THE YEAR IS IN FULL SWING

A note from your Apartment Manager

Hey, Woodside! I hope the first handful of days of classes has treated you well as we look to be waving "see you soon" to summer! The Woodside staff and I are so excited to roll into the academic year with you all as we look to an exciting first month of the semester.

Take a look at the September edition of The Woodside Times for some policy reminders, involvement opportunities, and things happening around the complex and campus!

Don't hesitate to reach out to myself or one of the CAs with any questions as you get settled into the year!
Take part in Woodside's monthly recognition program - submit a Kudos for a friend, roommate, or staff member to have them recognized next month!

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/UZZQVXUDZWVWV7DG2

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!
HOW DO I GET MAIL?
- You will receive an automated email from the mail system when your mail is processed and ready to pick up!
- Bring your UNH student ID to the mailroom office during hours of operation.
- The CA or Mailroom Assistant will swipe your ID, locate your mail or package, and it's yours!
- PLEASE WAIT TILL YOU RECEIVE THE NOTIFICATION THAT YOUR MAIL ARRIVED BEFORE YOU COME TO THE MAILROOM!

Sometimes carriers scan packages before they arrive to our facility.

THE COMMUNITY CENTER

The CC contains the following amenities:
- **Laundry room** - Cat's Cache only
- **Vending** - located in the laundry room
- **Lounge space** - study tables, large TV, whiteboard
- **Computer Cluster** - located in lounge
- **Sand volleyball court** - located behind the CC
- **Mailroom and Staff Office** - More than just mail!
  - Loaner access card and apartment key check outs
  - Sports equipment rental (including Kan Jam, Spike Ball, volleyball, football, and more!)
  - Cleaning supply rental (including a vacuum, a Swiffer, duster, disinfectant wipes, etc.)

**Mailroom Hours of Operation:**
- Monday-Thursday: 10am-8pm
- Friday: 10am-6pm
- Saturday & Sunday: 1pm-5pm

**Your Mailing Address:**
YOUR NAME
60 Strafford Ave
Durham, NH 03824
(No bin or apt number needed!)

WHAT DO I DO IF I AM LOCKED OUT?

If the mailroom is open, come on by! We can supply you a spare access card or key.

For all other times, please call Lockout Services at 603-862-2120 (press 0). Your first let in is free and each additional is a $25 charge.

MAINTENANCE ISSUES

Emergency maintenance situations (no hot water, lock issues, pests, etc.) should be called into Facilities at 603-862-1437 (press 1 after hours).

Can it wait a few? Visit your online housing portal and visit the "maintenance" tab to fill a request!

If a power outage or other facilities related emergency happens during the academic year, your apartment manager will communicate any important info - make sure you check your Wildcats email frequently!
SUBMITTING A MAINTENANCE REQUEST

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

Call Facilities at 603-862-1437
- During hours of operation, you'll speak to a control center staff who will dispatch technicians.
- After hours, press "1" when listening to the automated message to be transferred to UNH PD Maintenance Dispatch who will field your maintenance issue.

NON-EMERGENT?
All other maintenance requests should be submitted online via your Housing Portal.

Visit the following link: https://www.unh.edu/housing/maintenance-requests
- Click "Maintenance Request" to be directed to your portal where you'll be prompted to log in
- Select the "Maintenance" tab and follow the prompts to submit a new request!
- BE SPECIFIC! The more detail you provide, the quicker it can be attended to!
JOIN A WOODSIDE INTRAMURAL TEAM!

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.

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<th>Registration Closes</th>
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<td>Basketball Tournament</td>
<td>November 4</td>
<td>November 13</td>
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GET YOUR APARTMENT, BUILDING, OR CLUSTER TOGETHER TO FORM A TEAM AND REPRESENT WOODSIDE IN INTRAMURAL!

DON'T HAVE A TEAM? MAKE A FEW NEW FRIENDS AND JOIN US!

SIGN UP AT THE MAILROOM OR EMAIL BECKY AT REBECCA.WINTRINGER@UNH.EDU
POLICY REMINDERS

APARTMENT CAPACITY
Max. capacity is 13 total people (including residents & guests)

ALCOHOL
- Over 21: only one open container per 21 yr old
- Under 21: no use or possession allowed
- NO common sources
- NO open containers
- NO drinking games

DRUGS
NO drug use or possession in any university building!

NO SMOKING
of any kind inside the buildings (including vaping). You must be 20 feet from buildings at all times

COMMONLY FOUND PROHIBITED ITEMS INCLUDE:
- Candles
- AC Units or Space Heaters
- Incense or tart warmers (candle warmers or wax melts)
- Pets outside of a 10 gallon fish tank!

