B

magazine
YALE UNIVERSITY

We take the BS out of BBS.

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When you need a little infotainment to distract you from the toils of lab life, where are you going to turn? Google News? As if they don’t already know way too much about you. A newspaper? And get black ink all over yourself? No thanks. Hey, we have an idea. Try B! We don’t track your viewing habits. And we’re smudge-free. So go ahead and read with abandon.

A New Decade for B

BY JOHN ALVARO

Depending on whom you ask, 2010 represents either the end of the previous decade or the start of a new one. Regardless, this year marks an important milestone for B magazine. It was 10 years ago this spring that a handful of BBS students sat around a table brainstorming about an idea to create a publication to foster a greater sense of community among the students and faculty in BBS. As the minutes of that first meeting note, the students wanted to create something that would inform and entertain the BBS community in a “friendly, humorous, and even off-beat” way. Arising from that first meeting in 2000 was the architecture for B magazine. It was an experiment, one which would endure or fade away depending on the interest of future generations of students.

It’s now ten years later, and B magazine is still here, still informing and entertaining in its own quirky way. As we look ahead to our next decade, we recognize that we will continue to rely on the talents of BBS students to make B a success. In the immediate future this will be a particular challenge because we are saying goodbye to an unusually large number of staff members who have recently defended their theses or are in the process of doing so. We express special thanks to Hannah Chapin, Michael Coggins, David Harburger, Kevin Keating, Molly Kottemann, Rafael Rosengarten, Elisabeth Wurtmann and Yvonne Yang for their contributions over the past several years. With their departure we will lose not only their random musings and creativity but also several longstanding features including Trail Mix, Scientists Who Cook, and Movements in Food. We have been lucky to recruit several new faces who are already making contributions in the current issue, and we’d love to find additional talent. If you like to write, draw, photoshop, or pontificate, or if you have an interesting story to tell, please drop us a line at bmail@yale.edu. You can help launch B magazine into another decade of off-beat infotainment.

http://www.bbs.yale.edu/about/b/b.aspx

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

Volume 11 Issue 1 March 2010
Goals for a New Decade

By Phil McCown

So, it’s 2010. Whoop-dee-do. Seriously, though, it is the dawn of a new decade, with the ability to turn over a new leaf. You can do so much with this year, sparking more momentum for new things or for kicking bad habits. To get you in the right mood, I’ve written down a few suggestions to try out for 2010 in both the lab and outside the lab along with some humorous (or not-so-humorous) anecdotes for filler...

Lose weight. The token New Year’s Resolution. I figure I’ll keep it around for posterity sake.

Keep my bench clean. Similar to “Keep my room/apartment/house clean.” Seriously, though, you should clean up that LB that looks like it has a few other cultures growing in it. There’s also those left-over mouse guts from that vivisection from last month...

Be more courteous to my lab mates. Similar to “Be polite to my workmates.” I mean these folks are ones who help you through experiments that you really don’t know how to conduct. Would it kill you to get paper towel rolls or pipette tips that are on the HIGHEST shelf in the lab every now and then? Or what about tossing flies or fish or passaging cells for them when they’re out of town?

Wear a smile in lab. Similar to “Be of good cheer.” No doubt, you’re thinking this is leftover from a cheesy Christmas special that has been played way too much. Well, hate to admit it, but you’re right. Aside from putting people in cheerful dispositions, a smile can completely disarm (or really annoy) someone who’s trying to take you down a peg or two. Grin and bear. If this doesn’t entice you, smiles are better for your lifespan, blood pressure, and so many other facets of you.

Manage debt/save money. I hate to self-quote, but I’ll do my part to increase my impact factor. See my articles over the last couple of B magazines.

Finish that one article… Similar to “Work more efficiently/better.” This one is a no-brainer. Procrastination never got anyone anywhere, except maybe to a restaurant, or Best Buy, or into a long conversation with your friends back home, or… whoops. I like to simplify this one even further: “Put procrastination off until tomorrow.”

Quit smoking/drinking or smoke/drink less. Aside from the health and wealth aspects, people tend to like you better if you don’t reek of last night’s Cohiba, Camel carton, or gin shots.

