The Pforzheimer Newsletter
October 26, 2020
“All The News That Fits We Print”

Tutor on call this week:
Summer Rak
(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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<thead>
<tr>
<th>Monday 10/26</th>
<th>Tuesday 10/27</th>
<th>Wednesday 10/28</th>
<th>Thursday 10/29</th>
<th>Friday 10/30</th>
<th>Saturday 10/31</th>
<th>Sunday 11/01</th>
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<tbody>
<tr>
<td>SOCH 1st Fl open for study 9am-5pm</td>
<td>SOCH 1st Fl open for study 10a-6p</td>
<td>Community Table, 5pm (link below)</td>
<td>Britanny’s Stats Table 7pm (link below)</td>
<td>PfreshAir Pfitness LIVE Workout, 8am (link to follow)</td>
<td>Happy Halloween! PoeTea w/Peter &amp; Makinde 3:30p (link below)</td>
<td>CS Table w/Jamie &amp; Keith, 1pm (link below)</td>
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<td>PfreshAir Pfitness LIVE Workout, 6pm (Link below)</td>
<td>Tech Table w/Keith &amp; Elaine 8pm (link below)</td>
<td>Chemistry Table w/Chris 7-8:30pm by prior sign-up (link below)</td>
<td>Yoga After Hours 9pm (link below)</td>
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<td>Pre-Med Office Hour w/Mengting 8-9p (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,
pforzheimerhousedean@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)

OTHER UPDATES/RESOURCES:
- 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.
- CAMHS is offering many workshops and groups this semester.
- CAMHS is also working with Harvard Diversity, Inclusion & Belonging, OSAPR and the Harvard Chaplains to hold Community Spaces for Affinity Groups before and after the election.
- Updated Student Handbook Policies for Fall 2020 can be found here.
- Harvard College Events Calendar

Pfho 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.

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 $25 UberEats coupon! No action necessary, other than submitting your Crimson Clear daily and I will see who has done it all 7 days! Each week’s winner will be announced on Wednesday of the following week.
2) Keep Your HEPA Filter On!: These filters can keep you and others safe. Keep it on, especially in shared spaces, where it should be on the highest setting. For more information, contact our Pfho Building Manager, Super Mario at mleon@fas.harvard.edu.

PfInd the Pfolios 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.

Last Week’s Challenge: “Hidden Harvard” challenge. It was a meandering, but not too difficult walk through some of Harvard’s more hidden corners. Sure, you know where to find the Science Center, you know Harvard Yard, and Lamont Library…but do you know where to find Harvard’s rhinos?? I thought not. This challenge was an opportunity to discover them — and much more. Door to door, the walk was about three miles, but the matching started properly at the entrance to the law school on Mass Ave…Hope you were able to enjoy! https://photos.app.goo.gl/w4uLJ9fWjTQCYY6c8

This week’s challenge will include an exploration of Davis Square. Details for this challenge will launch on TUESDAY!
- PFaculty Dean Anne (aharring@fas.harvard.edu)

Notices for the Pfho Community near and far:

Open Houses in a Box, Round 2!

Our amazing elf team have been super busy again this past week preparing for our next Open House in a Box delivery. These offerings are being sent/delivered in lieu of our traditional Faculty Dean Open Houses. You can follow the “Elves of Pfho” on Instagram!

This SECOND October themed OH-in-a-Box will be mailed/delivered THIS WEEK!!

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 for 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!”
We have 6 weeks of workouts available to you, anytime you need access to these please download them here. If you need some adjustments for these workouts or advancements please let us know and we are happy to create an individualized version! https://drive.google.com/drive/folders/1GSx3QeYE_ODtJ_JAVBOk4Qz7zFUhy3Ii?usp=sharing
So, over the next 4 weeks, instead of sending weekly workouts we are going to focus just on the live classes on Monday’s and Friday’s!
Tune in for some great circuit work on Monday at 6pm and flexibility work on Friday at 8am. These will be different than the workouts we have been sending out each week so please join us!
Here is the link for TODAY, Monday's class, 10/26 @ 6pm:
https://harvard.zoom.us/j/99075716024?pwd=ZENZNWtCbUIQRjVMMVFeWtxZGlzZz09
Have a great week and hope to see you!
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 29, 9:00pm ET
https://harvard.zoom.us/j/99875654669?pwd=RnU1WmUwR1ZrQ2w1QFp1MjhaYXo1Zz09
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!

This Week’s Tables & Office Hours:

Pre-Med Office Hour, hosted by Mengting – Monday, Oct. 26 @ 8:00pm
Zoom link: https://harvard.zoom.us/j/92941954982?pwd=Yk9ZWE5jRmo3REdmM0NjYTNUbWt3Zz09
Password: 040648

Research and Writing Table, hosted by Daniel – Wednesday, 10/28, 6:30-7:30pm
Zoom link: https://harvard.zoom.us/j/98928092376?pwd=RzBUelRCOG9YM3dERFJ2b1I3N21Wdz09
Password: 602217
Please join me! Here are some of the topics/challenges I’ll be here to help you with:
~ Getting started on a paper or essay ~ proofreading ~ feedback on structure, content, etc. ~ outlining papers ~ general motivation and accountability ~ inspiration ~ finding a research opportunity ~ contacting a non-responsive advisor.
No need to submit anything beforehand: just drop by with questions, an outline, or a draft. Even if you don’t have anything written yet, feel free to stop in; I’d be happy to help you break through that writer's block!
- Daniel Frim (danielfrim@g.harvard.edu)

Tech Table with Keith and Elaine – Wednesdays @ 8:00pm
Zoom link: https://harvard.zoom.us/j/91908064154?pwd=ak1XbmprdFBUqNZOWszWU91VHdyUT09

Brittany's Stats Table: Thursdays @ 7:00pm
Zoom Link: https://broadinstitute.zoom.us/j/2320569093?pwd=SEFRTTZtNm1hMIzRS91RUhKaTRYQT09
Passcode: 000000
Stat: Come to the Pfoho statistics table for help with statistics problem sets or with questions about data science! All are welcome.

Chris’ Chemistry Table – This week on THURSDAY, 10/29 @ 7:00-8:30pm
Zoom: https://harvard.zoom.us/j/96891489279?pwd=eXNGQXkyZzc3UmdEMWxOTFZyWjBJQT09
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 Thursday evening!
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/rfzeitfyczaztvaw

PoeTEA with Peter and Makinde – Friday, Oct. 30th – 3:30-4:30pm
Zoom link: https://harvard.zoom.us/j/94093572349
Good Tea * Good Poetry * Good Company!
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.
As a fun, new tradition, we often write a communal haiku each week. Come participate in building a shared poem! We are collecting them and may share them in some way at the end of the year.
Our theme for this week: hope/aspiration. Feel free to come with any of your favorite poems about the weekly theme, your favorite poems in general, or come just to listen, chat, and enjoy a cup of your favorite beverage (made in the comfort of your own home...for now!).
We hope to see you there!
Peter (pdziedzic@g.harvard.edu) and Makinde (olumakinde17@gmail.com)
CS Table with Jamie & Keith – Sundays @ 1:00pm
Zoom link: https://harvard.zoom.us/j/91849169768?pwd=dGJDb21izUnEyQkxXc2EdqbktyYVBwUT09

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 (katherinleach@q.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!