ELI Activity:

Let’s Make Macaroni and Cheese!
Fri., Feb. 19, 5:00-6:00 pm (rescheduled)

Join ELI Instructor and Associate Director Rob Mucklo on Zoom on Friday, February 19, as he teaches you how to make his favorite recipe for creamy macaroni and cheese. Macaroni and cheese, also called “mac and cheese” or “mac ‘n cheese,” is an easy-to-make dish comprised of pasta and a cheese sauce made of cheese, milk, and butter. It’s a favorite with children and one of the top 10 comfort foods for adults in the US!

The recipe used for this activity is absolutely delicious and requires no special equipment or machines. You can join this activity to watch and learn how to make macaroni and cheese, watch and prepare your own macaroni and cheese at the same time, or hang out and practice your listening and speaking skills in English. We’ll have lots of opportunities to learn new words and practice English!

You must register in advance for this activity. If you have any questions, 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.

ELI Activity:

Macaroni and Cheese event information.

ELI Activity:

Macaroni and Cheese event information.

ELI Activity:

Valentine’s Day Cards
February 13, 1:00-2:00 pm

Join ELI Activities Assistant and Pitt student Michael Whitaker on Zoom on Saturday, February 13, to learn about Valentine’s Day traditions in the US, vocabulary and expressions related to Valentine’s Day, and how to make traditional (and non-traditional) Valentine’s Day cards and crafts!

Feel free to join us for the listening and speaking practice, to learn about American culture, or to make your own cards and crafts for your friends and loved ones for Valentine’s Day (February 14)! If you’d like to make your own cards and crafts, you should have: colored paper, markers or crayons, scissors, and tape or glue.

You must register in advance for this activity. If you have any questions, feel free to email.

Most people acknowledge that music has the potential to bring people together. Even though it is not feasible to be in the same physical space now, we can join together in a virtual format to enjoy learning English through songs. ELI teachers Ece and Heather insist that you join them for an evening of musical, English fun.

While one of the purposes of the evening will be to exude confidence as we raise our voices together in song, if you are reluctant to sing into the computer mic, “Mute” is always an option in Zoom.

Since Sunday, February 14, is Valentine’s Day, we will improve a variety of language skills using love-themed songs the day after this holiday. Will the songs celebrate love or take a pessimistic view? What kind of love will the songs be about: romantic love? love among friends? love of the ELI? Come to the meeting and find out!

Please register for the activity by 6:00 p.m. on Monday, February 15. Use the same password that you use for your ELI classes.

ELI/IEP Activity:

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February 13, 1:00-2:00 pm

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ELI Activity:

ELI Virtual Language & Music Club Activity
Date: Monday, February 15
Time: 7:00 – 8:00 p.m.
Place: Wherever you and your laptop are

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Pitt Celebrates Black History Month

February is Black History Month, which is celebrated annually to recognize the contributions of Blacks and African Americans to the culture and life of the United States. This year, Pitt is offering a variety of events and resources to highlight Black History Month 2021 that are inclusive to all, from movie screenings to lectures and book presentations. The Pitt Library System has also put together a collection of Black History Month resources themed around “The Black Family @ Pitt.”

Pitt’s Black History Month celebration’s signature event is the K. Leroy Irvis Black History Month Program, hosted by the Chancellor and named for 1954 Pitt School of Law graduate K. Leroy Irvis. This year the program is named “Blue, Gold, & Black: Reflections of the Black Pitt Experience Through the Years” and features a multi-generational panel of Black Pitt community members. This event requires registration (click on the link) and takes place Wednesday, February 24 from 6:00-7:30 p.m.

ELI/IEP:

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.

