As the semester begins, we test our resolve to deliver on our mission of providing high-quality science education, impactful research, and meaningfully engaging our community. I suggested we use the winter break to rest up and take care of ourselves, restoring our energy for this semester. For honestly, we will need mental strength and enthusiasm to tackle what lies before us.

The Pfizer website defines wellness as: “the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you’re thriving. To understand the significance of wellness, it's important to understand how it's linked to health. According to the World Health Organization (WHO), health is defined as being "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

So what can we do to stay well? Here are some suggestions.

At least, we’re not going into an unknown like we were midway through last spring.
We know that COVID-19 can be deadly (my sincere condolences to you who have had to face tragic losses of friends and family over the past year); we know an online format of virtual learning can occur for a majority of our classes (and many of you also had to also juggle guiding your children through virtual learning while teleworking, not an easy feat); we know that Mason’s COVID-19 safety protocols helped keep our university learning environment one of the safest in the nation (thank you to all who did their part to make that happen).

GGS Professor named one of three ISE inaugural Faculty Fellows

By Colleen Kearney Rich

Mason’s Institute for a Sustainable Earth (ISE) named its first cohort of ISE Faculty Fellows, including Geography and Geoinformation Science Professor John Qu. Fellows aim to build connections across academic units and disciplinary boundaries with a focus on ISE’s six research themes.

Mason scientists investigate COVID-19 therapies

By Elizabeth Grisham

School of Systems Biology’s Yuntao Wu and Ramin Hakami will test the efficacy of therapeutics developed by wellness service organization, Dejia Harmony, against COVID-19. Following observations on possible adverse effects, they will test for both therapeutic efficacy and prophylactic efficacy of the therapeutics.
Green economy could help Amazon rainforest long-term

Environmental Science and Policy's Thomas Lovejoy warns that continued agro-industrial economic developments could have devastating effects on the Amazon's hydrological cycle and severely impact global weather patterns.

Legal Atlas, EcoHealth Alliance, and George Mason University release new report

Legal Atlas, EcoHealth Alliance, and George Mason University announce the release of a joint report that takes a critical look at what nations have already done with their laws that support the monitoring and prevention of disease emergence that comes from wildlife.

Outstanding Achievement Awards 2021: Call for Nominations

The Outstanding Achievement Awards honor Mason’s faculty and staff across many award categories and celebrate their hard work, dedication, and contributions to the university.
You are invited to nominate a colleague for an award by the **deadline of March 5, 2021**.

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### Events

**Center for Mathematics and Artificial Intelligence Colloquium**  
January 29, 2021 | 10 a.m.  
*Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in Heterogeneous Media.*

**Global Sustainability Scholars Summer Program Applications Due**  
January 31, 2021  
*The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in global sustainability organizations. Please share this opportunity with your students.*

**Sustainable and Resilient Communities and Ecosystems Webinar**  
February 3, 2021 | 11 a.m. to noon  
*ISE and the Center for Resilient and Sustainable Communities will host a webinar on systemic interactions with terrestrial and aquatic ecosystems.*

**Galileo Science Cafe: Toward a Model of Interpersonal Trust Drawn from Neuroscience, Psychology, and Economics**  
February 4, 2021 | 6:45 to 9 p.m.  
*School of Systems Biology's, Frank Krueger, sketches out an integrative NPE model that explains how the interactions of psychoeconomic components engage domain-general large-scale brain networks in shaping trust behavior over time.*

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