

# NybroTidende

Maj 2020



Pinse s. 6



Hvad kan man lave? s. 8



Nørderi s. 3

## Sourdough, Pentecost, and bicycle cleanup

The month of May is also the end of the spring season, and, for many, a reminder of the upcoming exams. This period will be very different from the usual, because of the corona-crisis, and even though the exams are closing in, it is nice to have something else to do, while quarantined at home. NybroTidende has therefore expanded on the list of things to do while quarantined. The expanded list can be found on page 8.

Page 3 has a lot of knowledge on sourdough, that we would like to share with our many lovely readers. This month's issue also includes knowledge on what Pentecost is, which can be found on 6.

The pigeons Dough, Dot, Peggy and Peter tell us about their experience with living at Nybrogård dormitory and shitting on people's cars, on page 5. Dorte is, as usual, ready with spectacular advice for the residents who are in desperate need on page 4.

If you are sitting alone in your room, then you can join the bicycle cleanup on May 30th, where sweet residents help clean up the bicycles, so that the sheds are not bursting with bicycles.

The sharp reader will notice that NybroTidende has a slightly different design. This is a result of changing to LaTeX as the tool for setting up the layout of the newspaper. We hope that you can bear over with various transition errors, but we would very much like to hear from our lovely readers, if you think that improvements can be made.

May is also the last month for our very own editor and theologian Louise, who will be moving from the dormitory, and is therefore unable to continue at NybroTidende. Louise, we will miss you! But we will be ready with a new editor next month. Welcome Josephine!

## Nyt fra beboerrådet

*There are no residents' council news, as there are no council meetings in April and May ☺*

## The Personal Page

<b>The Board</b>		<b>Administration</b>	<b>Clubs</b>	<b>Gardening club</b>
Frederik, N29 (chairman)		<b>Treasurer</b> Kasper Hansen, P16 kasserer@nybro.dk	<b>Canoe club</b> Rune, S02	Lea, L06
Rasmus, S21 (alternate)		<b>Secretary</b> Josephine, B56 sekretaer.nybrogård@gmail.com	<b>Art club</b> Louis, E31	<b>Brewers club</b> Mathias, J17
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Formand: Mads, E31				
AB-odd: Kimberly, A15		<b>Accountants</b>	<b>Bicycle workshop</b> <i>This could be you</i>	<b>Cinema club</b> Victor, B53; Ida, B57
AB-even: <i>Needed</i>				
CD-odd: Casper, C27		<b>NybroTidende</b> Lina Nielsen, E35	<b>Nybro Cake festival</b> <i>This could be you</i>	<b>FC Nybro</b> <i>This could be you</i>
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EF-even: Mads, E31		Louise Joensen, P33 tidende@nybro.dk	<b>Dog club</b> Lærke, M02	
GH-odd: <i>Needed</i>		<b>Secretariat/subleasing</b> Office hours: Monday 19:00-20:00 og Thursday 20:00-21:00		
GH-even: <i>Needed</i>		i GH-basement Phone: 21 48 54 55		
JK-odd: Asbjørn		<b>Complaints committee</b> Office hours: Tuesday 19:30-20:30 i GH-basement.	<b>Service</b> <b>Key bearers</b> <u>Kasper</u> Phone: 26 81 15 01	<b>Table tennis/hockey</b> CD-basement
JK-even: <i>Needed</i>		E-mail: klage@nybro.dk	<u>Peter Jon</u> Phone.: 61 91 97 92	<b>Bicycle workshop</b> LM-basement
LM-odd: <i>Needed</i>		Phone: 21 48 54 55	<u>Patricia</u> Phone: 61 71 93 10	
LM-even <i>Needed</i>		<b>Network office</b> Office hours: Monday 20:00-21:00 in the GH basement		<b>Folding chairs</b>
NO-odd: Niklas, O51		E-mail: admin@nybro.dk	The price for key service is: 9:00-21:00: DKK 50	
NO-even: <i>Needed</i>		Phone: 21 48 54 55	21:00-9:00: DKK 100	<b>Trailer</b> Lars Kaj (insp.)
PR-odd: <i>Needed</i>		<b>TV/Antenna</b> antennegruppen@nybro.dk		<b>Draught beer system</b> Kasper, R66
PR-even: Kasper, P16				
ST-odd: Ditlev, T47		<b>Environmental group</b> Troels, O07 miljo@nybro.dk	<b>KælderCaféen</b> Café and game night Tuesday 19:00-22:00 Opening hours: Friday 21:00-03:00 One Saturday each month 21:00-05:00 (announced separately).	
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			<b>Residents' Council Rep.:</b> <i>This could be you</i>	
			<b>Alternate:</b> Emma, R64	
			<b>Treasurer:</b> Kasper, P16	
<b>Apartments:</b> C, D og G <i>Needed</i>				
H og L	Steffen, L6			
Alternate	Frederik, H2			
M, O og S:	Kasper, S06			

