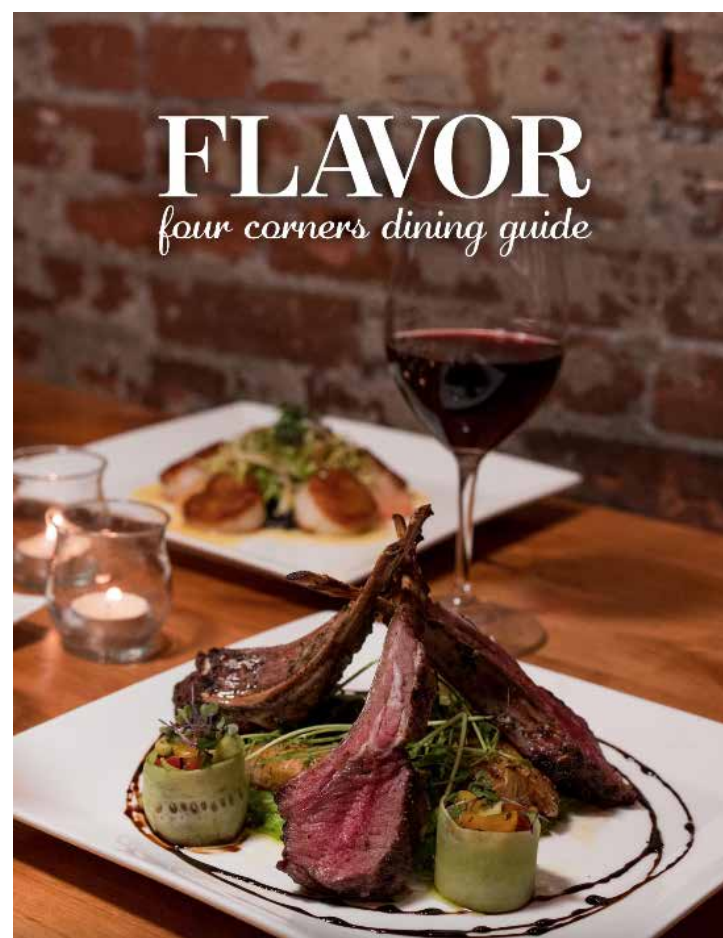
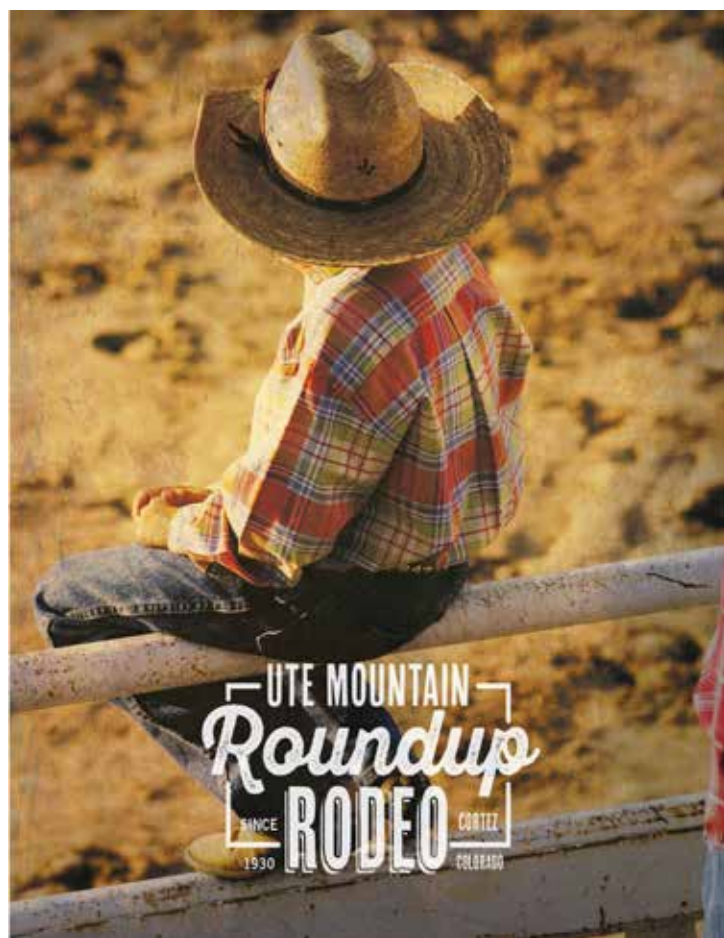
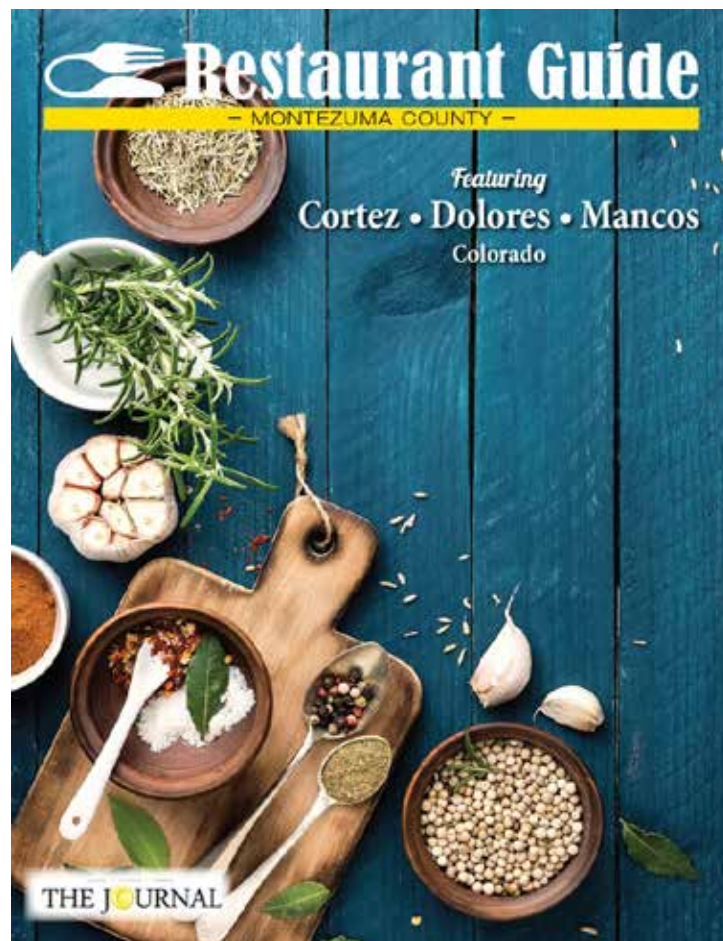
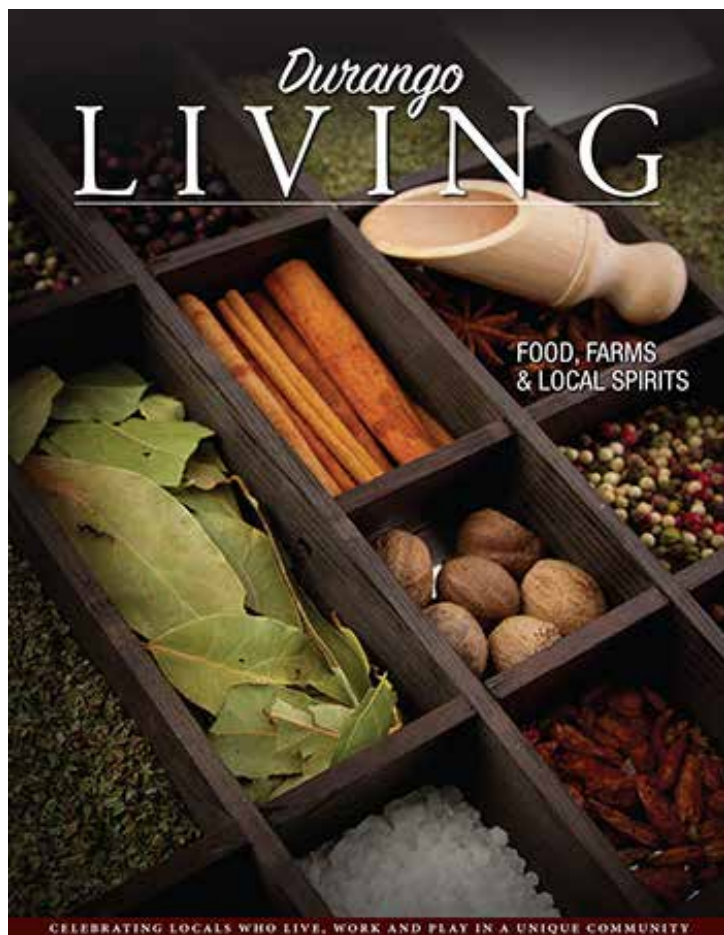
