

BIOLOGY STUDENT  
NEWSLETTER

WINTER QUARTER 2016

ISSUE 24

IMPORTANT DATES  
FOR WINTER QUARTER

Jan 4	First Day of Instruction
Jan 10	LAST DAY to drop a class without a fee thru MyUW
Jan 11	All courses require entry codes to add
Jan 15	Research Symposium application available
Jan 17	LAST DAY to drop a class without the use of the ANNUAL DROP
Jan 18	MLK Day Holiday - no classes
Jan 24	LAST DAY to add a course through MyUW
Jan 26	Diversity Career Fair 5:30-8:30 HUB
Jan 29	Spring time Schedule available on line
Feb 1	Friday Harbor Labs Spr Qtr Application deadline
Feb 3	Biology Apparel Day
Feb 10	Biology Networking Night 5:30-7:00 HCK 132
Feb 10	Grad app due for GSP in Spring and Summer
Feb 15	Presidents' Day Holiday
Feb12-28	Spring Reg Period I
Feb 21	Last day to Use Annual Drop or change to S/NS option
Feb 22	Last day to submit app for Research Symposium
Feb 29	Mystery Flower contest ends
Feb 24	Environmental Career Fair (All majors) 11am-3:00 MGH
Mar 1	FHLabs Blinks NSF REU Beacon Internship Deadline
Mar 2	Dept Spring Scholarship and Award Deadline
Mar 2	Biology Apparel Day
Feb29-Mar27	Spring Reg Period II
Mar 11	LAST DAY to Withdraw (from all classes)
Mar 11	Last Day of Instruction
Mar 14-18	Final Examination Week
Mar 21-25	Spring Break
Mar 28	First day of Spring Quarter

## ASSOCIATE CHAIR of the DEPT: Dr. Jennifer Ruesink



Dr. Jennifer Ruesink

## Welcome to 2016, Biology undergrads!

While I – like you all in this major – work hard to cultivate a scientific mind, I'll start this welcome by recognizing the lessons we learn from stories and literature. In a book I read recently with my daughter, a mother seeks to help her son, who is downcast about racist attitudes. She essentially says, "Are you going to lie abed all day? Or get up and help to change the world?"

Those questions have been buzzing in my head in two ways. First, because you're never too old to reflect on where you can help. And second, because I believe higher education has a duty to provide students with the intellectual and practical skills to be world-changers.

## How often do you think about the skills you are learning at UW?

A course syllabus typically contains a set of topics, and mastery of that material is one important goal. But learning goals often go beyond content. Instructors also want to help you become competent in reasoning, communicating, teamwork, and doing science. These are skills that have value both within and outside of careers in biology.

I hope that in some small way, the skills that you are learning as a biology major will become clearer to you this term. Here at UW Biology, we are in the middle of an exciting evaluation of where competencies are covered in our curriculum. To this end, we have organized core competencies into four general categories: process of science, quantitative skills, communication and collaboration skills, and linking science and society. These represent a streamlined version of competencies in the guiding document for curricular change: "Vision and Change in Undergraduate Biology Education" from the American Association for the Advancement of Science and National Science Foundation.

To improve skills in the process of science, you may be identifying null hypotheses, reading primary literature, or designing your own hands-on project.

Your quantitative skills may improve when you analyze data, use mathematics to see how different parameter values change biological dynamics, or make graphs of predictions or explanations.

Every time you work in a group, present in class, or lead a discussion, seize that opportunity to learn from collective effort and to craft a meaningful and efficient message. Employers highly prize these attributes in hiring decisions.

To link science and society, keep an eye on media reports of scientific findings, and reflect on how much of the scientific focus of every place and time comes from the values of society. Consider ethics in both carrying out scientific research and in applying new discoveries of science in a social context. Sure, science is in the business of trying to reject hypotheses and find alternative explanations based on data, but the questions scientists ask are not objectively value-free.

Practicing these biology skills is just one of many opportunities and resources available to you. Take advantage of them while you are here, and go on to make a difference. When you take courses that really help hone your skills, I would be happy to hear from you about them. Best wishes for 2016 -

Jennifer Ruesink, Associate Chair for Undergraduate Programs



Ruesink Lab Research: How shellfish aquaculture affects the distribution and abundance of native eelgrass.

