

# First-Year Commuter Newsletter

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## October is Here

HELLO!! Welcome to October. We hope you are enjoying the fall breeze through campus. We know classes and obligations can start to pick up this time of year. Our office (Off-Campus Life) wants to support you and offer as many resources as we can.

## What is in This Month's Newsletter

Our October newsletter goes over our Fall Clean Up and RamRide program and different ways to get involved in volunteering; the best practices for Halloween safety and things to keep in mind that weekend. We talk about who around the world is celebrating this October and how to honor these populations. There are some on-campus job opportunities you don't want to miss out on! CSU has some awesome events taking place this October such as Homecoming, our sporting events and Cans around the Oval. During all these fun events we want to make sure school work is not becoming too much. We have resources such as TILT, U-Turn and the wonderful mindfulness workshops. To top off this wonderful fall season, our newsletter has a recipe you don't want to miss!



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## Fall Clean Up

The Fall Clean Up program is aimed at assisting elderly and/or physically limited neighbors in the Fort Collins area with outdoor yard work (raking leaves, trimming bushes, cleaning gutters, etc.) that they cannot complete themselves and cannot

afford to pay someone to do. This program helps facilitate positive relations between the long-term residents in Fort Collins and CSU students and staff, while also helping the neighbors to maintain their properties and get their homes ready for the fall/winter seasons. Fall Clean Up is scheduled for Saturday, November 6th and volunteer sign-up is open. Check out our website [here](#) for more information and to sign up.



## Halloween Safety



We know most of you look forward to Halloween as a time to blow off steam in the middle of fall semester. This has been a very challenging semester for many; we know that having good, safe fun is super important. While we want you to enjoy the weekend, we also want you to be aware that the reality of this holiday is that there are real risks, such as increased sexual misconduct and sexual assault, along with general student misconduct associated with Halloween.

[Halloween Important info](#)

[Party Registration Info](#)



Don't forget to use our party registration program during Halloween weekend. Party registration operates 7 days a week 24/7. You can register through our office in the Lory Student Center next to the bookstore on the 2nd floor. Our office is open Monday - Friday 9am - 5pm.

### Safety After Dark

Going downtown after dark? Run through this checklist before you head out for the night! Does someone know my plan?

- Before you head out, tell someone where you are going and when you plan to be back. Do I have a way to pay?
- Just in case you get separated from friends, or your designated driver can

no longer drive, make sure you have a way to pay for a ride home if needed.

How am I getting home?

- If you are partying, make sure you've got a plan to get home safely once the fun is done. CSU students, check out the RamRide website for ride options at [ramride.colostate.edu](http://ramride.colostate.edu). Make sure you have a mask for rideshares including RamRide. Do I trust the people I'm going out with not to ditch me?
- There's safety in numbers, so stick with a group that will stick together. No friend left behind!
- Dead battery = no way to call for a ride or find friends if you get Separated

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## RamRide is Back!



As we inch toward normality, our RamRide program will have four elements this semester. You can download the RamRide app from both the Apple and Google

stores.

1. **RamRide Night Ops**, our safe-ride program, will return offering student organizations opportunities to volunteer and fundraise. Free rides will be available to the campus community on Friday and Saturday nights from 10:00 pm to 3:00 am. Download the CSU RamRide app (powered by Spare Labs) to request your free ride around Fort Collins. **Volunteer**, our RamRide program offers an opportunity to CSU clubs and organizations to raise money for their organization while helping RamRide run smoothly. If a club/organization has 30 participants to volunteer with RamRide, they will be given up to \$1000 from RamRide to use towards their club/organizations needs.
2. **RamRide Food Ops**, our food delivery program, will return in partnership with Rams Against Hunger to offer food deliveries to folks experiencing food insecurity and in need of that service. Please visit our website for updates to this program.
3. **RamRide x Lyft**, our partnership with Lyft, will continue this year but with a different look from last year, offering students subsidized rides through the Lyft app during certain holidays such as Halloween, St. Patrick's Day, etc.

(other holidays will be determined and announced on our website), as funds remain.

4. **RamRide Secure**, our transportation security program, will continue this year offering an additional \$200 in Lyft credits to students who submit an application and are approved after committee review, as funds remain.

We continue to update our website with details about using and volunteering for these programs, so check [here](#)

You can also follow us on Instagram, Facebook and Twitter for the latest news.



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## Who is Celebrating This October ???

### National Latinx Heritage month (Sept-Oct)

National Latinx Heritage Month is a time where we can all get together to CELEBRATE our unique backgrounds. However, NLHM wasn't always a month-long celebration. Starting in 1968, Lyndon Johnson's administration started Hispanic Heritage Week, a time to commemorate the history, culture, and contributions of Latinx people in the US.



[El Centro](#)



[LGBTQ Resource Page](#)

### LGBTQ History month

Join Colorado State University and the Pride Resource Center as we celebrate and honor the many intersecting identities found within our LGBTQIA+ community all month long. We hope you join us in exploring the many stories, traditions, and history found within our community through our many collaborations, programs, and events.

