Co-eds and their Biological Clocks
Honors research finds a fertile market for ovarian screening tests

Despite the invention of birth control and in vitro fertilization (IVF), women are still beholden to their biological clocks in one regard—by the time a woman turns 32, on average, she’s lost 90 percent of her ovarian reserve of viable eggs, and after age 37, her chance of getting pregnant drops significantly.

Surprisingly, many college-aged women underestimate the age at which fertility declines, and they mistakenly believe that a healthy diet and exercise will slow the natural degradation of the ovarian reserve.

This lack of awareness was discovered by Human Biology undergraduate Brindha Saravanabavanandhan (HB ’10) in her senior honors thesis research project, “Defining the biological clock: An assessment of Bay Area female university students’ attitudes toward screening technologies for ovarian reserve.”

In this study, which appears to be the first its kind in the United States, Saravanabavanandhan surveyed 328 women (ages 17 to 31) about their knowledge of premature and age-related fertility decline. (All subjects were pursuing degrees at Stanford University, Santa Clara University, UC Berkeley, or UC Davis.)

Thank you for sending us your most cherished memories of your years as a HumBio major, some of which are included on pages 6-7 of this newsletter. Your personal stories are truly inspirational.

As the Program in Human Biology turns 40 next year, we’re planning an amazing birthday party for the 2011 Stanford Homecoming weekend.

This reunion is shaping up to be the best ever, with dynamic panel discussions led by founders, faculty and alums; a short film festival; student poster presentations; and a special HumBio birthday cake and party.

So please mark your calendars for the Big 4-0 on Oct. 21, 2011, and we hope to see you there. More details on the program will be coming as we get closer to the event. §

To participate in the HumBio 40th Birthday Survey: http://www.surveymonkey.com/s/Alumni_HumBios_40th

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Photo: Yorgos Nikas/Wellcome Images

A human egg on the head of a pin

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DIRECTOR’S MESSAGE

Professor Carol Boggs
She also assessed their attitudes towards ovarian reserve testing, and discovered that, “79% of the women we surveyed would like to learn more about their egg supply, with 43% stipulating ‘right now’ and 70% ‘in the next five years.’”

She believes these findings demonstrate the need for better fertility education during annual physicals, as well as a potential market for ovarian screening tests, which can help detect potential infertility problems early on.

She added, “Women need to know that new tests are being developed—such as ultrasounds of follicular density and blood tests of reproductive hormone levels—that will allow them to learn more about their current egg supply.”

Saravanabavanandhan, who was a campus leader for SAGE (Students Advocating for Gender Equality), believes that arming the next generation of women with fertility information will enable them to make better decisions about the timing of education, career, and child-rearing.

Another interesting finding was that a large percentage of the women surveyed said that they’d make major life course changes if they learned that a fertility issue might prevent them from having a genetically related child.

More specifically, when subjects were asked what they would change if they learned they had a low egg supply:

–80% said they would be open to getting married sooner
–66% said they would talk to their partners about settling down earlier
–42% said they would stop their work or education to have children

For Saravanabavanandhan, who will be attending medical school during fertility prime time (and losing about 80,000 egg follicles along the way), this research has definitely motivated her to take notes on how other women at Stanford Medical School have successfully balanced work and family.

“One of the most exciting things about this project was being able to work with strong women in the field of science,” said Saravanabavanandhan. “My thesis advisors are great role models, in the way they manage their research, their families, and an undergraduate honors student. They made it all look so easy.”

The advisor who helped her define and refine her study parameters was Valerie Baker, MD, Assistant Professor of Obstetrics & Gynecology, whose area of interest is health policy, infertility, assisted reproductive technology and oocyte donation. As the medical director of the Stanford Fertility and Reproductive Medicine Center, Baker all too often has to break the bad news about ovarian insufficiency to older women.

Her second reader was Ellen Porzig, Professor (Teaching) of Developmental Biology and recipient of this year’s Kaiser Award for Excellence in Preclinical Teaching, Stanford School of Medicine.

At graduation, her thesis received the “2010 Sandy Dornbusch Award for Excellence in Research Related to Families and Children.” She is now working with her advisors to publish the research.

As she prepares for medical school interviews, she’s had time to reflect on how Human Biology influenced her career path: “I entered Stanford labeled as a pre-med and felt quite stifled by the lack of room in my academic calendar to explore diverse topics such as developmental biology, child health, medical anthropology, international health, and social/health entrepreneurship—HumBio provided me with a more holistic view of health care.”
When Maryam Kyaana Garba (HB ’10) tried to donate blood during her freshman year at Stanford, she was turned away because of a past bout of malaria, acquired while growing up in Nigeria. This stinging rejection, along with her growing interest in the socioeconomic impact of the disease, motivated her to do malaria-related research. So she applied to the Chappell Lougee Research Fellowship, which allows top sophomores to work closely with faculty on individual research and an honors thesis.

