Hello Gables,

Well March came in like a LION. The semester is underway and we are sure you are looking forward to Spring Break. Time to relax, catch up with friends and have fun. Check out the great information about Spring Break at the Gables. This month is looking to be a great one for events. Take a break from studying to enjoy yourself at one of our events.

As always, if you have any questions or concerns please contact us at
donna.han@unh.edu or Gregory.goulski@unh.edu

YOUR MANAGERS,
DONNA & GREG

STAY STRONG

SPRING BREAK IS ALMOST HERE!
MARCH IS SLEEP AWARENESS MONTH

ARE YOU GETTING ENOUGH?

10 Reasons why sleep is important?
1. Poor sleep can is linked to weight gain.
2. Good sleepers tend to eat less calories.
3. Good sleep can improve concentration and productivity.
4. Good sleep can maximize athletic performance.
5. Poor sleepers are at a higher risk for heart disease.
6. Sleep Affects Glucose Metabolism and Type 2 Diabetes Risk.
7. Poor sleep can be linked to depression.
8. Sleep improves your immune function.
9. Poor sleep is linked to increased inflammation.
10. Sleep affects emotional and social interactions.

Tips for a Good night sleep

- Stick to a sleep schedule, even on weekends.
  - Practice a relaxing bedtime ritual.
    - Exercise daily.
- Evaluate your bedroom to ensure ideal temperature, sound and light.
  - Sleep on a comfortable mattress and pillows.
  - Beware of hidden sleep stealers, like alcohol and caffeine.
- Turn off electronics before bed.
WE DON'T CLOSE!
The Gables does not close for Spring Break but our office hours do change...

MARCH 9TH CLOSING AT 5PM
MARCH 10TH AND 11TH CLOSED
MARCH 12TH –MARCH 16TH
8AM—4:30PM
MARCH 17TH CLOSED
NORMAL HOURS RESUME ON SUNDAY MARCH 19TH

If you are leaving for the break remember to...
- Take out your trash
- Close and lock your windows
- Unplug electronics
- Lock your doors
- Bring home unused items so you don’t need to at the end of the year.

All UNH Policies will be in full affect during the week of Spring Break, including quiet hours.

Sun-Thurs—11pm
Friday and Saturday 1am
Staff will be available through out break if needed.
CAs can be contacted at 603-817-9315 on Thursday (3/8), Friday(3/9&3/16) and Saturday(3/10 & 3/17) evenings.
SUMMER JOBS
UNH HOUSING

HIRING FOR
SUMMER JOBS!

JOIN OUR TEAM.
WE SHOULD TALK.

SUBMIT AN APPLICATION NOW TO BEGIN THE CONVERSATION.
UNH.EDU/HOUSING/JOBS

FULL CONSIDERATION GIVEN TO APPLICATIONS RECEIVED BY MARCH 29

PAY STARTS $10.00 PER HOUR
- MARCH EVENTS -

ENJOY SOME FREE SNACKS

STARTING MONDAY 3/19

NORTH TOWER – WEDNESDAY @7PM
SOUTH TOWER – SUNDAY @9PM (3/25)
A TOWER – SUNDAY @8PM (3/25)
B TOWER – WEDNESDAY @8PM
C TOWER – MONDAY @8PM

- FREE -

STUDENT ACTIVITY FEE EVENTS
MARCH | 2018

COMEDY CENTRAL PRESENTS
ELIOT CHANG
MISFIT

FRI MAR 23RD 8PM
MUB STRAFFORD ROOM
FREE FOR STUDENTS
HOSTED BY THE UNITED STUDENT COMMITTEE
- RECYCLING -

PLEASE NO PLASTIC BAGS IN THE RECYCLING DUMPSTERS.

RECYCLING STANDARDS ARE INCREASING AND THE BAGS MAY IMPACT WHETHER OUR RECYCLING WILL BE ACCEPTED.

BRING YOUR RECYCLING OUT IN A PLASTIC BAG IF YOU WANT, BUT RIP IT OPEN, DUMP THE RECYCLING AND THEN PUT THE PLASTIC BAG IN THE LANDFILL DUMPSTER.
What are the benefits of composting?

- Composting reduces pesticide usage by 80%.
- Compost can reduce or eliminate use of synthetic fertilizers.
- It improves sanitation and health for communities and facilities.
- It increases drought resistance.
- It reduces greenhouse gas emissions.
- It helps eliminate garbage odor.
- It improves the health and structure of soil.

Regulation of Greenhouse gases