

Fort Collins Branch Newsletter October 2024

FCB Class Updates

Class of 2028: These students started the Gastrointestinal Systems Course on Sept. 30, and this course runs through Oct. 25. They will have Traverse 2 from Oct. 28-Nov. 1.

Class of 2027: These students began clinical clerkships on Sept. 16. They will be on campus every Wednesday for didactics.

Class of 2026: These students will have Advanced Science Courses through Nov. 18. They will be on campus on Mondays through mid-November.

Class of 2025: This class is currently in the Alpine phase, including Acting Internships and other electives, for the rest of their curriculum.

FCB MSA Student Tailgate – Oct. 12

Save the date for the FCB Medical Student Association (MSA) fall social, which is a tailgate before the CSU football game on Saturday, Oct. 12 for students and their families/spouses/partners. The tailgate will begin around 10:30 a.m. Details to come on the parking lot location. The game (vs. San Jose State) begins at 1:30 p.m. If you plan to go to the game with the group, don't forget to claim your student ticket and get tickets for your guests. The MSA will provide a breakfast item, but please bring a potluck dish and your own beverages. The MSA point person for the tailgate is Harry Green (HARRISON.GREEN@CUANSCHUTZ.EDU). Please contact him or any MSA rep with questions. This year's MSA reps are: Daron, Nell, Jess, Karan, Katelyn, Zach, Allison, Jacob, Harry, Laurel, Megan, and Jen F.

Student Flu Shot Reminders

Students, remember to get your flu vaccinations soon; these are due to OSL by Nov. 1. Check the FCB Student Life and Requirements course in Canvas for flu shot locations and clinic times in Northern Colorado. Once you receive your flu vaccination, please upload it to MyRecordTracker or Complio for MS1s.

Highlighted Events:

CU Anschutz Events

Access the schedule for AMC events, including Grand Rounds, Lectures, Seminars, Workshops, & OSL events, at https://calendar/upcoming/.

FCB Office Days for Dean Scott (aka Dean Scotty)

Dr. Maurice Scott, Assistant
Dean of Student Affairs, will
be in-person at the FCB on
the following days and will
be available to meet with
students: Oct. 11 and Nov.
14. To make an appointment
or to confirm office hours,
students can email him at
maurice.scott@cuanschutz.edu.

FoCo Foodie Walk

The Fort Collins Foodie Walk is a monthly self-guided walking tour from 5-8 p.m. on the third Friday of each month to celebrate the culinary culture in Downtown Fort Collins. For details and participating locations, visit Fort Collins Foodie Walk™ | Play | Downtown Fort Collins, CO.

CSU Graduate Student Showcase

The 2024 Graduate Student Showcase, celebrating research and creativity, will be Nov. 20. **Final proposal submissions are due on Oct. 4.** The 2024 Gradshow is a showcase of research, entrepreneurship, and creativity...a conference for students to present their work and talents, to connect with other graduate students and faculty at CSU, learn about other disciplines, and gain conference experience. Presentations will be at the Lory Student Center. For more information, visit Graduate Student Showcase (colostate.edu).

Mental Health & Well-Being Resources from CSU, AMC and CO Medical Society

YOU@CSU – The purpose of YOU@CSU portal is to connect students with campus resources and other online educational tools to increase student success. Students can find personalized tips and tools for everything from your mental and physical health, to friendships and finding balance. https://you.colostate.edu/

<u>SilverCloud Health</u> – Self-guided online programs based on Cognitive Behavioral Therapy to help you enhance well-being, manage anxiety and depression, improve your sleep, boost your body image, and more. https://health.colostate.edu/silvercloud/

<u>Mindfulness Apps</u>: Unwinding Anxiety, Insight Timer, Headspace, StopBreatheThink, Smiling Mind, The Shine App, Liberate Meditation, and Calm are apps that offer many ways to practice and learn about mindfulness to enhance well-being.