Do something extra for someone in need. This doesn’t necessarily have to be in lab. This can be volunteering to help out at a soup kitchen, tutoring kids in under-privileged areas, tipping your waiter or cart cook, or writing an article for the B magazine, especially as this author is qualifying this semester...

Many thanks to the US Government for some of these tips. Apparently they collect statistics on these things. Also, you, for all your groans, your emails, your snickers, your sighs, your head shakes. I’ll probably be sparing the B magazine of my presence for the next edition, as I’ll be qualifying. Maybe readership will be up for that edition...

*We are new!
B Magazine sits down with Cathy Van Dyke, Mentor Coordinator for the New Haven Science Fair, to chat about the scientific method in action.

**Q:** What is it?

**A:** The New Haven Science Fair Program focuses on the process of science. New Haven public school students from kindergarten through high school design and conduct experiments to explore questions they have about their world. Last year 33 schools and more than 5000 students participated city-wide.

**Q:** When is it?

**A:** The Fair takes place May 10-12, 2010, but students work on projects throughout the school year.

**Q:** Where is it?

**A:** The Science Fair is held at Yale’s Commons Dining Hall where 130 judges talk with more than 600 students about their projects.

**Q:** How can grad students help?

**A:** Yale graduate students can help by volunteering to mentor students. While there are only a few weeks remaining to work on science projects, mentors are still needed to fill requests from teachers. Another way to help is to serve as a judge either for school science fairs or at the city-wide fair in May.

**Q:** What does mentoring entail?

**A:** Mentors are science "coaches" who guide students as they as they develop their project ideas and design their experiments. Mentoring is teaching without telling by shaping a student’s thinking through questioning. Mentors may also provide access to techniques or equipment that would otherwise not be available to the students. Mentors usually spend about 1 1/2 hours a week working with students at their schools.

**Q:** What does judging entail?

**A:** Judging for a school fair requires a commitment of three to four hours on the day of the fair. Training is provided at the beginning of that time. For the New Haven Science Fair, judges attend training and preliminary judging on Tuesday evening, May 10 from 5-8 pm and talk with students about their projects on Wednesday morning, May 11 from 8AM-12PM.

**Q:** Why should we do it?

**A:** You are role models for these kids. You show them that scientists are not just the "geeks" they see on TV. They see that scientists come in all genders and ethnicities. You can share your excitement for science and help students to see that science is not something scary, but a way to systematically answer questions. Scientific thinking and problem solving are life skills -- whether or not these students become scientists.

**Q:** What is in your opinion the greatest evidence that schools need science fair mentors?

**A:** Every year at the Science Fair we see the difference in the quality of the projects and especially in the depth of understanding for projects where students have had the guidance of a mentor. Having mentors provides a level of one-on-one attention to more students that is not possible when a teacher has to work with 80-120 students in grades 7-12. For the younger grades, new teachers in particular often need support to tackle the process of choosing a topic and designing an experiment. Most public school teachers are not scientists but want their students to appreciate science. When you volunteer to mentor you are making science more accessible, understandable and enjoyable for a group that would otherwise have no idea what they are missing.

**Q:** What is your fondest memory of the science fair?

**A:** There are many, but two in particular come to mind. Last year two students won a telescope for a project they did. They were so excited that this year they want to use the telescope to do a project on astronomy. Neither had ever considered that before. The other one is of a 2nd grade teacher who every year wins an award because she lets her student’s curiosity guide her choice of a project. She researches and studies herself, but always lets their questions lead the process. It was a delight to meet her and I wish I could clone her because she sends the message that these students can find answers for themselves and they believe it.

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**Q:** Who do we contact to sign up?

**A:** You can sign up to be a mentor and/or a judge on the New Haven Science Fair website: www.nhsciencefair.org or contact Michelle Cirello at mcirello@gnhcc.com.
BOOK REVIEW

ALEX AND ME: HOW A SCIENTIST AND A PARROT UNCOVERED A HIDDEN WORLD OF ANIMAL INTELLIGENCE AND FORMED A DEEP BOND IN THE PROCESS

