Don't you dare let us catch you shopping for back-to-school clothes or a new Trapper Keeper! Summer isn't over yet! There's still much fun to be had, and we're gonna tell you how to have it. Inside, find tips on where to camp, eat, caffeinate, and invest! Check out the thrilling conclusion to our rotation students' stories. Jam with our music recommendations. And, as always, take a look at the zany entries in our contest. Enjoy!

A Wise Play for Your Stipend Raise

BY R. REZNICK

When the new academic year begins, we will begin collecting on the $1,000 raise to our stipends. What do you plan to do with the extra cash? Add to your DVD collection? Enjoy an evening at a local bar on State Street? Instead, how about investing it in the stock market?

Why would anyone want to do that? Why would I suggest you deny yourself the refreshing taste of a cold beer on a hot, humid September evening and instead invest your hard-earned cash in the stock market? Because if you put your money away now, hopefully you will have a good deal more of it in the future. In other words, by postponing your impulse to purchase a beer now, you will be able to buy a round for your friends (if you are so inclined) at a later time.

How can that be possible? The power of compounding makes it possible. The following example illustrates the point: if you invest $500 of this year's raise in a portfolio of investments (more on this later) that returns 11% per year, your portfolio will double roughly every 6.5 years. After 6.5 years, it grows to $1,000. After 13 years, it becomes $2,000. After 26 years, it is valued at $8,000. After 52 years, your portfolio is worth $128,000 (http://personal.fidelity.com/retirement). Over time, compounding transforms your initial investment into a much larger sum than you originally had. This happens because you earn a return on your original investment and an additional return on your returns. Compounding becomes so powerful over time that during the eighth 6.5-year period, your investment grows by $64,000 compared to just $500 during the first 6.5-year period.

How do I get compounding to work for me? Compounding requires time to exert its power, which makes time the single most important factor in investing. Another example highlights the point: if you begin investing at age 25 and put $2,000 a year into a diversified portfolio that returns 11% a year and then stop at age 35 after investing a total of $20,000, the value of your portfolio will become $765,613 when you turn 65. In contrast, if you wait until age 35 and invest $2000 a year for the next 30 years ($60,000 total) until age 65, you will end up with just $396,042, assuming your portfolio achieves the same return (http://personal.fidelity.com/retirement). The numbers clearly demonstrate that the
**OP-ED**

**A Taxing Summer Topic**  
**By M. Kundel**

The summer provides unique opportunities for a number of pastimes. Warmer weather fills destinations like campgrounds and beaches as people flock to outdoor activities. Personally, I also enjoy spending the summer with my favorite hobby: pondering and writing about taxes. Why would I do this? A number of thoughts guide me. First, giving all my money to the government in April left me destitute and searching for answers. Also, this year is particularly relevant because it seems that on the national front, the news is completely dominated by wars and tax cuts (sorry I left you out, Kobe). As graduate students, our tax situation is somewhat unique in that our stipends are not reported in the way that “real” income is.

Our situation opens up moral questions ripe for analysis in graduate student magazine opinion pieces everywhere. What should we do? Yale does not report our stipends as wages, although we are legally obliged to pay state and federal taxes, treating the stipend as a salary. The few extra dollars saved by not reporting this money could go a long way toward enhancing the already lavish graduate student lifestyle. Also, it seems at least fairly unlikely that one would get caught. While this option is attractive for obvious reasons, I would argue that we are morally obliged to pay our share.

First, contributing our portion of taxes is fundamental to participation in society. If we are not willing to pay anything ourselves, then we are in no position to make any legitimate criticism of our government’s decreasing or raising any taxes for anyone. I see this as similar to complaining about election results when you do not vote. It just doesn’t make sense. Besides, if I cannot part with anything from my checks, how can I criticize some rich lobbyist for wanting to keep more of his or her own checks? Instead of avoiding taxes, we should find other, more wholesome ways to channel our greed, such as through buying stock in Haliburton.