### NOTE!

Items for the agenda must be sent to the secretary **at least ten days before the meeting**  
 nybro.dk > English > For Residents > Resident Council >  
 "Add item to the agenda"

<b>Local facilities</b>
<b>Inspector</b> Lars Kaj varmemester@nybro.dk Phone: 45 87 04 73
<b>Office hours</b> Monday: 16:00-18:00 Tuesday-Friday: 07:30-09:00 First weekday of month: 17:00-18:00
<b>Nybrogård pizzaria</b> Phone: 51 14 12 19 Weekdays: 15:00-21:00 Sat-Sun: 13:00-21:00 Maj-August: Open until 22:00 every day



## This month's geek out: Sourdough

*It is the second month of the country being shut down, and although we are seeing a careful re-opening, you should still stay at home as much as possible. Meanwhile, NybroTidende's editors are getting tired of staying home, and we have almost finished all our jigsaw puzzles, read all our books, and seen all the episodes of Tiger King on Netflix. One of NybroTidende's editors was lucky to receive a sourdough starter back in December, and it has already seen a lot of use! Sourdough bread is an artform, one that takes time to master, but feels very much worth it when it succeeds! We have semi-mastered the sourdough breadmaking and thought we would share it.*

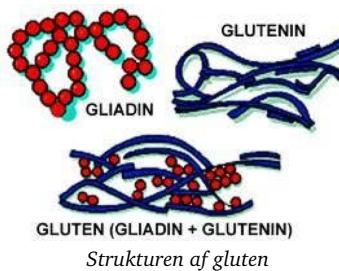
Baker's yeast, as we know it today, is the organism *Saccharomyces Cerevisae*, which was isolated for the first time by Emil Christian Hansen for Carlsberg in 1891. Bread, however, has existed for 10.000 years, and the first bread is thought to have been a type of flatbread, even though new types of bread were quickly invented, with sourdough bread being among them.

Sourdough starter is a mix of flour and water, that has fermented by naturally occurring yeasts and lactic acid bacteria. When the yeast and bacteria break down the flour, they produce lactic acid, among other things, which provides the characteristic flavor, and CO<sub>2</sub> which is the bubbles of gas making the dough rise.

In addition to the sour taste, sourdough also adds other nuances to the taste, as many different microorganisms add to the taste. In conventional yeasted bread, you only add one type of yeast, and even though this one is specifically selected for the production of both bread and beer, it does not add the same nuances to the taste that sourdough can.

When you bake using sourdough starter, you are often interested in a tough bread with a crispy crust. This requires the use of flour with a high amount of protein (High amount of gluten). Gluten consists of two different proteins; gliadin and glutenin, which are naturally present in e.g. wheat flour. Gliadin is insoluble in water, while glutenin is soluble. In the flour, the two proteins are separate, but when water is added, the insoluble (hydrophobic) gliadin-proteins "hide" in between

the water soluble (hydrophile) glutenin-molecules. This creates a elastic network, which can be stretched, and contain a lot of air, so that the bread forms the characteristic large bubbles and crispy crust.



Gluten is only formed when it is in contact with water, making it important that the dough is quite wet and sticky. The wetter the dough, the stronger the gluten network becomes and the juicier the bread becomes. At the same time, however, the dough also becomes stickier, so it is important to find the perfect balance between the two.

