CONGRATS!! Welcome to November. We are over half way through the semester. We hope everyone is feeling on top of their classes as the cold weather settles in. We have some nice breaks approaching, don’t forget to do the things you enjoy with friends and family. We know this time of year can have more sickness going around and it can be a challenge to keep up with classes, however, it is important to take care of yourself.

This November newsletter will inform you of volunteer and job opportunities through CSU. There are some fun days coming this November, National Stress Awareness Day and National First Generation Day. We have information about campus step up, the upcoming housing fair, our academic supportive groups TILT and UTurn as well as the student advisory board. We have some fun events for this fall including the Macys Day Parade, our athletics home events and the veterans day celebrations. Lastly we finish our newsletter with a fun and unique November recipe! Dive in!

Our RamRide program will have four elements this semester. You can download the RamRide app from both the Apple and Google stores.
1. **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.

2. **RamRide x Lyft**, New this year, and in partnership with ASCSU, we are bringing operations back for Thursday-Saturday nights supported via Lyft and Spin. Get your Lyft code (worth $12, available Thursday-Saturday nights 10pm-3am) on the RamRide app. The $12 code (10 per student) can be redeemed towards a Lyft ride, a Spin e-scooter, or a Spin e-bike (e-bikes starting in early October). Read more below about how to claim the Lyft code.

3. **RamRide x Lyft Holidays/Special Events** – on high-traffic holidays (Halloween, New Years, Graduation, etc.) where RamRide’s fleet is not operating, RamRide will offer Lyft codes through the RamRide app to support safe transportation.

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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**International Stress Awareness Day**

**Reflection Rooms**
These rooms have been made available for the University community and visitors to meditate, pray, and otherwise spend time in quiet reflection. Reflection Rooms are also called Meditation Rooms in some facilities. CSU can restrict access to this facility should the room be used in a way other than its intended use.

**Counseling Center**
We at CSU Health Network Counseling Services are deeply committed to creating a welcoming, supportive space in which you
can truly be seen and valued in your entirety. For those whose experiences of marginalization and oppression add extra layers to your distress – you and all of your identities are welcome here.

**Mindfulness**

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 communities and fostering socially conscious, compassionate, and mindful leaders.

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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 three positions open:

- **The Graphic Designer** is responsible for developing and maintaining the Off-Campus Life brand through the design of all marketing materials including, but not limited to, newspaper ads, posters, web ads, and t-shirts, as well as the physical construction of display cases and event decorations. This position works closely with the Marketing Manager and Public Relations Coordinator and is also responsible for communicating with other staff on a regular basis to determine office design needs and receive feedback.

- **The Marketing Manager and Public Relations Coordinator** will be accountable for upholding the well-being of the Off-Campus Life office and its programs through promotions and advertisement through close collaboration with the Graphic Designer. The MMPR will need to build strong, trustworthy relationships with clients and business personnel to create a bridge between coordinating offices for smooth transitions and business endeavors. The MMPR Coordinator will support the office through planning, reserving, and submitting advertisements in various publications both on and off campus.

Stop by our office in Room 274 of the LSC for information on how to apply, or click [here](#) for more information.
First Gen Day is right around the corner. This year we will be celebrating Monday, November 8th from 10:00 am-3:00 pm in the LSC Plaza. There will be food, music, prizes, free t-shirts, podcast interviews and more!

Sign Up Here!

Orientation Leader Applications

- Implement in person and virtual Ram Orientation sessions and in person Ram Welcome programming for new CSU students.
- Engage in a comprehensive leadership development training experience founded on the belief that effective student leadership is enacted first by a commitment to a common purpose.
- Design exceptional customer experiences for all new students, parents and families, and guests to the university.
- Build professional confidence, develop communication skills, work with a diverse team of peers toward a common goal, and make lasting campus connections.

It is important to support our incoming commuter students. Some of the greatest support for these incoming students can be from those who have previous experience with being a commuter student. We would love to see our commuter students apply for orientation leaders this upcoming year and see the support you can bring to these incoming students.
Applications are due on **Sunday, November 13 at 11:59 p.m.**

- Make a lasting impact on Colorado State University.