At first glance, it does not seem like the amount of money soaked from graduate students by federal and state governments would ever really amount to much. However, although I have done no specific calculations, if you consider graduate students as a collective unit (note: do not mistake that phrase for subliminal GESO propaganda), the money that tax-paying graduate students contribute is quite substantial. As governments and businesses hit budget difficulties everywhere, I feel compelled to view my own contribution toward federal and state-funded programs as being important. Our own tax contribution gives us more of a legitimate claim to voice opinions when difficult decisions are being made regarding the funding of various government programs. For example, having actually had my money drained this past April, I feel more justified in my daily letters to Congress to urge allocation for NASA and the Pentagon to collaborate on the development of technology to shoot missiles at other planets for scientific research.

As my favorite summer leisure activity of writing about taxes winds down, I must note a more pragmatic final thought: avoidance of trouble with the IRS. Although I do not know what is entailed in an audit, I bet that it isn’t enjoyable. In an informal poll I conducted on campus, 89% of people I surveyed said they thought an audit would not be fun. In an eloquent summation of that point, molecular physiology graduate student Tim Domeier said “dude, that would suck.” A kind, gentle, famous and otherwise law-abiding American known as Al Capone spent his last years in prison for tax evasion. Let’s not let that be us.

**The views expressed herein are those of the author.**
sooner you begin investing, the more wealth you accumulate over the years. There truly is no better time to begin than now.

Time also allows you to reduce one of your worst enemies – risk. Risk is the likelihood of less-than-expected returns (www.investorwords.com). Over the short-term, investing in the stock market can be very risky. For example, the worst year for stocks since 1802 produced a loss of 38.6%. If you had started investing during that year, you probably would have considered giving up and storing your money under your mattress instead; however, if you decided not to sell, your patience would have been rewarded because the worst 10-year period since 1802 produced a gain of 1% (James K. Glassman, The Secret Code of the Superior Investor, 2002). History has shown that you decrease risk the longer you hold your investments, so starting now will increase the likelihood that your portfolio will produce a healthy return in the long run.

What’s the catch? As a scientist, I expect you to be skeptical. You work extremely hard for your money, and you do not want to waste it. You have heard about how poorly the stock market has performed in recent times, and you are wondering if your raise would be better off sitting in your Fleet Bank account, collecting 1% annually. Before you give up on the stock market though, you should know that between 1926 and 2002, the Standard & Poor’s 500 Index, an established measure of the performance of the broad U.S. stock market, returned an average of 11% per year (which is why I used this number to calculate the returns in the examples above)(www.morningstar.com). The index achieved this overall rate of return despite the Great Depression, 12 other recessions, World War II, the Cuban Missile Crisis, the Gulf War, and the terrorist attacks on the World Trade Center and the Pentagon. Those people who invested and who stayed invested (even during uncertain times) in the stock market during the past 80 years have been rewarded and rewarded well. If what is past is truly prologue, then you will be rewarded for putting your $500 into the market today.

Getting started If you are now convinced that investing makes sense and you want to begin, first assess your goals. If your goal is to make a down-payment on a home in a few years, your strategy will differ from someone saving for retirement 40 years away. You can take on more risk if your goal is 40 years away because, as mentioned above, the extra time decreases risk. (The reason why you would want to take on more risk is, historically, riskier investments have produced higher returns.) If you find that you have both short-term and long-term goals, then holding a combination of conservative and risky investments is likely to be the best strategy. Once you finish assessing your goals, consider your tax situation. If you pay federal income taxes, you are eligible to use a portion of your taxable income (such as your raise) to purchase stocks, bonds, and/or mutual funds in a popular retirement vehicle, the Roth Individual Retirement Account (Roth IRA). The benefit of opening a Roth IRA is that you do not pay taxes on your withdrawals from it once you turn age 59 1/2. You pay taxes only on the money you contribute, and then your investments grow tax-free.

Building a portfolio The next step is to build a portfolio. A portfolio is a collection of investments (usually stocks, bonds, and mutual funds) all owned by the same individual (www.investorwords.com). Owning a portfolio is critical to your success because it enables you to gain exposure to the entire stock market while at the same time shielding you from the impact of sudden changes in any particular segment of the market. For example, if your entire portfolio consisted of technology stocks, which was the case for many people during the late 1990s, it would have vanished by the end of 2000, when the technology sector fell out of favor with investors. In contrast, if you had built a diversified portfolio during the 1990s, the bursting of the technology bubble would not have ruined your portfolio because your investments in other parts of the market would have compensated.

