ELI *NEWS*

ELI Activity:

Let's Make Brownies!
Sat, Sept. 12 * 1-2:30 pm

photo source: NY Times Cooking

Join me, ELI Instructor and Associate Director Rob Mucklo, this Saturday as I teach you how to make my favorite recipe for brownies! Brownies are a dessert snack was invented in the US in the 1800s and is somewhat like cake and somewhat like fudge. The recipe we'll use is absolutely delicious and requires no special equipment or machines.
You can join this activity to watch and learn how to make brownies, watch and bake brownies at the same time, or hang out and practice your listening and speaking skills in English. For whatever reason you attend this event, I think you'll have a very sweet time!

You must register in advance for this activity. For this Zoom meeting, you will use the same password that you use to access your ELI classes. If you have any questions or if you'd like the recipe and a list of ingredients in advance, feel free to email Rob at rom17@pitt.edu.

As always, please follow all COVID-19 safety and health guidelines to protect yourself if you choose to go out shopping for ingredients, and use all necessary safety precautions when cooking or baking.

University of Pittsburgh Requires Face Coverings Inside and Outside

The University of Pittsburgh requires face coverings to be worn on campus, whether you are inside or outside. This strengthens the University of Pittsburgh's COVID-19 Standards and Guidelines regarding hygiene and face coverings. Research indicates that the proper use of face coverings is the most effective method to slow down and/or stop the spread of COVID-19. The other two methods, hand-washing and social distancing, are also essential, but face coverings seem to be the most effective.

The standards define a face covering as: "Any type of cloth or disposable material that covers the mouth and nose and can be safely secured in place (e.g., looped around ears or around the head) while in use. For the purposes of this guidance, face coverings include masks."

As a reminder, the University of Pittsburgh is currently in the Elevated Risk Posture, which means that there are very few exceptions to the face covering rule. Please review the Risk Postures and their guidelines for more information.

Want to buy a Pittsburgh-themed or University of Pittsburgh branded mask? Or a super-stylish mask? Check out Visit Pittsburgh's local listings or Shop Pitt Panthers online.

Talk Time Discussion Groups
By: Suzanne Meyer

What is it?
In the Talk Time program, an English speaker meets with a group of 4-5 ELI students for fun and informal communication.

Talk Time groups are not classes; they are a chance to join discussions in English. The Talk Time Leader may provide a topic or make sure that all group members have the chance to participate, but the goal is for everyone to take part.

When do they meet?
Talk Time groups meet on a weekly basis for about an hour. Meeting times are at lunch or after classes (at 12:00 p.m. and 3:00 p.m.) on Mondays, Tuesdays, or Thursdays. You can register for the day and time you want. All Talk Time meetings are remote.

How can I register?
You can register for Talk Time by email from Monday, September 14 to Thursday, September 17.
Send the following information to elicomm@pitt.edu:
1) your full name

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2) the best day for you to meet: Monday, Tuesday, or Thursday
3) the best time for you to meet: 12:00 p.m. or 3:00 p.m.

You can also email elicomm@pitt.edu if you need more information or have questions about Talk Time.

Student Advisor Office Hours

Please remember that Stacy Ranson, your Student Advisor, can help you with questions about your registration and classes, academic issues, letters of recommendation, and personal issues, as well. Feel free to email her at sar72@pitt.edu any time. She is also available by appointment for Zoom video chats. Please email Stacy if you would like to speak by Zoom during her office hour. If you cannot meet during office hours, other arrangements can be made.

Stacy's office hours are:

Monday, Tuesday, Thursday, Friday
12:00 pm-1:00 pm

ELI Storytellers Series

One of the benefits of studying at the ELI is the chance to meet and to learn from people with diverse backgrounds and experience. The ELI Storytellers Series gives students an opportunity to share their stories with classmates. Speakers give a 10-15 minute presentation, followed by a question and answer period. The talks are scheduled during the noon lunch break or after classes at 4 p.m. The series is open to all ELI students, and it is a great way to get extra speaking and listening practice outside of class. Your English doesn't have to be perfect! This is a great opportunity to challenge yourself and share your story with ELI friends, teachers and classmates. How about you? Do you have an interest or a skill you would like to tell us about? Have you accomplished something special or done something fun and exciting? Would you like to share information about your culture or hometown? What is your story? If you are interested in giving a short presentation, email Heather at hlm44@pitt.edu.

Conversation Partners
By: Suzanne Meyer

What is it?
In the Conversation Partner program, an English speaker is paired with an international student studying at ELI's IEP.

