Welcome to CSU, Rams!

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

Meet your Program Assistants

Hello! I'm Brock, one of your Program Assistants. I've been with Off-Campus Life for just under a year. I am a first generation student pursuing a degree in Business Administration. Starting college as a commuter student, I can relate to a lot of the questions and experiences you may have.

Hey! My name is Katherine and I am a Program Assistant here at OCL. I am a Health & Exercise Science major graduating in the spring of 2024. I'm from Queens, NY but I've lived on both East & West Coast -- Air Force veteran and first gen student. I have moved around a lot and am always willing to help other students get situated!

We 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,
Brock & Katherine
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 18th 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 16th. Here is the link to the meeting.

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 on September 6th and 7th on the LSC plaza, with different organizations each day. More info is available here.
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
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.
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. As a first-year student living off campus, your input is particularly relevant to what our office does. Commitment is only 1-2 meetings per semester. Click here to apply.

RamRide!

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 on Thursday nights and 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 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.
On-Campus Job Opportunity

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 one position open:

- 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.

Upcoming CSU Events

**August**
- August 18-21: Ram Welcome
- August 22: First Day of Classes
- August 24: Community Welcome
- August 26: Volleyball vs. North Carolina
- August 27: Volleyball vs. UC Santa Barbara
- August 30: Volleyball vs. UNC

**September**
- September 1: Volleyball vs. Arkansas
- September 2: Volleyball vs. Florida Gulf Coast
- September 3: Volleyball vs. Alabama State
- September 4: Women's soccer vs. Southeast Missouri
- September 5: Labor Day holiday, offices closed & no classes
- September 5: Fortitude 10k
- September 6-7: Involvement Expo
- September 8: Women's Soccer vs. Montana
- September 10: Football vs. Middle Tennessee
- September 11: Women's Soccer vs. Denver
- September 13: On-Campus Employment Job Fair
- September 15: Volleyball vs. CU Boulder
- September 19-20: Men’s Golf vs. Ram Masters Invitational
- September 20: Volleyball vs. Wyoming
- September 22: Volleyball vs. UNLV
- September 24: Football vs. Sacramento State
- September 29: Women’s Soccer vs. Boise State

**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.

**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.

**Counseling**

As a CSU student, you are allotted

**Textbook Pre-Ordering**

Avoid the stress of purchasing
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.

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.

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.

Recipe of the Month

Peanut Butter Pie

Ingredients:
- 1 (9 inch) prepared graham cracker crust
- 1 pkg. (8 oz.) cream cheese, room temperature
- 1 cup unsifted powdered sugar

TILT

Every semester, The Institute for Learning and Teaching offers workshops, academic sessions, tutoring and other resources for academic achievement. Check it out here.
- 1/2 cup peanut butter, room temperature
- 1/2 cup milk
- 1 tsp. vanilla
- 3 cups whipped topping or 1 1/2 cups whipping cream, whipped
- 1/4 cup chopped peanuts

Directions:
Beat cheese until fluffy. Add sugar gradually, beating until smooth. Add peanut butter, mixing well. Stir in milk gradually. Add vanilla. Fold topping into creamed mixture with a rubber scraper or whisk. Pour into cooled crumb crust. Sprinkle with chopped peanuts. Freeze at least 4 hours. Let stand 5-10 minutes at room temperature before cutting and serving. (If frozen longer than 4 hours, allow about 20 minutes before cutting.)