Dr. Irene Pepperberg

BY ANDREA STAVOE

Beware: this book doesn’t exactly have a happy ending (how many non-fiction books do?). I’m not ruining the book when I reveal that Dr. Pepperberg (yes, that’s her real name, as far as I can tell) wrote the book as a tribute to Alex, her deceased African Grey parrot. It is quickly obvious that the author is much more comfortable writing journal articles and grant applications than a memoir. However, we, as biology graduate students, have an edge over the average reader — we are so completely used to horrific writing that nothing will seem amiss. Dr. Pepperberg recounts her early experiences in science (she received a Ph.D. in Chemistry from MIT) before she re-discovered her interest in birds. Her pet African Grey parrot quickly became her test subject and closest friend. Pepperberg’s travels through academia are a nightmare, but I comforted myself with the knowledge that many more women are in science these days and I have no aspirations to convince the world that birds are intelligent.

When she explains what Alex was actually capable of, I was very impressed. His playful and devious personality quickly bored of the repetitive tests and questions of his researchers (we always insist on the ability to repeat experiments), so he would start answering questions with every possible answer except the correct one. He made up his own names for fruit (what we know as an apple was a “banerry” to him — apparently his own names for fruit (what we know as an apple was a “banerry” to him — apparently he viewed it as a combination of a banana and a cherry), he could distinguish colors and numbers and he was far from mindlessly repeating what he heard around him. All in all, by the end of the book, I didn’t much care for Dr. Pepperberg, but I momentarily contemplated obtaining an African Grey parrot of my own. I do wish her the best of luck in trying to convince the world that birds are smarter than we gave them credit for — I’m sold.

For Annie

BY KATHRYN TWORKOSKI

The first time I met Annie Le was during the Pharmacology/Pathology interview weekend. Our group had just finished taking a tour of the undergraduate campus, and we were gathered in the visitor center to await the next round of activities. I remember sitting down next to an impeccably-dressed petite girl and asking her where else she was applying. She quickly reeled off a list of impressive universities before adding, with an impish grin, “but I like this program a lot, don’t you?”

The following summer, after we had both decided to attend Yale and moved to New Haven, Annie invited me over to her new apartment to hang out before classes started. What could have been an awkward encounter rapidly turned into a complete gab fest. We discovered a mutual love for greasy food and corny action-adventure films, which prompted us to schedule our first movie night featuring fried chicken and Teenaged Mutant Ninja Turtles. Our movie nights became a regular occurrence, and over the next few years we laughed, talked, and ate breaded salmon, tacozagna, pizza, and ice cream while watching MST3K, Shanghai Knights, Blue Collar Comedy, and Batman & Robin. We went shopping, grilled burgers, and dyed Easter eggs. On Halloween, we dressed Annie up in a motor-cross outfit complete with helmet and had her pretend to be a little kid so we could take her trick-or-treating and devour the candy she collected.

Annie loved to have a good time. She loved to laugh, she loved talking, and she loved shopping. She was marvelously fashion conscious, and she used to try on several outfits every morning before deciding what to wear for the day. Consequently, her tiny frame was always encased in perfectly-coordinated outfits that made her look as though she had just stepped off of a runway. She was also capable of regularly wearing astonishingly tall, stylish shoes whose click-clacking frequently heralded her approach. Annie’s love of couture also extended to beautiful designer-label handbags which she named as soon as she bought. We once smuggled three McFlurries into a movie theater in a bag named Gavin.

It may go without saying, but Annie was also incredibly smart. She could read and understand new information with great ease and she was capable of explaining material in a concise, yet humorous fashion. She was incredibly dedicated to her work and thought nothing of spending 12 hours a day in the lab in order to get results. And she never complained. She never talked about having second thoughts, or just giving up. Instead, she was always smiling and cheerful. Moreover, she was genuinely eager to help others and was always willing to donate her time, money, or possessions to those who asked for them. She seemed to have boundless energy, whether she was planning an experiment, a weekend trip to NYC, a wedding, or just singing and dancing to the Mario Brothers theme song.

It may seem strange, but I honestly can’t think of Annie as being gone; I can still feel her presence very keenly. All I can really say is this: thank you. Thank you for your time, for your words, your energy, your laughter, and your kindness. Thank you for the memories. I miss you, Annie.