ELI/IEP:

I-94 Numbers Required

Each student must give the ELI Main Office his or her I-94 admission number. If you have not submitted this number yet, you are past the deadline and must submit as soon as possible. You should also have a copy of this number for your records. 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 using this secure link: https://dsaspitt.wufoo.com/forms/p1lquhitz0i7f2d2/

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

Follow the ELI on Instagram @eli.pitt

ELI/IEP:

Health Insurance Requirements

The ELI requires all students to show proof of health insurance coverage EVERY semester. 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 insurance card with the student’s name. If you have not submitted proof of health insurance yet, you are past the deadline. Students who do not provide proof of health insurance may 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/p1lquhitz0i7f2d2/

ELI/IEP:

Updated Addresses

The ELI and the University of Pittsburgh both need to have your most up-to-date mailing address for our databases, billing information, and SEVIS regulations. It is very important that the ELI have this information. If you have not submitted your mailing address, you can do so with this simple survey: https://pitt.co1.qualtrics.com/jfe/form/SV_2n50OjXUrQCKKgL

ELI/IEP:

Lateness

Please remember that the ELI Attendance policy states that a student will be considered absent if the student misses more than 5 minutes of class. Your teachers do not have any flexibility with this policy; they must mark you absent if you miss more than 5 minutes of class. Please be aware of your breaks between classes and come to class on time.

ELI/IEP:

Transfer Process

Students with F1 visas who want to transfer to a new school must see Stacy to complete the transfer. You must bring a copy of the acceptance letter and the transfer form from the new school. You may transfer at any time during the term, but you must complete this process to remain in legal status. Remember that if you complete your final term of study at level 6 at the ELI, you have a 60-day grace period. During that time, you may stay in the U.S. without studying, and you may request a transfer at any time during that 60-day period. If you do not complete level 6, you have a 2-week
grace period, and you must request a transfer within that time.

If you do not request a transfer during the grace period, you will be out of status at the end of your grace period, and it will be too late to transfer your SEVIS record. Please see Stacy if you have any questions about this process.

ELI/IEP: How to Stay Healthy

The ELI would like to remind you of some simple ways to stay healthy. If we all take care of ourselves, we help keep others from getting sick, too.

• WASH YOUR HANDS. Washing your hands with lots of soap and sing “Happy Birthday” to yourself twice, or for 20 seconds. Rinse with hot water. Wash your hands before you eat, after you touch your face, and after you use the toilet.
• USE HAND SANITIZER when you cannot step away to wash your hands. Hand sanitizer is a temporary solution—you still need to wash your hands as soon as you can.
• COUGH AND SNEEZE INTO YOUR ELBOW OR A TISSUE. This stops the germs from spreading to others and away from your hands. It’s still a good idea to wash or sanitize your hands afterwards.
• EAT THE RAINBOW AND YOUR PROBIOTICS. Most of your immune system is contained in your stomach and intestines. Eating colorful food helps to keep you full of vitamins and antioxidants that fight colds and the flu. Probiotics are found in yogurt, kefir, lassi, and other dairy products. They feed the lining of your stomach and intestines, which helps it to fight infections and bad bacteria.
• GET REST AND SLEEP. Rest and sleep are two different things, but their effects on the body are similar. Time to rest is important for managing your health. Rest can look like meditation, a massage, a bath, or anything that relaxes you. It helps you to manage your stress levels, which can weaken your immune system. Sleep is important because it gives our bodies necessary time to repair and reset our brains and organs. So make sure you get both rest and sleep!
• GET A FLU SHOT. Flu shots are designed to give your immune system a boost against specific types of flu that the Center for Disease Control (CDC) predicts will be the worst strains. The flu shot changes each year. Sometimes the CDC changes the flu shot during the year if their prediction is wrong. Getting a flu shot is easy! Your doctor or pharmacist can provide one, or you can check out the University of Pittsburgh’s Flu Shot Clinics here: https://www.studentaffairs.pitt.edu/hs/flu-clinics/

Remember that the ELI does not have excuses absences, but you may miss up to 8 sessions of each class without losing your Attendance Certificate. You can also take your Pitt ID and visit the Student Health Center (Nordenberg Hall–Wellness Center, 119 University Place) for help treating your cold or flu. Due to COVID-19, the Student Health Center is offering Telemedicine and in-person appointments, but you must make an appointment to visit in-person. Call 412-383-1800 for an appointment.

All About Masks

Pennsylvania currently requires all residents to wear a mask whenever they are outside or wish to enter a building. It is also recommended that you wear one whenever you are around people with whom you do not live. The University of Pittsburgh requires masks to be worn properly whenever you are on campus. But many people do not wear their masks properly or take care of them correctly. Here is how:

• You need more than 1 mask. Have at least 3 masks: one to wear, one in the wash, and one drying. A mask needs to be washed after each time it is worn, because it picks up germs, dirt, bacteria, and viruses while it is worn. An unwashed mask can cause acne, fungal infections of the skin, bacterial infections, and more.

