The Pforzheimer Newsletter
September 28, 2020
“All The News That Fits We Print”

Tutor on call this week:
Julie Weaver & Jose Quezada Márquez
(For Students on Campus)
617-651-1636

LOCKOUTS: During the day & evening, go to the Building Manager’s Office;
After Midnight, Call Securitas at 617-496-9370
FACILITIES After Hours: 617-495-5560

This Week in Pfoho...

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<td>Research &amp; Writing Tbl w Daniel 6:30-7:30pm (link 🔗)</td>
<td>Econ Table w/Martin, Viroopa &amp; Angela M. 7-8pm (link below)</td>
<td>Brittany’s Stats Table 7pm (link below)</td>
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<td>Ptomodoro Session w Ellen &amp; Julie 2-5p (link below)</td>
<td>Jose’s outdoor cello concert @ RaymondPk, 4-5p (more info 🔗)</td>
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<td>Jose’s Guitar &amp; Ukelele Wkshp, 7pm</td>
<td>Pause, Process &amp; Heal Gather with Pf Race Rel Team 8pm &amp; 9pm (links below)</td>
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*Zoom Links for many events above listed below, scroll down!

Notes from the Allston Burr Assistant Dean, Monique Roy, pforzheimerhousedean@fas.harvard.edu:

UPCOMING ACADEMIC DEADLINES:
Consider adding these key dates to your calendars as a reminder:
**October 5** (5th Monday - a week from today!!!!): Last day to Add/Drop a course or Change Grading Status (from letter-graded to pass/fail or vice versa).
- It’s a good idea to **double-check your enrolled courses** to be sure you aren’t mistakenly still enrolled in something, or that you haven’t missed a step in the enrollment process - see here for more info.
- **To add a course** now, you **need instructor permission** - do not wait until the last minute to do this!
- **Sophomores** - you will need your sophomore advisor to lift your add/drop hold - do not wait until the last minute to request a conversation with them about this!
- See here for instructions on **changing the grading status** of a course. If going from letter-graded to pass/fail, you will need to **complete this form** too.

Pfoho ABRD Virtual Office Hours: To schedule a time to talk via phone or Zoom, see Monique’s calendar here or Heather’s calendar here and choose a time that works for you.

Remember:
- If you have questions about a particular course, please contact your instructor directly.
- If you have a question about a concentration-specific academic policy, please contact the Director of Undergraduate Study of your department.
The Academic Resource Center (ARC) is a great resource and is offering all services online. Check it out!

HUHS and CAMHS are available for remote and on-campus students.
  - Remote students see here.
  - On-campus students see here.

Announcements for Students ON Campus:

From your Community Health Lead, Kate Leach, katherineleach@g.harvard.edu:

1) Starting THIS week, anyone who submits their Crimson Clear for all seven days in the week will be automatically entered into a raffle to win a FREE PIZZA! A whole, free pizza with the topping of your choice, delivered right to you! No action necessary, other than submitting your Crimson Clear daily and I will see who has done it all 7 days!

2) I am recruiting students to help me plan fun ways to use my Community Health Lead budget and give feedback on various College compliance protocols. If you’re interested in being on the team, please email me at the link above and let me know! It requires almost no work other than coming up with fun ways to encourage compliance within our community and telling me what you think about how things are going in general and in relation to various policies. Hit me with all your best ideas and I will do my best to make them happen til the budget runs out!

3) Keep Your HEPA Filter On!: For students residing on campus, you may be wondering what those filter/fan units are doing in your room. They are HEPA filters, and when they run they purify the air of airborne aerosols that can carry the virus that causes COVID-19. These filters can keep you and others safe. Don’t forget to turn your HEPA filter on and keep it on, especially in shared spaces, where it should be on the highest setting. For more information, contact your Building Manager or Yard Ops.

Pfaculty Row Courtyard – Outdoor space now open to all current Pfoho residents

Behind the house offices, down a little hallway lined with mailboxes, through a door leading to a glass-encased, light-filled hallway ...is Pfoho’s "secret garden," better known as the Faculty Row courtyard.

Starting today, we are opening that space up to all of you – and just you – to give you another, more private option for study, outdoor dining, and safe socializing.

Lawn games are also on their way for this space: badminton, spike ball sets, and corn hole. The games should all be up and ready for you by tomorrow!

Please note: this space is shared with faculty and staff affiliates and their families whose homes overlook the lawn space which serves as their shared back yard. Thank you for sharing the space kindly and respectfully.

Pfind the Pfotos continues—weekly treasure hunt challenge to get outdoors and explore interesting parts of Cambridge in safe, socially distanced ways. The challenge is to find and photograph spots shown in photos given to them in a Google album; they then upload their matching photos in a Google album of their own. Prices are given for the highest number of correct matches.

