

WE LAUGHED TOGETHER, WE CRIED TOGETHER ..



(I.E. WE WATCHED WORLD CUP MATCHES TOGETHER!)

... but there was more to June than soccer. We convocated, brunched, gardened, played board games and discussed everything from basketball hoop use in the West Courtyard to income inequality in the United States.

To those of you new to Ashdown – welcome! To those returning, we look forward to another great year.

I am thrilled to serve you as the incoming Newsletter officer and look forward to working with you over the coming year! We've made several changes in this issue: streamlined the layout, added ***NEW*** content and sections, printed copies for distribution and are updating the website.

This newsletter is for you! Have an idea for a new section/article? Love to draw cartoons/comics? Let us know! Thank you to this month's contributors and to Sakul Ratanalert, outgoing Newsletter Officer for his incredible passion and work over the past year – we will miss him!

As always, if you have suggestions to improve the newsletter - please email me, I'd love to hear them!

Sara Dolcetti, Ashdown Newsletter Officer
ashdown-newsletter@mit.edu



Sara Dolcetti

JULY: UPCOMING EVENTS! ***NEW***

- July 1st** Canada Day (Sid Pac, 6pm)
- July 4th** Independence Day BBQ (Ashdown lawn)
- July 8th** Sponsored Outing: Phantom of the Opera
- July 4th – 13th** FIFA World Cup (Hulsizer & Thirsty Ear – see p. 4)
- July 11th** FREE Social @ Thirsty Ear
- July 17th** Smoothie coffee hour
- July 20th** Brunch (Hulsizer Room)
- July 22nd 9pm** Cherry Pie Society meeting (Hulsizer – p.5)
- July 31st** S'more night coffee hour
- July 22** Pi Approximation Day Event (Floor 4/5 kitchen)
- Wed @ 8pm** Board Game nights in the Hulsizer Room

IN THIS ISSUE

- **"A message from" AHEC & Housemasters ***NEW*****
- **July events / June re-caps + Committee updates ***NEW*****
- **Your July fitness plan ***NEW*****
- **Interview an Ashdownian!**
- **Choose Your Own Adventure**
- **Ask the Kids Stuff**
- **Puzzle Challenge #20**

..... and **MORE!**

A message from ...

Outgoing Newsletter Officer

Hello Readers,

This is my last issue as the Newsletter Officer for Ashdown House (I'm also cutting onions at the moment, so don't mind me). I'm handing over the reins to Sara Dolcetti, and I'm really looking forward to what she has planned for the 3AM's future. The last time I said a goodbye this bittersweet was the summer I worked at the fish market. It was a smelly, sweaty experience that I got tricked into (but that's another story), but by the end of the summer I was reluctant to leave my new friends. My one contribution was attaching bells and horns to the tanks that contained the fish that had been there the longest, most specifically sole, the species that no one seemed to want. By attracting attention to them, they were sold off quicker, making room for the new fish. I called the ploy, "Sole Honkin' Tanks for Older Fish!"



Sakul Ratanalert

Happy reading!

Sakul Ratanalert

Housemasters

Dear Everyone!



The Berinsky Family

We hope that everyone is having a good summer. After the long winter, it's nice to be able to get outside and enjoy the great weather. We've enjoyed tending to our garden plot and, just more generally hanging out in the courtyard. It's been nice to see Ashdown residents enjoying the weather as well.

We are organizing a few events this summer in addition to the great events that the different Ashdown Officers have planned. Last month we had an ice cream social and we plan to have at least one more before the summer is out.

In addition, on Friday, July 11th we will be hosting an event in the Thirsty Ear. The bar will be open for business and we will be providing snacks.

We hope to see you there!

Adam, Deirdre, Ben, and Lila



Photos from Ice =Cream Social and Macaroon-Making!

A message from ...

AHEC

Dear Ashdown Residents,

Over the next year, AHEC will be periodically writing to you in this newsletter to inform you of important new developments as well as to solicit your feedback on House matters. We hope that this medium will allow for greater clarity in the House government as well as better communication and visibility amongst Ashdown residents, AHEC, the Ashdown Officer Corps and the Housemasters. In this particular note I will be discussing briefly the issues pertaining to the basketball hoop in the West Courtyard, common space usage and the upcoming Avery Ashdown Will Fund cycle.



