



June 20, 8pm: Residential Life Associate vs. House

The Program Manager for Edgerton, Eastgate, and Westgate (Gabrielle Abelard) left in December 2005. Since there is a possibility that Edgerton may have a House Master instead of the current system, I have arranged for the next Biweekly Social (June 20, 8pm) to coincide with a Town Hall Meeting. Here is some background information...

Current System

Edgerton has a Graduate Coordinator/Program Manager. The GC (Kelly Klima) is a student living in Edgerton, and the Program Manager is in the process of being hired. RLA Dan Kirsch is filling in during this period. As GC, I have dealt with roommate issues & noise complaints, run two resource events per term, hosted elections, run the Bike Purge, recruited Fire Marshalls, implemented the Transfer Lottery, and written this bulletin. The Program Manager/RLA has a Masters, and is trained to deal with more serious issues. This person also plays a very active role in helping the GC and the student government both with their duties and in dealing with administration.

House Master System

All other single graduate dormitories have a House Master or Associate House Master. The House Master is an MIT professor, and shares the responsibilities of the role with his/her spouse (and sometimes children). My personal experience has indicated that House Masters have greater influence than a GC, simply because MIT wants to keep its professors happy.

The Importance of this Position

Neither a House Master nor a RLA is here to be your "Big Brother", and shut down your keg parties (even though kegs are illegal on campus!). Rather, these people are here to serve as a resource for Edgerton residents.

Questions

Many questions have been raised regarding the differences between the House Master and the current system (Resident Life Associate & Graduate Coordinator). Here are some you may want answered at the Biweekly Social/Town Hall Meeting.

1. Describe your responsibilities and duties as you see them.
2. What training have you had?
3. What issues have you dealt with?
4. Do you interact with your student government (and how)?
5. Do you keep matters in confidence, or keep matters private?
6. How much time per week do you put in?
7. What hours are you available?
8. Do you have responsibilities/duties outside of Edgerton?

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Summer Grilling: Fun & Healthy!

One of summer's greatest pleasures is cooking over a live flame. Whether you call it grilling, barbecuing or cooking out, this method can be an easy, fast and healthy way to savor the flavors of the season. It's time to experience the thrill of Edgerton's grill!

There are two types of grilling methods you can use on Edgerton's grill. Direct grilling is done directly over the fire at a high heat for a short time. This is the way to grill small or thin pieces of food, such as chicken breasts, fish fillets, steaks, vegetables, tofu, bread slices, pizza, etc. Indirect grilling is done next to, not over the fire, and is used for large or tough cuts of meat, like whole chickens, turkeys, and briskets. To indirect grill, you rake the lit coals into 2 piles at opposite sides of the grill, or place them in your grill's side baskets. In indirect grilling, you always cover the grill, which turns your grill into a sort of outdoor oven.

Ten Rules of Grilling (adapted from Steven Raichlin):

1. **Be organized.** Have everything you need—the food, marinade, basting sauce, seasonings, and equipment—on hand and at grill side before you start grilling.
2. **Gauge your fuel.** There's nothing worse than running out of charcoal in the middle of grilling. When using charcoal, light enough to form a bed of glowing coals 3 inches larger on all sides than the surface area of the food you're planning to cook. When direct grilling, use the *3 second* test: Place your hand about six inches above the grate. You should be able to hold it over a properly hot fire for 3 seconds.
3. **Keep it clean.** There's nothing less appetizing than having old bits of burnt food stuck to the grate. Get a long-handled, stiff wire brush and use it to clean the grate. Brush after you've preheated the grill, but the food goes on. Brush again, when you've finished grilling.
4. **Keep it lubricated.** Always oil the grate before placing the food on it. Dip a folded paper towel in oil, grab it with tongs, and rub it over the bars of the grate. Or grease the grate with a piece of bacon (the amount of fat negligible). A well-greased grate keeps food from sticking and gives you handsome grill marks.
5. **Turn, don't stab.** The proper way to turn meats on a grill is with tongs or a spatula. Never stab the meat, unless you want to drain the flavor-rich juices onto the coals.
6. **Know when to baste.** Oil- and vinegar-, citrus-, soy-, or yogurt-based bastes and marinades can be brushed on the meat throughout the cooking. (But not the last 5 minutes.) Brush on sweet barbecue sauces at the very end, so the sugar won't burn.
7. **Keep it covered.** When cooking larger cuts of meat, such as a whole chicken, leg of lamb, or prime rib, use the indirect grilling method. Keep the grill covered and resist the temptation to peek.
8. **Give it a rest.** Almost anything you grill will taste better and be juicier if you let it stand on the cutting board for a few minutes before serving.
9. **Never desert your post.** Grilling is an easy cooking method, but it demands constant attention. Once you put something on the grill (especially when using the direct method), stay with it until it's cooked.
10. **Most of all, have fun.**

Healthy Grilling Recipes

Grilled Tuna with Corn and Avocado Relish (Serves 8)

Ingredients:

For the Corn and Avocado Relish:

2 ears corn, shucked
1/4 cup lime juice
2 tablespoons extra virgin olive oil
1/4 cup balsamic vinegar
1/4 cup chopped red onion
1/4 cup chopped scallions
1 tablespoon seeded, chopped jalapeño pepper
1 teaspoon chopped, fresh cilantro
1 avocado
salt to taste
freshly ground black pepper

For the tuna:

8 tuna steaks, 4 to 6 ounces each
1 tablespoon olive oil

For the Corn and Avocado Relish:

1. Roast the corn on the grill until it begins to turn golden, about 10 minutes.
2. Meanwhile, mix the lime juice, olive oil, vinegar, red onion, scallions, jalapeño and cilantro together in a bowl.
3. When the corn is cool enough to handle, cut the kernels from the cob and add them to the bowl. Pit, skin and chop the avocado and add that to the bowl.
4. Season with salt and pepper and set aside.

