Welcome to Spring Qtr 2018!

It is always hard to get back from the break and face the anxiety of new classes, new teachers, and new classmates. However, the Spring quarter is one of my favorites, not just because I get to teach my favorite class: Biological Clocks and Rhythms, but particularly because I get to appreciate the outstanding crop that the work of a group of employees, instructors, teaching assistants, and researchers yields every year, along with hundreds of our students walking out with a degree in Biology. The most exciting part of the quarter is to see you all at our Biology Graduation Celebration and see each one of you as a unique outcome from the combination of classroom experience, research in our labs, research in the classroom, and networking with other students. To those of you leaving us, congratulations! We hope your Biology degree becomes a central defining feature in your future career and that you make us proud as so many others already have!

For those of you staying, take advantage of the amazing expertise of our Biology Advising Office in Hitchcock; they can truly help you get the best education not just out of your Department but out of the whole UW. Remember that your social life is as important as your academics. Here are some ways you can expand your social network: join study groups, get involved in Tri-Beta and other undergraduate activities within or outside the department, use the Biology Study Area (HCK 220) and check many other opportunities to interact with the Biology community.

If you think how lucky those Bio Majors who are graduating this Spring quarter are, take a break, walk the Burke Gilman trail, and look at the new, almost completed, Life Science Building (LSB). Most research faculty in the Department of Biology will be moving to the LSB starting in August. This is super-exciting news for you as undergraduate. First, if you choose to do research in one of our labs, you will be working in a state-of-the-art science building where you will not only have access to the most sophisticated equipment but you will also be able to network with faculty, postdocs, grad students, and technicians in the open-lab floors. Second, some of your laboratory classes will actually take place at this amazing facility. Third, the LSB will open with 4 new faculty hires, with unique potential for new classes and new research topics that you can participate in. Fourth, if the stress of classes and exams gets to you, you will be able to decompress in the sleek greenhouse where our unique plants from rain forests and deserts, and our orchid collections are coming back too. What can I say? It is not a bad time to be an undergrad in the Biology Department. — Horacio de la Iglesia, Associate Chair

2017 PhD Candidates before their hooding: Katie Dobkowski, Brandon Peecook, Marie Clifford, Kelly Hennesssey, Eliza Heery, Jared Grummer, Jennifer Mae White Day and Bill Hardin
DEPARTMENT OF BIOLOGY GRADUATION CELEBRATION  FRI JUNE 8, 2018  1:30—3:00 pm

(Not to be Confused with the Big UW Commencement on Saturday)
The Department of Biology’s Graduation Celebration will be held at Hec Edmundson Pavilion.

12:30:  Hec Ed doors open for family & friends.
        (We have lots of room so bring the entire family!!)

12:30:  Graduating students check-in at the So. Hec Ed loading docks.

1:30:   The Program will include a guest speaker, the hooding of PhD candidates and the reading of names for all the graduating seniors present. Each student will walk across the stage to be congratulated by either the Chair, Toby Bradshaw, or the Associate Chair, Horacio de la Iglesia.

3:00 to 4:00  Meet & Greet with Faculty and Staff up on the Mezzanine.

No tickets are required but all students are REQUIRED TO RSVP by June 4 by completing the Biology Graduation Celebration google form at: https://tinyurl.com/uwbiology.

This RSVP is a requirement if you are participating in the departmental celebration. Then we will know you are attending and you will get a name pronouncing card at check-in.

NEW THIS YEAR are security checks at the main doors for family & friends. Hec Ed will be doing bag searching of everyone coming into the building. Graduates wearing caps and gowns can expect to be thoroughly searched.

For those interested, here is their complete list of items not allowed:

- Alcohol, animals, artificial noisemakers, beach balls and frisbees, glass bottles and containers, cans, ice chests, drugs or illegal substances including marijuana, electronic cigarettes, cigars and vaporizers, fire works, flares, flags, signs on sticks, flammable liquids, flasks, laser pens, leaflets not approved in advance by the athletic department, pepper spray, skate boards, bikes, tobacco of any kind, weapons of any kind, and finally any items deemed by the University of Washington staff to be inappropriate or may disrupt other guests’ enjoyment of the event.

Please try and leave these items at home before showing up.