The most general and most common way to categorize a portfolio is by the type of investment: stocks, bonds, and cash. If you are investing for your retirement, most experts recommend building a portfolio with a large majority in stocks (approximately 80%) or mutual funds investing primarily in stocks because adequate time exists to decrease risk and provide lucrative returns. The other 20% would then be equally split between bonds and cash. If your goal is in the near-term, however, you may need to consider owning a larger percentage of more conservative investments like bonds or cash because you cannot handle the short-term fluctuations in the market.

Other ways to classify your investments include market capitalization, sector, and orientation (growth versus value). As you become more invested, take into consideration these categories, too.

Managing your portfolio Over time, the percentages you assigned to the stocks, bonds, and cash in your portfolio will change. You will thus need to rebalance your portfolio to keep it aligned with your goals. For example, imagine you have a retirement portfolio of 80% stocks, 10% bonds, and 10% cash. During the course of a year, stocks perform poorly, but bonds perform very well. As a result, your portfolio changes to 70% stocks, 20% bonds, and 10% cash at the end of the year. By selling some bonds and moving your profits into stocks, you realign your portfolio with your goals, thus increasing the likelihood that you will achieve them.

Merry investing These are the basics; the rest you’ll learn best by participating. Excellent resources such as www.morningstar.com or http://finance.yahoo.com/?u can help you learn about which stocks, bonds, and mutual funds to purchase. In addition, the Student Investors Society, beginning this fall at Yale, plans to offer educational seminars about investing. Once you are ready to invest, contact a brokerage service such as TD Waterhouse or a mutual fund company such as Vanguard to make a purchase with your stipend raise and get time and compounding to work for you. Just don’t forget about the round of beers for your buddies if you make it big.

Disclaimer Investing involves inherent risk. Consider this article nothing more than a general guide to the basics of investing. Also, none of the article’s calculations take into account taxes or inflation, so actual returns are likely to be less than listed above.
The 3rd Rotation and the Big Decision BY A. Sleeper

When we last left our first year students, they were beginning their final rotations; and the decision to choose a thesis lab loomed large. Read on for a look at the interesting thought processes that led to their ultimate decisions.

Abbey. The main difference Abbey had noted between her first two rotation labs was her relationship with her PIs. Her first PI had been more personable and supportive, which gave her a preference already for this lab. Her final rotation was in a large, immunology-based lab. She again had limited contact with her PI, though he was very agreeable in the meetings she did have with him. He was also enthusiastic about her project, as it pulled together two separate aspects of the lab’s research. Abbey worked closely with two senior graduate students and believes that she learned a lot during the rotation and was very happy in this lab, too.

After briefly considering a fourth rotation, she decided to choose from the first 3 based on two criteria: the project, and the quality of her interactions with the PI. Abbey felt most comfortable in the first of her rotations, the parasitology lab, and chose to return there. Abbey is enthusiastic about resuming her original rotation project and declared, “I really do have a love for parasites.”

Looking back, Abbey feels that the rotation process was useful. Though it was difficult to switch labs just as she was feeling confident on a project, the process allowed her to explore science at Yale and provided the flexibility to find her niche.

Bobbie. When we last left Bobbie, she had just finished a productive rotation on a project that offered a fair amount of independence. She was pleased with the experience, as her first rotation had been disappointing. Her final rotation would be in a lab studying differentiation. Her goals were to learn non-molecular techniques, including histology and animal studies. Though the lab was large, the PI was strongly present and involved in the lab’s projects. The diverse lab members were helpful in teaching Bobbie a variety of techniques, which helped her meet her original goals.

After getting started with the help of two post docs, Bobbie continued with her project on her own. When the rotation was over and Bobbie had to make a final decision, she based her choice on the accessibility of the PI, the personality of the other lab members, the lab funding, and her personal interest in the research and its techniques. Once she made her decision, Bobbie contacted the other professors by e-mail to let them know, and they responded with support of her choice. Ultimately, Bobbie decided to remain in the lab where she completed her final rotation. Armed with more bench space, she is now continuing with a project that is an extension of her rotation and hopes to be able to develop the work into a publication. In the end, Bobbie seems to have found a lab that balances her sense of independence with the availability of advice when needed.