For the tuna:

1. Preheat the grill.
2. Mist the tuna steaks with olive oil and season them with salt and pepper.
3. Grill the tuna steaks on each side until just opaque, about 3 to 4 minutes per side. (Thinner steaks will take a little less time and thicker ones will take a little more.)
4. Serve the steaks topped with the relish.

Grilled Rosemary Flank Steak (Serves 6)

Ingredients:

1/4 cup olive oil
1 tablespoon balsamic vinegar
2 cloves garlic, crushed
1 rosemary sprig, chopped or 1/2 teaspoon dried salt, to taste
freshly ground black pepper
2 pounds flank steak

1. In a small mixing bowl, whisk oil, vinegar, & spices. Place the flank steak in a resealable bag, pour the marinade in to the bag and seal it. Refrigerate for at least 30 minutes or overnight.
2. Grill the flank steak for 4-8 minutes on each side, depending on the desired doneness.
3. Let the steak rest on a carving plate for 1 or 2 minutes before serving.

Honey Mustard Chicken (Serves 4)

Ingredients:

1/4 cup olive oil
2 tablespoons white wine vinegar
2 tablespoons mustard
2 tablespoons honey
1 teaspoon salt
1/2 teaspoon cayenne pepper
1/2 cup fresh herbs (oregano, tarragon, basil, rosemary or a combination)
4 chicken breasts (4 to 6 ounces each)

1. Mix the olive oil, vinegar, & spices in a large resealable plastic bag. Add the chicken breasts and seal the bag. Turn the bag over several times to thoroughly coat the chicken with the marinade and refrigerate at least 30 minutes or up to 4 hours.
2. Remove the chicken from the marinade, shaking off any excess and season on both sides with salt and pepper.
3. Grill the breasts until golden brown, about 4 minutes. Turn them over and cook an additional 4 minutes, or until the chicken is well browned and cooked through.
4. Let the chicken rest for five minutes before serving.

Edgerton Events

2006 World Cup Events: The Kickoff BBQ was held Saturday, June 10th at Edgerton to mark the beginning of a month of World Cup action here at MIT! Despite the rainy weather, many students turned out to watch Trinidad and Tobago take on Sweden in the Large Lounge. While food was grilled in the courtyard, Trinidad managed to pull out a surprising 0-0 tie against the Swedes. Over the next month Edgerton, Ashdown, and Sidney-Pacific will be showing all the World Cup games live in the S-P 3rd Floor Lounge, the Ashdown Hulsizer Room, and in Edgerton's Large Lounge. Edgerton will begin showing games once the elimination rounds begin. The complete schedule for the up-coming week of June 9th through June 15th can be found at <http://web.mit.edu/skleindi/Public/worldcup/WorldCupwk1.pdf>. The US will play its first game against the Czech Republic this Monday at 12pm. There will also be a second World Cup BBQ held at Sidney-Pacific on Friday, June 23rd, from 8-11pm.

House Fellow Trip to Jillian's (Saturday June 17th 7-8 pm): Come meet the Edgerton House Fellow!

Biweekly Social (Tuesday June 20th from 8-9 pm): Come find the Large Lounge on.

Other Upcoming Events: More events are planned for July, including trips to the Museum of Fine Arts, Crystal Lake, the Aquarium, and a summer brunch. Updates will be sent out in future emails, and we hope to see you there!

Spotlight

House Fellow Enectalí Figueroa-Feliciano

Hello Edgerton! My name is Enectali Figueroa-Feliciano, but I go by the shorter Tali Figueroa. I'm your new House Fellow. What is a House Fellow, you ask? The house fellows program's goal is to increase the interaction between the house and the faculty, and promote a greater sense of community at MIT by encouraging interactions between the students and the faculty outside of classroom or research settings. My job as the Edgerton House Fellow is to get to know you through several social activities I'll coordinate throughout the year and participate in as many Edgerton events as possible. I get a stipend from MIT to spend on these activities, which translates into more free food for you!



About my research: I'm a new faculty member in the physics department, and my research centers on experimental astrophysics and cosmology. I'm developing a new kind of X-ray imaging spectrometer for use in future space telescopes, particularly for the NASA Constellation-X mission (<http://constellation.gsfc.nasa.gov>). I'm also developing Dark Matter detectors, and bolometric cameras for Cosmic Microwave Background (CMB) research. I just taught 8.022 (freshman E&M) and will be teaching 8.033 (special relativity) in the fall. My group's website is <http://web.mit.edu/figueroagroup/>

About me: I was born and raised in Puerto Rico, so my native tongue is Spanish. I took French in college, but I'm rusty and would love to practice! Being from a small tropical island, I love water. I enjoy sailing, want to learn to row, and love to scuba dive (except not in freaking cold water). My wife and I go out on kayaking trips whenever we can. I'm an amateur musician, and until I moved here I was a drummer in a local Washington D.C. rock band. If any of you like to jam let me know! I'd love to put together or join a band. My musical tastes are very eclectic, I pretty much like everything. I really enjoy listening to live music, and would like to have outings with Edgerton to check out the local music scene. I like to hike and bike, and am looking forward to exploring the Northeast US, which is all new to me. I'm also a private pilot, and go flying whenever I can (which is never as often as I'd like). I'm not particularly sport oriented, but do enjoy playing volleyball. I love food, specially ethnic and/or weird stuff, even more when it's free. I'm an explorer at heart, so I'm always up for trying something for the first time. I'm looking forward to getting to know you better. Let me know if you have ideas on cool things to do.

Sincerely,
Tali Figueroa
Edgerton House Fellow