As Spring Break is on the horizon, we are approaching the halfway point! The only thing faster than last Fall semester is this Spring...let's finish the year strong!

March's edition of The Woodside Times includes information on complex and campus happenings, some helpful health tips, a few history lessons, and more.

As Mother Nature keeps us on her roller coaster of seasons, please continue to be attentive to closing windows when it is below freezing and walk carefully around campus!

Positive Vibes
Becky
WHAT'S HAPPENING IN WOODSIDE?

FREE SMOOTHIES!
WED, MARCH 11
7PM IN THE LOUNGE
BRING YOUR OWN CUP!

MARCH SNACK CARTS
3/4 & 3/25

DEAF HISTORY
DATE AND TIME TBA
LEARN BASICS OF AMERICAN
SIGN LANGUAGE!

SEX & CANDY
MONDAY, MARCH 23
TIME TBA

DECORATE YOUR OWN
DISHWARE!

WEDNESDAY
APRIL 1
TIME TBA
WHITE MUGS PROVIDED FIRST COME FIRST SERVE!

TRANSFER TUESDAY
MARCH 31
STAY TUNED FOR MORE DETAILS!
SUMMER EMPLOYMENT OPPORTUNITIES IN THE HOUSING DEPARTMENT!

GOING TO BE AROUND CAMPUS FOR THE SUMMER? WE ARE HIRING! DON'T HESITATE TO REACH OUT TO BECKY WITH QUESTIONS.

HOUSING IS HIRING SUMMER 2020

WWW.UNH.EDU/HOUSING/JOBS/WORK-HERE

- Starting pay $12 per hour
- Jobs can range from 32-37 hours per week
- FREE lunch provided every Monday!
- FREE on-campus parking during your daily work shifts!
- PAID leadership development opportunities!
- 4-day work week opportunities!
Show your Wildcat Pride!

Wear UNH apparel on Monday's and help start a new tradition

Kate Fagan is a sought-after speaker on athlete mental health, LGBT issues within sports, and the variables facing female athletes. Fagan was a Columnist and feature writer for ESPN.com and ESPN The Magazine, as well as on-air talent for ESPN. Kate is also the author of What Made Maddy Run, which spent one month as the #1 New York Times best-seller on the Sports list. Can currently be seen on Outside the Lines and E:60 and is a core member of The Friday Four. She has also made 150 appearances on Around the Horn, where she served as the show’s first female host in 2017.

The Connors Writing Center presents:

“Can you look at this?” When friends ask for writing help.

An interactive workshop on how to helpfully respond to writing in progress. Come find resources and practices for good writing.

Date: Tuesday, March 3, 2020
Time: 12:40pm - 2:00pm
Location: MUB 334

Bring a draft! Bring a friend!
Cookies provided!
As a community, we need to recognize our responsibility in keeping up shared spaces. Please be conscious of cleaning up after yourself in the laundry room and not abandoning your clothes for long periods of time!

LAUNDRY ROOM ETIQUETTE

Be respectful of each other. Don't make someone else take your clothes out of the machine!

SET A TIMER OR USE LAUNDRYVIEW!
MARCH IS WOMEN'S HISTORY MONTH

It is important to know our history and recognize how far we have left to go!

INSIDE THE GENDER PAY GAP

AVERAGE EARNINGS ONE YEAR POST-GRADUATION

82 PERCENT

WOMEN'S EARNINGS AS A PERCENTAGE OF MEN'S EARNINGS ON THEIR FIRST JOBS

WOMEN earned an average $35,296 among 2007-08 bachelor's degree recipients employed full time in 2009.

MEN

earned an average $42,918 among 2007-08 bachelor's degree recipients employed full time in 2009.