Within the baking world, the baker's percentage formula is used, which, in short, which states that if you add equal amounts of flour and water, the hydration is 100%. If you are a beginner with sourdough bread, it is a good idea to start with a relatively low hydration, for example 65%, which is equivalent to using 1 kg of flour, and 650 g of water. As you become more experienced, you can increase the amount of water to produce a juicier bread.

When you make sourdough bread, you want to have as much gluten as

possible. In addition to increasing the hydration in the dough, you can do a so-called autolysis, where you mix water and flour and leave it for a few hours before adding starter and salt. This way you get activated gluten before the dough starts to rise. It is also a good idea to add the salt only after adding the starter, as salt draws the water out of the gluten structure, thus creating a tighter gluten network which makes the dough less supple. Another thing worth keeping in mind is the flour you use. The higher the protein content of the flour you use, the more gluten can be formed in the bread. On page 7 you can find a recipe where you need to be using sourdough starter.

Many people associate gluten with an unhealthy diet, so they opt out as much as possible, but there are no studies to prove this to be true. Since gluten-free bread tends to be very dry, some sugar is often added and there is often less fiber in it, which otherwise helps keep the gut going. This may explain that several studies on a gluten-free diet are associated with a greater risk of both heart disease and type 2 diabetes. So, it is not recommended that you avoid gluten if you are not hypersensitive to it. However, there are some people who have the autoimmune disease celiac disease. In Denmark, this figure is believed to be 0.5-1%. If you have celiac disease, the body responds to gliadin in gluten, causing the immune system to break down the intestinal wall. Celiac disease can also cause osteoporosis and nerve damage if you do nothing about it.



## Podcast: Den Korte CoronAvis

*"2 meters corresponds to a 2 meters tall man lying down". If you have any doubts about how far you really need to stay away from other people, Kirsten Birgit Schiøtz Kretz Hørsholm and Rasmus Bruun may be able to give you the answer in Den Korte CoronAvis, which can be found in various podcast apps.*

In Den Korte CoronAvis, Kirsten and Rasmus discuss various issues that many Danes face during the corona crisis, and just like on Den Korte Radioavis, Kirsten educates the Danish population by expressing her (sometimes somewhat extreme) attitudes. Among other things, it is debated whether you are an alcoholic if you, as the (almost) first thing of the day, drink a shot of snaps, bring small bottles of alcohol to countries where alcohol is prohibited, and drink at least five alcoholic beverages a day. In addition, Kirsten Birgit also comes up with

good ideas on how to make pandas mate, in spite of people looking at them, and whether you can be extremely interested in the Third Reich without being a Nazi.

Kirsten Birgit Schiøtz Kretz Hørsholm is a fictional character played by Frederik Cilius Jørgensen. Kirsten Birgit started her career as a senior correspondent in 2015 on Radio24Syy's Den Korte Radioavis, but when the channel was closed in 2019, the program also closed. Kirsten Birgit and Rasmus Bruun have instead arranged the theater piece

Summer at Birgitø, which was shown in Bremen Theater until the shutdown of Denmark on March 13. The first section of Den Korte CoronAvis aired on March 17, after which, at the time of writing, a podcast of approximately one hour in length, has been produced every weekday except for the Easter holidays.

So, if you have an hour a day to hear about the political situation in a highly politically incorrect way, Kirsten Birgit and Rasmus Bruun are ready with Den Korte CoronAvis, which we highly recommend here at NybroTidende.

## Dorte's Dumb Column

Dear Dorte,  
It is almost time for exams, but I simply cannot get myself to read. I just sit at home watching cake videos on Facebook or eating snacks. I do not know what to do if I do not get a passing grade, so do you have some good tips to get more motivated and get started again??  
BR the procrastination champion

Dear champion of procrastination,  
It sounds like you are in a really bad situation, and I can understand where you are coming from. After all, with this Corona crisis, there is not much to say about not being as productive as we might otherwise be or would like to be.

There are many who swear by the necessity of changing scenery so you could see if you could get away from your dorm room. It could be the kitchen, where other people come as well, so

you can have some social activity during these times, where we should not be close to anyone at all. This is where dormitory residents are lucky, as you can still be with others because you simply have no other choice. The government says that you are not allowed to be more than 10 people gathered in total, but you can easily circumvent that, as you **cannot** be less than 10 at the same time in your kitchen. The government sure did not consider that!

