

First-Year Commuter Newsletter

Hello Rams, and Happy September!

Congratulations! You've officially completed your first week (and a bit) of classes at CSU. I hope you're enjoying your college experience so far. I'm enjoying being back on campus and feeling more connected to school. Don't forget that Labor Day, Monday, September 6th, is a University holiday so we get a short break from classes.

As teachers begin to assign materials to read and discussion posts to write, as well as ask those clicker questions that count for attendance, remember to put your best foot forward and tackle this semester head on. Here are some ideas that have helped me get organized at the start of a semester and create a solid foundation for the school year:

- Buy a planner & write EVERYTHING down
- Print off all syllabi
- Organize how you'll be taking notes in each class
- Schedule in some personal time

September is a good time to meet with you Academic Success Coordinator (ASC) to create a plan for academic success. It's also a good time to find study partners in your classes - before your first exams and papers are due. You can find more campus resources and advice at You@CSU on your Ramweb account.

Please stop by our office in Room 274 of the LSC if you have any questions or need anything - we'd love to see you!

Best,
Tamara

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 will begin by mid-September; check out our website [here](#) for more information and to sign up.

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.
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. This program will not operate the first month of the semester due to the relocation of the Rams Against Hunger pantry on campus to their new space.
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](#) often for the latest information. You can also follow RamRide on [Instagram](#), [Twitter](#) and [Facebook](#) for the most current news.

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 three positions open:

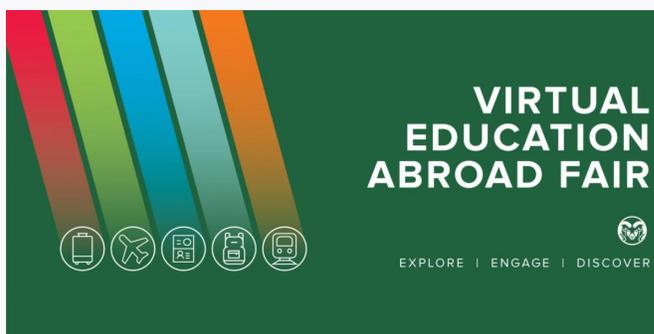
- Our Marketing Manager is responsible for program promotions and advertisements and works closely with our Graphic Designers, Videographer and Website Designer. This position is also responsible for Off-Campus Life's social media.
- Our RamRide Volunteer Coordinator is responsible for coordinating volunteer 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.

RamEvents is also hiring. RamEvents is a student-driven organization within Campus Activities that plans a variety of events for the CSU community. If you would like to gain leadership experience, learn how to plan large scale events, and have a lot of fun in the process, consider applying to work in Campus Activities as a member of the RamEvents team. Applications are live on the RamEvents Website and close on Friday, September 10, 2021. Find the application by clicking [here](#). RamEvents will also be tabling at the Fall Involvement Expo on Wednesday, September 1, 2021, so stop by to learn about RamEvents, ask questions, and get some free swag.

Education Abroad Virtual Fair



If you think you might want to study abroad during college, check out the 2021 CSU Virtual Education Abroad Fair. This year's Fair will feature over 45 live sessions throughout the week. In addition to the many sessions you can find below based on your interest in

various world regions or your area of study, we are offering daily Education Abroad 101 and Financial Aid & Scholarships sessions each morning of the Fair. We encourage all students to attend these foundational sessions to get started with their Education Abroad journey.

The Fair takes place September 7th through the 10th. To register for these sessions, visit the [schedule](#) page and click Register!

Want to Get Involved?

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.

CSU Home Sporting Events

- **Football:** South Dakota State, Sept. 3; Vanderbilt, Sept. 11
 - **Women's Volleyball:** SIUE and Oregon State, Sept. 10; UAB Sept. 11; CU, Sept. 18; Boise State, Sept. 23; Utah State, Sept. 25; Wyoming, Sept. 28
 - **Women's Soccer:** Kansas State, Sept. 5; Idaho State, Sept. 12; San Diego State, Sept. 24; New Mexico, Sept. 26
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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](#).

Celebrate CSU's History!



Before the football game on September 11th, celebrate the 40-year CSU tradition of Ag Day!

Ag Day is hosted by CSU's College of Agricultural Sciences along with Colorado agricultural organizations and associations. It's a time when we can come to the table together to honor our roots and the agricultural producers that provide for our community. The pregame event features the state's agricultural growers and producers preparing Colorado's premier outdoor barbecue from quality Colorado food products to fund scholarships for agricultural sciences students. This tradition honors both the institution's roots and Colorado's rich agricultural history in a celebration that appeals to all ages.

Doors open at 4:00 pm and there will be a barbeque on the West Lawn of the LSC. For more info and to buy tickets, click [here](#).

Recipe of the Month

Creamy Vegan Sausage & Pasta Skillet

Ingredients:

- 8 oz medium-sized pasta dry
- 2 tbsp olive oil
- 8 oz vegan sausage
- 1/2 yellow onion diced
- 2 cloves garlic diced
- 1 tbsp Italian seasoning
- 2 tbsp flour
- 2 cups vegan beef broth
- 1 15-ounce can diced fire roasted tomatoes
- 8 oz vegan cream cheese
- salt, pepper, red pepper flakes to taste
- basil or parsley for topping (optional)



Directions:

- Bring a large pot of water to a boil. Cook pasta according to package instructions.
- While pasta is cooking, heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add sausage to the pan and use the end of a spatula to break apart the sausage. Lower heat to medium and cook until sausage is browned. Transfer sausage to a bowl and set aside.
- Add the remaining tablespoon of olive oil to the skillet followed by the onion. Sauté for a couple of minutes, or until translucent. Add the garlic, Italian seasoning and a pinch of pepper to the skillet and sauté for an additional minute.
- Add the flour to the skillet and whisk into the onion mixture. Allow it to

cook off for one minute to remove the raw flour taste.

- Slowly add the beef-less broth and tomatoes to the skillet. Bring mixture to a boil then lower heat and simmer for 5 minutes – or until it is slightly thickened. Whisk in cream cheese until smooth.
- Add drained pasta and sausage to the skillet and stir to combine. Taste and add salt, pepper and red pepper flakes to taste. Top with fresh herbs and serve.

[Visit for Recipe](#)

