

# The Gregorian



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## Have You Seen Our New Website?

Many of you may have seen that the Gregory website has received a facelift recently. I wanted to draw your attention to the new **House Forum** feature.

If you log into the site with your Pennkey, you'll see



ready, and we can't say yes to some and no to others. But you can use the forum to advertise such events.

The staff will also be adding select notices about opportunities outside the House, particularly centering on research, academics, etc. Feel free to check it out and let us know if you have any problems trying to post.

Other things you can do on the new site:

- Update your Gregory site profile
  - (Login > My Account > Edit> Personal Information)
  - Remember to check the permissions boxes
- Check out the new features for the DVD library
  - Vote for your favorite movies
  - Take the DVD library polls, etc.
- RSVP to events (we're working on this functionality)

the forum, to which all Gregory residents can post.

We often get requests to send info on your shows, charity drives and other events to the House listserve, which we don't do because we certainly send enough emails al-



# Spotlight: Gregory Eco-Reps

By Cher Hung

If you are a returning resident, then you may have noticed the increasing presence and activity of our friendly college house Eco-Reps. For those of you who don't know, the Eco-Reps are a super awesome



**Mary Xia**

group of Gregorians dedicated to promoting sustainability and conservation of resources. While the overarching initiatives to be green and save the planet are important to the Eco-Reps, they feel that these lofty bigger goals are difficult to promote and generate support. When asked about the mission of Eco-Reps, Rachel Liu said, "We're trying to bring sustainability as close to people as possible. We're trying to reach individual people by going directly into the homes on a smaller scale to reach them with our sustainability message."



**Zoe Lau**

At Penn, recycling and promoting green initiatives is rather difficult. In describing one of Eco-Reps biggest obstacles, Rachel explained that communicating with the staff unions to ensure that recycling bins are emptied has been a serious continuing challenge. Because bins overflowing with recycling have been a problem, the Eco-Reps have been assigned to individual bins to ensure that they are being emptied so that recycling can continue to happen. Additionally, Rachel explains, "There's a lot of people who try to shove environmental messages down peoples' throats. When people are constantly being bombarded, it's hard to get people to continue to care and keep them interested."



**Alex Yuan**



**Tashara Jones**

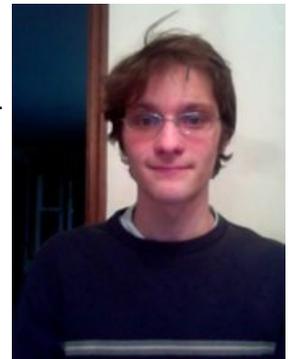
So, you're probably wondering why you should care in the first

place. Simply put, "if you don't protect the environment, everyone DIES!" For Rachel, protecting the environment isn't really about protecting the big inanimate object we live on, because the earth and bacteria will still be here even if we're not; she says, "It's really for our best interest." Also, who wants to see polar bears and tigers die?



**Rachel Liu**

Since the Eco-Reps started up in the past few years, there have been many major accomplishments that should definitely be applauded. They've done so many cool things, and one of their proudest and most recent achievements is to set up recycling in all the common spaces throughout Gregory. This required getting through tons of red tape by talking to administration, Green Campus Partnership, housing, and tons of other people.



**Mike Shatz**

They also got all the bins donated, so Gregory didn't have to spend a penny to make this effort to promote recycling happen (major props for that Eco-Reps)! Additionally, the Eco-Reps are proud of all the work they have put into integrating themselves into house events. For example, they have hosted study breaks (such as make your own mug) and the trip to the Adventure Aquarium (keep your eyes peeled for e-mails about a potential trip in the near future!). They've also done really well by getting donations to support their events, such as Chipotle burritos for their Dinner and Movie event and the Recyclemania Kick-Off Film Competition.



