FYRE Monthly

News and updates from your Community

Oct 5th | Issue 2

In This Issue:

- Cold Weather Reminders
- Mental Health Resources
- First Resident Spotlights
- Incident Reporting

Upcoming FYRE Events:
DIY Rollerball Event
- October 6th @7pm
Healthy Habits Roundtable and Cooking Event
- October 18th & 20th @5pm
La Ofrenda: Picture frame Making
- October 19th @ 7pm
Fall Fever Fest in FYA
- Oct 23rd - 30th (see poster for dates and times)

Resident Spotlight

Each month we will celebrate residents nominated by YOU. Click the link to nominate a friend, roommate, or floormate!

Spotlight Form

Cold Weather Reminders
IT'S GETTING CHILLY!
HERE ARE A FEW REMINDERS FOR OUR COMMUNITY...

Personal Garbage
Our custodians are here to care for our community spaces. Personal garbage items such as pizza boxes, food items, and other personal items are your responsibility to dispose of in our dumpsters.

Smoking
Smoking or use of electronic cigarettes, personal vaporizers, or electronic nicotine delivery systems are not allowed anywhere inside of residence halls. Those who smoke are expected to stay at least 25 feet away from entrances to residence areas.

Windows
Morning frost & upcoming chilly temps will cause your space to be cold and damp. Remember to close your windows and put in a maintenance request if you have heating/cooling issues.

Mental Health Resources
Your mental health is extremely important. CSB & SJU provides a variety of resources to make sure you aren’t just taking care of your grades, but your mind as well.
**Counseling**

Individual appointments can be scheduled Monday-Friday anytime between 8am-4:30pm.

The Well-Being center also provides "Walk-in Wednesdays" in which you can meet with a mental health specialist with no appointment. These take place Wednesdays from 1pm-3pm.

**Emergency & Crisis**

If you feel that you are in crisis and need mental health assistance during Counseling office hours (8am-4:30pm), call 320-363-3236. After hours, please call Campus Security (320-363-5000).

Your RA or RD is also a resource to use during emergencies.

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**Crisis Lines**

- Central MN Mental Health Center & Four County Crisis Response Team: 320-253-5555 or 1-800-635-8008
- CSB Campus Security: 320-363-5000
- SJU Life Safety Services: 320-363-2144
- Central MN Sexual Assault Center: 320-251-4357
- Trevor Lifeline: (LGBTQ Suicide Hotline): 1-866-488-7386
- National Suicide Prevention Lifeline: 1-800-273-TALK
- Crisis Text Line: text "HOME" to 741741

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**Resident Spotlights!**

**CONGRATULATIONS TO OUR OCTOBER**
SPOTLIGHTS!!!!

THIS MONTH THE SPOTLIGHT IS ON YOU AND HERE’S WHY:
YOU HAVE ALL BEEN GREAT LEADERS IN YOUR HALL COMMUNITIES, REMAINING ENGAGED AND IT HAS NOT GONE UNNOTICED!

CONGRATULATIONS TO OUR OCTOBER SPOTLIGHTS!

Pictured:
• Caroline Tuck (top left), Izzy Gonzalez (top right)
• Hannah Dauer (middle left), Cate Duffey (middle right)
• Liz Hansen (bottom)

Check out our Spotlight form to nominate your friends, roommates, and neighbors!

Incident Reporting
If anything is broken in your room or you need help with a facility issue, contact the RA or the RD. There is NO CHARGE for normal wear-and-tear issues (i.e. clogged sinks, broken drawers, etc.)
Fall Fever Fest

Join us for a fun week packed full of fall-themed activities!

For any questions or concerns about any of the event's accessibility, please reach out to your RA or RD!

Dates: October 23rd-30th (time and location on each poster)

For a complete list of activities, dates, times, and locations, click the link below!

Event List

Hall Decorating Guidelines
Halloween Decorating Guidelines
Some things to make note of and rules to follow!

1. Pumpkins that are displayed in residence halls should be painted. Carved pumpkins are prohibited as they rot quickly indoors. Use of candles to light them are not allowed due to the fire hazard they pose.

2. All pumpkins and other decorations should be displayed in areas that are not hallways or walkways in the residence halls.

3. If using decorative lighting, please use those approved by the Underwriters Laboratory Approved (UL).

4. The Fire Code prohibits the use of lights as decoration in areas where they come in contact with flammable materials (such as curtains or draperies).

5. For your own safety, please keep in mind to avoid creating “Pinch Points” when hanging your lights. **Anytime the cord is repeatedly pinched, the possibility of a short exists, which is a fire hazard.** Pinch points can occur when lights are placed through door frames, windows frames, near drawers, or run under/around bed frames/lofts.

6. Please do not cover lighting with decorative materials, specifically paper.

7. For your own safety, only have decorative lights turned on when one or more residents is at home to decrease danger of fire. Do not leave on all day or for extended periods of time.

8. Limit the amount of paper materials used in decorating your room or apartment.

9. Do not hang decorations or anything from fire sprinkler heads or pipes.

10. Respond to a fire alarm as if your life depends on it -- it does!

11. A reminder that candles are not permitted in college-owned student residences.

12. Use good sense! Have fun this Halloween and make it a safe one. Take down all decorations and dispose of pumpkins immediately after Halloween.

Violation of any of these policies may result in a fine.

Other Upcoming FYRE Events

Introducing Partner Pop-Up Programs

These are programs designed to help you interact with the different
clubs and organizations on campus. You may have met some of them at the Involvement Fair, but get to know them better through fun programs! They are resources you can reach out to for support and assistance!

Look out in your email for more details about upcoming programs!

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## October Pop-Ups

**Healthy Habits Roundtable and Cooking Class**
- Dates: Tues, Oct 18th & Thurs, Oct 20th
- Time: 5pm

**La Ofrenda: Picture Frame Decorating Event**
- Date: Wed, Oct 19th
- Time: 7pm