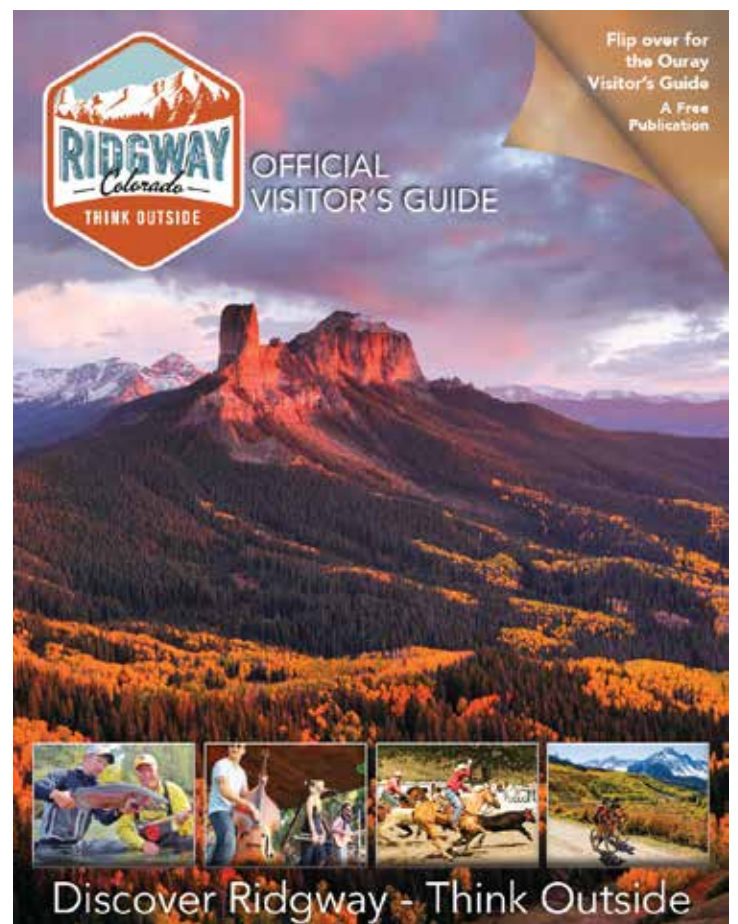
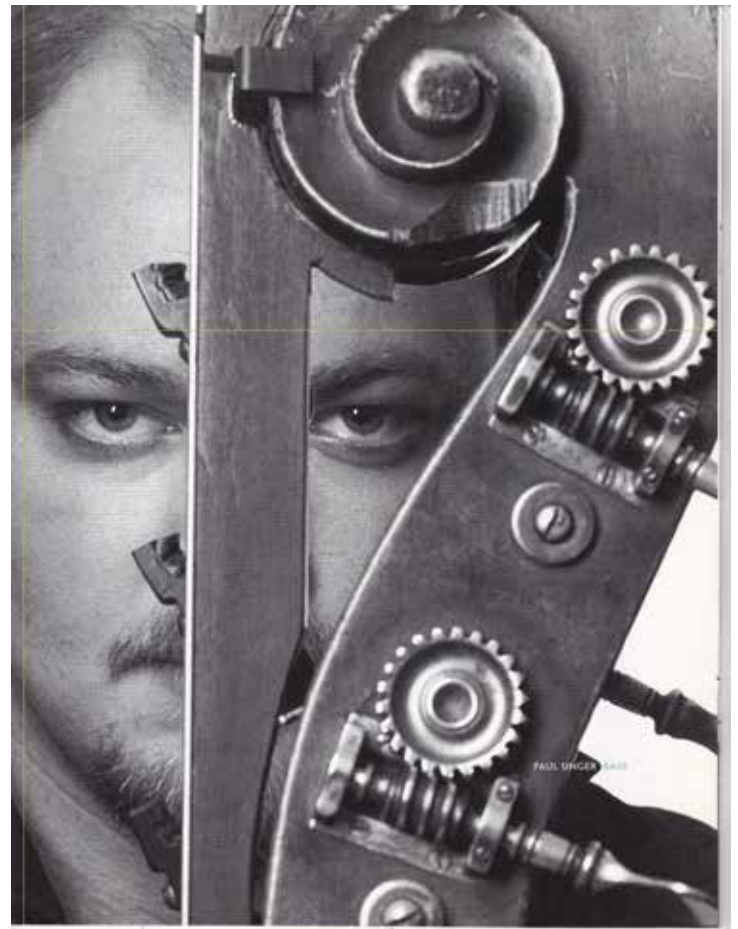
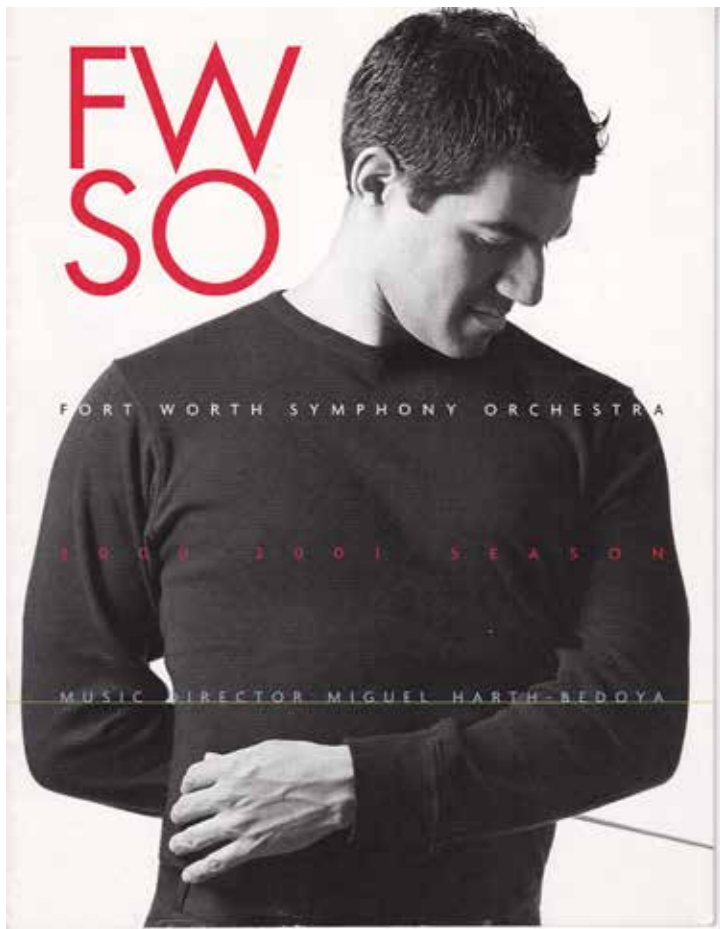


