Deadline Closes Tonight at Midnight!

What will you be doing this Spring Break?

The Alternative Break Program offers CSU students a week long, service-learning experience like no other. If you have a desire to grow as an active global citizen, and want to work alongside like-minded peers to explore - and seek solutions to - a variety of societal issues we encourage you to apply!

The Alternative Break program is an immersion experience into different cultural, environmental and socioeconomic communities across the nation. Participants provide service in exchange for education about current social and cultural issues facing the host communities. Participants travel for one week during school breaks (spring, winter) and volunteer for nonprofit and government agencies across the country and world. A terrific opportunity to learn about social issues and meet other students with the same passions.

Apply Here

8th Annual Veterans Day 5K

The Colorado State University Veterans' Day 5K is an annual, non-profit fundraiser designed to raise money for the CSU Veterans Scholarship fund. This scholarship is awarded to veterans who were honorably discharged. The race is also to honor a fallen member of our armed forces who had a personal connection to Colorado State University. Over the years, the run has attracted thousands of participants: CSU alumni, veterans, children, experienced runners, and everyone in between. Once
again, we are excited to assist student veterans to achieve the goals of successfully completing their degree!

The race course is flat and entirely paved and marked. The route circles around The Oval, a CSU landmark, and across the campus, highlighting the beauty of CSU’s main campus.

The cost to register is $30 per person, and each registrant will receive a free ticket to the 11/11 football game versus Boise State as well as a free t-shirt!

**When:** Saturday, November 4th at 9:00am (Registration is from 7:30am - 8:45am)
**Where:** On the Campus of Colorado State University
**What to Bring:** Registration confirmation and weather appropriate clothing. If you are registering in person on the day of the race, please bring cash or check for payment. No credit cards will be accepted.

Register Now

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**Apply to be a 2018 Orientation Leader**

*Do you...*

- Have a desire to make a difference in the lives of new CSU students and their parents, families, and guests during their transition to CSU
- Demonstrate commitment to upholding and living out the CSU Principles of Community
- Have the desire for growth and personal development through an intensive leadership position
- Demonstrate and communicate pride in the CSU experience and Ram community
- Are ready to take leadership and communication skills to the next level by serving as a student representative of CSU
- Act as active team members challenging and supporting one another to learn and grow

**During the Orientation Leader training and development program, our goal is to empower students to become:**

- Knowledgeable University resources and representatives
- Leaders and people with integrity, a sense of authentic purpose in the CSU community, and a servant leadership philosophy
- Academic and personal role models
- Leaders who value social justice education, awareness and engaging across difference
- Students ultimately committed the common purpose of assisting new students and their families in the personal and academic transition to the CSU community

The Orientation Leader position is a paid position in addition to housing and meals during the orientation season in June and July.

Applications are due on **Wednesday, November 8, 2017 by 5 p.m. online only.**
Campus Step Up: A Social Justice Retreat

Campus Step Up is an opportunity for students to expand their awareness on issues of identity development, inclusion, social justice, and cross-cultural communication. The retreat enables students to engage in discussions and activities that foster a deeper understanding of these important topics.

INVEST IN YOUR FUTURE
BECOME FINANCIALLY INDEPENDENT

Learn how to invest in Real Estate and organize finances. Come join us for our free session on how to organize your finances and create wealth. Don’t let student loans or debt take over your life. We can help you understand how the process of financial freedom works and create wealth through real estate investments. Millennials make up the biggest age of people buying homes right now. Don’t be left out. We can help in English and Spanish. We will have Real Estate agents and Mortgage brokers eager to show you how to start investing NOW!

Free Food!
All Are Invited! Bilingual Presenters!

LSC Room 308 5PM-7PM
15th NOV 2017

CONTACT US:
EL CENTRO
PHONE: (970) 491-5722
EMAIL: Brandy.ortiz@colostate.edu

FREE EVENT
participants to spend time in an environment conducive to self-reflection, creating connections across difference and commonality, and deeper education around working with others to work toward a more just world. The goal of Campus Step Up is to provide students the opportunity to develop the awareness, knowledge, and skills to begin to act on the issues and causes about which they are most passionate. The retreat has capacity for 70 student participants. This event is funded by student fees and transportation, food, and lodging are fully covered for those accepted to participate in the program.

This year’s session of Campus Step Up: A Social Justice Retreat is **January 11-13, 2018** and will be held at the [YMCA of the Rockies](http://www.ymcarockies.org) in Estes Park, CO.

The deadline for applications is **Friday, November 17 11:59pm**.

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Stadium Sessions are open to students, Ram ticket-holders and the public as a whole. Each home game weekend, all are invited to enjoy live performances from some of the community’s favorite Colorado bands — free of charge. All performances are located at the [Iris and Michael Smith Alumni Center](http://irisandmichaelsmithalumnicenter.colostate.edu).

Booking and event coordination were a joint effort among CSU, The Music District and the Bohemian Foundation’s live music booking team. The result: a total of more than 30 bands throughout the football season, across three on-campus stages, with concerts taking place on Friday evenings and for several hours prior to kickoff on Saturdays.