• Is your mask thick enough? Experts recommend a mask that has at least two layers of cotton-based material, but three layers is better. You can also layer a paper mask underneath a cloth one for extra protection.

• How do you wash your masks? Masks can be washed in a lingerie bag (to keep them from tangling or ripping) with your normal laundry. But be sure to air dry masks (especially ones with boning or metal nose pieces) on a drying rack or hanger. Use regular laundry detergent.

• How do you fit your mask/wear it properly? Your masks should fit snugly around your face and cover your mouth and nose. A properly fitted mask will fit over your chin and cover to just about the bridge of your nose. It will not have any gaps, and fit to your cheeks as well. It’s normal to have your mask slide around a bit while talking, but it should fit snugly enough that it doesn’t fall off your nose. Try not to touch it at all if possible, and sanitize or wash your hands if you must touch it.

• What about a face covering? A face covering, such as a bandanna, can be tied over the nose and mouth like a cowboy in a dust cloud. Make sure it’s cotton and tied securely. You can also use face coverings that fit around the neck like a toke or a scarf, and then slide them up to cover your lower face up over your nose. Many of this type of face covering have fashionable or
street designs. A face covering is not as effective as a mask, however.

- **What if you wear glasses?** It’s hard to wear a mask when you have glasses on, but there are some tips and tricks to make it easier. Try wearing a mask that has a moldable nose piece or nose wire, so that you can get a closer fit. Also, especially if you don’t have a mask with a nose wire, slide your glasses over the mask just a tiny bit. This will take some getting used to, as your glasses may feel like they are sliding off your nose, but it is rather effective. Anti-fog sprays are available and results are mixed.

We hope this article was helpful. Please refer to a doctor or pharmacist if you have any questions about masks, or check CDC or WHO guidance. Stay safe and well.

**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.

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### Happening at Pitt

Your weekly highlights from the Pitt Events Calendar.

**Thursday, February 11**

- **Introduction to Glitch Art:** 2:00-3:30 p.m. This online workshop will cover the basic tools and techniques associated with creating Glitch Art. Participants will also be introduced to some of the history and conceptual theories about glitch and Glitch Art. Students should download Audacity and may need to download other programs to create Glitch Art. Registration required. See the above article Free Software and Apps for Pitt Students for more information.

- **Black History Month Virtual Film Series (I am Not Your Negro):** 2:30-3:30 p.m. This series is presented by the PittEd Justice Collective and the Pitt Library Systems. It is asynchronous, and provides the Pitt community free streaming access to different Black films about life, love, joy, struggle and history. Each film will have an hour-long facilitated discussion. RSVP for the sessions and streaming information. This week features I am Not Your Negro and the session is facilitated by Medina Jackson, MSW, Director of Engagement for the P.R.I.D.E. Program.

- **True Crime Thursdays:** starts at 7:00 p.m. Hosted by the Doctoral Student Organization, this is a virtual meeting to watch documentaries of real criminal cases in the United States and abroad. Collaborate via Zoom’s video and chat features to investigate. This is a fantastic opportunity to practice many of your English skills, logic and analysis skills, and make new friends. Email dsoph@pitt.edu for more information. Warning: unsuitable for children, and may contain triggering conversation or events.

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**Friday, February 12**

- **Strength and Stretch Yoga:** 10:00-11:00 a.m. Increase strength and flexibility as well as destress with this yoga class taught by Kelly Morgan (owner of Morgainz Fitness). Zoom information:
  - Meeting ID: 961 0155 6011
  - Passcode: fit4pitt.

- **Big Idea Blitz:** starts at 5:00 p.m. (through February 13) Do you want to be an entrepreneur? Here’s a fun way to “try your wings” (an idiom that means to try a skill that you’ve just learned) and practice professional or academic English skills. Big Idea Blitz is a weekend idea generation competition. You will be able to pitch your idea, form a team, work with resident entrepreneurs and even win prizes. If you don’t have an idea or are just looking for team members, use the Team Finder resource. For more information, check out the Big Idea Blitz webpage. Brought to you by the Innovation Institute at Pitt.

