

THE STOUFFER TRIBUNE:

The Voice of the Residents of Stouffer College House

Vol 2, No 1

January 2003

NEW YEAR'S RESOLUTIONS 2003:

Residents Promise To Clean Up Their Acts

...SOME HAVE ALREADY GIVEN IN TO TEMPTATION

"Exfoliate. Exfoliate. Exfoliate. But only twice a week. I learned my lesson." – Steve

"Give my friends more hugs. And, to wear glasses and look unapproachably hot." - Rola

"Hide the supercock and shark porn from my parents a little better." – Lillie

"James will become my man, my personal Jibus, my everything." – Resident Hottie B.

"Take beautiful pictures and get Steering to pay for them." – Resident Cutie Cat

"To last past 2 AM at a Stouffer party, finally understand women, and never dance." - Brian

"Stop spending all my laundry quarters on that damn D-section vending machine because all I end up with is dirty laundry and useless carefree gum." – Liz Thomas

"Not get caught in another GA scandal...I'm just kidding, seriously." – new GA Matt

"To let James make up quotes by me and then approve them." – Anne Mickle

"Quit obsessing about ex-GAs, Resident Hotties, and small, woodland creatures." – James

"Stop moving over winter break ... two out of three ain't bad." - Andy

"Break away from Ashley and Josh. They are always making out in front of me." – Pam

"Break away from Ashley and Pam. They are always making out in front of me." – Josh

"Break away from Josh and Pam. Just cause I am from New Hampshire." – Ashley

"JUST KIDDING!!! WE WILL NEVER GIVE UP OUR TRIPLETNESS." – Jash Pamshley

"I am resolved to stop making resolutions. I never follow through with them." – Phil

"I'll get back together with my bitch Kim just to dump the slut." – Eminem

"Wean myself off video games and get into something more rewarding – like crack." – Tom

"Get laid. And, to build up good tolerance so I can drink nonstop during spring fling." - Dave

"Stouffer should get on my gat." – Mike

"I'm gonna get into the college one of these days." – Tom v.2

"To fantasize about James only on days that end in day." – Former GA Jen Felton

"Get all A's...again. Play more Warcraft III. Avoid hominoid contact." – Stouffer ghost X.

"Start using both hands effectively – I mean for foosball." – Jeff

"Wear more women's clothing. It's really been a while." – Matt

"Be lazier. I didn't even want to come up with resolution, I'm so lazy." - Joe

"Stop coveting Beth's Resident Hottie title." – GA Bob

"Smile even more...I've been looking at the Permasmile® package to spread added cheer – even while sleeping, eating, and seductively biting my lip. But it is quite pricy." - Sara

"Keep the ST from thinking I am into Rola...James, what are you doing?" - Claudia

"I don't have a new years resolution because I don't recognize the concept of time, therefore, there is no new years, and thus no need to improve myself in any moral way; whether I need it or not. Ha! Take that Stouffer!" – Rachel

"To play my pimp hand strong." – Brooks

ELEPHANT WALKS AND TOILET JELLO GREEK RUSHING IS A PROCESS...BE POPULAR

By **Michael N. Thaigniek** AND **Jill "36DD" Schwartz**

I'll be the first one to admit that I'm a little jaded. I never had any intention of joining a fraternity, but I rushed, because hey, my buddies were doing it. The whole process reconfirmed my strongly held belief. That is, Stouffer is the only fraternity I want to belong to at Penn.

Here are some "startling revelations" about Greek people. Consider this the, "You might be a redneck if...of the fraternity and sorority system." I could never see myself as a frat guy, but maybe some of the following will help you decide if you have the personality to hack it. So, you might be a frat/sorority person if...

1. You are a girl who wants to hook up with frat guys.
2. You enjoy taking care of your sick friends...every single weekend.
3. You like wearing black pants, going to salad works, and smoking cigarettes.
4. You do cocaine, or wouldn't mind getting a new hobby. Either way, you have enough money to burn on a coke habit.
5. You like godawfully cheap and warm beer. Nattie light or Beast is top shelf for you.
6. You can introduce yourself to and forget the names of dozens of people per night. And, smile.
7. Weekend activities involve touching dogs' you know what.
8. You like living with 20+ members of the same sex. You love pillow fights and tickling battles.
9. You like sticking to your kitchen floor. No, I mean, you really enjoy it.
10. Your parents were in Greek life, and it's just something you have to do...like cocaine.

