



## OSL Newsletter, Fort Collins Branch March/April 2022

### FCB Class Updates

**Class of 2025 (First Years):** They are wrapping up their course on the nervous system and getting ready to begin the musculoskeletal and integumentary systems.

First Years' Break Schedule:

April 11-15, Spring Break

**Class of 2023 (Current LIC):** All students have successfully completed their third Shelf exam and are studying hard for the remaining two Shelf exams. With two months left in the LIC year, students are polishing up their final projects and preparing to transition into year four.

**Class of 2024 (Hybrid LIC):** This group of students has now been in the LIC program for two months and are progressing quickly through their immersions and LIC clerkships. They are starting to adapt to their schedules and build relationships with preceptors and cohort patients.

### FCB Hosts Prospective Students

Upcoming Second Look Days for accepted applicants to the branch are scheduled for Thursdays, March 17 and April 7 with events at AMC on the corresponding Fridays. Current FCB students (First Years) will have the opportunity to join the prospective students for lunch. Students will be receiving details via email on these events. Thank you to all students who take the time to meet these accepted applicants.

### Fort Collins Events:

#### Great Plates of Downtown

Now through March 14 - Downtown Fort Collins' award-winning dining promotion and fundraiser for the Food Bank of Larimer County. Great Plates is a celebration of the Downtown dining community and features 45 participating restaurants serving up breakfast, lunch, dinner, and all-day menu specials for \$25.00, and a la carte items for just \$2.50. <https://downtownfortcollins.com/event/great-plates-of-downtown/>

#### Open Jam at the Lyric

On the first and third Wednesdays of every month, The Lyric Cinema hosts an Open Jam in the Big Theater from 6-10 p.m. Sign up by your instrument/vocals, and they'll pair you with fellow jammers. All styles welcome. For details on Open Jam or other events at the Lyric, please visit:

<https://lyriccinema.com/#/>



## A Place to Talk – Counseling Resources at the CCD

The Counseling and Career Development Clinic (CCD Clinic) is scheduling new and returning clients in their on-campus clinic for this semester. Everyone is welcome to participate in counseling services at no charge.

About the CCD Clinic:

The CCD Clinic is a training and research clinic staffed by master's level graduate student counselors who work under the direct supervision of Counseling and Career Development program faculty and/or licensed mental health professionals.

\*The CCD Clinic provides outpatient counseling services, which take place in the School of Education Building.

\*This is not a crisis or emergency services clinic. If you experience a crisis or emergency, please contact your local police department or go to the closest emergency room for emergency services.

Areas for counseling could include, but are not limited to:

- Career concerns
- Academic concerns
- Relationships
- Loss, adjustment, transition
- Stress and time management
- Handling anger, guilt, and other emotions

Those interested in learning more may visit the CCD webpage:

<https://www.chhs.colostate.edu/soe/programs-and-degrees/advising-and-support/counseling-services/>

and click the "Request for Services Meeting" button. Scheduling an initial meeting takes around 3-5 minutes to complete. You will receive a confirmation email and reminder emails when completing the form as the scheduled appointment approaches.

## ACT Human Rights Film Festival

The 7th annual ACT Human Rights Film Festival's Kickoff Party at Odell Brewing in Fort Collins is March, 8 at 7-9 p.m. Check out the 2022 festival's trailers, brush up on your ACT trivia to win festival passes or tickets, and sample the signature ACT Screening Sessions festival brew by Odell. The event is free, but please RSVP at

<https://advancing.colostate.edu/ACTKICKOFF2022>. The festival

will run from March 31-April 3 and will be followed by a virtual encore week from April 4-10. Members of the CSU community are invited to join to watch the thought-provoking films "connecting at the intersection of culture, art and social justice." For details and to buy passes, please visit <https://actfilmfest.colostate.edu/>.



## Mindfulness Sessions

The Center for Mindfulness is offering Mindful Mondays this Spring, giving campus community members the opportunity to join in a group mindfulness practice/meditation via Zoom on Mondays from 12-12:45 p.m.

**March 7th | Dealing With Uncertainty:** Would you like to better manage a pervasive sense of worry, doubt, and insecurity? In this session, we'll practice a mindset and skill to sit with uncertainty - personal, relational and global.

**March 21st | Breaking Through Anger:** We'll discuss insights into anger and frustration - how we might get through those feelings and how to learn what they are here to teach you. We'll practice using anger and finding some inner-peace on the other side.

CSU Center  
*for Mindfulness*

**March 28th | Creating a Consistent Meditation Practice:** We'll explore 3 key strategies for structuring your practice, so you can get it going in a way that works for you. This session is also appropriate for long-time meditators that wish to recommit or solidify a daily meditation practice.

