



Fort Collins Branch Newsletter

September 2022

FCB Class Updates

Class of 2026: This group of students is wrapping up Foundational Principles and have their first end-of-course exam on Sept. 2. They start the course on Hematologic and Lymphatic Systems on Sept. 12 after completing their first Traverse Week.

Class of 2025: These students started Pre-LIC (Longitudinal Integrated Clerkships/Clinical) Basecamp on Sept 6 in preparation for their Clinical Clerkship rotations which begin on Sept. 19.

Class of 2024: This group is continuing with their clinical clerkship experiences. They have completed three Shelf exams with two more to go before the end of their clerkships.

DEIJ Resources

Marcela Henao-Tamayo, M.D., Ph.D., Director of Diversity, Equity and Inclusion for CUSOM @ CSU will be making regular submissions to this newsletter of resources for the FCB community to consider and explore. This month she would like to share “An inclusive welcome” letter by Naomi Nishi. <https://cvmb.ssource.colostate.edu/an-inclusive-welcome/>

Rams Read Author Visit

On Wednesday, Sept. 21 from 5-6 p.m. in the Lory Student Center Theater, CSU’s Thematic Year Committee will be hosting author, Dr. Mona Hanna-Attisha to discuss her book “What the Eyes Don’t See.” The event is a part of the expansion of the Rams Read program, which will be a Thematic Year focusing on Health. Dr. Hanna-Attisha is a pediatrician, professor and public health advocate who spearheaded efforts to reveal, publicize and fix Flint, Michigan’s water crisis.

Resources: <https://thematicyear.colostate.edu/book-and-author-info/>
<https://source.colostate.edu/csu-expands-rams-read-into-thematic-year-initiative-health-is-theme-for-2022-23/>

Fort Collins Events:

Museum of Art FoCO:

A Culture Preserved (in the Black Experience) Art Exhibition,

through Oct. 16 at MoA Fort Collins, 201 S. College. This exhibit

addresses “how Black culture and its heritage reflect and shape the values, beliefs, and aspirations, which define a people’s identity.”

<https://moafc.org/exhibitions/>.

Rocky Mountain Raptor Program

Thurs., Sept. 15, 5-7:30 p.m., Old Town Square. Live ambassador raptors will be on display to educate people about the program’s mission and the raptors.

<https://www.rmrp.org/>

FoCo Korean Festival

Sat., Sept. 24, 8 a.m.-5 p.m., Old Town Square. Enjoy various cultural performance to celebrate Korean culture and heritage.

<https://downtownfortcollins.com/event/korean-festival/>

CVMBS/DVM Wellness Information

September is Suicide Prevention and Awareness Month. “The American Medical Association (AMA) notes that suicide rates for physicians are higher than in the general population. Their research has indicated that factors including depression, emotional exhaustion, substance use disorder, impaired relationships, and self-destructive tendencies contribute to increased suicide rates for medical doctors.” This is from an article by Pamela Kemp, DVM Counselor and Manager of Wellbeing Program, CVMBS. Please see the complete article and resources in Appendix 1 at the end of this newsletter.

Fall Events in Northern Colorado



Elk Fest or “Elktober”

This free event in Estes Park is October 1-2 at Bond Park (170 MacGregor Ave., Estes Park). Celebrate Estes Park’s resident elk at this family-friendly festival. Enjoy Vendors, live music, food trucks, wildlife education, bugling contests, performances and more. For details, please visit <https://www.visitestespark.com/events-calendar/fall-events/elk-fest/>.

Loveland Oktoberfest

This event is Sept. 16-17 and will feature beer from several Loveland craft breweries and food from vendors. Beer will be sold in several locations and allowed anywhere inside the fenced area. Wear your dirndl and lederhosen for the best dressed contest on Saturday afternoon or hold those steins high for the stein hoisting contest. Loveland Oktoberfest will be celebrated from 3-9 p.m. on Friday, Sept. 26 and 12-9 p.m. on Saturday, Sept. 27 at Fairgrounds Park, Loveland. The event is free to attend. For details, please visit <https://oktoberfestloveland.org/>.

