The Pforzheimer Newsletter
October 13, 2020
“All The News That Fits We Print”

Tutor on call this week:
Makinde Ogunnaide
(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>University Holiday, Indigenous Peoples Day</td>
<td>PfreshAir Pfitness LIVE Workout, 6pm (Link below)</td>
<td>Latin Jazz Film Review with Jose, 7pm (link below)</td>
<td>Community Table, 5pm (link below)</td>
<td>Brittany’s Stats Table 7pm (link below)</td>
<td>Empanadas for Pfoho!, 7pm (details to follow)</td>
<td>PoeTea w/Peter &amp; Makinde 3:30-4:30p Link to come</td>
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<td>CS Table w/Jamie &amp; Keith, 1pm (link below)</td>
<td>Chemistry Table w/Chris 3-5pm by prior sign-up (link 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,
pfozheimerhousedean@fas.harvard.edu:

UPCOMING ACADEMIC DEADLINES:
Consider adding these key dates to your calendars as a reminder:
*Monday, November 16th is the final day to withdraw from a course
*Thursday, November 19th is the Concentration Declaration deadline (sophomores)

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) Continuing 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! LAST Week’s winner will be announced TOMORROW, Oct. 14!!
2) Keep Your HEPA Filter On!: For students residing on campus, the filter/fan unit you received contains a HEPA filter. When those 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.

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.

This week’s challenge: we are extending this week’s Mount Auburn cemetery challenge to give more people a chance to participate! Everyone should look out for a new challenge next weekend!
Once again, it is at once an invitation to match photos, and an invitation to get lost in the meandering beauty of a very special part of Cambridge: Mount Auburn cemetery. If you follow the photos in order, you should be able to make your way through a walk that will amount to roughly a 2 mile loop. Don’t miss the tower moment with the stunning views of the Boston skyline! Mount Auburn is about a mile from the quad, so about an extra 20 minutes to get there. This one is really worth doing. I walked it on Sunday, to prepare this challenge, and between the fall foliage and the late afternoon sun, it was truly very special.
Here’s the link to the photos: https://photos.app.goo.gl/cPMnyfAwLbKVrSFB7
- PFaculty Dean Anne (aharring@fas.harvard.edu)

Notices for the Pfoho Community near and far:

Hispanic Heritage Month Events:

From Jose, Pfoho Music Tutor (jose.quezada.marquez@gmail.com)
Latin Jazz Film Review – Wednesday, 10/14, 7pm
Let’s watch this fun documentary about Latin jazz and its’ influence on American culture, https://youtu.be/7qw25NcW5ps. You can watch the movie whenever you want, then please join us this Wednesday October 14th at 7 pm to chat with us over zoom (link to follow) about what we have seen.
** Note that the movie is in Spanish. If you don’t speak Spanish we are sure you'll understand a lot, since it’s all about musical sounds and music as a universal language.
Zoom link: https://us02web.zoom.us/j/7421477903?pwd=RFR3Mk8wM1ozeTVaLzErR3JCN3pBUT09
Passcode: 258117

Empanadas – made in-House by our Pfoho Elves
Distributed on Thursday, Oct. 15th @ 7:00pm – details to follow
What is an empanada, you ask?
An empanada is a type of baked or fried turnover consisting of pastry and filling, common in Southern European, Latin American, Indonesian, and the Philippines cultures. The name comes from the Spanish verb empanar, and translates as "enbreadcrified", that is, wrapped or coated in bread. It originated in Portugal.
Discussion: Navigating Elite Spaces: Harvard as a LatinX – Thurs., 10/15, 7:30pm
Brought to you by Pfoho NR Tutor, Lisette Diaz, lisettecandiadiaz@gmail.com
As Hispanic Heritage Month comes to a close, I and Jasmine Fernandez, another Harvard Latina Alumna, want to invite you to a conversation about navigating elite spaces/Harvard as Latinx identifying people, and the challenges these experiences entail. Jasmine and I will be raw and real in our reflection of our experiences at Harvard and Beyond - sharing the good, the bad, and the ugly! More importantly, we want to hear about your experiences!
Please join us on Thursday at 7:30 p.m. Feel free to come even if you just want to listen. Use this link to connect with us on Thursday, we hope to see you there!