<u>Nod app – Strengthen your connections</u> –A free app that offers ideas for strengthening social ties, using evidence-based practices. It is designed to help mitigate feelings of loneliness and provide tools for students to practice creating connections, especially in this virtual time. https://health.colostate.edu/nod/

<u>CSU Health Network, Crisis Coverage</u>: Crisis intervention services are available by stopping by Counseling Services on the 3rd floor of the CSU Health and Medical Building or by calling 970-491-6053 during business hours. They can provide an immediate assessment of the situation and, when necessary, facilitate a mental health hospitalization. After-Hours Crisis Intervention is available on evenings, weekends, and holidays by calling the CSU Health Network On-Call Counselor at 970-491-6053.

<u>CU Student & Resident Mental Health</u>: CU's Student and Resident Mental Health services are available to students anywhere in the state of Colorado. Virtual and in-person visits are available. To schedule an appointment, call 303-724-4716 and leave a message for a return call or email <u>SMHservice@ucdenver.edu</u>. For more information and additional resources, please visit

https://medschool.cuanschutz.edu/psychiatry/programs/student-resident-mental-health or amc-student-resource-guide.pdf (cuanschutz.edu).

CMS Physician Wellbeing Resource Center

The Colorado Medical Society offers several well-being resources for physicians and medical students. See the full list here: Physician Wellbeing Resource Center – Colorado Medical Society (cms.org).



The Symposium for Inclusive Excellence

The Symposium for Inclusive Excellence runs Oct. 21-25 and is organized and facilitated by the Office of Inclusive Excellence (OIE) at CSU. The event's goal is to build community "where diverse people, perspectives, and ideas are affirmed and celebrated." Program partners include CSU Pueblo, CSU Global, CSU Spur, Poudre School District, the City of Fort Collins, and local community organizations. For details or to register, visit https://inclusiveexcellence.colostate.edu/symposium/.

Gates Institute Funding Opportunity

Applications are now being accepted through November 15 for the **2024 Gates Grubstake Fund**. Each year, the Gates Institute awards up to \$1.5 million in total funding to support multiple investigator-led projects focused on the research and development of cell/gene therapy and regenerative medicine-related technologies including therapeutics, diagnostics, devices, manufacturing solutions, and platforms. Gates Institute partners with CU Innovations on the selection process, which is described in further detail at https://grubstake.secure-platform.com/a. In addition, Gates Institute will host an informational webinar at **1** p.m. on October **4**; please register here.



IMPORTANT DATES

- October 4: Informational Webinar (see website for more information)
- November 15: Applications Due
- Late January: Selection for Pitch Night
- Mid-February: Pitch Night Presentations
- March: Award Notification

Please contact our Grubstake Planning Committee with any questions: grubstake.award@olucdenver.onmicrosoft.com



Tour de Corgi

Head down to Civic Center Park and Old Town on **Sat., Oct. 5** for Tour de Corgi which includes a meet-up and parade of corgis. The costume contest begins at 10 a.m. and the parade begins at noon at Civic Center Park. The public is welcome to visit Civic Center Park and the dog-related vendor booths. Proceeds of the event benefit 4 Paws Pet Pantry, Colorado Corgis and Friends Rescue, Wyoming Dachshund and Corgi Rescue, and Bandits K9Care. For more information or to register, visit https://tourdecorgi.org/.



CANS Around the Oval and Rams Against Hunger

CANS Around the Oval is a 37-year-old tradition, occurring now through mid-October, which has the goal of raising awareness about food insecurity and collecting donations for the Food Bank for Larimer County. The food bank not only serves the county but the CSU campus community via the Rams Against Hunger program. There are multiple ways to give (not just cans) to help relieve food insecurity for Rams and our Northern Colorado neighbors. **CANS Around the Oval Collection Day is on Wed., Oct. 16.** For information about CANS around the Oval, visit



https://lsc.colostate.edu/slice/community-engagement/cans-around-the-oval/. For more information about Rams Against Hunger and campus food pantries, visit https://lsc.colostate.edu/slice/community-engagement/rams-against-hunger/.