What do volunteers do?
"Conversation Partners" meet once a week to get to know each other and to communicate. Partners may discuss each other's languages and/or cultures, their fields of study, world events etc. The partners decide.

When do they meet?
Conversation Partners meet for one hour each week. The time is up to the partners.

Where do they meet?
The ELI follows the Pitt guidelines (operational postures), and in the Fall 2020 semester, the ELI supports virtual Conversation Partners meetings. Partners may use Zoom or another the platform, depending on their choice.

How can I register?
Online registration for conversation partners is open from September 10 – September 20. Sign up at: **https://tinyurl.com/CLEPSignUp-FA20.** (Click on "Proceed to this site" to get to the survey from the first site.)

Please note: Late requests are not accepted.

Only ELI students in the IEP are paired.

E-mail the Community Outreach Coordinator at elicomm@pitt.edu if you have questions or need more information about Conversation Partners.

Director Zoom Meeting Topic: What's Cooking?

Friday, September 11
12:20 – 12:50 pm (noon)

The director of the ELI, Dr. Dawn E. McCormick, will be holding an open Zoom meeting for ELI IEP students on Friday, September 11 from 12:20 – 12:50 pm. The purpose of this open meeting is for Dawn to get to know some of you. You do not need to register, but you do need to contact Jean, the ELI Administrative Assistant, at elipitt@pitt.edu for the meeting ID and passcode.

The director will ask everyone who joins the Zoom meeting to introduce themselves and share what they have been cooking at home. If you have not been cooking, you can share a favorite Pittsburgh restaurant or a favorite dish. Be prepared to share the recipe, a photo, or a web link in case someone asks for more information.Your classmates might also ask you questions about where you can buy ingredients for the recipe in Pittsburgh.

Please join Dawn and bring your lunch if you want! Talking about cooking might make everyone hungry ☺

ELI Virtual Office Hours

Do you have a question for the Main Office, but want to speak to a person?

Email ELIpitt@pitt.edu to schedule a Zoom meeting with Jean Linder, the Administrative Assistant, during her Virtual Office Hours. Students can schedule

15-minute slots on Tuesdays and Fridays from 12:00 p.m.-1:00 p.m. to discuss questions about submitting important documents, transcripts, general ELI questions, and more. Please submit meeting requests no later than 2:00 p.m. the day before. Friday sessions will be "drop-in," meaning that you do not need to make a reservation.

Virtual Office Hours begin Tuesday, September 15. The first Drop-In session is on Friday, September 18: https://pitt.zoom.us/j/98102090044 (password: ELIpitt)

The Power of Pitt: Safe Socializing

Are you burnt out on Zoom, Facetime, and Skype? Needs some real, in-person interaction? While we are still under a pandemic and need to take every precaution possible to avoid furthering the spread of COVID-19, it is possible to socialize safely.

Keep your socializing circle small, preferably no more than 10 people, and everyone should always wear a mask that covers the nose and mouth properly. Stay 6 feet apart, and visit in a well-ventilated area, such as outside. Wash your hands for 20 seconds, or use hand sanitizer, and try to avoid touching each other (including handshakes and hugs). The famous "elbow bump" is okay to use instead, but use hand sanitizer afterwards.

The University of Pittsburgh supports safe socializing practices. If you and a friend are practicing safe socializing, and decide to post about it on social media, you are encouraged to tag Pitt on Facebook, Instagram, and Twitter. You can show your Pitt Pride by wearing Pitt branded t-shirts and masks, available for purchase through ShopPittPanthers.com.

Humans are social creatures, which means we do not function at our best when we are isolated and alone for extended periods of time. Practicing safe socializing

techniques ensures that you can have some safe human interaction during a stressful time, when, as the saying goes: "Everybody needs a friend."

Free Software and Apps for Pitt Students

As a student at the University of Pittsburgh, you are eligible to download free and discounted software and apps through Pitt's Information Technology office, including:

- Antivirus and Anti-Malware software
- Cloud storage on Box
- KeePass password safe
- Office 365 ProPlus and Office 2016 (Word, PowerPoint, Outlook, Excel, and more)
- Microsoft Office apps for smart phones and devices
- And more!

To view a complete list or to download software or apps, visit Pitt's Student Software website.

