

# First-Year Commuter Newsletter

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## October is Here

HELLO!! Welcome to October. We hope you are enjoying the fall breeze through campus. We know classes and obligations can start to pick up this time of year. Our office (Off-Campus Life) wants to support you and offer as many resources as we can.

## What is in This Month's Newsletter

Our October newsletter goes over Fall Clean Up, RamRide, and different ways to get involved in volunteering through our office. We explore the best practices for Halloween safety and things to keep in mind that weekend. We also take a look into who around the world is celebrating this October and how to honor these populations. There are some on-campus job opportunities you don't want to miss out on! CSU has some awesome events taking place this October such as Homecoming, our sporting events and Cans around the Oval. During all these fun events we want to make sure school work is not becoming too much. We have resources such as TILT and the wonderful mindfulness workshops. To top off this wonderful fall season, our newsletter has a recipe you don't want to miss!



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## Get Your Green On!

We love to see you all in our office! On Fridays, if you wear green, you can be entered to win a **weekly prize**. We have had one student coming in for the last few weeks, and because they have been the only one, they have won over \$100 in prizes. Come into our office wearing green on Fridays to get entered!



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## 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 4th and volunteer sign-up is open. Check out our website [here](#) for more information and to sign up.

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## Fridge and Microwave

If you need a place to store and or heat up your food, you can use our office! With this new program, we are setting some ground rules. If you have any questions, please let us know!

- Fridge
  - Labeled commuter student shelf/area
  - Label food with name and date
  - The fridge is cleaned Friday at 4 PM, any food left behind will be



tossed. This also applies to breaks and holidays; the fridge will be cleaned out prior.

- Tupperware will go in a shared bin after being washed in the washing machine; we cannot guarantee it will be there
- Microwave/Toaster
  - Clean up your own mess
  - Cleaned every Friday
  - Use the provided food cover in the microwave
  - Make sure the oven is off after use

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## Halloween Safety



We know most of you look forward to Halloween as a time to blow off steam in the middle of fall semester. This has been a very challenging semester for many; we know that having good, safe fun is super important. While we want you to enjoy the weekend, we also want you to be aware that the reality of this holiday is that there are real risks, such as increased sexual misconduct and sexual assault, along with general student misconduct associated with Halloween.

[Party Registration Info](#)



Don't forget to use our party registration program during Halloween weekend. Party registration operates 7 days a week 24/7. **Make sure to register your party by the Thursday before!** You can register through our office in the Lory Student Center next to the bookstore on the 2nd floor. Our office is open Monday - Friday 9am - 5pm.

### Safety After Dark

Going downtown after dark? Run through this checklist before you head out for the night! Does someone know my plan?

- Before you head out, tell someone where you are going and when you plan to be back. Do I have a way to pay?
- Just in case you get separated from friends, or your designated driver can no longer drive, make sure you have a

way to pay for a ride home if needed.

How am I getting home?

- If you are partying, make sure you've got a plan to get home safely once the fun is done. Do I trust the people I'm going out with not to ditch me?
- There's safety in numbers, so stick with a group that will stick together. No friend left behind!
- Dead battery = no way to call for a ride or find friends if you get Separated

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## RamRide!



Our RamRide program will have four 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.



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## Who is Celebrating This October ???

## National Latinx Heritage month (Sept-Oct)

National Latinx Heritage Month is a time where we can all get together to CELEBRATE our unique backgrounds. However, NLHM wasn't always a month-long celebration. Starting in 1968, Lyndon Johnson's administration started Hispanic Heritage Week, a time to commemorate the history, culture, and contributions of Latinx people in the US.



[El Centro](#)



[LGBTQ Resource Page](#)

## LGBTQ History month

Join Colorado State University and the Pride Resource Center as we celebrate and honor the many intersecting identities found within our LGBTQIA+ community all month long. We hope you join us in exploring the many stories, traditions, and history found within our community through our many collaborations, programs, and events.

## Diversity Symposium

The Office of Inclusive Excellence and the Diversity Symposium Planning Committee are excited to announce the dates for the 2023 Diversity Symposium, October 23-27! The keynote speakers will be presenting online through Zoom. There will be both meeting and webinar format for maximum interaction! We are ready to come together as a community to engage with one another on the critical topics of diversity, equity, inclusion, and social justice.



[Inclusive Excellence](#)



# 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.

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## Want to Get Involved ???



### Homecoming

### Homecoming Event Schedule

We are beyond excited to welcome alumni and Rams fans home again for Homecoming and Family Weekend 2023. Ram Pride shines brightest when we're together and the hope of bringing generations of Rams back together again to celebrate one of our most treasured traditions will be a light to look forward to. We've stayed stalwart through one of the hardest events our University has ever endured, and we're ready to begin charging forward – because that's what Rams do.

### CSU Home Sporting Events

#### Volleyball

Oct. 7th, 19th, 26th, 28th, 31st

#### Women's Tennis

Oct. 1st,

#### Women's Soccer

Oct. 12th, 15th, 22nd

#### Football

Oct. 14th, 28th

#### Men's Basketball

Oct. 28th



### Sport Calendar

Woman's Swimming  
Oct. 13th, 14th, 27th



### Cans Around the Oval

C.A.N.S Around the Oval is a CSU tradition, where students, faculty, and staff join local community members and the Food Bank for Larimer County to raise awareness about local hunger and collect food goods and raise monetary donations in creative and collaborative ways.

Cans Around the Oval

## 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](#).



### Mindfulness Workshops

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.

Center for Mindfulness

## Recipe of the Month

# Pumpkin Bread

## Ingredients:

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1-1/2 sticks (3/4 cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 15-oz can 100% pure pumpkin (I use Libby's)



## Directions:

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

[Visit for Recipe](#)

