

# Yale Department of Physics

Yale Physics Newsletter

May 3, 2019

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](mailto:Daphne.Klemme).

## Hints & Tips!

Welcome to our hints and tips section! Please email [daphne.klemme@yale.edu](mailto:daphne.klemme@yale.edu) with any helpful tips that will help us work to our best ability.

It's Exam Week! Here are 15 Tips to help destress!

- 1) Go for a 10-minute Walk
- 2) Breathe Deeply
- 3) Visualize: Simply make yourself comfortable (at your desk, in an empty conference room -- wherever!) and then try to picture a peaceful scene: a future vacation, your favorite beach.
- 4) Eat a snack (Mindfully!): Pick a snack that will fill you up -- say, half an avocado, a handful of nuts or a hard boiled egg -- because nothing is more stressful to the brain, Ramsey explains, than feeling like you've run out of nourishment. Take your snack away from your computer and go sit someplace peaceful. Focus on your food: its texture, the way it tastes, how it makes you feel. Now you've turned your snack into a meditation.
- 5) Step away from the screen: Make sure to take frequent breaks during your day of computer use -- and try to shut offline at least an hour before bedtime.
- 6) Hang Up, then turn off your phone
- 7) Put on some music
- 8) Treat yourself! Eat one candy
- 9) Chew a piece of gum
- 10) Watch a viral video, even the anticipation that it might be funny is relaxing
- 11) Progressive muscle relaxation: Start with your toes and work your way up: tighten your foot muscles as much as you can, then relax them. Make your way up, tightening and relaxing each muscle until you've finished with your face.
- 12) See your BFF
- 13) Eat a banana or potato -- potassium helps regulate blood pressure.
- 14) Try Eagle pose -- [Learn how to do the pose here](#).
- 15) Craft -- the repetitive motion can be relaxing.

## Save the Date

Exam week ends after the 2:00pm exam on Wednesday, May 8, 2019. Commencement is May 19-20, 2019. Congratulations to all our graduates and the successful culmination of all their hard work!

## Seminars

### Tuesday, May 7

- 11:00am in Sloane Physics Lab 57. Special Biological Physics Seminar. Joshua Shaevitz, Princeton University, "Self-driven phase transitions in living matter". Hosts: Simon Mochrie & Joe Howard.
- 12:00pm in Wright Lab-Connector 245. WIDG Seminar. Kelly Backes, Yale University, "Title TBA".
- 1:30pm in Yale University Art Gallery. Wright Laboratory Event. Physics Meets the Arts: Student Showcase of projects from "Physics Meets the Arts".
- 4:00pm in Yale University Art Gallery Lecture Hall. The Department of Molecular Biophysics & Biochemistry Thomas A. Stietz Lecture. Venki Ramadrishnan, Cambridge, "A General Lecture Based on his Book: *The Gene Machine*". Host: Donald Engleman. Tea served at 3:45pm.

### Wednesday, May 8

- 11:30am in Wright Lab 216. Yale Physics Professional Development Organization Event. Bonnie Fleming, "Academic Job Search Workshop".
- 2:00pm in Wright Lab 216. Wright Lab Workshop. APC Abrasive Water Jet Cutting Workshop: There is no stopping supersonic sand! [RSVP required](#). Contact James Nikkel ([james.nikkel@yale.edu](mailto:james.nikkel@yale.edu)) for further information.

### Thursday, May 9

- 1:00pm in Wright Lab-Connector 245. Nuclear Particle Astrophysics (NPA) Seminar. Anže Slosar, BNL, "21-cm cosmology in the coming decade". Host: Ben Saliwanchik.
- 3:30pm in Sloane Physics Lab 52. Atomic Physics Seminar. Saurabh Pandey, Institute of Electronic Structure and Laser, Greece, "Guided matter-waves for interferometry". Host: Nir Navon.

### Friday, May 10

- 4:00pm in the Yale Quantum Institute Seminar Room. Yale Quantum Institute Physics Open Mic for Graduate Students and Postdocs. Valla Fatemi, Department of Applied Physics, Yale University, "How to confine an electron's spin while letting its charge flow". Organizers: Shruti Puri & Connor Hann.

