

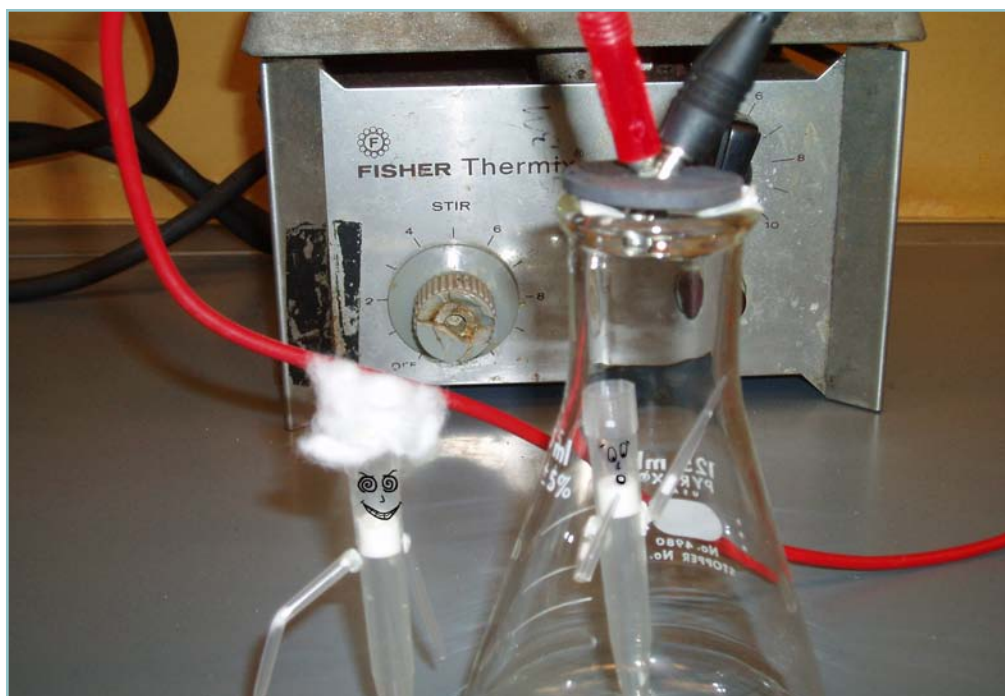
We take the BS out of BBS.

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B Contest: Who/What Not to Put in the Acknowledgements Section of Your Paper or Presentation

Student life in the Combined Program
in the Biological and Biomedical Sciences

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From participating in science policy to publishing in top notch journals, from monitoring national food policies to providing financial advice, BBS students seem to do it all. And somehow they still manage to find time to enter B's insane contests. Speaking of insanity...

Publish or Perish... or Just Perish MUAH-HA-HA!

BY NATALIE POWERS AND ANNIE LE

***Everything in this article is
100% true. Trust us...***

They say it takes a special type of person to be a scientist, and if the Sci-Fi Channel and the Cartoon Network are any indication, such people seem to have an uncanny predisposition to evil, madness, or both. But a mad scientist is still a scientist, and the publish-or-perish rule remains in effect even for these, our mentally or morally wayward colleagues. But what exactly does a mad scientist study? What kind of grant would a supervillain have to write to entice the NIH or NSF into funding it? Well, we did a little research (so you won't have to), and compiled the abstracts of several papers—all written by well-known mad or evil scientists. Perhaps the next time you review a grant, you won't be too quick to skip over the author list.

Universal Mitigation of Greenhouse Gases by Vaporized Kryptonite

Lex Luthor and Al Gore

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Despite popular opinion, the biggest issue facing us as we enter the 21st century is not war, famine, pestilence, terrorism, corruption, or greed. These minor issues are dwarfed by the problem of global warming. Here we provide theoretical evidence that kryptonite vapor, if released into the atmosphere in copious amounts, is capable of eliminating all present and future presence of greenhouse gases in the atmosphere. The equations from which this evidence was derived are highly complex, so they are naturally not expected to be understood by most of the general population or even the scientific community. Nonetheless, we have determined that they are correct within an order of magnitude. We also note that kryptonite vapor shows additional promise for the control of airborne pests.

Dihydrogen Monoxide-Induced Extreme Thermogenesis in Patients with a SNP in *oz49*

*The Winkies, the Flying Monkeys and the Wicked
Witch of the West*

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Thermogenic responses to dihydrogen monoxide were studied in 25 normal healthy Caucasian

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GIVING POWER TO THE PEOPLE

BY JESSICA McDONALD

As graduate students, when it comes to politics, it's easy to stay behind the bench. But science policy is something we all have a vested interest in, both as scientists who rely on governmentally funded grants, and as citizens concerned with how our country makes its decisions on science and technology issues. Solving some of the nation's most difficult challenges—e.g., healthcare reform and climate change—will require lawmakers to draw on sound science. Further, any technological advances of tomorrow will be the result of today's investment in the scientific edification of our youth.