Bike Share at Pitt

Looking for a socially-distanced way to commute to class or around Pittsburgh? Try Bike Share at Pitt, brought to you buy the University of Pittsburgh's Office of Sustainability, the Office of Parking, Transportation, and Services, and Healthy Ride. The partnership debuted free 30-minute rides to first-year students and resident assistants at Pitt last year, and now they are expanding those free 30-minute rides to all University students and employees. There are 100 stations, of which 17 are around the campus. There are 550 bikes across 24 of Pittsburgh's

neighborhoods, so there is probably a station within walking distance of your residence. In addition to avoiding crowded buses or expensive ride-share options like Lyft, Uber or Z-Trip, Healthy Ride bike sharing is better for the environment and your physical health.

If you choose to use Healthy Ride's Bike Share program with Pitt, please take the time to get the correct helmet and learn all about bike safety and the laws regarding bike riding in Pittsburgh. A good place to start is Pitt's Parking, Transportation and Services Office page for bicycling resources and Pennsylvania Department of Transportation's Bike Page. We'd also recommend wiping the bike down with disinfectant before and after riding to prevent the spread of germs and viruses.

ELI Students and Pitt Email

ELI students MUST use Pitt email. Your teachers and the university will use ONLY your Pitt email to contact you. If you don't check your Pitt email every day, you will miss important messages about your class work, registration, or tuition payments. To check your email, visit my.pitt.edu and click on "My Pitt Email".

If you do not know your Pitt username or password, or you cannot access your account, call the Pitt Helpdesk at 412-624-4357.

Health Insurance Requirements

The ELI requires all students studying in the United States to show proof of health insurance coverage. The ELI does not recommend or offer specific health insurance plans. Students may choose any hospital insurance plan they like, and the ELI will request a copy of the (continued on page 4)

insurance card with the student's name. Students who do not provide proof of health insurance by **12:00 pm on Friday, September 11, 2020** will not be permitted to register for classes. Please email Stacy if you have any questions or need help finding insurance. **Do not submit the proof of insurance through email**. Please submit it using this secure link: https://dsaspitt.wufoo.com/forms/p1lquhtz01f7d2d/

How to Get a Pitt ID Remotely

Panther Central, like the rest of the University of Pittsburgh, has temporarily changed how they operate due to COVID-19. To get a Pitt ID, follow these directions:

1) Make sure your Pitt email is active and you are using it.

2) Go to the Panther Central website (pc.pitt.edu) and click "Panther Card."

3) Click "Photo Upload" and read the instructions. They've included photo requirements and some tips for getting good photos for your ID card. Then take your picture.

4) When you have a photo that you think fits the requirements, submit it by clicking "Online Photo Submission" on that same page. You should use your Pitt email address to do this so that Panther Central can verify your identity faster.

5) Send an email to panthercentral@pitt.edu from your Pitt email account to alert them that you have submitted a photo and need a Pitt ID card. Include your Peoplesoft Number and a current, valid mailing address.

Your card will be available for pick-up at Panther Central 24 hours after you submit your photo. At this time, students studying outside the United States cannot receive a Pitt ID.

I-94 Numbers Required

Each student must give the ELI Main Office his or her I-94 admission number by **4:00 p.m. Friday, September 11**.

To find your DHS I-94 admission number:
1. Go to: https://i94.cbp.dhs.gov/I94/#/home
2. Click "Get Most Recent I-94"
3. Click on "Consent and Continue"
4. Enter information exactly as it appears on your visa.
5. Submit by **4:00 p.m., September 11** using this secure link: https://dsaspitt.wufoo.com/forms/p1lquhtz01f7d2d/

Email the ELI Main Office at elipitt@pitt.edu if you have any questions.

Paying Tuition Fall 2020

Tuition is charged to your Pitt account typically within 24 hours of registering. To avoid late fees, you should pay your tuition for the Fall 2020 term by **September 16, 2020**. Check your account by logging in to my.pitt.edu and clicking PittPay. There are several ways to pay your tuition.

- eCheck: Free online transfer from a US bank account to your Pitt account.
- Payment plan: $45 fee, see http://payments.pitt.edu/payment-plans/
- Credit cards: online only at my.pitt.edu. There is an additional 2.75% fee for using a credit card.
- International students paying with a foreign bank account may use Flywire.

Please note that the Student Payment Center offices are currently staffed remotely. There is nobody in the Thackeray Hall offices, so cash, paper checks, and money orders cannot be accepted or processed at this time. Please email payments@pitt.edu (include your 7 digit student ID or Peoplesoft number) or call 412-624-7520 for remote assistance.

