

THE STOUFFER TRIBUNE:

The Voice of the Residents of Stouffer College House

Vol 1, No 4

October 2002

What's Wrong With These People:

READ ON WITH HORROR AS ST BRINGS YOU

Things people have actually said:

"Do you know how many virgins I've had?...I mean versions." ~ Rola, 201 A

"I've ridden on a horse naked. No...the horse, not me"~ Brooks, 201 A

"Well, it ain't Wharton, but Stouffer's pretty cool." ~ Resident hottie asked to be referred to as B.

"James, I may not be Fred Flintstone, but I'll make your bed rock." ~ Former GA, Jen Felton

"Fool me once...shame on...shame on, you...Butfoolmecantgetfooledagain" ~ old TN proverb

"I'm Batman." ~ Phil

"Some call me the gangsta of lobe...The left one that is." ~ Temporarily-graduated Nate

"Why is everyone in D-Section having so much sex?" ~ Nikki, 201 A

"The better question is why am I such a pimp?" ~ Brooks, the only legitimate resident of 201 A

"With that haircut you'll have no job other than a lunch lady." ~ Matt

"I have to leave now." ~ Sara, distressingly not from 201 A

"You gotta ride #his mother, till [her] wheels fall off." ~ Kristina...201 A, right?

"Don't laugh at the newsletter, Phil; it will only go to his head." ~ Anne, 101 (Mayer) © - Can't win 'em all Brooks.

Note: The views expressed in these quotes are not necessarily the views of the editor or the Stouffer Tribune.

RAMBLINGS OF THE NEWSGROUPIANS:

Read me!!!!!! Do It! You know you want to...

Recent postings by Mayer Hall resident Claudia Patane:

----- Original Message -----

From: "Claudia Patane" <cpatane@sas.upenn.edu>

Newsgroups: upenn.dorm.stouffer

Sent: Thursday, September 26, 2002 2:29 PM

Subject: hey!

Wow. You know what's crazy? I almost forgot we had a newsgroup. And then last night after coffee someone said something about it and I realized that for months now I have been missing out on all kinds of insanity, words of wisdom, and good laughs. Whoever reads this is personally in charge of making sure the same tragedy doesn't happen next summer.

So I had a dream a few nights ago about foosball. Everyone was there. There was an apocalyptic showdown between the little men on the old table and the Storm Troopers of the new table right in our very own F-Section. Julie, Courtney, Steve, Josh, Matt, Andy W., Nate, James, Lomazoff, and a mysterious figure who appeared to be about seven feet tall and called himself the incarnation of the god of Bam were all outfitted with light-sabers. It's not quite clear whose side the aforementioned were fighting for. It is certain however that the battle-cry of choice was "Pie!" When Brooks and Portnoy arrived everyone's fighting spirits were heightened. They had with them a large black cage from which they unleashed the devastating powers of two of the Nichols boys. These mignons ran about at inhuman speeds and greatly weakened the offense of the Storm Troopers by biting ferociously at knees, ankles, hands and anything else they could reach. This unfortunately is all I remember of the dream.

----- Original Message -----

From: "Claudia Patane" <cpatane@sas.upenn.edu>

Newsgroups: upenn.dorm.stouffer

Sent: Thursday, September 26, 2002 7:22 PM

Subject: rainy

Now that I have rediscovered it I can't stop staring at the newsgroup.

It's just so pretty. Every once in a while I wave at it too.

I am trying really, really hard not to pay attention to the fact that I am supposed to write a paper tonight about a man whose one goal in life is to set aside enough time each day so that he can push a box across his living room two inches to the west. I cannot validate the existence of this assignment let alone deal with it.

Contact your local ITA for settings.

The Stouffer Tribune does not necessarily agree with the stated views of the aforementioned party. Wait, yeah I do. Ah, Jebus.

For the sadly uninitiated,

Good Lord! That is a lot of pie!

By James Schneider

What began as an inside joke, and remained an inside joke, and will continue to be an inside joke because no one reads this, is the enigmatic phrase, “Good Lord! That is a lot of pie!” [At least I can amuse myself with this.]

In the dictionary:

pie¹ [Pronunciation Key](#) (pī)

1. A baked food composed of a pastry shell filled with fruit, meat, cheese, or other ingredients, and usually covered with a pastry crust.
2. A layer cake having cream, custard, or jelly filling.
3. An all-encompassing phrase that can be uttered only at the digressions of James and Brooks. Oh yeah, and Andy and Matt can use it too. (New York Times).

As you can see, the third definition of pie explains it all. It was in this context that I first tackled the difficult question: Can there be too much pie? The answer is sadly, yes. While pie to some is a delicious pastry meriting hours of time at Weight Watchers for its sweet embrace, pie also has a dark side.

Let me set up a scenario for you.

You are at home with your parents and they begin discussing their sex lives, in terms of how many times a week, with whom else, where, and in a moment of passion (thinking about their swinger lifestyle) they start making out and fooling around on the kitchen table before your very eyes.

At this, the phrase, “That is too much pie” is necessarily used in exclamation, and as the escape hatch to your desperate plight. A few shots of Jim Beam might also help you. Heck, man, I’m really sorry about that one. If you need to talk about anything, I’m here to listen. Yes, right here. → . ←

Anyways, in actuality, I coined the phrase, “Good Lord! That is a lot of pie!” while seeing about 10 home-made pies at Thanksgiving 2001. The word’s meaning has been bastardized and twisted into its current form.