Community Dinner continues every Thursday, 5:00pm. Hosted by PfoHoCo.
Everyone is welcome (that includes you pfirst years - you won the housing lottery too)!
Join via the Zoom link here or come by in person to Moors Terrace pfor a meal with pfriends or just to chat!
IMPORTANT: If you want to join the socially-distanced meal in person, please notify me by email or text before the dinner to ensure there are not more than four people eating a socially-distanced meal together, as per Harvard’s current guidelines. Additionally, ensure you are wearing a mask, have completed your Crimson Clear, and are up-to-date with testing.
mail: anallitorres@college.harvard.edu

“Pfresh Air Pfitness!”
This week’s workouts are available here.
This week’s LIVE 30-minute legs and abs workout will be held on TUESDAY, Oct. 13th at 6pm. We will continue with these live sessions each week. Watch for links over the weekend.
Zoom Link: https://harvard.zoom.us/j/98411652608?pwd=SUJJOHJEVVFscSt6RmpQYWTQ1NiNaQT09
You can download the workouts for Week 5 here.
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, October 15, 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!

PoeTEA: with Peter and Makinde
** Good Tea ** Good Poetry ** Good Company **
Friday, Oct. 16 – 3:30-4:30pm
Please join PfoHo Tutors Peter and Makinde this Friday at 3:30 pm ET for PoeTEA. At PoeTEA, we share good tea, good poetry, and good company with each other.
Zoom link to follow.
We hope to see you there!

Coming NEXT Week in Pfoho:
Pfoho Pforum (Virtual Edition!) -- Wednesday, October 21st – 7:00pm (Zoom link to follow)
With Marc-Olivier Bherer, staff editor and reporter for the Ideas-Debates section the French daily Le Monde, and one of this year’s Harvard Nieman Foundation Fellows.
Talk title will be: “A Democratic Winter: A French Perspective on the U.S. Presidential Election” Please join us for this important talk and discussion!

Weekly Tables & Office Hours:
Tech Table with Keith and Elaine – Wednesdays @ 8:00pm
Zoom link: https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUQnRzOWNszWU91VHdyUT09
Brittany's Stats Table: Thursdays @ 7:00pm
Zoom Link: https://broadinstitute.zoom.us/j/2320569093?pwd=SEFRTTZtNm1hMiZpRS91RUhKaTRYQT09
Passcode: 000000
Stat: Come to the Pfoho statistics table for help with statistics problem sets or with questions about data science! All are welcome.

CS Table with Jamie & Keith – Sundays @ 1:00pm
Zoom link: https://harvard.zoom.us/j/91849169768?pwd=dGJDb21zUnEyQkxXcEdqbktvYVBwUT09

Chris’ Chemistry Table – This week on SUNDAY, 10/18 @ 3:00pm
Zoom link: https://harvard.zoom.us/j/96891489279?pwd=eXNGQXkyZzc3UmdEMWxOTFZyWjBQQT09
Want some help with that looming organic chemistry PSet? Are you curious about research, graduate school, or chemistry-related career options? If so, stop by Pfoho's Chem Table on Sunday afternoon (3-5pm EDT)! You can sign up for a 1:1 with Chris using the Doodle poll below; slots are available on a first-come-first-served basis. https://doodle.com/poll/rfzeitlyczaztvaw

From your Pfellowships Team:
LOTs of info available from the URAF website here: https://uraf.harvard.edu/. They are offering many info sessions on fellowships, including Grad study in the UK, postgrad travel, and the Goldwater (for sophs & jrs in STEM). All sessions will be recorded and posted on URAF website.
Questions – please contact anyone on our Pfoho Pfellowships Team: Makinde Ogunnaike (olumakinde17@gmail.com), Daniel Frim (danielfrim@g.harvard.edu), Peter Dziedzic (pdziedzic@g.harvard.edu), Mureji Fatunde (ofatunde@post.harvard.edu), Chris Gerry, (cgerry14@gmail.com), or Kate Leach (katherineleach@g.harvard.edu).

Harvard Votes Challenge in Pfoho
The Harvard Votes Challenge is up and running. The Harvard Votes Challenge is urging all the Houses to try to reach at least 85% of students pledging to vote by October 15. Not only that, but there will be prizes for the Houses that make the 85% mark. We want one of those prizes! If you have already made a pledge, then you are all set. If you have not yet done it, it is easy to do: just go to bit.ly/HVCpledge
Let's go, Pfoho— every individual voice matters!

Our Pfoho Newsletter will continue to come out every Monday (or occasionally Tuesday) afternoon. If you’d like to include an announcement, just send it to Sue Watts (swatts@fas.harvard.edu) by Monday at noon.
Stay safe, stay healthy, Pfoho!