BBS students can be part of these solutions, and there is an easy way to get involved. Last year Yale formed a chapter of Scientists and Engineers for America (SEA), a nonprofit and nonpartisan organization dedicated to improving our nation's science policies by facilitating evidence-based decision making at all levels of government. For example, this semester our chapter cooperated with Yale Recycling to promote recycling on campus, particularly in lab spaces. We've also hosted a webinar featuring Diane DiEuliis of the President's Office of Science Technology & Policy, and are continuing our discussion group series to stay current on the newest science policy legislation.

We welcome new members and ideas. For more information, please see the Yale chapter and national SEA websites, www.yale.edu/sea and <http://sefora.org>, respectively, or e-mail us via yalesea@gmail.com.

Ostensibly, energy isn't an issue a graduate student can tackle with a pipette, but in keeping with SEA's mission, this issue of *B* introduces the Smart Grid and one approach to making energy consumption transparent—and a step closer a greener planet.

On February 17th, at the foothills of the Rocky Mountains, President Obama signed the much-debated \$787 billion stimulus bill into law. Officially designated the "American Recovery and Reinvestment Act" and heralded by Obama as the "most sweeping economic recovery package in our history," the legislation devotes an unprecedented amount of federal funds to issues as diverse as education, infrastructure,

and healthcare—all in an effort to stem job loss and restore the economy to its pre-credit default swap heyday.

The setting of Obama's announcement was apropos, not only because Denver was where Obama was chosen as the Democratic Party's nominee less than six months earlier, but also because neighboring Boulder is slated to become the first U.S. city to fully embrace the very technology \$11 billion of the stimulus supports: the Smart Grid.

A precise definition of the Smart Grid is nebulous at best, despite the ease with which this new catchphrase of the energy (and now political) world rolls off the tongue. Rather than a single, discrete technology, the Smart Grid is a gestalt concept, an ideal end product of sundry elements that will work together to increase energy efficiency, allow for alternative energy inputs, and reduce the likelihood of power failures. The core idea behind the I.Q. boost is to infuse the present electrical system—our network of power generators and transmission lines that deliver electricity to our homes and offices—with a better monitoring system, and critically, allow for two-way communication and energy flow between power producers and consumers.

One way to increase efficiency via measurement improvements is to give control to the consumer, and this is where smart meters come into play. Unlike traditional meters, smart meters are able to measure energy usage in real time. Although the Energy Policy Act began requiring utilities to provide smart metering services to customers upon request back in 2005, the smart meter boom has yet to materialize. And even smart meters don't create interactivity on their own; most report back to the utilities, and customers never know the impact of the decision to do the laundry at 3 A.M. versus noon the next day—or how much energy (and money) could be saved simply by air-drying the clothes. With both energy demand and concern over the environment rising, giving power to the people—over their own power—is a logical next step to reduce consumption and revitalize the role of the individual in the increasingly complex network of society and its energy source, the electrical grid.

Google is one of several companies to rec-



Giving Power continued from page 2

ognize that the potential of supplying the consumer with usage information goes beyond sheer voltage. Roughly a week prior to Obama's stimulus announcement, which intends to put 40 million new smart meters in American homes over the next three years, Google.org presciently unveiled a prototype version of their smart meter software program, PowerMeter.

With typical geek panache, Google succinctly describes the strategy of PowerMeter—and by extension, the entire Smart Grid enterprise—by borrowing a line from Lord Kelvin: "If you cannot measure it, you cannot improve it." (And, as if channeling President Obama, a promotional video for PowerMeter changes the applicable aphorism to "You CAN measure it. You CAN improve it.") The program delivers meter information directly to a user's iGoogle homepage, making energy consumption as conspicuous as e-mail, news headlines, or word- and quotes-of-the-day.

PowerMeter is still in private beta, but the Google employees who tested the tool were able to save energy—and considerable sums of money—by making relatively minor changes to their behavior or homes, such as replacing traditional light bulbs with compact fluorescent bulbs. Google estimates that each home outfitted with a smart meter and access to an easy-to-use interface to respond to such data will save 5-15% of its monthly electric bill. Multiplied over many homes, the impact is substantial.

PowerMeter is expected to roll out in pilot programs over the next several months and will be a free service to both utilities and users. Until PowerMeter is released to the wider public, Google must coordinate with utilities (typically the owners of the meters), governmental regulators, and the meter makers themselves. And while Google is clearly invested in the development of PowerMeter, the accompanying website proclaims, "empowering consumers with energy information is too important to rely on just one provider, and we welcome and encourage other approaches." Indeed, programs like PowerMeter are just one part of the Smart Grid revolution, but they're a start.

