

THE KUCHROO TIMES

Greetings and Salutations Fellow Kuchroonians,

I am the new ~~editor in chief~~ (apparently editors in chief don't do anything, you learn something every day) editor / author of the Kuchroo Times. During what shall likely be my last year in graduate school, I hope to keep you informed about what's happening in the group as well as providing a forum for highlighting the talents and personalities of various members of the Kuchroo Lab. Due to my semi-unique situation of having obligations in this lab and in a lab at MIT, I wouldn't exactly say I have my finger on the pulse of the daily goings-on like the previous editor/author, David Lee had. As a result, I shall be needing assistance from all members to help produce a high quality / interesting monthly newsletter. If you have any ideas for entries or you want to share a talent of yours with the group, like cooking, photography, general sporting knowledge, or mouse whispering, etc., please let me know. Otherwise you'll be stuck with a newsletter that is basically a summation of my days. Granted, each of my days can be likened to an emotional rollercoaster filled with crying, laughing, ponderance, and stork startling, but I have to assume it will make for bland news after a while.

Best,

Kevin Fowler

P.S. I can hear the whispers in the hall and at the water cooler. Contrary to all the gossip you have heard, I am not currently pregnant.

New Lab Member Spotlight

Get to know Sonia Petecka:



Sonia hails from the fine country of Poland. In addition to English, she also speaks Polish and French. She lists her three favorite colors as being blue, navy blue, and gold. Her favorite pipette is the 20-200 μ L model and her favorite cell culture plate is the 96-well flat bottom. (Editor's note: I've always believed you can tell a lot about someone's personality by knowing their favorite color, pipette, and cell culture plate, so these shall be amongst the standard questions asked of new members for this publication).

In her free time, besides thinking of doing research in the Kuchroo lab, she has a plethora of interests and favorite activities of which she finds engaging. She likes going for long walks (not just on beaches), watching movies, doing yoga, going to Zumba, reading about nutrition, watching football, meditating, hanging with friends, going to concerts and listening to alternative and Spanish guitar music.

She also spends her time drinking chai tea lattes and studying for the MCAT. If you ever catch

her staring off into the distance, there's a good chance she's dreaming about going to Thailand and other exotic locations.

Please extend a kind welcome to Sonia.

Get to know Katarzyna Karwacz:



The first thing you should know about her is that she goes by the name, Kasia (kah-sha). Like Sonia, she also hails from Poland. Her favorite color is pink (mine too!, oh wait, my real favorite color is clear), her favorite pipette is the ever-popular 20-200 μ L model, and her favorite cell culture plate is the 15cm plate.

Besides wishing she was here in HIM doing research, in her free time Kasia has a triple threat of interests which include painting, mountain biking, chillaxin' with her friends. Rumors have been circulating on the web that the IOC is considering creating a new triathlon consisting of Kasia's interests. Stage 1 involves painting a bowl of fruit, Stage 2 involves mountain biking to a coffee shop where in Stage 3 you must carry on a conversation about Business Ethics with 2 friends for 45 minutes.

Please extend a warm welcome to Kasia.

Next month we shall learn more about our new colleagues Andrew (Chen) and Yasuhiro.

Lab Notes

- I invite you kindly to use the AutoMacs.
- Congrats again to Yasuhiro and his wife for the birth of their first child!!!
- I've heard the AutoMacs is really really cool!

Cookin' with Kevin

This will likely be the only installment of Cookin' with Kevin; since I hope to be succeeded by I don't know...someone who actually cooks?

We have all had those days where an experiment runs long and you don't have the opportunity to prepare yourself one of Rachel Ray's gourmet 30 minute meals for dinner. Following is a recipe that I like to use on such days so that I can still max out my daily limits in calories, sodium, carbohydrates, and saturated fat, while still operating on a budget of \$8.00.

Stouffer's Macaroni and Cheese

Purchase box of Stouffer's Macaroni and Cheese from CVS or Tedeschi's for \$3.19

Open box, remove tray, and poke a few holes in the plastic covering in order to vent during cooking

Place tray in microwave for 4 minutes.

Remove tray from microwave, tear back the plastic covering and stir the contents with a plastic spoon borrowed from the NRB cafeteria.

Replace plastic covering and heat in microwave for 2 additional minutes

Allow to sit in microwave for 1 minute to finish cooking. Caution: Contents will be hot. To safeguard against lap burns from the hot tray, tear cover off box and use as a cardboard serving tray.

Little Debbie's Iced Honey Bun

Purchase at Tedeschi's for \$0.75. Open package and enjoy.

Naked Juice Red Machine

Purchase at Tedeschi's for \$3.29. Open bottle and enjoy.

Fahrenheit Thermometer Award

Recently, I needed to anneal some oligonucleotides so I went to use the heating block on Nicole's bench. The thermometer that is normally left in the block was missing, so I had to scour the lab to find another. Jenna handed me a thermometer from her bench so I set the heating block for what I expected to be 100°C, inserted the thermometer, and left so the block could heat up. When I returned, I was astounded to find that the thermometer was at 170°. Even more startling was that after the thermometer cooled to room temperature it was 78° in the lab. I quickly dove under Chuan's desk, got into the fetal position, and started exclaiming, "Global Warming is Here!!!! We didn't listen!!!!!" while sobbing. Nicole came over with the thermometer and pointed out that it was in Fahrenheit and that the world was ok.....for now. That begs the question, is there anything more useless in a lab setting than a Fahrenheit thermometer? And for that, the Fahrenheit thermometer wins this month's

Fahrenheit thermometer award for laboratory futility.

CND Annual Ski Trip

This august event shall take place on Sunday, March 6, and Monday, March 7, at Loon Mountain. Non-skiers are also invited to attend. I am planning on attending and attempting to ski for the first time in 12 years and just my 2nd attempt ever. If you have any information on who will be liable when I inevitably break my leg, please contact me at kfowler@mit.edu.

Depressing Joke of the Month

From www.coolfunnyjokes.com

A Real Bad Day - There was this guy at a bar, just looking at his drink. He stays like that for half of an hour.

Then, this big trouble-making truck driver steps next to him, takes the drink from the guy, and just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry."

"No, it's not that. This day is the worst of my life. First, I fall asleep, and I go late to my office. My boss, outrageous, fires me. When I leave the building, to my car, I found out it was stolen. The police said that they can do nothing. I get a cab to return home, and when I leave it, I remember I left my wallet and credit cards there. The cab driver just drives away."

"I go home, and when I get there, I find my wife cheating on me with the gardener. I leave home, and come to this bar. And just when I was thinking about putting an end to my life, you show up and drink my poison."

February Birthdays

Andrew Sutherland – February 14.

The Moment of Chen

As per new tradition, we shall close with The Moment of Chen, which can best be described as a serene moment of intellectual enlightenment.

"If you aren't facing adversity, then you're not moving forward" – Mike McCarthy