

First-Year Commuter Newsletter

Happy May, Rams!

Man oh man have these times been completely unprecedented. I'd like to tell you that you are amazing and you are doing a great job with everything that has come your way. We are almost to the end of the semester, literally only a couple of weeks left. I wish the remainder of the semester would have resumed as it should have. I had planned on seeing your face with your fellow commuter peers. Just know that you are being supported and I recognize that your second semester of your freshman year has unraveled much differently than you ever imagined.

Now is the time to grind until the end! I also want you to make sure that you are taking care of yourself in the mean time. These times could not have been prepared for, so it's essential to take care of your mental health. There is nothing wrong with putting yourself first and making sure that you are always okay. Don't forget to finish strong and keep positive!

I am closing my chapter here at CSU and as a Commuter Student Program Assistant. This was by far one of the most rewarding experiences of my life. I have learned so much by being here. I wish we could have more time to meet. Keep on reaching for your goals, this is only the beginning.

Have a fun, safe, and relaxing summer, Rams!

Best wishes,
Topazio

CSU Events

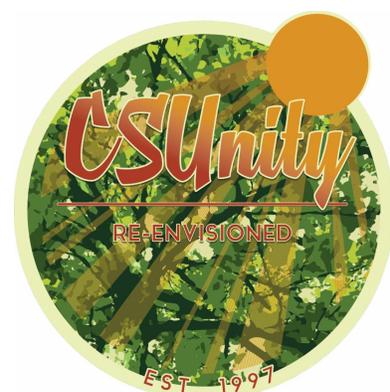
- Cheese-making 101 in your home: May 3rd, 3:00 - 4:00 PM, via zoom
- ACT At Home: Virtual Film & Conversation: May 5th, 6:30 - 7:30 PM, online
- Final Exams: May 11th - 15th

CSU Unity Re-envisioned

Due to the COVID-19 pandemic and Governor Polis' "stay-at-home" directive, "CSUnity 2020: A Spring Service Day" was canceled in its traditional form. Yet, in the last couple of weeks, it has been transformed into a dynamic and regularly updated source of community engagement opportunities and alternatives.

Virtually Celebrating and Promoting National Volunteer Month by Meeting Today's Immediate Community Needs and Priorities.

By navigating an uncertain future, we must reenvision our program in



unprecedented ways. The traditionally large-scale, one-day service program is transforming into a celebration and promotion of National Volunteer Month, occurring throughout April. SLiCE encourages members of our Ram Community, whether near or far, to connect with their local communities during this rapidly evolving time. To best support our stakeholders, we are frequently updating information about the following:

- Community Agency Volunteer Requests (a volunteer request intake form for local non-profits to submit for one-time or ongoing needs)
- Immediate Volunteer Opportunities (a collection of ongoing and one-time volunteer opportunities offered virtually, in-person, and remotely for Rams who want to volunteer their time this April and/or beyond)
- Neighborly Acts of Kindness by Others (a collection of articles recognizing voluntary acts of kindness springing up locally and elsewhere)
- Resident Relief Resources (a list of alternative options for local neighbors to request volunteer help via local non-profits)
- Submit Your Own Acts of Kindness (the chance to submit any time spent volunteering since July 2019 up through June 2020 for the Rams 150 Service Challenge)

[Visit for more information](#)

Rams Against Hunger



To help address significant financial stress and food insecurity, Rams Against Hunger will begin providing food through a distribution site open four days a week, beginning Thursday, April 23. The site will be housed at the Lory Student Center Theatre:

- 3-7 p.m., Monday and Thursdays
- 8 a.m. – noon, Tuesdays and Fridays

All CSU students, staff and faculty may select from a variety of fresh, refrigerated and shelf-stable foods. The distribution site is open to anyone with a CSU ID. To access the site, enter the south entrance of the Lory Student Center and follow the signs.

Anyone visiting the site must adhere to strict social distancing guidelines and health protocols to help prevent the spread of COVID-19.