Dr Toby Bradshaw
Department Chair

Dr Horacio de la Iglesia
Associate Chair
THE HOODING OF PHD CANDIDATES IS SPECIAL

Dr Ben Kerr hooding Dr Marie Clifford in 2017.
Dr Adam Leaché hooding Dr Jarad Grummer in 2017.
Dr Alex Paradez hooding Dr Kelly Hennessey in 2017.

Dr Alex Paradez hooding Dr Bill Hardin in 2017.
Dr Ken Sebens hooding Dr Eliza Heery in 2017.
Dr Jennifer Ruesink hooding Dr Katie Dobkowski in 2017.

Dr Adam Leaché hooding Dr Jennifer Mae Day White in 2017.
Dr Toby Bradshaw hooding Dr Brandon Peecook in 2017.
ALEXA CLEMMONS, PROFESSOR

What is one piece of advice you would give students in your class?
Study actively! Keep up with the problem sets, and when you get through those practice other active study techniques: write your own exam questions, draw out processes and structures, teach things to your friends, your pet, or your potted plant.

What is your favorite part of the class?
The POGILs – we’ve put A LOT of work into developing these activities. Data from education research studies show that they’re much more effective ways of learning than listening to a lecture. As a student, this means better understanding and better exam scores for you! Plus, as the instructor, it gives me a chance to talk with a greater number of students one-on-one than I usually do during class.

What is your all-time favorite Biology subject?
Epigenetic gene regulation! Every cell in your body has to hold ~6ft of DNA, so you can imagine how compact the DNA must be to fit inside tiny nuclei. The problem is that gene regions of DNA also need to be opened back up to be used as a template for transcription. There have to be some pretty sophisticated mechanisms to accomplish both of these things at once.

Other than Biology; what academic subject would you like to study?
Public health/epidemiology – I love the combination of sociology and data science (and, OK, biology too).

Which is your favorite lab?
The Prokaryotic Gene Regulation lab. I love gene regulation, and this lab is like a big puzzle!

Is there a book/video that you would recommend to students outside of what there is in class?
Bjork’s music video for the song “Hollow”. Bjork is a musician & she partnered with Drew Berry, a world class biomedical animator, to make the video. It’s incredible! Very realistic, except for what I call the Bjorkisome around time 3:51.

MANDY SCHIVELL, PROFESSOR

What is one piece of advice you would give students in your class?
Try anything you are even remotely interested in during your undergraduate years and early adulthood (or your whole life)! There are so many things to do in this life – do not limit yourself to only what you think you are good at or “should” do.

What is your favorite part of the class?
I love doing demonstrations in the class that can help students understand something more clearly. I also truly enjoy working with students during office hours and watching the light bulbs go on!
What is your all-time favorite Biology subject?
Studying marine invertebrates brings me a huge amount of joy – something new can always be discovered!

What do you think is the hardest part of the class?
I know from students that they find the exams difficult. The other issue is learning how to study in an efficient way - doing “practice” and not just passive “reading”.

Which is your favorite lab?
The lab on Cellular Respiration is clear, fun and incredibly helpful in understanding the principles of metabolism!

Is there a book/video that you would recommend to students outside of what there is in class?
Absolutely everyone should watch “GATTACA” - excellent dystopian future film considering a society where most people are genetically engineered. Book - I recommend “The Immortal Life of Henrietta Lacks” by Rebecca Skloot. It addresses the history of HeLa cells and how racism, medicine and society has intersected over the almost 70 year history of this cell line. It is tragic, fascinating and forces you to think about science in a new way.

LIZ WARFIELD, LAB COORDINATOR
Her duties include:
Supervisor of the TA lab instruction, exams, regrades, special requests and all things students.

What is one piece of advice you would give students in your class?
Draw it out! Many of our topics are complex with intermeshing pieces. The single best way to visualize how things work together is to sketch, or diagram them out.

What is your all-time favorite biology subject? Respiration! Respiration and metabolism are one of the few universal experiences of life! It occurs at a micro-scale but influences every aspect physiology. Respiration is a fantastic place where biology and chemistry merge.

What is your favorite lab?
Being that I coordinate the labs, I am bias because I love them all! My favorite lab, hands down is the Respiration Lab. That said we have a bunch of really great labs including our Chick Development lab, Gametogenesis lab, and our Enzyme lab.

Other than Biology; what academic subject would you like to study?
Is it cheating to say biochemistry? Well, regardless, it is true! Biochemistry studies the molecules of life and make reason out of an otherwise chaotic world.

