



ELI NEWS

English Language Institute • University of Pittsburgh

10-

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Parkvale Building, Room M13, 200 Meyran Ave • Pittsburgh PA 15260

elipitt@pitt.edu

ELI Activity:

visit <https://tinyurl.com/y3onohqg>.



Join the ELI on Saturday, October 19, as we go to Kennywood Amusement Park. Not only will we get to enjoy roller coasters, including the world's tallest inversion loop on a roller coaster, and other thrill rides, we'll also get to experience Phantom Fright Nights. During Phantom Fright Nights, the park is decorated for Halloween, with ghosts and zombies wandering the park, a haunted house, and more. There's even an "IT" 4D movie experience and a haunted hospital to tour. Phantom Fright Nights are not recommended for children under 13 years of age.

Tickets for this ELI activity are \$32.99 if purchased online in advance at www.kennywood.com/pfn. You cannot purchase these tickets in the ELI main office; you must purchase your tickets online at the website provided. Please email Rob at rom17@pitt.edu to let him know if you will be participating in this activity.

On October 19, we'll meet at the ELI at 5 pm to catch the 61C at 5:15 pm. The park opens at 6:00 pm and closes at 12:00 am. Rob will leave the park at 10:00 pm, but students are free to leave whenever they like.

To watch a short video from Kennywood's Fright Night in 2018,

*Follow the ELI on
Instagram @eli.pitt*

ELI Activity:

NBA Basketball Game in Cleveland



Join the ELI as we drive to nearby Cleveland, Ohio, to see the Cleveland Cavaliers take on the Philadelphia 76ers on Sun., Nov. 17. Everyone in our group will receive a free Cavs hat, a free Cavs drawstring bag, and a private tour behind-the-scenes tour of the arena.

We'll leave the ELI at 9:45 am, stop for lunch, and then arrive round 1:30, at which point we'll get a private tour of the arena. The game begins at 3:00 pm. We should be back in Pittsburgh around 9:00 pm.

Tickets are \$120 and include private roundtrip transportation, a private behind-the-scenes tour of the arena (including a group photo on or near the court), a seat in the upper bowl corner area of the arena, a Cavs hat, and a Cavs drawstring bag. Feel free to invite a friend, but children under 18 are not permitted. Sign up and pay in the ELI main office by 2 pm on Oct. 15 at 2 pm. Please bring the exact amount, cash only. There are no refunds unless the ELI cancels the trip. We need at least 20 students in order to take this trip. For more information, email Rob at Rob.Mucklo@pitt.edu.



www.facebook.com/PittELI



ELI Activity:



The ELI will again have our annual Halloween Party! The party is scheduled for **Friday, Oct. 25**, from 6:00-9:00 pm. There will be pizza, candy, pumpkin carving, traditional Halloween games, prizes for the best Halloween costumes, and more!

Tickets for the party are \$5 each if you pay by 4:00 pm on Tuesday, Oct. 22. Tickets are \$10 each if you pay after that time. The ticket price will help compensate for the cost of renting the hall, food, candy and prizes. Guests are welcome to join our party. Adult guests pay \$5 each (\$10 after Oct. 26). Children are free, but please tell the main office how many children will attend. You can sign up and pay in the ELI Main office. Please bring the exact amount, cash only. There are no refunds.

Start planning your Halloween costume now. You can create your own Halloween costume or buy one

at any retail store (including Target, Walgreens, CVS, RiteAid, etc.). The ELI has some Halloween costumes that we will loan to students. (We do ask for a \$20 deposit for costumes. When you return the costume, you get your money back.) Look for more information about how to rent these costumes in next week's ELI News. Costumes are not required, but they are encouraged. It's fun!

The ELI Halloween Party will be held in the basement hall of First Baptist Church of Pittsburgh at 159 North Bellefield Ave. We are using the church's space because they have a large kitchen we can use for carving pumpkins and a stage we can use for the costume contest. Halloween and Halloween parties are not religious activities. If you have any questions, please contact Rob at Rob.Mucklo@pitt.edu.