What started as a harmless idiosyncratic musing has garnered national attention. Everyone likes pie. People wish they knew of still more contexts in which to utter the favored phrase. The populace demands change; they demand pie. Has everyone in this whole world gone completely crazy? I would suggest taking a big bite of pie, and forgetting about it. Well, I guess it depends on what you mean by the word “pie.” And isn’t that the point, will we ever determine the true meaning of “pie?” As a famous medieval scholar once quipped, “Foos or foos not, there is no pie.” Consult definition 3.

DIARY OF A MAD MAN

By Matthew Sklar

Folks, today I'm here to discuss a topic very near and dear to my heart... irony. Irony is that warm tingly feeling you get deep down inside when you see a pizza delivery man walk right into Salad Works and deliver a pizza to the employees behind the counter. You may have mistaken that feeling as perhaps hormones being released into the blood stream as a result of some physical attraction toward one of the thousand sorority sisters consuming innocent plants plucked prematurely from the loving earth; but no, the biological cause is actually your common sense wrestling with all the other five senses (ok, 6 others for some) in a Battle Royal somewhere in your midsection (I believe it is the pancreas, but have yet been unsuccessful in proving as such).

Don't be misled though, irony is not strictly limited to the eating habits of Salad Works employees, it is quite prevalent all across Penn's campus. Take Locust Walk for example, a veritable breeding ground of irony just waiting to be born. Only on this "Walk of Walks" can one over hear the phrase "I can't stand people who don't watch where they're going" come out of the mouth of a young woman on a cell phone who is just seconds away from walking into a biker. Or the trendy young man steaming the creases out of his Ralph Lauren shirt in front of the button...oh, wait that's ironing on Locust Walk, please disregard.

Any-who, you all get the point, or do you? I don't think so actually. Tell you what, why doesn't everyone who thinks they know the moral of my story e-mail me and I'll let them know if they're right. Talk to you in the next Tribune... until then decipher my cryptic message, do well on your exams and be excellent to each other always.

GET YOUR SLEEP ON

Sleep Deprivation: Don't Play That Game

by Noelle Shipman

Did you know that disasters such as Chernobyl, Three Mile Island, Challenger, Bhopal, and Exxon Valdez were all officially attributed to errors in judgment induced by sleepiness and fatigue?

Right around this time of the semester, stress and other factors can significantly alter the sleep patterns of students nation wide. So what happens when you don't get enough sleep? Your ability to perform a short-term task is not greatly affected, but your ability to sustain attention on a task for a long period is greatly reduced. Additionally, motivation, creativity, judgment, decision making, and interpersonal harmony are especially vulnerable when deprived of sleep. Sleep deprivation is also the cause of more than 100,000 motor vehicle accidents annually.

So you may be wondering if it is better to do an "all-nighter" to study for your exam or get some sleep. Research shows that you have a decreased ability to retain and process new information with sleep deprivation. So get some sleep!

Having trouble falling asleep? Follow these sleep hygiene measures to better enable you to fall asleep when you need to.

- Use your bed only for sleeping. This way there is a strong association between your bed and sleeping.
- Try to develop consistent, rest-promoting, bedtime routines (i.e. brushing teeth, reading a book, showering, herbal tea, etc...)
- Exercise regularly, but not 3-4 hours before you plan to go to bed.
- Avoid caffeine (incl. chocolate & soda) after noon (12pm) daily; Avoid more than 3 alcoholic drinks in the evening. Both alcohol and caffeine have a tendency to disrupt sleeping patterns and reduce sleep's restorative qualities.
- Try to sleep in a cool and quiet environment.
- Avoid large meals or emotional activities prior to going to bed.
- If you wake up in the middle of the night, get out of bed and do not go back until you are ready for sleep. Again, the association between the bed and sleep should remain strong.
- Avoid looking at the clock (turn the clock around!) – I know when I look at the clock it just makes me more anxious and stressed out!
- Avoid frequent naps that are longer than 10-15 minutes.

The functions of sleep remain unknown, but it is clearly understood that sleep is biologically imperative, and the consequences of sleep deprivation can be severe. If you are having chronic sleep difficulties, or are constantly feeling tired during the day, see your health care provider.

For more information: www.sleepnet.com

October Birthdays

OCTOBER

Kita Scott (1)
Perry Jackson (2)
John Legarreta (2)
Martine Saterlee (3)
Natalie Ward (4)
Deepti Chauhan (5)
Kevin Galloway (5)
Mahendra Prasad (5)
Rodney Hameroff (10)
Tsz Kong (10)
Wim Celen (11)
Sonalee Majumdar (11)
Sebastian Carden (12)
Naeem Arastu (14)
Matthew Sklar (15)
Katie Borski (21)
Andrea Schkolne (23)
Bradley Pennington (23)
Steven Sadek (23)
Emily Anderson (24)
Patrick Maloney (25)
Evan Goldberg (28)
Andrew Olsen (28)
Kirstin Engelhardt (29)
Ashley Johnson (29)
Liu Wang (31)

