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A Letter from Jody Donovan

Many thanks to all who wrote in support for our efforts focused on Parents & Families at Colorado State University. Based on your emails, we’ll keep writing newsletters, planning programs, and identifying ways to help you support your CSU students.

Perhaps we went overboard on the length of last month’s newsletter, so we reduced the number of articles for this month. In this newsletter you’ll find information on the following topics:

- RAMfam Meeting Agenda & Dial-In Instructions
  The next RAMfam Association meeting: Saturday, April 12, 10:00 - Noon!
  Please attend in person or dial in and participate by telephone (970) 491-1238.
- RAMfam Meeting Minutes
- April Calendar of Events at CSU
- Summer Session at Colorado State University
- Ram’s Horn Dining Center Opening
- Community Impact Crosses Border
- Providing Victims an Alternative Outlet
- Musclebound, Men’s Body Image

April is traditionally very busy, with numerous events, award and recognition ceremonies, and academic demands. Students are focused on finding summer employment, securing housing for next year, and learning large amounts of material to finish the semester in good academic standing. Your listening ear and belief in their abilities are so important to your students’ success.

Over the past month, Kacee and I attended a national conference with numerous sessions about working with parents and families of college-aged students. Please know you join numerous parents and families as important constituents of college campuses across the nation. It was affirming to see that Colorado State University is among the leaders in terms of serving parents and families, however, there are always areas for improvement. We seek your feedback and ideas and hope you will participate in the RAMfam Association meetings on the 2nd Saturday of each month from 10-Noon. These are extremely productive meetings resulting in numerous new programs, services, initiatives, and publications on your behalf! Besides, this is a great excuse to come to Fort Collins to visit your student and see the campus blooming in the spring.

Take care and as always, thank you for allowing us the privilege to work with your students.

Sincerely,

Jody

Jody Donovan, Ph.D.
Assistant to the Vice President for Student Affairs/
Director of Parent & Family Programs
Colorado State University
201 Administration Bldg.
Fort Collins, CO 80523
(970) 491-5312
RAMfam Association Meeting Agenda & Dial-In Instructions

Next Meeting
Location: 201 Administration Building
Date: Saturday, April 12, 2008
Time: 10:00 a.m. - 12:00 p.m.
Dial-In Number: 970-491-1238

Dial-In Instructions:

1. Call in just before 10:00 on the morning of Saturday, April 12.

2. The first person to call in will experience continual ringing until someone else calls in.

3. Once two people have dialed in to the system, the party line will engage and the first two individuals will be able to speak to one another. As RAMfam Association members call in, you will hear a click and then will be able to engage in conversation.

4. Please be aware that all members will be able to hear you at any given time and will also be able to hear when any member has ended the call.

Tentative Topics for Agenda:

- Preview & Next Step Orientation RAMfam Involvement
- Update on the Emergency Fund
- Summer Send-off update (RAMFAMily Celebration!)
- RAMfam Shirt update
- Other Issues?

If you have other agenda items, please send them to me. Finally, please find the minutes from the last meeting attached, as well as a map of campus to assist you in finding the Administration Building. http://www.map.colostate.edu/maincampus-large.pdf (the Administration Building can be found at the south end of the oval on the map. The cross streets to reach the oval are Laurel and Howes). Parking will be available in the lot behind the Administration Building.
RAMfam Association Meeting Minutes 3.1.08 – 10:00 a.m.

Members Present: Greg and Glenna Brissey, Ed Carpenter, Joe Garrity, Sally Goodnight, Cecelia Luhrs, Jody Donovan, and Kacee Collard

Members Present via Phone: Vicky Green

- Jody indicated Kerry Wenzler, Assistant Director in the Center for Advising and Student Achievement for Orientation and Transition Programs, wasn’t able to join us to talk about Preview and Next Step Orientation weekends this summer. She will be in attendance during the April 12, 2008 meeting.

- She also indicated the Collegian is not in a position to speak to association. The Collegian Advisory Committee was looking for proposals on what the relationship between the university and the newspaper should be, and is now in the process of reviewing those proposals.

- Jody gave an update on her research on RAMfam association shirts. Lands End has great quality shirts and doesn’t require a minimum order; however yellow isn’t a color option for women and the shirts are priced $19.95 and up. Linda is researching T-shirts and will update the association shortly.

- Jody indicated the division is interested in starting a fund for the RAMfam association and Dr. Blanche Hughes, Vice President for Student Affairs, offered $1,000 seed money.

- The association decided they liked the button design, so official buttons will be made. We’d like to pass them out at Preview/Next Step/Ram Welcome.
  - Sally suggested looking into ribbons to hang behind the button to designate different populations: alumni, seasoned parents, 3rd CSU student, first time college parent, charter RAMfam member, etc.
  - It was suggested we change the RAMfam Association sign-up to include categories such as alumni, first student, etc.

