June Featured Events

Jun 3: Play Doh Palooza
5:30 pm - 7:00 pm, GRAD Lounge

Jun 4: GSC Meeting
5:30 - 7:00 pm, Carson L01

Jun 18: Haven Dinner
4:30 pm - 7:00 pm, Haven

Fruitful Summer

Summer is right around the corner, and with the sunshine and blue skies comes picking season for many yummy fruits! Here are the ideal picking times for a variety of fruits:

- **Strawberries** - May through June
- **Cherries** - June through July
- **Blueberries** - June through August
- **Blackberries** - June through August
- **Peaches** - July through September
- **Raspberries** - July through October
- **Figs** - July through September
- **Apples** - August

So where can you go to grab some sunshine and fruits? Here's a list of local places:

- **Poverty Lane** (Lebanon, NH) - Apples
- **Riverview Farm** (Plainfield, NH) - Apples, Raspberries, Blueberries
- **Edgewater Farm** (Plainfield, NH) - Strawberries
- **Darling’s Berries** (Canaan, NH) - Blueberries, Raspberries
- **Cedar Circle** (East Thetford, VT) - Strawberries, Blueberries

Monthly Wellness Tip

Getting enough sleep is an incredibly important part of maintaining healthy mental health. Unfortunately, it can be hard to get the CDC recommended amount of sleep (which is 8-10 hours) with all the stresses of our daily lives. Use these tips to get improved sleep -

- Try to go to sleep at the same time every day (even weekends)
- Spend more time outside during daylight!
- Finish your workouts at least 3 hours before bedtime
- Create a bedtime ritual (read a book, take a warm bath, do easy stretches)
- Try to not work, watch TV or do other activities in your bed besides sleep and sex

Article Spotlight


This short editorial piece highlights the growing issue of graduate student and post-doctorate mental health. While there are many studies being conducted, most of them only address a certain region or university. A conference is being held in UK to "address the simple, urgent truth: that many PhD students and postdoctoral researchers are overworked and overstressed — and their mental health is suffering because of it."

Bad Jokes

Why can't you hear a pterodactyl go to the bathroom?
~Because the pee is silent

Comments?

Send us your feedback, ideas or questions!
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