Individuals who want to remain abreast of updates are encouraged to join the mailing list for the Google group, "Google Energy Information News and Updates." More information is available at <http://www.google.org/powermeter/>. ■

Publish or Perish continued from page 1

females and 25 Caucasian females with a Ww SNP in o249, a gene encoding a new, uncharacterized uncoupling protein, UCP-49. Patients were administered room temperature dihydrogen monoxide by the overhead dump method and temperatures were taken. Body temperatures in normal healthy subjects displayed no significant change, but body temperatures in subjects with the o249 Ww SNP increased dramatically up to 113 degrees Fahrenheit, possibly due to extreme thermogenesis. One patient reached 125 degrees Fahrenheit, suffered hysteria, muscle rigidity, and succumbed to fatal hyperthermia. This patient was later found to have an additional mutation in a gene encoding the protein ImMltng.

On the Detrimental Effect of Incompetence on Plans of World Domination

Oroku "Shredder" Saki, Krang, Cobra Commander, Rita Repulsa, and Lord Zedd

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It is well-known that evil plans of world domination generally fail, and a large proportion of this failure can be explained by active interference from colorfully costumed, highly effective vigilantes. However, our plans of world domination are continuously and inexplicably thwarted by such things as ninjitsu-trained rodents and turtles, the self-proclaimed "Joe-Six-Packs" of the US military, and Japanese stock footage. Pooling our data, we used principal components analysis to identify the factors underlying the failure of our plans. The only significant factor was found to be generalized incompetence (on the part of our henchmen only, of course). Though this problem will not be easy to rectify, we are determined to at least get this paper out of it. The reviewers will recommend it for publication, because we know where they live, and because competence is not required in large amounts to detonate a bomb.

Expression of Force in Luke Cells for Vocal Cord Tissue Engineering

Darth Vader

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Overexpression of force protein by infecting Luke cells with adenovirus bearing frc23 results in differentiation into functional lamina propria cells of vocal folds. Mechanical properties of differentiated cells were characterized and

demonstrated appropriate elasticity and vibration. Transplantation into rebels with laser-damaged vocal folds reconstituted vocal cord function, but with lower-register voices compared to pre-damage voices. Overexpression of Force in Luke cells provides a promising therapy for vocal cord damage.

Bad Cinema Induces Temporary Insanity but Causes no Permanent Psychological Damage

Clayton Forrester, Pearl Forrester, TV's Frank, Bobo T. Gorilla and Observer

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In a landmark experiment, we set out to test the hypothesis that poorly made films cause permanent brokenness, despair, and/or insanity through their compulsory viewing—and the consequent hypothesis that said films are an appropriate tool to effect world domination. All our experiments were documented on film. Though we observed occasional temporary insanity, bizarre behavior and attempted suicide (the severity of which showed a strong negative correlation with the quality of the film), after more than ten years, we concluded that bad films cause no lasting psychological damage to humans or automatons. We are now collaborating with the owner of a prestigious furniture franchise in Connecticut to test the suitability of supremely obnoxious television commercials as a tool for world domination.

Novel Method to Perform Chrysopoeia of Smurfs

Sorcerer Gargamel, Azrael the Cat, Scruples and Hagatha

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Individuals with Nevus of Ota, a pigmentation disorder characterized by blue skin, denoted 'Smurfs,' were captured according to guidelines laid out by the Consortium of Evil Sorcerer-Scientists. Randomly selected Smurfs were then consumed for quality control. Remaining Smurfs underwent transmutation into gold. Each set of five Smurfs, total weight of 10-10.5 kgs, was homogenized in alchemy buffer and combined with anti-blue potion. Acid tests for gold quality indicate that chrysopoeia of Smurfs yields 750 parts per thousand, or 18K, gold. ■

Book Review

The Family that Couldn't Sleep

By Andrea Stavoe



Regrettably, in *The Family that Couldn't Sleep*, journalist D.T. Max wrongly decided that he had the authority to write about science. He focused on

prions and their diseases (such as Mad Cow) — a relatively new realm of biology that is poorly understood, even by researchers dedicated to studying them. Prions are, in short, proteins that can fold more than one way — one conformation is harmless while another causes disease and eventual death. They are the cause of the genetic disease fatal familial insomnia; an affected family is a recurring theme throughout the book.