Timnath Fall Festival, Sept. 17

Celebrate Autumn at the Timnath Fall Festival at Timnath Community park on Saturday, Sept. 17 from 11 a.m. to 3 p.m. The event will feature live music from Green House Band and Venture Still, an artisan market, local craft beer, food trucks, a photo booth, a variety of free activities and crafts for the whole family. The event will also be raising money for the Children’s Speech and Reading Center. For details, please visit <https://timnath.org/fall-festival/>.



Tour de Corgi

Head down to Civic Center Park and Old Town on Sat., Oct. 1 for this Corgi meet-up and parade of corgis. The costume contest begins at 10 a.m. and the parade begins at noon at Civic Center Park. If you have a corgi and would like to participate, please visit <https://tourdecorgi.org/>. Participants must register in advance. The public is welcome to visit Civic Center park and the vendor booths. Proceeds of the event benefit 4 Paws Pet Pantry, Colorado Corgis and Friends Rescue, Wyoming Dachshund and Corgi Rescue, and Bandits BandAid.



Great American Beer Festival

The GABF will be marking its 40th year of celebrating craft beer during the event Oct. 6-8 at the Colorado Convention Center in Denver. It will feature 500 breweries, 2,000+ craft beers. The Great American Beer Festival is the premier U.S. beer competition, showcasing the finest

examples or more than 100 beer styles. Please visit <https://www.greatamericanbeerfestival.com/> for details and ticket information. This event sells out, so if interested, get your tickets soon.

Mile High Horror Film Festival

The Mile High Horror Film Festival (MHHFF) is Oct. 6-12 in Denver. It features the very best horror, thriller, and sci-fi film programming from around the world. For details and ticket information, please visit <https://www.mhhff.com/>.

Campus Activities



CSU Home Athletics

Thur., Sept. 8, Women's Soccer vs. Montana, 3 p.m., Fort Collins

Sun., Sept. 11, Women's Soccer vs. Denver, 3 p.m., Fort Collins

Thur., Sept. 15, CSU Volleyball vs. CU, 7 p.m., Fort Collins

Tues., Sept. 20, Volleyball vs. Wyoming, 7 p.m., Moby Arena, Fort Collins

Thur., Sept. 22, Volleyball vs. UNLV, 7 p.m., Moby Arena, Fort Collins

Fri., Sept. 23, Women's Swimming and Diving, Green and Gold Intra-squad, 7 a.m., Fort Collins

Sat., Sept. 24, Ram Football vs. Sacramento State, 2 p.m., Canvas Stadium

Thur., Sept. 29, Women's Soccer vs. Boise State, 3 p.m., Fort Collins

Fri., Sept. 30-Sun., Oct. 2, Women's Tennis, Jon Messick Invitational, all day, Fort Collins

Thur., Oct. 6, Volleyball vs. Nevada, 7 p.m., Moby Arena, Fort Collins

Sat., Oct. 8, Volleyball vs. San Jose State, 1 p.m., Moby Arena, Fort Collins

For details, ticket information, and a complete schedule of events, visit <https://csurams.com/>



CU Home Athletics

Fri., Sept. 16, Volleyball vs. CSU, 7 p.m., Boulder

Sat., Sept. 17, Women's Soccer vs. Denver, 1 p.m., Boulder

Sat., Sept. 24, Football vs. UCLA, Time TBD, Boulder

Sun., Sept. 25, Volleyball vs. Arizona State, 1 p.m., Boulder

Fri., Oct. 7, Volleyball vs. Stanford, 7 p.m., Boulder

For details, ticket information, and a complete schedule of events, visit <https://cubuffs.com/calendar>



CSU Homecoming & Family Weekend, October 13-15

Schedule at a Glance

Homecoming & Family Weekend Kickoff, Thursday, Oct. 13, 4-6 p.m.

Distinguished Alumni Awards, Thursday, Oct. 13, 5 p.m.

50 Year Club Luncheon, Friday, Oct. 14, 11 a.m.

Festival on the Oval, Friday, Oct. 14, 3-6 p.m.