- Reviewed brochures. Ed suggested changing the color scheme on the Parents Fund brochure to exactly opposite of the RAMfam brochure, with the major color on the brochure being gold. It was also suggested we use a picture collage, rather than one picture with a thick green border.

- Jody reviewed the Parent and Family calendar and asked for suggestions.
  - Cecelia suggested adding a promotion for the RAMfam Association and RAMfam meeting dates on the calendar
  - Sally suggested an initiative to “Call a RAMfam Member Near You” to create a network of Parents and Families talking to each other.
  - Jody indicated we would need to define ways to distribute the calendar to returning students. Sally suggested natural avenues such as fraternities/sororities, apartments and housing and e-mailing a link to parents and families to order a calendar to be mailed.
  - Jody said currently include information on academic and billing dates, activities, housing deadlines and residence hall information.
  - Vicky suggested a reminder to call every once in a while to stay in contact.
  - Sally suggested the freshman through senior issues are the same, but the students are in different developmental stages in different years. Maybe Jody could address that in an opening letter?
  - Jody suggested incorporating pictures of parents and families with their students.
» Cecelia suggested a photo of campus, the Rocky Mountain Showdown and using the photos to show activities per month
» Sally suggested a checklist for sophomores, juniors, and seniors on the blank page
» Cecelia suggested providing information for other opportunities such as Fastweb for scholarships – www.news.fastweb.com
» Cecelia suggested posting a list of the charter members of the RAMfam Association in the calendar

- Jody asked members what they thought of a space online for parents and families to chat.
- Ed suggested using one e-ID for parents and families to sign in to post information.
- Sally asked about the emergency fund. Jody indicated we are researching what exists. We will bring a description of existing services and move forward next meeting.
- Cecelia indicated parents are looking at involvement and wants to help at orientations and send-offs.
- Jody suggested we offer the calendar at the Parent and Family reception during Ram Welcome.
- Vicky suggested handing the calendar out during Parent and Family/Homecoming Weekend.
- The next meeting will be held on Saturday, April 9, 2008 from 10:00 a.m. – noon in 201 of the Administration Building on the CSU Campus. Topics include:
  » Preview and Next Step Information from Kerry Wenzler, Assistant Director in the Center for Advising and Student Achievement for Orientation and Transition Programs
  » Update on the Emergency Fund
  » Summer Send-Off Update
  » Orientation Weekend Dates
**April Calendar of Events at CSU**

Here are just a few of the diverse involvement opportunities available at Colorado State University for the month of March. When your student says “there's nothing to do here,” you’ll be ready to suggest some really interesting and fun events! For more ideas, or to visit the entire calendar, visit What’s Up @ CSU at http://www.whatsup.colostate.edu/.

- **April 3, 2008**  Clothesline Project 11:00am  
- **April 4, 2008**  Opening Reception: Art Exhibition 4:00pm  
- **April 4-5, 2008**  57th Annual Skyline Stampede Rodeo 7:00pm  
- **April 7, 2008**  Dr. André van Tilborg: DoD Sci and Tech 10:00am  
- **April 8, 2008**  International Connections Brown Bag Lunch 12:15pm  
- **April 9, 2008**  Need to Spice up Your Resume? 6:00pm  
- **April 11, 2008**  Bike to Campus Day 10:00am  
- **April 12, 2008**  CSUnity 9:00am  
- **April 15, 2008**  Modern Music for Big Band 7:30pm  
- **April 16, 2008**  Ram Jam 6:00pm  
- **April 18, 2008**  Fall ’08 Web registration begins for sophomores (other classes begin on different dates – please see full calendar for more information)  
- **April 19, 2008**  Softball vs. San Diego State 3:00pm  
- **April 22, 2008**  A Journey from Hilo to Fort Collins 12:00pm  
- **April 23, 2008**  Stomp, Romp and Wag 10:30am  
- **April 24, 2008**  Outdoor Track & Field/Glenn Morris Decathlon/Heptathlon  
- **April 24-27, 2008**  Theatre: The Seagull by Anton Chekhov 8:00pm  
- **April 26, 2008**  Legends of Ranching Performance Horse Sale  
- **April 27, 2008**  Hui ‘O Hawai‘i Lu‘au 6:00pm  
- **April 28, 2008**  Colloquium in Life Sciences 4:00pm  
- **April 30, 2008**  ASCSU Senate 6:30pm  

**Summer Session 2008 at Colorado State University**

By Barbara Gotschall, Summer Session Director

Summer Session is a great time at Colorado State University. The campus atmosphere is friendly, laid-back and hassle-free. It is a good time to focus on one or two classes. There are over 500 courses offered in the 4- and 8- week terms, giving students the flexibility to work and make other summer plans.