Mr. Max does not have a strong scientific background, which is quickly evident. He actually admits that he has little respect for laboratory researchers and he accuses them, along with multiple governments, of conspiring to hide the truth about prion diseases and their prevalence (mainly Mad Cow). The many poor scientific explanations and misrepresentations would make any biologist queasy. However, prions are inherently interesting, and this book ultimately inspired me to do something I have never done before — voluntarily search for and read a scientific journal article (and before you judge me, give me a break, I'm just a first year). I'm still working through the literature. **B**

Seeing all Sides of Journal Publication at the YJBM

BY ELISABETH WURTMANN

As graduate students, we work through the process of manuscript preparation and submission, receive reviewer comments, attempt the suggested further experiments and make revisions, and then feel the joys or frustration of the editor's final decision. A number of ways to expand outside that usual pattern are possible with the Yale Journal of Biology and Medicine (YJBM), both to publish your own writing and to learn about journal operation.

The YJBM provides students with the opportunity to see the workings of a journal from a variety of different perspectives. A peer-reviewed, open-access journal, the YJBM has been published by the Yale Medical School since 1928. The journal is run by an editorial board of graduate and medical students with the collaboration of faculty advisors. Moreover, to allow for publication of more student writing, the YJBM is currently adding a regular News & Views section. Here's a look at a few ways graduate students can get involved at the YJBM, whether it is for a short project or an ongoing position:

- Write a piece for the News & Views section. This newly expanded endeavor of the YJBM is a chance for students to publish short, magazine-style pieces on clinical medicine, the biomedical sciences, public health, and the history of medicine and science. This section is a chance to use both your creativity and your expertise: try shaping your knowledge and ideas into a commentary on a recent advance in your field or an opinion piece on science policy or science education.

- Write a piece covering the StemCONNo9 conference for the annual special issue, such as commentary on a session or an interview with a stem cell expert.

- Write an interview of a faculty member from Yale or an outside institution, write a book review of a recent release in your field, or write a topical review article.

- Work with the editorial board. The editorial board reviews submissions, first discussing the

merits of submitted manuscripts with attention to how well the experiments test the hypothesis and how the work fits into the field at large. If the manuscript merits peer review, students then work one-on-one with a faculty member to carefully evaluate the work before consulting again with the editorial board and communicating with the author. If the manuscript undergoes revisions, students and faculty again analyze the work, and if the paper is accepted, students assist with editing and preparations for publication.

- Work on a special project with the editorial board. Recent projects have included work to solicit contributions from Yale and outside faculty and expand journal publicity.

Interested students can contact the student editors-in-chief Peter Gayed (peter.gayed@yale.edu) and Jessica McDonald (jessica.mcdonald@yale.edu).

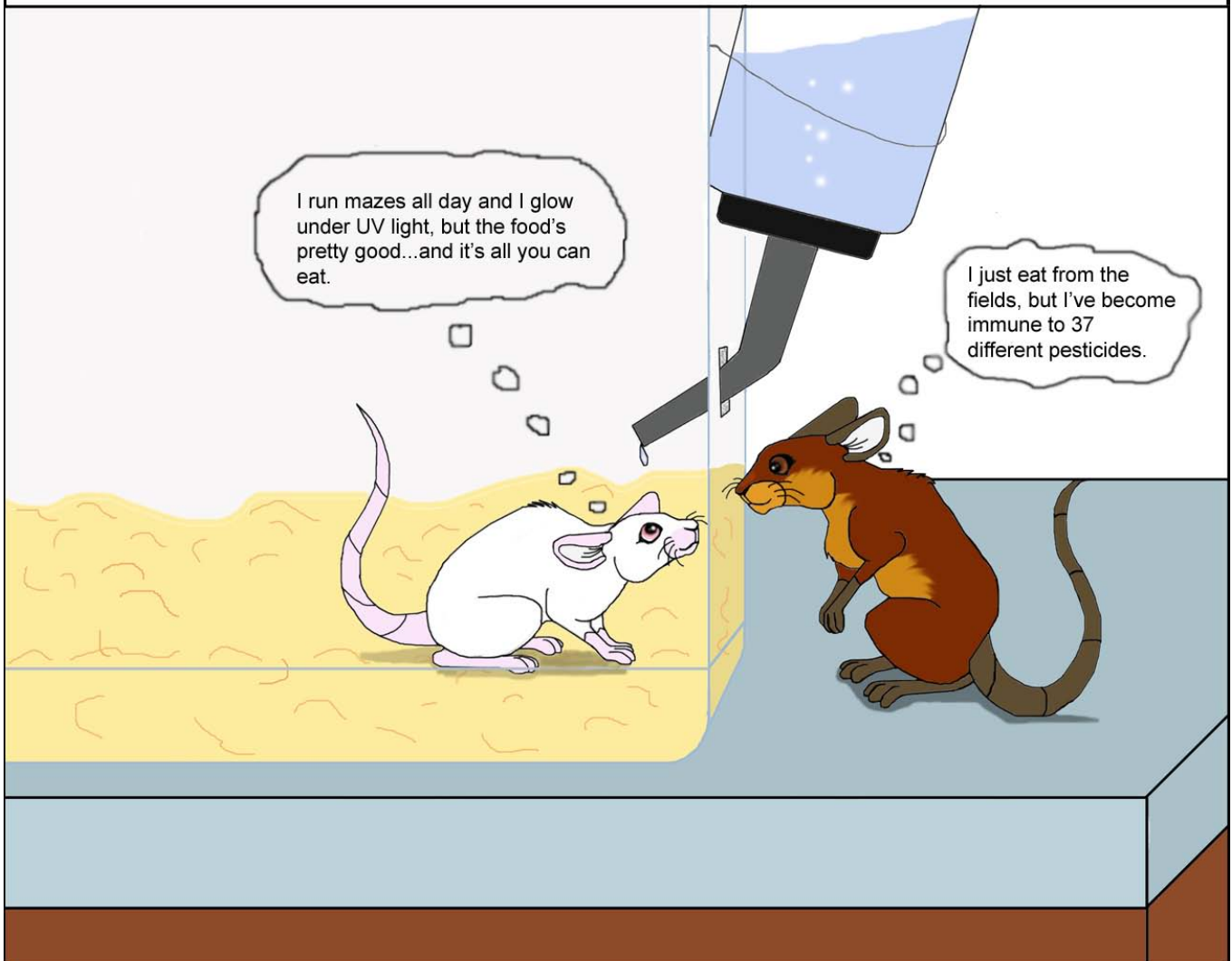
Whether it's by joining the lively discussion reviewing papers or contributing your commentary in a News & Views piece, the YJBM is our school's very own journal, so help make it yours! **B**





