Dear Gregorians,

It's that time of the year again. Snow is falling, and the bitter cold has caught some residents with their pants down (or rather, shorts on?!) Finals are just around the corner, and the closing times of coffee shops are memorized.

To help you cope with these hard times, we have prepared quite a few treats for you in this issue. The “Meet Your Gregory Family” and “Gregory Pulse” sections return with all their grandeur. There is a five page spread of your favorite student-prepared feast, Progressive Dinner. Covered events include Dinner with Gregory, Opera Night, Lucid Dinner, and many more. In case you were wondering, the Gregory House Cook-Off is not affiliated with TV’s most cynical diagnostician. (Rather, it is a bake-off, hosted by Nicholas “Zombie Slayer” Rapport.) On the last page you’ll find some ideas for a great, yet cheap, time in Philly and also a scientific feature on sleep.

As it is Reading Days and will be Finals shortly, we hope everyone will mark their calendars and make time for the numerous study breaks Gregory will have. We also want to remind all residents to observe the quiet hours. That way people can study and/or sleep, and Old Man Donovan won’t have to come to you to ask you to turn down that infernal racket...young people and their rock music...

Finally we, your publication managers, would like to apologize for the months it's been since the last publication. We know you've been itching to get your Gregorian fix, so we'll try harder next time to reduce your suffering and deliver to you a more timely issue.

As always feel free to drop us a line if there is anything you want to contribute to this fine publication.

Best of luck on those pesky finals,
David Zhai & Cher Hung

P.S. A prize will be given to the first resident to email David (davidyz@seas.upenn.edu) the number of snowflakes found in this issue.

From the Desk of the House Dean:

As the new year surely approaches, so do Gregory Housing application deadlines for the upcoming school year. Students interested in returning to Gregory next year should note that the dates to apply are January 25-29. More information can be found at [http://gregory.house.upenn.edu/housing.aspx](http://gregory.house.upenn.edu/housing.aspx)
Meet Your Gregory Family

The Gregory College House community is like a family; and like every family there are cool older sisters, amiable uncles, annoying young brothers, and distant cousin you have curious feelings about. In this issue, we feature the Graduate Associates (or as the young’uns say “GAs”) of Gregory. They supply the moral support, linguistic assistance, and voice of experience that keeps residents strong and sane.

Denisse Córdova – Casa Hispanica Program Director

I was raised: happy.

My ideal evening: good company, good conversation, good food, and good wine.

My favorite meal is: lomo saltado!

For Halloween: have fun and (my GAness forces me to say this) be safe.

My fondest memory of Gregory is: our weekly (good!) conversations in Spanish (and great company!) over (unfortunately not-so-good) dinner.

Alfredo Cumerma – Maison Francaise Program Director

I was raised: in Palm Beach Gardens, Florida, always near water, especially the ocean.

My ideal evening: consists of going to a hockey game, then out to dinner, with a movie at the end.

My favorite meal is: variation. I enjoy eating different meals, although I am very fond of Indian cuisine.

For Halloween: I ate risotto with Paolo and Anaïs, and watched a movie.

My fondest memory of Gregory is: The Great Fire Alarm Fiasco of ’08.

Cat Gillespie – Van Pelt 4th Floor

I was raised: by wolves in a suburb of Chicago.

My ideal evening: takes place in Hawaii.

My favorite meal is: the one Billy Bob Thornton cooked me (loooong story). ketchup.

For Halloween: it is traditional for children to dress up, go to stranger's houses and ask for candy, an otherwise dangerous activity.

My fondest memory of Gregory is: The Great Fire Alarm Fiasco of ’08.
Stephanie Kleven – Casa Hispanica Program Director

I was raised: in Richland, Washington, the home of great wine, taco trucks galore and the beautiful Columbia River.

My ideal evening: Good food, good friends and dancing of some sort.

My favorite meal is: All you can eat sushi. Hands down.

For Halloween: I saw Paranormal Activity and subsequently couldn’t sleep for a week. I hate scary movies!

My fondest memory of Gregory is: Eating more cupcakes than I care to count in a single night at the cupcake bake off!

Maggie McDonald – Van Pelt 3rd Floor

I was raised: in lovely NJ.

My ideal evening: includes dessert, friends and movies.

My favorite meal is: Thanksgiving dinner!

For Halloween: I trick or treat with my little cousins.

My fondest memory of Gregory is: hanging around the floor being silly or arguing politics.

Hui Nie – Chinese House Program Director

I was raised: in China. My hometown is Shijiazhuang, a city about two-hour away from Beijing by train.

My ideal evening is: the night where I could go to bed early. As a Ph.D., this is sometimes hard!

My favorite meal: is dumpling dinner, especially home-made ones. They are really delicious!