What you could also do is go home to a friend who has an apartment, hang out and work from there. You could also bring some games of different kinds so that you can enjoy yourself in the evenings. Then you can have a small reward when, after a hard day's work, you have time to have some fun together



There might be some who would say it's not that smart because you already have a hard time staying concentrated, but I say you only learn discipline by forcing yourself!

Good luck, and I'm sure everything will be fine whether you fail that course or not.



## Hoomans of Nybrogård: The pigeons Dough, Dot, Peggy og Peter

*Nybrotidende has run out of pets to interview, so we have been out on the dormitory lawns to find some of the many birds in the area. We found four pigeons walking and talking to each other. With an attentive ear, we listened and wrote down their conversation. We do not know what nationality they were, but they spoke English to each other, so that is also how we convey their conversation. They had a lot, and yet not so much, to say, but here it is anyway.*

On the lawn at Nybrogård Dormitory, four pigeons jump around, poking at the ground to find something to eat. One of them look up and look around.

"Have you guys seen any cars around? I need to poop." says the first pigeon, and the others stop their activity, turning towards the first pigeon.

"What on earth do you mean?" says the closest pigeon.

"I need to poop. And I need to find a car to do it on. I love watching the humans coming out thinking they're gonna

be driving but then I've placed a large one right in their front window."

"That's so weird." A third pigeon joins the conversation. "You should go for the windows on their rooms. They're harder and you need more skill to hit'em. Really show'em who's boss."

"But Peter, Dough isn't a crow or raven, he's a dove." All four pigeons are now in the conversation.

"What do you mean?! He's a pigeon! We're all pigeons!" says pigeon two.

"Peggy, please, maybe you're just a

lowly pigeon but Dough and I are doves. We are above you."

"What is this conversation even, Dot?" says the first pigeon. "Why does it matter? I still need to poop." And with that, he spreads his wings and flies toward the parking lot. The pigeon, who apparently is called Peter, follows while Peggy and Dot stays behind. I stop looking because I was starting to think that, since I can hear pigeons talking, something has to be wrong with me. Maybe it's sunstroke?

## Cykloprydning

*Remember the bicycle cleanup on May 30th. If you want to join, simply show up in front of Lars Kaj's office at 10 and be ready to help. When done, there will be pizza! Remember to put green strips on your bike to prevent it from being removed. If you are missing strips, you can pick up more at Lars Kaj.*



**Take the bus everywhere  
- who needs a bike anyway?**

**Throw your bike in the shed  
and spend 10 min to find it  
the next time you need it**

**Spend a few hours with your  
fellow dorm-mates  
to clean up the bikes  
so you can actually  
find your bike in the future**



## Pentecost 2020

*It is almost time for another Christian holiday. Pentecost, which is 50 days after Easter, will fall on Sunday, May 31<sup>st</sup>, with Monday, June 1<sup>st</sup> being the day of Whitsun. We can only hope that the current conditions have normalized at that point, so that you can go on a Pentecost excursion in your newly purchased clothing, or watch the Pentecostal sun dance!*

Pentecost is the celebration of the time when the Holy Spirit, symbolized by a dove, descended to the disciples, and acted as a fire in them. From then on, they could understand and speak all languages. After Jesus' death and resurrection, which we celebrated during Easter, he ascended to heaven on Ascension Day, May 21<sup>st</sup>, 2020. Then God sent the Holy Spirit, who proceeds from the Father and the Son in the Trinity. The Holy Spirit is the spirit of God acting in among us humans.

Pentecost indicates that God is present in the world through his spirit. The Holy Spirit proceeds from the Father and the Son, which the Nicene Council in 325 A.D. was about. There was controversy as to whether the Holy Spirit proceeds

from the Father (God) and the Son (Christ). When the Holy Spirit proceeds from the Father and the Son, the Father and the Son are of the same substance, which is why God, Christ and the Holy Spirit are the same being. That is, God appears in three persons. The deity is one God in three persons.

