

The Kuchroo Times

Dear Kuchroo Lab Members,
Here is the ninth installment of the Kuchroo Times. My how far we've come since the beginning of this series. From the first issue highlighting the database to going international, I can truly say that this publication has progressed tremendously within the past two months. I hope that this trend will continue and extend out into the far reaches of the galaxy without getting in the hands of evil. Remember everyone...with great power comes great responsibility, so it is your responsibility to enjoy this publication to its fullest with the power in your hands!

Headline

Grant Season Coming to a Close

I can only imagine the effect the word “grant” has on a PI. For some PI's, the word shines light and opportunity, but for others, the word brings a sharp pain to the neck and a dark cloud hangs over them because they know that the journey towards completion is a long, hard, and enduring test of both the mind and body. This time of the year is a blessing for Costco as preparations similar to those of the Y2K scare are made, with a total depletion of their entire stock of tea and coffee. After saying their goodbyes to the outside world, they strap themselves down inside their “pigeon holes” and prepare themselves for what is to come. At first, they stare at the clock as time seems to slow down. Seconds seem like hours and hours seem like days. Where do you begin to tackle the monster. If the battle against Goliath was only so easy. Four hours pass and still all that remains on the screen is a “you've got mail” icon and a white rectangle of nothingness. For the next two weeks is crunch time. This grant has to get done and be done right. Only in dire situations in which food must be consumed in order to survive does the PI exit the chamber and rare is the smile and all too familiar the sigh of relief. Like all things however, there will always be a light at the end of the tunnel, which

brings us to where we are right now. Heartbreak hill is done and over with and all that remains is the last stretch of the marathon. There are millions of fans cheering you on with every step you take...every move you make~...I'm sorry, I got sidetracked for a second there. On that note, the path wasn't fun or exciting, but if it was easy, the fruit wouldn't be as sweet at the end. Hooray to the end of another season and may it usher in a year of prosperity and publications!



"I don't get it. If he's no faster than me, how come he always beats me?"

Lab Improvement



Last week was an extremely stressful time in the lab. From the budget blunder to grant deadlines, the lab seemed to be in utter chaos. In response to this trying time, the stress-o-meter was formed. Though our individual lab meter looked much more professional and practical than this look a like above, the stress-o-meter proved to be a tool that not only raised awareness as to the happenings within the lab, but also materialized the looming cloud of stress that hung over the lab this past week. With the predator revealed, it was easy to attack the specific areas to reduce the stress level and ultimately make it out alive. Though the stress-o-meter is currently erased from the board, I can guarantee you that it will forever watch over the lab and reveal itself whenever the time calls for it. Times can be hard at times and I know this as a fact. First I was

The Kuchroo Times

afraid, I was petrified. I kept thinking I could never live with stress right here by my side. But I spent so many nights thinking how stress does us wrong and I grew strong, and I learned how to carry on. So you'll survive. You will survive. As long as you all know how to love I know you'll stay alive. You've got all your life to live and you've got all your love to give so you'll survive. You'll all survive~!

Cooking with Dr. Lindsay



Though the title of this column isn't that catchy, it will suffice for the time being. As the paper expands, more and more sections will be added to add to your viewing pleasure. As mentioned before in a previous issue, Dr. Lindsay Nicholson is both a remarkable scientist as well as Iron Chef Great Britain. He has graciously offered to share his secrets so we could become food masters as well. Though this is a little early to be proposing such a challenge, but if it is possible, we should have a contest to see who can prepare a dish that is presented by Dr. Nicholson and the next time he visits our lab, the Iron Chef himself can decide who will be crowned Iron Chef Boston. Though I have much experience in the art of preparing instant noodles, I will withhold my skills and allow all who dare to challenge my extraordinary cooking skills and give you all a head start. Enough of the chit chat. Here is part one of a two part golden recipe provided by the one and only, Dr. Lindsay Nicholson.

Roasting a chicken

1. First either (a) catch, kill, pluck and gut chicken or (b) defrost thoroughly.
2. Remove giblets to a small pan, cover with water, add half an onion and pepper and simmer.
3. Stuffing the chicken.

EITHER (i) Breadcrumb base. Appropriate to size of chicken.

Prepare breadcrumbs, chop one onion, cut 10 strips from the skin of one lemon and chop. Add herbs to taste (e.g. sage or rosemary). Mix in one egg and stuff chicken.

OR (ii) "Juicy". Chop a lemon (or lime) in half and put both pieces in chicken cavity.

4. Crush garlic and rub into chicken skin. Sprinkle chicken with salt.
5. Calculate cooking time. I estimate 20-23 minutes per pound plus twenty minutes. The thermometers on the Perdue chickens are pretty reliable. Plan so that the chicken will be ready 20 minutes before you want to eat it.
6. Place on baking tray, cover with foil, cook in a preheated oven at 375 °F for one hour.
7. Remove chicken from oven, pour away fat, and sprinkle flour in the baking tray. Remove foil and return chicken to the oven.
8. Cook until time, remove from oven and cover.
9. Pour fat off baking tray and add filtered stock plus one glass of red wine from giblets to make gravy. Liquidize to remove lumps. Cook for 15 minutes, diluting or concentrating to taste.
10. Serve.

Common problems

Under or over-cooked chicken: experience

Solution --

Thin gravy

Solution -- chicken stock

Etcetera

Due to the lack of a digital camera, there will be a temporary hold on the spotlights for this week. Until we can get a hold of a camera, writing a spotlight for lab members without a face to either highlight or slightly embarrass them will be no fun so please bear with this temporary obstacle. Thank you very much.