

First-Year Commuter Newsletter



Hello Rams, and Happy September!

Congratulations! You've officially completed your two weeks (and a bit) of classes at CSU. I hope you're enjoying your college experience so far. I'm enjoying everyone being on campus again!

As teachers begin to assign materials to read and discussion posts to write, as well as ask those Iclicker questions that count for attendance, remember to put your best foot forward and tackle this semester head on. Here are some ideas that have helped me get organized at the start of a semester and create a solid foundation for the school year:

- Buy a planner & write EVERYTHING down
- Print off all syllabi
- Organize how you'll be taking notes in each class
- Schedule in some personal time

Please stop by our office in Room 281 of the LSC if you have any questions or need anything - we'd love to see you!

Thank You for Coming in and Saying Hi!

It was great to get to know some of you during our coffee and donuts the first week! We want to shout-out everyone who came in more than once and thank

you for coming! We hope to see you more throughout the semester!

- Kaira Cole
- Andrew Bouman
- Joseph Coppa
- Garrett Fuhrman
- Jazmin Garcia
- Alice Ionash
- Cole Kashay
- Jordan King
- George Lay
- Adai Magrigal
- Fatima Monge Uribe
- Desmond Lot
- Thor Mosebar
- Dasha Mulholland
- Scott Ortecho
- Kassandra Quinlan
- Grantland Rice
- Ricky Rowh
- Jude Rudd
- Linden Sprenger
- Izzy Williams
- Zachary Wrightsman
- Jameson Wilkins

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

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 5th and volunteer sign-up will begin on September 4th. check out our website [here](#) for more information and to sign up.



A Few Things to Know to Become a True Ram

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

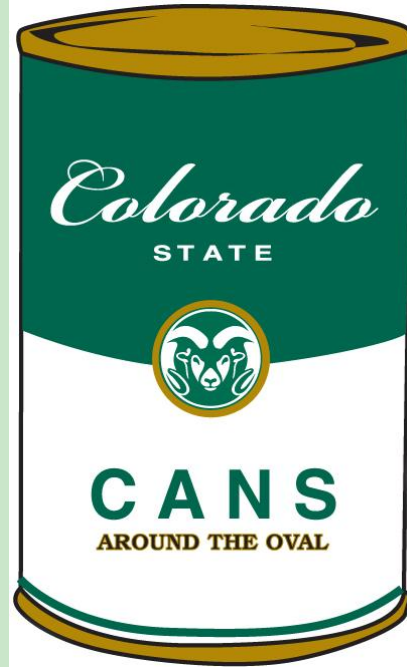


A 100+ year tradition, CSU Homecoming is a big deal in Fort Collins. The weekend is celebrated by numerous events, including a festival on the Oval, parade, bonfire, fireworks display, 5K race, and home football game. CSU encourages students to invite loved

ones to campus to share in the celebration. Events are inclusive of the entire CSU community. You can find more about homecoming weekend [here](#).

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.

Get A 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, offers student organizations opportunities to volunteer and fundraise. Free rides will be available to the campus community from 10:00 pm to 3:00 am on Friday and Saturday nights. Download the CSU RamRide app to request your free ride around Fort Collins. Volunteer, our RamRide program offers CSU clubs and organizations an opportunity to raise money for their organization while helping RamRide run smoothly. If a club/organization has participants that want to volunteer with RamRide, they will be given up to \$1000 from RamRide to use towards their club/organization's 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 needing that service. Please visit our website for updates to this program.

3. RamRide x Lyft, our partnership with Lyft, will continue this year, offering Lyft codes for money off your ride. Be on the lookout for these codes, which will be announced on our Instagram various nights throughout the semester!

4. 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.



Education Abroad Fair

If you think you might want to study abroad during college, check out the 2023 CSU Education Abroad



Fair. We encourage all students to attend these foundational sessions to get started with their Education Abroad journey.

The Fair takes place September 13th in the LSC. More info can be found [here](#).

Want to Get Involved?

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.



