



ELI NEWS

English Language Institute
University of Pittsburgh
Parkvale Building, Room M13, 200 Meyran Ave
Pittsburgh PA 15260

09-24-20, Volume 63 Issue 4

elipitt@pitt.edu

ELI IEP Activity

Virtual Jackbox Game Party!

Saturday, September 26 * 8:00 – 9:00 pm



Do you like playing interactive, exciting games with friends? If so, come join us for an **ELI Jackbox Game Party!** Jackbox Games are online party video games that are played via a smartphone or digital device. This activity is **free** for students and perfect for those who like fun board games or trivia.

Don't spend another Saturday evening bored or watching TV! Join us on Zoom on **Saturday, September 26**, to have some fun, hang out with your ELI classmates, and use your English outside of the classroom. We'll start at 8:00 p.m., but you can join us at any time between 8:00 and 9:00 p.m. and stay for one game, two games, or the entire hour.

Please [register in advance](#) for this activity. For more information or if you have any questions, contact [Rob Mucklo](#).

ELI/IEP Activity:

ELI Storytellers Series

One of the benefits of studying at the ELI is the having the opportunity 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 the ELI community. Speakers give a 10-15 minute presentation on Zoom, followed by a question and answer period. The talks are scheduled during the 12:00 p.m. lunch break. 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 your 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.

Cold and Flu Season

Fall is here in Pittsburgh, and winter is not far behind. This means that some of you may feel a little under the weather (an idiom that means "sick" or "unwell"). While it's true that the ELI does not have excused absences, we also want to remind

you that you shouldn't come to class if you are very ill. If you are sick, it is important that rest so you can get well. It is also important that you stay home to avoid passing your illness to others.

As you are aware, COVID-19 continues to be a problem. Symptoms of the coronavirus are fever, cough, and shortness of breath. Pitt recommends that you contact the Student Health Center or your doctor immediately if you develop any of these symptoms. In addition, be sure to wash your hands frequently, cover your nose and mouth when coughing or sneezing, and avoid sharing personal items like cups, utensils, and water bottles. Wear a mask over your nose and mouth whenever you leave your home, and practice physical distancing. (See our "All about Masks" article for more information.) These practices will help keep you safe from any of the illnesses that winter sometimes brings.

Remember, the ELI allows up to 8 absences a term without any consequences because we understand that sometimes you just cannot come to class. If you are sick, contact your teachers to tell them, ask about make-up work, and let Stacy know if you need any help.

Lateness

Please remember that the ELI Attendance policy states that a student will be considered absent if the student is 5 minutes late for class. Your teachers do not have any flexibility with this policy; they

must mark you absent if you are 5 or more minutes late. Please be aware of your breaks between classes and come to class on time.

Pittsburgh Treats: Grocery Store Sweets

The pandemic can make exploring Pittsburgh's food scene a challenge. In this week's *Pittsburgh Treats*, all recommendations are made in the Pittsburgh region. You can find these local favorites while you shop for groceries. This means you can explore Pittsburgh food while you run your weekly errands.

Leona's Ice Cream

[Leona's Ice Cream](#) makes ice cream and ice cream sandwiches (ice cream pressed between two cookies). Leona's Ice Cream is 100% dairy that does not include lactose. This means the ice cream is easy to digest. Not only is this ice cream easy on your stomach, the ice cream and homemade cookies come in delicious and unique flavors. Our current favorite is the Black Sesame Ice Cream on Salted Tahini Chocolate Chunk cookies. You can explore more ice cream flavors and the locations where Leona's is sold on their website.

Red Ribbon Soda

[Red Ribbon Soda](#) has been made in Pittsburgh for over 100 years. All sodas are made with real cane sugar and many recipes have remained the same for 70 years. The Red Ribbon Cherry Supreme Soda is the most popular flavor. If you don't like cherry, Red Ribbon makes seven other soda flavors. To try Red Ribbon Soda, you don't even have to leave your house. You can order a 12 pack sample to be delivered to your home.

Bonus Pittsburgh Fact: Many Pittsburghers call soda, "pop."

Sarris Candies

[Sarris Candies](#) is another local favorite treat. Sarris has been making rich chocolate in the Pittsburgh area since 1963. Many Pittsburghers have memories of eating Sarris chocolates to celebrate holidays. There are many different types of chocolate and candy to try from Sarris Candies. Some favorites that are available year-round are the chocolate covered pretzels and the Peanut Butter Meltaways.

