, and the HDL “good” cholesterol rose more than in the low fat group. Findings also showed that the low-carb/high fat group had lower Framingham risk scores (likelihood of having a heart attack in the next 10 years), and the low-fat group had no changes in their risk scores.

For more nutrition help ask as staff member about our discounts with the Kendal Anderson Nutrition Center.
**Savory Baked Apples**

**Ingredients**
- 2/3 cup fat-free, lower-sodium chicken broth
- 1/3 cup uncooked brown rice
- 1/3 cup dried cranberries
- 1/3 cup apple cider
- 4 large apples
- 1 1/2 tablespoons butter, melted and divided
- 1 (4-ounce) link sweet Italian sausage
- 3/4 cup finely chopped yellow onion
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 3 garlic cloves, minced
- 1/4 cup chopped walnuts, toasted
- 3 tablespoons minced green onions
- 3/4 teaspoon kosher salt
- 1/2 teaspoon dried rubbed sage
- 1/2 cup shredded Swiss cheese
- 3 tablespoons minced green onions

**Directions**
1. Preheat oven to 350
2. Bring broth to a boil in a saucepan. Stir in rice. Cover, and simmer 50 minutes. Let stand for 10 minutes. Add mixture to rice.
3. Carefully scoop out centers of apples, leaving a 1/2-inch-thick shell, and chop apple flesh. Brush the inside of apples with 1 tablespoon butter. Bake at 350° for 25 minutes or until just tender.
4. Heat a large skillet over medium-high heat. Add sausage, and sauté 5 minutes, stirring to crumble. Remove from pan; drain. Wipe skillet, and melt remaining butter in pan. Add the chopped apple, yellow onion, and next 3 ingredients, sauté 4 minutes. Add garlic; stirring constantly. Add sausage, onion mixture, walnuts, and next 3 ingredients (through sage) to rice; toss. Divide mixture evenly among apples; top with cheese. Broil for 5 minutes or until golden.

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**Homecoming Race**

The 34th annual CSU Homecoming 5k race is Saturday, October 18th at 8:00 am! The race both starts and finishes at the beautiful CSU Oval. See our brochure on the BP table for more information.

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**CSU Fall Athletics**

Colorado State’s Volleyball team is off to a great start this fall season with a 14th national ranking and a promising season ahead. Come support our Rams at Moby Arena this October and be a part of the magic.

Home games in October:
- 10/2/14 UNLV @7 PM
- 10/4/14 San Diego State @7 PM
- 10/11/14 Fresno State @1 PM
- 10/23/14 Boise State @7 PM
- 10/25/2014 Utah State @12 PM

Nothing feels quite like fall more than some pumpkin pie and CSU Football! The Rams got off to a great start by beating their rivals at the Rocky Mountain Showdown. Fix your football fever by heading over to Hughes Stadium.

October home games:
- 10/4/14 Tulsa @1 PM
- 10/18/14 Utah St. @5 PM
- 10/25/14 Wyoming @5 PM

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You can’t hide your true colors as you approach the autumn of your life.

-unknown