Looking back at the rotation experience, Bobbie reflects, “I think that it’s a little disconcerting, because you never really settle into a lab or a project, but I think that it’s a necessary evil. There was no way I would have known what to look for if I didn’t experience a few labs. Also, I got to learn a bunch of techniques that all differed. Probably less important, it also gets you out there... into different buildings and facilities - it’s probably the best way to orient you to Yale and its resources.”

Corby. Going into her third rotation, Corby was off to a great start. She had completed two successful rotations and, after spending some time in a chemistry-based lab, had decided she was happiest with the biological approach. Having honed her interests, she was excited to start her final rotation in a small lab where the PI would be very involved. Her project concerned the development of an assay for the lab.

This final rotation experience went very well, and the PI was a great mentor. The project was ideal for a rotation in its scope, having one specific goal toward which Corby could focus her efforts. Nevertheless, the project involved multitasking, which was a good learning experience for a student. Corby worked closely with the PI and also received extensive help from a post doc and a senior technician. At the end of her final rotation, Corby felt satisfied that she had met all of her initial goals.

During the time leading up to the end of the rotation period, Corby found herself confronted...
Trail Mix  An Off-shoot of Lifestyles of the Poor and Academic BY J. RINN

Let me guess: you would love to go camping, but it just seems like too much planning and organizing. Well here is a plan that only requires $40 and 36 hours. It’s the 36-hour camping trip you will never forget!

Hrs 0-2: Pack up your car and head to the Shawangunk Mountains (directions below). This scenic drive will bring you through the Housatonic river valley and vast bluffs of eastern NY. When you arrive in New Paltz you will be immediately struck by the large bluffs of white rock and the interesting shops lining Main St.

Hrs 2-3: Set up camp at the Hidden Valley Lake Campgrounds. The campsite is run by the Duncan’s 7 days a week all year round. It doesn’t matter what time you arrive; just throw up your tent along the river or wherever you want, and pay at the office by 10 the next morning. A site is $22/night and includes showers (if you like ‘em hot add $.25) and electrical outlets (only on some sites). There are also several free “sites” alongside Rt 55 heading toward Lake Minnewaska.

Hrs 3-4: Go to the Mohonk visitor center on county Rt-55 and get oriented. The incredibly friendly staff will guide you to the right trail, lake or park. Their giant map will help you plan your day, but I highly recommend purchasing the 4 map-pack of the region. They are very well marked and indestructible!

Hrs 4-12: Playtime! There are three main parks, but if you only have time for one, go to Lake Minnewaska State Park ($7 parking fee). I honestly don’t have words for how beautiful this place is. Centered around a huge pristine lake (see picture) encased by large white cliffs, the park offers free swimming, many miles of well marked and groom trails, and numerous picnic tables. Jumping off the cliffs into the water is forbidden, but if you feel inclined, a 30 ft cliff near the main lodge is safe. Just listen for big splash sounds, and use extreme caution.

Hrs 12-14: Head back to the campsite, make dinner, clean up etc...

Hrs 14-17: Evening entertainment: Hang out around the campfire at Hidden Valley or head to a bar in New Paltz. New Paltz is the coolest small town I have ever visited! Main Street is thriving with young beautiful hipsters. I think it may be a combination of the SUNY campus and the water, but the people are at least a standard deviation better looking than the norm. Regardless, there are many fun bars, often providing live music. I recommend two places: The Guided Otter and McGillycuddy’s. The former is a micro-brew/restaurant that has outstanding beer and a wide selection of food. The latter is a bar that has live music, dancing, billiards, Pac-man and more! Both are great for an evening of fun.

Hrs 17-26: Sleep, wake up, eat, and pack.

Hrs 26-34: Another whole day of outdoor fun! I recommend a hike to the mountain house in the Mohonk State Park area.

Hrs 34-36: Drive home and let it all soak in!

