SEPTEMBER IS HERE!

The first week of classes already passed and we are all settled into our spaces. We are very happy to have you as part of the ATW family and hope to see you around the building, whether at community hours, a social or just hanging out in a lounge. Hope to see you soon!

-YOUR HALL MANAGER,
SOLI ♥
DO YOU WANT TO CONTACT THE STAFF?

IF YOU HAVE ANY QUESTION ABOUT THE BUILDING OR NEED SOME HELP REGARDING A ROOMMATE/NEIGHBOR CONFLICT, MAINTENANCE INQUIRIES, PROGRAMING IDEAS OR JUST WANT TO SAY HI, MAKE SURE TO CONTACT US! CAS LIVE ON THE _31 ROOM ON EACH FLOOR SO DON'T BE SHY AND KNOCK ON THEIR DOOR! TO CONTACT ME YOU CAN EMAIL ME AT: SOLIMAR.COLLADO@UNH.EDU. I AM ALSO IN MY OFFICE, ROOM 121, MOST OF THE DAY!
POTS AND PLANTS
WED, 9/4 @8PM
5TH FLOOR LOUNGE

MEET AND BEAT MEHDI
SAT, 9/7
LEAVING @2PM

MINI UDAY
WED, 9/11 @8PM
BASEMENT FLOOR

POPPING INTO
THE NEW YEAR
FRI, 9/13 @8PM
5TH FLOOR LOUNGE

DORM DECOR
FRI, 9/20 @8PM
5TH FLOOR LOUNGE

FREE (ROOT) BEER
FRI, 9/6 @8PM
5TH FLOOR

PANCAKES
SUN, 9/8 @10:30AM
5TH FLOOR LOUNGE

VOLLEYBALL
THUR, 9/12 @6PM
WOODSIDE'S COURT

DONUTS AND COPS
TUE, 9/17 @8PM
5TH FLOOR LOUNGE

MAKE THE MOST OF
YOUR FEES WITH B
FRI, 9/27 @8PM
5TH FLOOR LOUNGE

SOCIALS HAPPEN ALMOST EVERY WEEK! BE ON THE LOOKOUT FOR FLYERS POSTED AROUND THE BUILDING, EMAILS AND FUTURE NEWSLETTERS TO SEE WHAT AWESOME EVENTS WE HAVE PLANNED!

THE SNACK CART COMES AROUND EVERY THURSDAY AT 8PM WITH FREE SNACKS! COME OUT INTO THE HALLWAY WHEN YOU HEAR THE BELL!

FOLLOW US ON SOCIAL MEDIA:
TWITTER: @ADAMSTOWERWEST
FACEBOOK: ADAMS TOWER WEST
SNAPCHAT: ADAMS TOWER WEST
INSTAGRAM: ADAMSTOWERWEST

SOCIALS HAPPEN ALMOST EVERY WEEK! BE ON THE LOOKOUT FOR FLYERS POSTED AROUND THE BUILDING, EMAILS AND FUTURE NEWSLETTERS TO SEE WHAT AWESOME EVENTS WE HAVE PLANNED!

THE SNACK CART COMES AROUND EVERY THURSDAY AT 8PM WITH FREE SNACKS! COME OUT INTO THE HALLWAY WHEN YOU HEAR THE BELL!
WE HAVE A MAP OF THE WORLD! SO FAR WE HAVE HAD RESIDENTS JOIN AND COLOR IT IN. OUR GOAL IS TO FINISH IT BY THE END OF THE SEMESTER! IF YOU EVER FEEL LIKE COLORING COME TO 1ST FLOOR!

CAS ARE PRESENT IN THE BUILDING DURING SCHEDULED COMMUNITY HOURS, EVERY MONDAY, TUESDAY, WEDNESDAY AND THURSDAY BETWEEN 7PM - 10PM ON THE BASEMENT FLOOR.

COLLECT ATW BUCKS EVERY TIME YOU GO TOSOCIALS, PARTICIPATE IN COMMUNITY HOURS OR WHenever YOU ARE AN ACTIVE MEMBER OF OUR BUILDING! THE MORE BUCKS YOU HAVE, THE HIGHER THE CHANCE YOU GET TO WIN!
Hall Council is a biweekly meeting of residents who have something to say about ATW! Join us any time - it's a wonderful way to get involved!