Upcoming Events

- September 2: Football vs. Washington State
- September 6-7: Men's Golf: Ram Masters Invitational
- September 7: Volleyball vs. Bowling Green
- September 8: Volleyball vs. Baylor
- September 9: Volleyball vs. Pacific
- September 13: Latinx Heritage Month Launch Event
- September 14: Soccer vs. Utah Tech
- September 14: Battle of the Bands
- September 15: Volleyball vs. CU
- September 17: Soccer vs. Utah
- September 19: Latinx Heritage Month Keynote
- September 21: Soccer vs. Nevada
- September 24: Soccer vs. UNLV
- September 22: Volleyball vs. UNLV
- September 25-26: Women's Golf: Colonel Wollenberg Ptarmigan Ram Classic
- September 28: Volleyball vs. San Diego State

- September 29-30: Women's Tennis: Jon Messick Invitational
 - September 30: Volleyball vs. UNLV
 - September 30: Football vs. Utah Tech
-

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. They also provide information about tutoring, which can be class specific. Below is a list of classes.

Courses supported:

- Biology
 - BC 351
 - BMS 300
 - BMS 301
 - BZ 110
 - BZ 350
 - LIFE 102
- Chemistry
 - CHEM 107
 - CHEM 111
 - CHEM 113
 - CHEM 245
 - CHEM 341
 - CHEM 343
- Math
 - MATH 141
 - MATH 155
 - MATH 160
 - MATH 161
 - MATH 261
 - MATH 340
 - MATH 369
- Physics
 - PH 121
 - PH 122
 - PH 141
 - PH 142

More information about TILT can be found [here](#).

The Native American Cultural Center's Eagle Feather tutoring starts on Monday! More information about this program can be found [here](#).

First 50 Days includes programs new students should attend the first eight weeks on campus during the Fall Semester. By attending and participating in these programs, new students will have the ability to learn about

involvement opportunities on campus, become part of the CSU campus, engage in community wide-events, and enhance their connection to being a CSU Ram! As a new student within the first eight weeks of the semester, you should plan on participating in the First 50 signature events and consider attending other events on campus.



Celebrate CSU's History!



Before the football game on September 30th, celebrate the 40+ year CSU tradition of Ag Day!

Ag Day is hosted by CSU's College of Agricultural Sciences along with Colorado agricultural organizations and associations. It's a time when we can come to the table together to honor our roots and the agricultural producers that provide for our community. The pregame event features the state's agricultural growers and producers preparing Colorado's premier outdoor barbecue from quality Colorado food products to fund scholarships for agricultural sciences students. This tradition honors both the institution's roots and Colorado's rich agricultural history in a celebration that appeals to all ages.

The BBQ starts at 1PM and the game starts at 5PM. For more info and to buy tickets, click [here](#).

Recipe of the Month

White Chicken Chili

Ingredients:

- 1 small yellow onion, diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans low-sodium chicken broth
- 1 (7 oz) can diced green chilies
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- salt and freshly ground black pepper , to taste
- 1 (8 oz) pkg Neufchatel cheese (aka light cream cheese), cut into small cubes
- 1 1/4 cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 1/2 cups shredded cooked rotisserie or left-over chicken
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, monterey jack cheese, sliced avocado for serving (optional)



Directions:

- Heat olive oil in a large pot over medium-high heat. Add onion and saute 4 minutes. Add garlic and saute 30 seconds longer.
- Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil then reduce heat to medium-low and simmer 15 minutes.
- Drain and rinse beans in a fine mesh strainer or colander then measure out 1 cup. Set whole beans aside, transfer 1 cup beans to a food processor along with 1/4 cup broth from soup, puree until nearly smooth.
- Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer 5 - 10 minutes longer.
- Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

[Find the recipe here!](#)



Off-Campus Life | Room 274 Lory Student Center , Fort Collins, CO 80523

[Unsubscribe nancy.rhodes@colostate.edu](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent byocl@colostate.edupowered by



Try email marketing for free today!