Featured courses include the Summer Language Immersion Program (three-week intensive courses in Beginning Arabic, Chinese, Spanish, and American Sign Language); and the Weekend Psychology Courses which include Conflict Resolution, Psychology of Sport and Exercise, Movies and Mental Health, Forensic Psychology, and more. Numerous core courses are offered including the math, chemistry, and physics courses. All the courses for the Business Minor are available.

Summer Session provides students the opportunity to complete a prerequisite, knock off a required course, and improve their GPA. Students who are not yet CSU admitted students can enroll in Summer Session: there are no formal admission requirements. “Summer-Only” students need to complete the simple summer application. For more information visit www.summer.colostate.edu or call (970) 491-1590.
Housing & Dining Services is pleased to announce the opening of the Sport’s Grille and Convenience Store at the Ram’s Horn Dining Center at the Academic Village Commons. The Sport’s Grille features CSU memorabilia and serves pub style food like pizza, hamburgers, salads and sub sandwiches. The convenience store offers school supplies, a smoothie and espresso bar and to-go meal options like sushi, chef salads and deli sandwiches.

The second floor of the Commons, a marketplace with nine dining venues, will open for the summer conference season in June and will be available for students in the fall. Venues include a Mongolian Grill, a Sizzling Salads Station, a Tex Mex Station, Pasta Sauté, a Euro Kitchen and more.

The Ram’s Horn at the Commons has seating capacity for over 700 students with the capacity to serve over 1,500 students an hour during a typical meal period. The Commons also provides to-go dining as well as outdoor seating on the balcony and plaza area during warm weather.

The new dining center showcases several environmentally friendly initiatives to reduce energy and waste. The building is run on renewable electricity, features energy-efficient heating and cooling units, and uses a pulper that reduces the waste stream by up to 70 percent. The pulper funnels food and paper scraps into a centrifuge that extracts excess water for recirculation and produces a compostable material. It is estimated that the pulper may save Colorado State up to 120,000 gallons of water a month.

Styrofoam has been eliminated from the building and replaced with environmentally-friendly cornstarch and sugarcane to-go containers that are compostable. The Commons is being used as a test site for the new to-go containers with plans to expand the cornstarch and sugarcane containers to all dining centers next fall.

With the Ram’s Horn at the Commons opening with so much variety, three dining centers on campus will close next fall – Newsom, Edwards and Ingersoll. The consolidation allows for existing staff to move to the Ram’s Horn to operate the large facility and also creates efficiencies in the dining program that will reduce energy consumption and food costs. The consolidation also allows Housing & Dining Services to move forward with its construction plans to increase campus housing and renovate several older buildings.

“We can offer students more choice and variety by operating one large dining center than we could by operating four separate dining centers,” said Deon Lategan, director of dining services. “Many of the existing Housing and Dining Services facilities are outdated, inefficient and no longer able to meet the needs of our current and future students. A new master plan, which we are currently working on, outlines a schedule to renovate and replace several current residence halls and consolidate the dining facilities.”

To help students adjust to the new dining model, Newsom Dining Center will continue to serve a continental breakfast for the remainder of this academic year and Edwards and Ingersoll will remain open through the end of the school year. When students move into the residence halls next fall, all of the dining venues in the Commons will be open.
Imagine living in a home where the average household size is 12 people. Imagine a community where children cannot traditionally play outside. Imagine what it would be like to raise a family in a community struggling with alcohol and drug abuse.

As hard as it may sound to grasp living in a poverty stricken society, many families do. The poorest county in America, Pine Ridge, S.D., located on the southwestern corner bordering Nebraska, is a mere five hours away from Fort Collins, Colo. “It is amazing to drive five hours and experience this,” Ray Aberle, Assistant Director of Campus Recreation states, “It is very humbling and eye opening.”

Aberle, who started his job in Campus Recreation at Colorado State three years ago, decided to further integrate diversity into Campus Recreation programs and created the Pine Ridge Adventure Project, having worked with the Pine Ridge Indian Reservation community for 12 years.

The outreach project, run through Campus Recreation and supported by the SLiCE (Student Leadership, Involvement and Community Engagement) office, was designed to bring resources to community youth programs. Students who participate in the outreach project are afforded the opportunity to take part in cultural events, family visits, and analyze Lakota people leadership styles. Colorado State students who participate in the President’s Leadership Program are invited to take part in this powerful, eye-opening experience.

“Poverty is very blatant,” Aberle states, “It is a different view of the world students’ latch on to.” By providing materials, activities and playgrounds to the Lakota people, young children and youth have a safe area to play.

The first year the program was enacted, a low ropes course was built at the SuAnne Big Crow Boys and Girls Club, in addition to planting nearly 100 trees. The second year an adventure playground was built at the American Horse School on the Oglala Sioux Native American Reservation. Consisting of zip lines and rope course elements, Aberle returned to the playground within a few short months to repair it. “Poles were bent in and the earth was flattened underneath the zip line from kids running back and forth so much,” Aberle said.