Good luck with the decision!

Shout out to my girls!!! I know we can all be the bestest friends in the whole wide world!!! The best experience that I've had since I started Penn was joining ▲▲▲!!! Known as the hottest women on campus, the Delta Delta Delta or Tri-Delt sisters undertake and perform countless hours of community service!!! Being this unnervingly and untouchably sexy is a truly giving experience, and in addition to having pancake nights for charity, we also give back to the community in other ways!!! Every guy needs a good girl to blow on his dice!!! Casino night is so much fun!!!

Before college, did you dye your hair blonde, get implants, a nose job, and quickly lose your virginity? Well, I guess everyone can't grow up proper in New Jersey like I did!!! But, we share a unique bond, us sisters!!! We all have big breasts, blonde hair, and we all dress and act the same!!! Didn't Shakespeare or Johnny Depp say something about how imitation is the best form of flattery? Oh my God, J. Dep is so hot!!! What was I saying, babe?

Oh yeah, we allow in only Grade A girls!!! Well, don't worry ugly girls, you can join ▲▲▲ too!!! We need a few token fat, brown-haired, goody-goodies to make fun of!!! I mean to help us with out charitable works!!! Like pancake breakfasts and lap dances for frat guys!!!

But, truly!!! Let's get drunk and hook up with the hot boys from αεπ!!! An ugly person said "Beauty is skin deep"!!! Come on, look at my chest!!!

So, if you fit my description, honey, and you like being part of something that is so unbelievable you have had no idea...unless you have hooked up with Jason from αεπ like I did last night!!! If you really want to give back!!! If you have good cleavage, black pants, a peacoat, and money for coke then join my girls and me!!! Love ya honey!!!

MY OWN MOTHER BOUGHT ME xXx RANTING RELIEVES STRESS LIKE ONE OTHER

By James Schneider

You like movies? Well who the hell don't? Well, if you're like me, you like getting bent just as fast as possible...wait never mind. Vin Diesel can be regarded in a league of his own. However, he is no Jesus...not even an Eminem, so what good is this man? Now, a fairly unrelated article:

As you walk through Penn's campus, you are prone to encounter people you know to a certain degree. You attend classes – well, sometimes at least – you sit in the stands at basketball games; fellow Penn students creep shifty-eyed around you on Locust Walk.

Some classes are small, and allow one to gain basic familiarity with student names and some other miscellaneous facts – notably showering habits. But, the standard classmate, a student with whom you share a 100+ person lecture hall or the like, what of them? You might recognize their face at best, and 'recognize' only in the sense that they look like a standard Penn student. But, you are a good-looking son-of-a-bitch, and everyone knows you wherever you go. People know your name, your major, your schedule...heck; they know about the birth mark on your ass. Freaky! ...It must be rough being as exciting, fun, and mirthful as you are!

So, someone's in front of you on Locust Walk, smiling face, arms extended...and expects what? In the next 15 seconds, your mind races for reasons to avoid this human. You think of what you would do. Possibilities include: Faking a fall; slapping yourself on the head like you forgot an appointment and fleeing the scene; hitting the flask of Beam and forgetting he/she exists; tying your shoelaces. As this freak approaches, and you are fresh out because it's noon, you go with the shoelace option. As you kneel down to retie your shoes, the wannabe-hugger seamlessly glides past you, and hugs

the-appearance-of-a significant other. Phew! Another uncomfortable encounter avoided.

Suddenly, you become enraged. Why didn't this human hug me? What did I do to be snubbed so? More importantly, what nerve!!! This one did not even recognize ME! Me, for Diesel's sake; I am someone special – at least my high school gym shorts still fit.

They should have kowtowed. Right? I mean, you are a VIP, or at least you play one on TV. What gives? What indeed? What the hell is wrong with you people, I have people skills! But, seriously...what the heck happened to your sweet ass?

