**House Updates**

Congratulations to the newly elected trustees:

- Ioannis Bertasatos
- Timothy Chan
- Adlar Kim
- Ali Motamedi
- David Oertel

The spring budget was approved by house vote.

Spots are still open for the SP snowtubing trip on February 11. To sign up, contact sp-athletics-chair@mit.edu.

**Upcoming Events**

**@ MIT**

Scopes, Station Wagons & Soldier: Images from the Rad Lab
Daily @ MIT Museum
An extraordinary collection of photographs from the Rad Lab reveal the amazing life behind one of MIT's most exciting projects.

Mass CPR Event
2/13, 12-10pm @ La Sala
Learn CPR at one of the largest events of its kind. See heartsafe.mit.edu for details!

Valentine's Recital
2/14, 12pm, Lewis Music Library
Romantic classics and contemporary favorites for your aural Valentine pleasure

Diversity Peer2Peer: Kick-Off
2/16, 6pm @ 50-005
Learn all about the Diversity Peer2Peer project - see page 3 for details!

MIT's Vagina Monologues
2/16-18, 8pm @ 10-250
Laugh, cry and think as MIT community unites to help stop violence against women.

**@ S-P**

Community Cooking Class
Weekly, Wednesdays @ 4:30pm
Contact Daniel dfinchel@mit.edu

Weekly Coffee Hour
Weekly, Wednesdays @ 9pm
Different theme every week!

CoSI Lecture: Mark Fishman
"Pharma at the Frontier"
President, Novartis Institutes for BioMedical Research
2/23, 6pm @ Multipurpose Room

**Meet Jack Ahern**

SP House Manager

In 2004, Jack (John) Ahern transitioned from the Warehouse to Sidney-Pacific as the House Manager. We tried to get to know Jack and his view of SP in a recent interview.

**SPeaker:** Hello Mr. Ahern.

Jack: Please call me Jack.

SP: Before coming to SP, you were the Warehouse House Manager, correct? How do the two positions compare?

Jack: Yes. I have been the manager of the Warehouse since it opened. I still manage the Warehouse along with S-P. It is not really fair to compare the two Halls. Building size, numbers of residents and style of governments are all so totally different.

**SPeaker:** What is the most common complaint the residents voice about our building?

Jack: I would have to say that overall complaints are very few. Our Housemasters and Officers are really on top of things so issues seldom rise to the complaining stage.

**SPeaker:** What do you like the best about SP?

Jack: I like, and must say I am impressed with the house government. It is apparent from their involvement and time commitment that each one takes their job very seriously. As you know this is a very large and diverse community, yet somehow we seem to be able to cater to all. The amount of programming and high involvement of residents is testimony to a very successfully run organization. S-P is a great place to become involved and learn good leadership qualities. (Continued on the next page.)
SPEAKER: What can the residents do to reduce water and electricity consumption in the building?

Jack: I think we can all do a much better job in reducing waste, make a greater effort with recycling and most importantly be mindful of reducing electricity and water consumption. The monthly water and energy bills blow my mind, and as we all know they are going even higher with the end nowhere in sight.

I suppose that when one does not actually write out the utility checks each month it is easy to be neglectful about energy usage, but somehow we need to keep on being reminded. After all, each one of us pays in the end.

SPEAKER: What can the residents do to improve the quality of life at SP?

Jack: The answer is very simple: Become involved... I'll say it again... Become involved.

SPEAKER: What is your favorite pass-time activity and what is your favorite spot for it?

Jack: I tend to think of my time spent here at MIT as my pass-time activity. Where else does one get to be among a community of the brightest minds and have so many opportunities for enrichment?

SPEAKER: Have the house colors of orange and blue become your favorite colors yet?

Jack: You may need some publicity here. This is the first time I hear that we have house colors. Orange and Blue...

To reach Jack regarding any concerns or compliments, stop by his office next to the front desk, or email sp-housemanager "N

OFFICER POSITION OPEN: A/V CO-CHAIRPERSON

A perfect way to get involved in the government and get ahead for the next year’s election! Tinker with S-P’s A/V equipment and have some fun!

Email sp-vp-resources to apply!

VALENTINE’S SPECIAL: Love for All... And for Thyself

The Valentine season is upon us. Neat hearts are hanging everywhere, roses and chocolates crawl out of crevices of stores and onto the main displays, and the cutest stuffed animals elicit “ooh”s and “aah”s. With such overwhelming display of what is expected to happen during Valentine’s, it is hard to be creative.