## STUDY MARINE BIOLOGY AT FRIDAY HARBOR LABS

"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 2016 applications is February 1.

#### SPRING 2016

**MARINE BIOLOGY QUARTER:** Build a schedule of 3-5 courses:

FISH/OCEAN/BIOL 250: Marine Biology

Q SCI 381: Intro to Probability & Statistics

FHL 333: Science Writing for Diverse Audiences

OCEAN 330: Biogeochemical Cycles

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 2016

##### A TERM

FHL 432: Marine Invertebrate Zoology

FHL 536 A: Comparative Invertebrate Embryology

FHL 446: Marine Botany: Diversity and Ecology

FHL 568 A: Evolutionary Responses to Climate Change in the Sea

##### B TERM

FHL 492: Ecology & Conservation of Marine Birds & Mammals

FHL 536 B: Larval Biology

FHL 528: Fish Functional Morphology

FHL 568 B: Marine Biodiversity Methods

## Kufeld named 2015 CoSIDA Academic All-American of the Year

**Capping off a stellar academic and athletic collegiate career, UW goalkeeper Megan Kufeld has been named the 2015 CoSIDA Academic All-American of the Year for women's soccer, awarded to the most deserving student-athlete in the nation for performance in the classroom and on the field.**

"This is truly an honor," Kufeld said. "This has been a great journey and I wouldn't trade it for any other college experience. You don't really know exactly what you're signing up for when you go to college – a lot of late nights and hard work – but it has all been worth it. I've had successes and failures and I have really appreciated the good and the bad experiences that really prepare you for life. There are so many lessons to be learned and learning those lessons has made me a better person."

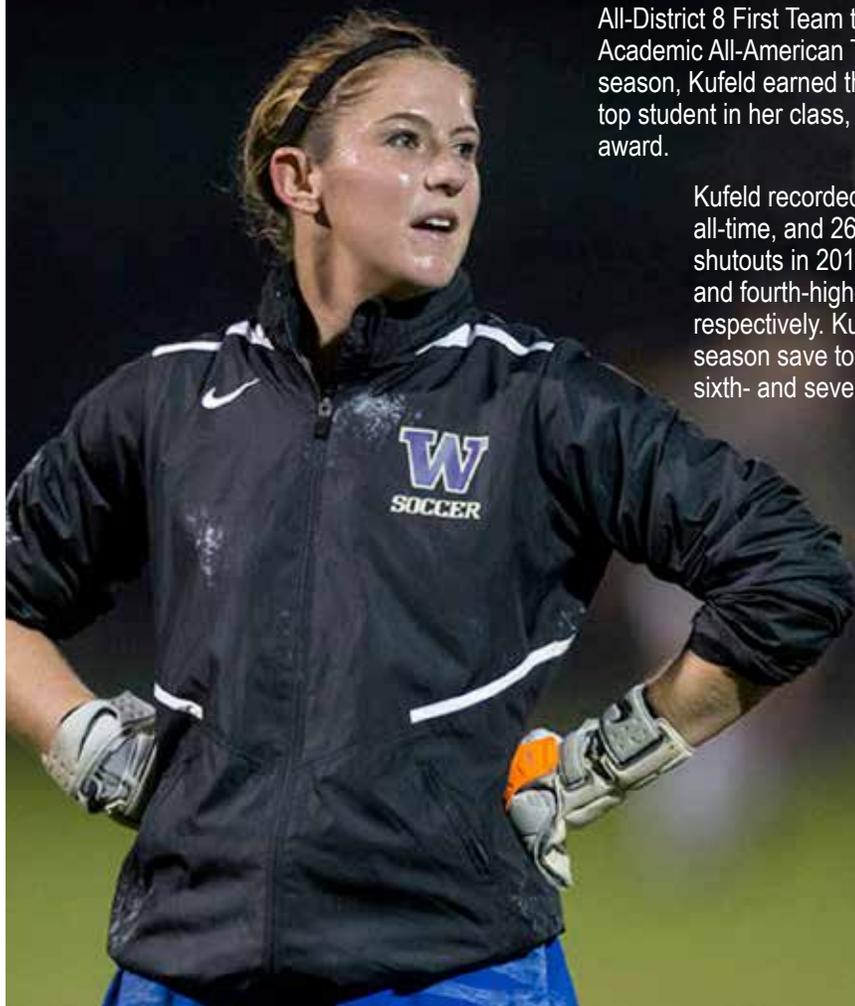
In addition to being named the 2015 CoSIDA All-American of the Year, Kufeld is also a member of the 2015 CoSIDA All-America Women's Soccer Division I First Team.