Well, keep your cell phone at home, no one's gonna call you. Leave the beeper on the dresser. Drop the palm pilot/PDA/waste of money into a receptacle – but not those in the bathrooms! You have become a victim of WB-VIP syndrome. That's right – Wannabe Very Important Person syndrome. You love it, it's your child!

Too many students fail to acknowledge their lack of importance in the scheme of things. No one on Locust Walk or anywhere else cares who you are, unless you are hot and they are drunk – eh, or if you are friends (how pedestrian). So, why bother looking up on Locust Walk. Put your head down, avoid human contact, and it'll all go away.

You really do not need to be contacted at any moment. If you are worth it, people will find you.

Plus, if you really are a VIP, where's your sense of fringe privacy?

A NEW GA
ARRIVES JUST IN
THE MATT OF
TIME: **Sports Nuttier
Than Roel, With Twice
The Personal
Appearances:
GUARANTEED**

Before y'all become concerned about who the giant lumbering around Stouffer House was, I thought it might be time to introduce myself. My name is Matt Essman, and I am the new GA in C-section. I am a student in the Higher Education Management division of the Graduate School of Education...it's a mouthful, but let's just say I'm working towards being a Dean of Admissions somewhere. I graduated from the College of William and Mary in 1999 with a major in Sociology and a minor in Chemistry. It's an odd combination, but let's just say I have an odd love affair with the periodic table of elements. From there, I moved to Grinnell (which can be loosely translated to mean "middle of nowhere"), Iowa and worked in the admission office for small Grinnell College. After three years in that position, I moved to Philadelphia last August and went back to school.

When anyone asks, I tell them I'm from St. Louis. However, my childhood also included stints in Japan, Northern Virginia, and San Antonio (which is where I graduated from high school). During my four years at William and Mary, my parents and sister lived in Beijing. And this past April they retired to South Carolina. I find myself having to call my parents sometimes just to ask where they're currently living so I get the plane reservations correct when I want to visit them. My sister is 29 (four years older than myself) and lives in San Francisco with her fiancé. This whole big city thing has been quite a change for me (population of Grinnell: 8000) but after a semester I think I'm starting to get the hang of it.

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MALARKY
HELLSTORM
2002-2003:

"I've got little fingers, I can get in there...come on, I'm a girl." - **Claudia**

"So, I heard that we are dancing at the semi-formal." - **James**

"Yeah, I'd love to, but no groping." - **Resident Hottie B.**

"Just a little groping, come on?" - **James**

"OK. James, what makes you so appealing to me?" - **Resident Hottie B.**

"It must be the ten year age gap." - **James, digging the vibe**

"\$%^& #@!, #@! *&^#\$%^&" - **former GA Jen Felton, reading the ST**

"Sound it out. The words are not that difficult." - **GA Rodney**

"I just read a book where internet porn was a major plot topic." - **Brian**

"I love white breast meat and tender thighs." - **Brooks**

"James, you look to be a 38 AA." - **Erin**

"Oh yeah?" - **James**

"No wait, lemme check...Ooo maybe a 38 A." - **Erin**

"I got the works from my grandma." - **Rachel**

"I come bearing fruity goodness and it tastes like banana." - **Claudia**

"Did you just say come and banana?" - **Tom**

VEGIN' AIN'T EASY...SURE IT IS: MORE MEAT MORE PROBLEMS

By Randi Sokol

The only thing that is constant is change," I read as I passed by a Volvo with a big, black bumper sticker pasted on its rear fender.

Wow, what a simple yet deeply profound sentence.

Change does indeed constantly occur, and hopefully those changes will make our lives better and better. That is why New Year's Resolutions have become so popular. The beginning of a new calendar year brings with it opportunity to make changes that may make us happier people.

One of the most important changes we can make to improve our health, the earth's survival, and the lives of billions of animals who unnecessarily suffer, is to adopt a vegetarian diet.

