

Subject: West House NEWS: A note from Pamela, Health Resources at Dick's House, Murder Mystery, Study Groups
Date: Thursday, May 14, 2020 at 12:51:12 AM Eastern Daylight Time
From: Ryan C. Hickox
To: Ryan C. Hickox
Attachments: image001.png, image002.jpg, 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.png, image019.jpg, image020.jpg, image021.jpg

Hi Westians,

Hello to everyone and I hope you had a lovely Mother's Day this weekend. This past week we had another great **Zoom cooking session** with Tammy on Saturday (I must say I reaped the benefit of a delicious dinner!) and a **really engaging Zoom discussion** with journalist Cassandra Vinograd. We've got a fun upcoming **Murder Mystery night**, and looking forward into the term we'll have one more cooking session (cookies this time!) and another interesting discussion with a distinguished guest on the way (details TBA).

We also have a special note from our House Administrator, **Pamela Duffy**, who would like to say hi to all the Westians everyone and thanks to all who are staying in touch.

We miss you!

This week we have:

- **Westians in the News**
- **A note from our House Administrator, Pamela Duffy**
- **Health Resources at Dick's House**
- **West House at Home STICKERS on the way!**
- **West House Murder Mystery**
- **Opportunities to Connect in the Spring (and Summer)**
- **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 5/10/20

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

- Westians **Arielle Isedenu '22**, **Andra Pantelimon '22**, and **yours truly** (with help from the Hickox girls) contributed [to a Dartmouth-wide rendition of "Lean On Me"](#) that was released on video this week. (Here's the [link on Vimeo](#).)



- Westian **Alec Vaules '20** of the Dartmouth baseball team is [featured on Dartmouth Athletics "Senior Spotlight"](#).



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

- A note from our House Administrator, Pamela Duffy



Hi Westians,

It has been very heartwarming to hear from many of you via email, phone calls and Zoom visits. Just to be able to see your faces, hear your voices, and share our respective experiences, has reminded me of how strong the tie that binds our West House community is. Please keep the emails, phone calls, and Zoom visits coming.

Just a note of what I've been doing to keep these days of isolation, busy; aside from the mandatory administrative business, I've been able to get a month's advance on tackling my yard and reviving my gardens. I've taken six truckloads of leaves, branches and brush to the Lebanon landfill, laid a total of 70 square feet of mulch, cleaned out and organize my garden shed... and then this weekend it snowed!

I've also been revisiting favorite poetry by Robert Frost, Mary Oliver, and Kahlil Gibran, while discovering a new poet, Native American, Joy Harjo, The Woman Who Fell from the Sky. There's also some calming and healing music I've been listening to. This is 528Hz meditative music; tuned to the earth's frequency, it is also known as the Solomon Frequency. I've hand-painted two designs on the walls of my stairway and second floor, inspired by Charles Rennie Macintosh. These designs are known as the Macintosh Rose and is characteristic of the era of my home.

I also wanted to offer to you a few of my own thoughts during this time apart. While in isolation, consider yourself in a cocoon; safe, evolving and growing. In good time, we will all emerge from our rooms and buildings, we will have realized our resilience, learned to be alone with ourselves, and hopefully understand what is genuinely of value in our lives. We are not only a Dartmouth community; we are members of the community of Earth. We have a responsibility to not only keep ourselves healthy, but to also be considerate and respectful of the health of our family and friends. Will Rogers said, "A stranger is just only a friend I haven't met yet." Let's all be thoughtful of all those prospective friends.

Until we're all together again, know that we are here for you, and be well.

Always, my very kind and warm regards,
Pamela

- Health Resources at Dick's House



A quick note from **Holly Cathcart** at Dick's House:

Dick's House is open but we are hearing from students that they didn't know we were here or available!