To honor the memory of Annie Le, who died tragically last semester, Yale has established an endowed Annie Le Fellowship Fund. The university has contributed an initial gift of $100,000, and additional donations have been made by friends and members of the Yale community. Funds will be used to support future BBS students.
Music Review:

Here Comes Science — They Might Be Giants

By Alex KuKreja

The Brooklyn-based band They Might Be Giants, or TMBG, has been creating quirky, witty, and often silly alternative pop music for more than twenty years. Friends since high school, John Linnell and John Flansburgh have led the group from their rise to popularity with the album Flood (which includes the hit single “Birdhouse In Your Soul,” written from the perspective of a bird-shaped night light) to further ventures including 14 studio albums, extensive work in the realm of television (their song “Boss of Me” was used as the theme for the Fox Television Network series Malcolm in the Middle), as well as winning two Grammy awards.

Having recognized their appeal to younger audiences, the latest endeavor from TMBG has included a series of educationally-themed children’s albums. In 2005 they taught children the alphabet with Here Come the ABCs and in 2008 they preached the magic of numbers with the release of their Grammy-award winning album Here Come the 123s. In September of 2009, TMBG returned to enlighten all to the wonders of science with the release of their latest album, Here Comes Science.

What follows is not your average assortment of corny kid tunes but rather an album full of well-crafted, catchy pop songs that cover everything from the scientific process to astrology to evolution and even computer-assisted design. Although the music retains a certain joyful, carefree, and zany quality that will please children, it does not overwhelm or exclude older listeners. Lyricaly, the content may be somewhat oversimplified, but it manages to touch upon many of the fundamental aspects of science in a clever manner.

The opening track, “Science is Real,” serves as a triumphant theme to science’s search for facts and the truth while the song “Put it to the Test” urges listeners to actually test out their knowledge: “Find a way to show what would happen if you were incorrect / A fact is just a fantasy unless it can be checked.” The fluctuating tempo of “Solid Liquid Gas” reflects the properties of the different states of matter and the bright sporadic synth melodies of “My Brother the Ape” provide the setting for a family reunion where every creature from humans to chimps to rotifers are related through evolution. On the song “Why Does the Sun Shine?” (one of two tracks taken from the 1959 space-themed children’s album, Space Songs) the singer claims, “The sun is a mass / of incandescent gas.”

This statement is quickly corrected in the cool, jazzy original follow-up tune “Why Does the Sun Really Shine?” where TMBG sets the record straight: “The sun is a miasma / of incandescent plasma / The sun’s not simply made out of gas / That thesis has been rendered invalid.” The rest of the songs on this album encompass a variety of topics including an introduction to the elements, an exciting glimpse into the life of a paleontologist, the color spectrum, photosynthesis, and speed and velocity. TMBG even find time to highlight the importance of conservation on the light, breezy pop of “Electric Car” which slowly builds into a groovy, brass-driven disco funk.

Although this record is first and foremost a children’s album, the material is mature enough to provide plenty of fun for listeners of all ages. TMBG offers a unique glimpse into the world of science which, at least for this fellow scientist, is a refreshing change of pace considering the subject is rarely addressed in music. Whether you have children of your own or you are just a child at heart, this album will serve as both an enjoyable educational experience as well as inspire an active interest in the mystery of science.

Track Picks: “Meet the Elements;” “Put it to the Test;” “Electric Car;” “Why Does the Sun Really Shine?”
Dear B,
Got a problem? Got questions? Just ask B. (Advice is for entertainment purposes only, and you have only yourself to blame if you follow any of the stupid suggestions.)

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**The Playlist:**
Submit by Phil McCown
Reviewed by Alex Kukreja