Pittsburgh Treats: Soft-Serve Ice Cream
By: Rachel Mauer

Ice cream is a popular summer treat around the world. While in Pittsburgh at the end of summer, you may want to try some of the best ice cream the city has to offer! In this article, you can learn about the best places to get soft-serve ice cream in Pittsburgh.

Soft-serve ice cream is a style of ice cream that was invented in the United States. This style of ice cream is softer and generally lower in milkfat. Soft-serve ice cream is most popular served in a cone plain or covered in sprinkles or nuts. Another popular way to eat soft-serve ice cream is to mix it with toppings such as candy, nuts, or chocolate sauce and eat it from a cup.

A sundae is ice cream topped with whipped cream, hot fudge, nuts, berries, sprinkles, or more. Pictured above is the Nancy B's Chocolate Chip Cookie Sundae from Page Dairy Mart. Picture from: https://pagedairymart.net

While sundaes (pictured) are an ice cream treat that is typically served with regular ice cream, many people also prefer sundaes with soft-serve ice cream instead.

Page Dairy Mart (Click for Google Map location)

Page Dairy Mart has been in business for over 60 years, providing Pittsburgh with quality soft-serve. This family business has been on Carson Street near the Southside neighborhood for over five generations. One thing that makes Page Dairy Mart special is that they offer sundaes that feature local baked goods from Pittsburgh bakeries. The Nancy B's Chocolate Chip Cookie Sundae allows you to try not only soft-serve ice cream, but also the best chocolate chip cookies in Pittsburgh!

If you can't eat dairy, Page's offers a dairy-free, vegan soft-serve.

Page Dairy Mart only accepts cash and is open daily from 12 p.m. – 10 p.m.

Twisters Soft Serve Ice Cream (Click for Google Map location)

Twisters Soft Serve Ice Cream is located in Pittsburgh's Bloomfield neighborhood and has been serving ice cream for 21 years. Since Bloomfield is also called Pittsburgh's "Little Italy," Twisters also serves the sweet, ice treat Italian ice. Italian ice is shaved ice that is mostly fruit flavored. Order an Italian Ice Twister to try Italian ice and soft-serve at the same time.

Twisters is open daily from 1 p.m. – 9 p.m.

Allegheny Ice Cream (Click for Google Map location)

Allegheny Ice Cream is located in Morningside, across the street from the Pittsburgh Zoo parking lot. For many Pittsburgh natives, it is customary to get soft-serve ice cream from Allegheny after a day at the Zoo. In addition to soft-serve, you can also get burgers, hot dogs, and fries. While you eat your ice cream, you can enjoy the view of the Allegheny River from the shop's parking lot.

Allegheny Ice Cream is open from 11 a.m. – 8 p.m. Monday – Saturday, and 3 p.m. – 8 p.m. on Sunday.

Before visiting an ice-cream spot, check with the local ordinances to make sure it is safe. Follow all CDC safety guidelines such as staying 6 feet away from others, properly wearing a face mask, and washing hands for at least 20 seconds.

Joke of the Week

This week's joke is courtesy of RedTricycle.com.

Question: Why was the broom running late to class?

Answer: Because it over-swept.

Quote Corner

"To find a new word that is accurate and different, you have to be alert for it." – Mary Oliver, poet and teacher. Source: BrainyQuote

SOUND OFF: Where do you learn new words outside of the classroom? How do you practice using them? What are some of your favorite new words that you've learned so far?

Re-Opening of Pitt's Fitness Facilities

Many of us are excited for the University's fitness facilities to re-open, but be prepared to plan ahead and take precautions. Most locations will re-open by September 7, except for Bellefield Hall, which will remain closed.

You must also plan ahead. Check the hours of operation and make a reservation. The maximum time limit is 45 minutes. If you plan on using equipment, you may need to bring your own. This includes yoga mats, towels, weight belts, basketballs, and more. Water

fountains are off limits, but water filling stations will be available and operational.

If you have any questions, check out the Student Affairs campus recreation website, email rec@pitt.edu, or call 412-648-8210.

Write for the ELI News

The ELI loves to publish articles by its students. Would you like to share your thoughts or an essay you wrote? Would you like to write about your American experience? Would you like to teach us something about your culture? If so, please email your submissions to us at elipitt@pitt.edu. This is a good chance to improve your English and have your writing published. All levels are welcome!