Halloween in NoCo

The **Loveland Zombie Crawl** is Sat., Oct. 19 starting at 4 p.m. at Loveland Aleworks. The event will feature makeup artists to zombify you, photo booth, and food trucks. <u>Loveland Zombie Crawl</u> - <u>Visit Loveland</u>, <u>CO</u>

Downtown Fort Collins Tiny Tot Halloween will be Thursday, Oct. 31 from 10 a.m. to 1 p.m. <u>Tiny Tot</u> Halloween | Play | Downtown Fort Collins, CO

Join **Windsor's Halloween Carnival** on Sat., Oct. 26 from 11:30-4 p.m. at Boardwalk Park for Halloween activities, trick-or-treating, food trucks, inflatables, Zombie Dash Fun Run and Howl-o-ween Yappy Hour. Halloween Carnival | Windsor Parks, CO (recreationliveshere.com)

The **City of Fort Collins' Treatsylvania** is a non-spooky Halloween event for families at the Farm at Lee Martinez Park on Oct. 25, 26 and 27. Tickets go on sale on Oct. 2 for this event. <u>Treatsylvania - City of Fort Collins (fcgov.com)</u>

NoCo Pumpkin Patches and Farms

Adam's Apple Orchard and Country Store, 42135 Weld County Road 43, Ault.

https://adamsapplecolorado.com/

The Bartels Farm, 3424 E. Douglas Road, Fort Collins. https://www.thebartelspumpkinpatch.com/ Jack Lantern's Corn Maze and Pumpkin Patch, 2318 S. County Road 5, Fort Collins.

https://www.nococornmaze.com/

Osborn Farm, 1230 S. Boise Avenue, Loveland. http://www.osbornfarm.com/

Something from the Farm, 8020 S. Timberline Road, Fort Collins.

http://www.somethingfromthefarm.com/index.html

Hergenreder Family Farm (corn maze and pumpkin path), 13332 Co Rd. 5, Longmont. Hergenreder Farms | Longmont CO | Facebook

Colorado Leaf Viewing

Fall Drives:

These are the 9 best drives to see fall colors in Colorado | 9news.com

Fall Colors at Colorado State Parks:

It's leaf-peeping season: Find fall colors at Colorado state parks | Colorado Parks and Wildlife

Colorado Fall Colors Resources:

https://www.cpr.org/2023/09/08/leaf-peeping-season-where-to-find-fall-colors-in-colorado/

For an interactive fall foliage map of Colorado, visit

Colorado Fall Foliage Map: Find Fall Color in 2024 (explorefall.com).

Fall Color Forecast:

Colorado fall colors forecast 2024 | Fall foliage map (kdvr.com)



The Pinpoint Weather team's 2024 Colorado fall colors forecast map, as of Aug. 20, 2024. (KDVR)

CSU Fall Address and Campus Picnic

On **Wed., Oct. 2 from 11-1 p.m.**, the CSU community is invited to gather at the Oval for the Fall Address and University Picnic. The event will include updates from CSU President Amy Parsons, a performance by the CSU Marching Band, and a free picnic. For details, visit <u>Save the date: Fall Address and University Picnic set for Oct. 2 (colostate.edu)</u>.

HOMECOMING AND FAMILY WEEKEND

CSU Homecoming & Family Weekend

Save the date for CSU's Homecoming and Family Weekend, October 24-26. Some of the scheduled events include:

Fri., Oct. 25 – Festival on the Oval, 3-6 p.m. Come to the biggest party on the block! The Festival features a beer garden, bounce houses, lawn games, and interactive booths from more than 70 areas on campus and around the community.



Fri., Oct. 25 – Friday Night Lights. Get your pep on at the Friday Night Lights festivities. Enjoy one of Homecoming's most iconic traditions in the bonfire and fireworks displays, hear from CSU Athletics and jam with the DJ during the pre-game pep rally.

Sat., Oct. 26 – CSU Homecoming 5K, 8-10 a.m., The Oval. All ages and abilities are welcome. Registration required though the Homecoming link below.