Jordan Romvary
Chair

Status of the basketball hoop in the West Courtyard: Unfortunately, attendance was low at this Coffee Hour and so we did not have the representative community-wide discussion on this issue that we had hoped (for more information on this topic: previous communiques on May 18/June 2, AHEC meeting minutes from May 15/May 29). Despite the low attendance, we were still able to have a productive discussion about the basketball hoop. In the end, AHEC decided to keep the modified basketball hoop usage hours (11 AM - 9 PM) with strict oversight until August at which time we will re-assess our position at another community discussion and consider, amongst other things, the proposal suggested at the Town Hall of only allowing the basketball hoop during the Summer semester. We understand that this course of action may not be ideal for all of our residents, but it is the best compromise that we could achieve given our previously described attempts to reach a community consensus on this issue.

Common space: AHEC will soon be introducing a new initiative to assess the current use of our common space and come up with recommendations on how these spaces can be configured to better serve the needs of our community (e.g., we could move the weight gym to the current quiet study room location for more room for users, and make the current weight gym location a studying, meeting and working space). If you have thoughts on the Ashdown common space or wish to help out please us know. We will be in touch with more information in the coming weeks.

Capital items to be purchased for Ashdown through the Avery Ashdown Will Fund: In the past, we have purchased exercise equipment, items for the Courtyards, upgrades to our AV equipment in the Hulsizer Room and common lounges, musical instruments, and furniture. We are open to hearing and considering all suggestions from the community, no matter how ridiculous or expensive (though we do hope they are indeed practical). Please email me with your ideas or you can show up at the upcoming AHEC meeting on July 3 to present your suggestions!

We look forward to hearing from you.

Jordan Romvary
AHEC - Chair

Looking forward / back: July Events & June re-caps (& other updates)

Events Committee



FIFA World Cup 2014

The wait for what some consider the most important sporting event finally came to an end. **Football** enthusiasts gathered in the Ashdown Hulsizer Room and the Thirsty Ear to support their favorite nations in the company of both friends and rivals with pizza, snacks, grad-student priced drinks, and free soda.



Lily Mwalenga

July

Quarter finals: Fri, 4th July & Sat, 5th July @ 12pm and 4pm

Semi finals: Tue, 8th July & Wed, 9th July @ 4pm

Third place match: Sat, 12 July @ 4pm [pizza and drinks provided]

Final: Sun, 13 July @ 3pm in Sid-Pac [food from nations playing]



The Garden expansion is looking great, with planting having started in the new plots, and the old garden is almost in full bloom now, with lots of vegetables plants growing tall and making the area quite dense. If you have any ideas for a new community to start, please bring up the idea. You might be surprised who in Ashdown shares your interests

Upcoming July Events:

1. **Game night:** every Wednesday 8pm Hulsizer room
2. **Book Club:** TBD
3. **Minecraft get-together:** TBD

Coffee hour Committee

Two special events in July!

1) Smoothie night on July 17th

Make your own smoothie and share your recipes with your friends!

2) S'more night on July 31st

Enjoy summer night with delicious S'more making by yourself!



Communities Officer

Ashdown communities have been going in full swing this past month, with the planting starting on the garden expansion and multiple board game nights taking place. Some of the board games played so far include Game of Thrones, Bang, Space Alert, Carcassone, Eclipse, and Ticket to Ride.



Andrew Rzeznik

Looking forward / back: July Events & June re-caps (& other updates)

Brunch

July/August Event list: We will have our July brunch

on July 20th, as well as the Orientation brunch on August 31st.



Qiyang Lu



June event recap: June 29th We showed the World Cup game Netherlands vs. Mexico on the big screen of Hulsizer Room.



Wellness and Safety Officer

July events: Planning on holding a seminar with MIT police to highlight some of the on-campus services available to students - more details to follow.

End of May events: CPR training: Several Ashdown Members got trained in Basic CPR and even got a tour of the MIT EMT ambulance. There was also a training session in basic first-aid,

there was some interest in holding another session in the coming fall semester so stay tuned.



Alexander Leder

Event list for July:

We will have the July meeting of the Cherry Pie Society on July 22nd (Tuesday), ~8.30pm

The topic of discussion will center around the movie "Chasing Ice" which documents the role of global warming in changing the course of the world's glaciers. The movie was built using a series of time-lapse photographs taken by James Balog.