**Devika Mehta**

## How to join the Eco-Reps:

Being an Eco-Rep is not for the faint of heart! There's an application process at the beginning of each semester. If you're interested, shoot Rachel an email at rachliu@seas.upenn.edu. It's sort of become a competitive process, and they have had to turn people away. It's also a huge time commitment due to events, general body meetings, and service events within Eco-Reps. Rachel explains, "Our next service event is to clean a cemetery, so there's definitely more than meets the eye with being an Eco-Rep. You really have to be willing to get your hands dirty. However, it's super awesome and fun!"

**Make sure you go and check out the new recycling bins in all the common study spaces on each floor of Gregory!**

## Top 5 Ways Gregorians can be green:

1. Turn off your lights—they use up way more energy than you would expect. Even if you're only leaving the room for five seconds. It's one of the only ways we can control energy usage.
2. Recycle!! Know the rules: Put glass, cardboard, plastic, paper, chip bags, tin foil all together. Batteries and light-bulbs go in the buckets in the piano lounge. Styrofoam, soiled paper, and food are the only non-recycleable items.
3. Reduce! A Simple way Gregorians can reduce include attending BYOM by actually bring your own mug. Anything that involves using less.
4. Reuse: plastic bags, whatever you can do to not throw things in the trash.
5. Bright colors setting when washing your clothes. Hot water uses tons of energy, and the cold water washes your clothes just as well.



# Eco-Reps Make Your Own Mug

So you know how a lot of people go to BYOM but don't actually bring mugs? The Make Your Own Mug study break was super fun and aimed to solve that little problem. Gregorians broke out their artistic skills and personalized their very own tumblers. Using these tumblers will be not only good for the environment but also they look cool and are 100% unique and creative...well maybe with one exception...



:) Very cute & creative mug by Melissa



Cher's bunny-filled mug. :) One of these is not like the others.



Rachel's super artsy representation of the House Dean, Alex, and Rick. The drawing of Rachel was courtesy of Alex.



Chris exercising his creativity



Mike Choi's Nyan Cat inspired mug. It's cool, because it's drawn so that the rainbow loops perfectly around the mug when it's placed in the cup.

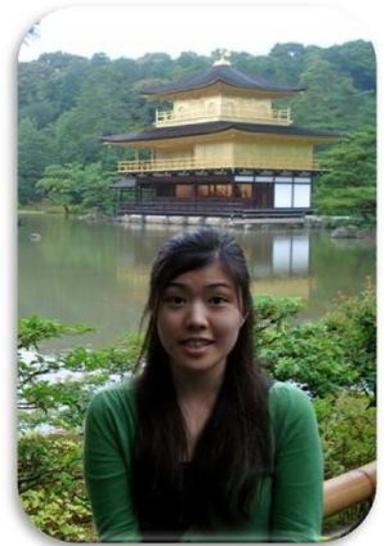


Check out what Bis can do! You know you're totally jelly.