Each ecclesiastical holiday has a liturgical color associated with different things. The color of Pentecost is red like blood, love, and fire. The color is used to decorate the church during the feast and can be seen on the pastor's chasuble. Relevant to this month, are the current difficulties with being able to advertise events, which is why you must think of something exciting to do yourself. If you are into community singing

during these Corona times, you can advantageously dig into the Danish song treasury.

Songs like "Kom, maj du såde milde" and "Danmark, nu blunder den lyse nat" by Carl Nielsen are two good suggestions. If you cannot sing to save your life, but want to party on a Sunday, you can stay up until the bright morning and watch the Pentecostal sun dance with joy, as the old tradition tells. The Holy Spirit also lives in the Corona era, but is perhaps most evident when we look after each other and leave a package of toilet paper for our neighbor, or when we go to Nybrogård's bicycle cleanup and are careful with each other's bikes. ;-)

Happy Pentecost and cleanup day!

*Order now at nybrogårdpizza.dk and get up to 20% off. Download the app Orderyoyo and search for Nybrogård pizza. The app is available on the app store and google play so you can order directly from the app.*

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## Focaccia with almonds

If you have never baked sourdough bread before, this focaccia bread is a good place to start. The dough has a high hydration, at 90%, but it does not have to be processed as much, so you can easily get a juicy bread with lots of gluten development without having to deal with the extremely sticky dough. It takes approximately a day to make the bread, but there is not a lot of time spent working on it, just a lot of waiting. If you have already baked sourdough bread before and want a bigger challenge, we have put together some more recipes on our Facebook page.

## Making your own sourdough starter

To make a sourdough starter, mix equal parts flour and water in a container. An example is 100g wheat flour, 100g whole wheat flour and 200g water. It is important that half of the flour is whole grain flour, as there is more nourishment for the starter and some microorganisms that will be good to have. Cover the starter so that no spores from the air enter the dough and place it somewhere lukewarm.

## Preparing the sourdough starter

Before you start baking, feed your starter. You do this by adding equal amounts of water and flour. To give the dough enough food to be properly activated, we tend to feed approx. 25g starter culture with 50g wheat flour, 50g graham flour and 100g cold water. The culture should then be allowed to work for a few hours and start processing the flour. The dough is ready when there is a lot of bubbles in it and can float if you put a tablespoon of dough into a bowl of cold water.

## Ingredients

- 420g of lukewarm water (about 30 °C)

- 180g fed sourdough starter
- 480g Tipo 00 wheat flour
- 7 g fine salt
- 100g almonds
- 1/2 dl olive oil + extra for the baking mold
- Flaky salt

## Procedure

1. Begin by preparing the sourdough starter by adding 100 grams of wheat flour, 50 grams of graham flour and 150 grams of cold water to 15 grams of starter. Then leave the leaven for 4-6 hours to allow it to activate. It is ready when it can float.
2. When the starter is ready, mix it with water and salt and 2/3 of the flour. Mix this well, then add the rest of the flour as well as the almonds and mix. Cover the bowl with a towel and leave it at room temperature. After 30 min. lift the dough on one side of the bowl, so that you can fold the dough down over the rest of the dough. This is done from all 4 sides. Wait 30 min and repeat. In total, this must be done 5 times.
3. Then cover a 25cm x 30cm ovenproof dish with olive oil and pour the dough into it. Cover the dish and allow the dough to rise in the fridge overnight, preferably longer.
4. After a minimum of 12 hours, take the dough out of the fridge, and allow it to rise for another 2 hours at room temperature. In the meantime, the oven is turned on at 220 °C without fan assist.
5. Pour 1/2 dl. olive oil over the dough, spread it gently. Carefully make some indentations in the dough by poking it - this will cause the air bubbles to collect and become larger. Sprinkle the surface with salt flakes. Gently place the bread in the oven and bake for 18-20 minutes (until golden but not crispy).
6. When the bread is done, take it out and let it cool for approx. 10 min, and then remove it from the mold and allow it to cool further on a rack

NybroTidende highly recommends eating the bread with some good balsamic vinegar.

**Are you having difficulties with getting your sourdough started?**

Then contact us on  
<https://www.facebook.com/Nybrotidende/>,  
 then you can some sourdough starter from us.



