For further information on any of the items included here or if you would like to contribute to the next newsletter, send email to Daphne Klemme.

Hints & Tips!

Welcome to our new hints and tips section! Please email daphne.klemme@yale.edu with any helpful tips that will help us work to our best ability.

Taking a look back at the past can propel you forward on your wellness journey. That’s because focusing on what you’ve already accomplished – rather than on the goals you’ve yet to achieve – helps to boost confidence.

**What to do:** Find a quiet place (the couch, car, bathroom, wherever) and take a moment to reflect on the strides you’ve made this past year. Maybe you crushed your first 5K, or gained enough kitchen confidence to host an actual dinner party. No accomplishment is too small, so reflect on – and celebrate – them all. Another everyday idea: Try replacing your old-school “to do” list with a “done” list. It’s a reminder of how competent you are: Heck yeah, you get stuff done!

**Climate and Diversity Committee News**

A Note from the Climate and Diversity Committee (CDC).

Have a safe and happy holiday break!

The CDC convenes once a month. If interested in joining please contact Helen Caines (helen.caines@yale.edu, Chair of CDC). You may contact the whole committee at physics-cdc@mailman.yale.edu

**News**

**Pierson-Sage Parking News**

Due to the location of the next phase of work, BOTH the entry and exit at the upper level at Pierson Sage Garage will be closed 12/13 through Christmas. It is possible they will re-open during break.

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**Save the Date**

Winter break starts after the last exam on Wednesday, December 19, 2018 with classes resuming on Monday, January 14, 2019. Have a safe and happy break!

**Seminars**

**Monday, December 17**

4:00pm in Sloane Physics Lab 52. Special Particle Theory Seminar. Christopher Verhaaren, UC Davis, “Resolving the Weinberg Paradox”. Host: Witold Skiba

**Final Exam Schedule**

**Saturday, December 15**


2:00pm in Watson Center A-53 & Watson Center A-48. PHYS 151 Multivariable Calculus for Engineers. Instructor: Vidvuds Ozolins.

2:00pm in Sloane Physics Lab 57. PHYS 401 Advanced Classical Physics: from Newton to Einstein. Instructor: Nikhil Padmanabhan.

2:00pm in Sloane Physics Lab 59. PHYS 410 Classical Mechanics. Instructor: Charles Baltay.

2:00pm in Sterling Chemistry Lab 111. PHYS 441 Quantum Mechanics & Natural Phenomena II. Instructor: Witold Skiba.

2:00pm in Sloane Physics Lab 63. PHYS 609 Relativistic Theory I. Instructor: Thomas Appelquist.

**Sunday, December 16**

2:00pm in Sloane Physics Lab 63. PHYS 301 Introduction to Mathematical Methods of Physics. Instructor: Vincent Moncrief.

2:00pm in Becton C031. PHYS 458/PHYS 675 Principles of Optics with Applications. Instructor: Hui Cao.

**Monday, December 17**

9:00am in Sloane Physics Lab 59. PHYS 353 Introduction to Biomechanics. Instructor: Michael Murrell.

**Tuesday, December 18**

2:00pm in Sloane Physics Lab 57. PHYS 448/PHYS 548 Solid State Physics I. Instructor: Sohrab Ismail-Beigi.

For more seminars see: [http://physics.yale.edu/calendar](http://physics.yale.edu/calendar)
3rd Annual WWN Recognition Award – Nominations Are Now Open!

The WWN Recognition Award is an annual award that recognizes up to five women currently employed at Yale who have been exemplary members of the community at Yale. The individuals receiving this honor may be selected for a wide range of achievements, but overall, will have distinguished themselves through a commitment to changing the University through their personal efforts. For example, an awardee could have had an impact on a project or team by demonstrating a positive attitude, gone beyond the call of duty to get the job done, or demonstrated a love for learning new skills.

The nomination process is open to women Yale employees in the following job categories: Service and Maintenance (S&M), Clerical and Technical (C&T), and Managerial and Professional (M&P). Up to five award recipients will be chosen; one for each category. Nominations may be made online until Friday, December 21st.

Nominators are asked to submit their nominations in one of the following five categories:

- A Trailblazer: a woman who utilizes opportunities to customize a new career path at Yale.
- A Quiet Heroine: a woman who has mentored and/or nurtured others at Yale.
- A Visionary: a woman who has been a champion for change at the University.
- A Community Catalyst: a woman who leads in a volunteer capacity at Yale or through a Yale initiative.
- A Work Life Champion: a woman who takes unusual or extraordinary measures to balance work and family.

For more information about the WWN Recognition Award, please visit: http://wwn.yale.edu/wn-recognition-award.

To access the Nomination Form, please visit: http://wwn.yale.edu/wn-recognition-award-nomination-form.

Yale’s Electric Vehicle Committee

Take the Yale Electric Vehicle Survey

To help us better understand the use of electric vehicles at Yale, we are seeking your input.

Please take a moment to complete the Yale Electric Vehicle survey by Thursday, December 20, at 5:00 p.m. The survey should take less than five minutes to complete.

The feedback you provide will allow us to better understand electric vehicle use in the Yale community and consider whether transportation infrastructure improvements are necessary.

Helen Caines research in the news: STAR experiment is feeling festive

Wright Lab Professor Helen Caines reports that the Solenoidal Tracker (STAR) at the Relativistic Heavy Ion Collider (RHIC) at Brookhaven National Laboratory will commence its beam energy scan phase two, a high precision exploration of the high baryon density region of the QCD phase diagram, in February 2019. In preparation for this study, several new detectors and upgrades have been installed. This festive video of STAR shows ongoing commissioning of the TPC’s new electronics. Caines is co-spokesperson for STAR.

Click here for further information.

Announcements

Please click here for updates on the Yale Science Building, including a new logistics plan. The project encompasses the construction of a new state of the art sciences laboratory at the approximate location of the demolished J.W. Gibbs building, a comprehensive renovation of the KBT Plaza, a lecture hall, and a common area at the south end of KBT Plaza.

Yale Health Pharmacy December Hours

The Yale Health Pharmacy will follow the recess schedule below:

Yale Health Pharmacy December Hours

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
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<tbody>
<tr>
<td>December 13</td>
<td>8:00 am - 5:00 pm</td>
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<tr>
<td>December 14</td>
<td>8:00 am - 6:30 pm</td>
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<tr>
<td>December 15</td>
<td>8:30 am - 3:30 pm</td>
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<tr>
<td>December 17</td>
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<tr>
<td>December 22</td>
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<tr>
<td>December 24</td>
<td>8:30 am - 1:00 pm</td>
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<tr>
<td>December 25</td>
<td>CLOSED</td>
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<tr>
<td>December 26-29</td>
<td>8:30 am - 3:30 pm</td>
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<tr>
<td>December 31</td>
<td>8:30 am - 1:00 pm</td>
</tr>
<tr>
<td>January 1</td>
<td>CLOSED</td>
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<tr>
<td>January 2</td>
<td>Resume normal hours</td>
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</table>

Note: The Yale Health Pharmacy is always closed on Sundays.