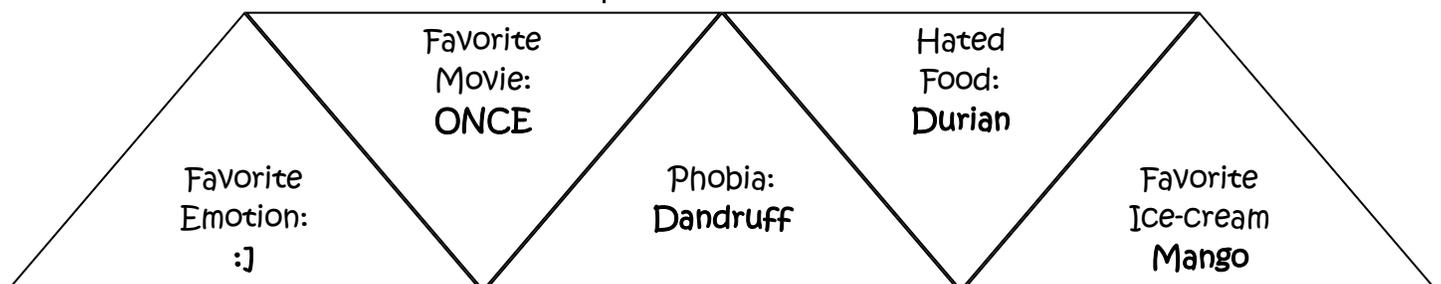
# Q&A With Winnie

By Cher Hung

For those of you who have yet to pop into the House Office to say “Hi!” to our new House Coordinator, make sure you take the time to pop in and have a chat with her. Well, technically she’s the new old House Coordinator since she had the job from 2006 – 2008. After she graduated from Penn Graduate School of Education and went off on an amazing Fulbright Scholarship to Hong Kong! She used her Master of Education to teach English. Her other job was to “be American” by running cultural activities for her students. Over the past several years, Winnie has visited China, Macau, Singapore, Malaysia, Thailand, Vietnam, Cambodia, Taiwan, Japan, Korea, and Australia (seriously, we wish we could have done that. It sounds so awesome!). It certainly sounds like Winnie had the adventure of a lifetime, so we decided to get her perspective on her studies and travels and ask her some details about herself to introduce her to Gregorians.



Q: What was your Fulbright scholarship experience in Hong Kong like?	A: Hot. Summer starts in April and ends in December (!!!)
Q: Any advice for students that wish to apply for Fulbright in the future?	A: Creativity counts for a lot – an interesting proposal helps you to stand out in a crowd of over achievers.
Q: What was your biggest accomplishment during your Fulbright?	A: Making really, really, good friends who were also passionate about the same things (travelling, and eating).
Q: What was your favorite memory from traveling over Australasia?	A: Australia was by far the most fun country I visited – but I liked Malaysia the most because of the food and people – delicious and diverse.
Q: Did you learn anything from traveling?	A: There are CHINESE PEOPLE EVERYWHERE.
Q: Which country do you consider a “must-see?”	A: Cambodia – the country is painfully beautiful.
Q: what was the craziest cuisine you tried during your travels?	A: Having freshly distilled rice wine being poured down my throat from a bamboo shoot at the Zhuang minority village in Guangxi, China.
Q: Any regrets?	A: Taking awkward smiling pictures at important landmarks (see above).
Q: What do you like to do with your spare time now that you’re home?	A: I like to bake a lot. Sometimes, I try to trick my friends into eating vegan cookies. Oh, and research – I am always on the lookout for research opportunities.
Q: If you could pick three words to describe yourself, what would they be?	A: Loud, neat, and excitable.



## The Fantastic Four ... Food Trucks

By Rick Krajewski

They're a wonderful concept. A magical four-wheeled can that gives you food when you feed it money. And it's lamentable that more people don't take advantage of these giant lunchboxes. But maybe you're thinking "Rick, there are too many to choose from! I can't handle this much excitement in my life I think I'll just go to that Subway under Commons with the rude serving ladies who always put a disproportional amount of lettuce why do they put so much lettuce" NO I can help you on your perilous journey, as there are several that you must go to (no seriously you should really check these places out):

### **Bui's (breakfast/lunch/anytime really they're freaking amazing, 38th and Spruce):**

These guys specialize in breakfast sandwiches, and they're so fast I'm convinced the operators have some kind of customer ESP where they can predict your order. You should try their pepperoni, eggs and cheese sandwich. It will change your life, because you will die. Of euphoria. And maybe a heart attack but hey how many people can say they've done that?



### **Tyson's Bees (lunch, Korean BBQ, 34th and Spruce):**

This truck is a funky Korean BBQ fusion spot, they serve cool stuff like Kimchi hot dogs/burritos and pulled pork sandwiches. IMVHWRO (in my very honest well regarded opinion) however their best entree is the Lemongrass Pork Rice Bowl.