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<th>Playlist in Review</th>
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<tr>
<td>1. Boston — “More than a Feeling”</td>
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<td>2. Eminem — “Lose Yourself”</td>
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<td>3. Coldplay — “Viva La Vida”</td>
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<td>4. The Who — “Baba O’Riley”</td>
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<td>5. Red Hot Chili Peppers — “Californication”</td>
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<td>6. Green Day — “Wake Me up When September Ends”</td>
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<td>7. Kansas — “Point of Know Return”</td>
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<td>8. Chopin as performed by Janusz Olejniczak — “Grande Polonaise Brilliante in E-flat Major”</td>
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<tr>
<td>9. Tally Hall — “Banana Man”</td>
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<tr>
<td>10. Ludwig van Beethoven — “Symphony No. 5, Movement I, Allegro con Brio”</td>
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**Review:**
Relying heavily on anthemic arena rockers, this playlist will certainly inspire its fair share of epic air guitar solos and head banging in the lab. From classic rock tunes (Boston, The Who, Kansas) to more modern pop rock (Coldplay, Red Hot Chili Peppers, Green Day), this list will appeal to your inner rock n’ roller. Even the Eminem tune will have you nodding your head along to the beat, and as suggested to me by the submitter, is quite appropriate for hyping yourself up for your next lab presentation. The beautiful piano ballad “Grand Polonaise Brilliante in E-flat Major” provides a welcome break from this rock guitar oriented set. Peaceful and relaxing, you may find that you get most of your lab work done during this song. Tally Hall’s “Banana Man” may be the odd ball in the list, but its humorous and breezy tropical feel are nonetheless appealing. And closing out this playlist, classical music never felt more rock n’ roll until the thundering power chords of Beethoven’s 5th Symphony come blasting through your headphones. Overall, this is one rocking playlist. 3.5 out of 5.

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**Dear B,**
My research has gone stale. I do the same experiments, analyze the same types of data, and draw up the same kinds of graphs week after week. I tried to incorporate a bold idea or two to liven up my project, but people only laughed at the absurdity of my attempts. What should I do?

--Out of Ideas

**Dear Out of Ideas,**
Oh dear. Trying to freshen up your research by doing things that come off as far-fetched or just plain dumb can only mean one thing: Your thesis project has jumped the shark. Please spare yourself further ridicule and make this your final season—er, year in grad school.

**Dear B,**
How can I show the public that science is cool?

--Captain Outreach

**Dear Captain Outreach,**
I have two words for you: Home Depot. Those guys made home improvement hip almost overnight. You could help them do the same for science. The next time they do an in-store demo on “How to caulk your tub,” you do a companion workshop on “How to culture that fungus from your shower curtain.” And when they impress people with “How to safely use chain saws, nail guns, and jackhammers” you follow up with “How to safely use gamma rays, mutagenic agents, and Biohazard Level 4 livestock.” Before you know it, they’ll be selling P-20s in the tool aisle, PCR machines next to the washers and dryers, and tissue culture hoods in the garden center. Science will be cool. Very cool.

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**Wanted:** Your Playlists

**Think you have the perfect playlist for listening to while in lab? Then share it!** E-mail your own original playlist to bmail@yale.edu and it could be reviewed in the next issue of B Magazine. Guidelines to a good playlist: Try to keep it at ten songs and no longer than 70 minutes. Earn some extra points if your playlist is themed!
The Graduate Teaching Center exists to help graduate students and post-docs develop both as teaching fellows and as future faculty. At the beginning of each semester, keep an eye out for “Fundamentals of Teaching in the Sciences,” a series geared toward first-time T Fs and those looking to brush up on the basics of teaching. The center welcomes individual consultations on everything from teaching your section to crafting your teaching statement. Additionally, they have several programs this spring targeted to science graduate students and post-docs. Contact Jennifer Frederick (Jennifer.frederick@yale.edu) for more information.

Preparing Future Science Faculty: Teaching Your Own Course
Wednesdays, March 24 through April 21, 11:30-1:00pm (Hope 110 except for 4/21 session in Hope 216; lunch served).

Are you a graduate student or post-doc preparing for an academic career track? Are you looking for ways to develop your skills as a teacher? Participants in this workshop series will gain valuable tools to help them make the transition from being a teaching assistant to teaching their own course. Topics will include elements of course and syllabus design, presentation skills and lecture writing, strategies to promote active learning, effective use of writing and other assignments, and updated information about classroom technology and other resources. In addition, participants will have the opportunity to develop materials that may be included in a teaching portfolio. This series is offered every spring and alternates between Science Hill and Medical School locations. Register on the GTC web site (www.yale.edu/teach).

