



• THE TOILET PAPER •

SAVMA and College News for Vet Med Students
April 8, 2019 • Volume 3 Issue 6

MESSAGE FROM THE DEAN

April is National Sexual Assault Awareness Month. Join me in raising our awareness about sexual violence and importantly, learning how to prevent it

CVM EVENTS

Donuts with the Dean

Wednesday, April 10 @ 7:30 AM in the Commons

Student Meeting with Dean Grooms

Friday, April 19th @ 12 PM in 2532

MESSAGES FROM THE DELEGATES

Grants: (learn more by searching 'SAVMA Grants')

SAVMA Externship Grant Application

- Twenty-five grants at **\$300**
- Applications due April 19th

AVMA Convention Travel Grant

- Four grants at **\$250**
- Applications due April 20th

Disaster Preparedness/Relief Grant

- Two **\$1000** grants and one **\$500**
- Applications due April 30th

Underserved Areas Grant

- One **\$1000** grant and two **\$500**
- Applications due April 31st



SAVMA ELECTION RESULTS:

President-Elect: *Elisabeth Forker*

Secretary-Elect: *Samantha Wilson*

Treasurer- Elect: *Ruba Elzein*

VM4 Class Representative: *Andrew Noel*

VM3 Class Representative: *Lauren Hensley*

VM2 Class Representative: *Lyle Wielenga*

SAVMA Critics: *Alex Rogan and Matt Finch*

VET MED FUNNY



Why do bees stay in their hives during winter?

-Swarm



WELLNESS TIPS

Build a healthy foundation for mental health:

Exercise daily-get that heart rate going!

Choose nutrition that feeds your body and mind (whole, natural foods).

Hydrate with more water and reduce sugar, caffeine, alcohol.

Connect with nature-this has been shown to promote mental health!

Spend time with animals and positive humans.

FUN FACT FACULTY FRIDAY

- I have 2 veterinary classmates that are, also, CVM faculty members
- I have served the college as Associate Dean of Academic and Student Affairs
- I was most influenced to enter my specialty career path by mentors from Ireland, Australia and Switzerland.

Options: Dr. Griffith (VM 2128); Dr. Noxon (Lloyd 1532), Dr. Riedesel (VM 1561-1)

SAVMA SCAMPER!!!

SAVMA Scamper is an annual 5K/10K run for you AND your canine companion. Proceeds from registration will be donated to Taysia Blue Rescues Huskies and Heroes program! This program reduces or eliminates the cost for veterans to adopt a dog.



Race Location:

ISU CVM Park in Lot 93

Race Start Times: 10K @ 9:45am & 5K @ 10:00am

Registration includes:

Race shirt, chip timing on race bib, access to free post-race food,

adoptable dogs, and automatic entrance for one of the many door prizes!

Registration (April 1st - April 26th)

- \$20 for ISU Students* Have ISU ID for packet pickup
- \$25 for non-ISU students

NOTE: T-Shirts are not guaranteed after April 14th
Race Day Registration (April 27th)

-\$30 ISU Students*

-\$35 Non-ISU Students