The Pforzheimer Newsletter  
March 9, 2020  
“All The News That Fits We Print”

**Tutors on call for the next TWO weeks:**  
**Elaine Kristant & Keith Crouch (3/9-3/16)**  
**Mike and Liza Silvestri (3/16-3/23)**  
617-651-1636 (tutor-on-call cell)

Beginning at 5:00 p.m. Monday and ending at 9:00 a.m. the following Monday, a resident tutor or tutors will be on call to assist Pforzheimer House residents with any emergencies that arise. The name and phone number of the tutor(s) on call is listed in each week’s Newsletter and will also be posted outside the House Offices and throughout the Pfoho buildings.

**Coming up in Pfoho…**

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<td><strong>PFrench Table,</strong> 5:30-6:30p DHall</td>
<td><strong>Pre-Housing Day Stein</strong> 9pm, DHall</td>
<td><strong>HOUSING DAY!!! Get Pforzier Up Pfoho!!</strong></td>
<td><strong>PFreshman Ice Cream Welcome</strong> 7pm, JCR</td>
<td><strong>HAPPY SPRING BREAK PFOHO!!!</strong></td>
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**Notes from the Allston Burr Assistant Dean, Monique Roy,**  
pforzheimerhousedean@fas.harvard.edu:

**UPCOMING ACADEMIC DEADLINES:**  
**Last day with Withdraw from a course (Seventh Monday): Mon., March 9th**

In order to withdraw from a course you will need to fill out a Course Withdrawal Form and get your concentration advisor’s signature, Monique’s signature, and then submit the form to the Registrar’s Office.  
You can find more details here: [https://handbook.fas.harvard.edu/book/change-course](https://handbook.fas.harvard.edu/book/change-course)

If you have any questions about withdrawing from a course, please feel free to set up a time to talk with Monique or Heather!

**WANT TO MEET WITH MONIQUE?**
If these times don’t work for you, just email me and we will set something else up outside those times. Heather is in from 9-5 Mon-Fri – she is happy to meet with you as well!
See you all soon!
- Monique

*Inside-Pfoho Announcements:*

**Coronavirus Updates:** If you have questions/concerns about the Coronavirus, please consult Harvard’s coronavirus main page at: [https://www.harvard.edu/coronavirus](https://www.harvard.edu/coronavirus). Or the HUHS site at: [https://huhs.harvard.edu/about-us/announcements-events/coronavirus-information-and-updates](https://huhs.harvard.edu/about-us/announcements-events/coronavirus-information-and-updates).

**Easy tips to keeps in mind to help prevent spread of germs:**
- Wash hands frequently!
- Always cover your nose and mouth when you cough or sneeze
- Avoid touching your eyes, nose and mouth with unwashed hands
- Do not share glasses, eating utensils, water bottles, etc.

Pfortuna will take a break this week, but will return on Thursday AFTER spring break, March 26th.

Instead for THIS week, come to the **pre-HOUSING DAY STEIN** in the DHall @ 9:00pm on Wednesday, March 11th.

Our newest bear cub adoptee has been named!!
Thanks to everyone for the wide array of awesome and creative name possibilities for our 2020 polar bear adoptee as part of our International Polar Bear Day celebrations on Sunday, March 1.
And the winning name is... **Bye PfAlisha!!**
(Thanks to Alisha Ukani for the winning suggestion.)

**SENIORS:** Do you want to speak at Harvard Commencement??
Learn more at [https://commencement.harvard.edu/orations-competition](https://commencement.harvard.edu/orations-competition)

One of the oldest and most cherished traditions of the Morning Exercises of Commencement is the Orations Competition in which three students are chosen by a panel of judges to deliver a speech to approximately 32,000 friends, faculty, family, alumni and graduates.

The TWO delivered by graduating seniors are the LATIN and the ENGLISH orations. The third, also in English, is delivered by a grad student.

Speeches should be no longer than five minutes in length and will be judged for intelligence, wit, originality, and general significance.

**Submission Deadline:** Friday, March 27 at 4 PM

**Notification to candidates selected for audition:** Friday, April 10, (by end of day)

**Preliminary Auditions:** Thursday, April 16 at 4 PM

**Final Auditions:** Thursday, April 23 at 4:30 PM

* Students interested in learning more about the competition are encouraged to attend the optional Orator’s Workshop.