Is there a book/video that you would recommend to students outside of what there is in class?
The book that set my course as a biologist was ‘Parasite Rex’ by Carl Zimmer. This book discusses the odd and unusual ways the parasites manipulate our bodies for their gain! For folks without a ton of time of their hands, I would strongly recommend a youtube video, ‘Evo-Devo (Despacito Biology Parody) by A Capella Science. We will be covering this exact topic in weeks 5 - 8. https://www.youtube.com/watch?v=ydqReeTV_vk&t=204s

TA OFFICE HOURS IN HITCHCOCK 302. Check for the hours on the Hallway bulletin board next to the office door. Even if you don’t have specific questions, it’s a great place to work on practice questions and to meet other students.

FREE TUTORING IS AVAILABLE on the 4th floor of Hitchcock with TRIBETA TUTORS – Check for times on the white boards.
FRIDAY HARBOR LABS: Pelagic Ecosystem Function Research Apprenticeship FALL 2017

RACHAEL H. CUMBERLAND
Senior, Biology (Physiology)

As we tipped below the horizon, the ocean yawned beneath us, it’s white-capped teeth gnawing at our hull. I stood soaked and trembling at the bow, my hands anchoring me to the railing as the freezing waves came crashing upwards. I couldn’t have been happier.

While the story of how I found myself drenched on the bow of a UW research vessel may be a little dry, the adventures I had aboard were definitely far from it (pun intended).

During the Fall quarter in 2017, I had the opportunity to live and conduct independent research at Friday Harbor Labs (FHL), a UW research facility on San Juan Island. I first heard about FHL through a marine biology course I took for fun my first quarter after I transferred to UW. Ever since I moved to Washington from the land-locked Midwest, I’ve been fascinated by the ocean and all the beauty it contains. But the thought of conducting research at such a prestigious university was daunting and thus I didn’t even consider FHL as an option.

I eventually found the nerve to contact Joe Kobayashi, a groovy Marine Biology adviser that helps oversee FHL applicants. From him, I learned that FHL offered a variety of different programs each quarter, ranging from marine botany in the spring to animal physiology in the fall. Fueled by Joe’s words of encouragement and determined to challenge myself, I applied to the Pelagic Ecosystem Function (PEF) research apprenticeship. This program is a 10-week course offered in the fall to both undergraduate and post-baccalaureate students as an opportunity to gain marine-related field and lab research experience. Apprentices have the choice to structure their project around general categories related the the Pelagic ecosystem: physical oceanography, oxygen / chlorophyll, plankton, fish, and marine mammals / birds.

From there, we were guided by scientists and lecturers on the proper field and laboratory techniques in each of those categories. Every student can utilize data gathered aboard the Centennial, a 58-foot research vessel that conducts a 21.5 km long transect through the San Juan Channel (SJC). From these weekly 8-hour transects, we gathered data from a variety of tools and methods. While any data collected on the Centennial can be supplemented by additional lab and field experiments, its main purpose is to continue the 13-year PEF data set collected by previous students.

My research project focused on SJC marine bird community composition, looking for temporal and spatial patterns within the 2017 season, the last 10 years, and in relation to various climatic indices. This project swept me into a whole new world of sea birds and science. I learned how to identify 20+ different marine birds and mammals in the field, how to cross reference spatial distributions to the channel’s bathymetry, analyze the statistical relationships between population densities and climate, and how to appreciate the simple yet convoluted beauty of Excel spreadsheets. Additionally, since FHL is a very tight-knit research community, I gained additional experiences by helping other researchers with their data collection, from tagging and releasing 2,000 sand lances to doing oxygen titrations on water samples.

Alyssa and Rachel, two of my PEF classmates, using a plankton net to collect samples.
While you might be able to have experiences like these at a different facility, FHL has a unique environment that is hard to find. With log cabin dormitories and a dining hall nestled in the woods a mere 100 feet from the water’s edge, FHL feels more like a summer camp for scientists than a traditional (and somewhat intimidating) laboratory. In fact, because of its unique setting, it allows for students to interact directly with professors and world-renowned scientists on a very casual and personal level. As a budding scientist myself, it was heartwarming to gain insight from established researchers without the formality of a lab coat. I mean, where else can you eat mashed potatoes in your pajamas next to a famous marine biologist who has discovered and named an entire new species?