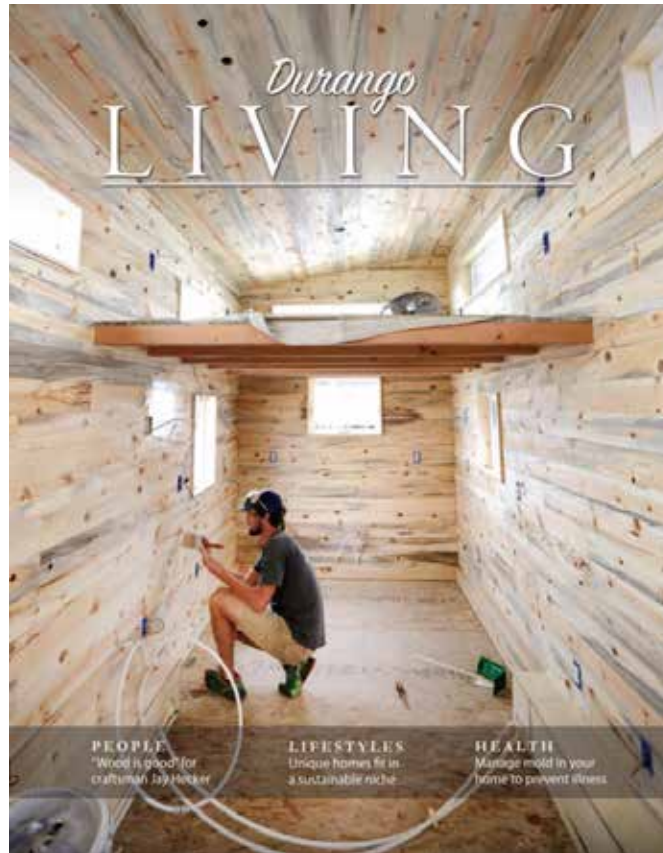
MAGAZINE DESIGNS



MAGAZINE DESIGNS



MAGAZINE DESIGN COVER AND PAGE SPREAD



LOCAL FOOD

Sprout it out

THE WEATHER IS A BIT BIPOLAR IN SPRING, but that doesn't dampen the spirits of Durango-area gardeners and farmers. In the past decade, the local-food movement has been seeded by many community members.

This season, reap the harvest with a bounty of events and activities.

Farmers markets are fun, social and healthy

Grab a basket and head down to a local farmers market this year. It's a feast for the senses. You'll see friends, listen to live music, smell baked treats, touch soft wool or glossy ceramics, and of course, taste plenty of vibrant food. Here's a round-up of local markets:

- **Durango Farmers Market:** Saturdays, May 14 - Oct. 29, First National Bank parking lot, 259 West 9th Street
- **Cortez Farmers Market:** Saturdays, June 4 - Oct. 29, Corner of Main and Elm
- **Mancos Farmers Market:** Thursdays, June 16-September, in Boyle Park, behind the gas station
- **Dolores Farmers Market:** Wednesdays, June-October, in front of Town Hall and the Gallop and Goose
- **Bayfield Farmers Market:** Saturdays starting May 7 at the Bayfield Park on Hwy 160, across from the Riverside RV Park in Bayfield

School garden clubs: Grab a trowel and dig in

This Spring, The Garden Project of Southwest Colorado will be leading garden clubs for children at schools in Durango. The clubs are geared for different age groups, and will include gardening, cooking and art through fun, educational and hands-on activities. The cost is \$60 for 6 classes. Registration is open now. For questions, contact Taylor Hensler at americorp8@thegardenprojectswcolorado.org.

- **Dirt Club** [Grades K-2] - 1:30 - 3 p.m. Mondays at Riverview, Park and Needham Elementary Schools
- **Garden Team** (Grades 3-5) - 3 - 4:30 p.m. at Riverview Elementary on Tuesdays, Park Elementary on Wednesdays, and Needham Elementary on Thursdays
- **Garden Squad** [Grades 6-8] - 3:10 - 4:40 p.m. Wednesdays at Miller Middle School



CSAs: As fresh as food can be

A CSA, or Community Supported Agriculture, is a way to connect farmers and community members. Subscribers buy a subscription to a weekly produce-delivery service for either a growing season or for the whole year. Southwest Colorado CSAs can start as early as June or as late as August, and run through October. CSA customers pay the entire fee upfront before the season begins as a way to support growers. CSAs in Durango range between \$250 and \$600, depending on the number of weeks.