Lunch Series for Scientists
This is a series of lunch discussions with distinguished guests who bring a wide spectrum of teaching experiences to the table, from Yale and other campuses. Locations and timing will vary, so keep an eye out for flyers and e-mails. We hope you can join us and take part in a conversation about teaching in the life of a scientist. Our next scheduled lunch is Thursday, March 18th 1-2 PM; KBT room 1202, with Jo Handelsman, MCDB faculty, on the topic of “Scientific Teaching: Why do we need to teach scientists to teach?”

Lecture Observation Program
This program involves observing two lectures in undergraduate science or humanities courses and a seminar to share reflections and focus the experience on your own development as a teacher. The observation sessions will be taking place in late March and early April.

Learning to Mentor the Next Generation of Scientists
Will you be responsible for supervising an undergraduate research project this summer? Do you expect to mentor research in the future and would like to improve your mentoring skills? Excellent mentors develop through years of practice, but this 5-workshop seminar series is designed to accelerate the process. The program will equip mentors with useful mentoring strategies and tools for resolving mentoring challenges. One of last year’s participants commented, “The themes addressed were crucial; I wish you could require this of all students and mentors.” Those who participate will become more confident, effective mentors, and the broader effect will be amplified through enriched research experiences for undergraduates and their mentors. Sessions offered on Science Hill and at the medical school, April 19 - May 18.

http://www.yale.edu/graduateschool/teaching/
Scientists Who Cook
Dissertation Fuel
By Rafael Rosengarten

A scientist who loves to cook, but who also has to write a dissertation, may find him- or herself lacking the time to prepare intricate, or even balanced, meals. He or she may also be under too much pressure to write a quarterly essay for a campus publication. With those unfortunate circumstances now my reality, I offer a short guide to dissertation-writer’s sustenance:

**Peanut butter and jelly.** This classic is not just for third-graders. It’s got everything you need—a serving of grains from the bread, protein and fat from the peanut butter, and fruit and vegetables from the jelly. Remember, purple is a fruit.

**Tortillas with cheese and salsa.** Zapped for 30 seconds in a microwave, these were an absolute revelation when my roommate showed me the way. Before disappearing into your writer’s cave, get a 100 pack of small corn tortillas (much tastier than the big flour ones), a couple bricks of pepper jack and cheddar, and a Costco-sized jar of salsa. It’s so easy and delicious, you’ll think you are writing from the beaches of Cozumel.

**Chinese take-out.** I highly recommend Blessings II Go on State Street. I know this doesn’t count as cooking, but it’s a great way to stockpile leftovers. There’s just something about MSG that makes it all taste better on day two.

**Jack Daniels on the rocks.** This is not a complicated recipe. Any whiskey will substitute just fine, and the rocks are optional. What’s important is that you channel your inner Faulkner. He may have been the greatest American writer, after all.

I wish everyone who’s writing their dissertation lots of luck this winter. Hopefully come spring we can put down our laptops and head back to the kitchen! #

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**Trail Mix:** A Guide to Trail Guides

By Hannah Chapin & Elizabeth Wurtmann

These two Trail Mix writers are graduating and moving to locations West. We leave you with a summary of some of our favorite hiking books so that you still have hiking suggestions at your fingertips.

**Connecticut Walk Book,** published by the Connecticut Forest and Park Association. This guide includes overviews of trails along with detailed point-by-point trail descriptions and topographic maps for all the blue-blazed trails in Connecticut. The blue-blazed trails include several large trails and trail systems, such as the Mattabesett, Metacomet, Narragansett, and Tunxis Trails, along with small trail sections through state parks and other public lands all over the state. You’ll never run out of hikes!

**Appalachian Trail Guide to Massachusetts-Connecticut,** published by the Appalachian Trail Conference. This includes detailed trail descriptions and topo maps in addition to general descriptions of each section of the trail and information on interesting local ecology and history. The AT in both MA and CT has numerous great sections for day hikes, overnight, or weekend backpacking trips.

**New England Hiking,** by Michael Lanza, published by Fowthorn Outdoors. This is a great book if you enjoy being able to find location-specific hikes and don’t mind traveling without a map. These hikes are of various lengths and difficulties, with a little something for everyone. While not all are stellar, there are some real gems in here and it’s possible to find a hike no matter where in New England you find yourself. The book does a good job with both narrative hike descriptions as well as statistical and logistical information about hike length, elevation gain, and directions to the trailhead.

