

First-Year Commuter Newsletter

Happy February, Rams!

The spring semester is in full swing. This semester is my last semester as a CSU undergrad and I'm excited to hit the ground running into adult life. I have been in college for five years and I wouldn't change this opportunity for anything, but I am excited to begin a new chapter in my life. I plan to take two years off to gain some experience, travel, and learn more about myself.

As you reflect on your second semester here at CSU, I challenge you to consider how you're doing thus far and how you want to continue to do well whether it be academics, health, extracurricular activities, or anything else in your life that's central to who you are.

Remember to take care of yourself and others, Rams.

Have an amazing month!

Yours truly,
Topazio

CSU Events

- **University Symphony Orchestra Concert:** February 5th, 7:30pm, Edna Rizley Griffin Concert Hall
 - **Northern Colorado Human Trafficking Symposium:** February 6th, 11:00am, LSC
 - **Body Speak:** February 17th, 7:30pm, UCA- Dance Theatre
 - **International Symposium:** February 26th & 27th, 9:00am, LSC
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Commuter Question

In the past, I have created programs for commuter students to stay on campus and engage with their fellow commuter students. This year, I want to get your feedback/ideas of events you would most likely would want to attend!



What kind of event would you like to attend with your fellow commuter students?

A movie night, game night, craft night, or free pizza day!?

Visit [here](#) to vote!

Looking for a Job?



Orientation and Transition Programs (OTP) at Colorado State University provides programming and services designed to assist first-year, second-year, and transfer students with a successful transition at Colorado State University. We offer a continuum of services beginning with orientation to Ram Welcome (prior to classes beginning) to transition programming throughout the first two years of students' experiences at CSU. OTP believes in assisting students in knowing and feeling what it means to be a CSU Ram. Additionally, OTP places high value on student leadership and development and employs over 350 student leaders to implement these university-wide programs.

Visit to apply

Scholarship Opportunities



The Reisher Scholars Program awards scholarships to Colorado students based upon demonstrated financial need and academic merit. The program seeks to help promising Colorado students earn their undergraduate degrees without incurring



The Puksta Scholars Program awards \$5,000 per year for up to four years. The nonprofit organization provides scholarships, mentorship and experimental community engagement training for undergraduate Colorado students.

additional educational debt.

Visit for more
information

Visit for more
information

Thinking about studying abroad?



CSU sends over 1,600 abroad each year to over 80 countries. These programs can last a week to a year and include study, research, internships, service learning, and other opportunities. The CSU Education Abroad team wants these life-transforming experiences to be as accessible as possible.

Visit for more info

What else is going on around campus

TILT Workshops

These workshops are designed with unique traits and challenges of students



in mind! Attend a workshop to learn more about ways to enhance your learning.

Visit for more Information

Housing Fair

The annual Housing Fair is a one-stop shopping opportunity for students to find places to live in Fort Collins. The Housing Fair brings together landlords, community resources, and Colorado State University offices to inform students about rental housing options and how to successfully live off campus. No pre-registration required.



Visit for more info

Year 2 @ CSU

First-year students will have the opportunity to visit a specific CSU office each week to learn more information about campus resources and receive a **Getting to Year 2 giveaway – a CSU winter beanie**. Giveaways will be available on a first-come first-serve basis, while supplies last. Below is the schedule for participating offices:

- January 21-24: SLiCE (Lory Student Center 210)
- January 27-31: Off-Campus Life (Lory Student Center 274)
- February 3-7: Career Center (Lory Student Center 120)
- February 10-14: Collaborative for Student Achievement (East Side of Canvas Stadium)
- February 17-21: Education Abroad (Laurel Hall)
- February 24-28: TILT (Great Hall Room 200)
- March 2-6: Outdoor Program (Campus Recreation)

Mental Health Services

We all experience problems in our lives. Sometimes those are situational and quickly resolved. Sometimes they can be more serious and difficult to handle. Counseling Services helps students with a wide range of mental health concerns. If you or someone you know is stressed by life circumstances, experiencing mental health symptoms, or have any thoughts of suicide, please talk to a caring professional.



Visit for more information

Off-Campus Life Housing Fair

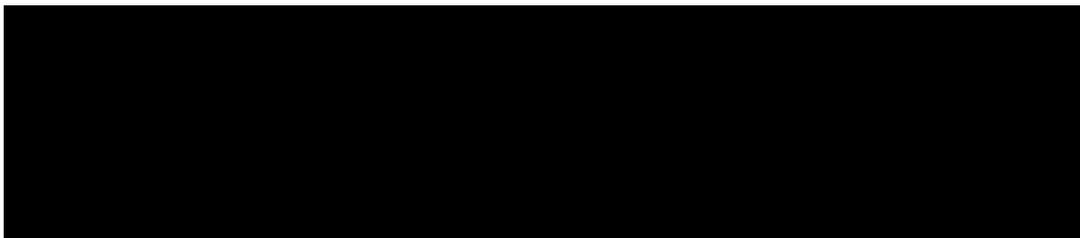


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Visit our website

February is Black History Month

See below for all of the events hosted by the BAACC office!