Subscribers save on fuel costs to ship food, and spare the environment from emissions. Another CSA benefit is that the produce is as fresh as you can get, since it often harvested, sorted and delivered on the same day. Many farms also use sustainable growing practices - even if they don't use the "organic" designation.

Round for pound, CSAs are often cheaper than buying food from supermarkets, because they eliminate the middleman and link consumers and farmers without any markup on profit. CSAs also benefit the local economy, because the revenue stays in the area.

Here's a sample of some local CSA options:

- **Durango:** Tierra Vida Farm, (719) 480-0144; Animas Valley Farms (970) 769-1211; Old Orchard Farm (970) 259-1903; Turtle Lake Refuge, (970) 317-0988
- **Bayfield:** Homegrown Farm (970) 884-9567; Pine River Produce (970) 260-6590
- **Mancos:** Laughing Wolf Farm and Kestrel Farm offer a double farm CSA (970) 560-5486

Farm to Preschool offers an 'edible education'

Babies, toddlers and young children are drawn to gardens like magnets. This natural affinity makes it an ideal learning environment, and a way to develop a love for healthy food.

The Farm to Preschool movement harnesses this literal "growth potential." It's a concerted effort inspired and supported by interconnected programs across the region and the country. Most people are aware of the Farm to School movement at the K-12 level - connecting schools with local growers for healthy, minimally-processed, fresh foods, and the stories behind that local food, augmented by farm field trips, gardens, and what is called "edible education."

The Healthy Community Food System started its Farm to Preschool project in 2014 by meeting with several of the 30 childcare centers and 20 home-based childcare providers (serving over 1,100 children) in La Plata County.

HCFS welcomes suggestions, leads, and assistance in this project. There are roles for everyone in the community to help in this effort. Contact your local preschool or HCFS to get started. To learn more, visit healthycommunityfoodsystems.org, or e-mail jadyen@frontier.net.