Directions: Out of New Haven, take Rt 34 West to I-84. Take I-84 West (toward Danbury) for 51 miles to exit 7 S, which is I-87 North. Stay on I-87 for 15 miles until exit 18 (Rt 299 to New Paltz), which will bring you into New Paltz through Main St. At the bottom of the hill you will see signs for Rt 32. To get to the Hidden Valley Campground, take Rt 32 North for 7 miles, through Rosendale and to the top of the hill (you will know) to a large blue sign for the campground. Take a left and follow the signs to the campsite (your first turn will be left onto Hickory Bush Rd, continue on .5 miles past the transfer station). To get to the visitor center and Lake Minnewaska, continue straight on Rt 299 for about 3 miles. At the 299/Rt 55 intersection, take a right onto Rt 55. The visitor center is a couple miles up on the right (follow signs); Lake Minnewaska Park is another 8 miles or so up Rt 55. B

Awards continued from page 4

Michael Seringhaus, MB&B
National Sciences & Engineering Council of Canada Postgraduate Scholarship

Almost Fourth Year Students

Marissa Dolled-Filhart, Genetics
Department of Defense Breast Cancer Research Fellowship

Stephen Aller, MB&B
NIH National Research Service Award

Catherine Eakin, MB&B
NIH National Research Service Award

Almost Fifth Year Students

Soo Jung-Lee, Experimental Pathology
Department of Defense Breast Cancer Research Fellowship

Jen Bourne, INP
NIH National Research Service Award

Almost Sixth Year Students

Ayanna Cooper, Pharmacology
United Negro College Fund-Merck Graduate Fellowship B

Decision continued from page 4

with another big decision, apart from settling on a thesis lab. For personal reasons, Corby had to reconsider whether she would finish the doctoral program at Yale. After careful thought, Corby decided to leave the BBS program with a Masters degree and ultimately moved across the country, settling into a new job. Though unconventional in its conclusion, Corby’s first year experience emphasizes the flexibility of the program at Yale, which enabled her to apply her coursework and experiences toward a degree which she could use as she adapted to the changes that life, unexpectedly, so often throws our way.

As another academic year comes to its end and we welcome a new set of first year students into our midst, we at B wish all of the new second year students the best of luck as they settle into their new lab homes and as they confront the unexpected challenges that may come their way. B
Life in Lab - The Soundtrack  By B. Haider

Music is an essential part of any productive and functioning lab environment. For those of you lucky enough to have desktop speakers and a PI with a cool attitude, I’m sure you’ll agree that lab just would not be the same without a virtual jukebox merely a mouse-click away. Music not only breaks up the monotony of bench work, but it is also a great way to be exposed to varied tastes of your fellow lab members; the latter is especially true if the lab has international members who bring music you would be hard-pressed to find domestically. From classical to punk, soul to garage, there is something out there for everyone, with a few indispensable selections that belong in any lab. And, as I’m sure you have all discovered, certain selections go better with certain lab techniques. For those of you tired of listening to the same tunes over and over, or for those simply overwhelmed by the infinite selection out there, I have compiled my essential lab music list and mention the techniques that go great with them. By no means is the list meant to be definitive or complete; rather, it is a sampling of some of the music I have been introduced to by friends and lab-mates that has withstood, and even made enjoyable, the lunacy that science can bring to all of us. For this issue, I offer a few selections to accompany those beloved and often epic electrophysiology experiments.

Zero 7 - Simple Things (2001)
The London-based duo of Henry Binns and Sam Hardaker compose truly genre-melding music with their first (and so far only) full-length album. Part jazz, trip-hop and ambient electronica, the thirteen tracks on this CD comprise one of the most unobtrusive, melodic, chilled-out grooves in recent memory. Even the most frustrating of days trying to patch-clamp those pesky pyramidal cells will be soothed by the subtle waves of percussion, guitar and synths, accompanied by relaxed vocals that convince you that tomorrow’s slices at the vibratome will come out alright. For best results, serve chilled. A welcome addition to ANY lab environment.