Student speakers Chris Mader, Cell Bio, and Hannah Chapin, Cell Bio, presenting at the 1st Annual Cellular & Molecular Biology Training Grant Symposium. Photos courtesy of Bonnie Ellis.

Model Behavior: Quails Edition*



Aesop's "The City Mouse and the Country Mouse" revisited.

*One panel or less.

Cartoon courtesy of Natalie Powers.

IN PRESS



Amanda Poholek (bottom), Cell Bio student presenter, and faculty guest speakers M. Celeste Simon (middle) and Angelika Amon (top) of MIT, presenting at the 1st Annual CMB Training Grant Symposium. Photos courtesy of Bonnie Ellis

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(BBS STUDENT PUBLICATIONS, JANUARY '08 - JANUARY '09)

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Student presenters Elizabeth Wurtmann, Cell Bio, and Richard Wing, MB&B, at the 1st Annual CMB Training Grant Symposium. Photos courtesy of Bonnie Ellis.



Irene Tebbis, MB&B & CMB Training Grant Symposium Organizer, waiting to introduce next speaker.



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Movements in Food

THE VICTORY GARDEN

By Rafael Rosengarten

The National School Lunch Program feeds over 28 million children. In poor communities like the one in rural South Carolina where I grew up, nearly all of my classmates ate two cafeteria meals a day—roughly half of their weekly meals. It may be oxymoronic to expect cafeteria food to be delicious or enticing. But Sam Kass, the Obama family's personal chef who made the journey with them from Chicago to Washington, doesn't think so. Kass is helping first lady Michelle Obama plant a vegetable garden on the grounds of the White House, the first since Eleanor Roosevelt had one during World War II. While I am happy to know that the Obamas will be enjoying healthy, locally-grown food at their dinner table, the real value of the garden may lie in the example it sets, and in the message that grassroots movements for sustainability and nutrition have support from the top.

So how can lunch fare change at Lincoln and Baptist Hill High schools, at the far ends of Charleston County? What is required is a utopian, Herculean effort to move away from the centralized factory farm and assembly line paradigm of food production, and to move towards local sourcing of ingredients and an insistence on quality over cheapness. Perhaps the most infamous example of cutting costs and making poor people pay came in 1981, when President Ronald Reagan's USDA proposed reclassifying ketchup from a condiment to a vegetable in order to account for one of the two required fruit or vegetable servings.

The USDA's rationale was that most vegetable helpings were not eaten, and thus constituted a huge source of food waste. It's no surprise that when potentially healthy food is made to look and taste unappetizing, kids reach for the high fat, high sugar alternatives they have learned to eat and see advertised all around them. Have you ever read the ingredients on the back of a bottle of ketchup? The second item listed is corn syrup. Now read the ingredients on any other processed food. I

guarantee that corn syrup will be there too.

