

The Official Newsletter of the Ashdown Community

Message from the Editor

Dear Reader,

Welcome to Ashdown ! Welcome back !

This year, in addition to our wonderful housemasters Terry and Ann Orlando, Katie and Yuriy Roman have been appointed associate housemasters, and like many have just recently moved in ! A fellow resident give us tips for biking in Boston, and we gain some insight into the recycling industry.

Let the semester begin !

Sincerely,

Anne-Raphaelle Aubry
Ashdown Newsletter Officer

In This Issue

- ❖ Meet the Housemasters
- ❖ Meet the Associate Housemasters
- ❖ Do's and Don'ts of biking in Boston
- ❖ Sidney-Pacific and Ashdown visit to a Recycling Center

Contact the Editor

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

Housemasters' Welcome – Terry and Ann Orlando



Terry and Ann

As the Housemasters at Ashdown for the last ten years it has been our privilege to live with the lively and interesting community that is Ashdown House. Terry is a professor in EECS and Ann is a professor of Church History at St. John's Seminary.

Please introduce yourselves at Coffee Hour, every Thursday at 9 pm in the Hulsizer Room, or whenever you see us checking our mail, in the gym or elsewhere in Ashdown.

We are eager to learn about where you are from, what you are studying and your experiences as graduate students at MIT. We especially would like to hear your ideas of how we can make your stay at Ashdown more pleasant and more interesting.

Associate Housemasters' Welcome – Yuriy and Katie Roman

1. What your backgrounds ?

First of all, thank you for this opportunity to introduce ourselves to the Ashdown community. We are really excited to be your Associate Housemasters!

Yuriy is Russian-Mexican (his mother is from Belarus and his father is from Mexico) and comes from Mexico City. He enjoys being rowdy with his kids, learning to play the guitar, discussing energy issues, and playing sports (and now that football season is here, following the Chicago Bears).

He moved to the US to study chemical engineering and did his undergraduate studies at the University of Pennsylvania, graduate work at the University of Wisconsin, and post-doctoral research at the California Institute of Technology. He is beginning his second year as an Assistant Professor in the Department of Chemical Engineering, where he specializes in heterogeneous catalysis.

Katie comes from a small town in northeastern Wisconsin. She enjoys spending time with her sons, sports (last year was certainly a good year to be a Packers fan!), spending time outdoors, and traveling. She did her undergraduate studies in Biology at the University of Pennsylvania and completed a medical degree at the University of Wisconsin. Currently, she works as a mother and as an adjunct professor of Human Health and Disease at Bentley University. We have three sons: Max (age 4), Dante (age 2.5), and Apolo (age 4 months).



Yuriy and Katie with Max, Dante and Apolo

Associate Housemasters' Welcome

– Yuriy and Katie Roman

2. What made you decide to be associate housemasters ? What drew you to Ashdown ?

Like many of you, we do not have extended family in Massachusetts. One of the greatest appeals of living in Ashdown House was the chance to become part of a community—the fun, diverse, engaging community that is Ashdown House. In addition, we enjoy mentoring students, participating in fun social and cultural events, and giving our children the invaluable opportunity to grow up in a MIT graduate dorm.

3. How is living in Ashdown for you so far ?

We love it! Currently, we are in the process of getting settled into our permanent associate housemaster apartment, and we look forward to hosting you at events in our home in the near future. During orientation, we have had the chance to meet many of you, and we hope to get to know you better over the course of the year. Our kids love the courtyard, the pool and foosball tables, and especially coffee hour. Also, we are working on several important Ashdown projects, including the House Fellows program, the Residential Scholars program, and a new collaboration with China Crossroads. Keep a look out in your e-mail for messages about these awesome programs!

4. What would you like students to know about you ?

If you see our family out and about on campus, in the hallways, at Ashdown events, or just playing in the courtyard, please feel free to come on over! We would love to chat with you, answer any questions you may have, or help you with any concerns or problems. In short, we want you to know that we are available for you.

5. What advice would you give students for their time at MIT/Research/Exploring Cambridge ?

As both an Assistant Professor and an Associate Housemaster, Yuriy is in the unusual position of understanding not just the academic rigors and challenges of MIT, but also the importance of having time outside of the classroom and research. Our advice would be that while focusing on your academic success, make sure you don't neglect your health and happiness. Take time to eat right, exercise, and participate in leisure activities that make you happy.

6. Fun facts !

- When the Bears went to the Superbowl in 2007, Katie was so sure that they would lose that she said she would name her soon-to-be-born son Rex Grossman Roman if they won.
His name is Maksim (Max).
- Dante's favorite song is Beyonce's Single Ladies—he loves the music video!
- Max is perhaps the youngest person to ever be aware that lycopene is good for his prostate.
- We named our baby Apolo without having a single drop of Greek blood in either family.
- Yuriy one time gained admission to a University of Pennsylvania Chemical Engineering elective group by accurately reciting the Russian alphabet backwards.

Do's and Don'ts of Biking in Boston

– Amanda Zangari

When I moved into Ashdown, I brought my bike with me. Biking around Cambridge can be scary but satisfying. Rated one of the best cities in the country for cyclists, many major Cambridge roads sport bike lanes and most businesses support ample bike parking. Cambridge is also a very flat city.



From time to time, I bike to my office, but for me, the best places to bike have been Trader Joe's, Cambridgeside Galleria, Target and the houses of friends who live near the Cambridge Main Library. Around rush hour, biking from MIT to Harvard even beats the number 1 bus. I love the exercise and efficiency of cycling. Biking around town has allowed me to explore the city and get to know my way around the areas off-campus much better than the average student!

Here are some recommendations for aspiring cyclists:

DON'T get a bike at a department store.

