First Year Commuter Student Newsletter

Sign up for Fall Clean-Up!

Fall Clean-Up is a great opportunity for students to help neighbors in need. The program is aimed at assisting elderly or disabled neighbors in the Fort Collins area with yard work that they cannot complete themselves or cannot afford to pay someone to do. This program helps facilitate positive relations between the long-term residents in Fort Collins and CSU students, while also helping the neighbors to maintain their properties and stay in compliance with city codes.

Fall Clean Up will take place on Saturday, November 4, 2017 from 9:00 am-2:00 pm.

Groups of 6 or more can register by Friday, October 13th by following the link below!

Register Here
WINTER IS COMING

GET YOUR FREE SNOW SHOVEL
OCTOBER 3 | 12PM | LSC PLAZA
Do you, or someone you know, want an opportunity for hands on leadership? If so you are in luck!

This fall we will be selecting 3 student members to serve on the Rocky Mountain Student Media Corporation Board of Directors, which oversees the operation of on-campus student media including the Collegian Newspaper, CSU-TV Channel 11, and KCSU Radio 90.5.

This is a great opportunity for not just journalists, but ANY student interested in growing their own ability to lead in ALL fields. We have had everything from microbiologists to political scientists serve on the Board, and we can guarantee you, no matter the background, having experience managing a +$1 million budget and practicing the high-level functions you will gain here will impress future employers no matter the background.

If you are interested please send an email to edwardkendall10@gmail.com with the subject line "RMSMC Application, [Your last name]" to receive an application. It needs to be completed and returned by no later than 12:00 PM October 5th 2017.

This annual comedic event brings the CSU and Fort Collins communities together as a part of celebrating Homecoming at CSU! This event features Nicole Byer and special guests, JR De Guzman and Ismael Loutfi.

Warning: Strong explicit and sexual language.

Students can purchase their free tickets to the show through the link below.
Off-Campus Life Advisory Board

Are you currently living off campus? Do you have ideas that could help the university provide better services related to your needs as an off-campus student?

Off-Campus Life needs your input!!! Join our Advisory Board!

We are in need of 6-8 students to serve as a sounding board for OCL services and programs that are funded by student fees. We need students to provide input on long-range goals and objectives, review current services, programs, and budgets, and make recommendations. The Board will meet three times a semester and the meetings should be no more than 1 ½ hours in duration. No additional work is required outside of the meeting, and we will work around your class schedule. We just need your feedback and insights!

Off-Campus Life provides services for students who are moving or living off campus, including assistance with off-campus housing options, student/long-term resident relations, good neighboring, codes and ordinance education, etc. These services are supported through student fees and therefore we need the insights of a student advisory board.

If you are interested in being on the Advisory Board or would like more information, please contact Nancy Rhodes, Off-Campus Life; LSC room 274, 491-2248.

The Student, Leadership, Involvement, and Community Engagement Office invites you to participate in Cans Around the Oval 2017. This program has served to raise awareness around hunger issues and has grown to become the largest single day food drive in Northern Colorado – we hope you’ll consider being part of it this year.

Please join us this year in continuing to help the fight against hunger in our community! Monetary and food donations will benefit the Food Bank for Larimer County. You can register online anytime between now and October 18th.
Important Dates:

**CANS Kickoff:** Thursday, September 14, 2017 9:00-4:00 p.m., ASCSU Senate Chambers
Groups choose their canvassing areas and pick-up supplies i.e. t-shirt bags and boxes. Monetary or non-perishable food donations can be collected from community members, group members, or any outreach groups. Sharing on social media pages is highly recommended!

**CANstruction:** Wednesday, October 11, 2017 10:00-2:00 p.m., LSC Plaza
A fun and unique competition between registered groups to build structures out of cans they have collected. 100 bonus pounds will be added to groups who participate.

**Cans Around the Oval:** Wednesday, October 18, 2017 10:00-4:00 p.m., The CSU Oval
Participants bring all food and monetary donations to The CSU Oval. The donations are weighed, totaled, and collected by The Food Bank for Larimer County.

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Engage is a multi-event series focused on civic engagement for meaningful dialogue. Through a series of interactive events, Engage focuses on breaking down political issues and working with students to find solutions. This is not just another seminar or lecture, this is your chance to work with peers and to make change on our campus, city, country and the world. Join SLiCE and Center for Public Deliberation for Engage. All events will be located in the Lory Student Center. Refreshments provided.

**Engage: Local Government**
**October 19th, LSC North Ballroom, 4:00-5:30pm**
Hear from members of your city government about the most effective way to amplify your and other student’s voices in the city to make the biggest difference in the city. After hearing from city leaders, join us for a facilitated conversation with the Center for Public Deliberation about the current system of government and how it could be improved.
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.
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.

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**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

CHEESY CHICKEN ENCHILADA CASSEROLE

Ingredients:
- 18-6 inch corn tortillas
- 2 cups red enchilada sauce (about 2 (10oz) cans)
- 3 cups cooked chicken, diced
- ¼ cup onion, finely diced
3-3.5 cups Mexican blend cheese
4 Tablespoons caned, mild green chiles, diced
1 cup corn
Cooking spray

Directions
1. Preheat oven to 350F.
2. Place 6 tortillas in the bottom of a prepared baking dish (with no stick spray or butter), slightly overlapping.
3. Top with ½ cup of enchilada sauce, spreading evenly over tortillas.
4. Top with 1.5 cups of your chicken, 2 Tablespoons of onion, 2 Tablespoons of green chiles, ½ cup of corn and 1 cup of cheese.
5. Repeat layer with six more tortillas, sauce, the remaining chicken, onion, green chiles, corn and another cup of cheese.
6. Complete the casserole with another layer of tortillas, 1 cup of enchilada sauce, and 1-1.5 cups of cheese. Bake in the oven for 30-40 min. Let stand 5-10 mins before serving.