

BIOLOGY STUDENT  
NEWSLETTER

WINTER QUARTER 2017

ISSUE 27

IMPORTANT DATES  
FOR WINTER QUARTER

Jan 3	First Day of Instruction
Jan 4	Biology Apparel Day
Jan 8	Alfred R. Wallace's Birthday
Jan 9	LAST DAY to drop a class without a fee thru MyUW
Jan 10	All courses require entry codes to add
Jan 16	LAST DAY to drop a class without the use of the ANNUAL DROP
Jan 16	Martin Luther King Day Holiday - no classes
Jan 23	LAST DAY to add a course through MyUW
Jan 26	Diversity Career Fair 5:30-8:30 HUB
Feb 1	Friday Harbor Labs Spr Qtr Application deadline
Feb 1	Biology Apparel Day
Feb 1	Biology Networking Night 5:30-7:00 HCK 132
Feb 8	Grad app due for GSP in Spring and Summer
Feb 12	Charles Darwin's Birthday
Feb 13	Symposium apps are due
Feb 20	Presidents' Day Holiday
Feb 10-26	Spring Reg Period I
Feb 28	Mystery Flower contest ends
Feb 22	Environmental Career Fair (All majors) 11am-2:00 MGH
Feb 15	FHLabs Blinks NSF REU Beacon Internship Deadline
Mar 1	Biology Apparel Day
Feb 27-Mar 26	Spring Reg Period II
Mar 10	LAST DAY to Withdraw (from all classes)
Mar 10	Last Day of Instruction
Mar 17	St Patrick's Day
Mar 13-17	Final Examination Week
Mar 20-24	Spring Break
Mar 27	First day of Spring Quarter

## ASSOCIATE CHAIR OF THE DEPT: Dr. Horacio de la Iglesia



Dr Horacio de la Iglesia

Welcome to the New Year  
and Winter Quarter 2017!

Coming back from your Holidays with friends and family, and realizing that in Seattle the sun is still setting at 4 pm can be tough...but light is on the way!

First, after December 21st the days continue to get longer.

Second, there are a lot of things to be excited about if you are part of Biology: If you have not done so, take advantage of the amazing expertise of our Biology Advising Office in Hitchcock; they can truly help you get the best education out of your department.

Do you ever get the feeling that you are sitting next to a lot of classmates who you'd like to know better but by the time the clock hits XX:20 you have to run to the next class? Here are some ways you can get to know them. Become part of study groups, get involved in Tri-Beta and other undergraduate activities within or outside the department, use the Biology Study Area (HCK 220), check out many other opportunities to network.

The vast majority of Biology undergraduates participate with research in UW laboratories; for most of them, this is the most transformative experience in their career. As an undergraduate researcher, you will not only develop invaluable skills but you will also meet our faculty and the people that work in their labs. And there are more than \$15,000 in Undergraduate Departmental Awards that you can apply for to support your research! Check out our website to see the amazing research opportunities you have. <https://www.biology.washington.edu/programs/undergraduate/awards?>

Did you notice the hole next to the new Burke Gilman Trail? By mid-winter it will actually look like the skeleton of a building. The Life Science Building will be Biology's new home, a state-of-the-art facility for both research and teaching. Hopefully you will still be around in 2018 when the new greenhouse and the first undergraduate teaching labs open.

Horacio de la Iglesia,  
Associate Chair



The new Life Sciences Complex (LSC) will be a leading environment for modern age research and teaching at the UW, enabling us to prepare the next generation of scientists and industry leaders while catalyzing boundless scientific enterprise.

## UW ATHLETIC TRAINING INTERNSHIP: Opportunity for valuable hands on experience



*Madison Yamane is a graduating senior majoring in General Biology with future plans to pursue a graduate degree in Physical Therapy.*

### I had always envisioned myself working for a sports team one day.

I wanted to be on the sidelines, and run out onto the court or field to tend to an injury, and be right in the midst of the action. While trying to figure out how I could get involved in something like that on campus, I stumbled upon the UW Athletic Training Internship. I wrote the essays, passed the interview, and into the internship I went!