Department store bikes are poorly assembled, not easily repaired, and not meant to last much more than 100 miles of cycling. I've seen many of these once-new bikes broken long before the school year ends. Get a quality bike that you will be comfortable riding at a local bike shop like Cambridge Bicycle or Broadway Bike School.

DON'T ever bike anywhere without a helmet.

Your brain is your most important asset. Protect it. You never know if some idiot with a cell phone isn't paying attention while driving. A \$30 bike helmet can save your life.

DO buy forward and rear lights and illuminate your bike at night.

The lights aren't to help you see at night so much as to help others to see you so you don't get hit by a car. Also, it's the law.

DON'T run red lights on your bike.

Cyclists have the privilege of using most of the same roads that cars can. That also means cyclists have the responsibility of obeying all motor traffic laws, including stopping at red lights.

DON'T pass pedestrians closely without ringing a bike bell or verbally saying something.

Bikes are QUIET and pedestrians can't see or hear you until you are right next to them, and it's startling!

DO register your bike with campus police.

Do's and Don'ts of Biking in Boston

– Amanda Zangari

DO pump your tires often.

If you can push down on your bike tire, it is out of air!

Half the bikes in the Ashdown bike room need their tires pumped right now (I checked). Proper tire pressure makes huge difference in riding ease. Mountain bike tires should be pumped every couple of weeks. MIT has bike pumping stations all over campus and the front desk has two pumps available for checkout, so no purchase necessary!



Bike Pump

DO raise your bike seat.

Only your toes should be touching the ground.

If you want your feet flat on the ground when your bike is stopped, simply stand in front of your bike seat. If you can't stand in front of your bike seat on your bike, then your bike is too big for you. I see lots of MIT students riding around with bike seats that are much too low. You will be amazed at how much easier it is to pedal with your bike seat at its proper height.

DON'T park your bike so it's sticking out on the sidewalk path.

Last winter several bikes were damaged by snowplows because they were sticking too far out, in the racks in front of Ashdown, near the Hulsizer room.

The railings in front of Ashdown are NOT for parking bikes.

DON'T store things that aren't bicycles in the bike room.

Especially grocery carts from Star Market, which shouldn't leave the premises in the first place.

If you have to buy a lot of groceries at once, invest in a push cart.

DO store your bike in your apartment if you are away from Ashdown for an extended period of time.

AHEC reserves the right to clear out unattended bikes from the bike room at any time.

DO buy a copy of the Boston Bike Map.

For \$13 you can get a durable, waterproof map of the city that doesn't require batteries or a data plan.

Bike-friendly routes are marked, and there is a section with advice on how to cycle in Boston traffic.

DO buy some sort of basket, rack or saddlebags for your bike.

I can fit two full reusable bags of groceries in my panniers. More recently, I used them to contribute charcoal to a friend's barbecue.

In terms of money and time, my panniers have paid for themselves.

Visit to the Recycling Center –Sunny Vanderboll, Felix Moser and Jean-Philippe Coutu

Residents from SP and Ashdown were treated to a visit to the Casella recycling facility in Charlestown on August 31st. The facility receives raw, unprocessed recyclable material from collectors, and sorts the material by type, which is then sent to different plants, both domestic and abroad, for processing. We received a personal tour of the facility, an overview of the recycling industry, and how the plant operates.



Thousands of tons of recyclable material are brought in every day.

Interesting Facts :

- Casella Recycling is a publicly traded company and receives no incentives from the government;
- The Charlestown plant is the largest recycling plant east of the Mississippi River, and sorts material from Vermont, New Hampshire, and Maine, as well as the Boston metro area. 150 people are employed at the facility, despite the automated equipment, including over 140 conveyor belts; *Thousands of tons of new recyclable material are brought into the facility every day.*
- The plant exports 50% of all sorted material to China, mostly comprised of paper and cardboard, as well as all Plastics 3-7;
- 1.5 million tons of recyclables per year were sorted at the facility in 2010 alone;
- It costs \$70 for one ton of trash to be disposed of at a landfill. Cities and municipalities receive \$10 back for one ton of recyclable material sent to the facility;
- The facility uses “single stream” technology, which means that a mixture of all recyclable material is put on the same line. This also means that at home, we don’t have to pre-sort our recyclables;
- The facility uses the physical and optical properties of materials to physically separate them to a minimum purity of 95%, with tools like magnets, eddy current machines, and optical sorters.



Casella employees pre-sort out material that may damage equipment, like plastic bags and large metal objects.

The visit came after a discussion dinner that took place with participants from SP, Ashdown and Edgerton earlier this August. The theme of the discussion was the export of plastics 3 through 7 to China, and included several angles including health effects on Chinese workers and ultimately ended on a question of why these plastics are not processed here, in America. The trip allowed us to ask the question to the head manager of the facility who confirmed that they do export all plastics 3-7 unsorted together to China where low-cost labor will manually sort it, and he pointed to the lack of demand for these plastics in America.

Visit to the Recycling Center – Sunny Vanderboll, Felix Moser and Jean-Philippe Coutu



The visit confirmed that recycling is not just a theoretical sustainability goal, but a real and growing industry that supports local jobs and an international industry, saving millions of tons of waste in the process.

Thousands of tons of material are brought in to the recycling center every day, material that would otherwise end up in a landfill. With Casella's zero-sort policy, recycling is now easier than ever. Please do your part to recycle!



If you missed the visit, you can go on one of the following tours organized by the City of Cambridge (email recycle@cambridgema.gov for more info): September 21st 1:30pm, October 19th 1:30pm and November 15th 8:30am. You can also take the virtual tour here: <http://zero-sort.com/>

Citizen's Corner: Submission Guidelines

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.