Renters Insurance

Many of you rent apartments in Pittsburgh while you are studying at the ELI, and we want to strongly encourage you to buy renters insurance while you are here. Renters insurance covers personal property, so it will help you replace your items if they are lost due to theft or destruction from a fire or storm. Renters insurance can also cover damage that you may cause to your apartment. For example, if you accidentally start a fire in your apartment while you are cooking, there could be thousands of dollars' worth of damage, and you may be expected to pay for the repairs. Renters insurance could cover the cost of these repairs. This type of insurance is very inexpensive, with an average cost of $15.00 a month. You can check out some policy quotes at https://www.geico.com/information/aboutinsurance/renters/ or at https://www.statefarm.com/insurance/home-and-property/renters. If you need help finding or buying insurance, please see Stacy.

Happening at Pitt

Your weekly round-up of all the great event at the University of Pittsburgh. This week's column covers from Thursday, September 10- Wednesday, September 16.

Fixing Our Broken Sleep Life Solutions Webinar: Have trouble falling or staying asleep? This might be the Life Solutions Webinar for you. Fixing Our Broken Sleep will teach you techniques for common sleep issues, such as trouble falling and staying asleep, overthinking, waking up too early, insomnia and daytime sleepiness. The webinar will include the latest scientific discoveries about sleep's relationship to our health, plus relaxation exercises. Thursday, September 10 at 12:00 p.m.

Panther Change Up: Be Fit Pitt now has a new workout to offer. Panther Change Up offers a 30 minute workout that is different every time. No equipment needed. Seated option available, as well as closed captioning.

Stress Free Zone Yoga: Take an hour to focus on yourself and zen out with Stress Free Zone Yoga, offered Mondaysk, Tuesdays, and Fridays.

Let's Talk Drop-in Consultations: In need of someone to talk to? The University Counseling Center offers "Let's Talk" Drop-in Consultations virtually every Monday-Friday. You may have a short wait in the virtual waiting room. There is no fee for Pitt students. Sessions are 15 minutes, so this also a great opportunity to explore options for further assistance from one of UCC's clinicians.

Virtual Concert plus Q&A Session with Rico Nasty: Pitt Program Council is pleased to present a virtual concert by Rico Nasty on Saturday, September 12 at 8 p.m. Rico Nasty blends a sweet aesthetic with hip-hop. Her hits include "Mamacita," which was included on the *Fate of the Furious* soundtrack. The concert will be 30 minutes followed by a 20-minute Question and Answer (Q&A) session. 500 spots available, first-come, first-serve.

Stress Free Zone Mindful Moment: Mondays leaving you in a tizzy? Need a moment to pull yourself together? Every Monday and Thursday at 2 p.m. and Tuesdays at 7:30 a.m. the Stress Free Zone presents Mindful Moment, a series of 30 minute meditation sessions.

Highlights from the University Library System's Distinctive Collection: A unique exhibit, Highlights from the ULS's Distinctive Collection will help you see the University of Pittsburgh in a new light. Materials on display include Japanese woodblock prints, early recording devices, theatre history, rare books, and more.

UCIS Graduate Admissions Panel 2020: Are you considering graduate school after attending the ELI? Prepare the ultimate application materials package with advice from graduate program experts and students from the School of Public Health, GSPIA, Economics, and Asian Studies via Zoom. 40 spots available. Sign up via Facebook or SignUp.com. Event is September 29, 2020 from 6:30-7:30 p.m.

Sponsorship Letters

If you have an official sponsorship letter from your government (SACM or CBIE, for example) you must submit it to the ELI Main Office. Students must send an updated sponsor letter to the ELI and to the Student Payment Center each term. If you have any questions about this, please contact the ELI Main Office at elipitt@pitt.edu. Please submit the letters to the ELI using this secure link (do not email):

https://dsaspitt.wufoo.com/forms/p1lquhtz01f7d2d/

More Fun Things To Do

To find out what fun activities are planned for the ELI and/or offered by the University, check out these websites:
- ELI Activities Calendar online
- Pitt Events Calendar
- Pitt Program Council
- Pitt Student Organizations and Clubs
- Pitt Global Ties
- Pitt International Community Facebook Group
- Pitt Global Hub
- Pitt Center for Creativity
- Pitt Fitness Centers and Gyms
Be Fit Pitt (exercise and fitness
- classes)
- Virtual Wellness Workshops from the Pitt Counseling Center
- The Stress Free Zone

We hope you take advantage of these opportunities to use English outside of the classroom and have fun, too!

Connect with the ELI on Social Media

Follow the ELI on the following social media platforms:

Facebook: @PittELI
Instagram: @eli.pitt
Twitter: @UPITT_ELI
LinkedIn: linkedin.com/company/pitteli