Why is our food loaded with corn syrup? My theory, which happens to be shared by Chef Kass, is that federal subsidies of corn, the U.S.'s largest crop, leads to a glut of corn syrup, which makes it cheap and plentiful and a staple ingredient in packaged foods as varied as frozen chicken wings and cheese ravioli. The government also heavily subsidizes beef and dairy, making fat cheap. The government then purchases food for school lunches from the lowest bidder,



gobbling up the sweeteners, low-grade meat, and high fat dairy that it has already paid for once.

The agro-political axis is deeply ingrained in the American soil. Armies of lobbyists block change and keep the world safe for Twinkies. Safety regulations cater to large-scale producers and packagers over the small local farm. TV cameras follow the presidential candidates from diner to feed store as they pander to the corn farmers in Iowa to win that ever-critical first caucus. Against this backdrop of greed and ambition, it will take willful leadership to bring about a sea change in how we choose what to eat and feed others. Chef Kass's vocal criticism of school lunch programs and advocacy for community groups like the Organic School Project and Healthy Schools Campaign, suggests the White House has a vision for change. What comes next is the hard part, the political fight to reinvent food sourcing and to re-educate the people who prepare school meals. The argument should be framed as an urgent mat-

ter of pediatric health. Changing children's eating habits could dramatically reduce crippling disorders like childhood obesity, hypertension and diabetes. The incidence of attention deficit disorders is strongly correlated with high sugar (corn syrup) consumption. School lunch reform, therefore, should be part of comprehensive health care reform, an aggressive measure of preventative care.

Will the Obama administration lead our nation into an era of eating meals and snacks that are healthier for our bodies and for the environment? Sure, kids should be encouraged to eat their vegetables. But I can't be too self-righteous about it because I remember vividly my classmates and I eating our tater tots and sloppy joes in the era of Reagan's ketchup. We developed an insatiable appetite for all things fattened, fried, salted, and sugared. Now we're freaking out over the numbers that proclaim our weight, blood pressure, and cholesterol, numbers only momentarily hidden by the illusion of vitality. We are also at the age when we are forming families and having our own kids who will take on the eating habits we teach them.

Eleanor Roosevelt's "victory garden" set an example for households across the country to grow their own food, thus freeing up resources for the troops during the war. Mrs. Roosevelt was a champion of rural schools. In her day the task was all about getting the buildings built. Our fight now is to make schools everywhere into healthier places. Michelle's vegetable plot is a silent plea for school lunch reform and for the physical and mental health benefits that come with eating well. It is nothing less than a victory garden in its own right. **B**

None of this would have been possible without ignoring the useless advice of our collaborators.

Jennifer Hardee, MCDB, 4th year

....and finally, I would like to thank Red Bull for giving me wings.

Shana Elbaum, MB&B, 3rd year

Our conclusions were only possible through use of a high-precision fluid-filled sphere within which a predictive icosahedral die was suspended, compliments of the Mattel Corporation.

Matt Roberts, MB&B, 4th year

Our gratitude goes to the folks at Wikipedia for providing voluminous amounts of hard-to-find scientific data free of charge, and also to Jay the rotation student who hung out all afternoon reviewing and verifying this information for a modest cash sum.

Matt Roberts, MB&B, 4th year

BIG SHOUT OUTs 2 all the East coast LAB-Peeps: Pyrex-N-Effex and Micro-MC feat. Pipettah, Special ReAgent, 69-Well Bloch, Oligogangsta, and PH-D...

Matt Roberts, MB&B, 4th year

The research conducted for this manuscript has no conflict of interest. The work on "Cigarette smoke shows no correlation with lung cancer" was graciously supported by grants from The Philip Morris and R.J. Reynolds companies.

Tom Magaldi, Genetics, 3rd year

I'd like to acknowledge my Yale Health Plan therapist, who helped me move past my rage towards my absentee PI.

Jennifer Hardee, MCDB, 4th year

I would like to thank The Illustrious Journal of Biophysics, for allowing my PI to be editor on all our competitors' sensitive publications.

Nic Last, MB&B, 4th year

Lifestyles of the Poor and Academic KEEPING THE G'S IN YOUR WALLET (AND THAT'S NOT GUANOSINE)

BY PHILLIP MCCOWN

So, you've probably noticed people complaining lately about rising costs of various consumables, such as electricity, water, heat, gas, groceries—need I go on? Although stipend amounts have gone up (slightly), it seems that the so-called cost-of-living expenditures seem to mount as well. I've been asked to impart some tips of mine on how to save as much money as you can and how to make every penny that leaves your hands have palm-prints in the coins. I also consider time as much of a precious commodity as money, so I'll be throwing in tips that not only save money, but also time. Commercial disclaimer—the author nor the B magazine have been sponsored or paid for some of the following observations and do not have a conflict of interest. I'm just trying to show you cost saving tips.

