

Subject: West House NEWS: Discussion with journalist TOMORROW, Mind Your Mental Health, Mother's Day Cooking on Saturday, Murder Mystery

Date: Wednesday, May 6, 2020 at 10:31:35 PM Eastern Daylight Time

From: Ryan C. Hickox

To: Ryan C. Hickox

Attachments: image001.jpg, image002.png, image003.jpg, image004.jpg, image005.jpg, image006.jpg, image007.jpg, image008.jpg, image009.jpg, image010.jpg, image011.jpg, image012.jpg, image013.jpg, image014.jpg, image015.jpg, image016.png, image017.png, image018.jpg, image019.jpg, image020.jpg, image021.jpg, image022.jpg, image023.jpg, image024.jpg, image025.jpg

Hi Westians,

Greetings to you all as we're now well into the second half of term. We've got lots of great stuff in this week's Westletter, including a very exciting discussion tomorrow with an [award-winning foreign correspondent](#) who has reported from [war zones and royal weddings](#), more fun [cooking this Saturday](#) (after making delicious cinnamon rolls this past weekend, see below!), and important news about [mental health resources on campus](#). And also, the "West House at Home" stickers are on the way!



- [Westians in the News](#)
- [Mind Your Mental Health](#)
- [Zoom Discussion TOMORROW with Award-Winning Foreign Correspondent Cassandra Vinograd](#)
- [West House at Home STICKERS on the way!](#)
- [West House Murder Mystery](#)
- [Mothers Day Cooking – Gnocchi with Tammy Hickox on Saturday](#)
- [Opportunities to Connect in the Spring – YOUR INPUT NEEDED!](#)
- [West House Mural Contest – Win an Amazon Echo](#)
- [West House STUDY GROUPS for 20S](#)
- [West House CHESS TOURNAMENT](#)
- [West House Quiz Challenge on Sporcle](#)
- ["West House @ Home" Spotify Playlist](#)
- [West House Exec Board](#)
- [Recommendations for Entertainment at Home](#)

Enjoy!

Best,
RCH

THE WESTLETTER for the week of 5/3/20

as always, for more see sites.dartmouth.edu/west-house/



To add the West House calendar to your own calendar applications, you can use [this iCal link](#).

- Westians in the News

- Westian Shannon Sartain '21 has been [awarded a Goldwater Scholarship](#) in recognition of her excellent research in Earth sciences and environmental studies.



- Westian and basketball player **Annie McKenna '20**, was recently [featured in The Dartmouth's Senior Spring feature on graduating athletes](#). In her senior year she was recognized by winning the Gail Koziara '82 Most Valuable Player and co-winning the Larry Leavitt Leadership Award. Congratulations on a great Dartmouth career!



If you know of a Westian whose accomplishments should be highlighted in the Westletter, please suggest them at dartgo.org/westian_news.

- Mind Your Mental Health

An important note from **Mark Hiatt**, our West House liaison to the **Dartmouth Counseling Center**, that may be helpful to many of you:



Hello West House! My name is Mark Hiatt and I am a psychologist at the Dartmouth Counseling Center. May is mental health awareness month and, given all the stress and uncertainty of what is happening the world and right now, Professor Hickox and I thought it was a good time to reach out and let you know about some of the things we have going in in the Counseling Center.

A great question that came up in the most recent West House Exec meeting was “How can Counseling be helpful when everything seems up in the air and the timeline to get back to school seems so uncertain?” Often when grappling with stress we look to specific things that we can control in a situation and we may try see our difficulties as being more temporary. In the current situation, so much of what is happening is out of our control and the time frame is very uncertain. As challenging as it is, I actually think this is the kind of situation when counseling and psychotherapy can be most beneficial, not necessarily in helping you discover a “solution” to a problem, but in helping you develop ways to manage the negative thoughts and difficult emotions that are a natural response to this kind of stressor. In this process, counseling can help you discover and reconnect with what is most important to you (e.g., relationships, education/career, family, etc.) and take meaningful steps in these directions. This process can be difficult, but ultimately very rewarding when we are finally through the storm (and we will be through this storm eventually!)

If you are thinking about talking with a counselor or have any questions about our services, please give us a call at (603) 646-9442. We have transitioned from in-person contact to teletherapy (phone or HIPPA approved Zoom). Our phone lines are staffed Monday – Friday, 8am – 4pm (EST). We are available to provide services to currently enrolled Dartmouth students who would otherwise be eligible to receive care through Dartmouth’s Health Service, in all 50 states and US territories. We are also able to provide consultations for our students internationally and assist them in finding ongoing resources if they are needed. Our services include: triage appointments, short-term therapy, medication management, emergency services, nutrition appointments, DP2 counseling/sport psychology for varsity athletes, groups, anxiety workshops, consultations and community referrals.

Crisis services are available to all actively enrolled students 24/7. The on-call counselor can be accessed Monday - Friday, 8 a.m. - 4 p.m. by calling the Counseling Center, 603-646-9442. After hours, the on-call counselor can be accessed by calling the Inpatient Nursing Department (IPD), 03-646-9440.