CSU Alumni Association Member BBQ, Friday, Oct. 14, 5:30 p.m.

Friday Night Lights (Bonfire, Fireworks, Lighting of the A), Friday, Oct. 14, 6 p.m.

Homecoming 5K Race, Saturday, Oct. 15, 8 a.m. start time

Coors Light Ram Walk Tailgate & Smith Alumni Center Open to All, Saturday, Oct. 15, 1 p.m.

Colorado State vs. Utah State, Homecoming & Family Weekend Football Game, Saturday, Oct. 15, 5 p.m.

For full details, please visit <https://homecoming.colostate.edu/>

Homecoming 5K Race Details

The 42nd annual Homecoming 5K is set for Oct. 15, with an 8 a.m. start time. The race is a great way for community, alumni, and students to come together for fun, fitness, and a sense of Ram pride. All ages and abilities welcome. A virtual race option is available for those who can't be on the Oval on Oct. 15 but still want to participate. Registration is open now. For details and to register, visit

<https://www.chhs.colostate.edu/hes/outreach-and-engagement/homecoming-5k-race/>.

CSU Rams Football

CSU home football schedule at Canvas Stadium:

Sat., Sept. 10 vs. Middle Tennessee @ 2 p.m.

Sat., Sept. 24 vs. Sacramento State @ 2 p.m.

Sat., Oct. 15 vs. Utah State @ 5 p.m. (Homecoming Game)

Sat., Oct. 22 vs. Hawaii, Time TBA

Sat., Nov. 12 vs. Wyoming @ 5 p.m.

Fri., Nov. 25 vs. New Mexico @ 1:30 p.m.

For details, ticket information, and a complete schedule of events, visit <https://csurams.com/>

Music and the Arts at CSU

Mon., Sept. 12, Virtuoso Concert Series, The Mendelssohn Trio, 7:30 p.m., Organ Recital Hall, University Center for the Arts (UCA)

Tues., Sept. 13, Virtuoso Concert Series, Duo Francois, 7:30 p.m., Organ Recital Hall, UCA

Thurs., Sept. 22 and Friday, Sept. 23, 7:30 p.m., University Symphony Orchestra presents "A Dark and Stormy Night" conducted by Wes Kenney, Griffin Concert Hall, UCA

Mon, Sept. 26, Virtuoso Concert Series, Michelle Stanley, Flute, 7:30 p.m., Organ Recital Hall, UCA

Tues., Sept. 27, Virtuoso Concert Series, Becky Kutz Osterber, Cello and Juhyun Lee, Piano, 7:30 p.m., Organ Recital Hall, UCA

Wed., Sept. 28, Guest Artist Concer: Due Cintemani, 7:30 p.m., Organ Recital Hall, UCA

Thurs., Sept. 29, CSU Jass Ensembles Concert: Jazz Classics, 7:30, Griffin Concert Hall, UCA

Sat., Oct. 1, Guest Artist Concert: JungWoo Kim, Baritone and Mutsumi Moteki, Piano, 7:30 p.m., Organ Recital Hall, UCA

For details, please visit <https://music.colostate.edu/events/>. For ticket information, please visit <https://csuartstickets.universitytickets.com/>