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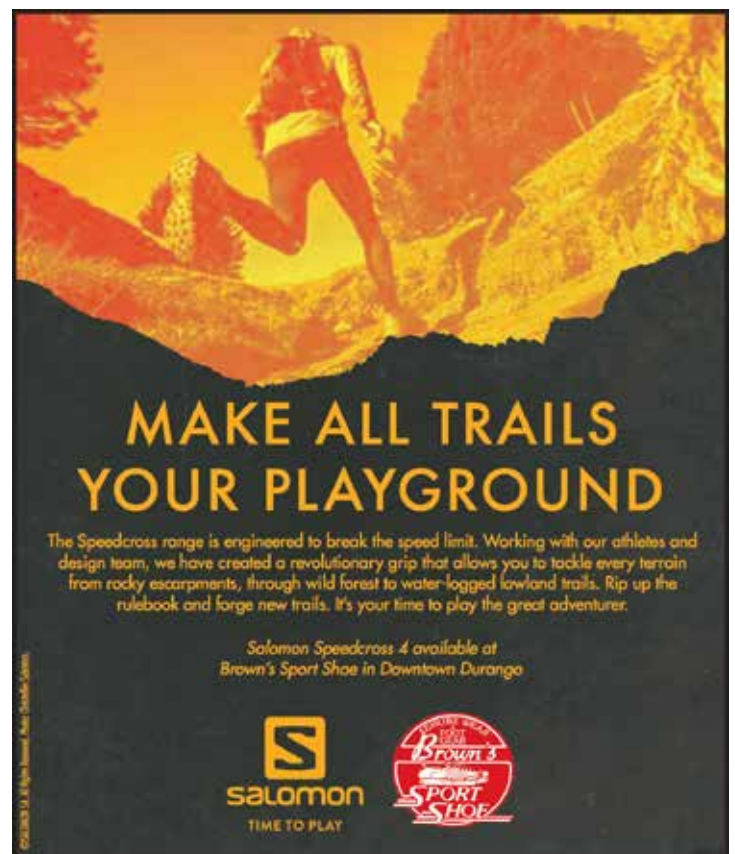
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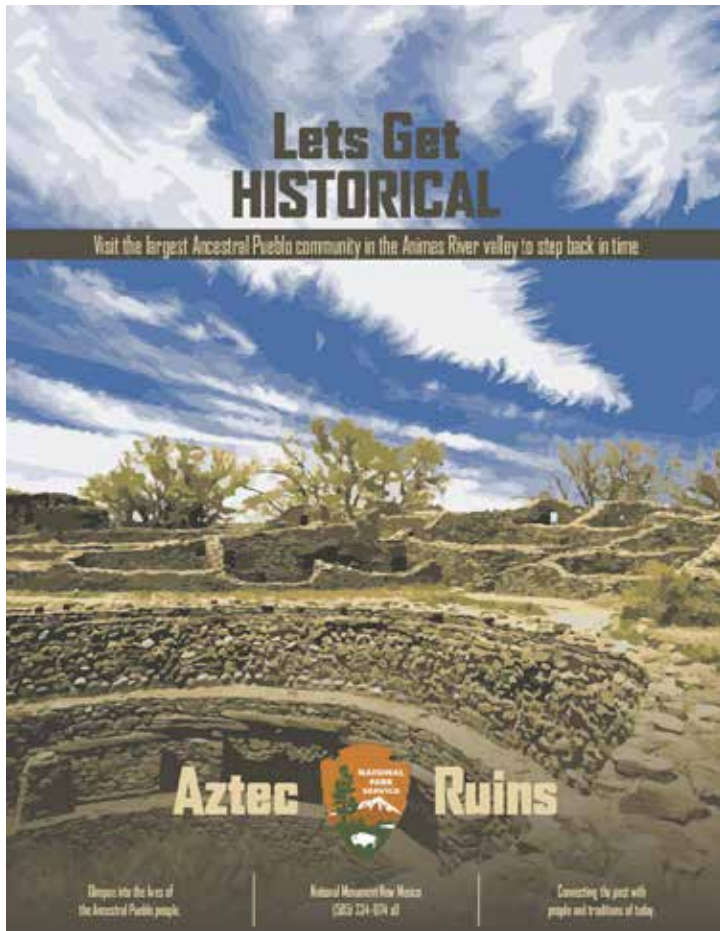
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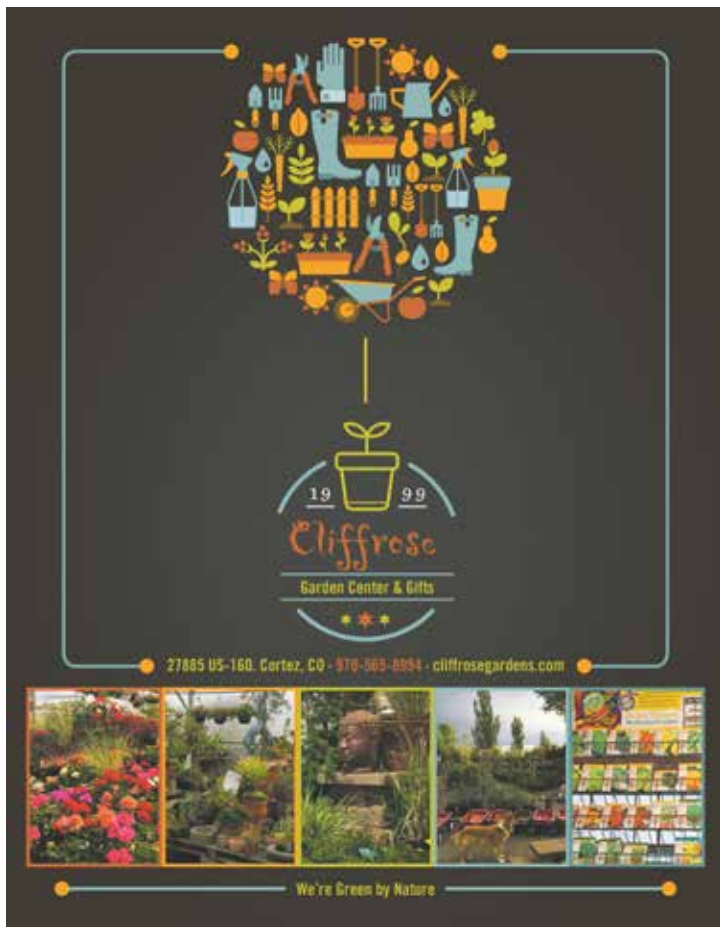
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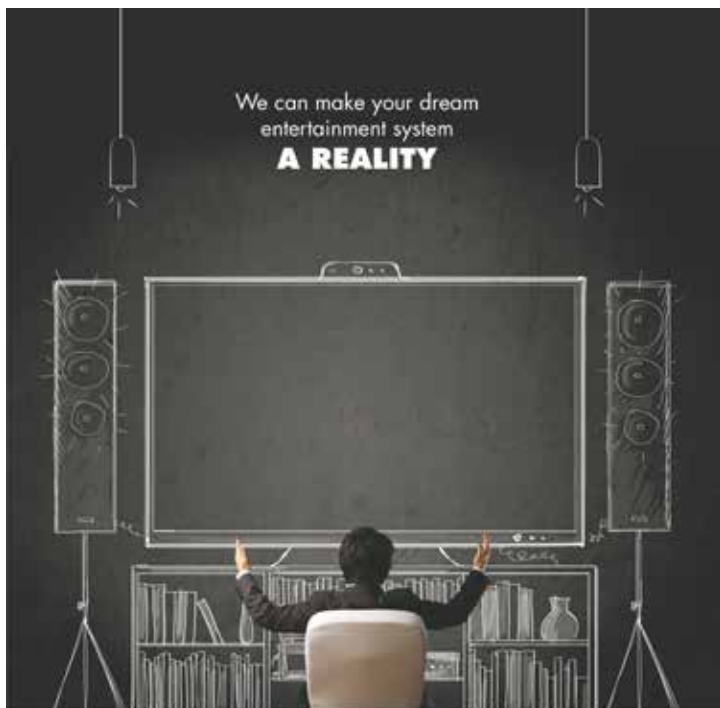
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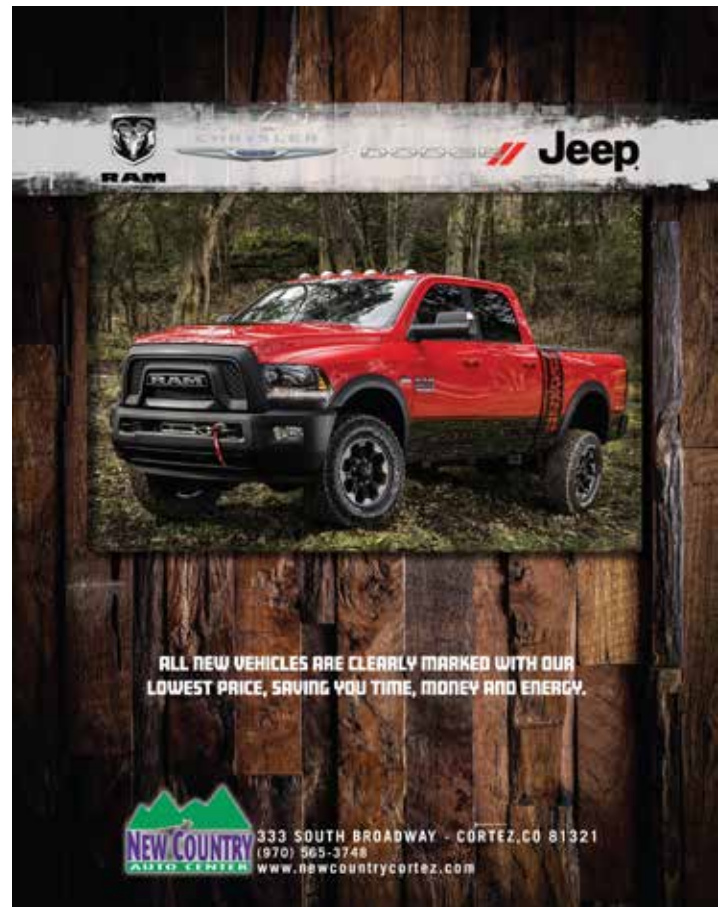
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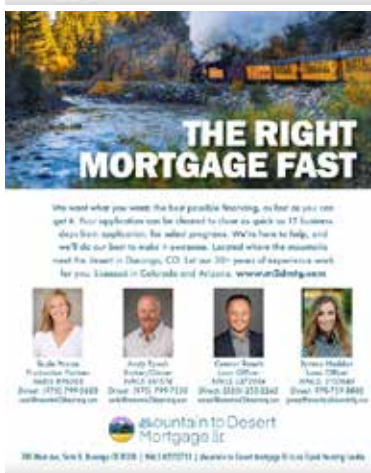
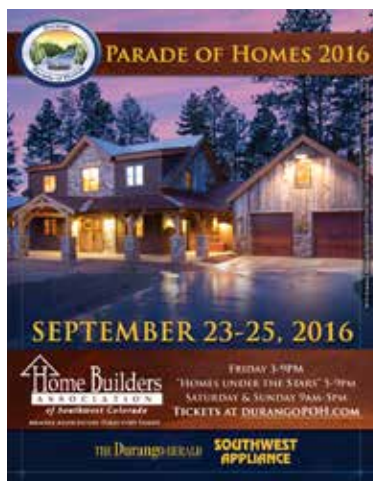


