Spring is Coming!

Anyone else LOVING these warmer, sunnier days? Spring is just around the corner! This month, we're talking about composting, Leaving Your Mark on a Gables brick, Spring Break, and more! Take a few minutes to check out what's happening at the Gables!

Your managers,
Greg & Kelsey

Contact Us!

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@unh_gables
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This Month @ Gables!

We've got lots of things going on this month at Gables! Keep an eye out for flyers, social media posts, emails, etc, so you don't miss out!

**TBT to 2003 Movie Night**

Get ready to relive the early 2000s with TBT to 2003 Movie Night. Watch a classic film and enjoy throwback snacks. Sunday, March 3 @ 6:30 PM. North Rec Lounge.

**No Glove No Love**

Condoms and candy? Monday at 6:30 PM in the B tower Lobby.

**A Tower Pizza Party**

Join us for a fun night of pizza and fellowship on Wednesday, March 11 @ 6:30 PM in the A tower Lounge.

**Glass Painting with CA Katie**

Paint mason jars, cups, wine glasses, and more with CA Katie on March 11 at 8:30 PM in the North Recreation Lounge.

**Chips and Dip**

Come eat chips and dip with CA Erin on Sunday, March 29 at 7 PM in the C tower Lounge.
Leave Your Mark

This is the month to get those Community Council & Community Service requirements all set! See dates below...

**Community Council**
- Wednesday 3/11
- Tuesday 3/24
- Monday 3/30
- ALL at 7:30PM in North Rec

**Community Service**
- Thursday 3/12 1-3pm
- Friday 3/27 1-3pm
- Rain Date: 3/31 10-12pm
- CLICK HERE to sign up!

How do I get my name on a brick?

- Actively participate in 6 Gables programs
- Participate in 1 Gables service project
- Actively participate in 1 Gables Community Council
- Like/Follow Gables' social media accounts

*Must be in good conduct standing & a Gables resident by end of Spring 20
As you prepare for SPRING BREAK...

ZERO WASTE

Students sometime throw perfectly good items into the landfill in May because it doesn’t all fit in the car! Bring anything you don’t need from fall/winter home with you at spring break. No need for those:

- sweaters,
- extra blanket,
- winter boots,
- throw pillows,
- skates, or
- textbooks from last semester

If you don’t need it, now’s the time to get it home. We ask you for your partnership and cooperation in helping UNH reach its goal of becoming a Zero Waste campus.
GABLES IS COMPOSTING!

JOIN US AS WE BEGIN COMPOSTING THIS SEMESTER!

WHAT IS COMPOSTABLE?
Food Waste: fruit/veggie scraps (remove stickers),
coffee grounds, meat (no bones), eggshells, etc.

WHAT IS NOT COMPOSTABLE?
Bones, fruit/veggie stickers, cardboard, paper,
compostable utensils, recyclable material, plastic,
anything that is NOT food waste

WHERE DO I BRING MY COMPOST?
All compost should be frequently brought to the yellow
bins by the dumpsters! Just open the lid, dump your
compost, and secure the lid to prevent animals or
bugs from entering!!
Trash @ Gables
As a reminder, you are responsible for the removal of your trash, recycling, & compost!

BLUE = Recycling
YELLOW = Compost
BLACK = Trash

Please note that your apartment will be charged for any trash that is not properly disposed of, including trash left in hallways or stairwells.

Lost & Found

Lost something? Check the Gables Mail Room! People turn in lost items all the time. If it is something more valuable (ie: phone, wallet, etc), check with UNH PD as well! If it was turned in to us, we likely passed it off to them.

HOURS

Monday - Thursday 10:00 AM - 8:00 PM
Friday 10:00 AM - 6:00 PM
Saturday - Sunday 1:00 PM - 5:00 PM
SHARPP Survivor Support Group

Have you been affected by interpersonal violence such as sexual assault, relationship abuse, stalking, or sexual harassment?
Are you looking for a safe space to feel supported by peers who have had similar experiences?

SHARPP is offering a Support Group for students who are looking to move forward in the healing process through discussion and creative activities. *This group is completely confidential and we will not ask anyone to re-live their trauma.*

**Goals of the group:**
- Providing a confidential environment to talk openly and honestly about issues of interpersonal violence.
- Sharing coping skills and self care techniques.
- Receiving support from others who can understand the impact of interpersonal violence.

**Topics may include:**
Creating and maintaining healthy relationships, identifying and managing triggers, self care, and more.

If you’re interested in participating in our SHARPP Support Group, please contact our Direct Services Coordinator, Julia Kelley-Vail, at julia.kelley-vail@unh.edu or (603) 862-3494

UNHSHARPP support advocacy education prevention
UNH Sexual Harassment & Rape Prevention Program • Wolff House • 2 Pettee Brook Lane

GET SOCIAL WITH US @UNHSHARPP
Your hands carry germs you can’t see.

How:
1. Wet your hands with clean water.
2. Soap them up.
3. Scrub them front and back, between your fingers, and under your nails.
4. Scrub for 20 seconds.
5. Rinse with clean water.
6. Dry hands with a clean towel or by air drying.
7. Repeat often.

When:
- OFTEN and REGULARLY, especially:
  - After coughing or sneezing
  - Before and after visiting someone who is sick
  - After using the bathroom
  - Before eating or cooking
  - After blowing your nose

If soap and water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer.

You can stop them from spreading. Wash your hands!

Health & Wellness
603-862-9355 • unh.edu/health • @UNHHealth

www.cdc.gov/handwashing