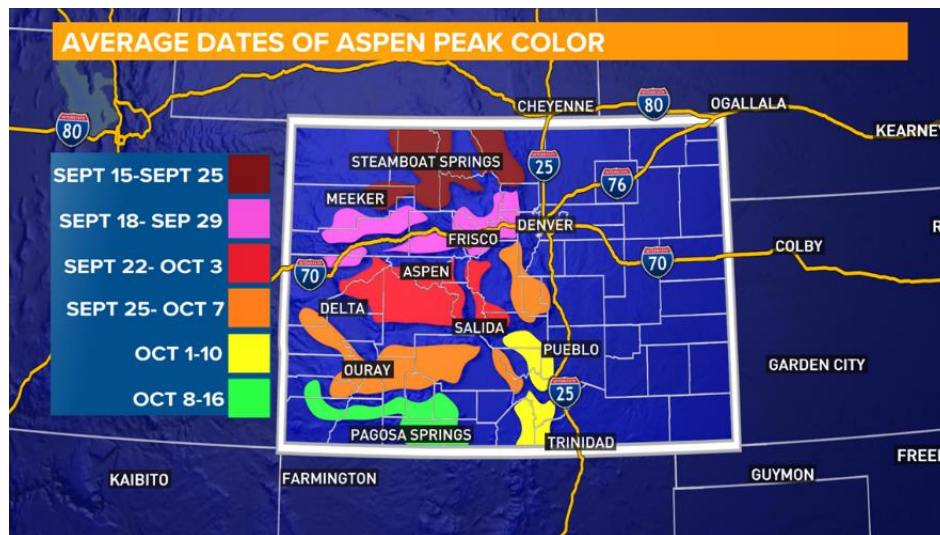
Colorado Leaf Viewing

Fall Drives:

<https://www.9news.com/article/weather/fall-colors/best-fall-drives/73-4b927033-1a1d-4cbc-a220-3d606bbfa490>

Colorado Fall Colors Map and Timeline:

<https://www.9news.com/article/weather/fall-colors/fall-leaves-colorado/73-ed839abe-c436-4f76-a242-c947a7dc24d5>



Source: 9 News

In the News

“UQ-Bio Introduces undergraduates to Quantitative Biology” by Rich Young

<https://engr.source.colostate.edu/uq-bio-introduces-undergraduates-to-quantitative-biology/>

“CSU Shares in \$12.5 million NSF award establishing institute for emerging virus research” by Anne Manning

<https://cvmb.source.colostate.edu/csu-shares-in-12-5-million-nsf-award-establishing-institute-for-emerging-virus-research/>

“Photochemical Device Boosts CSU Infections Disease Research on Vaccine-Making” by Anne Manning

https://engr.source.colostate.edu/vaccine-making-photochemical-device-boosts-csu-infectious-disease-research/?_cldee=IMIPN6hwVulzZl6N6j8nfyPmT2ZjKnIkCnZr6tAMi8T0pwjA7_sbLTOUqJROk1y&recipientid=contact-67e90e097e49ec118c620022481f25fc-8726de927e5d4309935c3e04301c0b78&esid=e40da2c8-5f17-ed11-b83e-0022481d7028

“A dog has caught monkeypox from one of its owners, highlighting risk of the virus infecting pets and wild animals” by Amy Macneill, Associate Professor of Veterinary Medicine and Virology, CSU in *The Conversation*
<https://theconversation.com/a-dog-has-caught-monkeypox-from-one-of-its-owners-highlighting-risk-of-the-virus-infecting-pets-and-wild-animals-188961>

“Occupational therapy researchers to study effects of yoga on brain injury” by Grace Weintrob
<https://source.colostate.edu/occupational-therapy-researchers-to-study-effects-of-yoga-on-brain-injury/>

“Department of Food Science and Human Nutrition faculty members endorse superfoods in new book” by Ethan Dvorak
<https://chhs.source.colostate.edu/department-of-food-science-and-human-nutrition-faculty-members-endorse-superfoods-in-new-book/>

CUSOM Fort Collins Branch Staff Spotlight



Kelley Yseth
LIC Coordinator for Greeley and Longmont, Fort Collins Branch Campus

Kelley is originally from South Dakota and moved to the Fort Collins area almost two years ago. She holds a B.A. in Political Science, and her professional background has included several roles in higher education. She has worked in undergraduate Admissions and Student Affairs, in Graduate Medical Education as a Pediatric Residency Program Coordinator and now in Undergraduate Medical Education. She started as the LIC Coordinator for Greeley and Longmont at CUSOM, Fort Collins Branch in the spring of 2022. She said, “I enjoy being a part of the student journey.” Kelley lives in Fort Collins with her husband, stepson and dog. They enjoy getting outside to hike, rock climb, and spend time on the reservoirs and lakes in the area. Kelley also loves to travel, read, bake and craft in her downtime.

