

# The Kuchroo Times

Dear Kuchroo Lab Members,  
Here is the twelfth installment of the Kuchroo Times and I hope that you continue to enjoy the random “rants and raves” that this publication offers. Feel free to send me your suggestions for improvement as this newsletter grows. Thank you and I hope you enjoy this edition of the Kuchroo Times.

## Headline

### Landsdowne Uncovered

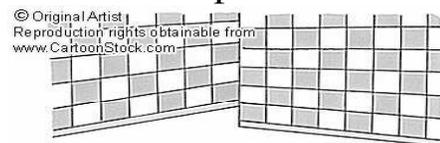


Landsdowne, despite the misleading name, is by no means a downing type of place. Housing members of our labs and allowing them to work in peace, comfort, and tranquility, this facility has taken care and given rise to great science produced by the minute. I first had the privilege and opportunity to visit this facility way back in the year 2006. Though it was a long time ago, the memory of it all is still fresh in my mind. As I waited for the shuttle to transport me there, I waited anxiously to finally find out what wonders awaited over in Cambridge. When I finally reached the destination, I was shrouded in silence. There was not a soul in sight, and I began to doubt whether I had been delivered to the right place. I walked, looking for the building and called Valerie to see where she was. I took the time while I waited for her to observe my surroundings. All I could see for miles were buildings, but no people. Hesitant, I waited by the door of the closest building; a building that had the appearance of a high level research facility with a spot of luxury to it. This can't be it, I thought. This looks more like a hotel than a lab, until I saw Valerie come out of the elevators to greet me. A little shocked, but at the same time, excited, I walked with her past

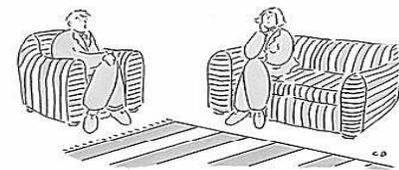
the security desk and up the fancy elevators up to the lab. I believe I passed through two doors that required codes to be punched in, only increasing my interest as to what was behind these doors. Behold, after fifteen minutes of waiting for the shuttle and ten minutes getting to the actual lab, an open space. Not cluttered, not busy with people running everywhere, but silence. It was a beautiful sight that I had not experienced in a long time. The facility was new and everything was in tip top shape. After I quickly got over my amazement with a hint of jealousy, I proceeded into the lab and did my business there. I have never been back there since.

Though the facility is new and the area is peaceful, it is the individuals that reside within it that give Landsdowne life. Amit, Valerie, Nasim, Mohammed, Hanspeter, and George. These are the people who continue our common goal of producing results and practicing beautiful science. In the upcoming issues, I hope to get the opportunity to individually bring light to each of the members that are so close to us yet so far. The majority of the previous issues have centered around the occurrences and the lab members here at HIM, however as a tribute to the soldiers that are in the land of Landsdowne, rest assure that you have not been forgotten. Kuchroo Lab, we are one.

## Lab Improvement



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"I reinvented myself. I'm deeper now, more challenging."

Now for the past several months, I have had a lot of ideas for improving the lab, however a lot of loose ends still exist. Let us take a second to recap and see which ideas are realistic and which ones are so insane that it is still possible, but not probable that they will be implemented.

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1. Coffee/Cappuccino/Espresso/Tea machine: I believe that this is still a very possible improvement once the kinks have been worked out. Funding should not be a problem for this machine, however with a water source as well as a means of providing the machine with a source of coffee and cream, the possibility of this being implemented is still on the horizon.
2. Adopting "Seedling" The Tree: Now seedling has been with our lab for about two months now and has been fed water about twice. Because of the nature of plants and not being fed, I don't think that if I gave it CPR right now that it would make any difference in its status.
3. The Belly dancer: In response to the recent "stress-o-meter", I think that the purchase of this tool should be number one on our priority list. Not only will it be functional in mixing, but it will also be therapeutic as well as a great tool for individuals to learn some dance moves from for this year's summer party.

As the list of wacky and some very practical ideas like the Belly Dancer continues to get longer, please feel free to leave any input as to how we can either implement these ideas or modify them for the benefit of the lab.

## Cooking With Dr. Lindsay!

This week's recipe is a long one so I will have to divide it up between two issues. The first part will be a teaser as it describes the origin of the ingredients for this meal and presents it in such a way that every taste bud in your mouth will be jumping for joy as if there were a circus in your mouth. Please enjoy the first part of a two part recipe from yours truly, Dr. Lindsay Nicholson.

At the northern most end of the UK there is a smoke house that will ship the most mouth watering peat smoked scallops all over the

world\*. They are a perfect starter for a meal and if you are bold, you can serve them with home made soda bread, which my daughter Lily loves. I'd ask Margaret for her recipe, but she is on a train to Leeds, so here is one from the web. The great thing about it is that it's yeast free and therefore (a) you don't need to let it rise and (b) it's compatible with a life doing tissue culture. (If you don't know what I'm talking about ask Vijay to tell you).

Smokehouse

<http://www.hebrideansmokehouse.com>

### \*Important:

Deliveries to the USA are subject to FDA clearance since the introduction of the US Bio-terrorism Act 2003.

We unfortunately have to make a charge of £10 per parcel to cover the administrative and registration costs necessary for compliance. This registration requires up to 24 hours turn-around time so orders cannot leave us on the day we receive them but will go as soon as possible. There is a compulsory requirement for the telephone number of the recipient to be given to the FDA.

## Wise Words From Sheng

-David: Oh wise Sheng, what is the meaning of life?

-Sheng: That's easy...it's **research**... As I sat and pondered his simple yet deep response, I finally understood what he meant behind it all. What is the meaning of life? Research in all its contexts...researching cures, researching science, the pursuit of knowledge, being lifelong learners. It all made sense. I felt a part of me become free as I finally understood his answer. Though it is different from Dr. Kuchroo's response to that question, I think it encompasses everything that we as researchers and human beings stand for.