Tip#1- Plug all your appliances and electronics into power strips. This not only saves you from having to replace the electronics in the event of a power surge, it also allows a nice set up for tip #2...

Tip#2- Unplug said power strips or separate appliances when you're not using them. That includes when you are in lab, asleep, out of town for vacation, er... conferences. You'd be surprised how much you save by not having your microwave plugged in.

Tip#3- Open up those blinds! Not only does it save you on electric rates (that glowing orb in the sky called a sun tends to be bright), it can also save you on heating rates (that glowy orb again).

Tip#4- Do not run the A/C unless the humidity is that unbearable or there's a decent rain-storm/tropical storm/hurricane outside. Open the windows and/or use a fan instead.

Tip#5- Buy in bulk at Sam's Club. Note that I said only Sam's Club. Not only is the annual membership \$40 (cheaper than a certain other store's membership), but they also may give you a \$15 or \$20 gift card for a student membership right up front.

Tip#6- If you like to buy books at bookstores, go to Borders and get their membership. Border's membership is for free and they give you email coupons every weekend or so.

Tip#7- Buy a month's worth of socks. I'm serious—get a month's worth of socks. If you have no other white clothes and you have white socks, a month's worth will fill up a washer and, as a result, you only wash socks around 12 times a year.

Tip#8- If the place where you live charges for laundry, consider a laundromat. Not only can it be more economical, it also can allow you to clean your laundry at a significantly faster rate.

Tip#9- Do chores when there's sunlight. It saves on your electric bill.

Tip#10- If you smoke, quit. You get the health benefits and more cash in your pocket. Cigarettes can cost anywhere from \$5.60 to \$7.50 a pack. If you smoke 3 packs a week (typically there are 10 cigarettes in a pack), that adds up to \$873.60 to \$1170 in a year, not to mention any health-related expenses.

Tip#11- Pay off your credit cards and loans. Interest can be a bear and often can make you wind up paying twice the actual amount. This also includes loans in which collection has been waived due to being a student—feel free to pay those off ASAP.

Tip#12- It's cheaper to make your own booze than it is to buy it than it is to get it at a bar or restaurant. I'll delve into making your own booze in a later article, but consider this. Assuming GYPSCY's claim to fame is correct, \$2 a beer runs \$12 a 6—pack. Typically, this may be cheap beer (Miller Lite). At the correct liquor store, a 6—pack of Sam Adams, Guinness, or some other high quality beer can run around \$10. You don't get the clientele, but if you're looking for a good time at night, this may be a way to go.

Tip#13- Avoid eating out at restaurants or getting food from restaurants. Labor costs often raise costs of food by quite a bit of money. Buy your own and then make your own.

Tip#14- Save up for the future with either a savings account, an IRA, stocks, bonds, etc. Just make sure you stay on your long-term investments so as not to lose money.

Hopefully, I've given you a few tips to crunch on spending and allow your checking accounts to get more money in them, if only a bit of an increase. **B**

Trail Mix - Sleep Under the Stars Along the CT Appalachian Trail

BY ELIZABETH WURTMANN

The Appalachian Trail (AT) cuts across the northwest corner of Connecticut for 52 miles on its way from Georgia to Maine. Along the AT in Connecticut, a number of sections make for good dayhikes or quick, convenient overnight outings. To celebrate the warming weather, here are a few recommendations, all within ~90 minutes of New Haven.

Lion's Head and Bear Mountain. Starting from the trailhead at Route 41, Lion's Head is reached after a two and a half mile walk through woods and meadows. There, you will find a big panorama of the surrounding lakes, green valleys and hills, which are a curious collection of profiles, ranging from round to beehive-shaped. On my visit, giant swirls of fog moved through the valleys, wrapping around the hills. Another three miles to the north, Bear Mountain is often touted with a touch of sarcasm for its read-the-fine-print standing as the tallest mountain located entirely in Connecticut. Fifty miles north along the AT, Massachusetts's highest peak, Mt. Greylock, clearly dwarfs our state's top peak. Nonetheless, the hike up Bear Mountain is a gorgeous walk up giant granite and schist boulders. At the top, a large cairn makes a good place to sit and take in the satisfying views north to the Taconics, including Mt. Greylock, and west to the Catskills. Overnight options in this popular section of trail include the Brassie Brook, Ball Brook, and Riga shelters and campsites.

Sharon Mountain. Heading south from the intersection of Route 112 and Route 7 near Falls



Pine Swamp Pond. Photo courtesy of Elizabeth Wurtmann.