The movie and the topic of discussion will be introduced by Yuran Wang.

Inventory & Facilities Committee

A new Sanitaire vacuum (S-2) has been added to the front desk inventory. It is available for checkout to all Ashdown residents, including those who are not members of the Vacuum Club. Please be courteous to your neighbors and empty the vacuum bag before returning it to the front desk.



Garrett Ryan Dowdy

Looking forward / back: July Events & June re-caps (& other updates)

Music

There is a big three-ring binder with a three-hole punch in the Music Room, entitled "The Official Ashdown Music Anthology!" From now on, if you print out sheet music, guitar tabs/chords, fake book pages, etc. and would like to share them with your fellow Ashdown residents, just hole punch it and stick it in the binder.



Samuel Levy



Hopefully as the year goes on, we'll build up a nice collection of sheet music for everyone to play like the

penny-whistle solo from "My Heart Will Go On" or the piano tabs for "Blurred Lines!" I'm starting out the anthology with "The Flintstones Theme" for jazz piano. Try to keep some form of alphabetical order as you add your own music throughout the summer.

Cherry Pie Society

On June 11, a group of seven Ashdown residents gathered in the Hulsizer room to watch the movie "Inequality for All", a 2013 documentary film about income inequality in the United States. The film is presented and narrated by Robert Reich, a Berkeley economics professor who also was Secretary of Labor in the Clinton administration. The central message of the movie is that over the past 30 years, most economic gains went to the top few percent of the income distribution. According to the movie, this poses not only a risk to people with lower incomes, but also to the US economy and democracy as a whole. One potential way out of this trend is increased investment in worker education so that the US can attract well-paying jobs for more of its population.

After the movie, the participants discussed these main points and shared the traditional cherry pie!



Ludwig Schmidt



Sai Gautam Gopalakrishnan

Art and Theater Events for July

Phantom of the Opera: July 8, 2014
15 attendees



Ina Kundu

July/August:

1. Poetry/Writing Competition with \$10 Tech Cash Prize for first winners (announced at end of August)
2. Art Competition with \$10 Tech Cash Prize for first place winners (announced at end of August) Decorate Ashdown walls and hallways with your paintings, sketches, photographs, sculptures, and more!
3. Free Verse/Art combo: Like to write and draw? Do both at once and submit your submissions to inak@mit.edu by August 15th!

Contribute to the next newsletter and earn TechCASH!

Went to an amazing restaurant / show / lecture / world-cup match etc. recently? Write about it in an **article / poem / short-story / review!** (300-500 words, \$10 TechCASH).

Any other contributions are also welcomed! Email us with suggestions / thoughts!

Write-on!

Looking forward / back: July Events & June re-caps (& other updates)

Floor 3 Officer



Brian Seifried

On a beautiful Sunday, a small crew of fearless Ashdownians ventured off campus to brave the wilderness known as Chinatown.

They navigated through endless crowds and well paved roads to reach the bubble tea capital of Boston. In Chinatown, they enjoyed the spoils of their adventure through feasting upon delicious bubble tea and scrumptious Chinese bakery goods.



Floor 4 Officer



Martin Copenhaver

“Do you think Pi Day is a hoax? Who uses pi anyway? Isn't 2π so much more important? If pi is such a fundamental number, then why are there 2π radians in a circle? Why am I dividing by 2π in Fourier series? In honor of 2π the 4th and 5th floors got together on Tau Day (<http://tauday.com/tau-manifesto>), Saturday, June 28, and ate some tasty pies from bakeries around Boston.”

About upcoming events for floors 4/5 throughout the rest of the summer:

By popular demand pies will be back in July, with a twist:



On Tuesday, July 22, floors 4 and 5 will celebrate Pi Approximation Day (22/7 is approximately pi) by enjoying a selection of savory dinner pies. Also look out for a cooking class and a potential kayaking trip in the near future.



Monthly Fitness Plan

July

Try these daily health challenges to feel like your best self.