Bach - The Complete Cello Suites, Pierre Fournier (1997 remaster)
Simply put, Bach’s six unaccompanied suites for violoncello are among the most hauntingly beautiful compositions ever created, and the glorious playing of these masterpieces by Pierre Fournier lets the music, and not the interpretation, take center stage. Unlike many of the other recordings of the suites, Fournier maintains an acute sense of Baroque rhythm and phrasing, resisting the common temptation to infuse these works with personal Romantic bravado and maintaining a stately precision throughout. This is not to say the performance is dry; rather, Fournier’s expressiveness fluidly mirrors the rise and fall of Bach’s impossible melodic structures. No human being is complete without having heard these wonderful pieces, and no lab is complete without a copy. Seriously.

Alright, some of you may be saying, “Enough with the down-tempo and classical elegance-we do our extracellular recordings with some edge.” Well, look no further than this monumentally influential album from Massive Attack. Their third (and arguably best) release joins rich acoustic and electric textures with darkly poetic lyrics to create a thoroughly modern and cutting-edge soundscape. They accomplish the impossible feat of combining so many varied musical elements into a cohesive whole without ever sounding dull. The opening track, “Angel,” will inspire any electrophysiologist to go for that impossible cell. Few bands have a style as unique as Massive, and few albums have as many outstanding and variable songs true to that style. This album shines with repeated listenings and can only be truly appreciated with a decent pair of headphones. It is also perfect accompaniment for those long hours making figures and histograms from all of the data generated while listening to such inspiring music.

BY B. HAIDER

Dear B will return next issue. Enjoy all the contest entries below, and see page 8 for contest winners.

Movie Titles continued from page 8

John Swartley, Office of Cooperative Research
Boys in the Fume Hood

Dan DiMaio, Professor of Genetics
8.5

Shanta Whitaker, Microbiology Track
Don’t tell the PI the parasites are dead

Paula Estrada, Cell Biology
Traffic
The Exorcyst
EnTRAPPment
A Nightmare on Cedar St.
Gone with the WNT
Sort and Deliver
seven genes for seven students
Sleepless in the Lab
There’s something about E. Coli

Nadia Morales, Microbiology Track
Bugs of the Caribbean
Finding Wolbachia
The League of Extraordinary cDNA Libraries
Sixteen Primers
Breakfast at Marigold’s

Amy Chow, Immunobiology
Star Wars, Episode II: Taq of the Clones
Dances with Mice
How to Clone a Guy in 10 days

Michael Seringhaus, MB&B (and B staff)
8 mL
2 Fast 2 Spurious
Adaptation: an S. J. Gould Film
Bend It Like Altman
Carlito’s Weigh Boat
Tag Me If You Can
City by the C. elegans
Road to Elution
Final Fantasy: The Thesis Within
Jay and Silent Bob Prep Protein
Poly-A Confidential
Miracle on 34th Plate
Bandspotting
Twin Peaks: Data walk with me
The Way the Western was Run
X2: Female

Future B
In an upcoming issue... You know it, you love it: Molecular Biology, and the soundtrack to go with it.
Summer Excursions
By K. Mendenhall

Not that there is anything wrong with BAR, Archie Moore’s, or Sally’s, but sometimes you’re in the mood for something new. Here’s a list of some restaurants and summer excursions worth a try this summer. Change is good.

1. Stony Creek Market (578 Thimble Island Rd, Branford, 488-0145). This spot is located on the water and has what has been called the best pizza in Branford. Come with a few hours to kill and some of your coolest friends. Have a beer, enjoy a few slices, and savor the view.

2. The Place (901 Boston Post Rd Guilford, 453-9276). Quite possibly the most unique restaurant in the entire world. The staff’s T-shirts say “Put your rump on a stump,” and personalized stump! Lobsters, steak, clams, and bug spray.

3. For all the makings of a great picnic, head to Romeo and Joe’s Market (771 Orange St, New Haven). Mostly a grocery store, this place makes a fantastic sub-try the priscutto, mozzarella, and sundried tomato. For even better service, be sure to comment on how well the Yankees are doing. Then, head to East Rock or Sleeping Giant and watch the sun set.

4. Speaking of picnics, the Westville Kosher Meat Market (95 Amity Rd, New Haven, 389-1723, closed on Saturdays, duh) has a terrific variety of Mideastern food, ideal for a relaxing Saturday sitting on a blanket. Plus, Amity Liquor is right next door!

