

SOUTH HOUSE WEEKLY

Keep up-to-date with the latest South House happenings!

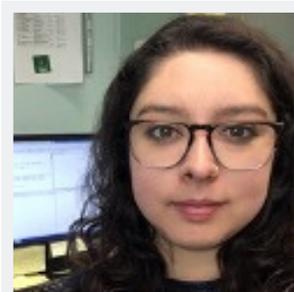


WELCOME TO SPRING TERM IN SOHO!

SPRING TERM 'EVENTS' WILL LOOK A BIT DIFFERENT, BUT SOUTH HOUSE STANDS WITH YOU!

The Weekly has become a space for community, activities and resource sharing. Check in with us here, on the South House webpage and on our social media sites for all the happenings!

**THIS WEEK'S HOSH!
HUMANS OF SOUTH HOUSE**



SEE P.6 FOR THIS WEEK'S HUMAN OF SOUTH HOUSE, FEAT. MONICA ESPINOZA, PHD CANDIDATE

WHAT DO YOU NEED FROM SOUTH HOUSE IN THIS TIME?

Please fill out this **SURVEY** to let the South House team know how we can meet your needs and interests!

SNAPSHOT FROM CAMPUS



Above: Residents from S. Fay 3 & 4 stay connected in a virtual floor meeting.

[Photo header: An evening view from Pine Park]

SEE P.2 FOR A NOTE FROM OUR HOUSE PROFESSOR

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GREETINGS FROM PROFESSOR CRAIG

Dear South House Community,

For me, this week has been a deluge – like the rain outside my window in Hanover. It began with news of the death of someone close, in the Nepali family that first opened up their home to me 25 years ago and who now make their home in Queens, NY. As this week has unfurled, I’ve spent a lot of time in grief, but also in action: doing what I can for them, from a distance. I share this news simply, as an honest reflection of how this pandemic is reaching in. Still, I find gratitude, joy, and humor in many things: a daily yoga practice, cooking with family, goofy TikToks that my daughter now chooses to share with me. This evening, while walking along Mink Brook, I marveled at birds and thought of this poem by Terry Tempest Williams:

I pray to the birds.
 I pray to the birds because I believe
 they will carry the messages of my heart upward.
 I pray to them because I believe in their existence,
 the way their songs begin and end each day
 -- the invocations and benedictions of the earth.
 I pray to birds because they remind me of what I love
 rather than what I fear.
 And at the end of my prayers,
 they teach me how to listen.



(Image courtesy of Rauner Special Collections Library)

WORDS OF THE WEEK

These come in the form of music, from **Prof. Trica Keaton (AAAS)**, some of her favorites that keep her inspired:

Black Violin’s version of [Vivaldi – Spring](#)

[Pumeza Matshikiza](#) singing “Mi chiamano Mimi” from the opera La Boheme

[Pretty Yende](#) singing Panis Angelicus

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EVENTS

CONVERSATION AND CONNECTION

We're launching **Conversation and Connection**, a program on Tuesday evenings at 7pm Eastern Time where we'll talk with members of our community and share some of our experiences and perspectives. We will have a number of people participating in the chat; all South House members welcome to just listen in, fully participate, or anything in between. If you're unable to join the evening of, we plan to post the audio recording on the South House Website.

Our tentative schedule is as follows:

April 14 - Friends, Family and Relationships

April 21 - Tentative: Joint Conversation with Tucker Center

April 28 - Skills, Passions, Habits, & Hobbies

May 5 - Facing Uncertainty

May 12 - Mindfulness

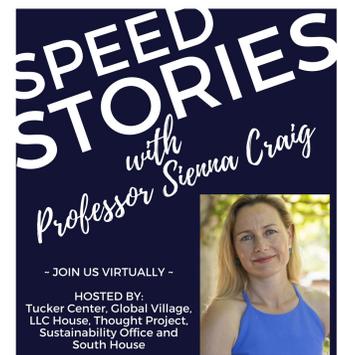
May 19 - Gratitude, Growth, and Reflection

If you are interested in being a featured participant in a conversation, please contact Jedrek Dineros at Jedrek.t.dineros@dartmouth.edu.

SPEED STORIES WITH PROF. CRAIG & TUCKER CENTER

Hear the life story of YOUR House Professor! Join us and the Tucker Center this Sunday, April 19th at 6pm Eastern.

Please RSVP at tinyurl.com/craigstories by 6pm Eastern on Saturday and you will be sent a Zoom link to join.



SUNDAY, APRIL 19 @ 6PM EST
RSVP BY 6PM EST SATURDAY, APRIL 18
@ [TINYURL.COM/CRAIGSTORIES](https://tinyurl.com/craigstories)
AND WE'LL SEND ZOOM LINK

HEAR THE LIFE STORY BEHIND YOUR
DARTMOUTH PROFESSORS

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ENGAGE WITH SOUTH HOUSE

CREATIVE WRITING CONTEST

Submit an entry for the
SVEN WRITING CONTEST!

