

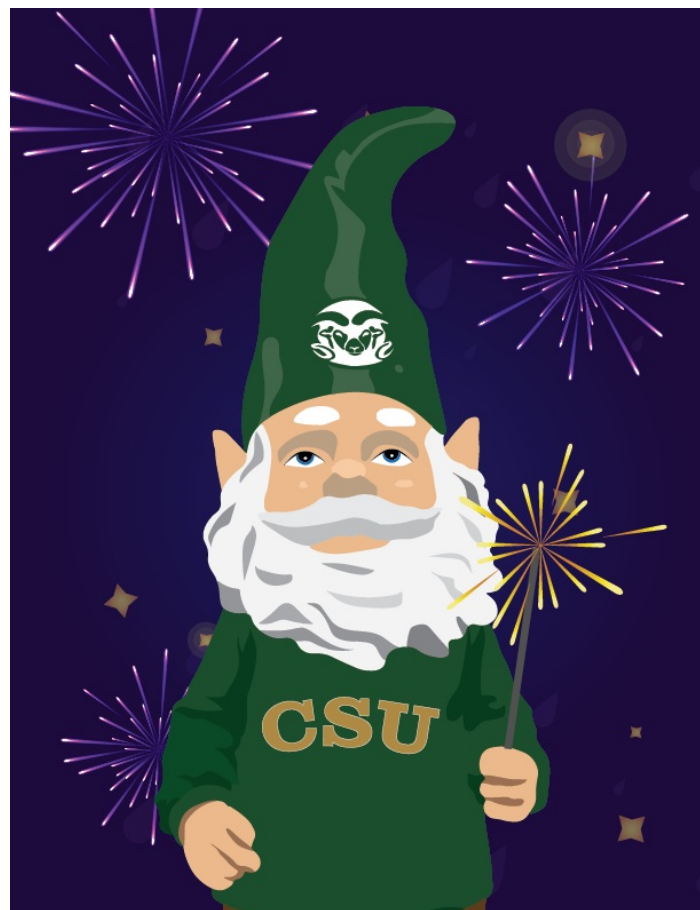
First-Year Commuter Newsletter



January is Here!!!

HELLO 2023! Welcome to the new year. We hope everyone's break has been what you wished. We are excited to welcome you back to our campus, with a fresh start and new goals. We hope this new year you are sure to welcome change, embrace adventure, and make this new year one you'll never forget.

We will open the book, its pages are blank, and we are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's Day.



New Year's Resolutions

At the start of a new year, it's common to

focus on things you want to change - especially after all of the strangeness of 2022. But, you shouldn't overlook the things you're already trying to do. Don't get stuck on trying to completely transform yourself as a new person; remember to focus on the now and how you're doing. Here are a few positive change ideas we all should focus on all year, every year.

- Practice Gratefulness
- Be kinder
- Read more
- Laugh more
- Enjoy nature
- Say no
- Put the phone down
- Talk more to those you love
- Take time and space for yourself



Dr. Martin Luther King Jr. Day

During the less than 13 years of Dr. Martin Luther King, Jr.'s leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced. Dr. King is widely regarded as America's pre-eminent advocate of nonviolence and one of the greatest nonviolent leaders in world history.

Monday, January 16

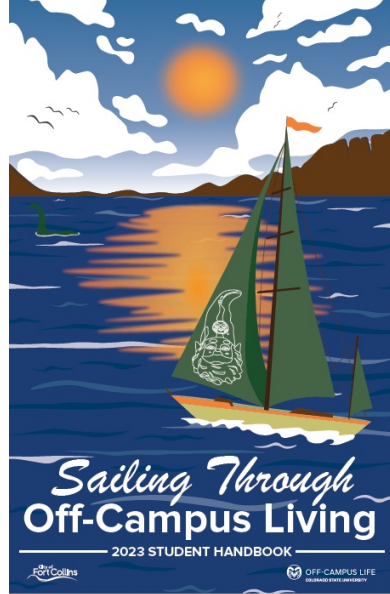
Please visit this link to this year's Dr. Martin Luther King Jr. Community Celebration and how you can participate.

The March is Far From Over

Handbook

Cruise your way through Fort Collins with our Off-Campus Living Handbook.

Handbook



Need to rent a locker?

We have 3 different sizes available ranging in price from \$20 – \$50 per semester, which will be charged to your credit or debit card. Click on the link below to read more information about that specific size.

[Lockers](#)

RamRide is Back!