If you're looking to explore even more of Pittsburgh, you can enjoy Pittsburgh Treats mentioned in this article while watching the sunset at one of [Pittsburgh's many parks](#).

Scam Phone Calls

Sometimes international students in the Pittsburgh area receive phone calls from people who say they are FBI agents, government officials, police officers, or other people of authority. The callers ask the international students for large amounts of money. Government officials, bank employees, and police officers will never ask you for money. The people making these calls are NOT authorized to ask you for information. They often have some personal information about you that seems to be accurate, and so they can sound very convincing. They are also very threatening and usually demand that a large amount of cash be withdrawn from the student's bank account and sent via PayPal.

Another common scam phone call will leave a message saying that you will be arrested if you do not call them back. **This is NOT true.** Please do not be worried if you receive a message like this. Save the message and play it for Stacy, but do not return the call.

If you receive one of these phone calls, please take the following steps:

1. End the call, no matter how threatening the caller may seem. Do not withdraw money from your bank account or give the caller any information about yourself, your address, or your finances.
2. See Stacy right away, and she will help you report the call to the police.

Pitt Police suggest that you write down the incoming number, if possible. Pitt Police also warns students not to release any personal information concerning your identity.

If you have questions or concerns, you may contact Stacy.

Transfer Process

Students with F1 visas who want to transfer to a new school must meet with 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.

Daily Covid-19 Health Check

Anytime you will be on Pitt's campus you will need to fill out the Daily Covid-19 Health Check

before you leave your home. It does not matter how long or short the visit, the University of Pittsburgh requires you to fill it out before stepping foot onto campus. Please do it the same day you plan to visit campus. If you have any questions, you can email ELI@pitt.edu.

FLU SHOTS

Experts recommend that this year, due to COVID-19, you [get your flu shot](#) and get it early, if possible.

The Student Health Center has changed the way they are doing flu shots this year. [Free flu shots](#) will be by appointment only at the Student Health Service Wellness Center, Monday-Friday. You must schedule it online or over the phone at least one day in advance. As always, give your Pitt email. You will receive an appointment reminder email the night before the appointment. It will contain:

- appointment date and time,
- link to the Vaccine Information Statement for you to review,
- self-check-in instructions, and
- pre-visit form instructions.

It is very important that you follow the directions in the email, or you will not be able to receive your flu shot. You MUST complete the self-check-in and pre-visit forms BEFORE 9:00 a.m. on your scheduled appointment date. This is because the flu shots will be administered by the nurse outside of the building, where there is no computer.

What: Free flu shots

Where: Office of Student Health Service, Nordenberg Hall - Wellness Center, 119 University Place, Pittsburgh, PA 15260

Schedule by Phone: 412-383-1800

Schedule Online: On my.pitt.edu search for Student Health Portal. Select "Student Health Service Student Portal *Pitt-Pittsburgh*." You may be asked to log in a second time. You can find detailed

instructions on how to schedule an appointment online through Student Affairs "[Using Online Student Health Portal](#)."

Why: Flu shots are an effective way to reduce the risks associated with the flu season. It is not a guarantee that you will not get the flu, but it will protect you from the worst symptoms and health risks.

You can also get a flu shot at your doctor's office, most pharmacies, and clinics. Some pharmacies are even offering bonuses such as coupons for getting your flu shot. Always consult your doctor or pharmacist before getting any shots or taking any supplements or over the counter medicines. **Alert the person administering the flu shot if you have an egg allergy, as this will change the type of flu vaccine you are able to receive.**

Be sure to follow all health and safety requirements, including wearing your mask over your mouth and nose.

How to Stay Healthy at School

As cold and flu season is upon us, 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 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/>

We want you to be healthy this year! Remember that the ELI does not have excused absences, and only 8 absences are permitted per class. If you feel like you have a cold or a flu, please consider if you are healthy enough to attend class. 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. Call or log onto the Student Health Portal to schedule an appointment.

