

VOL. 8

ISSUE 3

THE WOODSIDE TIMES

NOVEMBER 2020



WELCOME, NOVEMBER!

Hey, Woodside! We've made it to the final few weeks of face-to-face instruction on campus. I hope you take some real Wildcat pride in how we've managed to keep #unhtogether this Fall! I am thankful of our complex and campus community and all of the dedication shown.

As you push through these last few weeks of the semester and transition to full-time remote learning, please remember to lean on your campus resources! We will still be here for you until that last final is turned in!

WHAT'S WOODSIDE LISTENING TOO?



Playlists Curated by us, for us!

Make sure to participate in this month's
Interactive Board aswell!



Google Play



Chill

- | | |
|--|---------------------------|
| 1. American Teen | 10. She's so Nice |
| 2. Something to Rap About | 11. wanna |
| 3. Pain Killer | 12. Another sad love song |
| 4. The Inksposts | 13. Kanye West - On Sight |
| 5. WAP | 14. |
| 6. Rage Against the Machine (Any song) | 15. |
| 7. Near Fight a man with a piano | 16. |
| 8. Big Drip - Fivio Foreign | 17. |
| 9. 3 Snos | 18. Rocky Shattuck |

Tik Tok Songs

- | | |
|-------------------------|-----|
| 1. WAP | 10. |
| 2. MOOD | 11. |
| 3. ROCKSTAR | 12. |
| 4. Love story (Beyonce) | 13. |
| 5. Be Happy | 14. |
| 6. 3 muskratiers | 15. |
| 7. | 16. |
| 8. | 17. |
| 9. | 18. |

Workout

- | | |
|-----------------|-----|
| 1. Bop | 10. |
| 2. WAP | 11. |
| 3. Imma B | 12. |
| 4. Shake it off | 13. |
| 5. Shalhe that | 14. |
| 6. Crazy rap | 15. |
| 7. Element | 16. |
| 8. | 17. |
| 9. | 18. |

Throwbacks

- | | |
|---------------------------|--------------------------|
| 1. Miami - Will Smith | 10. Hooked on a Feeling |
| 2. Fergalicious | 11. Mr. Brightside |
| 3. My humps | 12. Let me love you |
| 4. Stereo love | 13. So sick |
| 5. Kiss me thru the phone | 14. All you need is love |
| 6. WAP | 15. Pua get snatched |
| 7. The climb | 16. Notorious B.I.G. |
| 8. only the team | 17. Brain Damage |
| 9. Wishing well | 18. |

In The Feels

- | | |
|---------------------------|-----------------------|
| 1. Campfire | 10. fix her Brains |
| 2. PUMa | 11. dancing on my own |
| 3. Japanese Dream | 12. suicidal |
| 4. Butterflies | 13. Robbery |
| 5. WAP | 14. Wishing Well |
| 6. Oh my Darling built in | 15. Lucia's Dreams |
| 7. 3 headed Goat | 16. |
| 8. Marvin's Room | 17. |
| 9. Roselyn | 18. |

Best of 2020

- | | |
|------------------------|--------------------------------------|
| 1. Laugh Now Cry Later | 10. play this when I'm Gone - H.E.R. |
| 2. Wolves | 11. Heart of Glass - Milla |
| 3. WAP | 12. |
| 4. The Climb how you | 13. |
| 5. Only the team | 14. |
| 6. I Love it | 15. |
| 7. Wildflower | 16. |
| 8. are you heard yet? | 17. |
| 9. | 18. |

Study

- | | |
|----------------------|-----|
| 1. WAP | 10. |
| 2. Left Beats | 11. |
| 3. Topwag | 12. |
| 4. I Just Had Sex | 13. |
| 5. Low Sasa | 14. |
| 6. NO FLOCKIN | 15. |
| 7. No Dumb | 16. |
| 8. Master of puppets | 17. |
| 9. | 18. |

Car Ride

- | | |
|----------------------|---------------|
| 1. Sunday Best | 10. Piano Man |
| 2. Tim Magtau | 11. |
| 3. WAP | 12. |
| 4. IMPATIENT | 13. |
| 5. This is me | 14. |
| 6. shotgun | 15. |
| 7. Lift up your head | 16. |
| 8. | 17. |
| 9. | 18. |

WINTER BREAK @ WOODSIDE

MID-YEAR MOVES & FORMS

Mid-year request forms for moves and apartment pull-ins are available now!

Visit the [Housing website here](#) for more info on options for moves into the Spring semester and information on petitioning to be released from your contract for Spring!

DON'T FORGET TO LET US KNOW WHEN YOU'LL BE HERE!

You MUST provide at least 40-hour notice to Housing that you'll be in complex! [Click here](#) or check your email to fill out the form.

Information on testing requirements for those in complex is being finalized and will be provided soon.

PARKING

If you have a yearly pass, you're all set! If you need to purchase a pass for the J Term, keep an eye out at the parking website [here](#).

MAILROOM

The mailroom will be OPEN limited hours beginning Monday 11/23! More specific hours to be announced. We will NOT be forwarding packages & mail during this time.