This coming year a group of 24 Colorado State students and faculty members will head up to Pine Ridge, S.D. to fence the land around a buffalo pasture. Campus Recreation will provide the supplies and materials, and the President’s Leadership Program will supply transportation and food. “Once people are there they get very pulled in. It is very powerful,” Aberle openly states.

In addition to yearly outreach efforts, a staff comprised of students and community members will head to South Dakota this spring to provide 15 Lakota students with tents, backpacks and sleeping bags in order for students to make camping trips to the Black Hills.

“The Black Hills are very spiritual and sacred. Now these kids can go camp there,” said Aberle.

Over the next few years Campus Recreation and the SLiCE office plans to construct a complete Challenge Ropes Course and outdoor equipment check-out center for the Pine Ridge Community.
Providing Victims an Alternative Outlet
By Melanie Huntrods, Marketing Intern

One in four women will be sexually assaulted in her lifetime. Four of the five of these women know their attacker. Sadly, women are less likely to report sexual assault if they know the attacker and are less likely to report attempted rape versus completed rape (US Department of Justice).

Sexual assault victimizes innocent people of all genders. People who survive sexual assault may be afraid to speak out and seek emotional support. For members of the Colorado State University community, the Victim Assistance Team (VAT) provides assistance to those who have been sexually assaulted on or off campus. The program started over 30 years ago in the office of Women’s Programs and Studies and was one of the first programs in the nation to offer advocacy services to victims.

“This office is truly committed to issues of social justice,” VAT advocate and Colorado State student Katie Escudero said. Confidential and free of charge, VAT has trained advocates on call 24 hours a day and 365 days per year to assist victims of sexual assault. Escudero has been involved with the VAT program since she took a Women’s Studies course her first semester of college. “It is empowering to help people and want to make a change and get the word out,” Escudero said.

Advocates like Escudero go “on call” for periods of one week. Pagers are kept with advocates to easily assist victims to help them cope with the physical, psychological and legal aftermath of sexual assault. The VAT program currently has 60 advocates both male and female who provide support and information to those in need.

“I feel a lot more confident in my ability to be a source for survivors,” Escudero said after completing the VAT training and actively serving as an advocate. “We are an outlet of what happened and empower them to make their own decisions. We are like a menu laying out all of the options a person can do.”

Advocates provide a range of services to best assist the victim’s needs. Advocates are available to accompany victims to the hospital and can meet with a student in their residence hall or designated spot on campus. Advocates are trained in teaching victims how to complete a police report and will assist victims to the police station, if needed.

“It is important to have these services to stop assault before it starts,” Escudero passionately stated. When asked about her long term vision of the VAT program, Escudero responded, “I want to see the elimination of this program.”

Additional Information and Resources

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Musclebound
By Melanie Huntrod, Marketing Intern

How far would you go to have the perfectly sculpted body you’ve always dreamed of? How far would you go to achieve a faultless physique? These were two questions Michael Feldman addressed when he came to Colorado State to present his compelling 90-minute one-man show, MuscleBound.

MuscleBound was brought to campus Feb. 13, 2008 and was sponsored by the Hartshorn Health Center. Presenting the life stories of three men who suffered from male body image, the multimedia presentation was a comprehensive look at the male obsession life cycle in attempts to achieve a flawless body image. Sharing the story of body destruction to alter physique, Feldman presented an important message for both men and women regarding eating disorders. Free and open to the public, the presentation was a great success to attendees, and Feldman honestly admitted that male body image problems exist. Obsession with perfect muscles, obsessions with the gym, smaller food portions and steroids all played a role in the issue. Feldman honestly told his story to audiences of how he became engulfed in male body image and how he eventually overcame the addiction.

MuscleBound was funded through the Parents Fund at Colorado State University. Created by Colorado State families, faculty members and the Division of Student Affairs, the Parent’s Fund helps enrich the lives of students through department enhancements and special programs, like MuscleBound. Simple contributions to the fund help a wide variety of Colorado State Student Affairs programs and services.

If you would like to join other parents and family members who contribute to the Parents Fund, please make your gift payable to the Colorado State University Foundation – Parents Fund, P.O. Box 1870, Fort Collins, CO 80522-9800

Top 10 Steps to Positive Body Image
Courtesy of the University Counseling Center

1. Appreciate all that your body can do.

2. Keep a top-10 list of things you like about yourself

3. Remind yourself that “true beauty” is not simply skin-deep.

4. Look at yourself as a whole person.

5. Surround yourself with positive people.

6. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person.

7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

8. Become a critical viewer of social and media messages.

9. Do something nice for yourself -- something that lets your body know you appreciate it.

10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others.