Week FOUR Challenge: We did not have any winners for last week’s competition, Neighborhood Eateries! But let’s see how people do with this challenge: Pfind the Pfotos – the Parks and Recreation edition! For this challenge, you should begin on Raymond Street, just off Linnaeae Street. You will end on Garden Street. The walk will take you by three parks. The total round trip is just about 3 miles... follow the photos in order to stay on course. Take a walk, learn about your neighborhood, and win great prizes! What’s not to like?

Here’s the link to the photos: https://photos.app.goo.gl/nZCx3j9GSScfdq54f9
- Faculty Dean Anne (aharring@fas.harvard.edu)

“Bach, Tango and Pops” – Outdoor concert at nearby Raymond Park – Saturday, 10/2, 4-5pm

Performed by our own resident music tutor, Jose Quezada Márquez

At this open-air event, Jose will perform the beloved J.S. Bach Cello Suite 1, then he will lead us through a journey of music that include tangos, music from movies and fun pop numbers from different eras. There will be something for all interests and ages. Join us! For more info, please see https://mailchi.mp/raymondpark/cello-performance-at-raymond-park-next-sat-103?e=bb36963201

Notices for the Pfoho Community near and far:

From our Pfoho Race Relations Team:

This summer, and in particular this past week have been full of particularly charged racial incidences. It is a difficult and exhausting time to be living through, but we want you to know that you are not alone in this. Even if you want to be on the front lines combating systemic racism, please remember to care for yourself so that you can care for others. If you need a place to do so - a space to pause, process, and heal - come sit with some of the race relations tutors tomorrow at 8pm EST for the whole house and 9pm EST, specifically for students.
Tuesday, September 29th
8:00pm EST - all-house space: https://mit.zoom.us/j/98257900888
9:00pm EST - space for students of color: https://mit.zoom.us/j/91547742967
We're here for you, and you can reach out to us at any time.
Your race relations team:
Makinde Ogunnaike (olumakinde17@gmail.com)
Perri Smith (perrismith1211@gmail.com)
Angela Wu (angelaw@fas.harvard.edu)
Vanessia Reed (vanessia.reed@gmail.com)
Amanda Mozea (amanda.mozea@gmail.com)
Altaf Saadi (altafsaadi@gmail.com)

Open Houses in a Box!
Our amazing elf team will be spearheading a replacement for our traditional Faculty Dean Open Houses, by baking goodies every month, and mailing them in boxes to enrolled students living off-campus (we will deliver to the doors of every Pfoho student living on campus).

We are aiming to mail/deliver the PFIRST during the first week of October!!

Student in-House – we want to hear from YOU with suggestions and/or food restrictions. Please fill out the brief form at this link if you haven’t already.

Students studying remotely – if you haven’t had a chance to confirm your current physical address, you can still do so here. We want to make sure your Open House in a Box gets to you!! Thanks!

“Pfresh Air Pfitness!”
This week’s workouts are available here.
Two big announcements!
1. We are now allowed to do LIVE CLASSES! – before we get too excited, Kevin Matt and I would like to host a zoom on Friday 10/2 at 5pm to go over the live classes and how they will run. Then we will jump in the week of 10/5 with two live class offerings! I will send out the zoom invite for all those interested in live classes later this week.
2. Here is week three of the program! A few minor changes made to keep the challenges coming, hope you are feeling stronger each workout.

Have a great week and see you on Friday!
The link to access online programming is below, there are some cool classes being offered this week!
Web site link: www.gocrimson.com/gpa
We are here to support you, any time. Please reach out if you need us or have any questions and have fun!
Sam, Kevin and Matt
Men's Swim Team Coaches linked to Pfoho for the GPA Program 2020-21

Yoga After Hours! – Continues this week!
Thursday, September 24, 9:00pm ET
https://harvard.zoom.us/j/99875654669?pwd=RnU1WmUwR1ZrQ2w1OFp1MjhaYXo1Zz09
Password: yoga
Every Thursday evening, at 9 PM ET, we will be offering an hour of live, free yoga in a small, supportive group setting, led by Pfoho's new dedicated yoga teacher, Rachel. No special equipment or experience is needed, but do wear comfortable clothes.
This class is offered on a drop-in basis for now. If numbers get too large, we may need to move to a sign-up process. One way or the other, we are keen to make this available to everybody who wants it. Hope to see you there!

