



# Apartment Community

## Monthly Newsletter Sept-Oct Vol. 1

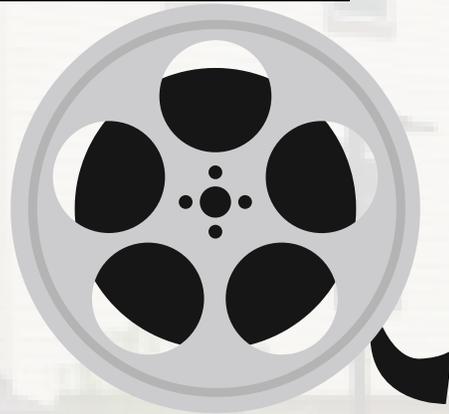
The semester is underway and our week long pause is over! I am very excited to state this. This newsletter allows me to inform you of events coming up, information and updates on Covid-19 and much more. For more detailed information, check out our policies online.

### Entertainment/Current Events

Dennis Villeneuve's Dune remake released its first trailer on Wednesday September 9. The movie stars Josh Brolin, Zendaya, Timothy Chalamet, Jason Momoa, Oscar Isaac and Javier Bardem. The trailer is linked below:

<https://www.youtube.com/watch?v=G4KdU82otFc>

Players and coaches have stood in solidarity of the Black Lives Matter Movement all across national sports teams. Professional athletes have been using their power and platform to demand justice. Check out some of your favorite teams, and see what they have been doing in the Black Lives Matter Movement.



Jelly Belly founder David Klein, also known as The Candy Man, is ready to retire but not without a bang! He is placing Willy Wonka-style golden tickets out into the world for people to find in a treasure hunt that costs \$49.99 to enter. Anyone who joins at least one treasure hunt will be eligible to search for The Ultimate Treasure - the key to one of David's candy factories and an all-expenses paid trip and education to a candy-making university.

# Checking in with you around campus

**COVID random testing** - If you get an email from the University letting you know that you've been selected for a random test, don't stress out! It's really very easy. Click the link in the email to schedule your appointment for the test. When you arrive at the Union on the day, look for the "30 Minute COVID Test Parking" spots in the front row near the parking meters if you drove, then follow the arrows once you've entered the building. Make sure you bring your student ID (or have your W number memorized) and a smartphone. Tip: Make sure your camera ISN'T on selfie mode before you get started! You'll need to log into your Vault Health account, so make sure you remember the password you set up when you did your home test - if not, it's a good idea to reset the password before the day of your test, so that you don't have to try to do it in the moment. The tube that you need to fill with a saliva sample is smaller this time, but you still need to have not had anything to eat or drink for the half hour before the test. Fill the tube, show it to the person running your test, then follow the arrows to drop off your sample and you're done!

Don't have a personal computer? Feeling frustrated about the computer lab availability? You can check a laptop out from IT! They are first come, first serve so you'll want to act fast - just call IT at 307-766-HELP (4357) option 1, or email [userhelp@uwyo.edu](mailto:userhelp@uwyo.edu). Either way you contact make sure that you leave a good contact telephone number so that they can call you back to arrange for curbside pickup!

Need some relaxation in your life? Meditate with UWyo and the Art Museum! Members of the UWyo Meditation Team, in partnership with the UW Art Museum, will be leading online meditation sessions via facebook every Friday - live at 12:15, but posted so that you can meditate whenever it fits your schedule. Check them out at [www.facebook.com/uwyoartmuseum](http://www.facebook.com/uwyoartmuseum)



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# Checking in with you around campus

Not sure how to navigate the job search in this new, virtual world? Check out The Big Job Fair on September 30th! Meet with future employers or find the perfect internship - all from the comfort of your couch. In addition to the UW



Big Job Fair, there are a ton of job fairs for individual programs during September and October. You can get information on all of the upcoming job fairs by visiting [wyoming.joinhandshake.com](http://wyoming.joinhandshake.com) or emailing [aces@uwyo.edu](mailto:aces@uwyo.edu)

## **Hey Ya'll,**

Are you guys tired of sitting at home just doing schoolwork? Campus might be closed and on pause but there is still a bunch of fun activities still going on! I am sure you have heard of fraternity and sorority but even through Covid-19 they are still welcoming and recruiting people to join! You can check them out on their website <https://www.uwyo.edu/fsl/> for more information and to see activities coming up! Another great program some of you may not now about is the 7220 Entertainment at the University of Wyoming they are multiple organizations brought into one to provide different activities and events to the students! They are on the UWYO page and Facebook with events and activities coming up. Starting next week on September 18th there is a pop-up paint party at prexys pasture...How cool is that! They also have grab and go offerings coming up on the 15th, 22nd and 29th of September. On the 15th you can get Mugs from 6-7 pm in the Washakie grass area. On the 22nd you can get stuff animals and on the 29th there is a shirt with bleach dye instructions you can pick up at the same time and place. The 7220 Entertainment also has trivia nights on Wednesday nights at 8 pm through twitch! Campus may be closed but there are still lots of opportunities to get out and take a break from zoom calls and school. Make sure you are taking time for yourselves and do not overwhelm yourselves. Hopefully the pause will end soon, and we can share more awesome events around campus and when the hours of the different food places, the library and the computer labs will open again! Keep pushing through this semester and enjoy some activities from the 7220!