I thought that I would immediately be a part of the rehab, the action, and the craziness of injuries, but instead started out as a glorified water girl. I spent long days in the sun, the rain, and on the court, but soon learned that you have to do the less glamorous work before you get the real perks of the internship. I learned how to make a mean cooler of Powerade, and then lift that ten-gallon cooler on my own. Then, after the hard work was over, I had the opportunity to watch all the players get treatment after practice. I learned taping techniques, and how to use different kinds of machines around the training room. If I ever had any questions, there was always a trainer there to help me or explain to me why they do the things they do, and I learned a ton. After a while, players start to feel comfortable with you and trust you enough to ask you directly for help. Those are some of my favorite and most rewarding moments.

However, I didn't just learn about the medical aspect of athletic training. In fact, I learned that is only one facet of this fascinating career. Athletic trainers work long hours, some early mornings, some late nights depending on the team. They travel a lot during their team's season. They must learn how to work around the busy lives of their student athletes, and help them through difficult injuries. Athletic trainers work alongside coaches, physicians, and psychologists to make sure that every student athlete is properly cared for. They work to give their players the best treatment without babying them too much, which is much harder than one might think. I was also one of three interns chosen to accompany the football team to the Heart of Dallas Bowl in 2015, and learned that trainers also put in hours of preparation and packing to basically bring a portable training room all the way to Dallas. Each trainer has a unique way of doing things and rotating sports every five weeks allowed me to see all those different methods. They approach and communicate with injured players differently, they interact with their team differently, and they may even clean up the same wound differently. There was always something new to learn, and I loved coming in every day to find out what that something would be.

Although, I discovered through this internship that athletic training is probably not the career path I would like to take, I would highly suggest this internship to anyone that would like to go into any form of healthcare.

There is not another medical setting like the training room. It's much more casual, and there is much more collaboration between different healthcare professionals than I would have thought. The internship only requires eight hours a week minimum, but most people choose to come in more often than that, and they are incredibly flexible with a busy student schedule. If anyone even has an inkling that they would like to work in sports medicine, then I would definitely encourage them apply and try it out. There is so much knowledge and experience to gain, and nothing to lose.



## STUDY MARINE BIOLOGY AT FRIDAY HARBOR: Minor in Marine Biology

"FHL was probably the most fun I've had in college. You develop really strong bonds with your classmates. I still talk to my TAs, teachers, and classmates on a regular basis"

—Kelsey Gaessner, *Biology Major, Double Minor in Marine Biology & Oceanography*



**INTERESTED IN THE MARINE ENVIRONMENT?** Looking for a unique place to study and research? Spend a quarter at Friday Harbor Labs (FHL), the UW's marine field station. FHL is located on a nearly 500 acre biological and marine preserve just across the bay from the town of Friday Harbor on San Juan Island. Located about 70 miles north of the UW's Seattle campus, FHL is perfectly situated to explore the marine environment of the Salish Sea.

**LIVING AND STUDYING AT FHL** Taking a course at Friday Harbor Labs means living for a quarter in the San Juan Islands. FHL is a fully functioning campus of the University of Washington complete with dorms, dining facilities, classrooms, a computer lab and a library. While there, you become part of a close-knit community of students, researchers and faculty where the average class size is less than twenty students. Living steps away from the labs and the dock means constant opportunities for hands-on learning. Attending class might mean working in the lab, taking a field trip to one of the other islands, or going out on the R/V Centennial to collect samples or data. FHL offers a unique setting for your 'husky experience'.

**LEARN MORE ABOUT HOW YOU MAKE FRIDAY HARBOR LABS PART OF YOUR COLLEGE EXPERIENCE:**

### ONLINE

UW Marine Biology Website: [marinebiology.uw.edu](http://marinebiology.uw.edu)  
Friday Harbor Labs Website: [depts.washington.edu/fhl](http://depts.washington.edu/fhl)

### E-MAIL QUESTIONS

Stacy Markman, FHL Student Coordinator  
[fhladmin@uw.edu](mailto:fhladmin@uw.edu)

### IN PERSON ADVISING APPOINTMENTS

Joe Kobayashi, Marine Biology Adviser  
FSH 114 [marbiol@uw.edu](mailto:marbiol@uw.edu)

### COURSES

Undergraduate courses are offered every quarter except winter, and the deadline for spring and summer 2017 applications is February 1.