For Halloween: I am not a costume fan for the Halloween party, and I do not have to since I could always claim that I am dressed up as an “Asian” guy!

My fondest memory of Gregory is: the night where international dinner happens. There are many different but delicious dishes from different countries. I like it a lot!

Ben Truesdale – Deutsches Haus Program Director

I was raised: by two, then three, incredible parents in Seattle, the Bay Area, and New Hampshire.

My ideal evening: Doing some ancient-historical studies until I can’t concentrate anymore, then visiting with friends and/or playing the drums. I like to go out to see bands in Philly and to explore new neighborhoods as often as I can. Same goes for exploring NYC, where my partner-in-crime lives, and where I myself used to live before starting my PhD at Penn.

My favorite meal is: As a vegetarian, I like all vegetarian food. Indian food and Ethiopian food and Japanese food and...well I really do like a lot of things. Starchy things get my attention, too: I could eat mashed potatoes every day of the week, and the same goes for Swiss cheese/veggie sandwiches.

For Halloween: This Halloween I saw the Dead Milkmen (an 80s punk band who recently reformed) at the Trocadero theater in Philly. I
don’t ever really dress up for Halloween, but I really enjoyed carving pumpkins with the students on my hall this year.

**My fondest memory of Gregory is:** Returning to my room after facilities demolished it! Seriously, though, Deutsches Haus keeps getting better and better and I really appreciate the efforts of the students who participate in it. Thanks!

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**Lance Wahlert** – *Film Culture Program Director & Van Pelt 2nd Floor*

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**I was raised:** I was born in the Deep South (Alabama), but raised in the Midwest (So. Illinois) and the non-descript area of Virginia known as Hampton Roads (where Colonial Williamsburg meets Virginia Beach) by parents who were both born and bred on farms in Iowa. Hence I have no discernible American accent. In fact, I have the accent that American television broadcasters strive to sound like—very middle-American (Oklahoma, Iowa, Kansas, somewhere in there). Of course, I also sound soft-spoken (a.k.a. “gay”). Hence, during the many years I’ve lived abroad, the combination of my voice sounding middle-American, non-descript, and gay... well, everyone outside the U.S. always thinks I’m from Canada. To which I usually say: “Yes, I’m from Toronto.”

**My Ideal Evening:** On an ambitious night: Dinner at a Malaysian restaurant, a concert by an eclectic but danceable artist (e.g. Robyn or Ladytron), and dancing at a campy/queer place. On a normal night: grading papers, watching Tivo’ed episodes of “Deadly Women” with my best-mate/other-half Nikolai, and sleeping-in.

**My Favorite Meal:** I like to refer to this question (and have since I was in high school) as my "death-row meal"—the last meal you can have (sky's the limit) before you die. On my menu: a Chick-fil-A chicken sandwich, a bowl of Fruity Pebbles, 12 Diet Cokes, an order of Thai coconut red-curry anything, Malaysian noodles of any variety, SweetTarts, an In-N-Out burger, and (what the hell) a bottle of H2O to wash it all down.

**For Halloween (or Thanksgiving):** Despite the fact that I love to cook and am a good cook (which should make me a Thanksgiving advocate), I’m gonna vote for Halloween. Costumes, debauchery, and next-morning toothaches from candy-overdoses: I vote for Halloween. Added to which, I’ve worked at 3 different haunted houses in 3 different countries (including Philly’s Eastern State Penitentiary)... yeah, I vote for Halloween.

**My fondest memory of Gregory is:** Everyday I’ve lived in Gregory. I know, this sounds corny. But between teaching films, laughing with Nasri, serving good meals, working closely with Dean Chris, sharing my love of TV, hanging with GA’s Maggie & Priya, making homemade donuts, living nearby our awesome Faculty Master Heather Love and her equally awesome family, or chatting with the best undergrad friends and neighbors... I can’t pick a single memory. Gregory is home for me at PENN!
The academic year’s first Dinner featured our very own Dr. Heather Love. Gathered in the Class of ’25 Greenhouse, students munched their Indian meal as the Faculty Master spoke of her research and interest in gender, race, ethnicity, and disability studies. During her discussion, Professor Love presented her book, Feeling Backward: Loss and the Politics of Queer History.
Study Break: Halloween

The Evil is Self-Evident

Menu:
Apples of Atrocities
Apple Pie of Anger
Chocolate Cookies of Corruption
Fruit Tray of Fright
Pecan Pie of Poison
Sugar Cookies of Spite
Caramel Kisses of Hershey
On the evening of Friday, October 9, a group of 45 Gregory residents went to the historic Academy of Music to watch the Opera Company of Philadelphia's performance of Madama Butterfly. One of the most popular operas by Puccini, Madame Butterfly is a heartwrenching story of a beautiful young geisha who sacrifices her family, her religion and, ultimately, her life for her American husband. As this was the opening night for the Opera Company of Philadelphia's 2009-2010 season, there was lots of excitement and anticipation outside the opera house when we arrived. Channel 6 Action News was there to witness the scene and they interviewed our own Hayley Germack, Casa Hispanica Manager, about her thoughts. The performance was very enjoyed by all and the opera night was concluded with a post-opera dessert at Naked Chocolate Cafe. We will be having more Opera and Orchestra nights next semester, so if you have any suggestions please email Michael Lee at mly@seas.upenn.edu.
Gregory Pulse