Savannah Niles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Try to eat at least 15 grams of protein at breakfast this morning, (2 eggs = 18 grams!)	Make your bed this morning, and resolve to make the rest of your day intentional and productive.	Hydrate: Aim to drink about 9 cups/2 liters of water today.	Try whole wheat: go for a whole wheat bagel and peanut butter for a healthy and satisfying meal.	Walk, jog, or cycle on the Esplanade (the part across the Charles).
6	7	8	9	10	11	12
Rest up for the week ahead: go for 8 hours of sleep tonight.	Go on a walk with a close friend today.	Try to make it to the free kickboxing class at A-center at noon.	Try to make half of your plate vegetables for at least one meal.	Skip the shuttle, and walk to and from work today.	Treat yo'self: Dark chocolate packs antioxidants. (Taza is made in Somerville!)	Explore Boston on foot today-- check out the North End or Feneuil Hall.
13	14	15	16	17	18	19
Take a digital detox: turn off electronics an hours before bed.	Skip the food trucks today and pack a lunch and healthy snack.	saved lunch money: buy a healthy snack, like a smoothie made with real fruit and veggies.	Try to make it to the free strength class at Z-center at noon.	Eat one vegetable with every meal today.	Get some vitamin D and fresh air: Have a meal outside today.	Turn that alarm off-- Sleep in!
20	21	22	23	24	25	26
Go to bed early tonight to jump start your week.	Avoid refined sugar today, (including white bread and sodas!)	Make today's workout all about strength. Lift weights or do some situps/pushups.	Cut off caffeine early in the afternoon and sleep soundly tonight.	vegetable with breakfast (Maybe spinach and eggs? Bursse sprouts hash?)	Go shopping for some sick fitness gear and get pumped for your next workout.	Have a glass of red wine can lower your risk for heart disease-- Cheers!
27	28	29	30	31		
Skip the T and walk over to Harvard Square for light exercise and a break from working.	Hip summer accessory = jogging shorts tan. Take your workout outside today.	Go to Trader Joe's and pick up a fruit or vegetable you've never tried before.	eat: Just for fun, track your calories and macros today, and get in touch with your intake.	Slow your roll: go for an evening walk through Cambridge neighborhoods.		



Interview an Ashdownian .. Ben's Corner!

This month, Ben interviews Ina Kundu, a Mechanical Engineering graduate student finishing her first year at MIT.

Ben: What do you do for your job?

Ina: I work on biomedical devices – ones that work with ultrasound

B: What is your favorite thing to do?

I: I work on controlling a CNC machine. Do you know what that is?

B: Nope.

I: It's a machine that cuts on three different axes. I learned how to control it and recently, I've been working on a few new additions,

B: How long did that take you?

I: A few months. I was in the learning stage until yesterday.

B: What are you going to do this summer?

I: I will continue getting results for a graduate student I'm working for – we are collecting results for his thesis.

B: What do you like to do in your free time?

I: I tried dancing. MIT has a very good ballroom dancing team. I tried salsa dancing, but I broke my foot and it took two months to recover. I also tried drawing and painting. I also like watching movies...same stuff as you.

B: Except I don't dance. In 5th grade at my school we have a ballroom dancing class. But I don't dance now. What sports do you like?

I: I love soccer. The world cup is going on now. Are you following it?

B: We watch the U.S. games in the thirsty ear. That was a tough game against Portugal!



Ash and Dawn, the Puzzler Twins – #20

*Ash and Dawn are MIT second-year graduate students, and reside in Ashdown. Their stories have been chronicled in the past 20 issues. Each story had a **SECRET CODE WORD. CORRECT SOLUTIONS** have won a **\$5 TechCASH Gift Card. FIND THE SECRET CODE WORD!!** (The SECRET CODE WORD can be found on Dictionary.com. No anagramming is necessary unless otherwise stated.)*

Twins Ash and Dawn have graduated now.
 Two years, they've earned Degrees of Master well.
 Today, here, as they take their final bow,
 Let's see what tricks they've learned to ring the bell:

To Tic-Tac-Toe; to semaphore; to strut
 One-handed; transmutation; Code of Morse;
 To change a wish; count upside-down; to cut
 A cake; to text a dad; choose av'rage course;

To cross words well; behead a beast; to tweeze
 One's spelling; tour the world; to feel the Braille;
 To watch some Pixar; sing some Minionese;
 To watch more films; and fix the type-width scale.

They may seem hidden, needing one more clue,
 But roads ahead are not so scary, woo!