QUIET HOURS
Sunday - Thursday
11pm-8am
Friday & Saturday
1am-8am

COURTESY HOURS
24 HOURS A DAY!
Please be respectful of your neighbors and remember you're part of a community!

COMMUNITY ASSISTANTS
CAs are on duty and actively do rounds of the complex from 8am to 8pm on Thursday, Friday, and Saturday nights, as well during breaks and other weekend nights or holidays. Never hesitate to contact the CA on duty at 603-817-9325.
Show off your space participating in...

WOODSIDE CRIBS

All submissions will appear in next month’s newsletter!

The winning apartment will be featured in a virtual tour of the complex & residents will enjoy some pizza on us!

To enter, simply email Becky (rebecca.wintringer@ unh.edu) photos of your apartment with the email titled "Woodside Cribs." Submissions will be accepted until 9am Wednesday, 9/25.

All residents of the apartment must agree to participate. Inappropriate or offensive decor may result in disqualification.
Living at the edge of the woods, the critters and other pests are always around. PLEASE do not prop open the exterior doors to your buildings, giving them a way in.

DON'T PROP OPEN THE DOORS!!

In addition, propping the doors is a violation of university housing room and board agreement which states that you, as residents, have an obligation to help create a safe living environment for those in your community.
Woodside Community Council

- diversity programming
- sustainability efforts
- holiday socials
- homecoming programs
- general member
- intramural coordinator

Leadership  Involvement  Teamwork

contact becky at rebecca.wintringer@unh.edu for details
Quick Guide to Trash Removal

Recycle

- Plastics #1 & #5
- Aluminum Cans
- Glass Bottles & Jars
- Cardboard & Paper Bags
- Magazines, Newspapers, & Office Paper

Landfill

- Food Waste
- Plastic Bags
- Plastics #3, #4, #6 & #7

No Recyclables
- No Plastic Bags
- No Food or Liquid
- No Electronics

Don't Forget...

...To Rinse Out Cans, Jars, Bottles, etc!

Food contamination can turn a recycle receptacle into a landfill dumb! Rinse your food containers and NO plastic bags in recycling!

...To Break Down Your Cardboard!

The recycle receptacles will fill up quickly! Remember it is a shared trash removal system and break down your cardboard appropriately!

...To Fully Close the Doors to the Receptacles!

The critters will get IN and the smell will get OUT! Please close doors on all sides of the black compactor and blue recycle receptacles!
FOOD WASTE IN THE U.S. IS...

EXCESSIVE

40% OF ALL FOOD PRODUCED IN THE U.S. IS WASTED

133 BILLION POUNDS Food wasted per year. That represents 1,249 calories per person, per day.

EXPENSIVE

$161 BILLION Uneaten food at retailers, restaurants, and homes costs $161 billion annually

$1,500 Per capita, this amounts to over $1,500 for a family of four

ENVIRONMENTALLY HARMFUL

Food makes up 20% of landfill weight—the single largest municipal waste source

\( \text{CH}_4 \) The methane released by food is a greenhouse gas 21 times more powerful than carbon dioxide

AN OPPORTUNITY

Diverting 15% of the food that currently goes to waste would be enough to cut the number of food insecure Americans in half

Food waste can be composted into sustainable soil additives or be used to generate electricity

Encouraging institutions to purchase so-called “ugly” produce would help farmers find new markets for healthy products that currently go to waste

*All statistics from U.S. Department of Agriculture and Environmental Protection Agency

www.pingree.house.gov/foodwaste
HEALTH & WELLNESS ON CAMPUS

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

Wellness Welcome
The #BeWellUNH calendar has tips and facts on how taking care of your wellness will help you thrive and grow academically and personally while at UNH (and beyond). We're glad you're here!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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.

2. Calm Your Nerves
We offer guided relaxation/meditation Monday - Friday from 12:30pm - 1:00pm at Health & Wellness. Learn more http://www.unh.edu/health

3. Napercise
Sleep is the #1 study skill. Join us for Napercise, guided relaxation and power nap. Register at http://www.unh.edu/health

4. Paws & Relax
The animals are back! Every Wednesday visit Paws & Relax to get some tender and calming animal love. Thrice at HRC, 12pm-2pm.

5. Map Out Your Semester
By now you have gotten all your course syllabus. Set aside time to put all your due dates into your planner, now through December.

6. College Myth: Alcohol
Not everyone in 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.

7. College Myth: Weight Gain
Yes, a lot of students think that a college experience has never been supported by good research.

8. Adjustment Takes Time
Change can be exciting and scary. A mix of emotions is normal the first year of college. Reach out to someone you trust for support.

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.