DINING

Winter Break meal plans are available through dining. [Click here](#) to learn more! Note, if you currently have an unlimited plan, that is valid through 12/22.

THE COLD IS HERE...

The winter weather has arrived! Please be attentive to the temperatures (especially overnight) and be sure your windows are always closed and locked when the temperature is below freezing (32 degrees)! This is especially important as you look to head off campus for break!

APARTMENT BATHROOM CLEANINGS!

The Housing department is excited to be offering complimentary apartment bathroom cleanings over the upcoming break! Cleanings will begin immediately after the Thanksgiving holiday and staff will spend approximately one hour in each apartment attending to the cleaning. More info to come in your inboxes soon!

If you'd like Housing staff to attend to your bathroom spaces, please remove ALL personal belongings from the shower, sinks, toilet, and floor!





COLD WEATHER REMINDER

*PLEASE
CLOSE YOUR
WINDOWS
WHEN THE TEMPERATURE
IS BELOW 32 DEGREES!*

*If staff sees your windows open when it is below
freezing, they will ask you to close them!
Keeping your windows closed and locked when it is
cold out can save you THOUSANDS OF DOLLARS in
damages from burst pipes.*

KEEP YOURSELF BALANCED WITH HEALTH & WELLNESS

NOVEMBER 2020

Health & Wellness is here to help you be well so you can make the most of your UNH experience unh.edu/health

Wellness for Academic Success

This semester has been hard. We're all coping with a pandemic, racial reckoning, a national election, preparing to once again go remote, and winter. We're in this together. Take time to care for yourself. Click on each prompt in the calendar for a helping hand. [#BeWellUNH](https://unh.edu/health)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Daylight Savings Your brain needs sleep to consolidate information and remember content learned in class. Aim for 7 hours sleep/night. #IntellectualWellness</p>	<p>2 Get Vaccinated Missed the flu clinic? It's not too late to protect yourself & your community. Get your flu vaccine by appointment. #BeWellUNH</p>	<p>3 Our National Election Voting is a powerful way to participate in democracy. If you already voted, awesome! If you still need to vote, today is the day! #YourVoteMatters</p>	<p>4 Wellness Wednesday Science says, students who sleep well the night before an exam perform better. Join us on IG Live for more sleep tips 12:30pm @UNHHealth</p>	<p>5 Inspiration What dream lives inside you? #SpiritualWellness</p>	<p>6 Mood Meter Identifying how you are feeling will help you understand what you need, just for today. Use the Mood Meter (other side) to help. #EmotionalWellness</p>	<p>7 Connect Consider options for social connection beyond drinking to reduce hangover anxiety. #EmotionalWellness</p>
<p>8 Rx Reminder Don't forget to get your prescriptions refilled before you leave campus. Call our pharmacy: (603) 862-1094.</p>	<p>9 Procrastination Help Turn towards your experience to decrease procrastination. Quick guided meditation, Mondays, 12:30pm, Zoom. #BeWellUNH</p>	<p>10 Find the Sun As winter approaches, getting in the sun can be a major mood booster and can help brighten your day. #EnvironmentalWellness</p>	<p>11 Veterans Day Today, we honor the military veterans and active duty members in the UNH community. Thank you for your service and dedication. #UNHTogether</p>	<p>12 Reminder to Self It's okay to make mistakes. It's okay to have bad days. It's okay to do what's best for you. It's okay to start over. #EmotionalWellness</p>	<p>13 Your Amazing Brain Now is the time to explore new interests and learn new skills to develop your brain for optimal success. #OccupationalWellness</p>	<p>14 Alcohol & Sleep After one night of intoxication your body will need at least 72 hours to return to baseline. How does alcohol fit into your goals? #OccupationalWellness</p>
<p>15 Get Remote Care Access medical care and wellness counseling from home! Telehealth appointments are available during the semester. #BeWellUNH</p>	<p>16 Disconnect Give yourself a digital break. Disconnect from electronics, social media, Youtube, or TV. Embrace the downtime. #SpiritualWellness</p>	<p>17 Peers Helping Peers Health & Wellness peer educators gathered to create a video that offers support for their peers who may be impacted by COVID. #UNHTogether</p>	<p>18 Wellness Wednesday Peer educators Madison and Molly go live today to chat about stress and eating. Join them on IG Live, 12:30pm, @UNHHealth.</p>	<p>19 Great American Smokeout Live free and breathe. Let this be the start to a smoke-free life. Experience the day free of juul and nicotine. #PhysicalWellness</p>	<p>20 Wildcat Family Stay connected even while we're not together. Follow us on Instagram at @UNHHealth. #UNHTogether</p>	<p>21 Combat Stress Tap into your relaxation response. Follow your breath as you: Inhale- Pause- Exhale- Repeat. Focus on slow, deep breathing. #PhysicalWellness</p>
<p>22 Recharge List Make a list of activities that replenish your energy when feeling depleted. Make your list visible for reference as needed. #IntellectualWellness</p>	<p>23 Remote Routine Set yourself up for success for the remainder of the semester by including breaks, movement, and social connections in your daily routine. #IntellectualWellness</p>	<p>24 Holiday Eating The holidays can be a stressful time, especially around food. Allow yourself to enjoy the holidays without guilt and shame. #EmotionalWellness</p>	<p>25 Wellness Wednesday When seeing friends you've missed, there are low-risk drinking strategies you can use to have fun and be in control. Join us on IG Live at 12:30, @UNHHealth</p>	<p>26 Thanksgiving Gratitude boosts happiness. Start a daily gratitude practice by writing down 3 things you're grateful for. Start at anytime. #EmotionalWellness</p>	<p>27 Get Moving Moving during the day has physical and mental health benefits. Start small and find ways to move that make you feel good! #PhysicalWellness</p>	<p>28 Giving with Care The hype to shop ramps up this time of year. Shop local to give more meaning to your gifts while supporting artists in your community. #FinancialWellness</p>
<p>29 Pace Yourself As finals season approaches, it can be easy to feel overwhelmed. Remember that you are still worthy of rest. #EmotionalWellness</p>	<p>30 Beaver Moon Awe is a feeling you get when you realize there is more to life than...you. Look at the sky and be in awe of the full moon and stars. #EnvironmentalWellness</p>					