**April 4th | From Exhausted to Enlivened:** This session will be strictly experiential, and we'll practice a technique where 40 minutes of rest is equal to 2.5 hours of sleep. The restorative and healing powers of sleep can be supercharged, as you tap into your own natural vitality.

<https://us02web.zoom.us/j/81697594868#success> (Join the Zoom Room for these sessions) Meeting ID: 816 9759 4868. No passcode required.

You may sign up to receive past recordings at <https://meditationwithlauren.lpages.co/mindfulmondays/>.

Lauren Ziegler will be leading/facilitating Mindful Mondays. Lauren is a part of the team at the Center For Mindfulness at Colorado State University. She has advanced formal and clinical training and has a devoted, personal meditation practice. Lauren leads over a hundred thousand people in meditation for stress relief, deep sleep and emotional intelligence. She teaches a blend of educational and practical tools and empowers people to use them to better enjoy their lives, relationships and outlooks.



SUPERHEROES IN SCIENCE

### Superheroes in Science: Johnson Family Equine Hospital

On Thursday, March 10 from 5:30-7p.m., Colorado State University's Johnson Family Equine Hospital will be

offering tours of this new facility on South Campus that is dedicated to promoting discoveries in equine medicine, and providing specialty care of equines, including general and emergency care, internal medicine, surgery, dentistry, rehabilitation, and so much more. For details and to RSVP, please visit

<https://advancing.colostate.edu/SUPERHEROESINSCIENCEJFEH>.



## One Health and Zoonoses Conference

Save the date for the 47<sup>th</sup> Annual One Health and Zoonoses Conference on Thursday, April 14 from 8 a.m. to 3 p.m. via Zoom Virtual Platform. The agenda will include up-to-date zoonotic disease topics for the mixed audience of public health officials, health care providers, animal control officers, animal health officials, wildlife officials, veterinarians and veterinary technicians. The agenda is available on the registration page. There is no registration fee this year, and registration is now open at:

<http://apps.auroragov.org/EventRegistration/>. Once on the events page, click the animal services category to see event details and to access the full agenda.

## One Health In the News

- “Extending Reach Using a One Health Approach” <https://www.research.colostate.edu/extending-reach-using-a-one-health-approach/>
- “Deer, Mink and Hyena have caught COVID-19: Animal Virologists Explain how to Find the Coronavirus in Animals and Why Humans Need to Worry” <https://theconversation.com/deer-mink-and-hyenas-have-caught-covid-19-animal-virologists-explain-how-to-find-the-coronavirus-in-animals-and-why-humans-need-to-worry-176666?fbclid=IwAR0VP63Vp-oLhfbMxRZurNNLQQEPet26zubA5Rz2MkBXWC8sTaj4jjKqXIA>
- “Hunting Can Change Virus Evolution, Transmission in Pumas” <https://source.colostate.edu/hunting-can-change-virus-evolution-transmission-in-pumas/?fbclid=IwAR3YkgUzIBt36y363HmXRPVgBNjSOCs7DTWwp2qjA39CixDpeajHnRnOoh4>

Resources courtesy of the One Health Institute, Colorado State University.

## Campus Activities



### CSU Home Athletics

Wed.-Thurs., March 23-24, Outdoor Track and Field vs. Glenn Morris Multi, Fort Collins

Fri., March 25, Softball vs. San Jose State, 4 p.m., Fort Collins

Sat., March 26, Softball vs. San Jose State, 1 p.m., Fort Collins

Sun., March 27, Softball vs. San Jose State, Noon, Fort Collins

Sat., April 2, Outdoor Track and Field, Fum McGraw Invitational, Fort Collins

Fri.-Sat., April 8-9, Outdoor Track and Field at Colorado Invitational, Boulder

Fr., April 8, Softball vs. New Mexico, 4 p.m., Fort Collins

Sat., April 9, Softball vs. New Mexico, 1 p.m., Fort Collins

Sun., April 10, Softball vs. New Mexico, Noon, Fort Collins

Sat., April 16, Outdoor Track and Field, Doug Max Invitational, Fort Collins

Thurs., April 21, Women's Tennis vs. Wyoming, 1 p.m., Fort Collins

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



### CU Home Athletics

Fri., March 25, LAX vs. Stanford, 4 p.m., Boulder

Sun., March 27, LAX vs. California, 1 p.m., Boulder

Sat., April 2, Outdoor Track and Field, Fum McGraw Invitational, Fort Collins

Sun., April 3, Tennis vs. Oregon, 10 a.m., Boulder

Fri.-Sat., April 8-9, Outdoor Track and Field at Colorado Invitational, Boulder

Fri., April 8, Tennis vs. Arizona, 1 p.m., Boulder

Sun., April 10, Tennis vs. Arizona, 10 a.m., Boulder

Fri., April 15, LAX vs. USC, 4 p.m., Boulder

Wed., April 27, LAX vs. Denver, 7 p.m., Denver

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

### Music and the Arts at CSU

Wed., March 9, **Wind Symphony Concert**, 2:30 p.m., Organ Recital Hall, University Center for the Arts (UCA), 1400 Remington