T	A	S	I	B	I	D	O	T	M	N
N	A	L	N	M	E	T	W	S	A	A
E	S	R	L	A	P	E	H	O	N	R
C	E	N	A	I	N	A	R	M	A	W
I	I	I	A	N	R	E	L	L	T	H
F	C	F	N	K	T	O	M	A	E	A
I	N	F	S	N	P	U	G	O	E	L
N	A	U	E	E	A	G	L	E	N	F
G	F	M	S	L	E	G	N	A	I	E
A	C	A	M	E	L	U	Z	S	S	Z
M	S	A	D	O	S	L	H	E	R	S
E	L	O	S							

Word Bank

- 1. _____ / 2. _____ / 3. _____ / 4. _____ / 5. _____
- 6. _____ / 7. _____ / 8. _____ / 9. _____ / 10. _____ / 11. _____
- 12. _____ / 13. _____ / 14. _____ / 15. _____ / 16. _____
- 17. _____ / 18. _____ / 19. _____ ...
- 20. _____ ! _____ , _____ !

(This is the last puzzle! No prize for this; the solution is on the last page.)

What's the SECRET CODE WORD? (Puzzle designed by Sakul Ratanaalert)

*Apr/May 2014 Issue Winner: **Andrea Dubin** for submitting "ALMOST" to last month's puzzle (Solution on last page of this publication). Congratulations! You won a TechCASH Gift Card! And thanks to everyone who submitted!*

Why did the graduate student read this at 3am?

Because he was handing over the Newsletter reins! Okay, that probably wasn't very funny, but hopefully the rest is more entertaining:

Q: Why is a cardboard belt a bad idea?

A: It would be a waist of paper.

Kids' Corner (a.k.a. Ask the Kids Stuff)



**Got questions you want to ask Apolo, Ben, Dante, Lila, and Max?
E-mail the Editor!**

What is one good thing that happened to you or that you did in 2014?

Lila: I went on a Disney cruise!

Ben: I went on a very nice luxury cruise!

Dante: We went to Jump On In and Chuck E. Cheese!

Max: I got a hula hoop for Christmas! And I got a Beyblade set.

Have you read an issue of the newsletter? If so, did you see anything you liked?

Max: No.

Dante: No.

Ben: Um, no. The puzzles look complicated.

Lila: I just learned how to read, but I have been reading books for kids who just started. I like, "No, David!"

Choose Your Own Adventure, Part 8 - FINAL

In an effort to generate more feedback and hear from you readers, this section let you readers choose what happened to Annie Boddy, a graduate student at MIT living in Ashdown. Now the story has reached its conclusion! Thanks to everyone who chose a story path!

Annie woke up one Tuesday morning with the sun on her face, feeling extremely refreshed. She went to go brush her teeth and as she gargled, she nearly choked. She muttered aloud, "Sun on my face? I can't see the sun through my window until... the afternoon!" Annie dashed to her clock and realized she overslept by five hours! She madly ran about to get ready.

She couldn't be late for **the end of the experiment she had been running for days**. If this experiment worked, she could get published in *Nature* or *Science*! Her lungs burned and shrunk to the size of a flask as she scrambled up ten flights of stairs to her lab.

Annie finally reached the lab door only to discover **a weird smell emanating from the other side**. As she slid in the lab key, it heated up to high temperatures and she let go with a yelp. Using two pens to turn the red-hot key, the plastic melting over the key head, Annie unlocked the door and kicked it open.

To her shock and horror, **a vandal was holding a Bunsen burner up against the door!** Using her vast knowledge of the nervous system, she poked the vandal in three locations and he slumped to the ground, unconscious. Before removing the vandal's mask, Annie saw something in the vandal's hand.

It was a **chicken club sandwich with extra mayo**. Now, this wasn't just a normal sandwich. This was a sandwich that Annie was going to use to bribe her lab mate to keep his side of the bench clean, so her experiments would no longer be contaminated. Annie grabbed the vandal by the collar and pulled him up to face her glare.

She asked, "**What is the square root of 1764?**" The vandal replied, scared, "42! 42!" Annie ripped his mask off and said, "Noah, I thought it was you! Only you know that square root off the top of your head. What are you doing here?" Noah picked himself up and said, "I was hired to sabotage the lab, and I got hungry." "Who hired you?"