5. If you’re feeling adventurous or just want to play a good prank on someone, try Trackside Brick Oven Pizzeria (118 Dudley Avenue, Wallingford, 697-1087). This restaurant is actually a railroad car sitting on railroad tracks, next to working Amtrak tracks. Yes, the entire restaurant shakes like a second year during his or her qualifying exams when a train roars by. A schedule is printed on the back of the menu so you’re not too caught by surprise. Oh yeah, the pizza is great, too.

6. Mystic Pizza (56 W Main St, Mystic, CT (860) 536-3700, about 1 hour away by car) really is “a little slice of heaven”. Lots of memorabilia from the movie decorate the walls, but you’ll be too busy eating to notice. Be sure to make this place a priority after any trip to the Mystic Aquarium.

7. When the parents are in town, try Kampai (869 West Main Street, Branford). This Japanese steakhouse/sushi bar is intimate enough for explaining for the 15th time exactly why you want the PhD and not the MD. The décor is relaxing and elegant, and the maki are fantastic.

8. Don’t forget to take your special someone to Le Petit Café (225 Montowese St, Branford, 483-9791). This delightful French restaurant boasts an expansive fixed menu ($35). Though a glass of wine is not included, the meal is totally worth it; you’ll come away from the four courses feeling stuffed and pampered (the waitstaff are excellent). The only drawback is that it’s a little too bright for whispering sweet nothings, but you can take him or her for a drink afterwards to do a little of that.

9. Everyone knows that Ashley’s is hard to beat for ice cream, but this summer give Wentworth Homemade Ice Cream (3697 Whitney Ave, Hamden, 281-7429) a try. It’s smooth and creamy and sometimes has some unique flavors. You can always head over to Sleeping Giant or the bike path afterwards to hike off those calories.

Thanks to Janet Budzinack, Isabelle Ringing, Zach Svigals, and Anita Bath Farhi for help with this article.

B’s Best Coffee
By B. Shansky

We all drink coffee for different reasons. For some, it is an absolute necessity to make it through the day or to put in those late hours at the bench. For others, it is a means of procrastination, something to do before starting those mini-preps or buckling down at the computer to write that NRSA proposal. If you’re one of the lucky few with lives outside of lab, it answers a social calling, a vehicle over which we catch up with friends, or discuss the previously viewed movie, play, what have you. Me, I drink coffee because I Love Coffee, and any or all of the above excuses are reason enough. A brief stint as a barista at an unnamed corporate giant (rhymes with tar ducks) instilled in me a passion for super-strong, dark roasted coffees that has not waned. I am thus compelled to be your guide through the forest of coffee shops in our tiny hamlet. Now, lest you think I’m simply about to send you off to the green aprons, you will be pleased to find I have no intention of singing the praises of my former employer. There are many independently-owned cafés of quality in New Haven. Here are my favorites:

Willoughby’s (Chapel & College, Whitney & Grove) carries some of the best coffee I’ve ever tasted. It is full-bodied, complex, and not at all acidic. The beans are dark and shiny, as they should be. As if that weren’t enough, they sell H & H bagels and have these cheesecake brownies that absolutely melt in your mouth. While the employees aren’t especially smiley, they know what they’re doing, which cannot be said for every barista in this town. With two locations, they are an easy walk from the med school or science hill.

Another local mini-chain is koffee? and koffee too? (Audubon & Whitney, York & Broadway), most popular with undergrads and their admirers. I prefer the former, which is not only cleaner but has better coffee (go figure) and friendlier baristas. Both occasionally host live music and hang local artists’ work on their walls, which make for a nice college-town atmosphere.

If you live in the grad ghetto, Lulu’s (Orange & Cottage) is a great place to stroll by on the weekends, or grab a cup on the way to the shuttle stop. This tiny, quaint café has good coffee, good bagels, and is a veritable baby and puppy showroom! Several of each are always outside, available for ogling and petting, respectively.

Another great neighborhood place is Café Espresso (State and Edwards), where everybody knows your name after a visit or two. The coffee here is decent, the egg and cheese bagel sandwich can’t be beat, and the Anna Liffey’s staff has been known to make an appearance every once in a while.

