Welcome to CSU, Rams!

And welcome to the First-Year Commuter Newsletter, full of helpful information, resources, fun events, need-to-knows, and other helpful information! Every month, I'll send you this newsletter to help you navigate your way through your first year at CSU. So, check your email every month!

Meet your Commuter Student Program Assistant

Hello! I'm Tamara Monroe, your Commuter Student Program Assistant. I've been with Off-Campus Life for just over a year. I'm a non-traditional student pursuing a second bachelor's degree in History part-time. I commute (via car and bus) to CSU from Loveland. Coming back to college as a commuter student, I can relate to a lot of the questions and experiences you may have.

I look forward to being your go-to off-campus support. Off-Campus Life is here to help in any way possible to make sure you thrive and to reassure you that you are not alone! Feel free to stop by our office in Room 274 of the Lory Student Center during our hours of 9 am to 5 pm Monday through Friday, or you can call us at 970-491-2248 or email us at ocl@colostate.edu.

Best,
Tamara

Off-Campus First-Year Student Welcome
All new first-year students living off campus are encouraged to attend Ram Welcome, an unforgettable CSU tradition that welcomes all new students with information sessions, a carnival, picnics, class tours, and convocation. Build upon your Ram Orientation experience and explore academic programs, meet faculty and staff, connect with other commuter students, and learn about the many services available to support your college experience. Don't miss out - discover what it means to be a CSU Ram!

Off-Campus Life, in partnership with Orientation and Transition Programs, will host a session specifically for first-year commuter students on Thursday, August 19th in Engineering Auditorium 100 (the building next to the Lory Student Center) from 1:00-4:00 pm; check in is at 12:30 pm. After the session, we encourage students to stay on campus for dinner at one of the dining halls and check out Night at the Rec and the Carnival. More information and a full schedule are available here (scroll down for the off-campus schedule).

For those of you who can't attend the in-person session, we'll have a virtual Zoom welcome session at 6:00 pm on Tuesday, August 17th. We'll send out an email with the link in the next few days.

Get Involved!

The Involvement Expo is one of the best opportunities to get involved in campus life at CSU. By connecting with Registered Student Organizations (RSOs), University departments, and community agencies that offer volunteer opportunities, students can leave their mark at CSU through various involvement opportunities while also discovering resources and services. RSOs, University departments, and agencies set up displays and have members or staff on site to talk to visitors one-on-one about their organizations.

This fall the Expo will take place from August 30th through September 2nd on the LSC plaza, with different organizations each day. More info is available here.

A Few Things to Know to Become a True Ram

Cam the Ram
Since 1954, CAM the Ram has served as the official mascot of Colorado State University. Although his name conveniently rhymes with Ram, CAM is actually an acronym of our former name: Colorado Agriculture and Mechanical College, or Colorado A&M. A dedicated team of students called the Ram Handlers care for and transport four-legged CAM to his many appearances. You may also spot CAM in his two-legged costume at many of our on- and off-campus events.

The "A"

Before changing our name to Colorado State University in 1957, the university was named Colorado A&M and students were known as "Aggies." The "A" on the hillside is a nod to our rich history and the land-grant principles we were founded upon. The tradition of the "A" is kept alive by student volunteers who paint it annually.

The Fight Song

When you hear it, sing it loud and proud. The CSU Fight Song, often played by our Marching Band, is sung at all major sporting events.

Fight on you stalwart Ram Team,
On to the goal!
Tear the (Opponent's) line asunder,
As down the field we thunder.
Knights of the green and gold,
Fight on with all your might!
Fight on you stalwart Ram Team,
Fight! Fight! Fight!

Homecoming

A 100+ year tradition, CSU Homecoming is a big deal in Fort Collins. The weekend is celebrated by numerous events, including a festival on the Oval, parade, bonfire, fireworks display, 5K race, and home football game. CSU encourages students to invite loved ones to campus to share in the celebration. Events are inclusive of the entire CSU community.
Cans Around the Oval

A 30+ year tradition, Cans Around the Oval is now the largest single-day food drive in Larimer County. CSU and the surrounding community dedicate an entire month to come together and raise awareness of hunger issues and to encourage food donations. Volunteers round up and drop off canned food donations to the Larimer County Food Bank on a specified collection day each year.

Rocky Mountain Showdown

This football game between the Colorado State Rams and in-state rival University of Colorado Buffaloes began in 1893, alternating between Fort Collins and Boulder. Starting in 1998, the game was played in Denver at Mile High Stadium. After being cancelled last year, the games will resume in September 2023 in Boulder. The winner of the game receives bragging rights, as well as the Centennial Cup.

The Old Main Bell

Installed in the Old Main building in the heart of campus in 1910, it was stolen in 1919 by at least four men whose identities are still unknown. They quickly feared being caught and buried the bell on a farm outside of town. The bell didn’t move for over 50 years and only select members of a CSU fraternity knew of its location. The bell eventually made a surprising appearance — in the front yard of the Director of the CSU Alumni Association’s home. After careful planning and a thoughtful donation from the Associated Students of CSU, the bell rings once again. Canvas Stadium includes a bell tower where the Old Main Bell will sit proudly for years to come.

Upcoming CSU Events

August
- August 19-22: Ram Welcome
- August 23: First Day of Classes
- August 25: Community Welcome
- August 30-September 2:

September
- September 3: CSU Football v. South Dakota State
- September 6: Labor Day holiday, offices closed & no classes
Involvement Expo

- September 6: Fortitude 10k

**Locker Rentals**

Lockers are a convenient way to stash books, supplies, and your lunch, and in the winter even your coat, hat and gloves. Off-Campus Life rents lockers in three sizes and they’ll be available the first week of classes. Click [here](#) for more information and to rent.

![ Locker Rentals Ad ]

**More Useful Resources**

**Bike Registration**

Protect your bicycle by registering it with the CSU Police Department. It’s $10 for CSU students and increases the return rate of stolen bikes. Click [here](#) for more information and to register your bike.

![ Bike Registration Ad ]

**Counseling**

As a CSU student, you are allotted five free counseling sessions. Check out the new CSU hospital and take care of your mental health while experiencing college. Click [here](#) for more information.

![ Counseling Ad ]

**Textbook Pre-Ordering**

Avoid the stress of purchasing books by pre-ordering them online. Choose between new, used, or rental textbooks, and bookstore staff will gather them for you to pick up. Click [here](#) for more information and to order.

![ Textbook Pre-Ordering Ad ]

**Reserving a Study Room**
The phenomenal Morgan library provides study rooms for individuals or groups wishing to study independently. Contact the front desk of the Library to reserve a room. More information is available here.

CSU Recreation Center

Try one of the many fitness classes available at the "Rec," such as Yoga, Boxing, and Zumba. Or, work out on your own, enjoy the aquatic center, and try the climbing wall. Check out their website here for all the relevant info.

Every semester, The Institute for Learning and Teaching offers workshops, academic sessions, tutoring and other resources for academic achievement. Check it out here.

Recipe of the Month

Feta Salmon Salad

Prep time: 25 minutes
Total time: 25 minutes
Serves: 4

Ingredients:
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/4 teaspoon dried parsley flakes
- 1/4 teaspoon pepper
- 4 salmon fillets (6 ounces each)
Directions:
- In a small bowl, mix the first 5 ingredients; sprinkle over salmon.
- Place salmon on oiled grill rack, skin side down. Grill, covered, over medium heat or broil 4 inches from heat until fish just begins to flake easily with a fork, 10-12 minutes.
- In a large bowl, toss salad greens with cucumber, tomato and cheese; divide among four plates. Top with salmon; drizzle with vinaigrette.