CA on Duty
A Community Assistant is on duty from Thursday, Friday and Saturday, at 8PM - 8AM
For assistance call the ATW Duty Phone: (603) 817 - 9314
For emergencies call 911!

Quiet Hours
Sunday - Thursday starting at 10PM
Friday - Saturday starting at 12AM
Courtesy hours are in effect at all times!

Maintenance Request
All issues should be reported!
You can do this through: https://unh.starrezhousing.com/starrezportal/
If it is an urgent issue, do not use this form and call UNH Dispatch (603) 862-1437

Locked Out?
Mon - Fri 8AM - 5PM
Go to the housing office for a temporary access card.
After hours (5PM - 8AM) and weekends
Call Housing (603) 863 - 2120 and you will be redirected to dispatch.
Intramural Sports Fall 2019

Play the Sports You Love
An extensive range of men’s, women’s & co-rec sports.

Fun & Fitness
Get together with friends, meet new people & Stay Active!

All Skill Levels
Try a new sport.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Registration Opens</th>
<th>Registration Closes</th>
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<tbody>
<tr>
<td>Spikeball</td>
<td>August 25</td>
<td>September 4</td>
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<tr>
<td>11 vs 11 Soccer</td>
<td>August 25</td>
<td>September 11</td>
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<tr>
<td>Flag Football</td>
<td>August 25</td>
<td>September 11</td>
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<td>Archery Tag</td>
<td>September 9</td>
<td>September 18</td>
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<tr>
<td>Broomball</td>
<td>September 23</td>
<td>October 2</td>
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<td>Volleyball</td>
<td>October 7</td>
<td>October 16</td>
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<td>Table Tennis</td>
<td>October 14</td>
<td>October 23</td>
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<td>Billiards</td>
<td>October 14</td>
<td>October 23</td>
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<td>Futsal</td>
<td>October 21</td>
<td>October 30</td>
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<tr>
<td>Ice Hockey Tournament</td>
<td>November 4</td>
<td>November 13</td>
</tr>
<tr>
<td>Basketball Tournament</td>
<td>November 4</td>
<td>November 13</td>
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Create a Profile & Register a Team campusrec.unh.edu

Join the ATW Team

Let's represent our building! Contact your CA or manager to learn more about it!

Intramural Sports How To’s

How to register for an Intramural Sport
1) Visit campusrec.unh.edu/intramural-sports
2) Click on the register button.
3) After being directed to IMLeagues.com
4) Click Sign Up and enter all of the required information.

How to create an Intramural Team
In the registration window, click the sport/division and click Create Team

How to add Players to a Team
Go to team’s homepage and click Invite Players, afterwards enter in email addresses to invite.
To add players to a team from the Free Agent Pool, select the Captain icon on the left side of the page, click Available Free Agents.

How to become a Free Agent
Don’t have a specific team to join? Sign up a Free Agent.
Select Register/Signup, select Free Agent. Captains can view the Free Agents list and request players to their team.
CELEBRATE THE BEGINNING OF THE NEW ACADEMIC YEAR WITH A CAMPUS PICNIC AND THE STUDENT ACTIVITIES FAIR TUESDAY, SEPTEMBER 10
3:30 P.M. – 6:30 P.M.
THOMPSON HALL LAWN

Learn more at:
https://www.unh.edu/university-ceremonies-and-events/university-day