ELI Activity:

English-Chinese Language Social Hour

The Asian Studies Center in the University Center for International Studies (UCIS) has partnered with the ELI to offer various Language Social Hours as a way for international students at Pitt to meet and hang out with domestic students at Pitt who are interested in learning about their language and culture. The second event this term is:

English-Chinese Language Social
Hour
Friday, October 4 * 4:30 to 5:30
Posvar Hall, Room 4130

Refreshments will be served. There will also be an English-Korean language social hour and other events happening this term. Look for more information in upcoming issues of the ELI News. For questions about these Language Social Hours, email asia@pitt.edu.

Where Does Halloween Come From?

While many people believe that

Halloween began as a Christian holiday, some historians say that Halloween traditions in the U.S. actually began in other religions and cultures. Wikipedia.org explains that Halloween originally comes from the Celts (a diverse tribe of people that once covered much of what is now Europe but which is typically associated with Ireland, Scotland and the surrounding areas). The Celts had a Fall festival to celebrate their Fall harvest. In addition, as part of their religion they believed that on October 31, the boundary between the living and the dead disappeared and that evil spirits could come back to earth and cause problems. They would wear costumes and masks to try to look like the evil spirits so that the evil spirits would not harm them.

The carved pumpkin, or jack-o-lantern, is probably the most recognizable symbol of Halloween. This, too, came from the Celts. The Celts believed that the head was the most powerful part of the body because it contained the spirit and knowledge. For this reason, they used the "head" of root vegetables (such as turnips and rutabagas) to frighten off evil spirits. Long after the Celts, these Fall traditions were brought to what is now the US. Since pumpkins were more readily available here, the early settlers used pumpkins instead of other vegetables.

Why is this carved pumpkin called a "jack-o-lantern?" Why is this holiday called "Halloween?" See if you can find an American who knows or search for the answers online. Then, look for the answers to these questions in next week's ELI News.

Coming Soon: Midterm Grade Reports

On Wednesday, October 9th your teachers will submit midterm grades. Although these are not your final grades, they do show you how well you are doing so far in each class. Teachers also write specific comments for each student in each class, which tell you exactly what you do well and what

you need to work a little harder on. Finally, if there is something you don't understand about the grade, please talk directly to your teacher.

Your copy of the midterm grades will be given to you in Listening Class on Friday, October 11th. If you receive very low grades or have many absences, you will be given an appointment to meet with the Student Advisor and discuss any problems you might have and get advice about how to improve.

If you are absent or do not have classes on Friday afternoon, you may pick up your midterm grade report in the ELI Main Office, beginning Tuesday, October 15. And remember, you can always check your grades at any time on CourseWeb.

If you still have questions about grades, read p. 13 in the ELI Student Handbook!

Pitt Choral Showcase

By: Shiori Koyama

Pitt's traditional choral groups, Women's Choral Ensemble, Men's Glee Club, and Heinz Chapel Choir, will get together and perform a wide variety of a cappella songs on Saturday, October 5, at 4pm. "A cappella" means singing without any musical accompaniment—the only music comes from the singers and not any other musical instruments.

The concert is free, and you do not need a ticket.

Come to First Baptist Church of Pittsburgh, located at 159 N. Bellefield Avenue, and enjoy this annual event.

For more information, please visit: http://calendar.pitt.edu/event/pitt_ch_oral_showcase



New I-20's for F1 students

If you are a new F1 student in the ELI, please see the ELI main office for your new I-20. You have a new copy of the I-20 that shows that you have registered for classes and are living in the US legally. This is the document that proves that you have enrolled in school, so you must pick up the updated copy for your records.

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. 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. The ELI has hand sanitizer in each classroom, the Vault, and each office
- **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/u/shs/flu-clinics/>

We want you to be healthy this year! If you feel like you have a cold or a flu, please consider if you are healthy enough to attend class. Remember that the ELI does not have excuses absences, and 8 absences revokes your Attendance Certificate. 12 absences may cancel your invitation to return next term!

