January is Here!!!

HELLO, 2024! 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 will 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 craziness of 2023. 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

Monday, January 15, 2024

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

**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.

**Handbook**

Cruise your way through Fort Collins with our Off-Campus Living 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](#)

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**RamRide is Back!**

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

![RamRide Banner](image)

1. **RamRide Night Ops**, A designated group leader will register for a night your student organization wishes to volunteer on through our website. You can choose to provide either 16 volunteers on a single night to receive $500 or 30 volunteers on a single night to receive $1000. Patrons can request a free ride through our app from 10 PM to 2:30 AM on Friday and Saturday nights.

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 in need of that service. Please visit our website for updates to this program.

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.

[Housing Fair]

Don't forget the Housing fair is approaching. The 2024 Housing Fair will take place on Wednesday, February 7th, 2024, 9:00 AM-4:00 PM, Never No Summer Ballroom, Lory Student Center, CSU Campus.

[Help Improve Phone Service]

Despite the FCC Broadband Map displaying 100% coverage and acceptable 4G and 5G service across Fort Collins, residents still grapple with dropped calls and frustratingly slow data in many areas. Help improve Fort Collins' cell service with the FCC Speed Test app. Your reports can trigger action from mobile providers to improve service in areas with poor coverage. More info: [fcgov.com/fccchallenge](http://fcgov.com/fccchallenge)

[CSU Scholarship Application]

The CSUSA is a competitive online scholarship application for many of the scholarships at CSU. Scholarships are available in all class levels (entering freshmen, undergraduates, transfer, 2nd bachelor’s, graduate, and Professional Veterinary Medicine.) Applications are reviewed based on your academic record as well as your answers to the questions on the application. The CSUSA will be available online on your RAMweb beginning October 1. The deadline is March 1 at 11 p.m. (MST). Go to [RAMweb](http://RAMweb), log in using your eID, and then select the CSU Scholarship Application link.

[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!

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**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](#).

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**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!