Health & Wellness

THE BEAUREGARD CENTER
CO-SPONSORS: DSC, MECA, ALLIANCE,
DXP, CONNECT, SHARPP, AND PACS

Post-Election Processing Space for Marginalized Communities

We invite you to a community space for decompressing and sharing how we are impacted by the election season along the lines of our marginalized identities

Students, Faculty, and Staff are welcome!

- WEDNESDAY, NOVEMBER 4TH, 5:30-7:00 PM
- THURSDAY, NOVEMBER 5TH, 12:30-2:00 PM

ZOOM LINK:
[HTTPS://UNH.ZOOM.US/MY/POSTELECTIONPROC](https://unh.zoom.us/j/9801234567)
[ESSINGSPACE](#)



A WILDCAT GUIDE



PREPARING FOR THE ELECTION

ATTEND TO YOUR PHYSICAL AND MENTAL HEALTH

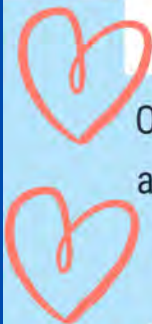


Get adequate sleep, Eat healthy meals,
Get outside and move your body,
Limit your exposure to media,
Connect with friends and family,
Do something you enjoy;
music, read, games or movies.

TAKE SOME TIME

Find time to process how you feel. Acknowledge
you may be distracted and disengaged. Be
proactive and discuss the situation
with someone you trust.
Get support as needed.

PRACTICE RADICAL EMPATHY



Offer other students, friends, faculty, staff
and yourself Radical Empathy as we come
together across our differences as one
community of Wildcats.

UTILIZE CAMPUS RESOURCES



If the stress related to the election
becomes unmanageable, visit Campus
Resources such as PACS, Health &
Wellness and the Beauregard Center
and Community, Equity and Diversity.

We are UNH,
We are in this together



SUBMITTING MAINTENANCE REQUESTS



EMERGENCY?

Emergency maintenance includes water damage, lock or security issues, broken glass, pests, flooding or overflowing toilets, showers, or sinks, electrical issues, etc.

**Call Facilities at
603-862-1437**

- When the office is open, you'll speak to a control center staff who will dispatch technicians
- After hours, press 1 when prompted from the automated message to be transferred to UNH PD Maintenance Dispatch who will field your call.

NON-EMERGENCY?

All other maintenance requests should be submitted online via your Housing Portal.

[Click here or visit
unh.edu/housing/maintenance-requests.](https://unh.edu/housing/maintenance-requests)

- Click "Maintenance Request to be directed to your portal and log in
- Select the "Maintenance" tab and follow the prompts to submit a request!
- Be as SPECIFIC as you can and provide photos if you're able! The more detail, the better the technicians can address the issue.

STAY CONNECTED @ WOODSIDE

Follow us on social media!

Facebook: Woodside Apartments (@UNHWoodside)

Instagram: woodside_apartments

WE COULD ALL USE A LITTLE EXTRA ENCOURAGEMENT...

SUBMIT A KUDOS FOR YOUR ROOMMATE, CA, OR FRIEND ACROSS THE COMPLEX! EARN A PIECE OF UNH SWAG WITH EACH SUBMISSION!

DID YOUR ROOMMATE NAIL THAT EXAM THEY'VE BEEN CRAMMING FOR?

DID YOUR FRIEND ACROSS THE COMPLEX RUN A SUCCESSFUL EVENT FOR THEIR STUDENT ORG?

DID THE CAS PUT ON AN AWESOME PROGRAM?

Give them a shout out by submitting...

KUDOS

CLICK HERE TO HEAD TO THE FORM!

KUDOS submitted appear in the following Woodside newsletter and on our Instagram page!