

The Official Newsletter of the Ashdown Community

Message from the Editor

Dear Ashdown,

Graduation is around the corner ! If you're here this summer, intramurals may be over, but that doesn't mean you can't play sports. Austin DiOrio tells us about one option: summer softball ! With the end of the year, we have our next newsletter officer: Sakul Ratanalert , and while there are new faces on AHEC, we wanted to learn more about a dedicated returning member: Andrea Dubin ! Finally, tune-in with Kristin's helpful tips as some of you may be studying/getting ready to move out !

Sincerely,

Anne-Raphaelle Aubry
Ashdown Newsletter Officer

In This Issue

- ❖ Summer Softball at MIT – Austin DiOrio
- ❖ Interview With a Returning AHEC Member – Andrea Dubin
- ❖ Resident helpful information – Kristin O'Halloran

Contact the Editor

Please direct any comments or queries about "3am" to Anne-Raphaelle ("Anne") at aubry@mit.edu

Summer softball at MIT will be in full swing soon. During the academic semesters, MIT offers students a multitude of intramural sports to participate in. During the summer, however, intramural sports take a break, leaving students a void of recreational team sports to keep active with. The MIT Community Summer Softball League (MITCSS) has helped fill this void for the past 40 years. Each summer, more than 40 teams sign up to participate in a competitive softball league with weekly games taking place on MIT's Briggs field. Participants range in MIT affiliation from undergraduate students, to alumni, to employees at Draper Laboratory.



A game of slow pitch softball taking place in the outfield grass of MIT's baseball field

What is softball?

Recreational softball is quite popular throughout the United States. It incorporates many of the aspects of baseball into a simpler, yet more action-packed style of play. The main differences between baseball and softball are that the distance between bases is reduced from 90ft. to 60ft. and the pitcher must deliver the ball in an underhand fashion to the batter. The smaller field makes it easier to throw to bases, but also makes it more difficult to get speedy runners out. Within softball, there are two distinct styles of play. The first is fast pitch softball, and just like the name implies, involves the pitcher delivering the ball at a high rate of speed to make the batter miss or hit the ball weakly. Many of the elements of this style of play are quite similar to baseball. The second, more popular, style of recreational softball is slow pitch softball. Here, the pitcher is required to throw the ball to home plate in a 6-10ft. high arc. This makes the pitch extremely slow and easy to hit. In this style of play, the purpose is not to strike out or walk hitters, but instead induce contact and encourage hits and fielding defense. Since hitting quite simple in slow pitch softball, an extra 10th fielder is added to aid in defense.

What is the level of competition at MIT?

The level of competition at MIT varies greatly, with three primary divisions of play. These include a fast pitch division, a competitive slow pitch division (known as “Serious Slow”) and a non-competitive slow pitch division (known as “Kentucky Fried”). Even within each major division, there is a spectrum of competitiveness, with the highest level of competition seen at the upper levels of the Serious Slow division. Here, out-of-shape super sluggers and past collegiate baseball players alike leave it all on the field in a game that is dominated by hitting and fielding defense. This is in stark contrast to the In the Kentucky Fried league where experienced players and first-timers play together in a relaxed environment where scores are rarely recorded and the focus is on having a good time.

If anyone is interested in joining the league, whether as an individual or as a complete team, they may contact the MITCSS league commissioner Paul Clemons at pclemons@broadinstitute.org for further information.

1. *What is your major and which year are you in?*

I’m currently in my 3rd year as a Ph.D. student in Earth, Atmosphere, and Planetary sciences, in the joint program with Woods Hole Oceanographic Institution. I study chemical oceanography and paleoclimate.

2. *What did you do before coming to MIT?*

I received my Bachelors degree in Chemistry and Philosophy from Caltech.

3. *What made you run for AHEC?*

After having served as a floor officer in Ashdown for a year, I loved the Ashdown community and wanted to be a part of improving it! I had originally intended to just remain a floor officer and continue contributing in that manner, but after Hunter nominated me for AHEC, I decided to run. And I’m so glad I did, because it has allowed me to participate in improving the dorm even more. In fact, I enjoyed it so much that I decided to run again and am serving a second year as an AHEC member.

Interview with AHEC officer – Andrea Dubin

4. What other leadership positions have you held around MIT?

Before becoming AHEC chair, I had served Ashdown as both the AHEC operations officer and the 5th floor officer. In addition to that, I had been the treasurer for the MIT Muses (the all-female a cappella group) and had been a board member for the MIT Musical theatre guild.

5. How much time commitment has your post on AHEC required of you?

It really depends on the week. On slower weeks where not many issues have come up, it may only take 2-3 hours of time, but other weeks when there are large projects to deal with, it can take as much as 10-15 hours. We probably average somewhere around 6 or 7 hours per week, depending on how ambitious we are. AHEC is pretty good about helping each other out though, so if there is one week where I am particularly busy with research other AHEC members will pick up the slack (and vice versa). We work well as a team.

6. Are there any aspects of your job that you think would come as a surprise (pleasant or otherwise) to someone who is new to it?