**Tuesday, February 16**

- **Nailed It Screening and Q&A with Adele Pham:** 7:00-9:00 p.m. Nailed It is a documentary film about the impact of the Vietnamese nail industry on the United States. This screening will be followed by a discussion and Question & Answer session with award-winning director Adele Pham. Another discussion panel will be hosted on Friday, February 19 at 8:00 p.m. by The Black Action Society and Asian Student Alliance. Registration is necessary.

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**Tuesday, February 23**

- **2021 Lunar New Year Virtual Celebration:** 9:00-10:00 p.m. Most nations around the world use the Gregorian solar calendar (a calendar that uses the sun to measure days introduced in 1582 by Pope Gregory XIII) to run their lives, and celebrate the start of the New Year overnight from December 31 to January 1. But the world did not
always use the solar calendar. Cultures that rely largely on agriculture still use the lunar calendar (a calendar based upon the phases of the moon) to plant crops, and still recognize the turning of the lunar new year as an important cultural event. This year’s Lunar New Year Celebration is virtual and sponsored by Pitt’s Institute for International Studies in Education, Global Studies Center, and Asian Studies Center. Everyone is invited. Registration required. Questions can be directed to xiw84@pitt.edu.

ELI Office Hours
The ELI Main Office and the ELI Student Advisor offer Zoom meetings by appointment during the following hours:

ELI Main Office Hours
Monday to Friday, 8:30 a.m. - 4:45 p.m.
Contact Jean at elipitt@pitt.edu to schedule an appointment.

Student Advisor Office Hours
Monday to Friday, 12:00 – 4:00 p.m.
Contact Stacy at sar72@pitt.edu to schedule an advising appointment.

More Fun Things to Do
To find out what fun activities are planned for students in 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 Serves (volunteer opportunities)
- Pitt Center for Creativity

We hope you take advantage of these opportunities to use English outside of the classroom, make friends with students in degree programs at Pitt, and have fun, too!

Health and Wellness Resources at Pitt
Your health is very important, especially during stressful times, and there are many free resources available to students to stay healthy both physically and emotionally:
- Pitt Fitness Centers and Gyms
- Be Fit Pitt (live streaming and online exercise and fitness)
- Healthy Ride (free bike rental for Pitt students and employees)
- Wellness Workshops from the Pitt Counseling Center
- University Counseling Center
- Student Health Services

In addition, students in the ELI’s Intensive English Program can also contact the ELI Student Services Supervisor, Stacy Ranson, for additional support.

Happy Valentine’s Day
Valentine’s Day is celebrated on February 14 every year. The origins of this day are unclear, and there are at least three different saints with the name Valentine that may be the person for whom the holiday is named. The one thing each of the Saints Valentine had in common was that they performed marriages in secret for those who would normally, under religious and political law, not be allowed to marry. This is possibly how the connection between a Saint’s feast day and romance began.

Americans celebrate this holiday with flowers, Valentine’s cards (also just called “valentines”), and romantic date nights with a fancy dinner out. Roses are the most popular flower, particularly red ones, although sometimes pink is used. Some families give red roses to their spouses and pink roses to their daughters.

Candy companies deliver Valentine’s Day-themed treats, too. Chocolate is the most popular candy, often in the shape of a heart or a rose, although chocolate-covered strawberries are also considered a romantic treat for this holiday.

In modern times, Valentine’s Day is also celebrated by single friends, who give each other valentines and candy because they do not have a romantic partner. Some single women get together for a “Galentine’s Day” celebration, which is all about loving yourself as a whole person regardless of relationship status. Popular ways to celebrate Gal-entine’s Day are baking cookies and watching movies while eating lots of candy and ice cream.

However you decide to celebrate Valentine’s Day this year, be sure to stay safe. Wear a mask properly, be smart about social distancing, and try to keep group celebrations virtual.

ELI Joke of the Week
This week’s joke is inspired by a joke found on scarymommy.com.

Question: What do you call it when two spiders get married?

Answer: A webbing!