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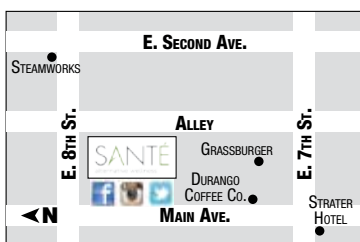
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BRAND IDENTITY RECREATION

Project: Create A New Brand for the Cortez Retail Enhancement Association



Current Brand

Scope of Work:

Logo image: Represent growth, support, investment, community, connection, Four Corner region

Fonts: Simplicity, clarity, modern, fresh, streamlined, professional, friendly,

Color palette: "Colors of Cortez" and the Colorado landscape

- The logo to be professional but still friendly, be reflective of the simplicity of a small, non-profit. The name Cortez Retail Enhancement Association really states what we are; that and CREA should be clear and visible. The logo should reflect growth, community, connection, support, vision.
- The font needs to be modern, clean, and readable. Fresh, friendly, streamlined, professional, preference sans serif.
- The new logo needs to work across all platforms of digital/social media, various prints, work as a single color/BW, and have both a vertical and horizontal option. Logo image needs to read clearly loaded as a circular Facebook profile picture.

Inspiration



Colors Chosen



Dark blue: RGB(48,63,82), HEX #303f52

Slate blue: RGB(144,172,186), HEX #90acba

Sand: RGB(194,167,80), HEX #c2a750

Sage green: RGB(118,139,64), HEX #768b40

Fonts

Aquire Font

Montserrat Font

Source Sans Pro Font

Concepts



Refined Concepts to Integrate Shopping Bag Idea



Final Design



PACKAGING

Directions for use:

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Albuquerque, NM, 87123
GMP Patent Pending



Directions for use:
Use only under medical supervision.

Take 1-4 packets daily as directed by your health care provider.

Mix contents of packet in 3-4 ounces of water or juice as directed by your health care provider, stir well, drink.

Ingredients:
Urea powder, natural flavors, multivitamin, citric acid, calcium silicate, sucralose.

844-980-9933

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ure-Na™
Urea 15g

ure-Na is a medical food for the management of hyponatremia. Each packet of ure-Na contains 15g of urea along with our proprietary flavor masking and stabilizing technology.

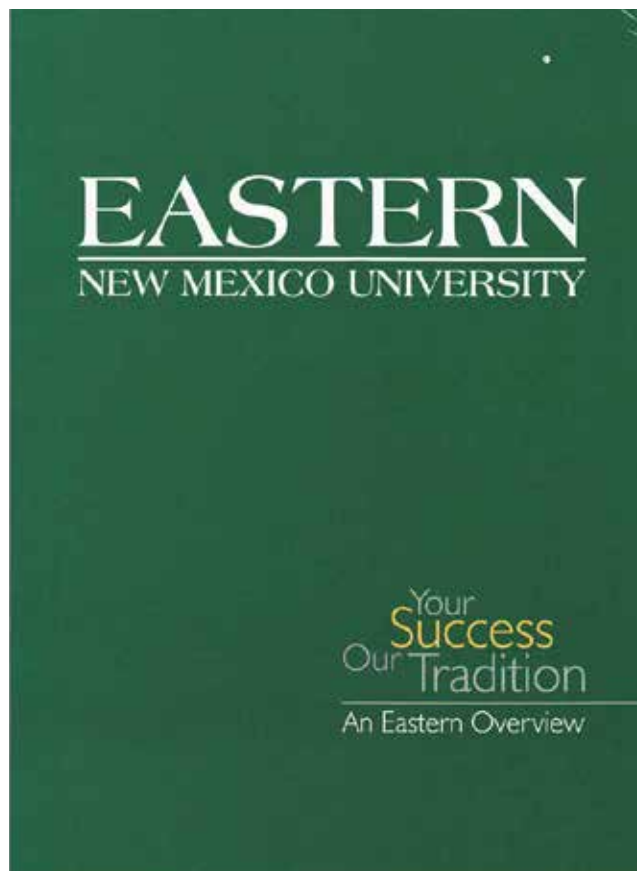
- Use only under medical supervision.
- Store in a cool, dry place.
- Clumping of the powder is normal.
- Keep out of reach of children.



To report a serious adverse event or for questions, call 1-844-980-9933.
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EDUCATIONAL MATERIALS



[Involvement = Success]

YOU'LL GET THE MOST OUT OF COLLEGE as you learn to balance your co-curricular and extra-curricular experiences. At ENMU, you will be able to explore more than 50 student organizations that range from academic, cultural, multicultural, service, special interest and fraternities/sororities. If you do not find a group you like, you can start your own: our Associated Students Activity Board (ASAB) will walk you through the steps.

Joining an organization at ENMU will help you meet other students from diverse backgrounds, as well as those who share common interests. You will have more demands upon your time, causing you to be less of a procrastinator and more efficient with your time management skills. Your involvement will enhance your resume, documenting your leadership and service experiences on campus.

In addition to the organizations we have on campus, you can also enjoy the various events that ENMU provides to the campus community including: dances, professional entertainers, concerts, movies, lectures, workshops, plays and athletic events (plus a strong intramural sports program).



[Discover Your Choices]

YOU HAVE BIG PLANS AND DREAMS ... college is the perfect place to start. At ENMU, you can choose from over 50 majors, 1,200 courses and even online programs to fit your busy schedule. You will be prepared for professional and personal success, learning from faculty in an environment designed to help you succeed in an ever-changing world.

As part of our tradition of providing a quality education, our degree programs continue to be nationally accredited by the Higher Learning Commission and we are a life-time member of the North Central Association of Colleges and Schools.