10. Go to 10 for 10
Getting involved will help your transition to UNH. Check-out over 200 student organizations and make a commitment to attend their first meeting.

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.

12. 50:10 Study Tip
Study for 50 minutes, break for 10 minutes. Try to keep distractions to a minimum during the study block and allow yourself to relax during the break.

13. Stress is Okay
One of the first lessons of being a Wildcat is knowing that it’s natural and okay to feel stressed when coming to college. It’s a big transition!

14. Full Harvest Moon
Lay on the grass and look up at the sky noticing clouds, colors, shapes or the night stars and moon.

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.

16. Know Your Professors
Introduce yourself to your professors and utilize their office hours. They’re there to help.

17. How Are You Doing?
Check-in with yourself. Take a deep breath and notice what is happening in your body, thoughts and emotions. Ask yourself, “what do I need?”

18. Cooking Class
Eating well will help you feel good. Free class and meal provided by Nourish UNH Peer Educators. Register at http://www.unh.edu/health

19. It’s Okay to Not Be Okay
We all have difficult days, you’re not alone. Take care of yourself by doing something small that brings you joy.

20. Yoga Nidra
Yoga Nidra offers a deep state of relaxation and will leave you feeling refreshed and relaxed. Register at http://www.unh.edu/health

21. Get Moving
Body movement releases good stress hormones that help you feel better. Go for a walk, run, swim or make a visit to Hamel Recreation Center.

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.

23. Thrive Study Spot
Take a walk over to our space called Thrive in the HRC. You can study, meditate, sleep, or sit and enjoy a free cup of tea. We’re open Monday-Friday at 11am.

24. Ask for Help
The most successful students are the ones who learn how to ask for help. There are many resources at UNH to help you succeed. Use them.

25. Nourish Yo’Self
Food is fuel that will get you through the day with energy and cognitive clarity. See how you feel when you nourish yourself with a variety of whole foods.

26. Wellness Fest
You’ve been here a month and are probably feeling you could use a dose of wellness. Visit the BIGGEST wellness event of the semester. 11am-2pm, HRC.

27. Meditation Group
Make friends, learn coping skills and gain self-awareness. Join our 4-week meditation group. Register at http://www.unh.edu/health

28. Family Weekend
Enjoy time reconnecting with your family and showing them around your new home away from home, UNH.

= WELLNESS EVENT, opportunity to take care of yourself, meet new people and/or have fun with friends

What's Cooking?

9/18 - 10/2 / 10 - 10/16 - 10/30
Thrive Demonstration Kitchen
HRC Rm 238

Learn to make meals that are healthy, tasty, budget-friendly, and easy to prepare. Each class features a different menu. Led by Nourish UNH Peer Educators. Free for UNH students.

#BeWellUNH
REGISTER at: unh.edu/health/events

Napercise

First Tuesday of the month
9:30 - 10/1 - 11/5 - 12/3
Thrive, HRC Rm 238
1 - 2 pm

Come for a reboot. Leave feeling energized and ready to continue your day.

Guided relaxation techniques
20-minute power nap
Light stretching & aromatherapy
Free sleep kits

#BeWellUNH
REGISTER at: unh.edu/health/events
HEALTH & WELLNESS ON CAMPUS

Walking for Wellness
Take a pause out of the day to explore your campus, clear your mind, get some fresh air, and move your body.
Rain, snow, or sunshine.
Students, faculty, & staff welcome.

Walk & Talk
Wednesdays
September 4 - December 4
1:10 - 1:45 pm
Meet at Thompson Hall

A Mindful Walk in College Woods
1st Thursday of the month
Sept 5 - Oct 3 - Nov 7 - Dec 5
8:00 - 9:15 am
Meet at HRC lobby

MINDFULNESS & MEDITATION

4-Week Groups
Learn about mindfulness, practice different forms of meditation, and apply new skills for your life over the course of this 4-week group.
Session 1 & 2 Tuesdays: 9/24-10/1 - 7:30-9:00 pm
Session 3 & 4 Wednesdays: 10/30-11/4 - 1:00-2:30 pm
Thrive, Health Wellness Satellite Office, HRC Rm 238
Registration required. Open to UNH students only.

Daily Drop-ins
For those who are new to meditation or those who use meditation as part of their everyday self-care practice.
Daily from 12:00 pm - 1:00 pm
Health Wellness, 2nd Floor Conference Room
No registration required. Open to members of the UNH community.

PAWS & RELAX
Need a “paws”? Come snuggle up with our trained therapy animals!

Wednesdays all semester
Sept 4 - Dec 4
12-3 pm
Thrive, HRC Rm 238

REGISTER at unh.edu/health/events