AVERAGE EARNINGS BY MAJOR

88 PERCENT

WOMEN'S EARNINGS AS A PERCENTAGE OF MEN'S EARNINGS ON THEIR FIRST JOBS IN THE ENGINEERING TECHNOLOGY FIELDS

SOURCE: THE AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

GRAPHIC DESIGN: TOMER MODERNIK

THOMASNET.COM

SUPPLIER DISCOVERY & PRODUCT SOURCING
Fast facts

GENDER INEQUALITY

EMPLOYMENT

Women are still earning vastly less than men:

According to WGEA the gender pay gap is 16.2% or an average annual salary difference of $15,457

Three quarters of part-time positions are held by women but only 6.4% of management positions are part time.

6.4% Part-time managers

FAMILY VIOLENCE

On average, one woman a week is murdered by her current or former partner.

3x

Women in Australia are nearly three times more likely than men to experience violence at the hands of a partner.

LEADERSHIP

The percentage of female directors in Australia is 25.8%, up 0.9% on 2016–17

25.8%

In federal parliament just 6 out of 30 ministers are women (that's one less than 2015).

COMPLAINTS

Sexual harassment is still an issue that predominantly affects women. More than 63% of complaints in 2017–18 were from women.

73.6%

Nearly three quarters (73.6%) of complaints about discrimination because of being a parent came from women.

Please visit humancititescommission.vic.gov.au/genderinequality to see a full list of references for these statistics. Published 2019.
THE END OF THE YEAR WILL BE HERE BEFORE WE KNOW IT!

**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.
BE SAFE AND SMART THIS SPRING BREAK!

HAVE A SAFE SPRING BREAK

1. Stay in a group in which at least one person remains sober
2. Monitor anyone who passes out
3. Know the signs of alcohol overdose - Remember PUBS

BE A GOOD FRIEND

STAY SAFE IN NEW ENVIRONMENTS

- Alcohol's effects can increase when you are in different settings.
- Only drink from containers you open or watch being opened. Don't leave drinks unattended.
- Check the alcohol content of unfamiliar drinks. Some may have twice the alcohol you expect.

MINIMIZE PROBLEMS!

- Sip your drink instead of chugging
- Keep drinks to no more than one standard drink per hour
- Eat protein-rich foods
- Drink plenty of fluids (water, sports drinks), especially while in the sun
- Minimize drinking before air travel since alcohol has a greater effect at high altitudes
- Some prescription and over-the-counter drugs (antihistamines, sedatives) can increase alcohol's effects
- Caffeine and other stimulants can trick you into feeling less impaired
- When you're sleep-deprived or ill, alcohol leaves the body more slowly

KNOW ALCOHOL AND OTHER DRUG LAWS IN THE COUNTRIES YOU VISIT:
http://travel.state.gov/content/passports/english/country.html

environmental wellness to support your personal and academic success. This month, become more aware of how the environments you live, study, and work in impact your well-being. Let’s introduce you to making adjustments to your environment to protect your mental health.

**MARCH 2020**

**Health & Wellness**

**University of the Woods**

**Times**

**Arch 2020**

**Environmental Wellness**

- **Monday:**
  - 1. Be well: Sleep well.
  - 3. Make your bed.
  - 4. Clean Air.
  - 5. Innate Exp: 20 minutes.
  - 6. Intrauterine: 20 minutes.
  - 7. Make your space.
  - 10. Be present at home.
  - 11. What’s cooking tonight?
  - 12. Let’s do lunch.
  - 14. Talk to the therapist.
  - 15. Sit down to eat.
  - 17. Ear influencers: Day.
  - 20. Think twice.
  - 22. Make less, waste less.
  - 23. Weightlessness.
  - 25. Mix it up.
  - 27. G&W with others.
  - 28. 12-2pm Lunch.
  - 29. Eat your greens.
  - 30. Remember to recumbent.