- Zoom Discussion TOMORROW with Award-Winning Foreign Correspondent Cassandra Vinograd

West House is delighted to continue our series of Zoom sessions with distinguished guests!

TOMORROW (Thursday) at 5pm EDT we will be hosting a discussion with **Cassandra Vinograd**, an award-winning foreign correspondent, editor, and photojournalist with more than 15 years of experience at the world’s leading news organizations, reporting on a wide array of topics including **terror attacks, Boko Haram, ISIS, and the British royal wedding**.

So we have a sense of numbers, **RSVP** at dartgo.org/west_vinograd
Friends and family are welcome to join!


The Zoom link is in the poster below – see below for reading and videos. Hope to see you Thursday!

On the Ground For Conflict and Celebration

A discussion with award-winning correspondent **Cassandra Vinograd**

Cassandra Vinograd is an **award-winning foreign correspondent, editor and photojournalist** with more than 15 years of experience at the world's leading news organizations.


She started her career with the **Associated Press** in **West Africa**. As an editor with **The Wall Street Journal** in Brussels and then London, she ran the daytime digital newsdesk and covered a few coups in her spare time. Moving to the AP's London bureau, Vinograd focused on foreign affairs, politics and defense – and the **royal wedding**. She ended her time at AP overseeing the **Kabul** bureau, then moved to **NBC News** as a senior writer and editor for digital, specializing in terrorism and foreign policy. That took her to **Paris, Brussels and Nice** to report on terror attacks, **central Africa** to take a close look at the scourge of **Boko Haram**, and across Europe to cover the **refugee crisis**. In 2014, she was part of the NBC team which won a **Peabody Award for ISIS coverage**. She's been **nominated for two Emmy awards** and in 2016 won an **award from the Society of Professional Journalists for coverage of the Brussels terror attack**.



Upon going freelance in 2016, Vinograd reported from **Iraq, South Sudan, the Central African Republic, Greece** and elsewhere for **The Washington Post, Foreign Policy, the "Today" show, HBO's "Vice News Tonight"** and more. She joined the CBS program **"60 Minutes"** in July 2019.

Thursday, May 7, 2020, 5-6pm

Live on Zoom from the House
Prof.'s Residence and London

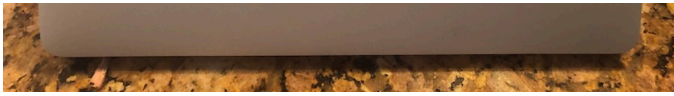


RSVP at http://dartgo.org/west_vinograd
Zoom link is http://dartgo.org/west_vinograd_zoom

- West House AT HOME STICKERS!

Our “WEST HOUSE AT HOME” **STICKERS** are here! (And looking snazzy on my laptop.)





We'll be mailing those out this week. We've now had about 150 orders, but still have some extras, so if you'd like a sticker (plus a bonus West House logo circle sticker) please fill out the order form at dartgo.org/west_home_stickers.

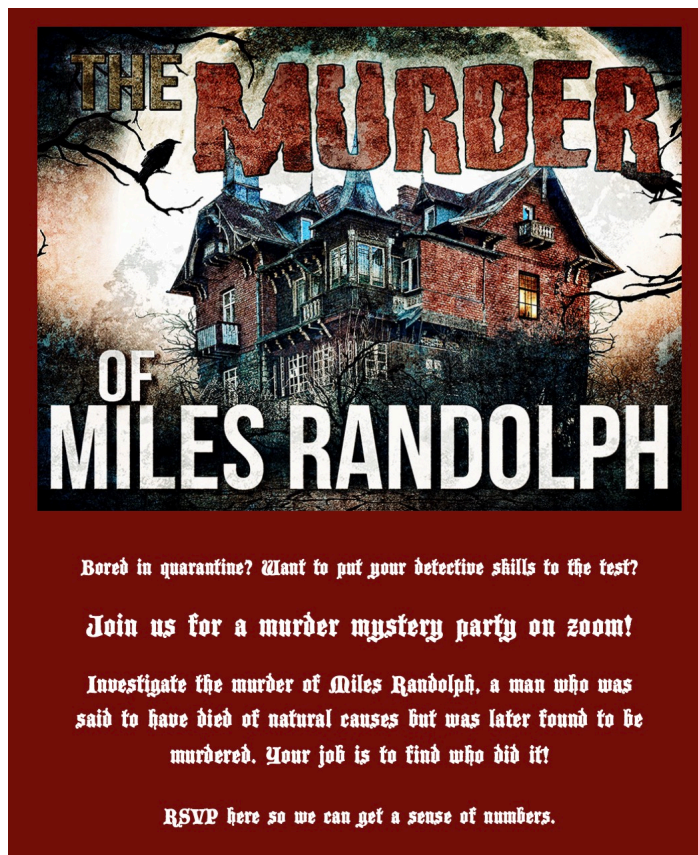
- West House Murder Mystery

We've had great interest in the **murder mystery party** organized by your Exec Board! All Westians, guests, and friends are welcome! The date and time will be arranged based on availability.

If interested in taking part, please sign up at:

dartgo.org/west_murder_mystery

and let us know what days and times work for you!