#### SPRING 2017

**New Field Trip Course:** can be added to a regular, on-campus spring schedule

**FHL 101:** Introduction to Marine Biology in the San Juan Islands (1 credit; requires only attendance on field trip from 4/29-4/30)

#### Marine Biology Quarter: build a schedule of 3-5 courses:

**FHL 375:** Marine Mammals Of The Salish Sea

**FHL 333:** Science Writing For Diverse Audiences

**Q SCI 381:** Intro To Probability And Statistics

**OCEAN 210:** Integrative Oceans

**FHL 490:** Marine Sciences Seminar

**Zoo-Bot Quarter: A Fixed Schedule Of Three Integrated Courses,** including an Individual Research Project Mentored by FHL Faculty and Instructors.

**FHL/BIOL 430:** Marine Zoology

**FHL 440 / BIOL 445:** Marine Botany

**FHL 470:** Marine Biology Research

**FHL 490:** (Optional, but recommended): Marine Sciences Seminar

#### SUMMER 2017

##### A TERM

**FHL/BIOL 432:** Marine Invertebrate Zoology

**OCEAN 497:** Marine Protists

**FHL/BIOL 536:** Comparative Invertebrate Embryology

**FHL 585:** Neurothology

##### B TERM

**FHL/FISH 492:** Ecology & Conservation of Marine Birds & Mammals

**FHL 578:** Science Communication

**FHL 528:** Fish Swimming

**FHL 568:** Invasion Biology



## 2016-2017 Executive Board

### President

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maddymckeague@gmail.com

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# TriBeta Biological Honor Society:

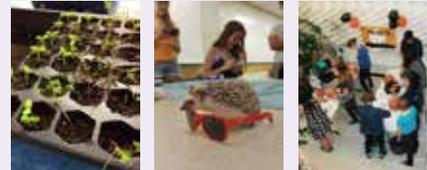
**“What is TriBeta?”** Beta Beta Beta is a national honor society dedicated to improving the understanding and appreciation of biological studies. It is a platform for students to earn recognition for their efforts and accomplishments while networking with other students and UW Biology staff with the same interests.

**In short: a really great organization.**



## TUTORING

**TriBeta Tutoring** offers free tutoring for the Intro Biology series (180/200/220). Tutors are available for one-on-one sessions as well as drop-in tutoring in the Hitchcock 4th floor lounge Monday – Thursday 3:30 pm – 6:30 pm (Free Snacks available)



## MONTHLY MEMBER MEETING

The second Thursday of every month, join your fellow TriBeta members to play games, discuss the latest scientific discoveries, and have a great time! Our first Monthly Member Meeting will be January 12th.

## UPCOMING EVENTS

- Jan 4th – Apparel Sales
- Jan 5th – TriBeta Blood Drive!
- Jan 12th – Monthly Member Meeting
- Jan 26th – A Trip to the Burke Museum
- Feb 1st – Apparel Sales
- Feb 9th – Monthly Member Meeting
- Mar 1st – Apparel Sales
- Mar 9th – Study Night

*Keep an eye out for information on our Quarterly Seminar!*



## HOW TO JOIN

Full Membership is eligible to any student who has completed two intro biology courses (180/200) and one additional biology course with a minimum 3.0 GPA or higher. Further details and a short application can be found on our website

To keep up to date with TriBeta, visit our website and subscribe to our emails!  
<http://tribetauw.weebly.com/>

## FREE TRIBETA TUTORING: UW Intro Biology Series Biology 180, 200 & 220

### UW Introductory Biology students:

The secret to excelling in Biology 180, 200, and 220 is discussing those new concepts and information with other students or asking your instructors questions to know if you fully and correctly understand the concept.

This is where TriBeta can help! TriBeta Tutors are students who have taken the full 180-220 series, done well, and enjoy teaching. They can help you with material, concepts, study habits and many studying tips!

The study lounge also provides snacks FOR FREE.

There are two ways to take advantage:

1) Come to our study lounge on the 4th floor lounge in Hitchcock

Monday - Thursday from 3:30-6:30 pm. The lounge is located right above the HCK 3rd floor entrance.