Village, the trail quickly charges you up the ridge and into quiet woods. Within a half a mile, the trail feels as though you are in the middle of nowhere. Crossing to the other side of the ridge, you reach Hang Glider View, which is the result of some tree removal performed by aerial enthusiasts. The view extends west to the Catskills as well as north into Massachusetts, and in the valley below, check out the action at an auto race track. Just past that overlook is the Sharon Mountain campsite, or you can continue another two and a half miles to the Pine Swamp Brook lean-to. Don't be dissuaded by the mediocre name: the shelter sits atop a hill overlooking a round, richly blue pond that is home to a beaver

AT route through the area; now, it is a side trail that is maintained as one of the state's blue-blazed trails. To make an overnight of the trip, walk to a shelter a short quarter mile north of Route 4. The next morning, hike south along the Mohawk Trail into the Mohawk Mountain State Park, which has an intertwining trail system. Signs of civilization are frequent here, as the trail up to the peak crosses park roads, picnic areas, and skirts the Mohawk Mountain ski area; indeed, there is a road up to the top of the peak. Still, there is plenty of hardwood and pine forest as well as an ecologically rich black spruce bog along the walk before the 360° view at the top of the fire tower's metal steps.

lodge and dam that looked active at the time of my visit. The quiet of the woods around the pond and the shelter are a good finish to an afternoon hike.

M o h a w k Mountain. One of the bigger views in the northwest part of the state is found from the fire tower on top of Mohawk Mountain. The Mohawk Trail at one time was the main

Macedonia Brook State Park. South of these other hikes and almost to the New York-Connecticut state border, another notable AT remnant-turned-blue-blazed trail cuts through Macedonia Brook State Park. This park, featured previously in this column, is home to a beautiful six-mile loop trail. The views from the top of the western ridge are truly spectacular, stretching across many miles of wilderness to the Hudson River Valley. To make an overnight of the trip, stay in the park's campground and spend time relaxing along the brook.

For detailed trail information, check out state park websites where applicable, as well as <http://home.comcast.net/~otomola/ATHome.html> and the Appalachian Trail Guide to Massachusetts-Connecticut published by the Appalachian Trail Conference. **B**



View from Lion's Head. Photo courtesy of Elizabeth Wurtmann.

The BUZZ



Shelby Montague, (C&MP 3rd year) became engaged on Saturday, March 21, 2009 to Jeffrey Winer, MD (Yale '08).

Rachel Roth, (Newly graduated from Pharmacology) will wed Bryan Flach on September 26, 2009.

Shannon Gourley & Warren Jones, (Both of INP) got engaged in December.



The Graduate School has a way to view course evaluations from their website:

1. Go to <http://www.yale.edu/graduateschool/academics/index.html>
2. Look on the right hand side of the page for "Graduate Course Evaluations."
3. Click "log in" to view evaluations.

B magazine's

"WHO/WHAT NOT TO PUT IN THE ACKNOWLEDGEMENTS SECTION OF YOUR PAPER OR PRESENTATION"

Contest

1st Place

The authors thank Professors James Beam, Jack Daniels, and our collaborator Dr. Jose Cuervo for inspiration throughout this study.
Callen Hyland, MCDB, 2nd year

2nd Place

The authors gratefully acknowledge US Customs for irradiating all samples requested by our competitors in France.
Jennifer Hardee, MCDB, 4th year

3rd Place

The authors thank Wikipedia for generously sharing unpublished data.
Stacey MacGrath, MB&B, 2nd year

Other Notable Entries

The authors kindly acknowledge Reviewer number 3 for the insightful comments regarding trying to stifle the publication of this work. We know it was you Dr. Sorlle Lossler. We saw your student's poster the week after we submitted this manuscript. Live with it. We scooped you.
James Hebda, MB&B, 5th year

I would like to thank my committee for finally accepting this minimal contribution to science so that I can get my Ph.D., go to Medical School, and become a real Doctor.
James Hebda, MB&B, 5th year

I would like to thank my lab mice for their unprecedented cooperation and brilliance in performing all of my lung tumor studies for me.
Imran Babar, MCDB, 4th year

I would like to thank my friend Eddie. Just because.
Imran Babar, MCDB, 4th year

And finally, I would like to acknowledge the great role of methamphetamine in the fruition of this paper. Not only did the original idea for this project come to me while under its influence, but in setting up my first meth lab in high school, I discovered my aptitude in experimental chemistry, and kindled a lifelong love of laboratory science.
Emmett Sprecher, CB&B, 3rd year

Finally, I would like to acknowledge my parents, whose complete ignorance of and consequent total support for what I've been doing for the last five years was much appreciated.
Natalie Powers, Genetics, 2nd year

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