- Cooking on Zoom with Tammy Hickox: CINNAMON ROLLS on SUNDAY 11am

Looking for something to do for Mother's Day weekend?



Following a lovely time making cinnamon buns last Sunday (see amazing photos below!), Tammy Hickox will be leading baking session on Zoom on **SATURDAY at 3pm EDT**. She'll be making delicious potato **gnocchi** for a hearty Mother's Day meal. Come **cook with your mom**, grandma, aunt, roommate, dad, grandpa, siblings, whoever! All are welcome!

If interested, RSVP at dartgo.org/west_cooking so we have a sense of numbers. The Zoom link is dartgo.org/west_cooking_zoom.

Note that our experience with last week's session suggested that a recording might not be all that useful, so please tune in at 3 if you can.



- Staying Connected for Spring Term – YOUR INPUT NEEDED!



Your Exec Board has been considering a lot of ideas for **staying connected over the spring term**, from virtual game tournaments to online cooking classes. Please go to [THIS FORM](#) and send us your ideas!

- West House Mural Contest – Win an Amazon Echo!

West House Mural Contest

Submit your design!

Use provided template and submit designs to
west.house.dartmouth@gmail.com

Winner will receive
an Amazon Echo
and see their design in Fahey McLane!

Thanks to those who have submitted designs for the West House **Mural Contest** to design a mural that will be put up in West House buildings (our first location is in the Fahey Downstairs Lounge). The winning design will be painted on a 9 foot by 5 foot 4 inch canvas and mounted (and the winner will win an Amazon Echo Dot!)

To enter, please submit your design to west.house.dartmouth@gmail.com. The deadline is this week, but if you would like to submit and need a bit more time please just let us know.



- West House STUDY GROUPS for 20S



We've had a number of Westians sign up to register interest in forming **study groups** to help with remote learning for the spring term. If you're interested a group with your fellow House members (or others!) please fill out the short form at:

dartgo.org/west_study_group

A list of courses for whom Westians are currently looking for study partners is given below. If you're in one of these classes (or any other) and would like to form a group, please sign up!

ANTH 6	GOVT 10
ASCL 61.07	LING 7
ASTR 15	LING 17
BIOL 16	MATH 24
CHEM 6	MUS 6
CHEM 41	PHIL 38
CLST 12.02	PHYS 14
EARS 3	PHYS 40
ECON 10	PSYCH 10
ECON 21	PSYCH 22
ECON 22	PSYCH 25

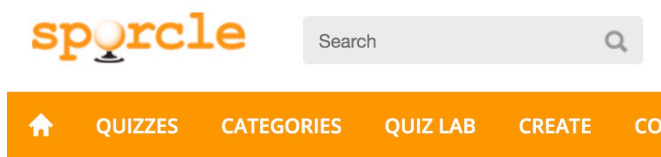
ECON 39	QSS 15
ENGS 20	SPAN 2
GEOG 5	SPAN 3

- West House chess tournament!



The West House chess competition is on! Thanks for all who have signed up – keep an eye out for results!

- West House Quiz Challenge on Sporcle



For a little diversion during this time at home, your Exec Board will be choosing a quiz challenge each week from Sporcle.com. Try and complete these quizzes, and send us a screenshot of your completed quiz at west.house.dartmouth@gmail.com. The winners will have their screen shot featured in the next Wesletter! (We're all honest here so no Googling...)

This week's quiz is any Ivy League themed one:

<https://www.sporcle.com/games/MisterPip/ivy-leagues-by-photo>

Enjoy!

- "West House @ Home" Spotify Playlist



Like many of you, I'm at home now listening to a lot of music on **Spotify**, which is a great way to explore new tunes, but sometimes their algorithms get a little stale. So let's share some favorite songs!

We've made a [collaborative playlist at this link](#). Thanks to those who have added some great tunes! Please go to the link and add more songs – I'm curious to see what you're listening to! (It hopefully goes without saying to make sure that you should avoid posting obviously offensive material – we'll keep a look out 😊)

- Photos from the Week

Here are more photos of fabulous cinnamon rolls from Sunday's baking session. Looking forward to another cooking session on Saturday!





- West House Exec Board



Your **West House Executive Board** is holding regular meetings over Zoom, on **SUNDAYS at 5pm**. As always, all Westians are welcome and encouraged to join the conversation! If you'd like to join, please shoot me an email and I'll send you the Zoom login info.

- Recommendations for Keeping Entertained At Home

Your Exec Board has shared some recommendations for keeping entertained at home, so we'll be sharing some each week! If you have recommendations, please feel free to share by email! (And although I'm a couple days late, May the Fourth be with you!)

RECOMMENDATIONS FROM YOUR FELLOW WESTIANS

TV SHOW

Burn Notice





BOOK

Infinite Jest
By David Foster Wallace

PODCAST

Decoder Ring





MOVIE

Star Wars Trilogy

Ryan C. Hickox
Associate Professor
Department of Physics & Astronomy
House Professor, West House
Dartmouth College
Wilder Laboratory 241
+1 (603) 646-2962

<http://www.dartmouth.edu/~hickox/>