A **Biology major with a 3.97 G.P.A.**, Kufeld helped the Huskies to NCAA Tournament appearances in the last two seasons and became Washington's all-time career shutouts leader this season, recording five shutouts in 2015 to push her total to 21. "I'm thrilled that Megan Kufeld is being recognized for being the ultimate student-athlete," UW head coach Leslie Gallimore said. "What Megan has accomplished on the field and in the classroom in her time at Washington has been phenomenal and impressive to observe. Her dedication to both of her crafts has been a shining example to her teammates, coaches and classmate, and we couldn't be more proud to call Megan a Husky for life."

Kufeld was named to the Pac-12 All-Academic First Team in 2015 and 2014. She has also been honored on the CoSIDA Academic All-District 8 First Team the last three seasons. She earned CoSIDA Academic All-American Third Team honors in 2014. Prior to her junior season, Kufeld earned the UW President's Medal as the university's top student in her class, becoming the first student-athlete to win the award.

Kufeld recorded a .98 career goals against average, best all-time, and 262 saves, third-most all-time. Her nine shutouts in 2014 and seven in 2013 rank as the second- and fourth-highest single-season totals in program history, respectively. Kufeld also recorded two of the highest single-season save totals all-time, with 88 in 2013 and 87 in 2014, sixth- and seventh-best, respectively.

Kufeld has been named the Pac-12 Goalkeeper of the Week three times in her career and this season earned Defensive MVP honors at the Husky Nike Invitational. She earned All-Pac-12 Honorable Mention honors as a sophomore for her performance on the field.



# COSMO'S

## GET THE POLLINATOR OF YOUR DREAMS: Helpful Tips and Tricks

by Terry Huang



### Do you close your eyes and dream about your pollenmate?

You try your hardest all season long to find a pollinator, but not one bats an eye at you. Then you agonize over all your desires of crosspollination and ripening to nearly the point of senescence. Don't worry you are not alone, this is something that we all go through. Being a flower can be tough, but you don't have to let being a flower control your life.

During these dark winter times when you just want to pull your bud scales close and tight, it's really the perfect time to learn the art of attraction. By taking planned action your dreams will be closer to coming true; you are not destined to a lonely fate. Attracting your pollinator is all about marketing yourself. Perhaps you are just sending out the wrong signals – something we all do when we get desperate.

What is your message and what is your brand? Are you a generous soul or a sly schemer? Are you a free spirit or are you a devoted partner? These questions and more all matter, and figuring them out will help you send out the right signal to get the right pollinator. Here are seven tips to attract the best wingman to help you find your perfect mister and missus.

1. **TIMING IS EVERYTHING.** Are you an early riser or a late-night socialite? Though it may sound obvious, trying to attract someone when they are not even up is a terrible idea. If you're up during the day maybe try your luck with bees, flies, butterflies, or birds. If you're up at night bats, moths, and beetles just might be your thing.
2. **GET IN SHAPE.** Not all flowers are created equal especially when it comes to accommodating a pollinator. The way your flower is shaped will naturally determine who would be best at reaching your pollen. If your flower is a long thin tube, maybe go for a long tongued bee or moth instead of that chunky, clumsy bat. Comfort and accessibility is a trait everyone likes.
3. **SIGNATURE SCENT.** Floral elegance, avant-garde musk, or a clean slate: whatever your preference in fragrance there are pollinators who will find it irresistible. Knowing the preferences of your target audience well is key. Fresh and sweet? Sounds like a honeybee. Fetid and acquired? Perhaps a fly. Once you get the recipe right apply liberally and they will come.
4. **COLOR ME POLLINATED.** They say blue is calming and red is energizing, but whatever the case, all pollinators have their proclivities. If you are a fiery scarlet, birds and butterflies will flock to you, or if you are pristine white like snow on a moonlight night, you'll be a beacon to moths and bats. Pick your colors wisely because every hue has something to say.
5. **REWARD...OR NOT.** In this world there are givers and takers, and most of the time the lines are not that clear. Whether you are a nectarous sweetheart or a cunning seductress you can offer whatever reward you wish. Just remember, you've got to make an offer that is too good to refuse.
6. **QUALITY CONTROL.** To give your seeds the best start in life, keep yourself clear and ready for crosspollination. Station your style(s) well away from your stamens, and time it so your stigma matures before your anthers shed pollen for further insurance. If worse comes to worst self-pollination can help you in a pinch, but remember nothing good ever came from inbreeding.
7. **HAVING THE ONE.** Or maybe five. Pollination is one of those tricky things where you must trust that your pollen has found its way to a suitable mate. If you are detailed oriented then finding a pollinator that will solely service your species is great reassurance. If you are more laissez faire however, by hiring a retinue of pollinators one is bound to eventually deliver the goods to the right place. Do what feels right.