The **nurses are available 24/7** at 603-646-9440 to answer questions and facilitate care. In the **primary care clinic**, we are mostly providing **telehealth** but also **in-person visits** when necessary (exams, immunizations, blood draws and xrays) and we can be reached for appointments at 603-646-9401.

The **pharmacy** is open M-F 9am-4pm but closed from 12:30-1pm for lunch.

The **Counseling Center** is open and can be reached at 603-646-9442.

And the **Athletic Trainers** are available to all students for physical therapy consultations right now.

- West House AT HOME STICKERS!

Our “WEST HOUSE AT HOME” **STICKERS** are en route!

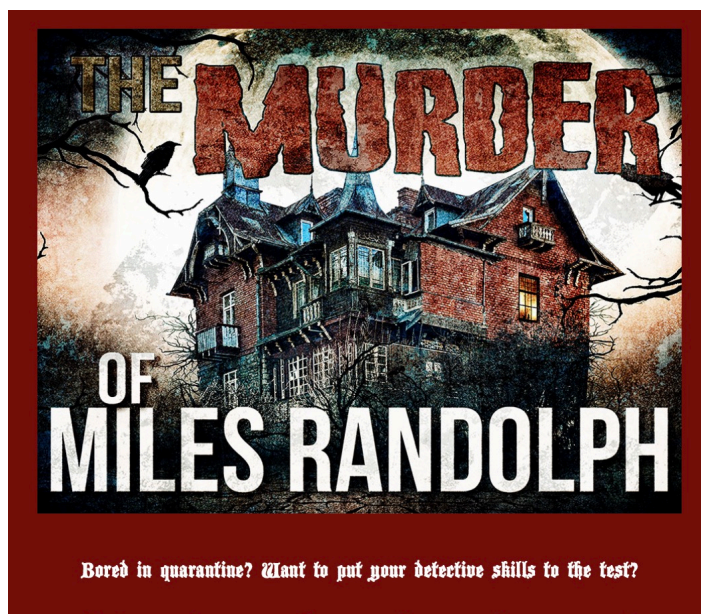


The West House girls have helped stuff the envelopes and the stickers are on the way. We’ve now had about 150 orders, but still have some extras, so if you’d like a sticker (plus a bonus West House logo circle sticker) please fill out the order form at dartgo.org/west_home_stickers.

- 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.

We’re now in the process of scheduling, but if you’d like to take part and haven’t signed up yet, please contact Gabi Rodriguez at Gabriela.S.Rodriguez.23@dartmouth.edu.



Join us for a murder mystery party on zoom!

Investigate the murder of Miles Randolph, a man who was said to have died of natural causes but was later found to be murdered. Your job is to find who did it!

RSVP here so we can get a sense of numbers.

- Staying Connected for Spring (and Summer) Term



Your Exec Board continues to consider a lot of ideas for **staying connected over the spring (and now summer) 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. We have some great submissions! If you'd 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

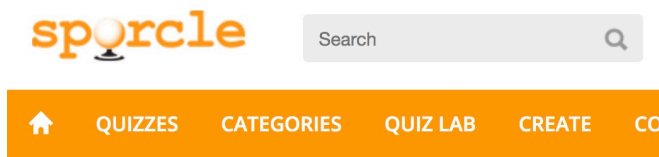
CHEM 41	PHIL 38
CLST 12.02	PHYS 14
EARS 3	PHYS 40
ECON 10	PSYCH 10
ECON 21	PSYCH 22
ECON 22	PSYCH 25
ECON 39	QSS 15
ENGS 20	SPAN 2
GEOG 5	SPAN 3

- 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...)

Last week's champion on the Ivy League campus quiz was **yours truly!** (I only missed one question)

This week's quiz is a fun crossword:

<https://www.sporcle.com/games/SamB45/quarantine-crossword>

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 😊)

- Photo from the Week

We had a wonderful discussion over Zoom this week with journalist Cassandra Vinograd. Look out for one more exciting discussion with a special guest later this term!



- 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 and 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!



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