CALENDAR OF EVENTS

MONDAY, 11/13
STUDENT-FACULTY DINNER, 5:30-9:30 (MASTER’S RESIDENCE/DINING HALL)

THURSDAY, 11/16
SHERRY HOUR, 5:30-6:30 (SCR)

FRIDAY, 11/17
SCR LUNCH W/ HISTORY TABLE, 12:30-2 (PDR)

SATURDAY, 11/18
HARVARD FOOTBALL v. YALE, 12PM

LEVERETT ATHLETIC HIGHLIGHTS

Football -- Penn d. Harvard 22-13
* Senior running back Clifton Dawson rushed for 119 yards and broke the Ivy League's most hallowed record Saturday. After being stopped for a one-yard gain on his first carry of the day, Dawson took his second attempt down the left sideline for a 55-yard gain to the Penn 8-yard line, giving him the record by three yards.
* Quarterback Liam O'Hagan completed 14 of 27 passes for 156 yards and a touchdown.
* Kicker Matt Schindel kept the Crimson in it with a pair of field goals to close out the second quarter, making the half-time score 20-13.

Water Polo -- Princeton d. Harvard 9-8
* Twice in the closing quarter Princeton grabbed the lead only to see Harvard’s Chris Ludwick bring his side back, the second time on a goal with 23 seconds remaining to make it 8-8. Princeton’s last goal, with nine seconds left, finally won it for the Tigers.

Women’s Swimming -- Harvard d. Cornell/Dartmouth
* Freshman Margaret Wollner won a tight race with senior teammate LeeAnn Chang to take the 200 butterfly in 2:08.77. Chang returned to take the 200 breaststroke in 2:21.49.

Sailing -- Atlantic Coast Championships
Harvard was 15th in the coed B division with Leverite Kristen Lynch at crew and Drew Robb and Clay Johnson sharing time at skipper.

**Did we miss your friends? E-mail news@leverett.harvard.edu and we’ll be on the lookout.

SINGAPOREAN IS WORLD'S FASTEST TEXT MESSENGER

A Singaporean student broke the Guinness World Record for the shortest time needed to type a 160-character SMS message on Sunday after whizzing through the task in less than 42 seconds in a competition. Sixteen-year-old Ang Chuang Yang typed the SMS (short message service) message in 41.52 seconds, beating the previous record of 42.22 seconds set by American Ben Cook in July, according to Singapore Telecommunications, organizers of the competition. "I'll try for 39 seconds next year," said Ang, adding that the trick to speedy text messaging was to use a mobile phone with larger keys on the dial pad. SMS messaging competitions around the world use the same SMS text provided by the Guinness organization -- "The razor-toothed piranhas of the genera Serrasalmus and Pygocentrus are the most ferocious freshwater fish in the world. In reality they seldom attack a human."
**BIRTHDAYS!**

**November**

13 Matt Winston, Stephen Joe
14 David Tune, Johnathan Matsui
17 Anqi Huang, Brian Kuczynski, Katherine Peisker
18 Aaron Ross, Karthik Muralidharan, Noah Nathan
19 Benjamin Decker, Lindsey Gilligan

“If A is success in life, then A equals x plus y plus z. Work is x; y is play; and z is keeping your mouth shut.”

--Albert Einstein

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**Hare Today**

**November 13**

Contact: Aaron Ross, Editor
news@leverett.harvard.edu
Submit: tell us about your events at:
www.leverett.harvard.edu/newsletter/submit/

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**80s! Thanks, HoCo...**

T-shirt turns air guitar into music

Scientists announced Monday that they have developed a high-tech T-shirt that turns the strumming of an air guitar into music. The T-shirt has motion sensors built into its elbows that pick up the wearer's arm motions and relay them wirelessly to a computer which interprets them as guitar riffs, said Richard Helmer, an engineer who leads the research team from the government's Australian Commonwealth Scientific and Industrial Research Organization. One arm is interpreted as picking chords while the other strums. The "wearable instrument shirt" is adaptable to both right and left-handed would-be rock stars. "It's an easy-to-use, virtual instrument that allows real-time music making even by players without significant musical or computing skills," Helmer said in a statement. "It allows you to jump around and the sound generated is just like an original MP3," he added, referring to the digital audio file format. The shift is a collaboration between CSIRO researchers in computing, chemistry, electronics, music composition and textile manufacture. Helmer said sensors could be used in the future to reproduce a person in the virtual world so they could get feedback on their actions and improve their sporting techniques.

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A Mindful Tip from Your Wellness Tutor

Have you ever read the same paragraph of your text several times without even realizing it? Or just finished an article only to think, "what was it that I just read"? Have you ever gotten introduced to someone and just seconds afterward not remembered their name? These are examples of mind-LESS-ness. So many things pass through the mind at one time that we often lose our focus.

Mindfulness entails being present, fully focused on what is happening at the moment. Think about a particular stressor now, it undoubtedly involves something that happened in the past or will happen in the future! By putting those thoughts aside (even for brief periods), we can reduce our stress levels considerably.

Our brains are accustomed to floating from here to there and all over, so mindfulness takes a little practice. But, you can do it, you can retrain your wandering mind to stay present with you in the moment. The more mindful you are, the more efficiently, productively, and happily you can get all of the things that scatter your energy completed or resolved.

If your thoughts start to merge into something regarding what will be happening 2 minutes from now or what happened yesterday, gently guide your thoughts back to what you are doing. Be here now. In the present moment!

Have a wonderful week this week,
Suzanna (your wellness tutor - schapman@fas.harvard.edu)