To get you on the right track take this short compatibility quiz to see who is your ideal pollinator. Remember what letters you get. Who knows, the results may just delight you.

**1. What is your ideal fragrance?**

- a. Acrid, but oh-so-au nature!
- b. No scent. I am hypoallergenic.
- c. Sweet and fresh like a clear spring day.
- d. Rich and sumptuous like Chanel No.5.
- e. Musky and boozy.
- f. I can't pick one.

**2. When are you the most productive?**

- a. Anytime during the day, but more in the afternoon.
- b. More morning, but throughout the day really.
- c. Busy, busy from dawn until dusk.
- d. At dusk. Secretly under the cover of darkness.
- e. Late night. I really come alive after dark.
- f. Depends.

**3. What's your type?**

- a. Chubby and cute.
- b. Svelte like a swimmer.
- c. Nimble like an acrobat.
- d. Light like a dancer.
- e. Built. I lift, bro.
- f. I don't have a type.

**4. When friends come over you offer:**

- a. Nothing. I got out of bed and got dressed, isn't that good enough?
- b. Nectar. They can help themselves.
- c. Nectar and pollen. I like to cook meals for my friends.
- d. Some nectar. Just light refreshments.
- e. Lots of nectar. We love drinking!
- f. I don't invite friends.

**5. What colors do you associate yourself with the most?**

- a. Earth tones: burgundy, browns, and blacks.
- b. Hot colors: reds, oranges, and magenta.
- c. Pretty blues or warm yellows.
- d. Crisp whites.
- e. Muted tones: beige, mauve, sage, and creams.
- f. Whichever.

—Your ideal pollinator results on page 7

Can you guess the ideal pollinators for these flowers? Each have evolved traits to attract them.



*Aristolochia grandiflora*



*Aristolochia gigantea*



*Caesalpinia pulcherrima*



*Tagetes erecta*



*Datura metel*



*Agave parryi*



*Cobaea scandens*



*Zea mays (maize)*

## CAREER SEMINARS & FAIRS: Check out what is being offered at MGH & the HUB for FREE

**Tue., January 19 | 4 – 4:30 pm**

**MARY GATES HALL (MGH)**

### **ALL UW RESUMES – GETTING STARTED**

**Not happy with your resume? Don't know where to start?**

**Let us help! We will discuss format, style, and how to write a resume that best reflects your strengths and talents.**

**Getting Started workshops are short, 30 minute presentations on strategies for success in the job search. Join us for topics including LinkedIn, resumes, and career fair success! Come as you are. All held in MGH 134.**

**Tue., January 19 | 1:30 – 2 pm**

**MARY GATES HALL (MGH)**

### **CAREER FAIR SUCCESS – GETTING STARTED**

What are you supposed to do at a career fair? Learn how to plan a strategy for the most effective and efficient use of your time at a fair plus how to craft an introduction that makes a good impression, what to wear, and how to follow-up.

**Tue., January 19 | 2:30 – 3:30 pm**

**MARY GATES HALL (MGH)**

### **CAREER FAIR SUCCESS FOR INTERNATIONAL STUDENTS**

Connecting with employers and navigating a career fair may be a little different for our international students. This workshop will help you to know what to expect at U.S. career fairs, how to craft an introduction that makes a good impression, learn strategies to get the most out of your time at the fair, as well as what to wear, and how to follow-up after the fair.