**Prize:** $1,000 in each category

**Pfoho IMs:**

There are a lot of intramural sports being offered in the spring! They’ll all start after spring break, but here’s a quick rundown with the appropriate GroupMe’s if you want to start strategizing about how to destroy Mather in every aspect of every sport a little early.

As always, disclaimer: you do NOT need to know anything about sports to come play with us, just somewhat of a desire to have fun and take a break from psets or papers.

- **Softball:** Played under the lights, softball is one of the sports for which we’ll need a complete team to terrorize the river, so bring out your friends! [https://groupme.com/join_group/58493463/kR1SbCph](https://groupme.com/join_group/58493463/kR1SbCph)

- **Soccer:** One of the sports that Pfoho has dominated in the past, let's keep it rolling! [https://groupme.com/join_group/53375320/WR1eYems](https://groupme.com/join_group/53375320/WR1eYems)

- **Flag Football:** Another new sport to the spring, so I hope plenty of y'all will try it out! [https://groupme.com/join_group/58493492/hSeD6iYy](https://groupme.com/join_group/58493492/hSeD6iYy)
- Crew: No, the practices are not at 5am, so come row with us! We'd love to have a few more people for the boats! (Contact Sophie Pesek, spesek@college.harvard.edu)
https://groupme.com/join_group/57778527/fArJzQwC

- Ultimate Frisbee: We came wayy too close to winning this in the fall, and we'd love to get some help to boost us to victory!
https://groupme.com/join_group/53375444/9QPK7HN2

- Volleyball A and B: This one will be played in the QRAC, so no excuse not to come out! Would love to see stacked teams and supporters like we had for basketball!
A: https://groupme.com/join_group/53375345/tGXQT4gZ
B: https://groupme.com/join_group/53375408/2MQgmA7Y

Questions? contact Pfoho IM Coordinators Frankie Matos, francisco_matos@college.harvard.edu, Jerome Edwards, edwardsj@college.harvard.edu, or Res Tutor John Holland-McCowan (johnhmc11@gmail.com).

Want to be an IM REP for 2020-21?? If you would like to become a Pfoho IM Rep, please apply here <https://forms.gle/9TEedFATsPfHbBh88>! It’s a great way to get to know people, have a lot of pfun, and get some exercise!

**Outside-Pfoho Announcements**

HUHS Health & Wellbeing Survey - $5 El Jefe Gift Certificate for completing

Dear Harvard College Student:
Please help HUHS better understand the health and wellbeing of Harvard’s undergraduate community. The Health and Wellbeing Undergraduate Survey explores your physical and mental health so we can provide services and set priorities that align with your needs.

This survey takes about 15 minutes. Every student at Harvard College is asked to participate. Full participation will provide the best data to guide our work, and a diverse sample will allow us to explore the needs of the entire undergraduate community. We want to hear all of your voices.

Please answer carefully and completely; however, if you are not comfortable answering a certain question, feel free to skip it. Survey responses are anonymous. They will not be part of your medical or mental health record or be linked to you in any way.

2020 Harvard Health and Wellbeing Undergraduate Survey

For participants who successfully complete the survey, HUHS will provide you a $5 gift card to El Jefe’s Taqueria or donate $5 to aid the animals of Australia as a token of appreciation. The survey closes March 11th. Please participate today!

Best regards,
Giang T. Nguyen, MD, MPH, MSCE, FAAFP
Executive Director, Harvard University Health Services
Rakesh Khurana
Danoff Dean of Harvard College

March Programs at the Academic Resource Center (ARC):
The ARC is located at 1414 Mass Ave, Floor 3R in the Bank of America Building. An HUID card is required to access the elevator. All workshops are open to graduate and undergraduate students unless otherwise noted.

For all their program descriptions and to register please visit:
https://academicresourcecenter.harvard.edu/calendar

Interested in Public Service? There are numerous opportunities for you. Please see the very inclusive Public Service Newsletter from Phillips Brooks House here: https://mailchi.mp/96db22528a9e/harvard-college-public-service-weekly?e=ec97e1d3ca.
Or check the PBH website here: https://publicservice.fas.harvard.edu/

Office of Career Services (OCS)
Full list of events: http://ocs.fas.harvard.edu/college-advising

Our Pfoho Newsletter comes out every Monday afternoon (or a day or two later if there’s a holiday) If you’d like to include an announcement, just send it to Sue Watts (swatts@fas) Catherine Bond (catherine_bond@college) by Monday at noon. Calendar events and lots of other helpful info are also online at http://pfoho.harvard.edu/.