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BLACK HISTORY MONTH 2020

<p>Friday, Jan. 31 Black History Month Kick-Off 102.9 Launch Party Lory Student Center - Theatre 4:00PM - 7:00PM</p>	<p>Saturday, Feb. 1 Black Student Activist Conference Eddy Building 12:00PM-6:00PM</p>	<p>Monday, Feb. 3 The Central Park 5: Movie Showing LSC 386 5:00PM</p>	<p>Tuesday, Feb. 4 Real Talk: When They See Us LSC 335 (B/AACC) 4:00PM - 5:00PM</p>	<p>Tuesday, Feb. 4 Dr. Jusef Salaam: Keynote Speaker Lory Student Center - Theatre 6:00PM</p>
<p>Wednesday, Feb. 5 Black Faculty/Staff and Student Luncheon LSC - Longs Peak Room 11:30AM - 1:00PM **RSVP Required by Jan. 31</p>	<p>Thursday, Feb. 6 Being Black & Series: Generation - Baby Boomers LSC 300 4:00PM - 5:30PM</p>	<p>Thursday, Feb. 6 Blacks on Ice Lory Student Center Plaza 10:00AM - 3:00PM</p>	<p>Friday, Feb. 7 Blacks on Ice Lory Student Center Plaza 10:00AM - 3:00PM</p>	<p>Sunday, Feb. 9 United Women of Color: Hair Show Lory Student Center - Theatre 4:00PM</p>
<p>Monday, Feb. 10 National Society of Black Engineers Movie Showing: Marshall Morgan Library Event Hall 5:00PM</p>	<p>Tuesday, Feb. 11 Real Talk: Relationships in the Black Community LSC 335 (B/AACC) 4:00PM - 5:00PM</p>	<p>Tuesday, Feb. 11 Susan Rice - Keynote Speaker Lory Student Center Grand Ballroom 6:00PM</p>	<p>Wednesday, Feb. 12 Black Student Alliance Sex for Chocolate LSC 386 5:00PM - 6:15PM</p>	<p>Thursday, Feb. 13 Being Black & Series: Generation - Gen X LSC 308-310 4:00PM - 5:30PM</p>
<p>Friday, Feb. 14 Dancing with Africans United LSC Plaza 12:00PM - 2:00PM</p>	<p>Friday, Feb. 14 Fredrick Douglass Day Morgan Library 10:00AM - 1:00PM</p>	<p>Saturday, Feb. 15 Black Student Alliance Hip Hop Explosion Step Show Lory Student Center - Theatre 6:00PM</p>	<p>Monday, Feb. 17 Lawrence Ross Keynote Speaker LSC Grand Ballroom 6:30PM</p>	<p>Tuesday, Feb. 18 Real Talk: Ubuntu Today in partnership with Africans United LSC 335 (B/AACC) 4:00PM - 5:00PM</p>
<p>Thursday Feb. 20 Black History Month Themed Lunch in Aspen Grille 11:00AM-1:00PM ** Call 970-491-7006 to RSVP</p>	<p>Thursday, Feb. 20 Being Black & Series: Generation - Millennials LSC 308-310 4:00PM - 5:30PM</p>	<p>Friday, Feb. 21 Black History Month Themed Lunch in Aspen Grille 11:00PM-1:00PM ** Call 970-491-7006 to RSVP</p>	<p>Saturday, Feb. 22 National Pan-Hellenic Council Spring Carnival LSC 335 (B/AACC) 12:00PM-4:00PM</p>	<p>Monday, Feb. 24 Zeta Phi Beta Sorority, Inc.: We Are Civil Rights: Black Greeks in the Movement LSC 335 (B/AACC) 5:00PM</p>
<p>Tuesday, Feb. 25 Black History Month Themed Lunch in The Foundry 11:00AM - 2:00PM</p>	<p>Tuesday, Feb. 25 Real Talk: The Validity of the N-Word? in partnership with El Centro LSC 335 (B/AACC) 4:00PM - 5:00PM</p>	<p>Wednesday, Feb. 26 Black History Month Themed Lunch in The Foundry 11:00AM - 2:00PM</p>	<p>Wednesday, Feb. 26 Habem Girma - Keynote Speaker LSC Grand Ballroom D 5:00PM</p>	<p>Thursday, Feb. 27 Being Black & Series: Generation - Gen Z LSC 308-310 4:00PM - 5:30PM</p>
<p>Friday, Feb. 28 Black History Month Kick B/AACC LSC 335 (B/AACC) 2:00PM-4:00PM</p>		<p>Saturday, Feb. 29 From Dearfield to Denver: Day Trip Meet at B/AACC at 9:00AM 9:00AM-4:00PM **RSVP by Feb. 21</p>		



BLACK/AFRICAN AMERICAN
CULTURAL CENTER
COLORADO STATE UNIVERSITY

Thank you to our sponsors for partnership and support with the events this
Black History Month. Please find them listed on our website.

For more information, visit baacc.colostate.edu

Created by Mia Adkins

Visit for more info

Recipe of the Month

Ingredients:

- 2 Chicken Breasts, sliced in half, or 4 thin chicken breasts
- 8 Tablespoons butter, divided
- ½ cup Italian Bread Crumbs
- ½ cup plus 1 Tablespoon grated Parmesan, divided
- ¼ cup flour
- 2 medium zucchini, sliced
- 2 garlic cloves, minced

Directions:

- In a large skillet over medium heat melt 2 Tablespoons butter. To make the chicken: Melt remaining 4 tablespoons of butter in a shallow dish. In another shallow dish combine bread crumbs, Parmesan cheese, and flour. Dip the chicken in the butter and then coat in the bread crumb mixture and place in skillet.
- Cook on each side for about 3-4 minutes until the outside is crispy and the chicken is cooked throughout. Set aside on plate.
- Add 2 Tablespoons of butter back to the skillet and saute the minced garlic for a minute. Add the zucchini to the skillet and saute until tender. Salt and pepper to taste and add some 1 Tablespoon Parmesan. Add the chicken back to the skillet and heat for a minute or so. Serve immediately.



CRISPY PARMESAN GARLIC CHICKEN WITH ZUCCHINI



Visit for full recipe