Just how many red-rose bouquets can a girl stand? How many cute teddy-bears does a guy need? No worries -- we’ve got the cure! Here are some ways to celebrate this year’s Valentine’s day regardless of your relationship status.

LOVE OF ALL KINDS

V-day seems to be all about the significant other(s). But let’s step outside the box for a moment. Aren’t any other people in your life significant?

Valentine’s day is all about love. So remember to share and express your love and appreciation for your family and friends, too. Send them a note or a card reminiscing of good times spent together, or something they like - food, picture, flowers - to remind them just how significant a role they play in your life.

The FIRST VALENTINE

So, you just started dating and Valentine’s already upon you! How do you celebrate such a commitment-laden holiday without seeming desperate or getting caught deeper in the relationship than you want to be?

Go for something funny – it’s hard to be serious about commitment while your sides are splitting with laughter. Improv comedy or the latest funny movie should do to lessen the Valentine pressure, and make for a relaxing evening. As a last resort, since V-day is on a workday this year, you can always politely excuse yourself, and ask for a raincheck.

BEYOND ROSES and CANDY

Lost count of Valentine’s Days you’ve spent together, eh? Things get kind of old with corny greeting cards, red roses and chocolates. The first pass at the Valentine merchandise doesn’t seem to offer many options. But not all hope is lost.

- Make your own chocolate candy (paint, mold or carve).
- Go for a walk and watch the sunset (or sunrise) together.
- Cook a dinner together (not one for another). It seems good to try a new recipe, as “living up to mom’s or dad’s cooking” isn’t easy.
- Try chocolate body paint (try it on face and fingers, if you’re not quite sure what else to do with it)

Valentines...

Share some love — with partners, family and friends.
And remember that one can always love oneself!

- If you can’t be together on Valentine’s, make a video (no... not that kind). Go to a place that both of you like (park, coffee shop, museum) and make a short video telling your loved one how you feel, and how you can’t wait to be together again to celebrate a belated Valentine’s.

SINGLE and LOVING IT

So what if it’s Valentine’s and you’re alone? It doesn’t mean anything, it could be any other day of the year and you wouldn’t even notice it. So don’t take it so harsh on yourself. At least you don’t have to worry about topping the last year’s surprise, or making up for it, or even worse, competing against your new girl’s Shakespearean ex-boyfriend!

During the Valentine season most people focus on someone other than themselves. That’s a generous tradition. But most people seem to forget that one can always love oneself.

What have you been craving? What have you been wanting to do all year? Now’s the time to treat yourself to something special! Food, gadgets, fashions are all acceptable treats for your special self. Heck, go get that iPod Nano you’ve been eyeing – consider it an investment into a better exercise schedule!

SINGLE and LOOKING

A good thing about this overly commercialized stressful day is that you can go out and put your heart on the line without shame. Even if your sentiment is not reciprocated, it’ll be sugar-coated because it’s Valentine’s and it’s a nice gesture.

Bring a rose to that girl you like, even if you don’t ask her out, just let her know how you feel. Bring a small box of chocolate candy to the guy you’ve been eyeing. If either approach backfires you can always claim you got mixed up in the cupid spirit and allege friendship only.

The point is, it’s Valentine’s so do something special. Talk to the person you like, because now is your chance. Don’t whine to your friends how you are alone, but don’t dare to do something about it. Hurry up and make your move, the dating bus is about to leave and you should get on it!

(HEART)BEAT to a DIFFERENT DRUM

Valentine’s day focuses on hearts. Should you find yourself wanting for a different kind of heart-attention, check out the all-day “Mass CPR Event” on February 13 in La Sala de Puerto Rico (Student Center, 2nd floor).

The BOTTOM LINE

It’s like a great man once said, “Ask not what your [relationships] can do for you, but what you can do for your [relationships].” Get off the couch, write to or call your friends and family to let them know that you haven’t forgotten them. Then look in the mirror, tell yourself that you can talk to your crush, and go to it. In doing it all, remember to love yourself a bit, too. Happy Valentine’s! “N&D
Water, Waste and Electricity at SP

SP compares to other residences around the US with many superlatives: largest, most involved, best equipped. With the building’s size, comes the size of our water, waste and electricity bills. We never see our own utility bills and this makes it easy to let the water run in the bathroom and leave all the lights in the apartment on. We ought to do better than that.

Every year, a number of officers from house governments around campus fights an uphill battle to keep the on-campus rents from growing excessively. They need your help.

Being conscious about water and electricity consumption can, in part, keep the rents from rising. Besides paying extra for your rent, reducing water and energy consumption will reduce your impact on the environment.