**Best Backpacking in New England,** by Matt Heid, published by the Appalachian Mountain Club (AMC). This recent addition to the New England hiking bookshelf is one of the best books for backpacking trips. The hikes encompass a delightful variety of lengths and locations, from small trips in Connecticut and Rhode Island to multi-day marathons in the northern states. If you’re a backpacker, or looking to get started, this is a wonderful resource.

For excursions farther from New Haven, Vermont’s Long Trail and New York’s Catskill Mountains are both full of amazing hikes. The go-to guides for those areas are: the Green Mountain Club’s Long Trail Guide and the Appalachian Mountain Club’s Catskill Mountain Guide.

Finally, if you’re in the mood to read but not to hike, or only have time for the reading and not the travel, some of our favorite wilderness books include John Muir’s Summering in the Sierra, Sigurd F. Olson’s The Singing Wilderness, Edward Abbey’s Desert Solitaire and Aldo Leopold’s A Sand County Almanac.

Happy hiking in beautiful New England! #
Lifestyles of the Poor and Academic

A Review of Local Irish Pubs

By Philip McCown

One morning, I woke up in a strange fit. The Italian side of me was quite pleased at being in New Haven. The paesans of New Haven, especially the inhabitants of Little Italy, made that side of me feel quite at home. However, the Irish side of me (hence my first and last name) was feeling down. “Surely, in New England, there HAS to be some form of Irish or Irish-style restaurants” it said to me. So, in a journey desiring of a limerick or a cheesy bar song, I let the Irish in me roam free, leaving a path of destruction in my wake as I made my way from pub to pub, conveniently leaving a hefty tab for the editor-in-chief to pay. So, in no particular order, though saving the best for last, a brief listing of pubs in the New Haven area that I visited...

Sullivan’s on Chapel: I took a wrong turn heading back to my car after I got out of GPCS/C one night and saw this restaurant/pub. Naturally, I was quite excited and, as it turns out, insanely hungry from some good Irish food. So, I stumbled in and was quite surprised. The interior had the walls of a pub, half the floors of a washroom, the other half of the floors of a nice sit-down restaurant, and a welcoming bar with a clever Gaelic-like phrase splayed out on the glass. If you start asking people what it means, be prepared, you may have to pay for a few rounds to figure out what it means. The food was fantastic. So huge was the plate that I had to take some of it home. The bartender looked and sounded like an off-the-boat Irish guy, though I later found out that some of it was an act, to give ambiance to the place. Nice place with amazing corned beef and cabbage.

J.P. Dempsey on State Street: Crowded. Course, that might have been because of being there on a Saturday night. One tap, with a small bar, so not exactly the best place for St. Patrick’s Day. The food, however, was deserving of good ole Jack himself.

Lansdowne Bar and Grille on Crown Street: Nice place, nice food, dark like a typical bar-style restaurant, but with a sort o’ upper-class look to it. Make sure to wear somethin’ respectable before heading in, though.

Christy’s on Orange: SMALL! This place definitely reminded me of being in a pub across the pond in that department. It had the right amount of doo-dads and ambiance to make any Irish or part-Irish soul feel at home. Irish music (and not the British music that gets passed off as Irish music oftentimes) is usually played, if not on the overhead, then in the front of the bar with live bands, sometimes from dear Eire herself. These folks have a HUGE bar front, with multiple taps and a generous selection. If you want the full feel of a St. Patrick’s Day fest, from getting mashed by Irish-imitators, slamming down a Guinness or two, and listening to some great Irish music, then here’s your place.

Anna Liffey’s on Whitney: This place had the low ceilings of a typical pub, along with the feel of old Irish feel, with an amazing bartender who actually is Irish, along with a menu that features real Irish fare (bacon and cabbage, Irish breakfast, etc.), and trivia on Tuesday nights — you can’t go wrong here.

Richter’s on Chapel: Oh, the creature nearly came out to beat me, but I beat it back. Great ambiance, great food, great selection of Scotch!

Christopher Martin’s on State: Upscale place, though you won’t get tossed out for having jeans. Nice menu and nice atmosphere, but lacking a bit in Irish decorations.

Celtica Irish Gift and Tea Shop: Not what you’d expect for a bar, but it deserves mention due to it’s quiet atmosphere. Don’t know if you’re into that kind of thing when you’re drinking, but oh well.

