

First-Year Commuter Newsletter



November is Here

CONGRATS!! Welcome to November. We are over halfway through the semester. We hope everyone feels on top of their classes as the cold weather settles in. We have some nice breaks approaching, don't forget to do 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. Some fun days are coming this November: National Stress Awareness Day and National First-Generation Day. We have information about campus step-ups, the upcoming housing fair, our academic supportive groups, TILT, and the student advisory board. We have some fun events for this fall, including the Macy's 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!



RamRide!

Our RamRide program will have three elements this semester. You can download the RamRide app from both the Apple and Google stores. You can visit our website [here](#).



1. RamRide Night Ops, our safe-ride program, is changing for the semester. For the remainder of the semester, we will be giving Lyft codes through our Instagram, @ramride_csu! Follow us, and remember to claim your code!

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 needing that service. Please visit our website for updates to this program.

3. RamRide Secure, our transportation security program, will continue this year, offering Lyft credits to students who submit applications and are approved after committee review as funds remain.

Look at our website for further updates. 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.



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

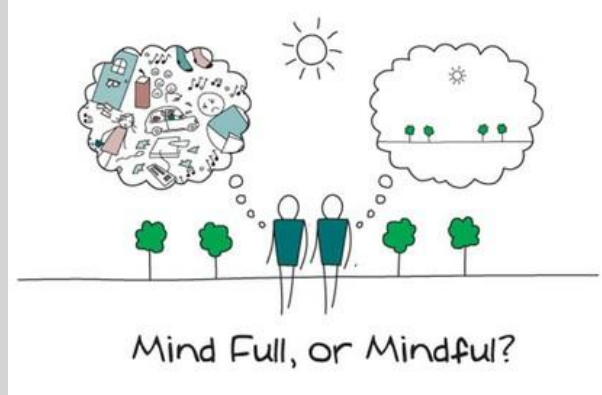


Reflection Rooms

Counseling Center

Center for Mindfulness

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.



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; take it from me; it's a great workplace! 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, and general administrative duties during weekly office hours. Stop by our office in the LSC for information on how to apply, or click [here](#) for more information.



Orientation Leader

It is important to support our incoming commuter students. Some of the greatest support for these incoming students can be from those who have

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

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 5th at 11:59 p.m.**

the university.

- Build professional confidence, develop communication skills, work with a diverse team of peers toward a common goal, and make lasting campus connections.
- Make a lasting impact on Colorado State University.

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 Sunday, **November 12th at 11:59pm.**

**Transfer Transition
leader**

Housing Fair



On-Campus Housing Fair

Don't forget the Housing fair is approaching. The 2022 Housing Fair will take place on Wednesday, February 7th, 2022, 9:00 AM-4:00 PM, Main Ballroom, Lory Student Center, CSU Campus.

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

New York Thanksgiving day Parade

WATCH OUR 97TH PARADE LIVE FROM THE STREETS OF NYC OR ON NBC

9AM-NOON IN ALL TIME ZONES, THURS. NOV. 23

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.

CSU Home Sporting Events

Volleyball

Nov. 16th, 18th,

Women's Basketball

Nov. 2nd, 6th, 9th, 15th, 21st

Football

Nov. 11th, 18th

Men's Basketball

Nov. 6th, 10th, 17th, 29th



Sport Calendar

Veterans day events

Nov 4th-

6th annual ALVS Military and Veteran appreciation ball

Nov 6th-

Veterans writing workshop, showcase, and Puentes

Nov 7th-

ALVS guided tour



VETERANS WEEK



SCHEDULE OF EVENTS

November 4 - 11, 2023

11/4	SATURDAY 7:00 - 11:00 PM	6th Annual ALVS Military and Veteran Appreciation Ball <small>Lory Student Center Ballroom, Dinner Provided RSVP Required</small>
11/6	MONDAY 5:30 - 8:00 PM	Veterans Writing Workshop Showcase & Puentes Bridges <small>Avogadro's Number, Dinner Provided & Cash Bar Available</small>
11/7	TUESDAY 9:00 AM - 1:15 PM	ALVS Guided Tours <small>Adult Learner & Veteran Services - Lory Student Center, Room 282</small>
11/8	WEDNESDAY 12:00 - 1:30 PM	Dr. Lopez: Indigenous Educational Experiences & Survey Research <small>In Collaboration with CSU's Native American Cultural Center & Ram Events Lory Student Center Longs Peak Room 302 Lunch Provided Hybrid Event</small>
11/9	THURSDAY 6:00 - 8:00 PM	Student Veterans of America (SVA) Bowling <small>Follow CSU's SVA on Instagram for updates @csusvo Chipper's Lanes North 830 N College Ave</small>
11/10	FRIDAY 7:00 AM - 7:00 PM	National Roll Call <small>Sign up to read or stop by to pay your respects for the thousands of individuals who have made the ultimate sacrifice since 9/11. Lory Student Center Plaza (East Side)</small>
11/11	SATURDAY 1:00 - 5:00 PM	Military & Veteran Appreciation Tailgate <small>IM Fields in the Northeast Corner</small>



ADULT LEARNER AND VETERAN SERVICES
COLORADO STATE UNIVERSITY

LEARN MORE & RSVP



All Adult Learners, Student Parents, Student Veterans, ALVS Champions, Families, and Children are Welcome

ALVS

Nov 8th-

Dr. Lopez: Indigenous Educational Experiences and Survey Research

Nov 9th-

Student Veterans of America Bowling

Nov 10th-

National Roll Call

Nov 11th-

Military appreciation tailgate and football game

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

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



MirlandrasKitchen.Com

- 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 flower 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.



[Visit for Recipe](#)