Here are some tips on helping make SP more environmentally (and pocket-book) friendly:

- dress appropriately so that the AC doesn’t have to do all the work: light clothes in the summer, and layers of warm clothes in the winter
- conserve water: don’t let the shower run uncontrollably before using it; run the shower only so long as it is necessary for the warm water to start flowing
- fridge & freezer: set the fridge to 40F, and the freezer to 30F; these temperatures are enough to stop the bacterial growth in foods
- use a nightlight in the bathroom and the kitchen instead of a full-size light fixture

Prune Chicken
by Daniel

Ingredients:
boneless chicken breast
Worcester sauce, salt
evaporated milk
(or heavy cream)
prunes
onions, peppers
butter, flour

Directions:
Cut the boneless chicken into strips, marinate with salt and Worcester sauce (ideally Creole sauce if available) and sauté them. Then in another pan sauté some chopped onions and peppers with butter. Pour two cups of evaporated milk (or heavy cream) along with some seasoning and pepper and thicken it with flour.
Finally add the prunes and slow cook until it boils. Then add the chicken and cover for five minutes and remove from the stove. Enjoy! *D

Downhill Ho!

Last weekend in IAP, hundreds of MIT graduate students attended the annual GSC Ski Trip at Sunday River, Maine. Meeting at 5am, eight buses started the long trip north. Everyone snoozed most of the trip, until the end when some goodies raffled off. Upon arrival everyone split into separate condos. Most of the lodges were slope side, so it was sweet just walking outside, fitting the skis and sliding down to the trail. Even better was to ski back to your room at 4pm after a long day of wiping out and meeting with everyone afterwards at the hot tub.

Despite the weather forecast of doom, the weather was awesome, clear skies and a nice warm sun. The first day was sweet, good snow and few people. The Saturday night party for all MIT students was held at the Brew House. During the party, there were great raffles that included a pair of skis! The second day was crowded (youth races were on), and the third day most people made it out to the slope until late despite accumulated fatigue from the first two days. For those who went, keep taking ibuprofen, for those who did not, there are many of us needing a massage so drop by to hear the stories of adventure and glory. *D

On-the-Town Corner

Free Admission to Avalon - usually until 12:00 a.m., on Lisa’s list - 781 706 6536
Fridays Best Dance - FUSION @ Umbria (295 Franklin St. Boston) Three floors, two DJ’s - dance your pants off!
Saturday 2/11 - George Acosta as guest DJ at Roxy Club (279 Tremont St., Boston)
Best Thai - House of Siam, 542 Columbus St. Boston. The food is positively delicious, makes a great first date spot!

THE OTHER SIDE OF...

Sabrina, VP Res Life

Recent book that you would recommend to a friend? The Unbearable Lightness of Being, by Milan Kundera
Favorite book? Madame Bovary by Gustave Flaubert. Gorgeous, reads like poetry, but boring as hell.
Food? Ethiopian.
Restaurant? Oleana, Inman Sq.
Sport? Gymnastics - It’s the closest one to dance!
I miss the most... Humanities types!
What I would like to see happen at SP? Lower rents! (I’m working on it... :-))
If you would like to help Sabrina bring about lower rents at SP, please contact her at... sp-vp-reslife@mit.edu

BE A BETTER... GRT... Mediator... Speaker... Community Member... Friend...

BE A DIVERSITY Peer2Peer EDUCATOR!

Diversity Peer-to-Peer is a series of peer-lead Education Forums for MIT students, faculty, and staff aimed at engaging all in meaningful and productive conversations about diversity issues.

We are looking for PEER EDUCATORS:
- MIT graduate and undergraduate students
- Training will be provided in public speaking, productive handling of heated arguments, issues regarding race, gender and sexuality, and much more
- Pairs of peer educators will lead education forums (you won’t be alone)
- Peer educators will be able to use what they learn in their communities, friendships, at work, etc. (Yes, it will involve lots of free food in addition to some great skills!)

To learn more about DP2P or to join, please contact:
Abigail Francis, afran@mit.edu or call (617) 253-5440.

Brought to you by: LBGT@MIT, Graduate Students Office, Black Student Union, Latino Cultural Center, Campus Committee on Race Relations, and Women’s Studies

BE A DIVERSITY Peer2Peer EDUCATOR!
SP residents were all over the globe this IAP. From Argentina to Spain, and all across the USA, they brought back great pictures and memories. It’s good to have everyone back at SP!

Karen Lee was in California! “The weather was mostly sunny and warm. I had barbecue outside on Christmas!!!”