For more seminars see: <http://physics.yale.edu/calendar>

Climate and Diversity Committee News

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

Thanks to those who attended the Mental Health and Wellness Town Hall meeting last week and/or the discussion session with SHARE on how to Respond to Reports of Sexual Misconduct. Both were important beginnings to what we hope will be ongoing discussions on these topics in the department. For those that couldn't attend notes and the resources provided at both sessions can be found via links from our main Climate and Diversity web page (<https://physics.yale.edu/links/climate-and-diversity-committee>)

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

News

Congratulations to **Jack Harris** (Professor of Physics) who has received a 2019 Class of Vannevar Bush Faculty Fellowship from the Department of Defense!

DoD Announces 2019 Class of Vannevar Bush Faculty Fellowship

The Department of Defense (DoD) announced the selection of 10 distinguished faculty scientists and engineers for the 2019 Class of Vannevar Bush Faculty Fellows, today. The highly competitive fellowship is the department's flagship single investigator award for basic research, and is named in honor of Dr. Vannevar Bush, the director of the Office of Scientific Research and Development after World War II. This fellowship program aims to advance transformative, university-based fundamental research.

"The Department of Defense is the home of big ideas for unique problem sets," said Dr. Bindu Nair, deputy director for Basic Research in the Office of the Under Secretary of Defense for Research and Engineering. "The Vannevar Bush Faculty Fellowship reflects the department's commitment to support paradigm-shifting research that explores the unknown, engages outstanding scientists and engineers on these challenges, and helps to define and transform our research agendas of the future."

The 2019 class will join a cadre of 55 current fellows, who conduct basic research in areas of importance to the DoD, ranging from materials science and cognitive neuroscience to quantum information sciences and applied mathematics. In addition to their research projects, fellows engage directly with the DoD enterprise to collaborate with DoD laboratories and share insights with DoD leadership and the broader national security community.

For the fiscal year 2019 competition, the Basic Research Office received over 250 white papers, from which panels of experts selected the final 10 fellows. Each fellow will receive up to \$3 million over the 5-year fellowship term to pursue cutting-edge fundamental

research projects. More information about the Vannevar Bush Faculty Fellowship is available on the Basic Research Office website: <https://basicresearch.defense.gov>.

The 2019 Class of Vannevar Bush Faculty Fellows can be found [here](#).

[Click here for Yale News Story \(May 2, 2019\)](#)

Pierson Sage Garage News

We have been informed that the final phase of repairing the entry exit lane at the roof level will begin this weekend.

The roof entry and exit will be out of service from May 3 through May 13. All access will be via the ground level.

Good day,  
Yale parking

News from the Library

There's an upcoming Canvas training on May 13<sup>th</sup>, and many of you may be interested in attending it because it focuses on the course reserves module. <https://orgsync.com/174344/events/2700199/occurrences/6498477>

A message from Dr. Paul Genecin

To: All Students, faculty and staff

Community concerns about the worsening measles outbreak prompt me to write to you with **updated measles vaccine recommendations** for those who are uncertain of their vaccine status. In alignment with current guidelines from the Centers for Disease Control and Prevention (CDC), Yale Health recommends the following:

- Adults born after 1957 should receive at least one dose of MMR vaccine (against mumps, measles and rubella) unless they have evidence of immunity.
  - Evidence of immunity requires:
    - Written proof of adequate immunization *OR*
    - A blood test to prove immunity *OR*
    - Laboratory evidence of active measles infection *OR*
    - Birth before or during 1957 also counts as evidence of measles immunity.
  - A single dose of MMR is safe and effective for adults born after 1957 who lack evidence of immunity; *this is our recommended approach because it obviates the need for blood testing*.
    - A second option is a 2-step approach starting with a measles blood test. Adults without measles antibodies then receive at least one MMR dose.

- Healthcare workers born after 1957 and lacking evidence of immunity are required to have two MMR doses, separated by at least 28 days.
- College and graduate students, and international traveler need two MMR doses, separated by at least 28 days.
- Early vaccination of infants < 12 months is recommended for international travel. Call your pediatric clinician if you have questions related to childhood immunization.
- Persons exposed to measles who lack evidence of immunity should contact their clinician to obtain the measles blood test or vaccine.