2) Sign up for 1 on 1 tutoring at the following link <http://tribetauw.weebly.com/tutoring.html>

If you want to do well in the intro series, try us out! If you have any questions or you would like to apply to be a Tribeta tutor feel free to e-mail Liesl Strand, at [tribetatutoring@gmail.com](mailto:tribetatutoring@gmail.com)



Fourth floor lounge in Hitchcock

## UFARM: Volunteers are an integral part of what keeps the Ufarm growing!



The UW Farm is a 1 acre, student-powered, urban vegetable farm located on 3 sites at the University of Washington's Seattle Campus.

*Our mission is to be the campus center for the practice and study of urban agriculture and sustainability, and an educational, community-oriented resource for people who want to learn about building productive and sustainable urban landscapes.*



**Running a farm takes** a lot of dedication and hard work and our farm volunteers are an integral part of what keeps us growing. If you are interested in learning more about sustainable farming practices, or just want to lend a hand to help support the UW food community we would love to meet you!

### All are welcome to stop by

and visit the Farm or volunteer during any of our Volunteer Hours but if you've never been to the UW Farm before, please begin by signing up to be a volunteer (<https://depts.washington.edu/uwbg/support/volunteerNew.php>). This helps us track volunteers and insures you in case of injury.



### Locations:

Mercer Court, McMahon Hall & Center for Urban Horticulture

### UW Student Farmer Retreat January 14-15, 2017

Join us for a weekend of reflection, community building, planning and fun in a cozy cabin in Birch Bay! We'll also visit a local farm along the way (TBD) and, of course, eat a whole bunch of great food. To RSVP, please sign up on this google form: <https://goo.gl/forms/SpqN7LcZvSFCYj7I3>

### Monday, January 16, 10 am-3 pm:

MLK Day of Service at the UW Farm: planting and maintaining our pollinator hedgerow!

### Winter Quarter Volunteer Hours: Feb 15 – March 17

**Wednesdays:** Mercer Court 1-5pm

**Fridays:** Center for Urban Horticulture 1-5pm

**Saturdays:** Alternate Mercer Court and CUH 10am-2pm

## BIOLOGY NETWORKING NIGHT: Save the Date: Wednesday February 1, 2017 5:30-7:30

Want to know what people have done since they earned a degree in Biology? What they would do differently?

Then come to Networking Night with alumni from our department. Students will get a chance to hear people speak about a variety of professions, all with one thing in common: a degree from UW Biology (or Botany or Zoology from pre-merger years).

This event will be a small panel in a Q&A format of alumni where they share their career building experiences since graduation, talk about their respective career paths, what experiences influenced their decision to pursue a certain profession, successes and lessons learned. After the event, you might have the opportunity to talk to or get contact info from the participants.



Biology Networking Night is hosted by Jason Patterson in HCK 132.

## AUTUMN BIOLOGY DEPARTMENT AWARD WINNERS: Congratulations to you all!



### UNDERGRADUATE AWARDS:

Sargent: ..... Erin McClure  
Casey: ..... Madelyn McKeague  
Frye-Hotson-Rigg Award: .....  
..... Henry Blazina, Myesa Legendre-Fixx, Elise Pletcher & Mollye Zahler

### GRADUATE AWARDS

Edmondson: ..... Emily (Molly) Roberts & Lauren Vandepas  
Edwards Award: ..... Jeremy Chan  
Sargent: ..... Alexandria Brannick & Katie Stanchak  
Experimental & Field Ecology Fellowship: ..... Alex Lowe  
Distinguished Teaching Fellowship: ..... Katie Dobkowski  
Frye-Hotson-Rigg Writing Fellowship: ..... Melissa Lacey  
Hahn Writing Fellowship: ..... Sonia Singhal  
WRF-Hall Fellowship: ..... Rebecca Harris, Yue Shi & Luke Weaver

Thanks to the support of our amazing alumni, faculty, staff, and community members, the Department of Biology awards thousands of dollars annually to students to support their research endeavors.

## WINTER BIOLOGY DEPARTMENT AWARDS: Application Deadline: March 5, 2017



### Awards and Scholarships: these are Biology departmental awards only.

You must be a declared biology major to be eligible for any awards or scholarships.

