

# THE STOUFFER TRIBUNE:

The Voice of the Residents of Stouffer College House

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## SAUCES RESTAURANT

*By Rachel Senturia*

*Want to make millions of dollars in tasty profit? Come follow me, then, and you will be well on your way to rolling in dough, literally! I'll make you my partner and split everything even steven. Don't hold back, you know you want in.*

Ok, so maybe persuasion isn't my thing, but let's face it, sophomore year of high school was an enlightening time. It was the period in which I invented my greatest creation yet: a sauces restaurant based not on solid foods, but on sauces. These sauces may vary in consistency; but nonetheless, I assure you, you can't eat them with a fork. This revolutionary idea deserves a little background explanation, if not a Nobel Prize.

Everything started that fateful day when my mom used French's Mustard instead of Dijon on my daily turkey sandwich. I opened my lunch bag, and surveyed the sandwich without noting any irregularities. As I chewed, though, a light bulb illuminated in my head; this has got to be the best tasting sandwich I've had in a long time, I thought to myself. Although, I'm sure I told someone because information like that is a great conversation starter. Elated, I managed to ace my test later in the afternoon. Miracle mustard it must have been. I went home and questioned my mom about the delectable treat smothered on the bread. She told me it was French's Mustard. From that moment, I was hooked. I requested French's Mustard on all my sandwiches: turkey, tuna fish, French's with tortilla, French's with bread, even French's with cheese. My obsession solidified on Hannukah when I received a gallon tub of French's Mustard. Considering the theme of presents that night was Mustard, it wasn't a totally random gift.

From mustard I expanded into the realms of other condiments and sauces including, balsamic vinegar for spaghetti (cold of course), marinara sauce sans spaghetti, ranch dip, mild salsa, guacamole, and chocolate syrup, just to name a few. Sauces sometimes became the focus of my meal, although I must interject, this isn't to say all I ever eat is sauces. I eat lots of sandwiches too; in fact, you might say, that behind sauces, it's all I eat. Continuing onwards in the quest for complete sauce serenity, I present to you the mother of the sauce family tree: fondue. Now, being one of the leading authorities on mustard, I admit, my resume is still incomplete because I have yet to experience fondue. However, I am very well skilled in the theoretical mathematics of how a fondue pot and the eating experience works.

With a thorough analysis of my sauce satisfaction index and the practicality of the fondue concept, I came up with my million dollar idea. It will be a sauces restaurant that will allow patrons to order in two parts. Firstly, guests choose the sauces they would like to use for the night. They will arrive in small bowls as to allow a variety of combinations. Next, diners choose the type of food they would like to dip in their previously selected sauces. Options include bread, vegetables, fruit, and chunks of chicken, because I don't like red meat and I'd prefer not to alienate my customers. These food bits will come out on small trays of about 4-6 pieces, somewhat like sushi. Then, dip away!

You probably find it hard to believe that someone would spend their time mulling over the intricacies and pragmatics of an idea like a sauces restaurant. But, what I find hard to believe is that you don't want to embark on this sensational journey with me. Sauces are super, and they're going places. Ride the wave of the future with sauces; you don't want to miss it. My offer still stands for a partnership. Meanwhile, I must go get a turkey sandwich complete with French's Mustard, before I starve.

## THE ARTFUL COMPLAINER WANTS JUSTICE TO BE SERVED: **CLEAR OFF YOUR TOP SHELVES FOR SAFETY!**

**By Eva Harris**

*I've never been short on complaints, but Stouffer is one place that I don't complain too much about. Sure, we have the occasional mouse or cockroach; occasionally residents don't bathe or ignite food on fire in their microwaves, etc. But on the whole, the rooms are big, carpeted, and air-conditioned. Even I can't find that much to complain about. That is, until last week, when I was greeted with an unexpected atrocity of mammoth proportions. Ladies and gentlemen, you may need to grab a hankie.*

The day began like so many others. I slept through my 9:00 a.m. Latin class; I woke up feeling not too refreshed and ran to Wawa for my sausage, egg and cheese bagel and caramel-flavored coffee. After scarfing that down, I was feeling pretty good. So good, in fact, that I decided to clean my room.

Now, there are plenty worse rooms than mine, but I like to keep things in a reasonable order. So as I shuffled around, picking up loose clothing and sniffing it to determine if it could be re-worn, I decided to tackle another monster: my shelves.