CUSOM Fort Collins Branch Faculty Spotlight



Elizabeth Ryan, PhD
Professor, Department of Environmental and Radiological Health Sciences, CSU Teaching Faculty, CU School of Medicine, Fort Collins Branch

Dr. Ryan was born in Rochester, NY. She is the first U.S. born/generation in her family that immigrated from Kerala, India in the early 1970's. She attended Bowling Green State University in Ohio where she earned her BS in Biology/BS Environmental Science. She then served for 2 years in the Peace Corps in Nepal before attending the University of Rochester School of Medicine where she earned her MS/PhD in Molecular Toxicology and Environmental Medicine. Her postdoctoral fellowship was completed with funding from the National Cancer Institute at the James P. Wilmont Cancer Center in Rochester, NY, with a focus on human cancer control and prevention. She conducts human clinical research globally and brings real-world experience with interdisciplinary training in

environmental exposures, biochemistry, metabolism, and immunology to the classroom. She enjoys the sharing of ideas in teaching/training of students. "I have genuinely enjoyed interactive learning across the spectrum of basic and clinical dimensions of human health and disease, and particularly opportunities for integrating dimensions of environmental-ecological importance," she said. She and her husband (Tim) moved to Fort Collins in 2007, and they have three beautiful daughters. Ryan has worked in different environmental health sectors prior to focused research in biomedical sciences, gastrointestinal disorders and global public health. "Since being at CSU, I have engaged in clinical and translational-focused research with local Coloradoans at risk for chronic diseases across the lifespan and have been able to carry out clinical research addressing household and child malnutrition in Latin America, Africa, and Asia," she said. She enjoys nearly all outdoor activities in every season (e.g. paddle boarding, snowboarding, backpacking, biking) and loves cooking, exploring international food cultures and seeking out yoga practices that integrate multiple styles.

CUSOM – Fort Collins Branch

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Administrative Office Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.



Appendix 1:

CVMB/DVM Wellness Information

Wheel of Emotions: September is Suicide Prevention Awareness Month

By Pamela Kemp, MEd, LPC, NCC

DVM Counselor and Manager of Wellbeing Programs

College of Veterinary Medicine and Biomedical Sciences, CSU

September is Suicide Prevention Awareness Month and is an important topic to address. On Saturday, July 16, 2022 the National Suicide Prevention Lifeline transitioned its ten-digit number to "988" (1) making it easy to remember and utilize crisis support. The Centers for Disease Control and Prevention (CDC) reported that nearly 46,000 people in the United States died by suicide in 2020 (2). That's one death by suicide every 11 minutes.

A 2019 study (3) published by the American Veterinary Medicine Association (AVMA) found that suicide rates for veterinarians are nearly 3.5 times higher than for those in the general population. A number of factors are at work that can influence someone's mental wellness, and this study identified "long work hours, work overload, practice management responsibilities, client expectations and complaints, euthanasia procedures, and poor work-life balance" as primary contributors of stress for veterinarians.

The American Medical Association (AMA) notes that suicide rates for physicians are higher than in the general population (4). Their research has indicated that factors including depression, emotional exhaustion, substance

use disorder, impaired relationships, and self-destructive tendencies contribute to increased suicide rates for medical doctors.

Both the AVMA and AMA have committed an array of resources and research to address this issue among animal and human doctors. The AVMA offers a free 60-minute QPR training (5) for its members, including students. The AMA offers a course titled Identifying and Responding to Suicide Risk (6) for its student and professional members. Though it is up to each of you to take charge of your own wellbeing, so is it the responsibility of our community to support one another. Rams Take Care of Rams.

For more information about DVM wellness resources, email cvmbbs_dvm_counseling@colostate.edu.

Resources:

1. <https://www.samhsa.gov/find-help/988>
2. <https://www.cdc.gov/suicide/facts/index.html>
3. <https://avmajournals.avma.org/view/journals/javma/254/1/javma.254.1.104.xml>
4. <https://www.ama-assn.org/practice-management/physician-health/preventing-physician-suicide>
5. <https://www.avma.org/resources-tools/wellbeing/qpr-suicide-prevention-training>
6. <https://edhub.ama-assn.org/interactive/17571804>