Music from the bands is available on a [Spotify playlist](https://open.spotify.com/playlist/5ic5aqfF6m9K7GuaqDc8rO). Get the latest information on Stadium Sessions at [stadiumsessions.colostate.edu](http://stadiumsessions.colostate.edu).

**November Lineup**

11/10: Porlolo and Stella Luce (4:15pm - 6:30pm)
11/17: Wood Belly and Edison (4:00pm - 7:00pm)
11/18: Slow Caves, Maya Bennett, Musketeer Gripweed, and 2MX2 (9:30am - 11:30am)
CSU Health Network Groups and Workshops

Did you know that CSU has one of the largest group therapy programs in the country?

CSU Health Network is committed to the care of body and mind for all students. Our staff is proud to offer specialized groups and workshops to help students reach their mental health goals.

Why should students participate in group therapy?

- **Because it works.** Research shows that nearly all people can benefit from group therapy.

**MINDFUL DROP-IN GROUP**

Join us and learn how to manage stress, improve focus, boost the immune system and promote health and well-being.

**FREE for students, staff and faculty**

**WEDNESDAYS | 12:10 - 1:00 p.m. | LSC 324**

Sept. 13 - Dec. 6
No meeting over fall break
On 9/27, located in LSC 312

Questions? Contact Viviane at vabd@colostate.edu or at (970) 491-4724

CSU Health Network Groups and Workshops
treatment and that group therapy is as effective, if not more effective, than individual therapy. Students can grow and flourish by connecting with others, learning new skills, and taking responsibility for making positive changes in their lives.

- **A place for everyone.** CSU Health Network is dedicated to creating a welcoming, supportive space in which students can be seen and valued in their entirety. All students and all identities are welcome.
- **No cost for participation.** There is no charge for students to participate in groups and workshops. Participation in groups and workshops does not count toward the five individual counseling sessions per semester that all students receive by paying their student fees.

Additional info, including descriptions of the groups and workshops can be found through the link below!

More information

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**Off-Campus Life:**

**Your Home Away from Home**

Our office offers a number of resources for student success. Take a Look!

### Party Registration

Colorado State University and the City of Fort Collins have teamed up to create Party Registration. This is a service offered to

### RentalSearch

Are you looking for a new place to live next year? CSU RentalSearch is a website that allows any CSU-affiliated person to look
CSU students (and all Fort Collins residents) as a way to avoid getting fines and other consequences from hosting a noisy party. Our office also provides students with helpful information in regards to throwing a successful party. If you would like to register a party, you can do so by visiting our office LSC, room 274. Please make sure to bring two forms of ID with you (Student ID, and State ID).

Roommate Round-Ups

If you are looking for a roommate for either now or in the future, Roommate Roundup is a helpful resource. This resource is provided through the office of Off-Campus Life. This event is a meet and greet between people who are looking for roommates, and people who have housing. You can find the exact dates and locations for upcoming Roommate Round-Ups on the link to our calendar below!

Try the New RamRide App

RamRide, CSU’s safe-ride program, now has a free app you can download to request your free ride! The app is available in both the iOS and Google Play stores.

RamRide operates Thursdays, 10pm-2am, Fridays and Saturdays, 10pm-3am. Request a ride during RamRide’s operational hours for a free, safe, non-judgemental ride home in Fort Collins.

Tips and Tricks to a Successful Semester
Bike Registration:
Protect your bicycle by registering with the CSU Police Department. Bike registration costs $10 for CSU students and increases the return rate of stolen bikes. Click here for more information.

Book Reservation:
Avoid the stress of purchasing books by reserving them at the Lory Student Center or online. Choose between new, used, or rental textbooks to fulfill your studying needs. Follow the link below for more information.

Try a Counseling Session:
As a CSU student, you are allotted five free counseling sessions per semester. Check out the new CSU Health and Medical Center and take care of your mental health while experiencing college. Click here for more information.

Reserving a Study Room:
The phenomenal CSU library provides study rooms for individuals or groups wishing to study independently. Contact the front desk of the Morgan Library. Follow the link for more information.
Get Academic Help with Tutoring:

TILT Tutoring provides an opportunity to participate in active learning in various subjects facilitated by a trained tutor and to work closely with peers who are taking the same class as yourself.

PACe, The Campus Writing Center, as well as the individual colleges throughout campus have resources for academic advising and tutoring.

Embrace Fitness Classes:

Try one of our many fitness classes available at the CSU recreational center. Workouts such as Yoga, Boxing, and Zumba all available to you. Contact the rec center front desk for times and dates.

Recipe of the Month

Ground Beef Stroganoff

**Ingredients:**
- 1 lb lean ground beef
- 1 small onion, diced
- 1 clove garlic, minced
- 3/4 lb fresh mushrooms, sliced
- 3 tablespoons flour
Directions
1. Brown ground beef, onion and garlic (trying not to break it up too much) in a pan until no pink remains. Drain fat.
2. Add sliced mushrooms and cook 2-3 minutes. Stir in flour and cook 1 more minute.
3. Add broth, Worcestershire sauce, salt & pepper and bring to a boil. Reduce heat and simmer on low 10 minutes. Cook egg noodles according to package directions.
4. Remove beef mixture from the heat, stir in sour cream and parsley.
5. Serve over egg noodles.