Research & Writing Table with Daniel, Tuesday, 9/29, 6:30-7:30pm
Please join me on Tuesday for a Research and Writing Table. I'll be eager to look over paper drafts or outlines, to discuss any questions you may have about getting started on a paper, or to join you in thinking through any research-related challenges you may be facing (such as finding a research opportunity or contacting a non-responsive advisor). I can't wait to hear what you're working on!
In solidarity with you as you approach the substantial challenges (and equally great rewards) of writing,
-Daniel (danielfrim@g.harvard.edu)
Zoom link: https://harvard.zoom.us/j/95423710612?pwd=QTRqUEhTcDhtM3JIN0YwOG05emFqZz09
Password: 208905
**Guitar & Ukulele Workshop with Jose – Tuesday, Sept. 29th, 7pm**

Jose will be holding a guitar and ukulele workshop tomorrow. There is still space in case anyone is interested. It will be fun and low-key! Questions? Contact Jose at jose.quezada.marquez@gmail.com.

Zoom link: [https://us02web.zoom.us/j/7421477903?pwd=RFR3Mk8wM1ozeTVAzErR3JCN3pBUT09](https://us02web.zoom.us/j/7421477903?pwd=RFR3Mk8wM1ozeTVAzErR3JCN3pBUT09)
Passcode: 258117

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**Economics Table with Martin, Viroopa and Angela M — Wednesdays 7-8PM ET**

Zoom link: [https://mit.zoom.us/j/93731427077](https://mit.zoom.us/j/93731427077)

All welcome, bring your Economics questions! Brought to you by your Pfoho Res Tutor economics tutors – Martin Ralf Reindl (mreindl@mit.edu), Angela Ma (angelama@g.harvard.edu), and Viroopa Volla (vvolla14@gmail.com).

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**Brittany’s Stats Table: Thursdays @ 7:00pm**

Join Zoom Meeting: [https://broadinstitute.zoom.us/j/2320569093](https://broadinstitute.zoom.us/j/2320569093)

Stat: Come to the Pfoho statistics table for help with statistics problem sets or with questions about data science! All are welcome.

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**Pfoho Pre-Med Office Hours:**

From your Pfoho pre-med tutors, Sarib (sarib.hussain@hms.harvard.edu) and Brittany (brittany.petros95@gmail.com)

Want to chat with premed tutors or other premed students about clinical opportunities, the application process, or a day-in-the-life of a physician? Come to premed office hours! THIS WEEK, premed office hour will be held Thursday, October 1 at 8pm EST. You can attend via Google Meets by clicking on this link: [https://meet.google.com/ech-gkyj-zoz](https://meet.google.com/ech-gkyj-zoz).

The NEXT one will be held on Monday, October 12th, from 2:00-3:00pm at [meet.google.com/hkp-bvtn-kzx](https://meet.google.com/hkp-bvtn-kzx)

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**Chris’ Chemistry Table – This week on SUNDAY, 9/27 @ 3:00pm**

Zoom link: [https://harvard.zoom.us/j/96891489279?pwd=eXNGQXkyZzc3UmdEMWxOTFZyWjBJQT09](https://harvard.zoom.us/j/96891489279?pwd=eXNGQXkyZzc3UmdEMWxOTFZyWjBJQT09)

Are you excited about electrons? Curious about catalysis? Addled by aromaticity? Stop by the Pfoho Chemistry Table to work through problem sets and discuss scientific ideas with your pfoo chemists-in-training."

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**Pfoho ORIGAMI – Tuesday, Oct. 6, 9:00pm Eastern Time**

Join Zoom meeting: [https://harvard.zoom.us/j/95833569167](https://harvard.zoom.us/j/95833569167)

Do you love Pfoho’s mascot? Do you like to fold things? Wouldn’t it be cool to fold things and discover you have ...created a paper polar bear, that can sit on your desk and keep you company this semester? Come join this
workshop, and learn the subtle (but not difficult) art of origami polar bear making!
Questions, contact Angela Wu, angelaw@fas.harvard.edu
Link to easier Polar Bear Face
PDF Instructions for medium-difficult Polar Bear

Have Questions about Voting this Fall??
Voter registration deadlines are starting to roll around - don't let a missed deadline prevent you from casting your ballot! This includes the deadline to update your address. Check below to see if your state has an upcoming voter registration deadline or has started early voting! To register to vote or confirm your registration, go to bit.ly/HVCpledge <https://docs.google.com/forms/d/e/1FAIpQLSc_zC-yxHai8PD-09erKDvRpOV1K0Buv-ZuC3aKh5fBdsNXcg/viewform>
If you have any questions, don't hesitate to reach out through our Instagram (@harvardvoteschallenge <https://www.instagram.com/harvardvoteschallenge/>) or email (voteschallenge@harvard.edu).

Stay safe, stay healthy, Pfoho!