**Wed., January 20 | 12 – 5 pm**

**HUSKY UNION BUILDING**

### **SOCIETY of WOMEN ENGINEERING 34th ANNUAL EVENING**

The career fair is open to all students looking for internships, co-ops, and full time employment in the fields of engineering, science, or technology. In order to attend the banquet, company reps and students MUST have a ticket! Two tickets come with registration and additional tickets (to be used by more company reps or to invite students) will be available for purchase in December. We encourage companies to invite students they are interested in employing in order to get to know them better in a more relaxed environment.

**How Students Are Invited To The Banquet:**

Students may be invited to the banquet by companies during the career fair by 1. Being given an invitation from a company rep the career fair OR 2. Being given an invitation prior to the career fair via email. Students are recommended to send their resumes to the SWE resume book for this event or send their resume through an internship/job online application process a company may have that may increase chances of being invited to the banquet dinner before the career fair.

**Tue., January 26 | 5:30 – 8:30 pm**

**STUDENT UNION BUILDING (HUB)**

### **DIVERSITY CAREER FAIR**

The fair attracts hundreds of local and national employers from business & industry, the non-profit sector and government agencies. We expect the 2015 Diversity Career Fair to be a huge success for employers and students and invite you to take advantage of this opportunity to come and interact with the employers.

**Thu., January 28 | 2 – 5 pm**

**MARY GATES HALL (MGH)**

### **SCIENCE JOBS & INTERNSHIPS RECRUITING EXPO**

Are you a undergraduate science student at the UW - physical sciences, biological sciences, environmental sciences, ChemE or BioE? Then don't miss our annual Science Jobs and Internships Recruiting Expo.

This unique mini-career fair will give you the opportunity to connect directly with recruiters from local and/or national companies who are looking to hire UW science students for job or internship opportunities.

**Fri., February 5 | 12:30 – 1 pm**

**MARY GATES HALL (MGH)**

### **ALL UW YOUR MAJOR, YOUR CAREER – GETTING STARTED**

**Don't know how your major matches potential careers? Join us to explore and identify possible career paths that match your values, interests, and skills. Learn how to make yourself and your major more marketable to future employers!**

**Getting Started workshops are short, 30 minute presentations on strategies for success in the job search. Join us for topics including LinkedIn, resumes, and career fair success! Come as you are. All held in MGH 134.**

**Wed., February 10 | 3:30 – 4 pm**

**MARY GATES HALL (MGH)**

### **ALL UW INTERVIEWS – GETTING STARTED**

Interviews can be scary—especially when they include questions like the dreaded, “Tell me about yourself.” This workshop addresses general preparation, researching companies, what to expect, and answering behavior-based and other tough, important interview questions.

**Getting Started workshops are short, 30 minute presentations on strategies for success in the job search. Join us for topics including LinkedIn, resumes, and career fair success! Come as you are. All held in MGH 134.**

## CAREER SEMINARS & FAIRS: continued

Fri., February 19 | 2:30 – 3:30 pm  
MARY GATES HALL (MGH)

### INTERVIEWING LAB

Be a standout to employers and tell them what they really want to know: how you are valuable to them! Learn how to highlight your strengths and demonstrate you know about their company. We'll practice answering interview questions in small groups. Please attend the 'Interviews —Getting Started' workshop or view the Interviewing workshop on our website prior to attending.

Ready to explore further or get some practice? Join us for Labs—interactive, engaging workshops. Some Labs are come as you are, others request that you bring some materials with you. All held in MGH 134.

Wed., February 24 | 11 am – 3 pm

MARY GATES HALL (MGH)

### ENVIRONMENTAL CAREER FAIR

Open to all UW students, the UW Environmental Career Fair is an opportunity to explore careers in environmental and natural resources fields. The Environmental Career Fair features employers from the nonprofit, government, and private sectors with career-level positions and internships.

Tue., March 1 | 3:30 – 4 pm

MARY GATES HALL (MGH)

### ALL UW COVER LETTERS – GETTING STARTED

Wondering how to write an engaging cover letter? You'll learn how to weave together your strengths with specific examples to write targeted cover letters that emphasize your fit for the job!

Getting Started workshops are short, 30 minute presentations on strategies for success in the job search. Join us for topics including LinkedIn, resumes, and career fair success! Come as you are. All held in MGH 134.