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# Coping with Covid-19 as a College Student

We all know that our lives have been flipped during this pandemic but with the stress of losing and finding jobs, adapting to online classes, moving, and trying not to get sick; our mental health has been put on the back burner. But can you use this time stuck at home, to improve your self-care and mental stability? Listed below, is a check list all college student should go through to check on yourself, ground yourself, and put yourself first in this pandemic.

- Know that it is okay to feel how you are feeling.
- Maintain a routine
- Practice good sleep and hygiene
- Connect with others
- Take a Break



September is **Suicide Prevention Month** and suicide and mental health conditions affects all ages, genders, sexuality, race, and backgrounds.

There is no box that mental health must be. But know that suicidal thoughts, although common, should not be considered normal and be taken seriously. Please know that there are resources, whether its friends, family, counselors, roommates, professors, RA's, and so many others that want you in this world and want you to be successful in all aspects of your life, especially your mental health.

Please use these resources and know your RA's are here as a resource as well.

## **RA On-Call (307)-760-3130**

UW Counseling Services <http://www.uwyo.edu/ucc> (307)-766-2187

The National Suicide Prevention Lifeline

1-800-273-TALK (8255)

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# Yummy recipes on a few bucks

College is expensive, but your food doesn't have to be. Nor does your food have to be ramen, honey buns, and twinkies from the vending machine. Here's a few delicious recipes that will save a pretty penny.

## Banana Pancakes

1. Grease skillet with pam or butter and set aside.
2. Mash 1 whole banana and 1 egg together.
3. Pour in 1/4 cup of banana batter into a greased skillet. Smaller pancakes don't fall apart as easily when you flip them.
4. Wait about 2-3 minutes or until the pancake bottom solidifies. Then flip, and let the other side cook for another 2 minutes. Serve hot and enjoy!



## Oreo Mug Cake

1. Crush 4 Oreos in a mug, add ¼ of a cup of milk of our choice and allow the Oreos to soak for 10 minutes.
2. Crush the Oreos and mix well.
3. Add 3 Tbsp. plain flour, half a Tsp, baking powder, a pinch of salt and half a Tsp. vanilla ext.
4. Mix well and add some chocolate chips (optional)
5. Microwave for 2-3 minutes.
6. Serve with a scoop of ice-cream or whipped cream.

## Garlic Tuna Pasta

1. In a pot boil some water and add your desired pasta.
2. In a skillet add some cooking oil. Add 4 cloves of chopped garlic and sprinkle some chili flakes.
3. Add 1 Tbsp. of Oyster sauce and cook the sauce for a couple of minutes.
4. Open a can of tuna and flake the tuna bits on the sauce.
5. Add the cooked pasta and 3 Tbsp. of pasta water and mix well.
6. Top it with parmesan cheese, parsley and a cooked egg. Enjoy!



**Note: UW Dean of Students have a free food Pantry with 3 different dietary options to choose from (including vegetarian option!). They should resume the food bank after pause is lifted.**

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# Wide World of Sports

**Amid rumors that it would be cancelled, the NFL has moved forward with a plan to kick off season during the COVID pandemic. By the time this newsletter airs, the first game will have been played!!!**

**The Packers are set to face off against the Vikings on Sunday, the 13th at 11:00 a.m. mountain time.**

**Also at this time, the Ravens play the Browns, the Jets face the Bills, the Eagles confront Washington, and the Colts will go head-to-head with the Jaguars.**

**Several other games will take place between 2 and 6, with the season continuing into week 2 soon after.**



# Game Central

In electronics news, Nvidia is set to release their 3080 and 3090 graphics cards on September 17th. These new Ampere architecture cards will feature GDDR6 memory, will support PCIe gen4.0, and will heavily improve Ray Tracing capability. The 3070, advertised to be more powerful than the \$1200 previous-gen 2080 Ti, will release for \$499 in October. Whether you are looking to build a gaming rig, a CAD workstation, or a video editing station, Nvidia's new cards are an incredible value for the price-performance.



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# Important Reminders

In many ways, COVID is changing the traditional college experience. As a result, **a lot of our communication with you will be through online means (predominately zoom meeting).**

**Please make sure you check your email consistently and often as this is the main means of contact.**

**Also make sure you are always wearing your masks in public areas around the apartments. The grounds are considered UW property so always make sure your masks are on when you leave your apartment.**

**If you test positive for COVID, contact the COVID-19 Hotline immediately at [COVID19@uwyo.edu](mailto:COVID19@uwyo.edu) for further instructions.**

## Ending a Lease

Regardless of whether or not a lease is broken or ending, residents must fill out an **intent to vacate form online 60 days prior to check-out.** Check-outs can be scheduled at the Community Center with an RA, and they typically take 30 minutes. Just be aware, very few leases are broken in Bison Run with the exception of military orders.

If you do require a lease release, please contact me at [uwapts@uwyo.edu](mailto:uwapts@uwyo.edu)

## Pet Policy Reminder

The pet must be under the control of the Resident, such as on a leash or in a carrier, when being transported to and from the apartment. The Resident is responsible at all times for the actions of their pets.

Please remember this and keep your animal on a leash!

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