Most Looking Forward to:

- Thanksgiving
- Winter Break
- I Love TV
- Gregory Film
- Culture Screening
- Other

Other includes:
- Summer Holidays
- Assassin’s Creed II
- Study Abroad semester
- Any event run by Nick Rapport
- Next Year/ Semester
- Finals
- MLP event
- Lucid Dinner

What I did over Fall Break:

Other includes:
- was sick :(
- had my boyfriend over
- went to a concert
- complained about the lack of parties
My Halloween Costume was:

Other includes:
- I was sick and wore my pajamas!
- Does me reading a book count as a costume?
- Made by my sister
- Green Man
- PROCTOLOGIST! Army Surplus store WIN!
- What costume?
- There were costumes?

World Series Prediction:
- Don't care, baseball sucks
- Phillies as repeat World Series Champions
- Yankees World Series Championship #27
Every fall semester, Van Pelt Manor hosts its annual Progressive Dinner, a massive feast of student prepared delicacies. Led by their GAs, student chefs of each floor cook food according to what course their floor is serving.

Thank you to all who helped cook and clean up. Your hard work is much appreciated!
First Floor: Mediterranean Medley

Nasri's family recipe hummus
Nasri's "secret ingredient" fava bean spread
Mountains of pita bread
Priya's mixed green rosemary basil salad with lemon vinaigrette
Priya's savory feta quiche
"Easy to eat" Greek salad on a stick
Fresh fruit compote with honey topping
Second Floor: Soup Spectacular

Lance's hearty turkey chili

Lance's renowned creamy Italian tomato soup

Lance's thick and creamy clam chowder
Third Floor: Italian Main Course

Maggie's splenderific "been in the kitchen all day" veggie & meat ziti casserole
Fourth Floor: Dessert Heaven

Light n' fluffy strawberry cupcakes

Strawberries and cream

Pumpkin pie

Brownie/cookies

Cheesecake

"Big as Texas" Texas sheetcake

Cherry cheesecake

Smashing s'mores pie

Chocolate orange torte

"Making lemon out of lemonade" lemon bars

Perfect pear cake
A student musical showcase, Lucid Dinner is a Gregory tradition which honors its first Faculty Master, Bob Lucid, who was instrumental in creating many of the aspects of Gregory that students love and enjoy today. Performers included Tim Liu (violin), Jonathon Ho (piano/singing), Roger Ou (piano), Stuart Milne (bagpipes), Lauren Gutstein (guitar), Geoffrey Jordan (violin), Nareen Sit (piano), Jodi Lapidus (guitar/singing), and Nicole Nelson (violin).
Once upon a time a band of six Gourmanders (Nasri, Chris, Sonya, Jonathan, Michael, and David) departed on a bold quest for honor, glory, and Bratwurst. After journeying through a brisk autumn night, the travelers arrived at Philadelphia’s only authentic German Beerhall, Brauhaus Schmitz. Situated on celebrated South Street, the restaurant provided the adventurers the ultimate test of intestinal fortitude. Through the frosted windows, they saw lederhosen-clad damsels serving glistening steins of beer and steaming plates of Bavarian delicacies.

Upon collecting themselves for the task ahead, Sonya, the intrepid leader of the group, flung open the mighty oak doors and announced their presence. The hostess quickly came to their service and led them to their table. As the band made their way through the throngs of rosy-cheeked diners, they noticed a massive copy of the German Purity Act of 1516, a sign of the beerhall’s commitment only the finest draughts and ales.

Seated at their heavy cedar tables, aged with the marks of travelers past, the fellowship began planning for the meal ahead. The menus brimmed with recipes for schnitzel, spätzle, goulash, sauerkraut, and, naturally, bratwurst. Furthermore an incredible selection of beers, from Deutschland and all different lands, were made available to the group. Once their hearts were set, the party placed their orders and waited for their forthcoming feasts.

Soon thereafter, their appetizers arrived. Carried on ornate silver plates were handcrafted soft pretzels, which left eyes longing and mouths drooling. The adventurers eagerly tore morsels from the pastry and smothered them a variety of mustards, ranging from the yellow and sweet to the ochre and sharp. As the final pieces were ingested, sighs of contentment emanated from the table; the Gourmanders were ready for their next course.