For the coffee to keep you going through the night, or for post-York Square cinema fare, continued on page 8
**The BUZZ**

To sign up your wireless card or ethernet card for roaming (anywhere) access to all libraries and official Yale networks:
http://its.med.yale.edu/about_itsmed/academic_computing/meded/roaming/

BBS Orientation will be on Friday, August 29. The first day of classes is Wednesday, September 3.

**Computational Biology and Bioinformatics** will become a degree-granting program this fall. Students entering the CB&B Track will now be able to get a Ph.D. in this discipline.

If you missed the announcement, the CAB building is now officially known as the *Anlyan Center for Medical Research and Education*. No word yet on a suitable acronym.

If you have friends considering applying to the BBS Program, tell them that the application deadline has been moved from January 2 to December 15.

Congratulations to our own Mike Akins, 4th yr INP, on his marriage to Amy Baumgartner on June 28th.

**Coffee continued from page 7**

cross the street to Cosi (Elm & Park), which is open way late (2 am on weekends!). Cosi is also a great place to take a date, as they have interactive desserts—make your own s’mores served pu-pu platter-style. There’s nothing like melted marshmallow and chocolate dripping down that special someone’s face to put you in the mood.

This brings us to the end of your tour. You now have no excuse for consuming bad coffee, or sinking those precious stipend dollars into the custom-tailored pockets of corporate CEO’s (this includes Dunkin Donuts, kids). Drink up! B

**PART OF THE GREAT BYOND: A SHOWCASE OF STUDENT CREATIVITY**

This has been our most successful contest, and it was nearly impossible to select the winners! Special congratulations to Erica Champion, our first-ever repeat winner!

**First Place**

*Erica Champion, Genetics & Devpt Track*

All Quiet on the Western Blot

**Second Place**

*Wai-Tsing Chan, Microbiology*

Dude, Where’s My Pipetman?

**Third Place**

*Rachel Anderson, MB&B*

So I Married my Graduate Student

**Honorable Mention**

*Jason Walker, Genetics & Devpt Track*

Fried Green Fluorescent Proteins

**Other Notable Entries (in random order)**

*Erica Champion, Genetics & Devpt Track*

Cloning Private Ryan

Raiders of the Lost ORF

The Good, the Bad, and the Publishable

O Buffer, Where Art Thou?

The Usual Substrates

*Jason Walker, Genetics & Devpt Track*

The Lord of the Ring Canals

The Two Bowers

*Wai-Tsing Chan, Microbiology*

8Kb

How To Lose a Rotation Student In 10 Days

*Rebecca M. Klein*

Some Like it P32

Guess Who’s Coming to Your Defense?

*Lara Ely, Microbiology*

Fear and Loathing in a Committee Meeting

The Would-be Graduate

Natural Born Killer Cells

*Rachel Anderson, MB&B*

James Pond: Xenopussy

James Bonding Orbital: For Your Isotopes Only

About a Boyer Center

The Pyrex of the Carrageenan

Don Engleman de Marco

Mad Maxi-Prep Beyond the Proteosome

BRCA to the Future

Born to be Wild Type

Murder on the Biomed Express

All Fruit Flies go to Heaven

War and PCR

Sense and Insolubility

One Hour Photosynthesis

You’ve got Male Pattern Baldness

Death of a Pipetman

The Lord of the Ring Stand:

Part 1. The Postdoctoral Fellowship of the Ring

Part 2. The Kline Tower

Part 3. The Return of the P.I.

*Erica Champion, Genetics & Devpt Track*

Cloning Private Ryan

Raiders of the Lost ORF

The Good, the Bad, and the Publishable

O Buffer, Where Art Thou?

The Usual Substrates

*Jen Gallagher, Genetics*

So, I joined the lab of an ax murderer

How to lose your protein in 10 days

The Thesis Planner

American PI.

Throw gamma from the train

*Matt Ua Crudhialloch, INP*

Being John Alvaro

White ob/ob Mice Can’t Jump

Indecent Thesis Proposal

Attack of the Transgenic Bt-Tomatoes

Electron Microscopy

The YSM Electron Microscopy facility offers one-on-one training for scientists interested in adding a new dimension to their research. Contact Marc.Pypaert@yale.edu for details.

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