

The Kuchroo Times

Dear Kuchroo Lab Members,

I believe that we can all concur that life is looking up for all of us. No matter what stress we may have inside or outside the lab, we can always take a step outside and enjoy the transition from winter to spring here in Boston. It has been a long and cold winter this year, and with the changes done in the lab during these past few months, I believe that the new pieces introduced into the lab are finally beginning to fall into place. Fear not fellow Kuchroolians, for we shall prevail undoubtedly. No matter what obstacles we may face now or in the future, we always seem to manage in the end, which is what matters the most. Thank you for continuing to read this humble publication and I hope that we continue to make memories and history as we progress throughout the rest of this year.

Headline

Dan Cua is Very “Cua-l”



This past week, we all had the pleasure of meeting Dr. Dan Cua as he spoke at the JDRF meeting, however I had the distinct honor of having a small chat with him as him, Dr. Kuchroo, Manu and I headed towards the center. To be completely honest, I was not very familiar with Dr. Cua and his work prior to this meeting, so I decided to investigate further and found out some very interesting information about him. I began the conversation by asking him where he was from, and found out that he was working in California. Instant brownie point in my book, being a fellow Californian myself. We went on to talk about the weather and about sports until we finally arrived at JDRF. His talk also was very interesting as he used a bit of humor and wit to spice up the talk amidst being bombarded with questions regarding his work. How speakers are able to
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maintain their composure in such an intense environment is a mystery to me, though I bet he uses extra strength deodorant. Following the talk, I had another opportunity to speak with Dr. Cua and told him a little about myself and was able to also find out that he enjoys chocolate. Now, I know that all of this information seems very superficial and menial, however please take a moment to reflect on these tidbits of information and really ask yourself whether or not these things are the true things that make up a person. After all, aren't we all like a box of chocolates...it is the different fillings and the coatings, that when compiled together, packaged and wrapped with a bow in a heart shaped box, that we are complete. All in all, I enjoyed very much, the brief moments spent with yet another figure in the field of immunology that I was able to interact with in a non-science way. Two thumbs up to Dr. Cua!

Lab Improvement



Little Brother Enters the Kuchroo Lab

Not even a week after we receive the brand spanking new cycler, we receive it's smaller counterpart as yet another addition to the Kuchroo family. With now four PCR machines in our arsenal of scientific weapons of mass investigation, the long lines and wait times of the past are now history. However, we must not forget the contributions this machine's ancestors have provided us over the years. In the words of Denise Chung, these machines from “19-forgotten” have “otto-mo-ti-co-lly” become a thing of the past, however they have served us well. With hundreds of PCRs personally run by myself, I can truly say that I will miss these babies. There can never be another OBABY or SEXYBACK program entered into another PCR machine that will have the same impact that it had with those machines. The priceless faces that people made when they were scrolling through the

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programs and came across them will forever remain in my heart. Farewell my friends...you shall be missed.

Cooking with Dr. Lindsay



Now there are a handful of things that I have stuffed throughout my lifetime. I've stuffed a turkey, stuffed a pillow, stuffed my belly...but never have I stuffed a mushroom before. Sure, I've seen mushrooms the size of a coconut in my backyard and used them as prime hitting material to sharpen my golf swing, but this next recipe brought a new light to my previous view of these overgrown fungi. Presented to you, from Dr. Lindsay's magical book of recipes is this week's cooking with Dr. Lindsay recipe!

Boursin Stuffed Mushrooms

3-4 large mushrooms for stuffing

½ red onion

1 packet of boursin cheese

Hand full of fresh thyme, stripped from the stalks

Prepare the thyme and chop the red onion into small pieces.

Combine with the boursin in a bowl and stuff the mushrooms.

Wrap in aluminium foil and cook in an oven at 310 °F for 40 minutes, then open foil and cook for another 10-15 minutes to brown.

Serve.

NB. If you wish you can add some smoked bacon.

Cut two rashers into match stick sized strips, fry for five minutes then blot off the fat. Add to the stuffing.

Wise Words from Sheng

Back by popular demand, is the column that highlights the wisdom from our very own Dr. Sheng Xiao. His wise and insightful words and phrases bring light and knowledge condensed into bite-sized portions that fill us with a sense of enlightenment with every serving. Now without further adieu, another entry from the mind of the wise Sheng.

This week, I had the rare opportunity to sit down with Dr. Sheng during lunch and have a philosophical talk about life and all that good stuff. Because he is shy about his wisdom, I had to indirectly ask him a question, hoping that I could illicit a wise response from him. I asked, how important do you think our names are Sheng? Even before I had a chance to tell him more specifics about my question, he knew exactly what he wanted to and needed to say. A halo appeared miraculously above his head, and in a stern and wise tone, he replied:

“When you are born, your name is the only thing that defines you as a person. Sure there is boy and girl, but your name is who you are.”

As I stroked my pseudo beard in an attempt to fully comprehend the magnitude of his statement, a dumb thought escaped from my mouth as I replied:

“Come on Sheng, I think there are other things that differentiate boys from girls when you are born...”

With a smile and a nod, Sheng replied:

“That is also true, but who you are as a person begins with one word, and that is your name.”

Maybe this is all true...maybe some of us were destined to become great because of the first word that identified us. I guess we'll only be able to find that out once we reflect back on our lives in the end. But if you were to ask me, our newest additions, Matthew and Emma, sound like sure bets to me.