

# UNH CIVIL & ENVIRONMENTAL ENGINEERING

## Weekly Announcements & Events



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### MESSAGE FROM THE DEPARTMENT

Dear Students, With exams coming up soon, we want you to be calm and not to stress. Below are some resources and sessions happening, starting this week that may help you during these crazy and unusual times. Your CEE Advisors and Faculty are always here for you!

#### **Health & Wellness is offering FREE online sessions:**

**Oct. 6th, 3-4 pm: 2-minute Stress Relievers: Getting out of your head and into your body.**

[https://unh.zoom.us/meeting/register/tjMkcOqvpjsvHNelpD36UYK0pnGWI4n4U\\_UY](https://unh.zoom.us/meeting/register/tjMkcOqvpjsvHNelpD36UYK0pnGWI4n4U_UY)

#### **Oct. 5th, 12:30-1 pm: Mindful Mondays**

Take a mid-day pause to practice mindfulness skills like meditation and connect with yourself and the UNH community, Drop in:

<https://unh.zoom.us/j/92188237612>

**Oct. 6th - 20th, Self-Compassion** - This is a FREE 4 week online class offered on Zoom. To register: <https://unh.zoom.us/meeting/register/tjYqfu-gqz8rGdaVlauOk7BKiwckaDyvU5PL>

#### **Oct. 7th, 12:30-1 pm - Wellness Wednesdays**

Meet our Wellness Counselors and student staff on Instagram Live every Wednesday for fun, quick tips on how to care for yourself and stay balanced at UNH and beyond. We'll cover stress, sleep, nutrition, sexual well-being, alcohol and other drugs, and more!

For more information on any of the above, please visit [www.unh.edu/health/](http://www.unh.edu/health/)

Are you searching for a job?

CEPS Career Svcs. is offering the following session:

**Oct. 14th, 5:30-6:30 pm - 'Managing Time & Stress During Your Job/Internship Search'** To register: <https://unhcaps.info/managestressceps>



*UNH is one of the most beautiful places to be during fall. Take a walk around campus & enjoy the beauty. There is no better stress-breaker than being in nature.*



# IMPORTANT DATES:

PLEASE REFER TO THE REGISTRAR'S CALENDAR FOR MORE  
INFORMATION [HTTPS://WWW.UNH.EDU/REGISTRAR](https://www.unh.edu/registrar)

Wednesday, Oct. 7th - Career & Internship Fair - 3-7 p.m. - [unh.edu/career](http://unh.edu/career)

Friday, Oct. 9th - Sukkot ends (Jewish)

Monday, Oct. 12th - Indigenous Peoples' Day

Tuesday, Oct. 14th - 'Managing Time & Stress During Your Job/Internship Search', 5:30-6:30 p.m.

<https://unhcaps.info/managstressceps> - for registration and zoom info.

Friday, Oct. 16th - Due date for completion of undergraduate coursework resolving Spring/Summer 2020 IC grades.

Half Term I classes end

LAST DAY to completely withdraw from the University without receiving grades of WP or WF

Saturday, Oct. 17th - Navaratri begins (Hindu)

Monday, Oct. 26th - Navaratri ends (Hindu)

Friday, Oct. 30th - Special Grade Reports for Spring/Summer IC grades undergraduate coursework due in Deans' Offices.

Saturday, Oct. 31st - Halloween

This week is Civic Engagement Week! Please consider registering for one of the many wonderful talks  
on the Wikipedia-Edit-a-Thon: <http://bit.ly/UNHCAL>

Are you interested in natural hazards research from an engineering or social science perspective?

## REU Virtual Recruitment Webinar: Oct 8th, 4-5 CST

- Hear from NHERI REU alumni about their summer research experiences and how research impacted their careers
  - Learn about the program, funding, and application process
  - Learn how you can apply
- (Pls. see attached flyers for more information)



## SEMINARS & EVENTS

### CEE Social Justice Seminar Series - Friday, October 9th @ 2:10 pm

Dr. Daniel Faber, Northeastern University Professor of Sociology &

Director of the Northeastern Environmental Justice Research Collaborative (NEJRC)

Presents: 'Addressing the Root Causes of the Ecological Crisis: Towards an Emancipatory Environmental Justice Politics'

Zoom link: [https://unh.zoom.us/j/99998548033?](https://unh.zoom.us/j/99998548033?pwd=eFhjOTZRVkVvZ3dEMDYzYjBYZFBDZD09)  
[pwd=eFhjOTZRVkVvZ3dEMDYzYjBYZFBDZD09](https://unh.zoom.us/j/99998548033?pwd=eFhjOTZRVkVvZ3dEMDYzYjBYZFBDZD09)





# IN THE SPOTLIGHT!

## 2020 Women in Real Estate: Amy Blomeke, P.E., Senior Project Manager at Langan Engineering & Environmental Services, Inc



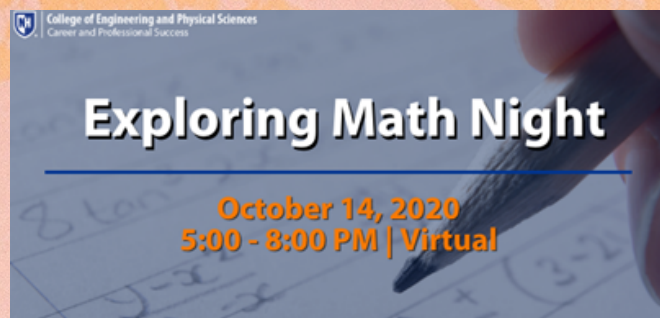
Congratulations to Cee Alumni, Amy Blomeke!

Amy was nominated by her CREW members as the most recent recipient of the CREW Boston Esprit de Coeur Award and was featured in the September 25th issue of NEREJ

<https://nerej.com/2020-wire-amy-blomeke-langan-engineering>

## PET SPOTLIGHT!

*Professor Puntin and his 4 legged friend, Georgia started the semester off with some outdoors fun on the Appalachian Trail at Lonesome Lake in Franconia Notch*



General Questions? Email [unh.cee@unh.edu](mailto:unh.cee@unh.edu)  
Graduate Student Questions? [cee.graduate@unh.edu](mailto:cee.graduate@unh.edu)

Visit our website: <https://ceps.unh.edu/civil-environmental-engineering>