ENMU has earned program accreditations from the following agencies:

- Higher Learning Commission
- National Council for Accreditation of Teacher Education
- National Association of Schools of Music
- Association of Collegiate Business Schools and Programs
- American Speech-Language-Hearing Association
- National League for Nursing
- Council on Social Work Education



ADULT LEARNERS

ENMU WELCOMES STUDENTS returning to or starting college later in their careers or several years after high school. Our University recognizes these students require a different set of services than their traditionally aged counterparts. For more information, please call us at 575.562.2414.



BOOK COVERS



Huitzilopochtli is the sun God as well as the God of power and war in Aztec literature. Derived from classic Nahuatl language, huitzilin "hummingbird" and opochtli "left or south sided", he is named Hummingbird of the South. He was a guide and the tribal God of the Mexicas, or Aztecs of Tenochtitlan. He was the God who indicated to the Mexicas that they would find a place where an eagle would be eating a snake on a cactus. They were told by Huitzilopochtli that this exact spot is where they were to establish the great civilization of Mexico City, one of the greatest cities in the world, on an island in the middle of a lake.

Although I am not completely sure why my mother decided to tell me she would be that hummingbird which she asked me to look for in the future on her deathbed at the age of fourteen, I came to the realization that there was something very profound about this. She knew that I would feel the heaviest loneliness without her. She knew life would be a struggle and it was. Giving me something tangible was the only way she felt that there was a chance I would recover from this loneliness. The bird did guide me, and this book of memories is a testament to this. It's also about learning about my culture, being a child survivor of parental alcoholism, and a caretaker prematurely in life. Writing my poetry was an act of revelation and the reasons became more and more clear about why this mattered. I choose to believe that she wanted me to find something powerful in the skies, something that was more than her and more than a bird. This book is a work of beautiful self-discovery. A journey that any of us can take if we choose to hang on to something that morphs into what we are truly searching for. This book is for all and any who need something to believe in, for the lonely, to know that hope can take you anywhere. To never stop searching for what's meant to be.

"Sadness is the soul's way of saying 'this mattered'"

~K.J. Ramsey

"God has a way of arranging circumstances to make things work out in some other form..."

~Anonymous

"The truth is, if lost, we must take on the gargantuan mission of finding ourselves again."

~Estela Victoria-Cordero



Estela Victoria-Cordero

HUITZILOPOCHTLI



Estela Victoria-Cordero

HUITZILOPOCHTLI

Dieagnosis



Born Gabriel J. Acosta, Latino, Gay, and love for poetic art and writing. I am Voth: Voice of the harbor. Growing up, I was bullied for the majority of my life and at an early age, I attempted to commit suicide. I disconnected from society and found comfort in creative writing. My experiences, imagination, and talent to actively place the reader in my shoes is a journey from years of enduring the darkness of depression.

I hope I reach everyone and anyone suffering from mental illness, those healing from domestic violence, sexual assault, and child sex abuse, those who have suffered disease(s). An illness that can't be seen with the human eye doesn't mean that it's not there.

I am in remission from Lupus SLE and Liver Disease. Fighting both at the same time was challenging, but I prevailed. Life after living in darkness; it gets better.



VOTH

Dieagnosis

Dieagnosis

by
VOTH

COOKBOOK COVER AND PAGE SPREAD

80+ Delicious, Certified Recipes With Tips For Calming And Managing Your Sensitive Digestion With The Low FODMAP Diet Plan

Calm Tummy Happy Heart is the first low FODMAP cookbook from the United States with recipes certified by the Department of Gastroenterology of Monash University, Melbourne, Australia who developed the scientifically proven Low FODMAP Diet to relieve IBS-like symptoms associated with Celiac Disease, and Inflammatory Bowel Disease (IBD) such as Crohn's Disease, Ulcerative Colitis, SIBO and other digestive disorders. 1 in 7 people are affected by IBS and 75% find relief through this food plan.

FODMAPs are a group of short chain carbohydrates found naturally in many foods and food additives that trigger IBS symptoms. *Calm Tummy Happy Heart* offers robust, American Southwest recipes in proper serving amounts to alleviate these symptoms.

Southwest-based author, Amy Laura, suffered from a painful and misdiagnosed digestive condition (IBS) for over 30 years. After countless tests and food regimens with no results, she endured a frightening collapse in 2015. The incident prompted her to investigate the low FODMAP approach. Within three days of eating low FODMAP portions of foods, Laura felt relief for the first time in three decades.

"Understanding the concepts and adopting a new way of eating saved my life," says Laura. "The cookbook is my way of giving back." Laura selected choice entries from her vast home recipe box and converted over 80, with gut-friendly tips, by swapping in low FODMAP ingredient amounts. The diet lays out three phases—Elimination, Reintroduction and Personalization. All *Calm Tummy Happy Heart* recipes are Monash certified in accordance with Elimination, making the cookbook a perfect volume for those beginning to explore low FODMAP.

Laura worked closely on the project with Dédé Wilson of FODMAP Everyday, who is editor and recipe consultant for the book. Wilson is a professional recipe developer, author of numerous cookbooks, and worked as a contributing editor to Bon Appétit Magazine.

"IBS sufferers have unique food sensitivities within the FODMAP realm, and this food plan is about finding your individual balance for relief," says Laura. "When we find something that works, we can make decisions to improve our health without all of the guessing. This is what I've wanted and daydreamed of for so long."

Calm Tummy Happy Heart is designed to offer the home cook confidence in making certified dishes for a calm tummy, and hope and empowerment that lifts their hearts with happiness, hence the book's title.

Amy Laura
Southwestern United States
Website: www.fodifyit.com
© 2022 Fodify It! / Amy Laura and Jim Dodson
Cover Design by Jim Dodson



Calm Tummy ♥ Happy Heart ♥ Low FODMAP Recipes Certified by Monash University

Amy Laura

Calm Tummy Happy Heart

The First Monash Certified LOW FODMAP COOKBOOK From The United States

by
Amy Laura

LOW FODMAP ♥ GLUTEN-FREE ♥ DAIRY-FREE ♥ IBS FRIENDLY



AMERICAN SOUTHWEST INSPIRED
80+ Delicious Robust Recipes with Gut-Friendly Tips
Imperial/US Standard and Metric Measurements



LUNCHES

Shrimp Street Tacos

LOW FODMAP ♥ IBS FRIENDLY ♥ GLUTEN-FREE ♥ DAIRY-FREE

Street tacos are made with smaller tortillas making it easier for people buying from street vendors to hold in their hands as they eat and walk. This recipe is a quick and easy light lunch for two with bright, fresh flavors.