We all know that the shelves here are terrible. Not only do they not have ends (which makes no sense to me; why can't we have shelves where it's easy to put books in there? Aren't we here to study, after all?) but there never seems to be enough room for all your stuff. Especially if you own at least ten varieties of perfume, like I do. But I digress.

As I rearranged hair mousses and contact solution, I noticed that the top shelf, also known as "the place where Eva puts things and forgets about them," needed some rearranging. As I tried to balance on my office chair, which kept rotating and making me dizzy (the chairs we are given is another story) I found it. My precious CD case, containing songs that I actually paid to listen to, had a hole in it.

At first I thought maybe a mouse had bitten through it, but the thought of it climbing up to that height was unlikely. As I looked closer, I discovered that this was no ordinary hole. Something had burnt through my CD case's nylon cover. Frantically, I unzipped it, to find that the front sleeve was a disgusting brown cover. I tried to pull CDs out; but I merely managed to pull out the remains of my now warped, scratched disks, the soft sleeve lining embedded into their once shiny exterior. In my anger, I fell out of the office chair onto my trash can. **This was not looking good.**

The odor then hit me – nasty, burnt plastic, reeking odor. I counted the damages – six CDs down – and quickly realized that \$100 (not counting my CaseLogic case!) was gone. **I did not take this well.**

As I frantically thought of possible suspects, I concluded that the lights above my shelves had committed this nefarious deed. **Someone had to pay.**

That's when it hit me: "this is a fire hazard!" I screamed. "How dare they install shelves with lighting above it so hot that it catches flame to plastic?" To CDs, of all things (which Phil later told me could be put in the microwave and survive)! **The injustice! The tragedy!**

Thankfully, my GA (who happened to be around the corner) was saner than I at this point. GA Dave, quite possibly the nicest guy alive, calmed me down and hastily called facilities. He even put on his "stern voice," which if you hear it, is quite a hoot. But they told him there was no recourse. **At this point, I became a little furious.**

So furious, that when the electrician came an hour later (to try and fix my lights, which insist on pointing directly onto whatever is on that shelf no matter how I try to position them), I demanded further information. I had to find a way to prove that this is Penn's fault and he gave me the ammunition: It turns out that those bulbs are for flood lights! They have had clothing catch on fire in the past!

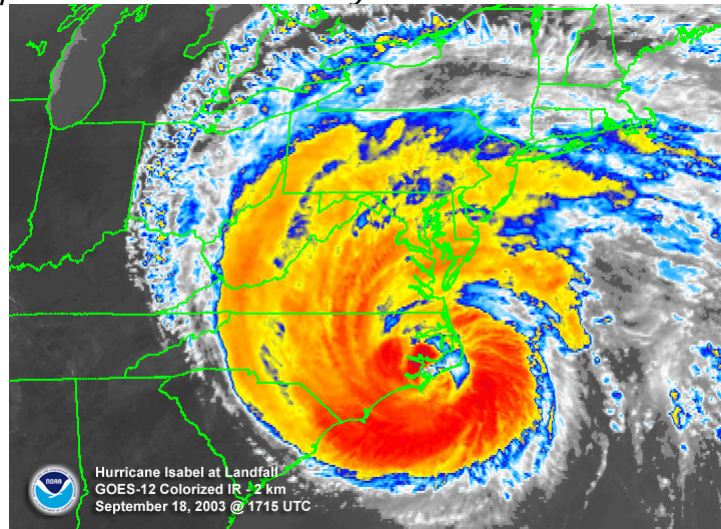
He advised I speak to Anne, which proved quite helpful. She gave me the e-mail of our facilities liaison, and while I have not heard back from her, I am sure that this travesty of justice will be rectified. If not, I am sure that you will hear from me again. But in the meantime, empty your top shelves. You never know what evil might be lurking behind those lights, ready to ignite whatever is in its path.

# HURRICAN...YOU NOT?

Tropical Wetness Isabel was stuuuuuuuuuuuuuuuupid

**By James Schneider, ST Editor and Tropical Storm Hata**

*After stockpiling 50 gallons of bottled water, hundreds of rolls of toilet paper, and enough food to last me through kingdom come and beyond, I have to say I'm a little disappointed with Isabel. The last thing I expected was to be sopping wet with no place to go. Yeah, Superblock was nightmarish and I'd rather have had a poncho, but the post-apocalyptic fallout of this baby hurricane is rather laughable. Ha!*



*Hurricanes are pretty. I bet you wish this was in color, huh?*

When it comes down to it, I really didn't do anything to prepare for the hurricane. At the last minute I snatched my "borrowed" umbrella and went out in the maelstrom. It was really quite insane for about two hours. My umbrella was turned inside out and I was completely and utterly drenched by some mysterious wet substance. One of my scientist friends told me that it was two hydrogen ions bonded to an oxygen ion, but I can't read, I've never used a calculator, and I don't know where this sentence went.