"**I'd tell you, but then I'd have to kill you, dear sister.**" Noah kicked Annie in the shin, causing her to drop him and yelp in pain. Noah ran around the lab, smashing things left and right, cackling gleefully. Annie, having recovered from the surprise attack, chased him around to stop him, her speed impeded by her desire to catch every piece of glassware before it hit the floor. Deciding to sacrifice one last bottle, she aimed true and struck her brother on the noggin as he turned to taunt her more. Sitting on his back with the experience of an older sister, she heard the lab door squeak open. Someone said,

"**Annie, are you okay? Annie, are you okay? Are you okay, Annie?**" It was her professor, surveying the chaos. Behind her was a police officer and Annie's benchmate, Neville. After the police officer took Noah in for questioning, Annie's professor said with dismay, "I'm sorry your experiment got wrecked. I guess you'll have to start over. Luckily, Neville just told me his experiments were successful, and we'll be publishing those data in *Nature*." *(continued on next page...)*

(...continued from previous page...)

Neville chimed in, “It’s a good thing that I had a shield of flasks and vials surrounding my equipment, or else it might also have been wrecked by your crazy brother. Sorry, Annie Boddy.”

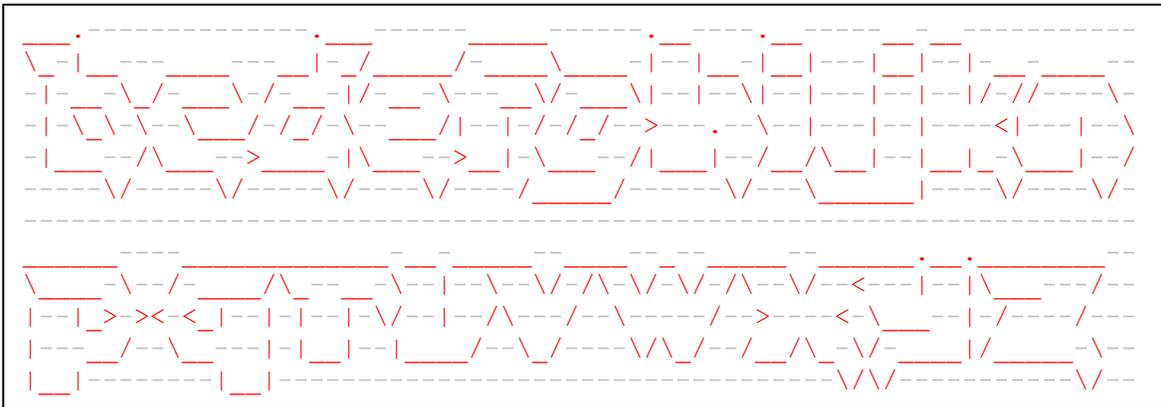
The messy lab mate then spied the sandwich that Noah at some point placed atop a shelf out of harm’s way, and unwrapped it to take a bite. Annie said, “Who said that was for you?” to which Neville replied with a wink, “Nobody.”

Solution to Puzzle #19 (Apr/May 2014 Edition)

(See the Apr/May Edition for the Puzzle Statement, designed by Sakul Ratanalert.)

Ash noted the exact number of characters (6x140 = 840) in his “nonsense” text, and mentioned he never hit Enter once, meaning that the block of text is one continuous line, wrapped around when the characters exceeded the width limit.

Dawn’s instructions from her professor may have seemed cryptic, but regardless of the initial value chosen (any real number except 0 would have worked), the answer is always 70 samples per replicate. Matching “samples” to “characters” and “replicate” to “line”, it seems that the text can be interpreted if it was readjusted to be 70 characters per line.



(Since 840 is divisible by 70, the lines will all be “justified” if the 70 characters per line rule is followed. The total number of replicates/samples is therefore 12.) Looking closely, one can see twenty lowercase letters in alphabetical order in “ASCII art” style (coloring for emphasis). What letters the “report is missing” spell “ALMOST”. SECRET CODE WORD FOUND.

Solution to Puzzle #20

DONE!
Thanks, Puzzlers!

Contact the Editor!

Please direct any comments or queries about “3am” to Sara Dolcetti at ashdown-newsletter@mit.edu