LUNCHES

MAKES 2 SERVINGS – 3 TACOS EACH

INGREDIENTS

- 1 medium (238 g) common tomato, cored, seeded, diced
- 1/2 (20 g) fresh jalapeño, stem, seeds and ribs removed, diced
- Juice of 1/2 lime, plus 1 small sliced lime for garnish
- 1 tablespoon (15 ml) plus 2 teaspoons (10 ml) canola oil; divided
- 6, 4 1/2-inch (10 - 11.25 cm) smaller street size LoFo gluten-free corn tortillas, store-bought or homemade (page 104)
- 18 medium shrimp, shelled, deveined, tails removed
- 1/4 teaspoon (1 g) fine sea salt, plus more to your taste
- 1/4 teaspoon fresh ground black pepper
- 1/4 cup (4 g) fresh medium packed fresh cilantro leaves

Method: Mix the tomato, jalapeño and juice of 1/2 lime in a small bowl. Set aside.

To warm the tortillas, heat 2 teaspoons (10 ml) oil in a large nonstick skillet to medium heat. Place the tortillas in the pan being sure they do not overlap. You may need to do this step in two batches. Move them around to coat with oil. Cook 1 minute and flip. Cook 1 minute and flip until toasted to a light golden brown. This won't take long at all. Wrap tightly in tin foil, a heavy clean kitchen towel, or place in a tortilla warmer.

Add 1 tablespoon (15 ml) oil to the hot skillet. Add the shrimp and lightly dust with salt and pepper. Flip with a spatula for 3 to 4 minutes until the shrimp turns pink, are cooked through and opaque. Remove from the heat.

Assembly: Place 3 tortillas on a plate. Add 3 shrimp to each, then top with the tomato jalapeño lime mix. Garnish with lime slices and cilantro. Repeat for the second plate and serve immediately.

Tip: If you are able to tolerate dairy, 1 teaspoon (3 g) fresh crumbled Queso Fresco per taco adds flavor and a nice creamy texture. If Queso Fresco is not available, feta cheese is fine.

Monash Note: Although chiles (chillies) are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural compound that gives chiles their spicy quality. You may need to limit how much chile you eat if your IBS symptoms are triggered by spicy food.



MURAL DISPLAYS



PRESENTATIONS



Proposal: Change Management Plan for Customer Relationship Management

1

Title Slide



Introduction

The purpose of this change management plan is to align everyone partaking in the current change process.

Our plan includes the necessary steps for successful implementation as well as the expected benefits, including:

- Setting the vision customer change process to be followed for all sales & campaigns
- Training on the technological requirements for CRM system implementation
- Developing a plan focused on 180-360-day timeline with constant review updates

2

Slide 2



Project Overview

Our current CRM is outdated. By upgrading to the new CRM system, we can bring together data from various sources so we get the full picture without having to create multiple reports.


We will ensure successful implementation by engaging the new CRM to focus on aligning all future customer experiences, and then it will be a benefit and support other data for existing content in order of priority.

A successful integration of the CRM should be executed based on two levels:

- The new CRM system implementation will be a success if it is easy to use and integrates with the existing CRM.
- The new CRM system will be a success if it is easy to use and integrates with the existing CRM.

3

Slide 3



Change Management Team

Project Sponsor: Mollie Ryerson
Project Manager: Belinda Fernandez
Change Manager: Kenneth Phan
Change Analyst: Juliana Romero

4

Slide 4



Project Sponsor Team Role and Responsibilities

Assigned: Mollie Ryerson

- Being a primary resource in making decisions regarding the new CRM.
- Ensuring the implementation team is kept updated on the progress of the project.
- Communicating with the whole company how the new CRM will be implemented.

5

Slide 5



Change Manager Team Role and Responsibilities

Assigned: Kenneth Phan

- Training the new CRM with data and reports to ensure clarity of individual roles.
- Ensuring the implementation team is kept updated on the progress of the project.
- Accounting for all data and reports to ensure they are accurate and up-to-date.
- Providing customer support and ensuring the new CRM system is used correctly.

6

Slide 6



Change Management Approach

The approach considered for the CRM will include:

- Development of the new CRM system to be implemented.
- A timeline to be developed for the CRM implementation to be completed over a period of 180-360 days.
- An assessment of the new CRM system.

7

Slide 7

CHILDREN'S THEATER POSTERS

TRYPS
PRESENTS

William Shakespeare's

As You Like It



Directed by Elizabeth Braaten Palmieri



All The World's a Stage

JULY 30-31, 2011
Saturday evening at 7:00PM
Sunday matinee at 2:00PM

performed at
TRYPS LITTLE THEATER

Tickets are \$7 public / \$3 children two and under
For more information (573) 449-4536

Tickets on sale at the TRYPS box office window.
General Seating
Box office opens one hour prior to curtain. • Theater opens thirty minutes prior to curtain.
Cash • Check • Visa • Discover • Mastercard

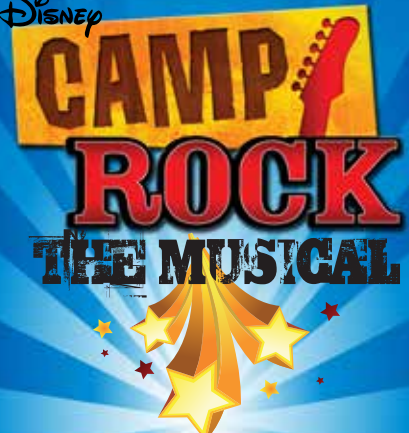
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Disney

CAMP ROCK THE MUSICAL



June 23-26, 2011
THURSDAY-SATURDAY at 7:00 PM
SUNDAY at 2:00 PM

performed at
ROCK BRIDGE HIGH SCHOOL

Box office opens one hour prior to curtain.
Theater opens thirty minutes prior to curtain.
Cash • Check • Visa • Discover • Mastercard

Advance tickets on sale at all Columbia HyVee stores and all Callaway Bank lobbies.
General Seating

Tickets are \$7 public / \$3 children two and under
For more information (573) 449-4536

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Shairspray

THE BROADWAY MUSICAL

performed at
ROCK BRIDGE HIGH SCHOOL



JULY 7-10, 2011
THURSDAY-SATURDAY AT 7:00 PM
SUNDAY AT 2:00 PM

Box office opens one hour prior to curtain.
Theater opens thirty minutes prior to curtain.
Cash • Check • Visa • Discover • Mastercard

Advance tickets on sale at all Columbia HyVee stores and all Callaway Bank lobbies.
General Seating

Tickets are \$7 public / \$3 children two and under
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Spring 2011 Musical Review

TRYPS
presents



Seussical^{jr.} The Musical