## Things to do at home 2.0

We have made it to May, and we are still sitting at home with an assembly ban, with a limit of 10 people. It is tough for several reasons. It is difficult to focus on the work for our studies. We cannot see our friends or really get away from the dormitory, at least not much more than a shopping trip and a walk around the lake. There are some who need to work, but otherwise we just stay home. That is why NybroTidende has come up with a "Things to do at home 2.0", where we come up with several suggestions for what to do while we are trapped here at the dormitory.

1. In the previous issue, it was suggested that you can learn a new 'skill' i.e. learn to knit. This could be done using some of the recipes that we posted on our Facebook page. If you do not have a set of knitting needles and do not want to attempt the task using pencils, you could look at learning something else: Most people at the dormitory have a computer, so why not do something that is fun, but will also help you with your studies: Learn how to program, become really good at a free drawing program so that you can hand in some nice diagrams and figures in your new assignment or get familiar with how to set up amazing looking assignments in LaTeX! There are many programs and courses that you can participate in on the web, so it is easy to find

2. Specifically, there is also what is called MasterClass, where several talented and sometimes well-known people talk about the subjects of their work. On MasterClass' home page, you can find Gordon Ramsey, who teaches basic cooking, Neil Gaiman, who talks on storytelling and many, many more (There are some who teach magic!). It all sounds great, but it does come with a cost, in the form of money. And while there is a pretty good deal right now, it is still a lot of money. We can look at the content and price

[here](#).

3. In addition to courses that you can find yourself, there is also a wide range of webinars from, for example, IDA. This editor has participated in a short webinar on how to transition from the student world to the working world, and it worked well and is highly recommended. You can find it under 'Events' on the IDA website. [Here is a link](#).

4. If you do not want to do something that is necessarily educational, you can also try to look into some of the deals that have emerged during the Corona crisis. For example, The Royal Theater has posted several of their performances on their website, which can be viewed for free. You can, for example, watch the famous opera La Traviata, a ballet version of Romeo and Juliet and the Danish opera Drot og Marsk, which is about the royal murder in Finderup Lade. You can find the website [here](#).

5. Many of us miss our friends, but we are in a fortunate position with the digital age, to counteract this. Det Dårlige Selskab has chosen to post their games so that you can play them online with friends (with new cards about Corona!). Find the online game [here](#). There is also the opportunity to play draw and guess games with your friends. You can do that [here](#). The idea with both games

is that you start a private game room and invite your friends, and then you can talk via Zoom / Messenger / Discord / whatever you want to use.

6. As many of you may already know, there is also the opportunity to watch Netflix together through the NetflixParty Chrome extension. Just start your movie or series, hit the NP icon in the upper right corner and share the link with your friends. Then you can chat during the movie, and it also syncs when you pause or rewind. It works super well!

7. While we are on the topic of being with friends through a computer screen, we do not actually need a website to make allow us to have fun with friends. I know someone who arranged a nice wine evening with her best friend via Zoom. Of course, this could also be done with beer or drinks. There were also some who chose to hold Easter lunch together by eating what they wanted and then drinking snaps through Zoom. And there is, of course, the opportunity to just sit and talk without eating, drinking, or playing.

Most importantly is our suggestion; that you reach out. It can be difficult, especially during this time. We hope, if you are sitting at home and everything is going in circles, that this brief summary has been able to give you some ideas.



### Vigtige datoer

- May 1<sup>st</sup>: International Workers' Day
- May 4<sup>th</sup>: Liberation Day
- May 4<sup>th</sup>: Star Wars day
- May 5<sup>th</sup>: Constitution Day
- May 21<sup>st</sup>: Ascension Day
- May 30<sup>th</sup>: Bicycle cleanup
- May 31<sup>st</sup>: Whitsun

Do you have comments, praise, critique or other information, you want to have included in the newsletter? [tidende@nybro.dk](mailto:tidende@nybro.dk)

### Brain Gym

**Someone stole the flour from the sourdough.  
Can you help the dough unlock the cage to the flour,  
using these clues?**

**682** One digit is right  
and in its place

**614** One digit is right  
but in the wrong place

**206** Two digits are right  
but both in the  
wrong place

**738** All digits are wrong

**380** One digit is right  
but in the wrong place



Correct answer: 042