**To facilitate implementation of the above guidelines, Yale Health is hosting a Measles Vaccination Clinic at 55 Lock Street on Friday, May 10 from 1 to 4 PM. Adults can also obtain MMR vaccine at the Immunization Department weekdays 8:30 AM to 4:30 PM.**

You can find out more about measles at <https://yalehealth.yale.edu/> where we provide relevant public health messages for the Yale community. The CDC publishes measles recommendations at <https://www.cdc.gov/measles/index.html>. All members of the Yale University community can reach Yale Health about vaccine-related questions at 203-432-0312.

**IMPORTANT:**

If you or a family member develops a fever with a rash and respiratory symptoms, it is crucial that you first call your medical provider for advice BEFORE coming into a health care facility and exposing others.

**Yale Travel News (May 2019)**

**Traveling tips after Brexit**

Individuals traveling to the United Kingdom or Europe after April 12, 2019, may need to update their passports, carry green cards when driving a car, and check terms of their airline tickets. This article contains important travel advice including passport validity and customs culled from the Gov.UK article [Visiting the UK after Brexit](#).

[Learn more](#)

[Click here for complete May issue of Yale Travel News.](#)

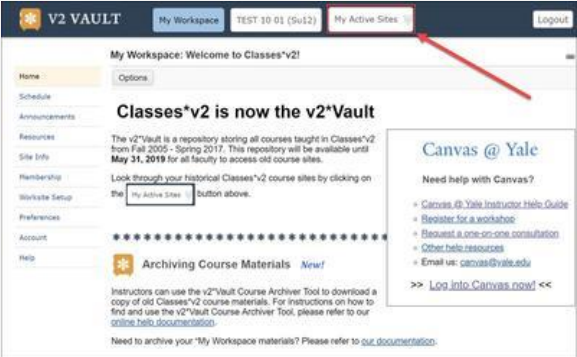
**Poorvu Center for Teaching and Learning**

**v2\*Vault Shut Down May 31, 2019**

Dear Colleagues,

As a reminder, the v2\*Vault (formerly Classes\*v2) will shut down in **1 month**.

Faculty, staff and students who had access to courses taught in Classes\*v2 will have access to the v2\*Vault until **Friday, May 31, 2019**. To access your sites, log on to the v2\*Vault with your Yale NetID and password and click the “My Active Sites” button at the top of the page to access your full list of course sites.



Please remember that during the summer of 2017, many of the teaching materials from [your past courses were transferred to Canvas](#) – however, you may still want to download a local copy for your own records before the v2\*Vault is shut down. To assist you with this process, we have installed a tool into each of your course sites called the “Course Archiver Tool”.

The [Course Archiver Tool](#) allows you to select the type of content you want to keep from your course and then generates a downloadable ZIP file. Your ZIP file can include any of your faculty contributed content (i.e. Announcements, Files, etc...) as well as a copy of your class roster (with photos!) and your course gradebook\*\* (useful when you are asked to write recommendations).

**\*\* NOTE:** *This is the gradebook that was included in Classes\*v2 and not the official Faculty Grading System grades.*

Please refer to our [v2\\*Vault Instructor Guide](#) to find out more about the v2\*Vault and the Course Archiver Tool. If you have any questions at all, please email us at [canvas@yale.edu](mailto:canvas@yale.edu).

Thank you,  
The Educational Technology Team & Canvas @ Yale Support Team

**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.

**Student Showcase, Physics Meets the Arts**

Tuesday, May 7, 2019 - 1:30pm to 3:00pm  
Yale University Art Gallery (YUAG), 1111 Chapel St., New Haven

First-year Yale University undergraduate students present creative projects that fuse science and art. The projects are the culmination of a seminar titled “Physics Meets the Arts,” a semester-long exploration of fundamental physics concepts through the visual and performing arts designed and taught by Ágnes Mócsy, Presidential Visiting Fellow and Visiting Professor in the Physics Department and Wright Laboratory. Over the spring semester, students engaged deeply with the Gallery’s collection to discover innovative ways of

seeing and understanding the connections between physics and the arts.

This program is jointly supported by the Yale University Art Gallery and Wright Laboratory.

For more information, please contact YUAG at [artgalleryinfo@yale.edu](mailto:artgalleryinfo@yale.edu).