

First-Year Commuter Newsletter



April is Here

HELLO!! Welcome to April. The weather is starting to warm up and the flowers are popping out of the snow. We are almost there with only 6 weeks left. Stay strong and finish with no regrets. We are here to support you and wish you well as we enter into summer.

What is in This Month's Newsletter

We discuss our advisory board opportunity. With weather warming up and darty season picking up, think about using Off- Campus Life's party registration. RamRide is operating and runs Fridays and Saturdays 10pm -3am. We discuss World Health Day, Walk To Work Day, Earth Day and April Fool's Day all happening this April. You can get involved with Project Homeless Connect, more info below. Our upcoming sports events are stated below as well as our academic support here at CSU. We share the mindfulness center as it is Stress Awareness Month. And look out for a fun spring recipe.



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.



Darty Season



Throwing a darty?

Stop in our office located in the Lory Student Center (Room 274) to learn more and get your party registered to avoid a possible citation.

RamRide!

Our RamRide program will have four elements this



semester. You can download the RamRide app from both the Apple and Google stores.

- **RamRide Night Ops** will be back up and running in Spring 2023, which means we're bringing fundraising back to CSU Registered Student Organizations! Although RamRide is back, our fundraising model has been reimagined to suit our community's needs and comply with new university policies. Come into our office to learn about the new way your organization can earn \$350, \$650, or \$1,000 with RamRide.
- **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. You can visit our website for updates to this program.
- **RamRide x Lyft**, our partnership with Lyft, will continue this year but with a different look from last year, offering students subsidized rides through the Lyft app during certain holidays such as Halloween, St. Patrick's Day, etc. (other holidays will be determined and announced on our website), as funds remain.
- **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.



What are we Celebrating This April ???

World Health Day- April 7th

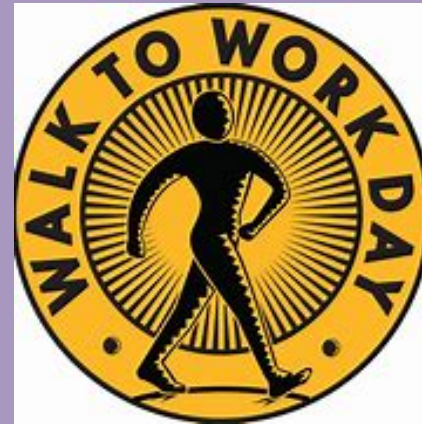
World Health Day has been celebrated each year since 1950. World Health Day is one of eight health campaigns founded by WHO. Events held on World Health Day include Conferences, free medical checkups, public marches and



demonstrations. It was first observed on July 22, 1949, but the date was later changed to April 7, the establishment of WHO, to encourage student participation.

Walk to Work Day- April 7th

Walk to Work Day was created by Prevention Magazine in 2004. It started as the beginning of a health strategy that was featured in the magazine and encouraged people to do more walking to improve not only their physical health but their mental health as well. It didn't take long for that holiday to jump from the pages of the magazine, however, and into the mainstream. Now it's a holiday celebrated all over the U.S.



Earth Day- April 22

Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events in more than 193 countries. Earth Day was the brainchild of Sen. Gaylord Nelson of Wisconsin, a staunch environmentalist who hoped to provide unity to the grassroots environmental movement and increase ecological awareness.

April Fools Day

April 1 is a day for practical jokes in

many countries around the world. The simplest jokes may involve children who tell each other that their shoelaces are undone and then cry out “April Fool!” when the victims glance at their feet. Some April Fool's jokes publicized in the media include:

In 1934, many American newspapers, including The New York Times, printed a photograph of a man flying through the air, supported by a device powered only by the breath from his lungs. Accompanying articles excitedly described this miraculous new invention.



APIDA Heritage Month 2022

This month is Asian Pacific Islander Desi American (APIDA) & Southwest Asian and North African (SWANA) Heritage Month. The Asian Pacific American Cultural Center is hosting many events throughout the month to celebrate. You can find information about these events on their website or by following the link.

[APIDA](#)

Need a Locker?