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. See you around!

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.

Pitt Master of Laws for Foreign-Trained Lawyers Program (LLM)

The University of Pittsburgh offers a Master of Laws (LLM) degree that provides lawyers who have already completed a law degree outside the U.S. with training in common law legal tradition and the U.S. legal system. This is a one-year program with an average of 15 students each year. It is offered by the School of Law’s Center for International Legal Education. For acceptance to this program, TOEFL and IELTS scores are waived for students who have completed all classes at ELI Level 5 or 6 with at least 85% final grades in each class. Applicants must also have a recommendation from the ELI Student Advisor. See Stacy if you have questions, or find out more about getting your LLM at Pitt Law School by visiting the LLM program website at <http://law.pitt.edu/llm>, or call 412-648-7023.

Student-Requested Articles

We’d like to start a series of student-requested articles for the ELI News. We’d love to hear from you! Tell us what you’d like to know! Please submit suggestions to elipitt@pitt.edu. Use the subject line “Student Requested Article.”

Student Request: Cashing & Depositing Checks

Let’s discuss the difference between cashing and depositing checks.

Cashing

Cashing a check means that you are exchanging the check for the cash money it is worth. The money is given directly to you in the form of cash. You do not need to have an American checking account to cash a check, but it certainly makes it easier!

If you have a bank account with an American bank, you have two ways to cash your check: inside the bank, or at the atm machine.

If you don’t have an American bank account, you can go to a check cashing store or to the Giant Eagle Customer Service Desk. Bring your passport and check with you. This

is not a free service! There is a fee for using a check cashing service, and it is different from place to place. You will receive cash for your check, minus the check cashing fee.

Depositing

Depositing a check is different than cashing it. When you deposit a check, you are placing the money into a bank account for safekeeping. You can deposit all of the money or just some of it. You will always have access to the money in your bank account through your debit card.

To deposit a check, you must have an American bank account. Otherwise, there is nowhere for the check to go! You can deposit a check inside the bank, at the atm, or through virtual online banking. Remember that it may take 1-3 business days for the funds to become fully available to spend! (Especially on holidays and weekends.)

If you have any other questions, please ask your particular bank. Each bank has their own set of rules for everyone to follow, and they are always happy to give you advice. Most of the time, this advice is free!

How to Stay Safe, on & 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 or a group makes it harder for someone to attack, because everyone can help defend each other. 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 distracted and easier to attack. You also won't hear oncoming traffic, and could get hit by a car or bus.
- **THE BUDDY SYSTEM.** If you must walk alone, get on your cell phone. Talk to someone

who can call for help, and 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.
- **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. This means that you are an easy target for crime and car accidents.
- **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 because they 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 caution!
- **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 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.

Pitt Program Council Events & Activities

Just like the ELI plans activities for our students, the Pitt Program Council (PPC) plans activities for ALL students at Pitt. One upcoming event is the Fall Fest Music Festival featuring Lovely the Band. Bigelow Blvd will be full of music and the event is free! No ticket required to enjoy this night of musical entertainment!

Please note that ONLY Pitt students with a valid ID are allowed to participate in PPC activities. Guests, friends, and family who are not Pitt students are not permitted.

Also, remember that Pitt has over 27,000 students, so these activities and events sell out fast!!!

To be the first to know about Pitt Program Council events, follow them on Facebook at: <https://www.facebook.com/pittprogramcouncil/>.

Quote Corner

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back."

From: Maya Angelou

Source: Brainy Quote

SOUND OFF: This quote uses the metaphor of baseball to describe how to live your life. How is baseball like life? What does Angelou mean by “throw something back?”



ELI Idiom of the Week



An **idiom** is a phrase or expression whose meaning might not always be clear from the words that make it up.

“Shoot yourself in the foot”

to say or do something stupid that will cause you a lot of trouble

If he keeps talking, pretty soon he'll shoot himself in the foot.

Source: www.ldoceonline.com

He was failing the class and shot himself in the foot by waiting until the night before the test to start studying.