<https://www.biology.washington.edu/programs/undergraduate/awards?>

### WINTER 2017 AWARDS OPEN

SUBMISSION LINK: <https://catalyst.uw.edu/collectit/dropbox/marissa3/39562> (link is external)

Deadline for Winter applications: 11:59pm, Sunday, March 5, 2017

Awards must be used within one year of Winter Quarter 2017.

Recipients will be recognized at the Annual Awards Dinner on Thursday, April 20, 2017.

Questions? Contact Lisa Tran ([lisatran@uw.edu](mailto:lisatran@uw.edu))

## HCK 302: Instructional Support Office / Study Area / Regrade Drop / Exam Pickup



In addition to the Biology Study Area on the second floor, Hitchcock 302 offers you an area to study with several tables and whiteboards for your use. We also host TA office hours throughout the week. Come by and check out the calendar outside our office to see if /when your TA(s) office hours are here.

This is the place to pick up your EXAMS . **Please note:** Exams will be kept for one quarter. If you took an exam in Autumn it will be kept until the week between Winter & Spring Qtrs.

This is also the place to drop off your Exam REGRADES. *Just follow the signs!*  
Staff members, Gretchen Shirley-Bellande and Jeannette Takashima can help you.



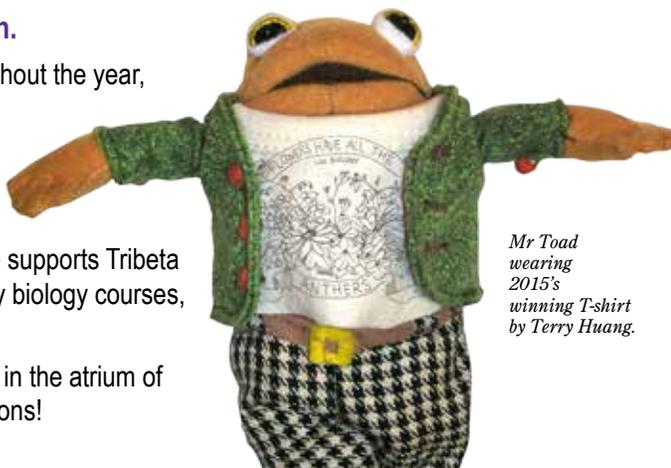
## BIOLOGY APPAREL DAY: The first Wednesday of every month & get a treat in HCK 318!

**Biology Apparel Day happens the first Wednesday of every month.**

If you are wearing Biology Apparel on a first Wednesday of the month throughout the year, you can come to Hitchcock 318 (Advising) to receive a sweet treat AND an opportunity to submit your name for a chance at a grand prize.

The Tribeta Biological Honor Society started up T-shirt contests as another way for Biology Students, Staff and Faculty to support Tribeta and Biology club efforts and of course, show our UW Biology pride! Your T-shirt purchase supports Tribeta and events put on for Biology Club members, like tutoring for the introductory biology courses, the annual Halloween party and their Spring BBQ.

T-shirts are 15 dollars, cash or check. You can purchase them on T-shirt day in the atrium of Hitchcock Hall. You can contact [tribeta@u.washington.edu](mailto:tribeta@u.washington.edu) with any questions!



*Mr Toad wearing 2015's winning T-shirt by Terry Huang.*

## GET CONNECTED IN BIOLOGY: Where to look today!

### Biology Undergrad Listserve

The Biology Advisors maintain a listserv called biostudent. Anyone can request to be added to this email notification system. Notices regarding jobs, research, internship and scholarship opportunities as well as course announcements and event notices are sent out to this list. Want to be in the know? Visit this site and enter your information to request to be added to biostudent: <http://mailman1.u.washington.edu/mailman/listinfo/biostudent>:

**Go to this site and you will see two gray boxes**

- 1: Type in your email address (*uw.edu address ONLY*)
- 2: Type in your name (*optional*)
- 3: Check the box about list mail being batched  
No — you will receive them separately  
Yes — you will receive them all in one daily batch
- 4: Click the subscribe button and your part is done

### UW Biology Department Website

[www.biology.washington.edu](http://www.biology.washington.edu)

### UW Biology Facebook Page

[www.facebook.com/UWBiology](http://www.facebook.com/UWBiology)

### UW Undergrad Research Program

<http://www.washington.edu/research/urp/>

### Career Center at UW

<http://careers.uw.edu/>

### TriBeta Honor Society & Bio Club

<http://students.washington.edu/tribeta/>

Beta Beta Beta is an honor society for students, especially undergraduates, dedicated to improving the understanding and appreciation of biological study.