Are you looking for a place to put your stuff during the day? Are you always carrying way too many snacks? We can solve your problem with 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 get more information.



[Rent a Locker Here](#)

Want to Get Involved ???

Project Homeless Connect

Project Homeless Connect is a one-day event in the Spring that provides individuals and families currently experiencing homelessness or a risk of experiencing homelessness with access to vital services such as rapid housing and employment support, basic medical exams, ID/legal services, and much more.

Project Homeless Connect 2023 is on Friday, April 14, from 10 am-2 pm at the Aztlan Community Center (112 E Willow Street, Fort Collins, CO)! We are seeking volunteers for the event!

Volunteers for Project Homeless Connect are matched with individuals and families experiencing homelessness and help them to navigate the available services at the event. We hope you join us for this incredible opportunity to connect with individuals from all over Fort Collins. Please sign up to volunteer [here](#).

Volunteers can sign up to work one or both of the two volunteer shift times on Friday, April 14 (10 am-12 pm; 12-2 pm). All volunteers receive:

- 1-hour training prior to the event
- Free t-shirt
- Free breakfast/lunch at the event
- Free transportation to/from CSU

For more information or questions, please contact B Wuller at bwuller@colostate.edu

[Sign up to volunteer here!](#)

Get Yourself Tested!

- The CSU Health Network encourages students to “Get Yourself Tested” by providing a discount on select STI tests, specifically Gonorrhea and Chlamydia ONLY. Other STI/STD tests are at normal cost.
- GYT encourages students to get tested and treated for STIs to

protect their health and that of their partners. STIs affect people of all ages, yet these infections take a particularly heavy toll on young people. In the U.S., almost half of all new infections in 2018 were among people aged 15-24.

- The GYT Campaign discount period will run from Monday, March 27th – Friday, April 14th. The CSUHN will honor the discount price until the end of business day, Friday, April 14th.
- The cost during this discount time period will be: Gonorrhea and Chlamydia combo = \$20.00 (regularly ~\$190.00)
- Any CSU health fee-paying student is eligible to receive this discount.
- All testing and results are confidential.
- Students need to make an appointment to be tested at the CSUHN by calling: (970)491-7121.
- Our CREWS peer educators will be holding sexual health activities throughout the campaign. One of these activities will be the “One Night Only” event on April 6th from 4:30-6 p.m. at the CSUHN. Students are invited to attend the event for walk-in-only testing, raffle prizes, free food, and sexual health education.
- More information and resources can be found at <https://health.colostate.edu/gyt/>. If you have questions or would like more information regarding the GYT campaign, please contact Gwen Sieving at 970-491-3084 or gjoy@colostate.edu

GYT

Did You Know?

You need to get tested after every sexual partner

Most STDs don't have symptoms

All you have to do is pee in a cup.

Many STDs are curable and most, including HIV, are treatable.



CSU HEALTH NETWORK
COLORADO STATE UNIVERSITY

Home Athletic Events

Softball

1st, 2nd, 9th, 28th, 29th, 30th

Soccer

14th

Track and field

1st, 29th

Women's tennis

1st, 2nd, 21st, 22nd

Volleyball

8th



Sport Calendar

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](#).



Center for Mindfulness

Mindfulness Workshops- Stress awareness month

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

Recipe of the Month

Spring Rolls

Ingredients:

- 2 ounces rice vermicelli
- 8 rice wrappers (8.5 inch diameter)
- 8 large cooked shrimp - peeled, deveined and cut in half
- 1 ⅓ tablespoons chopped fresh Thai basil
- 3 tablespoons chopped fresh mint leaves
- 3 tablespoons chopped fresh cilantro
- 2 leaves lettuce, chopped
- 4 teaspoons fish sauce
- ¼ cup water
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 2 tablespoons white sugar
- ½ teaspoon garlic chili sauce
- 3 tablespoons hoisin sauce
- 1 teaspoon finely chopped peanuts



Directions:

- Step 1

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

- Step 2

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.

- Step 3

In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.

- Step 4

In another small bowl, mix the hoisin sauce and peanuts.

- Step 5

Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

Visit for Recipe