SEPTMBER 2019
Check out what's going on at Health & Wellness unh.edu/health or #BeWellUNH.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>1 Your Wellness Mindset Approach UNH with a mindset that nothing will be perfect, you will have to put in a lot of effort, and all learning comes from success AND challenges.</td>
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<td>2 Calm Your Nerves We offer guided relaxation on Mondays and Wednesdays. Visit the Health &amp; Wellness website for more information.</td>
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<td>3 Napcise Sleep is the #1 study skill. Join us for classes in Napcise guided relaxation and power naps. Register at <a href="http://www.unh.edu/health">http://www.unh.edu/health</a>.</td>
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<td>4 Paws &amp; Relax Bring your pet to UNH and interact with other pet lovers. Visit the Health &amp; Wellness website for more information.</td>
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<td>5 Map Out Your Semester By now you have gotten all your course syllabi. Set aside time to put all your due dates into your planner, now through December.</td>
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<td>6 College Myth Weight Gain No one drinks all college drinks. Think about what kind of college experience you want to have. Remember, any choice to drink under age 21 puts you at risk.</td>
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<td>7 College Myth Weight Gain No one drinks all college drinks. Think about what kind of college experience you want to have. Remember, any choice to drink under age 21 puts you at risk.</td>
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<td>8 Adjustment Takes Time Change can be exciting and scary. A way of emotions is natural the first year of college. Reach out to someone you trust for support.</td>
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<td>9 Get Social Your RA is a great resource and someone you can practice your social skills with. Start by asking them about their UNH experience.</td>
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<td>10 Go to UDay Getting involved will help you transition to UNH. Check out over 200 student organizations and make a move to attend their first meeting.</td>
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<td>11 Connect in Class Making friends doesn't just happen, it takes courage and effort. Say “Hi” to the person sitting next to you in class.</td>
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<td>12 10:10 Study Tip If you're having trouble with a subject, try saying the name of the subject you're struggling with.</td>
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<td>13 Stress is Okay One of the first lessons in college is learning what's natural and okay to feel stressed when coming to college. It's a big transition!</td>
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<td>14 Fall Harvest Moon Lay on the grass and look up at the sky noticing leaves, colors, shapes or the night stars and moon.</td>
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<td>15 Embrace Awkward You will have awkward moments at UNH. It's okay to get lost on campus, not know what to say in class or to your peers. No one is perfect.</td>
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<td>16 Know Your Professors Introduce yourself to your professors and let them know who you are. They're here to help.</td>
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<td>17 How Are You Doing? Check in on yourself. Take a deep breath and notice what is happening in your body, thoughts and emotions. Ask yourself, “What do I need?”</td>
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<td>18 Cooking Class Eating well will help you feel good, feel class and meet people. Hosted by Peer Educators. Register at <a href="http://www.unh.edu/health">www.unh.edu/health</a>.</td>
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<td>19 It’s Okay to Not Be Okay We all have difficult days, so don't blame yourself for feeling sad. Try doing something small that brings joy.</td>
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<td>20 Yoga Nidra Yoga Nidra offers a deep state of relaxation and well-being, which reduces stress and anxiety. Register at <a href="http://www.unh.edu/health">http://www.unh.edu/health</a>.</td>
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<td>21 Get Moving Body movement releases good stress hormones that will help you feel better. Go for a walk, run, swim or make a visit to Hamel Recreation Center.</td>
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<td>22 It's Not A Race College is a time to discover who you are, your strengths, and what you enjoy doing. It's okay to not know your major or career just yet. You've got time.</td>
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<td>23 Thrive Study Spot Take a walk over to our space called Thrive in the HRC. You can study, meditate, naps or enjoy a free cup of tea. We're open Monday-Friday at 11am.</td>
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<td>24 Ask for Help The most successful students are the ones who learn to ask for help. There are many resources at UNH to help you succeed. Use them!</td>
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<td>25 Nourish YoSelf Food is fuel that will get you through the day with energy and cognitive clarity. See how you're doing when you nourish yourself with a variety of whole foods.</td>
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<td>26 Wellness Fest You've been here a month and are probably feeling you could use a break from wellness. Visit the BIGGEST wellness event of the semester: 11am-2pm, HRC.</td>
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<td>28 Family Weekend Enjoy time reconnecting with your family and visiting them around your new home away from home, UNH.</td>
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= WELLNESS EVENT: opportunity to take care of yourself, meet new people and/or have fun with friends.
GET INVOLVED!
UNH has over 200 recognized student organizations! From programming to governance, athletics to activism, honorary to special interest, there is an organization out there for you.

See the different organizations here: https://www.unh.edu/mub/student-organizations

AROUND CAMPUS:

IMPROV NIGHT: MISSION IMPROVABLE
Opening with Anonymous Sunday, September 1, 9 PM

Co-Pilot Retro Pop
Wednesday 9/4 | 11:30am - 1pm
In lower complex go to media network and click "Logins to do."

INTERNSHIP INSIGHTS PANEL
September 4, 2019 | 5:30 PM
Paul 205

Outdoor Movie Shazam
Friday 9/6 @ 9pm
The Great Lawn

FINANCE CAREER FAIR
September 13, 2019 | 11:00 AM - 1:00 PM
MUB Strafford Room

RESUME REVIEW DAY
WITH INDUSTRY EXPERTS
September 17, 2019 | 11:30AM - 3:00 PM
MUB Granite State Room | Strafford Room

FIND MORE:
HTTPS://WILDCATLINK.UNH.EDU/EVENTS