### **Marrakesh Express (lunch, Middle East greatness, 40th and Locust, RIGHT NEXT TO US):**

This truck is a recent arrival, the owner thought to himself "hey you know what's better than a restaurant ONE WITH WHEELS" so he closed up shop and opened a food truck. It's selection is limited, with mostly shawarma sandwiches and some desert options but are you really going to turn down meat that's been grilling on a spit all day? What kind of American are you? The classic chicken shawarma is the way to go.

### **New York Gyro (lunch, more Middle East halal greatness, 38th and Walnut/on Spruce along the Quad):**

Ok, so maybe you're asking yourself "New York Gyro, that's a silly name, we're not even in New York!" Well, food trucks in Manhattan are renowned for serving quality halal food at affordable prices so...I guess these guys want to emulate that? I don't know. A minor detail like a name is unimportant. What is important is that these guys have GREAT food. I recommend either chicken or lamb over rice. Apparently you can get both but I haven't tried it in fear of getting punched in the face by my taste buds.



There you have it, 4 fantastic places to purchase food for \$5 and under. So the next time you're avoiding eye contact with the cup lady at Commons remember that you can do better.

# Rant!



By Rick Krajewski

So this is the part where I shake my stick and talk about how loud freshmen are and how back in my day we didn't have...things that freshmen have now. But I don't have a stick, and Penn is the same as it was 3 years ago so I guess

I'll rant about something else?

## Why does Fresh Grocer not sell 2-packs of tokens?

This is really a hassle. For people like me who lack the foresight to buy tokens for future travel purposes not being able to buy a 2-pack of tokens is annoying. Especially since the smallest available pack is 5 tokens. Why is it 5 tokens instead of 4 or 6? Am I supposed to throw the last token at someone? Maybe it's an emergency token in case I get distracted by something shiny outside the bus and accidentally get off. And why do I have to buy them from that sketchy window outside the actual store? These are the arbitrary questions I ask myself while I'm waiting to buy tokens. I also try to find myself on the security cameras. In case I try to steal anything. While I'm waiting I also wonder why the 40th street station doesn't sell any tokens. If you don't have any tokens you're forced to pay \$2, which is ridiculous "how dare you try to pay with your real money instead of our coins which are basically quarters with stripes on them what kind of transportation system do you think this is? one that makes sense?" But these are idle ramblings by an idle person. Until I find something else to ponder about. like seltzer water. why is it so good?

## Daira's Gnocchi Recipe

Daira is the 1st floor GA in Van Pelt. She's awesome, and Italian. And a great cook. What's that? ...you knew all of this already? oh...alright, i guess i'll just share her recipe for gnocchi then. Gnocchi are small pasta made of potato and flour. they're delicious. and they have a fun name. Gnocchi.

By Cher Hung

Here's the recipe, courtesy of Daira herself:

### Ingredients

- 2.3 lb of potatoes
- 0.66 lb of flour
- one egg
- salt

### Directions

1. Boil the potatoes intact and unpeeled in salted water until they are very soft (45/50 minutes).
  2. Let them cool down and peel them.
  3. Then mash them and add the flour, the egg, and a bit of salt.
  4. Knead the dough for a few minutes. It should be very soft but not too dry.
  5. Then cut a piece and roll it into a piece.
  6. Then cut this into little pieces of roughly one inch. Here you have the gnocchi!
  7. Then they need to be boiled into salted water for two/three minutes.
  8. As they come up in the pot and float they are ready.
  9. Gnocchi are best enjoyed with a simple tomato sauce, pesto or crab meat sauce.
- Buon Appetito!*



Mmm! Sounds delicious. heads up if Gregory is in ashes it's because I burned down the kitchen trying to make gnocchi. my bad.

# Cooking with Daira: Gnocchi



Cooking the tomato sauce and boiling the potatoes.



Mashing the potatoes was a team effort!



Add an egg and flour and start kneading the dough.

Daira showing us how to knead the dough.



Rolling out the dough into long strands.



Cutting the strands into gnocchi.



All that's left is to cook up the gnocchi and eat!