## DARWIN ORCHID: In Bloom right now!

In Room 5, Tropical Plants, The Madagascar Star Orchid or "Darwin's Orchid" (*Angraecum sesquipedale*).



Darwin thought such an impressive spur must have evolved through coevolution with a pollinator, and therefore there must exist a moth in Madagascar having an equally impressive long tongue. Everyone thought he must be crazy until a full 40 years later, when the Hawk moth *Xanthopan morgani praedicta* (so named because of Darwin's prediction) was discovered in Madagascar – with a tongue that averages a full 10 inches.

## COSMO'S: Key for Your Ideal Pollinator

Which letter did you get the most? Check out below for your corresponding ideal pollinator. If you got mostly:



**A's** then your ideal pollinator is a **CARRION FLY**:

They love you because you stink of rot and death.

**Plants they love:**

*Aristolochia grandiflora* & *A. gigantea*



**B's** then your ideal pollinator is a **HUMMINGBIRD**:

They are captivated by your hot passionate colors and will fiercely protect your supply of nectar.

**Plant they love:**

*Caesalpinia pulcherrima*



**C's** then your ideal pollinator is a **HONEYBEE**:

They are drawn to your wholesome generosity that they conjure into sticky golden amber.

**Plant they love:**

*Tagetes erecta*



**D's** then your ideal pollinator is a **HAWK MOTH**: They like the luxurious quality and style of your liaisons.

**Plant they love:**

*Datura metel*



**E's** then your ideal pollinator is a **BAT**: They are engrossed by your yeasty fragrance and torrents of thick nectar.

**PlantS they love:**

*Cobaea scandens* & *Agave parryi*



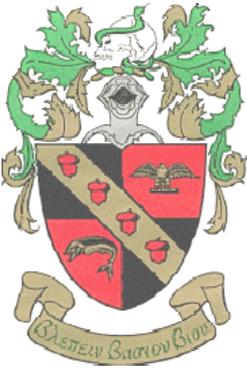
**F's** then your ideal pollinator is **WIND**: You have trust issues and would rather cut out the middleman.

**Plants they love:**

*Zea mays* (maize) & *Welsitschia mirabilis*

**And IF YOU HAVE A MIX OF LETTERS** then you're a **generalist**: Really everybody and anybody will do!

# TRIBETA AND BIOLOGY CLUB: Come and join us for Biology learning and fun!



## Tribeta Officers 2015-2016

### President

CiCi Alsamarraie

### VP of Communications

Jennifer Look

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Julie Erlemeir  
Elsha Egglink

### VP of Meetings

Ellie Taagen

### VP of Mentorship

Rajvir Singh

### VP of Membership

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Katie Sturtevant

### VP of Advertising

Erica Alcantara

### Treasurer

Aaron Neal

### VPs of Tutoring

Sidney Drury



Refreshments are provided for events, meetings tutoring and quarterly Study Night!

## CALLING ALL UW BIOLOGY STUDENTS!

Ready to make the most of a new school year? If you're looking to make the University of Washington feel more like home by finding your niche, look no further! At TriBeta Biological Honor Society and Biology Club, we are proud to be part of UW's largest major, offering plentiful resources and opportunities through a community of experienced Biology faculty and students – all we're missing is you! TriBeta is ready to work with you throughout your studying, volunteering, and socializing via the services listed below!

**TUTORING:** Tutors who have excelled as students in BIOL 180, 200, and 220 are available to help students currently taking these classes through free one-on-one appointments (scheduled at <http://tribetauw.weebly.com/tutoring.html>) or free Monday-Thursday 3:30-6:30 PM drop-in tutoring at the HCK 4th floor lounge – with snacks, reference books, and other materials provided! To become a tutor, email **VP of Tutoring Sidney Drury** ([sdrury3@uw.edu](mailto:sdrury3@uw.edu)).

**EVENTS:** TriBeta hosts multiple social events each quarter, such as signature fall Pumpkin Carving, and a quarterly Study Night just before finals. Along with promoting community within the Biology department, TriBeta's network extends to the campus and city via volunteering with organizations like UW Farms and United Way of King County. Send your ideas and requests for events to **VPs of Events Julie Erlemeier** ([erlemj@uw.edu](mailto:erlemj@uw.edu)) or **Elsha Eggink** ([elshae17@uw.edu](mailto:elshae17@uw.edu)).