## Diversity Symposium

The Office of Inclusive Excellence and the Diversity Symposium Planning Committee are excited to announce the dates for the 2021 Diversity Symposium, October 25 – 29! Through a variety of live, online Zoom sessions presented in both meeting and webinar format for maximum interaction, pre-recorded content, powerful keynotes, and dozens of opportunities for learning, we are ready to come together as a community to engage with one another on the critical topics of diversity, equity, inclusion, and social justice.



**Inclusive Excellence**

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## On-Campus Job Opportunities

Getting an on-campus job is a great way for commuter students to meet new people and get more involved with life at CSU. It's also a great way to get valuable job experience.

Off-Campus Life is hiring, and take it from me, it's a great place to work! We have two positions open:

- Our RamRide Volunteer Coordinator is responsible for coordinating volunteer registration and training for our Food Operations and Night Operations activities.
- Our RamRide Nightly Operations Coordinator and Program Assistant is responsible for co-leading one Night Operation each week, three weekends a month, as well as general administrative duties during weekly office hours.



Stop by our office in Room 274 of the LSC for information on how to apply, or click [here](#) for more information.

### On-Campus Job Fair

Check out the On-Campus Student Employee Job Fair! Join us on



**Career Center**

Monday, October 18th from 2:00-4:00 p.m. in the LSC Ballrooms C and D. Campus employers will be on hand to share information about their opportunities, answer your questions, and collect resumes.

- This event is open **ONLY** to Colorado State University and CSU Online students.
- Bring your student ID! CSU ID number will be required to enter.
- Pre-registration is **NOT** required, however, if registered you will receive reminders and notifications of any changes involving the fair.
- There is no dress code - come dressed as a student.
- Bring copies of your resume.
- Stop by the Career Center (LSC Room 120) for drop-in advising from 10:00-2:00, Monday-Friday, for help with your resume or other career-related questions.

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## Student Advisory Board

The Off-Campus Life office is dedicated to supporting students successfully moving/living off campus and into the Fort Collins community. It offers an array of information, services and educational programs that benefit the entire student body, university and surrounding community. The Student Advisory Board serves as a sounding board for overall policies, services and programs for OCL. The Board provides input on long-range goals and objectives, reviews current services, programs and budgets, and makes recommendations to the Director of OCL in an advisory capacity. Click [here](#) to apply.

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## Want to Get Involved ???

[Homecoming Event Schedule](#)



**Homecoming**

We are beyond excited to welcome alumni and Rams fans home again for Homecoming and Family Weekend 2021. Ram Pride shines brightest when we're together and the hope of bringing generations of Rams back together again to celebrate one of our most treasured traditions will be a light to look forward to. We've stayed stalwart through one of the hardest years our University has ever endured, and we're ready to begin charging forward – because that's what Rams do.

**CSU Home Sporting Events**

**Volleyball**

Oct. 14th 16th 23rd

**Women's swimming and diving**

Oct. 15th 22nd

**Soccer**

Oct. 8th 10th 15th

**Football**

Oct. 9th 30th

**Women's Golf**

Oct. 18th 19th

**Men's Basketball**

Oct. 31st



**Sport Calendar**



**Cans Around the Oval**

C.A.N.S Around the Oval is a CSU tradition, where students, faculty, and staff join local community members and the Food Bank for Larimer County to raise awareness about local hunger and collect food goods and raise monetary donations in creative and collaborative ways.

**Cans Around the Oval**

# Academic Support

## The Institute for Learning and Teaching (TILT)

The Institute for Learning and Teaching offers online resources to help improve your study skills, including topics like time management, note-taking, test-taking, and active reading. Click [here](#) for more information and to access the resources. They also provide information about tutoring, which can be found [here](#).

## UTurn

CSU recognizes that there are a number of factors that can impact your academic performance. To learn what is impacting yours, we'd like to hear your story and refer you to the best possible resources available at CSU



U-Turn

1. First, you will be asked to complete an online self-assessment survey which will help to highlight the areas in which you are experiencing challenges, as well as to identify strengths you can build on to enhance your academic success.
2. Next, you will meet with a Navigator, a CSU staff volunteer who values student support and success. With your Navigator, you will review your self-assessment and develop an action plan for next steps.
3. Lastly, you will be able to visit the various resource tables at the Academic Success Expo and talk with different campus representatives about what help their offices have to offer as you pursue your action plan goals.



## Mindfulness Workshops

Colorado State University's Center for Mindfulness is a center where we are working intentionally and collectively to create conditions that inspire personal and community transformation leading to mindful

## Recipe of the Month

### Pumpkin Bread

#### Ingredients:

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1-1/2 sticks (3/4 cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 15-oz can 100% pure pumpkin (I use Libby's)



#### Directions:

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

Visit for Recipe

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