The next day it was 80 degrees, sunny, and among the clearest days that Philadelphia has seen in years. I've gotta say that I am a fan of hurricanes with minimal damage, which have the aftershock of pleasant weather. I've also got to say that editing 34<sup>th</sup> Street has done a real number on me, but, my #1 priority is still the Stouffer Tribune...er, school work? Nevermind, I need a nap.

**GREAT WORK EVERYONE: KEEP SUBMITTING!**

**ST EDITOR IS TRULY IMPRESSED WITH HOUSE OUTPUT**

You guys have done great so far. This year has been excellent in terms of everyone submitting articles. To get the ST out every two weeks, I'm gonna need you all to keep up the good work. I know you all will. As always my email address is [Jschnei2@sas.upenn.edu](mailto:Jschnei2@sas.upenn.edu).

# LATE NIGHT STUDY @ PRINCETON UNIV.: 151 Reasons Why Princeton Sucks At Everything



*What subject is this Tiffany? - Sandra*

*Who cares, my daddy is paying for the booze! - Tiffany*

*Oh yeah, that's right. Let's get hard to work...- Sandra*

*I think it's chemistry, mixology, physics...I dunno. - Tiffany*

*I wonder what those Penn kids are doing. Party Ivy, ha! - Sandra*

*Yeah, they are probably with boys. They are so much cooler than us. - Tiff.*

*Eh, what can we do? Except take 151 shots by ourselves! - Sandra*

*I'm glad you see things my way. - Tiffany*

## **THE RED AND THE BLUE**

Come all ye loyal classmen now  
In hall and campus through,  
Lift up your hearts and voices  
For the Royal Red and Blue  
Fair Harvard has her crimson  
Old Yale her colors too,  
But for dear Pennsylvania  
We wear the Red and Blue.  
Refrain: Hurrah, hurrah Pennsylvania!  
Hurrah for the Red and the Blue!  
Hurrah, hurrah, hurrah, hurrah,  
Hurrah for the Red and Blue!

## 5<sup>th</sup> FLOOR RESIDENTS ARE HAPPY: Endorphins Never Get Old, Says Brenna and Derek Life Is Good.

***By Brenna Kelly***

It is very possible that I could have some type of disorder where my heart beats fast at certain times, but I don't think so. The excitement that I feel in my chest may be due to my mitral valve prolapse, but that also doesn't seem right. Every day I get this feeling that makes me want to jump up and down (quite literally). The best explanation I found for this phenomenon is my excitement for life; my reasoning is that the symptoms occur when I am thinking about what I will do and with whom I will interact. Whether it is five seconds from that time or two years doesn't really matter – the excitement lies in my interest and appreciation for the life we live as humans on Earth.

If you don't have this affliction, you should really look into it. Seriously think about what you love about the World and why you want to live. My guess is that you will uncover pieces of information that you never took the time to notice. Look at how you are currently living your life and decide if that is how you really want to live it. You will be a better and a happier person for the thought. Question what you were told to believe and ask yourself why you believe what you do. Besides finding out more interesting tidbits about your own life, you will be able to better understand where others gain their unique persons and, as a direct result, appreciate life as it is exponentially more.

If you don't feel this excitement after looking into these ideas, maybe I am just crazy or physically off. Who knows? I'm personally not ruling out that possibility. All I can say is that it feels great and I hope it never wanes.