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**Transfer Transition Leader Info**

- Knowledgeable University resources and representatives
- Leaders with integrity and a sense of authentic purpose in the CSU community
- Academic and personal role models
- Leaders who value social justice education and awareness
- Students ultimately committed to the purpose of assisting new students and their support systems in the personal and academic transition into the CSU community

Applications are due no later than **Wednesday, November 16th at 11:59pm.**

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**Housing Fair**

- **On-Campus Housing Fair**

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

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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.
Want to Get Involved ???

![Macy Day Parade](image)

**Macy Day Parade**

**New York Thanksgiving day Parade**

WATCH OUR 95TH PARADE LIVE FROM THE STREETS OF NYC OR ON NBC 9AM-NOON IN ALL TIME ZONES, THURS. NOV. 24

The ultimate holiday tradition is marching this way soon. We can’t wait to bring you our spectacular showcase of giant balloons, fab floats, exciting performers & more fun.

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**CSU Home Sporting Events**

**Volleyball**
Nov. 10th 12th 23rd 24th 25th

**Women's Basketball**
Nov. 8rd 11th 15th

**Football**
Nov. 12th 25th

**Men's Basketball**
Nov. 7th 11th 14th 26th 30th

**Women's Swimming**
Nov. 5th

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**Veterans day events**

**Nov 5th**- Fall Clean Up

5th annual ALVS Military and Veteran appreciation ball

**Nov 7th**- Maximize your scholarship opportunities

**Nov 8th**- Creative writing workshop with Ross Atkinson

**Nov 9th**- Champions of the ALVS: a Faculty, Staff, and Student Mixer

**Nov 10th**-
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

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.

Recipe of the Month
Caramel Apple Pastry

**Ingredients**
- 1/4 cup sugar
- 2 teaspoons corn starch
- 2/3 cup non-alcoholic apple beer or apple juice
- 4 oz cream cheese
- 1 frozen puff pastry sheet thawed
- 2 uniform apples preferably with red skin
- 1 lemon
- flour for rolling
- cinnamon optional
- powder sugar for decorating
- salted caramel sauce for serving if desired

**Instructions**
- Before you begin, thaw the puff pastry according to package directions. This usually takes 40-60 minutes.
- Preheat the oven to 375 F. Grease the sides of a muffin tin with butter and line the bottom with parchment paper or the bottom cut out of a paper muffin liner. Set aside.
- In a medium sauce pan combine sugar, corn starch, and apple beer. Whisk over medium heat until the mixture comes to a simmer. Cook for an additional 90 seconds until the mixture is thick like syrup.
- Microwave the cream cheese for 30 seconds until it is very soft. Whisk it into the apple mixture. Set aside.
- Squeeze the lemon into a medium bowl that can go into the microwave. Fill it about half way with water. Slice apples in half from stem to blossom end. Remove the core and the skin around the stem and blossom end. Starting at the stem end, slice apples about 2mm wide, placing each slice into the lemon water as you cut. The best way to do this is on a slicing tool. (Too thin they are prone to burning, too thick and you can't roll the rose).
- Microwave the apples in water for about 3 minutes.
- Lightly flour a work surface and roll out the puff pastry until it is about 12" x 9". Cut the dough into six strips about 2" x 9".
- Spread a teaspoon of filling over each strip. Reserve leftover filling to serve with pies as desired.
- Drain the apples and place a row of slices from left to right across each strip of pastry dough. Each slice of apple is placed so it covers about 1/2 of the slice before it. Place the apples in such a way that the bottom corners of the dough can be folded up to become even with the top corners. See picture for example.
- Sprinkle with cinnamon if desired. Fold bottom of pastry up to meet top corners. Gently roll each strip from left to right into a rose shape. Place in prepared muffin tin and bake at 375 for until golden brown and puffed, about 40-45 minutes. If the apples start to singe, try moving the pan to a lower rack of the oven.
- Dust with powdered sugar or drizzle with salted caramel sauce and serve
hot with or without butter pecan ice cream.