Mon., March 21, **Virtuoso Series Concert, Drew Leslie, Trombone**, 7:30 p.m. Organ Recital Hall, University Center for the Arts (UCA), 1400 Remington

Tues., March 22, **Virtuoso Series Concert, Brian Wallick, Piano**, 7:30 p.m., Organ Recital Hall, University Center for the Arts (UCA), 1400 Remington

Sat., March 26, **CSU Trumpet Day**, 8:30a.m.-4:30 p.m. For details, please visit

<https://music.colostate.edu/csu-trumpet-day/>

Mon., March 28, **Virtuoso Concert Series, Faculty Chamber Music Spring 2022 #1**, 7:30 p.m., Organ Recital Hall, UCA, 1400 Remington

Tues., March 29, **Virtuoso Concert Series, Joel Bacon, Organ**, 7:30 p.m., Organ Recital Hall, UCA

March 31, April 1, April 2, **"Cosi fan tutte," by Wolfgang Amadeus Mozart by Ralph Opera Program** in Italian with English subtitles, 7:30 p.m. and 4/2 matinee at 2 p.m., Griffin Concert Hall, UCA

For additional information and a complete list of CSU music events including student chamber music and studio recitals, visit <https://music.colostate.edu/events>.

For additional information and a complete list of art events, visit, <https://art.colostate.edu/events>.

## Theater at CSU

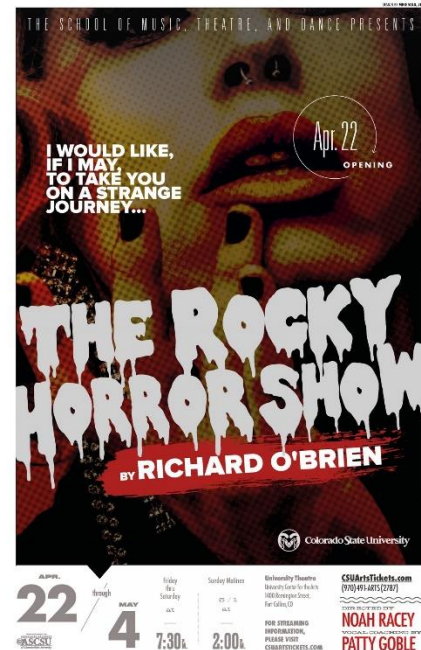
### *The Rocky Horror Show* by Richard O'Brien

Directed by Noah Racey; Vocal Coaching by Patty Goble

April 22, 23, 28, 29, 30, 7:30 p.m.; matinees on April 24, and May 1, 2 p.m., University Theatre

A camp tribute to 1930s B movies, Richard O'Brien's *The Rocky Horror Show* is a cult classic of counterculture and sexual liberation. Brad and Janet find themselves entangled in the world of mad trans scientist, Dr. Frank-N-Furter, as he unveils his perfect male creation, Rocky. Musical meets schlock-horror in this queer fantasia, complete with audience

participation! <https://theatre.colostate.edu/events/the-rocky-horror-show%e2%80%af-by-richard-obrien-3-2022-05-01/>



## About Town



### The Return of FoCoMX

The Fort Collins Music Association\* (FoCoMA) is thrilled to be able to bring back FoCoMX in April after a two-year hiatus. The Fort Collins Music Experience is scheduled for April 22 and 23. FoCoMX is a “weekend celebrating the Northern Colorado music scene.” The festival features the performances of local bands in multiple music venues, restaurants, and breweries/cideries in downtown Fort Collins over the course of two nights. Attendees can gain entry to all performances with the purchase of a wristband. There are several opportunities to purchase early bird discounted wristbands. For event details and ticket/wristband information, visit <https://focomx.focoma.org/>.

\*FoCoMA is a nonprofit arts organization dedicated to supporting Northern Colorado musicians at all stages of their careers by providing performance opportunities, offering connections to health and wellness resources, and building engaged audiences for local music.



## FCB Admissions

Below is the first “Fort Collins Corner” which was included in the newsletter distributed to accepted applicants to CUSOM. Thanks to Nick and Caitlyn for helping out the Admissions team with this information for prospective students at Fort Collins Branch. If you have any suggestions of information to include in upcoming newsletters that would be helpful to those considering the Fort Collins Branch, please contact Kara Thompson or Dr. Karen Chacko.

### FCB from your MS1 Pro-Reps, Nick & Caitlyn

#### **What's it like to be part of a 12-person cohort?**

**C:** My favorite part of the small-group setting is how quickly and closely we were able to get to know each other. Between sharing the same schedule and carpooling from Fort Collins to Denver for Orientation, we became fast friends, which helped ease the transition of moving across the country for medical school. Also, in the world of Covid, it has allowed us to remain almost entirely in-person for lecture, which has been hugely helpful.