Sat., Oct. 26 – Ram Walk Tailgate, 11 a.m. – 2:30 p.m. Tailgate with fellow Rams fans during the Ram Walk Tailgate and inside the Iris and Michael Smith Alumni Center, where you'll find food and drink for purchase, photos with CAM, Green and Gold community and more.

Sat., Oct. 26 – CSU Rams Football vs. New Mexico, 3 p.m., Canvas Stadium. Cheer on the Rams to a homecoming victory.

For homecoming details, visit https://homecoming.colostate.edu/.

Ram Town and Ram Walk

When attending CSU football games, plan for time at Ram Town, the central hub for tailgating and pre-game activities located on the corner of Meridian Ave. and Hughes Way, Ram Town is the main tailgating location for all reserved tailgates as well as the Ram Walk Tailgate. Ram Town will include inflatables and other game day entertainment to include live local bands, as well as front row access to the Ram Walk as the team begins their march towards Canvas Stadium.



Campus Activities



CSU Home Athletics

Thurs., Oct. 3, **Soccer vs. San Jose State**, 4 p.m., CSU Soccer Field Thurs., Oct. 3, **Volleyball vs. San Jose State**, 7 p.m., Moby Arena Sat., Oct. 5, **Volleyball vs. Fresno State**, 1 p.m., Moby Arena

Sun., Oct. 6, Soccer vs. Fresno State, 1 p.m., CSU Soccer Field

Tues., Oct. 8, Volleyball vs. Wyoming, 6 p.m., Moby Arena

Thur., Oct. 10, Soccer vs. Boise State, 4 p.m., CSU Soccer Field

Thur., Oct. 10, Volleyball vs. Boise State, 7 p.m., Moby Arena

Sat., Oct. 12, Rams Football vs. San Jose State, 1:30 p.m., Canvas Stadium

Sun., Oct. 13, Soccer vs. Utah State, 1 p.m., CSU Soccer Field

Fri., Oct. 18, Women's Swimming vs. Washington State, 4 p.m., Moby Pool

Thur., Oct. 24, Soccer vs. New Mexico, 7 p.m., CSU Soccer Field

Sat., Oct. 26, Volleyball vs. Air Force, 11:30 a.m., Moby Arena

Sat., Oct. 26, Rams Football vs. New Mexico, 3 p.m., Moby Arena

Wed., Oct. 30, Men's Basketball vs. Adams State, Time TBA, Moby Arena

Thurs., Oct. 31, Soccer vs. Wyoming, 4 p.m., CSU Soccer Field

Thurs., Oct. 31, Volleyball vs. UNLV, 7 p.m., Moby Arena

Sat., Nov. 2, Women's Swimming vs. Colorado Mesa, 12 p.m., Moby Pool

Sat., Nov. 2, Volleyball vs. San Diego State, 1 p.m., Moby Arena

For more information, visit https://csurams.com/.



CU Home Athletics

Thurs., Oct. 3, **Volleyball vs. Kansas**, 7 p.m., CU Events Center Sat., Oct. 5, **Soccer vs. TCU**, 12 p.m., Prentup Field Sat., Oct. 5, **Volleyball vs. Texas Tech**, 6 p.m., CU Events Center

Sat., Oct. 12, **Buffs Football vs. Kansas State**, Time TBA, Folsom Field

Sun., Oct. 13, Soccer vs. UCF, 12 p.m., Prentup Field

Wed., Oct. 23, Volleyball vs. West Virginia, 7 p.m., CU Events Center

Fri., Oct. 25, Soccer vs. Utah, 7 p.m., Prentup Field

Fri., Oct. 25, Volleyball vs. BYU, 7 p.m., CU Events Center

Sat., Oct. 26, Buffs Football vs. Cincinnati, Time TBA, Folsom Field

Mon., Nov. 4, Men's Basketball vs. Eastern Washington, Time TBA, CU Events Center

For more information or to purchase tickets, visit https://cubuffs.com/.