Vegetarianism is no longer the radical idea it was once thought to be, and it is growing exponentially in the U.S. In fact, every year, more than one million people realize the benefits of being a vegetarian and decide to make the change. Here is what they have realized:

Selfish reasons first: a vegetarian diet is by far healthier than animal-centered diets. Even the American Dietetic Association, a conservative organization, has stated that appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the

prevention and treatment of certain diseases.

The three biggest killers in this country are, in fact, diet related: heart disease, cancer, and stroke. Meat is filled with saturated fat and cholesterol, causing our arteries to clog and thus putting our health at risk. Adopting a low-fat vegetarian diet helps prevent these three major killers.

Additionally, pure vegetarians' weight, on average, is 20-30% less than their meat-eating counterparts. In a society where more than 60% of people are overweight, Americans are constantly questioning how they can lose weight. When we fill our plate with complex carbohydrates, fruits, vegetables, vegetable proteins, and fibrous foods, we are much more likely to find our bodies trimmer, leaner, and healthier. In fact, the immune systems of vegetarians are much stronger than meat-eaters, and the average vegetarian outlives his/her fellow meat-eater by six years.

In addition to our own health, we must consider the animals whose lives are forfeited so that we can satisfy the cravings of our taste buds.

In modern-day factory farms, which make up 97% of the meat industry, animals are kept in conditions that none of us could possibly condone if we were to bare witness to them ourselves.

Cows are branded, de-horned, and castrated without anesthesia. Veal calves are ripped away from their mothers just days after birth and locked up in stalls so small that turning around becomes impossible. Egg-laying chickens are de-beaked with hot blades that rip through their sensitive tissue. Five to eleven chickens are crammed into cages no bigger than the size of a filing drawer.

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As for some more personal things, I'm a big sports fan. I root hard for the St. Louis Cardinals in baseball and the San Antonio Spurs in basketball. But I'll watch (and play, though usually not well) just about anything. In high school I played basketball, lacrosse and tennis. I'm a huge movie buff...again, I always feel like I'm watching my DVD's. I am always up for watching movies. I have a soft spot in my heart for teen movies. Other than that, I'm just an average guy. I look forward to meeting many of you this coming semester, and please do not ever hesitate to come by 139C if you want to hang out.. ~ ***Matt Essman***

Housing Lottery Information: GET YOUR HOUSING ON

By Anne Mickle

This semester, Stouffer will be conducting a lottery for rooms for 2003-2004. This is only for people who are participating in the in-house process, meaning those who currently live in Stouffer or Mayer and who want to live in either Stouffer or Mayer next year.

In order to participate in the lottery or retain your room, you must turn in your room selection/agreement by 5pm on February 6th. These forms will be available at the Information Center in Stouffer, the reception desk in Mayer as well as in the House Office (142DS in Stouffer) and my office (101A Stouffer) beginning on Tuesday, January 21st. These can be turned into the House Office

(142DS in Stouffer), the Information Center, or to my office (101A Stouffer). Do not worry about room codes in completing the form – you can put specific room numbers or types of rooms.

If you want to retain your current room, you must turn in your form, but you do not need to participate in the lottery. Assuming that your form is turned in on time, you will be assigned to your current room. The 5th and 6th floors of Mayer will be residential program and freshmen floors next year. If you currently live on these floors and would like to retain your room, please indicate that you would like to retain and we will assign you to (CONTINUED PAGE 7)

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Broiler chickens, those raised for meat, are genetically engineered so that their bodies become so big, their lungs and heart are unable to support them.

Pigs' tails are chopped off without anesthetics at a young age. Pigs are forced to live in metal crates on concrete floors so that their feet become deformed and crippled, preventing them from walking and moving around.

These are not exactly the images that the meat, dairy, and egg industries have imprinted in our minds. As music legend and humanitarian Paul McCartney said, "If slaughterhouses had glass walls, we'd all be vegetarians."

Even if we don't care about our health or the suffering of animals, caring about the environment might entice us to change our ways.

More than half of all the water consumed in the U.S. is used to raise animals for food. Additionally, our meat-based diets are contributing to much of the energy problem affecting not only the U.S., but the rest of the world as well. Of all raw materials and fossil fuels used in the U.S., more than one-third is used to raise animals for food. Producing a single hamburger patty takes enough fossil fuel to drive a small car 20 miles and enough water for 17 showers.