**N:** I am telling you right now...you CANNOT beat the advantages of a 12-person class! The relationships you build with your professors are second to none and your group of 12 will most certainly be best friends for the rest of your lives. If you want a personalized education with faculty personally invested in your success, then Fort Collins is the place for you!

#### **Do I need a car in Fort Collins?**

**C:** Yes and no... if you live close to campus/on a bus line, you could live without a car for the first year of medical school. (I almost exclusively bike to school because it gets me outdoors and saves me from having to pay for on-campus parking). However, I love having access to a car on the weekends so I can get out and hike, grocery shop, or visit friends and family in other areas. And, as I'm learning, it's nice to have an alternative to biking through the snow during the winter...

**N:** We are all advised to have a car during medical school at CU because of the various clinical sites we work at. Technically, you do not NEED a car in Fort Collins if you are willing to bike and/or take the bus (which many of our classmates happily do). I highly recommend you have a car so you can take advantage of all the amazing outdoor activities Northern Colorado has to offer (skiing, Horsetooth, hiking, Poudre river, etc).

#### **How much do you spend on rent?**

**C:** My partner & I pay \$1200/month for a 2-bedroom duplex with a big backyard for the dog. We're about a mile from campus, right next to City Park, which has a lake, pool, tons of grassy space to soak up the sunshine, and events all summer long (including a weekly Food Truck Rally - YUM!)

**N:** We are in a 2-bedroom 1-bathroom main floor of a house about .25 mile from school for \$1200. We will be moving to a much nicer 2-bedroom 2-bathroom condo about 2 miles from school for \$1100. If you want to be in the heart of Old Town, things are a bit pricier (around \$1800 for a 2 bedroom and around \$1600 for a one bedroom).

#### **I'm visiting Fort Collins for a weekend - what should I check out while I'm in town?**

**C:** I'm a big fan of strolling through Fort Collins' Old Town - right now the trees are lit with thousands of white holiday lights, which makes it feel so cozy and dreamy at night. With lots of cool shops, good food & quirky art, I could easily spend a Saturday exploring and soaking it all in.

**N:** Do you drink beer? If so, Odell's and New Belgium are a must. Want to hike? Go on a 10-minute drive to hike up Horsetooth to see some killer views or a one-hour drive to Rocky Mountain National Park. Love biking? Rent a bike and go on a brewery tour of Fort Collins and (almost) never share a road with cars!

### **Favorite Food in Fort Collins?**

**C:** Uno Mas! Amazing tacos & margaritas, and a cool spot to relax with friends. Plus, with Tuesday afternoons off, we wrap up with class just in time to catch the \$3 Taco Tuesdays (delicious *and* friendly to a med-school budget!)

**N:** So many delicious choices...this is a hard one. Jax happy hour is a lot of fun if you like oysters and soaking up some sunshine with drinks. Our personal favorite place, however, is The Social! It is a super cool speakeasy serving fun drinks and tasty small bites.

## **CUSOM Fort Collins Branch Staff Spotlight**



**Lisa Potter**

**Curriculum (Ascent and Summit) Coordinator, Fort Collins Branch Campus**

Lisa was born in Nashville, TN, and lived in Murray, Kentucky for the past 20 years before moving to Colorado in 2021. She attended Murray State University where she graduated with honors with a Bachelor of Science with a focus in Experimental Psychology. She also has completed 120 hours of education and training with the National Child Advocacy Center and the National Sexual Violence Resource Center in detecting signs of child abuse, treating early childhood trauma, and identifying adverse childhood experiences. In addition, Lisa has completed 40 hours of training in leadership and earned a certification as a Wilderness First Responder from the National Outdoor Leadership School in Wyoming. Her professional background includes being a program director at Murray State University, where she designed and executed student-centered programs promoting cultural education, social awareness and inclusion. She also worked as a full-time Family Advocate for Lotus Children's Advocacy Center, where she had initially served as a volunteer after-hours crisis counselor. Lisa joined CUSOM-FCB in October of 2021 as a Curriculum Coordinator for Ascent and Summit. Lisa, an identical twin, enjoys spending time with her partner, teenage daughter and young son. Her hobbies include travel, outdoor activities such as hiking, running, climbing, gardening and amateur astronomy.



## CUSOM – Fort Collins Branch

Email: [cvmb\\_som@colostate.edu](mailto:cvmb_som@colostate.edu)

Admin phone: 970-492-4204

151 West Lake Street, Fourth Floor

Fort Collins, Colorado 80524

Administrative Office Hours:

Monday – Friday, 8 a.m. – 4:30 p.m.