[Visit for more information](#)

Rams Fail Forward

FAILURE GOT YOU DOWN?

 CSU HEALTH NETWORK
COLORADO STATE UNIVERSITY



Learn how to bounce back at
health.colostate.edu/RamsFailForward

Failure. We all do it.

Failure happens to all of us. Screw-ups, setbacks, and struggles are part of being human. Yet, we tend to forget this when we scroll past friends portraying their picture-perfect lives on our Instagram feeds.

In fact, daring to take on life's most meaningful challenges involves substantial risk of failure. Whether you did or didn't have control over the factors that contributed to a failure, it can cut deep, sometimes in ways that are painful, disorienting, and shame-inducing.

Most of us are hard wired to avoid pain or we look for quick fixes to relieve it. This innate response can reduce our capacity to recover from struggles and can negatively impact our health. But, there are steps we can take to help us respond to failure in a more positive way. Failure is, after all, one of life's greatest teachers.

Take the pledge now!

[Visit for more information](#)

Want to work for the best office in the LSC?

Apply for my position- Commuter Student Program Assistant

The Commuter Student Program Assistant (CSPA) is responsible for supporting the commuter population at CSU, which we define as first-year students who are commuting to campus. The CSPA will support programming geared towards this population by managing organization within office programs and keeping track of key details such as room reservations, volunteer recruitment, ordering/maintaining supplies, printing and/or updating handouts, and assisting with website maintenance, including web advertising, and assistance with special projects. Additionally, the CSPA will assist with developing new and innovative programming to support this program. The CSPA will also support overall office programming and functions.

Tune into this video to get a sense of what it's like to work for Off-Campus Life.



View more details and how to apply here at our website in the Employment section

[Visit for more information](#)

Recipe of the Month

~Carne Asada Street Tacos~

Marinade:

- 1 1/2 - 2 pounds flank steak pounded to an even thin thickness
- 1/4 cup reduced sodium soy sauce
- 1/4 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon brown sugar
- 1 teaspoon liquid smoke

Spice Mix:

- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 2 tsp EACH smoked paprika, chili powder
- 1 tsp EACH salt, onion powder, ground coriander
- 1/2 tsp EACH pepper, cayenne pepper

Extras:

- Corn Tortillas
- Hot sauce
- Sour cream
- Guacamole
- Cotija (optional) Cheese

CARNE
asada
STREET TACOS



- Lettuce
- Tomato
- Pico de Gallo

Directions:

1. Add Spice Mix seasonings to a small bag or sealable container; whisk and set aside.
2. Add all Marinade Ingredients (except steak) to a large freezer bag and whisk to combine. Add 3 tablespoons Spice Mix to Marinade and whisk to combine. Add steak, squeeze out excess air, seal and turn to evenly coat. Marinate in the refrigerator 4-12 hours (the longer the better).
3. While steak is marinating, prepare pico de gallo and other toppings aside from guacamole and refrigerate.
4. When ready to grill, mix remaining Spice Mix with 2 tablespoons olive oil to create a wet Spice Rub.
5. Discard marinade and pat steaks dry with paper towel. Rub steak evenly all over with Spice Rub and let rest at room temperature for 30 minutes. I use this time to make guacamole (recipe to follow).
6. Grease and preheat outdoor grill or indoor grill pan to high heat. Add steak and turn down to medium-high. Grill steak for 7 to 10 minutes per side, turning once, for medium (recommended 145 degrees F). For medium-well, continue cooking steak over indirect flame for an additional 5-10 minutes per side, depending on thickness. *If you like your steaks rare then use HIGH heat so you can get the charred outside in less time.
7. Remove steak and let rest 10 minutes before chopping into small pieces.
8. Assemble Street Tacos by layering warmed corn tortillas with carne asada steak, pico de gallo, guacamole, sour cream and cotija cheese. Serve with optional lime wedges and hot sauce.

[Visit for full instruction](#)