And, more than 260 million acres of U.S. forest have been cleared to grow crops to feed animals raised for meat, causing massive deforestation.

With all of the problems that the consumption of meat creates, we can help ourselves, the animals, and our surroundings by adopting a vegetarian diet. Doing so has never been easier, as there are now a plethora of vegetarian foods available in most grocery stores that mock the taste and texture of meat.

When we sit down for each meal, we have the opportunity to vote for an incredibly wonderful change with the fork in our hands. Vote to be a vegetarian. Visit www.goveg.com for more information

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the closest equivalent room on another floor. For example, if you live in 616, and would like to stay in that room, we will try to assign you to the closest room in the -16 line of apartments. This does not apply to people living in efficiencies or two bedroom doubles – these apartments can be retained on the 6th floor. For those on the 5th floor, you must reapply to the Healthy Living Residential Program. If you are not selected to remain on the floor next year, you must participate in the lottery (?).

The 5th floor will be the Healthy Living Residential Program (see http://www.collegehouses.upenn.edu/programs/res_programs_2003-4.html#healthystouffer for more information). In order to live on this floor, in a two bedroom double, an efficiency, or a one bedroom double, you must submit an essay by January 27th. The essay should describe your present interests and activities related to this program, the contributions you expect to make to the residential community, and the benefits you hope to derive from community membership. If you currently live on the floor and would like to return next year, your essay should focus on your contributions to the community this year and the benefits you hope to derive from another year in the program. The essay should be no longer than one single-spaced page and should be submitted directly to Anne Mickle.

If you want to change rooms, you must participate in the lottery. If you are not able to attend the lottery, you can send someone else to pick a room for you or those of us running the lottery can pick for you based on the preferences listed on your agreement. At the lottery, you will pick a number, within your seniority group, and choose a room based on your number

The lottery will take place on Monday, February 10th, beginning at 9 pm in the D-seminar room in Stouffer. The schedule is as follows:

9 pm – residents who have lived in Stouffer for 6 or more semesters (including this semester)

9:30 pm – residents who have lived in Stouffer for 4 or more semesters (including this semester)

10pm – residents who have lived in Stouffer for 2 or more semesters (including this semester)

You should be prepared to pick a room when your time slot comes up, so you may want to arrive early to see what is still available.

We will maintain wait lists, in seniority order, for desirable rooms which may get taken quickly. This will include Mayer efficiencies and Mayer two bedroom apartments. You must select another room during the in-house process in order to be on the wait list.

If you want a one-bedroom double in Mayer or double in Stouffer, it is preferred that you sign up with a roommate. If you want a two-bedroom double, you must sign-up with a roommate. Your roommate need not live in Stouffer College House now. You can pull them in during the selection process. Room selection/agreements should be turned in together.

Please feel free to contact me at mickle@pobox or in my office (101A Stouffer) if you have any questions.

January Birthdays

January

Deeksha Hebbar (1)
Paul Velekei (2)
Michael Daley (2)
Jaimee Lee (3)
Patrick Link (4)
Kami Muhammad (5)
Randi Sokol (5)
Shiella Cervantes (6)
Tiffany Choi (6)
Joseph Kupka (6)
Oh Guhm (7)
Jeffrey Jorge (8)
Lauren Lefkowitz (8)
Sonali Mishra (16)
Talia Soares (16)
Claudia Patane (17)
Forewing Lum (18)
Ari Friedman (20)
William Moore (21)
Lilyan Shu (21)
Laurie Allen (22)
Bradford Dalinka (22)
Sevgi Demircan (23)
Jaimin Patel (25)
Daniel McQuade (27)
Kimberly Lee (31)
Duncan Lloyd (31)

BELATED BIRTHDAY WISHES TO:

DECEMBER

Jebus B. Rice (25)

Keep your damn comments to yourself! Don't write articles for the ST!
Or, send them to Jschnei2@sas.upenn.edu. Whatever.