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

- **RamRide Night Ops** will be back up and running in Spring 2023, which means we're bringing fundraising back to CSU Registered Student Organizations! Although RamRide is back, our fundraising model has been reimagined to both suit the needs of our community and comply with new university policies. This is an invitation to attend one of three RamRide Interest Sessions, the week of January 9th, to learn about the new way your organization can earn \$350, \$650, or \$1,000 with RamRide. The session times, dates, and links can be found below. These sessions will include information regarding our new model and steps to sign up to volunteer and fundraise with us. We will also include time for questions. The process of signing up to volunteer and fundraise with RamRide has significantly changed, so we strongly encourage you to attend one of the sessions to learn more.

Session dates & times:

- **Monday, January 9th from 5:30-6:30 PM (MST)**
 - **Join Zoom Meeting:** <https://zoom.us/j/98816749013>
or Meeting ID: 988 1674 9013
- **Tuesday, January 10th from 3:00-4:00 PM (MST)**
 - **Join Zoom Meeting:** <https://zoom.us/j/99395356797>
or Meeting ID: 993 9535 6797
- **Wednesday, January 11th from 12:00-1:00PM (MST)**
 - **Join Zoom Meeting:** <https://zoom.us/j/94509064602>
or Meeting ID: 945 0906 4602
- **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.
- **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.
- **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.



Housing Fair

Don't forget the Housing fair is approaching. The 2022 Housing Fair will take place on Wednesday, February 8th, 2023, 9:00 AM-4:00 PM, Main Ballroom, Lory Student Center, CSU Campus.

[Housing Fair](#)

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.

Transfort Survey

This week, Transfort launched an online survey to better understand passenger decisions to ride (or not ride) Transfort. Additionally, the survey asks for feedback on Transfort's current fare-free policy and thoughts on the benefits and barriers of removing fares permanently.

Please take a few minutes to complete the survey here: www.fcgov.com/transfortsurvey It will be open through the end of January.

Scholarships



Puksta Scholarship

The CSU Puksta Scholars Program is developed out of the Puksta Foundation, a non-profit organization that provides scholarships, mentorship, & experiential community engagement training for undergraduate Colorado students. Scholars participate in a rigorous & rewarding long-term program designed to equip them with the knowledge, skills, & experiences necessary to become catalysts for lasting positive change in the community. The application can be found on your Academic Works page once you complete the CSUSA.

Reisher Scholarship

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 additional educational debt. The Reisher Scholars Program is unique in that it focuses on rising college sophomores and transfer students from community colleges who have already demonstrated academic



and leadership potential as undergraduates. The application can be found on your Academic Works page once you complete the CSUSA.

How to maintain a good GPA

We can all use a few tips to maintain our study habits as we get into the second semester of the academic year.

- Create a study guide
- Take good notes
- Don't be afraid to ask for help
- Go to class (even if it's online)
- Create a study station
- Don't ignore the little assignments
- Motivate yourself
- Focus on what interests you
- Be disciplined and organized



Most of all, find a balance. While maintaining good grades is beneficial, there are plenty of other things that you should also remember to do while you're in college.

- Laugh and have some fun
 - Try new things
 - Network
 - Sleep
 - Join a club
 - Hang out with friends - or pets!
-

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](#).

Recipe of the Month

Best Tomato Soup

Ingredients

- 1 medium white or yellow onion
- 6 tablespoons (3/4 stick) butter
- Two 14.5-ounce cans diced tomatoes
- One 46-ounce bottle or can tomato juice
- 3 to 6 tablespoons sugar
- 1 or 2 tablespoons chicken base, or 3 chicken bouillon cubes
- Freshly ground black pepper
- 1 cup sherry, optional
- 1 1/2 cups heavy cream
- 1/4 cup chopped fresh basil
- 1/4 cup chopped flat-leaf parsley



- To begin, dice the onion. Melt the butter in a large pot or Dutch oven. Throw in the onion and cook until translucent.
- Now dump in the diced tomatoes and stir to combine. Add the tomato juice.
- Next - and this is important - in order to combat the acidity of the tomatoes add 3 to 6 tablespoons of sugar. Now, you'll want to start on the low side, then taste and add more as needed. Some tomatoes and juice have more of an acidic bite than others. (For what it's worth, and I realize it's not worth much, I use 6 tablespoons of sugar.)
- Next, add 1 or 2 tablespoons chicken base to the pot. I added 3, and it wound up being a little too much.
- Now you can add lots of freshly ground black pepper. Stir to combine, then heat almost to a boil. Then turn off the heat.
- Add in the sherry if desired. Stir in the cream. Add the basil and parsley and stir.
- Serve the soup warm!



[Visit for Recipe](#)