Music, Theatre & Art at CSU

Tues., Oct. 1 @7:30 p.m. – Virtuoso Series Concert: Bryan Wallick (Piano), Organ Recital Hall, UCA Thur., Oct. 3 @ 7:30 p.m. – *Everybody* by Branden Jacobs-Jenkins, Studio Theater, UCA. This is a production by The School of Music, Theater, and Dance. Other performance dates are Oct. 4, 5 and 6. Mon., Oct. 7 @ 7:30 p.m. – Virtuoso Series Concert: Tiffany Black (Soprano), Organ Recital Hall, UCA Thurs., Oct. 10 @ 7:30 p.m. – University Symphony Orchestra Concert: The Uncommon Woman, 7:30 p.m., Griffin Concert Hall, UCA

Mon., Oct. 14 @ 7:30 p.m. – Classical Convergence: ETHEL and Robert Mirabal, Griffin Concert Hall, UCA Tues., Oct. 15 @ 7:30 p.m. – Guest Artist Concert: Michael Compitello (Percussion), Organ Recital Hall, UCA Wed., Oct. 16 @ 7:30 p.m. – Fall Choral Showcase, 7:30 p.m., Griffin Concert Hall, UCA Fri., Oct. 18 @7:30 p.m. – Opera Scenes: Presented by the Ralph Opera Program, Studio Theatre, UCA Sun., Oct. 20 @ 4 p.m. – Concert Orchestra Concert: A Fabled Afternoon, Organ Recital Hall, UCA Wed., Oct. 30 @ 7:30 p.m. – Jazz Combos Concert, Griffin Concert Hall, UCA Thurs., Oct. 31 @ 6, 8 and 10 p.m. – Halloween Organ Extravaganza, Organ Recital Hall, UCA Through Dec. 14 – Art of the Rocky Mountain Homelands of the Arapaho and Cheyenne Nations, Gregory Aliicar Museum of Art, UCA https://artmuseum.colostate.edu/

Fri., Nov. 1 @ 7:30 p.m. – *Into the Woods* by Stephen Sondheim and James Lapine, University Theatre, UCA. Other performances of *Into the Woods* will be Nov. 2, 7, 8, and 9 at 7:30 p.m. and Nov. 3 and 10 at 2 p.m.

For more information and tickets, visit https://theatre.colostate.edu/ or https://theatre.colostate.edu/ events/.

Other CSU Events

Thur., Oct. 3 @ 4:30 p.m. – Distinguished Lecture in Environmental Ethics/Caring about Nature: Necessary Responses to Our Climate Crisis. Dr. Chris J. Cuomo, Professor of Philosophy and Women's and Gender Studies at the University of Georgia will speak. This Philosophy Department event will be in the Lory Student Center Rooms 308-310. Register here: https://colostate.az1.qualtrics.com/jfe/form/SV bHNkBxTxVFERMpw.

Fri., Oct. 4 @ 6 p.m. – **KRNC Caribbean Cooking Class.** This event by the College of Health and Human Sciences, Food Science and Human Nutrition will be in the Kendall Reagan Nutrition Center. Cost is \$50/person. Register at https://fshn-colostate.nbsstore.net/caribbean-night-cooking-class-fort-collins.

Sat, Oct. 5 @ 9 a.m. – **Ezekiel's Strength 5K Memorial Run**, CSU Oval. This memorial run raises funds and awareness for those with epilepsy. To register, visit https://www.eventbrite.com/e/ezekiels-strength-5k-memorial-runwalk-tickets-966689924587?aff=oddtdtcreator.

Fri., Oct. 25 @ 6 p.m. – Third Annual Black Excellence Dinner: From BSS to B/AACC, Lory Student Center Theatre. For more information, visit https://baacc.colostate.edu/ For tickets, visit Overview: The 3rd Annual Black Excellence Dinner: From BSS to B/AACC: Colorado State University - Advancement: Events (colostate.edu).