Exercise's that you can do in the Mayer 5th Floor GYM:

**Getting jacked is easier than spelling Derek's name, which is easy...**  
***By GA Derek***

Chest: Flat Bench Press, Incline Bench Press, Machine Flies,  
Flat/Incline/Decline Push-Ups

Back: Wide Grip Pull Downs, Close Grip Pull Downs, Seated Row, Squatted  
Decline Row, Squatted Raises

Shoulders: Shoulder Press, Straight Bar Raises, Lateral Deltoid Raises,  
Front Deltoid Raises, Shoulder Shrugs

Biceps: Straight Bar Curls, Single Arm Curls-Palms Up, Single Arm  
Curls-Palms Down

Triceps: Tricep Pushdown, Single Arm Pushdown-Palms Up, Single Arm  
Pushdown-Palms Down, Dips

Legs: Curls, Extensions, Free Standing Lunges, Free Standing Squats, Cardio  
Machines

# THE FINANCIAL FEATURE:

## Learn about finances from the finance people

By Danielle Qi and Everett Herman

### **The Introduction:**

*So you've just gotten to college and have been having a great time - great new city, lots of freedom, everything seems to be going smoothly...until you get your bank statement. Then your jaw hits the floor as you see your bank asking for a few more digits than you had expected, and you wish you had paid a little more attention to all those sessions on money management, because you actually need it now. Well lucky for you, the Stouffer Tribune is here to help out! Beginning with this issue, every Tribune will include a "Financial Feature" page full of fun money saving ideas. Some of our reoccurring features will include:*

- *Food Cart Galore!: Everett & Danielle's reviews on campus food carts*
- *Frugal Fun 101: overview of some of the great cheap or free things to do on campus and in Philly*
- *Keepin' it Cheap: easy tips to help you keep a little more cash in your wallet*
- *Money Mania: FAQ's on banking, investing, and other issues that seem to be part of the real world...*

*So...sit back, read this page, and feel smart for knowing that you're handling your money well, and we'll see you in a couple of weeks for the...FINANCIAL FEATURE!!!*

### **Everett's Ten Tips for Saving Money**

- 1) Septa - \$4 roundtrip takes you wherever you want to go in the city and back, learn the Green (take any trolley west but the #10) Blue Lines (run East/West), and Orange Line (North/South). [www.septa.org](http://www.septa.org) for all schedules/info.
- 2) Food trucks- Learn them, live them, love them. The food trucks are able to provide much more bang for the buck as they don't have to pay rent!
- 3) Use your meal plan- use em or lose em, and they at least have some veggies to keep you healthy at the salad bar.
- 4) Free Food! When you see a poster/email with that phrase... Go.
- 5) Find something fun to do in Philly, make your GA take you.
- 6) Printing - the library is a rip off at 8 cents BW and \$1 for color.College House Computing- 5 cents B/W, 25 cents color... and you don't have to leave the dorm.
- 7) Coffee and Cigarettes. Seriously, look at how much you spend in one week on those. I drank coffee probably a total of 12 times in college. Sure they're trendy, but water and exercise, do the same trick and are a lot healthier.
- 8) Show your Penn Card places. Don't do it Wayne's World style like a backstage pass, but most places around campus have college discounts, not to mention downtown.
- 9) The Dollar Menu at McDonalds. A lot cheaper at 2am than a Wawa hoagie.
- 10) I'm stumped.

### **FRUGAL FUN 101**

Ice Skate at Class of 1923 Ice Rink (5.50 admission, 2.50 skate rental)

- Attend football, basketball, and other athletic events (dates to come)
- Check out the various exhibits near campus at the Arthur Ross Gallery (in Fisher Fine Arts Library), Charles Addams Fine Arts Gallery, Esther Klein Gallery (3600 Market), Institute of Contemporary Art (by the Bookstore), or University Museum (dates to come)
- Take a tour of South Street, Old City, or Center City at night
- Look for free film screenings around campus (dates to come)
- Check out some of the campus performing arts groups like the acapellas, comedy groups, music performance groups, and dance groups (dates to come)
- Hit a few parties around campus

### **CHEAP LIVING: Danielle's Cheap Decorating Ideas**

- Want a nice sofa? All you need is a nice slipcover.
- Visit yard sales and thrift stores for old paintings, vases, and posters, and other cheap decorations.
- Get cheap tablecloths, usually \$9 or \$10 at K-Mart or Target, to dress up an old table or hang them with meta rings or clips for cheap curtains.
- Need a nightstand or end table? Stack to crates, cut out a piece of cardboard to make a solid, even surface on top, then cover the whole thing with a tablecloth. No one will ever guess what you did.
- Cut out old pictures from calendars and make a collage for a unique poster.
- Be resourceful! When you go home, scrounge around for the little touches – an old afghan you can put on your couch, a bandana you can hang on your wall, the funky tablecloth you can throw over your dresser.