I was surprised by just how many things AHEC is handling at one time! Weekly AHEC agendas typically have between 10-15 topics on the list, and often go over the allotted hour and a half each week. There is always a lot to get done!

7. Are there hobbies/ political or social issues you feel passionately about?

Of course! I really enjoy sports, and currently play hockey, curling, and water polo (although some of the other sports I have played previously include basketball, swimming, fencing, gymnastics, and softball). I also really enjoy singing, both in organized groups and in the shower. I love the outdoors and enjoy backpacking and hiking as well.

8. What are the most important qualities that would recommend a person to you as an AHEC member?

The most important quality for an AHEC member to have is energy and enthusiasm for improving Ashdown and the community! Other qualities that are very helpful include strong people skills (to work well with other AHEC members, manage officers, listen to resident opinions, and be able to dialog respectfully with MIT administration), organizational skills, an ability to follow-through on commitments and projects, and has ample time to devote to AHEC and Ashdown.

9. What's the best part about being on AHEC ?

The best part about being on AHEC is working with all the awesome people in Ashdown – including other AHEC members, the housemasters, Ashdown officers, and of course all of our residents. Everyone here comes from very different backgrounds academically, culturally, and personally. Being part of such a diverse and interesting community is the best part of living in Ashdown. And getting to help improve the community and the quality of life for residents definitely makes the time commitment worth it!

Resident Helpful Information

- Kristin O'Halloran

Quiet Hours

Ashdown has a quiet hours policy from 11:00PM (23:00) to 8:00AM (08:00). During that time TV's, music and conversation should be toned down so as not to disturb your neighbors. This includes hallways and common rooms.

If you are disturbed by noise at night you can contact the guard at the front desk at 617-253-2961 or call for the night manager at 617-253-1500.

Trash and Recycling

Trash: Trash is collected daily by the housekeeping staff. You may leave the trash outside your suite door in the main hallway. Staff will leave new trash bags. The main trash room, if you need to dispose of a lot of trash and want to do so, is located on the 1st Floor of Building 3. If your back is to the elevator #3, the trash room will be across from you, the door to the left. There are also recycle bins there for cardboard/paper. Boxes should be broken down prior to being placed here for recycle. There should be no peanuts or plastic bubble wrap box padding put with the recycling.

MIT's Single Stream Recycling: You may recycle the following materials together in the blue, recycle bin provided in your room. Please rinse out the items that contained liquid/food. The recycle bin should also be left outside your suite door in the hallway for pickup:

Plastic Bottles (# 1-7)

Glass Bottles and Jars

Milk and Juice Cartons

Paper, Brown Paper Bags, Cardboard, and Paperboard

Metal Cans and Aluminum

Plastic Bag / Techno / Battery Recycling at Ashdown:

Plastic Bag- There are two, green containers located just inside the main corridor where you can recycle plastic bags.

Techno- There is a silver container in the lobby where you can recycle the following:

CDs

DVDs

Floppy & Zip Disks

Keyboards & Mice

Cell Phones & Pagers

External Drives

Cables

Battery- There is a 5-gallon, white bin on the front desk where you can place any type of used batteries. Please tape the ends prior to recycling.

Resident Helpful Information

- Kristin O'Halloran

Campus Maps/Information

We may have a map of campus at Ashdown's front desk. If not, you can pick one up at the Information Center. Enter the doors at 77 Massachusetts Avenue, and immediately on your right is your source for maps, directions, and answers to everything MIT. The Information Center also organizes the campus tours; their phone number is 617-253-4795.

Dry Cleaning Clothes

There is a dry cleaner, Alpha Cleaners, located in the Stratton Student Center (84 Massachusetts Ave). They are willing to deliver your cleaned clothes to Ashdown, but you must let them know you would like this service when you drop your clothes off with them.

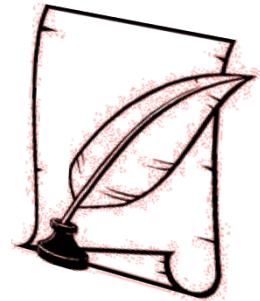
Citizen's Corner: Submission Guidelines

NEW: AMC Ticket or 10\$ Amazon Gift Certificate for unsolicited submissions !

Do you have a flair for writing?

Do you have an experience you would love to share? A cause you want to speak out for? An event you would like publicized and reported?

The ears of Ashdown are thirsting to hear your story!



The "Citizen's Corner" is a section of "3am" aimed at reflecting the lives and perspectives of Ashdown residents. All Ashdown residents are invited to contribute, and all kinds of material are welcome. In the past, we have received everything from overseas exchange program stories to essays about environmentalism. We are especially keen on the views of international students comparing the way of life (in terms of culture, atmosphere, education system etc.) here to the ones they were used to.

Guidelines in a nutshell:

- Submissions should be between 100 and 1500 words.
- No politically sensitive, religiously sensitive or pornographic material.
- Pictures to accompany text are welcome.
- Email title: "3AM SUB: <title of submission>".
- Email Anne-Raphaelle Aubry ("Anne") at aubry@mit.edu.