I highly recommend that everyone considers applying to a program at Friday Harbor Labs. Whether or not your interests lie in studying the ocean, FHL has something to offer everyone. For me, it gave me the confidence and skills to pursue further research opportunities at UW – such as receiving a Mary Gates Endowment and presenting in the Undergraduate Symposium. So, don’t be afraid to get your toes wet and see what Friday Harbor has to offer you!
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.

2017-2018 Executive Board

President
Jessica Gianopulos
jessig22@uw.edu

Secretary
Lexus Pina
lexuspina@gmail.com

Treasurer
Ann Lai
annlai@uw.edu

VP of Advertising
Garrett Britt
brittg5@uw.edu

VP of Communications
Sonja France
sonja73@gmail.com

VP of Events
Kristen Bocast
kbcast@uw.edu

VP of Meetings
Lucas Cary
lcary@uw.edu

VP of Membership
Elizabeth Glenski
eglenski@uw.edu

VP of Tutoring
Margaret Slack
margaretslack9@gmail.com

Advisor
Dr Brian Buchwitz
bjb@uw.edu

TUTORING
Tutoring TriBeta offers free tutoring for students the Intro Biology Series (180/200/220). Tutors are available for drop-in tutoring in the Hitchcock 4th floor lounge.

Monday–Thursday 3:30 pm–6:30 pm

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 April 12th.

UPCOMING EVENTS
April 4 – T-shirt Sales
April 5 – Induction
April 12 – Monthly Member Meeting
April 19 or 26 – Quarterly Seminar
May 2 – T-shirt Sales
May 10 – Monthly Member Meeting
May 24 – End of Year Event
May 31 – Study Night
June 8 – Biology Graduation!!

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. Details on other levels of membership 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/

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To keep up to date with TriBeta, visit our website and subscribe to our emails!
http://tribetauw.weebly.com/
BIOLOGY NETWORKING NIGHT: Save the Date: Thursday April 26, 2018 5:30-7:30

Want to know what people have done since they earned a degree in Biology?

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. They will talk about their respective career paths, experiences that 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.

BIO BOOK CLUB: The Forest Unseen by David Haskell

Get Ready for Biology Book Club!

We will choose a fiction or non-fiction book each quarter with a scientific thread, and also examines social, cultural, and environmental topics. Please feel free to send book recommendations to Sheryl Medrano at smedrano@uw.edu.

This Spring Quarter, we will shift gears a bit with an ecology-based selection. *The Forest Unseen, A Year’s watch in Nature by David Haskell*, takes place on a small, one-square-meter patch of old-growth forest in Tennessee. This patch of land, Haskell’s “madala”, serves as a window into what exists beneath our feet, and his observation of it enlightens the reader, giving us a vivid understanding of the interconnectedness of all things.

*Please check the Biology website for meeting times and location.*

BIOLOGY APPAREL DAY: The First Wednesday of Every Month & Get a Treat!

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 Room 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 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 20 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* with any questions!

*Biology Apparel Wednesdays in Winter Quarter are Apr 4, May 2 and June 6.*
**2018 HUSKY 100:** Congratulations our Biology majors on this list!

The selection process this year was highly competitive, they received more than 1,700 nominations and nearly 600 applications from all three UW campuses. Website: [http://www.washington.edu/husky100/blog/announcing-the-2018-husky-100/](http://www.washington.edu/husky100/blog/announcing-the-2018-husky-100/)

JOSH DAWSON  
ALEXIS RODRIGUEZ PANTALEON  
ITZUE CAVIEDES SOLIS  
MOLLYE ZAHLER  
    Senior: Biology (Molecular, Cellular & Developmental)  
    Senior: Biology (General)  
    Graduate: Biology  
    Senior: Biology (General)

**2018 UNDERGRAD RESEARCH SYMPOSIUM:** May 18 Mary Gates Hall  11:00 am - 6:00 pm

Are you curious about Undergraduates do for research? Take some time to find out at the Undergraduate Research Symposium on May 18. See the broad range of projects being worked on by your fellow undergraduates. Find out how they got involved! Undergraduates from all three UW campuses will gather to share ideas from across their studies at UW. Check out the Hitchcock Hall Atrium in April to see a list of presenters from the Department of Biology!