How to Stay Safe, on and off Campus

The ELI wants you to feel safe exploring the University of Pittsburgh campus and the city of Pittsburgh. We want to empower you to protect yourself. Here are some tips for staying safe:

- **SAFETY IN NUMBERS.** Walking with a friend provides companionship and someone to look out for danger. It's also easier for someone to call 9-1-1 for help.
- **STOP THE MUSIC.** One of the best tips we can give you is to put away your earbuds or headphones. If you have your ears full of music or a podcast, then you are already distracted from your surroundings. Without music, you can pay more attention to the environment around you.
- **THE BUDDY SYSTEM.** If you must walk alone, call a friend or relative to keep you company on your walk. Make sure that you tell them your location every block or so. Say things like "I'll be home soon," and "You can expect me in a few minutes." This will make you a bad target because anyone listening to your conversation knows that your progress is being tracked by someone who is expecting you and can call for help.
- **USE PITT SHUTTLES.** If you're crossing to different parts of campus, consider taking one of the Pitt shuttle buses instead of walking alone, especially at night.
- **WEAR LIGHT OR BRIGHT COLORS AT NIGHT.** If you have to walk at night, try not to wear dark colors. Bright or light colors make you easier to see. You can also buy reflective tape or clip-on LED lights to decorate your coat and backpack for extra visibility at night.

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- **NO TEXTING AND WALKING.** If you are texting while walking, then you are not safe. You are distracted, and not watching where you are going or who is around you.
- **STICK TO THE MAIN ROADS AND WELL-LIT AREAS.** If you can, try to walk on streets with good lighting. If you can see your way, then you can see anything and anyone around you. Stay on busier streets if you are walking at night. Busy streets usually have good streetlights and more people to help you. If you have to walk on a quiet street or one that has bad lights, please use other tips provided in this article.
- **PROGRAM YOUR PHONE.** Make sure that you add your emergency contacts list in your phone in case something happens. Program your phone to have these numbers on speed dial, and label them ICE. ICE in this case stands for In Case of Emergency. It's also a good idea to change your phone's background or screen saver to contain this information. That way your ICE can be contacted without the need for passwords if anything happens to you.
- **CARRY A COPY OF YOUR PASSPORT.** If your purse or backpack is stolen, it's easier to replace a copy of your passport than the real passport. Try to carry a photocopy of it or take a picture of it with your phone. If you take any medicines, carry a list of them with you. All of this information is helpful to emergency responders if anything should happen to you.

What should you do if you feel unsafe? You can call the University of Pittsburgh campus police from on or off campus at 412-624-2121. If you do not have an emergency, but still need police assistance, you can call 412-624-4040.

If you are off-campus and have an emergency, you can always dial 9-1-1 and help will arrive from the city of Pittsburgh.

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 both inside and outside of buildings. 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 reusable 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 illness, acne, fungal infections of the skin, bacterial infections, and more.
- **How do you wash your masks?** Masks that do not have metal nose pieces or boning can be washed and dried in a lingerie bag (to keep them from tangling or ripping) with your normal laundry. If you have a mask with a metal or plastic nose piece or boning, wash it in a lingerie bag and then air dry it 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 bandana, 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.
- **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.

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

Happening at Pitt

Your weekly round-up of Pitt events that might interest you.

Thursday, September 24:

- Want to learn more about riding your bike? Join [Virtual Tabling](#)

[with Bike Pitt, CMU, Healthy Ride and Bike Pittsburgh](#) for questions, answering, and discussion from 11:30 a.m. to 1:00 p.m.

- Feeling artsy? Join Mike Campbell of the Center for Creativity for [Doodling Made Easy](#) from 3:00-4:00 p.m. All you need is paper and pen or pencil and a sense of play. (You must register to get the Zoom link.)
- There's also a Guided Meditation at 3:30 p.m. with Josette Skobieranda Dau, Director of Student Engagement.
- Finally, join Pitt Program Council for a virtual game night, featuring [Live! From Greece—Comedy Trivia Night](#), an interactive time-travel game "hosted" by Socrates. Test your ancient Greece knowledge and practice your English all in one place, and possibly win some really cool prizes.

Friday, September 25:

- Join Kelly Morgan of Morgainz Fitness for [Strength and Stretch Yoga](#) 10:00-11:00 a.m.
- You can also join the [Stress Free Zone Yoga](#) at 12:00 p.m.

Saturday, September 26:

- Get exercise and a tour of one of America's Most Livable Cities with Pitt Program Council's [Biking Through Pittsburgh](#) tour. The first one is from 10:00 a.m.-12:00 p.m. and the second is from 5:00 to 7:00 p.m. Tickets are \$5 each. This event is also repeated in the same times slots on **Sunday, September 27.**

Wednesday, September 30:

- Join Pitt Global Hub and the University Center for International Studies Engagement Team from 3:30-5:00 p.m. to explore rice dishes from around the world through cultural and culinary history. The first edition features the Center for Latin American Studies with "Rice & Beans," as September is Hispanic Heritage Month. Two versions,

one traditional and one "express," of this dish will be demonstrated.