The Biology Club is sponsored by Tri-Beta and is open to all UW students, faculty and staff.

### UW Farm

New blog: <http://blogs.uw.edu/uwfarms/> and <https://www.facebook.com/uwfarm>

The UW Farm is now a registered student organization with over 600 members. If you would like to learn more about the farm please join our listserv, facebook page and show up for a work party, or come to our next all-farm meeting.

### Burke Museum

<http://www.burkemuseum.org/>

General Admission FREE to Burke Members, children 4 and under, and **UW staff/faculty/students**

Free Admission—Admission is free to the public on the first Thursday of each month.

## BIOLOGY ADVISORS: Undergraduate Advising in Hitchcock 318



Jason Patterson, Janet Germeraad, Resident Mr Bones, Julie Martinez, Owl and Sheryl Medrano

### THE UNDERGRADUATE BIOLOGY ADVISING OFFICE

OPEN: Monday thru Friday 8 am to 4:30 pm. General Phone: 206-543-9120

We welcome UW and prospective students to contact us with any questions regarding degree options in Biology.

**OPEN WALK-IN:** Monday - Friday 9:00 am to 12 pm AND  
M, Tu, W, F 1:00 to 4:00 pm, with Thurs 1:30 to 4:00 (office closed 12 to 1)  
or contact one of our three advisors for an appointment by phone or email.

The photo on the right (in the office decorated for the Campus Decoration Challenge) includes the advisors and staff of Room 318. Advisors are: Jason, Janet & Sheryl. Staff is Julie.

## MYSTERY PLANT: Guess & win an 8 card set of flowering plants at the Medicinal Garden!

This is the Winter Quarter mystery plant. Submit your best guesses with your name and email into our Mystery Flower Box located within the third floor Atrium of Hitchcock Hall.

A drawing for the prize of a special limited edition, set of eight Biology note cards featuring flowers and incredible seed pods in Winter Quarter in the Medicinal Herb Garden. Set of cards displayed in HCK 302.

### GUESS THE QUESTIONS:

- 1) What is the genus and the common name?
- 2) In the language of flowers, what does this flower symbolize?

### THE HINTS:

1. Family Brassicaceae, genus of flowering plants comprised of annuals, evergreen perennials and subshrubs native to the Old World.
2. The plant possesses medicinal properties and the ancients employed it for rheumatism, gout and other diseases.
3. Plant is very drought tolerant and excellent in rock gardens.



## BIOLOGY STUDY AREA : All Students are Welcome in Hitchcock 220

The Biology Study Area (BSA) is a GREAT place to study with other students, use computers, or just to read.

Dave Hurley manages the BSA and can even answer your biology questions. If you forgot your textbook, you can check out one from the BSA staff if they have a copy.

The BSA has 27 computers, a Dawg-Print printer and one scanner.

All students are welcome — not just Biology majors! BSA is open Monday - Friday 8:00 am - 5:00 pm.

Dave has four undergraduate computer support staff, Hiren Ajudia (Biology), Carlos Jimenez (Biochemistry), Lyudmila Polevoy and Maura Kilpatrick who will be staffing the Biology Study Area and programming, so you may see them around as well.



Miss Crab is typing up her research work on one of the computers in the Biology Study Area. She thinks the support staff is great.

### Advising Available

#### Biology Department

#### Walk-in Advising

Janet Germeraad

Jason Patterson • Sheryl Medrano

318 Hitchcock Hall

Mon-Fri, 9:00 am–12:00 pm

M, Tu, W, F, 1:00 pm–4:00 pm

Thursday 1:30 pm–4:00 pm

Closed: 12:00 to 1:00 pm

Website URL:

<http://depts.washington.edu/biology/advising.htm>

### Biology Study Area (BSA)

220 Hitchcock Hall

Mon-Fri 8:30 am–5:00 pm

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Undergraduate Newsletter

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