**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 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 Winter, it will be kept until the week between Spring & Summer 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.

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

**UW Introductory Biology Students:** The secret to excelling in Biology 180, 200, and 220 is discussing course content with others and asking questions to make sure you fully understand new concepts.

This is where TriBeta can help! TriBeta Tutors are students who have taken the full 180-220 series, been successful, and enjoy teaching. They can help you with course material & concepts, study habits, and test preparation!

The study lounge also provides FREE snacks.

Take advantage of this opportunity by dropping by the Study Lounge on the 4th floor in Hitchcock.

**We are here to help you Monday – Thursday from 3:30-6:30 p.m., no appointment necessary.**

You can work with other Intro Series Biology students, or receive individualized help. The lounge is located right above the HCK 3rd floor entrance.

If you have any questions, or have completed the series and are interested in tutoring, please contact Margaret Slack at tribetatutoring@gmail.com.
NEW MARINE BIOLOGY MAJOR: Launching Autumn 2018

The College of the Environment is proud to announce that a new major in Marine Biology (Bachelor of Science) has been approved to start in autumn 2018. The new major will be offered alongside our existing marine science majors in Aquatic & Fishery Sciences and Oceanography, and was developed in collaboration with faculty from those schools, our marine field station Friday Harbor Labs, and the Department of Biology. If you are interested in making marine biology a part of your undergraduate experience, either through a course, a minor, or now even a double major, you are invited to contact the Marine Biology Adviser. We’ll be preparing for ‘launch’ through spring quarter, but we wanted to immediately address some frequently asked questions.

WHAT TYPE OF MAJOR IS THIS?

Marine Biology is a non-capacity constrained (open) major, leading to a Bachelor of Science.

WHAT DOES MARINE BIOLOGY STUDY?

Marine biology involves the study of life processes of organisms inhabiting saltwater environments – from genetics and evolution to physiological traits and ecosystem functioning. The major is focused on the intersection of marine sciences taught in Oceanography and Aquatic & Fishery Sciences, and examines the marine aspects of biodiversity, ecology and ecosystems and organismal processes, along with impacts from ocean change. All students complete an integrative field experience (research or field course at Friday Harbor Labs or similar site).

WHAT IS INVOLVED WITH A DOUBLE MAJOR IN BIOLOGY AND MARINE BIOLOGY?

Students can double major in Biology and Marine Biology, but adding a double major must be approved for you individually by advisers from both units (based on your academic plan to graduate). Please consider the following policies affecting double majors:

- You must complete the general education requirements for both the College of Arts & Sciences and the College of the Environment (individual courses can apply to both).
- Courses in general science and math (MATH 124, CHEM 142, etc.) can count for both majors without restriction.
- Up to an additional 25 credits used for your Biology major can apply to any requirement in the Marine Biology major (BIOL 311, BIOL 433, etc).

WHAT ABOUT THE MARINE BIOLOGY MINOR?

The minor is still here, and students from all majors are encouraged to make marine biology part of their studies! The new major program will expand course options for the minor as well.

WHERE DO I GO FOR MORE INFORMATION?

Interested students are encouraged to contact: Joe Kobayashi (Marine Biology Adviser) at marbiol@uw.edu or visit marinebiology.uw.edu.
**BIOLOGY ADVISORS: Undergraduate Advising in Hitchcock 318**

**THE UNDERGRADUATE BIOLOGY ADVISING DEPARTMENT**

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 an option 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: Julie.

**Mystery Plant: Guess and Win an 8 Card Set of Flowering Plants at the Medicinal Garden!**

This is the Spring Quarter mystery plant and it is fruiting right now in the Medicinal Garden. Submit your best guess 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 blooming Spring Quarter in the MH Garden. Cards displayed in HCK 302.

**QUESTIONS:**
1) Genus species of this evergreen perennial herb commonly found in the spice rack?
2) This herb is used in the chorus of what Simon and Garfunkel song?

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

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

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 21 computers for general use and 9 computers for high-performance computing (but not gaming), a Dawg-Print printer and one scanner.

Hiren Ajudia (Biology) and Lyudmila Polevoy will be staffing the Biology Study Area and programming.

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The Mystery flower hints: 1. Native to Mediterranean region. 2. A symbol of remembrance. 3. Used as a flavoring in foods such as stuffing and roast lamb, pork, chicken and turkey.