2015 Pumpkin Carving Crew

**MEETINGS:** Each quarter, an engaging lecturer is invited to discuss his/her innovating research. Past talks have been on neuroprosthetics, morphological diversity of bats, the most effective ways to teach Biology, and more. Come learn about a topic you've never before delved into in this unique informal seminar, always held on a Thursday around 4:30 PM in HCK with refreshments provided. Email **VP of Meetings Ellie Taagen** ([etaagen@uw.edu](mailto:etaagen@uw.edu)) with questions or suggestions for talks, panels, and meet-and-greets with professors and professionals.



**T-SHIRTS:** Show off your part and pride in what we deem the ultimate department on campus by sporting a UW Biology T-shirt! Shirts are designed, voted on, and made by TriBeta members to be sold every first Wednesday of the month in the Hitchcock 3rd floor lounge. \$15 T-shirts come in a myriad of colors and sizes, and long-sleeves, crew necks, and zip-up sweatshirts are also available. Proceeds are the sole source of funding for TriBeta events, meetings, and programs put on for Biology students. Plus, wear your Biology apparel to the Biology Advising Office on sale days for complimentary candies and entry for fun Biology prizes! Pre-orders are possible; inquire with **Treasurer Aaron Neal** ([aaronn3@uw.edu](mailto:aaronn3@uw.edu)).



2015 T-shirt Winner

**TRIBETA T-shirt Design Contest coming early spring.** Think about the perfect design to enter and chance to win: a free t-shirt with your design and see fellow biology majors wearing your design. Needs to say uw biology, be biology related and fit in an area of 10x10 max.

**HONORS SOCIETY:** While TriBeta's events and services are for all to enjoy as part of the Biology Club, everyone is encouraged to strive to join the TriBeta Honors Biological Society. TriBeta membership is a lifetime membership in a nationally-recognized honor society that graduate schools and employers look for and hold in high esteem. Members at the University of Washington chapter gain access to member-only events and benefits, and receive a TriBeta certificate, key chain, sticker, and honor cords to wear at graduation. Anyone may become an Associate Member, but only those meeting the curriculum and GPA requirements may become Full Members. Full members have taken the entire intro Biol series (180-220) and have an average GPA of 3.0 or higher in these classes. If you do not yet meet these qualifications, you may join now as an Associate member, and obtain Full membership status when you meet them. To apply, email TriBeta advisor Dr. Linda Martin-Morris ([lmorris@uw.edu](mailto:lmorris@uw.edu)) an unofficial transcript and a photo of yourself. For further inquiry, email **VP of Membership Maddy McKeague** ([mckeague@uw.edu](mailto:mckeague@uw.edu)).

On behalf of all TriBeta officers, we wish you the very best this winter quarter and can't wait to see you soon! **Aseel "Cici" Alsamarraie** TriBeta President 2015-2016 [alsamarr@uw.edu](mailto:alsamarr@uw.edu)

## 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 [Sidney Drury](mailto:Sidney.Drury@uw.edu), at [tribetatutoring@gmail.com](mailto:tribetatutoring@gmail.com)



Fourth floor lounge in Hitchcock

## UFARM : Lettuce grow things together and Cele(ry)brate Winter Compost!



**While little may be growing on the farm now, it is still full of life.** This winter we are planning on adding greatly to the physical space at the farm. Beginning Saturday, Jan. 9 we will complete the wash/pack structure, which also houses our earthen ovens, by adding a roof. This winter will also see the building of the children's garden, installation of a 200ft pollinator border, and the planting of a small orchard (all these projects will be at the Center for Urban Horticulture site). We are also excited to get our new hand-built vermicompost bins up and running so that we will have beautiful compost available come planting time in March. At Mercer Court, we are trying to expand our fungi production and have it be a permanent fixture of the farm. The Farm is already looking forward to the next growing season by planning its greatly expanded Community Supported Agriculture (SCA) creating the crop plan, and buying seeds!

We welcome all new and returning farmers to come and join us at the farm during our volunteer hours which will begin on Tuesday Jan. 12th.