Wed., Oct. 30 @12 p.m. – **Health Opportunities of Built Environment Policies**, CSU's Center for Healthy Aging, 151 W. Lake. The Healthy Aging Speaker Series returns with a lecture featuring Assistant Professor David Rojas-Rueda from the Dept. of Environmental and Radiology Health Sciences who is speaking on the impact of urban design on public health and how built environment influences disease and mortality in adults. Registration is required.

https://calendar.colostate.edu/?trumbaEmbed=view%3Devent%26eventid%3D177678703

Student & Faculty Research

Are you engaged in research or scholarship at the CUSOM at CSU via a conference presentation or poster, publication, or grant award? Please help us keep track of student and faculty work! In particular, we'd like to showcase student research on the website. Students and faculty can log scholarly contributions via this link at any time: https://app.smartsheet.com/b/form/60ad3e42628a49b1b8613b1bb7f400ff. Valerie Lewis (Valerie.Lewis@colostate.edu) is happy to answer questions or provide more information. Thank you!





CUSOM@CSU Apparel Catalog

The CUSOM@CSU Apparel catalog through Imprints Fort Collins is open for orders of select items. Items using this approved CUSOM@CSU logo are available through the link below; the logo displayed here cannot be altered due to licensing issues. When you submit your inquiry using the catalog, Imprints Fort Collins will then

contact you with a final price quote including shipping cost to your address and estimated ship date. If you approve of the quote, they will provide you with an online link to the payment portal for prepayment. Normally, order completion and ship date are 10-15 business days after confirmation of each order. View the CUSOM @ CSU catalog: https://www.companycasuals.com/CUMedCSU/start.jsp. For items from CU Anschutz: https://cuanschutz.spirit.bncollege.com/.

In the News

"Incarcerated Populations and Healthcare: Myths and Facts" by Matthew Hastings Incarcerated Populations and Healthcare: Myths and Facts (cuanschutz.edu)

"Immune Health is All About Balance" by Aimee Bernard, PhD

Immune Health Is All About Balance – an Immunologist Explains Why Both Too Strong and Too Weak an Immune Response Can Lead to Illness (cuanschutz.edu)

"Your Heart Changes in Size and Shape with Exercise – This can Lead to Heart Problems for Some Athletes and Gym Rats" by William Cornwell, MD Your Heart Changes in Size and Shape With Exercise – This Can Lead to Heart Problems for Some Athletes and Gym Rats (cuanschutz.edu)

"World Health Organization Declares an Mpox Public Health Emergency: Here's What to Know" by Greg Glasgow World Health Organization Declares an Mpox Public Health Emergency: Here's What to Know (cuanschutz.edu)

"As Al Paves the Way for Healthcare Innovation, Can We Avoid the Potholes" by Carie Behounek As Al Paves the Way for Healthcare Innovation, Can We Avoid the Potholes? (cuanschutz.edu)

"What is Translational Medicine?", an op ed by Dr. Sue VandeWoude What is translational medicine? (colostate.edu)

"Translational Medicine: From Animals to Humans" by CSU University Marketing and Communications Translational medicine: From animals to humans (colostate.edu)

"Disease Detectives: On the hunt for public enemy no. 1"

Disease Detectives: On the hunt for public enemy No.1 (colostate.edu)

"New drug may improve memory in older adults, treat Alzheimer's" by Mark Gokavi

New drug may improve memory in older adults, treat Alzheimer's - College of Health and Human Sciences
(colostate.edu)

"New study identifies a key component to cognitive decline" by Hannah Halusker New study identifies a key component to cognitive decline (colostate.edu)

"De-stress with dogs at the Morgan Library this Fall" by CSU MarComm Staff De-stress with dogs at the Morgan Library this fall (colostate.edu)



Faculty Spotlight
Barbara Hager, MD

Clinical: UCHealth Harmony Campus, Neurology Clinic
Dr. Barbara Hager grew up in Texas and went to medical school at the University
of Texas – Houston (now UTHealth McGovern Medical School). She completed
neurology residency at George Washington University, followed by Clinical
Neurophysiology – Epilepsy fellowship at the University of Chicago. She has been
practicing neurology in the Northern Colorado region since then. Dr. Hager
enjoys the enthusiasm of medical students and hopes to show them that
neurology doesn't have to be scary. When not working, she spends time with her
husband, two kids, dog and cat as well as biking and baking.

CUSOM – Fort Collins Branch

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