Before their ambrosia laden goblets were half empty, heaping plates of hearty German fare were brought to the group. Though all persons ordered a staggering amount of food, Jonathan’s selection...
earned the most respect and envy. Blessed with a ravenous appetite and iron resolution, this Gourmender asked and received the infamous butcher’s plate, a daunting portion of smoked pork chop, Bauernwurst, Leberwurst, Blutwurst, and potato dumpling served on a bed of sauerkraut.

No longer able to resist the temptation in front of them, the diners grabbed their utensils and began to devour the food. Nasri started with handfuls of housemade egg dumplings, while Michael dug directly into his mound of Bratwurst. As the minutes passed, the party found their hungers unabated; so the feast continued. Eventually, after hours of gorging, stomachs began to fill, but the task was not done; so the feast continued. Sometime later the sun rose and set, yet food remained; so the feast continued. Finally as bellies were stuffed to the brink and belts could not be loosened any further, the last dumplings and sausage was ingested; the feast was complete. By meal’s end, some participants, covered in sweat, left to refresh themselves. They soon discovered that the bathrooms of the beerhall were graced by an image of legendary German icon, David Hasselhoff, who seemed to congratulate them on a mission accomplished.

Bellies full and hunger satisfied, the fellowship paid their debt and left the conquered establishment. As the crisp evening air hit their faces, the Gourmanders knew they were embarking on the long journey home as heroes.

Note: This story may have been embellished for dramatic effect.
Gregory Thanksgiving Dinner:
A Feast of Homemade* Food
* Note: Homemade = Boston Market
Gregory House Cook-Off: Cupcake Edition

Nick called and many of you answered his challenge: Who bakes the best cupcakes? The culinary competitors baked scores of scrumptious pastries, with flavors ranging from chocolate to strawberry to even pumpkin spice. There were cupcakes topped with licorice spiders, fresh strawberries, vanilla frosting, sparkly sprinkles, and all manners of yummy goodness. After the finishing touches were completed, Gregorians, eager for a taste test of each cupcake, flocked to the Piano Lounge to act as judges. Upon tallying the votes, the King of Cupcakes was named: Lance Wahlert. Nick Rapport (the self-proclaimed Cupcake King) came in second. Lance won Hello, Cupcake!—a fabulous cupcake cook book, which even has a depiction of Starry Night made out of cupcakes! Nick received a (very manly) pink cupcake shaped soap-on-a-rope. Congratulations to all competitors and the two winners!
Culture without Breaking the Bank

TAKE ADVANTAGE OF BIG DISCOUNTS IN THE ARTS WHILE YOU'RE (STILL) IN COLLEGE. **PENN CARD REQUIRED**

- **The Wilma Theatre**: Student rush tickets are available for only $10 (except Sundays when they are half priced), which can be purchased anytime on the day of the performance.

- **The Walnut Street Theatre**: Wonderful plays/musicals. Sometimes the house office even offers tickets for free! Students can buy tickets the day of the show for only $15. They usually have tickets left over, so they sell them extra cheap to students. I’ve personally seen Streetcar Named Desire, The Producers, and I will be seeing A Christmas Carol. I have loved every show I’ve seen so far.

- **Philadelphia Orchestra**: Get tickets for only $8 at the door up to an hour before show time. The Philadelphia Orchestra sounds amazing, and $8 is hard to beat!

- **The Ritz Theatre**: See wonderful independent films for only $6.75 on all days except Saturdays and Holidays with student ID. I saw 500 Days of Summer at the Ritz, and it was beautifully filmed with a great story line. Try an independent film sometime; they can be fantastic and more satisfying than main stream movies.

- **Philadelphia’s Magic Garden**: In the heart of South Street, the Magic Garden is a worthwhile attraction because it is an artistic labyrinth that you can walk through and explore. Admissions is only $4 for a self-guided tour and $7 for a guided tour. While you’re at South Street you can pick up a famous cheese steak from Pat’s or Geno’s.

Genetic Protection Against Sleep Deprivation
From ScientificAmerican.com

Numerous studies have shown that lack of sleep hurts—it can lead to weight gain, diseases, and of course weakened cognitive functioning. But a bad night’s sleep doesn’t hurt everyone equally....Some people can think clearly no matter what. A study published June 24th in The Journal of Neuroscience helps explain why.

Researchers tested attention and cognition before and after both good and bad nights’ sleeps. Those with the long Period 3 had poor function in the part of the brain that would usually spring to life. Even after a decent night, the long-gene people had reduced brain activity towards the end of the day. But folks with the short gene did better, and their brains even pulled in extra assistance from surrounding brain areas.

Scientists looked for a genetic marker called Period 3 known to predict the effects of sleep deprivation. People with short versions of the gene do okay when they lose sleep. But the longer gene leads to suffering with lack of sleep.