COMING IN OCTOBER: Pitt

Program Council is hosting a [Halloween Special Effects Make-up Masterclass](#) on Friday, October 23, from 9:00-11:00 p.m. This is a special treat and just in time for giving those Halloween costumes an extra-cool touch. Makeup Artist Kim Dunn of Oui Cosmetics is presenting via Zoom on looks ranging from beginner to more advanced levels. This event will fill up fast, so make sure you to register and save your place as soon as you can. The first 50 sign-ups get a free make-up kit specially curated for special effects.

Happening in Pittsburgh

Your weekly round-up of Pittsburgh area events. Please remember to abide by state and local COVID-19 precautions and double-check event information before going.

Allegheny County RADical Days:

The Allegheny Regional Asset District (RAD for short) is hosting their annual RADical Days as a thank-you to Allegheny County taxpayers.

- On Thursday, September 24 from 7:00-8:15 p.m. experience the [Virtual RADical Days @ City of Asylum Crowdcast](#) where the Yoko Suzuki Trio will perform the complex music of Geri Allen.
- Looking for a movie experience outside of your living room? Grab snacks and your car and head to South Park for the [RADical Days @ South Park Drive-In](#) at the South Park Ice Rink Park Lot for a showing of Walt Disney's *Maleficent: Mistress of All Evil* (sequel to the hit movie *Maleficent* which rewrites the Sleeping Beauty story). September 24 at 7:00 p.m.

- On **September 25**, have a [Date Night Movie](#) with the showing of the American musical classic *Grease*, also shown in the South Park Ice Rink Parking Lot at 7:00 p.m.
- On **Saturday, September 26**, check out [Like the Shape of Clouds on Water](#), an art exhibition at the August Wilson African American Cultural Center from 3:00-8:00 p.m.
- On **Monday, September 28** from 10:00 a.m. to 3:00 p.m. [RADical Days @ North Hills Art Center](#) features painting project to beautify the community.

WYEP Singer Songwriter

Competition 2020: This competition is a virtual version of an annual event that is usually held in-person. The Pittsburgh National Public Radio (NPR) station, WYEP, is hosting the last of their [2020 Singer Songwriter Competition](#) on Thursday, September 24. All local Pittsburgh area talent competing with their best songs for some great prizes.

Free Pittsburgh Parks

Conservancy Events: Ready for some free major fun outside? See what [Pittsburgh Parks Conservancy Events and Programs](#) has to offer.

- On Thursday, September 24, take Zumba in Allegheny Commons Park at 6:00 p.m. with Trap Yoga Studios, featuring Trap music (mix of Latinx and HipHop).
- On Friday, September 25, join Roland Ford at the Schenley Plaza Tent for Dance and Be Fit.
- Trap Yoga Studios will also be at the Frick Environmental Center on Sunday, September 27 at 3:00 p.m. for Trap Yoga.

Participants at all events are asked to wear masks during registration

and practice physical distancing. Handwashing and sanitizing is encouraged.

University Counseling Center Workshops

The University Counseling Center (UCC) has closed its offices due to COVID-19, but the services they offer are not limited to in-person. They offer virtual workshops for mental and emotional health! Visit the [UCC Website](#) for the list of workshops. Click on each one to learn more and sign up. Workshops include, but are not limited to: Coping with Anxiety, International Tea Time, Managing Financial Stress, and Self-Compassion. Your wellbeing isn't just your physical health. Make sure you're taking the time for your mental and emotional health too.

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 Program Council](#)
- [Pitt International Community Facebook Group](#)
- [Pitt Global Hub](#)
- [Pitt Center for Creativity](#)
- [Be Fit Pitt](#)
- [Pitt Events Calendar](#)

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

Quote Corner

“The biggest adventure you can take is to live the life of your dreams.”— Oprah Winfrey, talk show host, author, and motivational speaker

Source: [BrainyQuote.com](#)

SOUND OFF: What are your dreams? Why does it take courage

to make dreams into reality? What are your dreams for the future?

ELI Joke of the Week

This week's joke is a riddle.

Question: What gets wetter the more it dries?

Answer: A towel.