The Playwright...in Hamden!!!: Yes, ladies and gents, in the humble opinion of this writer, the Playwright in Hamden (not to be confused with the same franchise in New Haven) is as authentic as you can get without hopping a plane or a boat to Eire herself or to other places in New York or Boston. Food is great, beer is great, atmosphere is fantastic, and has a phenomenal St. Patrick’s Day celebration. The staff, though featuring some locals, does have Irishfolk on staff and a spectacular selection of scotches and beers. The food does feature Irish fare, along the lines of Liffey’s.

So, having sampled most of the area, I leave you all with these pieces of wisdom. I did this completely undercover and do not have any conflict of interest. Every establishment here is fantastic in its own right. Drink responsibly. Tip your waiter/waitress and bartender. Do not try to impersonate an Irishman or woman — we can tell who you are. You’re usually the idiots who get completely trashed on St. Patrick’s Day before noon. Make sure you’re singing actual Irish tunes rather than British tunes. The Irish have a deserved history of distrusting the Brits (not just because of the Potato Famine) and don’t need to have their songs corrupting the atmosphere. Sing Mo Ghlile Mear, Danny Boy, the Butcher Boy, The Rambling Irishman, The Fields of Athenry, Paddy’s Green Shamrock Shore, Black Velvet Band, and many others. For you non-Irish, feel free to be green with envy. Because being Irish rocks! #
The BBS Program is happy to announce that the stipend will increase to $30,200 on September 1, 2010.

Fatih Mercan (Pharmacology 6th year) and wife Derya proudly announce the birth of their baby girl on November 4th, 2009.

Eric Schmidt and Jen Warner Schmidt (both INP recent graduates) announce the arrival of their son, Ryan Eric Schmidt, who was born at 12:37 am on March 4th weighing in at 8 lbs 3 oz.

Congratulations to Darlene Smith, Student Services Officer for Microbiology for the past 10 years, on accepting a new position as Assistant Administrator in the Department of Internal Medicine.

Congratulations to Crystal Adamchek, Student Services Officer in Cellular & Molecular Physiology, on becoming the Undergraduate Student Registrar in MCDB.

**B magazine’s**

**“MY PI'S FACEBOOK STATUS - THINGS I WOULDN'T WANT TO SEE” Contest**

*B staff members normally aren’t allowed to win, but they submitted two of the top entries. And since there aren’t any real prizes this issue, we thought we'd throw them a bone.

1st Place

The voices from the petri dishes are back.

*Jason Wallace, MCDB*

2nd Place

I'm watching you. Stop procrastinating and get back to work!

*Xiao-Feng Zheng, Genetics*

3rd Place

Just found out that my grant was not renewed. Will have to drop one of my grad students. Eennie meenie miney . . .

*Kathryn Tworkoski, Pharmacology*

**Honororable Mention**

O man... I really hope my lab doesn't watch "to catch a predator"

*Imran Babar, MCDB*

A special award goes to Imran Babar. He really went to town on this contest, and many of his entries secured multiple votes.

**Other Notable Entries**

I can't wait for my sabbatical to start. It's going to be great to get back in the lab!

*Kaury Kucera, MB&B*

I wonder how long it will take my lab to notice the surveillance cameras.

*Imran Babar, MCDB*

I can’t believe I never actually understood PCR.

*Imran Babar, MCDB*

I hate science.

*Imran Babar, MCDB*

Shut office door = nap time

*Meisha Bynoe, Microbiology*

Just had my yearly physical. Doc says I’m going to live forever.

*Kaury Kucera, MB&B*

Oohhh.. that hot grad student is back on my floor.. brb.

*Imran Babar, MCDB*

I can’t believe I never actually understood PCR.

*Imran Babar, MCDB*

The more I read, the more Intelligent Design is really starting to make sense.

*Jason Wallace, MCDB*

Omg, finished harvesting those pumpkins, but missed the R01 deadline. Wonder if eppendorf takes farmville coins.

*Steven Reilly, MCGD*

OMG! LOL! Everything said by my student at his thesis defense today was completely wrong and no one called him on it! LMFAO!

*Steve Ding, MB&B*