**TUESDAY 1:30-3:00**  
Mercer Court Apartments

**WEDNESDAY 1:30-3:30**  
Center for Urban Horticulture

**THURSDAY 1:30-3:00**  
Mercer Court Apartments

**Saturdays 10:00 am-3:00 pm**  
**Alternating Sites**

Next Farm Orientation and Tour:  
Saturday, Jan 16th 10am  
CENTER FOR URBAN HORT.

For more information about the farm please visit our website and/or sign up for our newsletter at [food.washington.edu/farm](http://food.washington.edu/farm)



Garden down by the Center for Urban Horticulture.

**In Sunshine and Dirt,  
the UW Farm Team.**

## Winter Biology Department Award Winners: Congratulations to you all!



### UNDERGRADUATE AWARDS:

Sargent: ..... Dane Kawano  
Casey: ..... Nicholas Rigler & Kristen Campbell

### GRADUATE AWARDS

Edmondson: ..... Lyda Harris  
Edwards Award: ..... Ryo Okubo  
Sargent: ..... Amber Hageman  
Experimental & Field Ecology: ..... Alex Lowe & Dave Slager  
Denton Writing Fellowship: ..... John Chau  
Frye-Hotson-Rigg Writing Fellowship: ..... Hannah Kinmonth-Schultz  
Hahn Writing Fellowship: ..... Jennifer Mae-White Day  
Tunncliffe Writing Fellowship: ..... Wen-Yan (Ann) Lin & Jonathan Calede  
WRF-Hall Fellowship: ..... Michael Dorrity & Megan Whitney & Aric Rininger

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.

**Application Deadline for Spring Scholarships: Wed March 2 at 8:00am**

## 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 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!

**Biology Apparel Wednesdays in Winter Quarter are Jan 6, Feb 3 and Mar 2.**



*Mr Toad always in his biology tshirt.*

## BIOLOGY NETWORKING NIGHT: Save the Date: Wednesday February 10, 2016 5:30-7:30

### Want to know what people have done since they earned a degree in Biology? What would they 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 Hitchcock 132, Wed. February 10.*

## 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 Quarters.

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.



## 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: Need to type in your email address (uw.edu address ONLY)
- 2: Need to type in your name (optional)
- 3: Need to 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 sta

### 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 and 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 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, scanners and a copier.

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, Akash Jaswal, Riley Martz and Samuel Wesley** who will be staffing the Biology Study Area and programming, so you may see them around as well.



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

## 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 the office staff of Room 318. Advisors are: Jason, Janet & Andrea. Staff is Julie. And T. Armadillo, is a friend, of Dr. Karen P.



Andrea Pardo, Jason Patterson, Janet Germeraad, T. Armadillo and Julie Martinez

## Mystery Plant: Guess it and win an 8 card set of flowering plants at the greenhouse!

This is the Winter Quarter mystery plant and it is blooming right now in and around the Botany Greenhouse.

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 Winter Quarter in the Greenhouse. Cards displayed in HCK 302.



**QUESTIONS:** 1) the name of the genus species and 2) Who is the pollinator?

### The hints:

1. The plant normally grows to six feet.
2. Known as the Spiral Ginger.
3. Species originates from Costa Rica.

## Botany Green House: Come visit before the end of March



Shawnee Luciani, Paul Beeman, Jeanette Milne, Terence Huang and Nile Kurashige

**Dear biologists, the end of the New Botany Greenhouse era is drawing ever more near.** Day by day as we approach the end of Winter Quarter the lushness of the teaching collection will grow barer as we prepare them for their travel to a temporary home. The greenhouse doors will close for their retirement at the end of March, so please come see the plants soon. Once the new Life Sciences Building and Biology Greenhouse is complete in 2018, the plants will be back settling into their new home.

**We hope you will come fill your lungs with the warm tropical air and say your final adieus!**

### Advising Available

#### Biology Department

#### Walk-in Advising

Janet Germeraad

Jason Patterson • Andrea Pardo

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>

#### Undergraduate Academic Advising and Office of Minority Affairs & Diversity

141 Mary Gates Hall

206-543-2550

Quick Question hours (Mon–Fri)

9:00 am–4:30 pm

or email [advice@u.washington.edu](mailto:advice@u.washington.edu)

<http://depts.washington.edu/uaa/advising/index.php>

#### Biology Study Area (BSA)

220 Hitchcock Hall

Mon–Fri

8:30 am–5:00 pm

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