Write an origin story for our
South House Mascot, SVEN.
Who is he? How did he get to
Hanover? Why did he join South
House?

Send your response to
south.house@dartmouth.edu by
May 16, 2020 for a chance at a
prize and for your story to be
adopted as Sven's official origin
story!

SUBMIT TO THE SVEN WRITING CONTEST!

Prompt (500 word limit)

Write an origin story for
the South House mascot
Sven the penguin.
Who is he? How did he
end up in Hanover? Why
did he join South House?

Submit for a
chance to win
**SOHO Swag
& bragging
rights!**



The winning
story will be
adopted as
Sven's official
origin story.

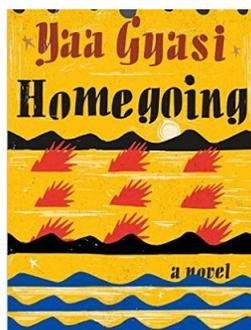
**DUE DATE:
MAY 16**

SOHO SUBTEXTS- A BOOK CLUB!

Recreational reading! Join us weekly in APRIL and MAY to connect virtually and chat over entertaining stories. We will meet weekly via Zoom, every Saturday at 2:00pm EST.

Our first book is Homecoming by Yaa Gyasi (click the image for description)

Join us on Saturdays
at 2pm (EST)
(Click here for the URL)



Click here to find out
how to obtain the
book.

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ENGAGE WITH SOUTH HOUSE

#SOHOSTRONG

We want to know how you are doing and how you're keeping in community with each other! Please use #sohostrong in your social media posts and we'll try to feature some of the amazing things you all are doing.



'PEN'GUIN PALS

Interested in connecting with people outside of virtual space? Join South House **PENguin Pals!** to be matched with a fellow South House member!



For more info, **CLICK HERE** or go to dartgo.org/SoHoPENguinPals

SOUTH HOUSE SMILES

HAVE YOU HEARD....

A couple made a **mini-museum for their hamsters?** Check out the story here:



CHECK OUT...

One of the cutest Shiba Inus on Instagram, Marutaro! He is so popular, he has an entire online store that ships to 125 countries around the world!



SEE SOMETHING ONLINE THAT MADE YOU SMILE?

Share it with the rest of South House! It could be a video, a meme, a news story, a TikTok - anything! Just share it: **CLICK HERE**

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HUMANS OF SOUTH HOUSE

MONICA ESPINOZA

4th year PhD Candidate

Hometown: San Marcos, CA

Currently located: Hanover, NH

“Being inside for a majority of the time has definitely been a rough adjustment. I think it’s why I’ve acquired so many plants- I’m trying to bring the outside indoors with me.”



Monica is a graduate student in the department of Molecular and Systems Biology

As a graduate student on campus, the transition to working from home occurred seemingly overnight. A flurry of emails regarding research rampdown protocols filled Monica’s inbox as she tried to make sense of what was happening. She now works on her thesis from home and navigates the changes to her environment from on-campus housing.



A blanket that Monica is currently crocheting

During these times, hobbies and practicing self-care are positive things that she is focusing on. Monica maintains balance by continuing her gentle walks in the woods, nursing her plants, and crocheting.

LET US KNOW YOUR STORIES!

Nominate a fellow community member to be one of a featured Human of South House! To nominate someone, [CLICK HERE](#) or go to:

dartgo.org/humansofSoHo

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RESOURCES

WEEKLY FEATURED CAMPUS RESOURCE: THE **STUDENT WELLNESS CENTER** AT DARTMOUTH

During Spring Term 2020, the Student Wellness Center is excited to connect with you through a variety of virtual offerings including "Wellness-Check Ins, live and recorded Zoom Yoga and Mindfulness sessions, and more! We have created a guide to help bolster your mental health and overall wellbeing during this trying time, which you can access through our new COVID-19 Coping Wellbeing Tips webpage ([HERE](#)).

Check out the **RAIN meditation** guided by our own LB and designed specifically for working through anxiety and times of struggle.

RESOURCE LIBRARY

Every week, we will feature a few online resources for you to check out from learning new skills, experiencing art, entertainment, and more.

WEEKLY FEATURED RESOURCE

STEEZY

This week, it's time to shimmy and shake! Check out **Steezy Studios**, a great app if you want to learn how to do some dance moves or choreography from the comfort of your room. You can also learn basic moves if you're a beginner! Find this great resource for free in the app store (they have FREE DAILY classes, no subscription required).

Submitted by:
Ijay Nwuke, '20
South House UGA

FACE MASK RESOURCES

Due to the CDC's new guidelines that recommend wearing a mask at all times when outside of the home, we want to highlight some ways to protect your health!

A **no-sew bandana** works in a pinch!

If you are more "crafty" here is a great guide for **creating a surgical style mask**.

You can **purchase an environmentally friendly mask** if that's more your thing.

Let us know what resources you would recommend at: **CLICK HERE** or dartgo.org/sohoresourcelibrary