**Mondays:**

- 1. Make your bed.
- 3. Make your space.
- 4. Clean Air.
- 5. Innate Exp: 20 minutes.
- 6. Intrauterine: 20 minutes.
- 8. Full Moon Cense.
- 9. Be present at home.
- 10. What’s cooking tonight?
- 11. Talk to the therapist.
- 12. Let’s do lunch.
- 14. Sit down to eat.
- 17. Ear influencers: Night.
- 19. Think twice.
- 22. 12-2pm Lunch.
- 23. Eat your greens.
- 24. Remember to recumbent.
- 25. Mix it up.
- 27. G&W with others.
- 28. 12-2pm Lunch.
- 29. Eat your greens.
- 30. Remember to recumbent.

**Check-out What Health & Wellness Has Going On**

**Environmental Wellness**

- Think about how the environments you live, study, and work in impact your well-being. Let’s introduce you to making adjustments to your environment to protect your mental health.

**MARCH 2020**
March is Be Well, Sleep Well Month

UNH students report that sleep is the #3 health concern negatively impacting their academic success, after stress and anxiety.*

SLEEP EXPO: CHOOSE TO SNOOZE

Tuesday, March 3
11am-2pm @ HRC Courts

Journey through an interactive experience where you will learn about the importance of sleep, have the opportunity to get a free sleep assessment, and gain tools and skills to help you get a better night’s sleep.

NAPERCISE

Monday-Friday, March 2-6
1pm-2pm @ Studio 2, Hamel Recreation Center

A relaxation meditation that will soothe you into a 20 minute power nap. All participants will get a free sleep kit. No registration required.

Find more details at: unh.edu/health/well/sleep/sleep-month

*Source: American College Health Association, National College Health Assessment, University of New Hampshire, 2019
SLEEP DEPRIVATION EFFECTS

Lack of sleep is a health issue that deserves your attention and your doctor’s help. Not getting enough sleep—due to insomnia or a sleep disorder such as obstructive sleep apnea, or simply because you’re keeping late hours—can affect your mood, memory and health in far-reaching and surprising ways, says Johns Hopkins sleep researcher Patrick Finan, Ph.D. Sleep deprivation can also affect your judgment so that you don’t notice its effects.

SAFETY

- 6,000 fatal car crashes caused by drowsy driving each year

WEIGHT

- More cravings for sweet, salty & starchy food
  - Higher levels of the hunger hormone ghrelin
  - Lower levels of the appetite-control hormone leptin
  - 50% higher risk for obesity if you get less than 5 hours of sleep nightly

HEALTH

- 36% increase in risk for colorectal cancer
- Less active immunity protectors called natural killer cells
- Nearly 3x risk for type 2 diabetes
- Increased risk of high blood pressure

BRAIN EFFECTS

- 33% increase in dementia risk
- 3-5 years how much sleep deprivation can age your brain
- 48% increase in developing heart disease
- 3x more likely to catch a cold
APRIL IS SEXUAL ASSAULT AWARENESS MONTH

SHARPP 5K RUN AND FUNDRAISER

Saturday, March 28th | 11am | Thompson Hall Lawn

Ring in Sexual Assault Awareness Month by running against violence in SHARPP’s first ever 5K and fundraiser! Run or walk our route across the campus with a group or individually to raise funds for your community crisis center. This event will also include info tables, games, prizes and music!

To register, visit bit.ly/sharpprun and choose one of the following options:

- Individual no t-shirt: $5
- Individual with t-shirt: $10
- Group rate (unlimited participants; 6 t-shirts): $60

University of New Hampshire
UNHSHARPP
Sexual Harassment & Rape Prevention Program

GET SOCIAL @UNHSHARPP
Take part in Woodside's monthly recognition program - submit a Kudos for a friend, roommate, or staff member to have them recognized next month!

Earn a piece of Woodside/UNH swag when you submit a Kudos!

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 in the next Woodside newsletter by submitting...

KUDOS

FOLLOW THIS LINK TO RECOGNIZE A ROOMMATE, FRIEND, OR WOODSIDE STAFF!

HTTPS://GOO.GL/FORMS/UZZQVXUDZWVW7DG2

Please submit Kudos before the 25th of the month to have your shout out included in the following month's newsletter

Click the graphic above to follow the link!