For Garba, the project began by defining a central research question with her faculty mentors David Katzenstein, Professor (Research), Infectious Disease; Brian Blackburn, Clinician and Assistant Professor (Research), Infectious Disease; and Katherine Preston, PhD, Human Biology Associate Director and Honors Program steward. Each year malaria kills around a million people, most of them young children in sub-Saharan Africa. Malaria often thwarts economic development because the poor can’t afford to prevent or treat the disease.

One of the best ways to prevent mosquito-borne malaria is to convince vulnerable populations, such as those in rural Africa, to sleep under insecticide-treated bed nets (ITNs). But despite large-scale distribution of free nets to these communities, many of them go unused.

Why aren’t families using these free nets? This is the question that Garba decided to address, with Uganda as the target, since malaria is the leading cause of morbidity and mortality in this country.

Working closely with her advisors, Garba formulated a hypothesis, designed a survey, and defined a statistically valid sample size to test her hypothesis.

“My initial hypothesis was that people weren’t using their bed nets because they were too hot to sleep under,” said Garba. “But since there are many factors that could potentially affect the level of net usage, my study collected data on seasonality, number of nets owned in the household, income levels, education levels of the caretakers and the mother’s perceived belief in the benefits of ITNs, and other demographic factors.”

Then, after months of planning, she flew to Uganda, hired two local assistants, and for 15 days conducted interviews with 332 households in 12 rural villages.

As her data collection proceeded, she soon realized that temperature was only one factor in net usage, and that she had missed an important question in her survey design.

“I actually found another factor in bed net usage that was perhaps more important than temperature—the fear of bed net flammability,” said Garba. “It turns out that the insecticide in the bed nets is highly flammable. Because rural areas use open flames for their primary light source, the nets are a fire hazard. And if the polyester nets melt into the skin, it’s painful and disfiguring. So many mothers were afraid to let their children sleep under the nets. It’s important for net manufacturers to know that as much as a third of the bed nets aren’t being used because of flammability. Also, if villages can remove open flames from homes by electrifying villages, the usage of the bed nets will go up, and more vulnerable individuals can be protected from the disease.”

One important aspect of the Honors experience was that it cemented her passion for social science problems with biological ramifications. This year she’s at Harvard University working on a Masters in education so she can teach high school biology, and eventually work on science education at an administrative level.
Boggs Named a Bass Fellow

Stanford Provost John Etchemendy has announced that Carol Boggs, the Bing Director in Human Biology, is one of four 2010 Bass University Fellows in Undergraduate Education. The Bass award recognizes faculty members for extraordinary contributions to undergraduate education, joining the ranks of other distinguished HumBio faculty, such as Bill Durham, Russ Fernald and Craig Heller.

This program was provided by generous donations from Anne T., MLA ’07, and Robert M. Bass, MBA ’74 and the Stanford Friends organization.

Katherine Preston, HumBio Associate Director added, “The fellowship recognizes what we see every day: Carol’s truly extraordinary contributions to undergraduate education. She has been a tireless advocate for the Program in Human Biology, a gifted teacher, and a generous mentor.” §

IN MEMORIAM:

Stephen Schneider, Climate Expert

Stephen H. Schneider, a leading researcher in climate change and a professor who taught in HumBio, died on July 19, 2010. Schneider was influential in the public debate over climate change and a lead scientist on the United Nations’ Panel on Climate Change, which shared the 2007 Nobel Peace Prize with ex-President Al Gore.

Schneider was flying from a science meeting in Sweden, when he suffered a pulmonary embolism. He was 65.

“He fought a very tough and effective battle defending the scientific consensus about climate change,” said Donald Kennedy, Stanford biologist and a founder of the Program in Human Biology.

“One of the things I loved about Steve,” added Carol Boggs, HumBio Director, “was his insistence on the truth and his willingness to change his opinion when new data came in.”

Schneider was also passionate about helping students understand the science of climate change. He taught the very popular HumBio class, “Controlling Climate Change in the 21st Century,” and wrote Science as a Contact Sport: Inside the Battle to Save Earth’s Climate. §

IN MEMORIAM:

Tjeerd Hendrik van Andel, Geoarchaeologist

Stanford Professor Emeritus Tjeerd Hendrik van Andel died at age 87 on Sept. 17, 2010. Van Andel began at Stanford in oceanography in 1976 and served as Professor of Geophysics and Human Biology until his retirement in 1987. Van Andel’s most important contribution was the study of changes in sea level and their effects, both short and long term, on human settlement and land use. He taught “Seminar in Climatic Change and Human Affairs” to HumBio students from 1979 to 1986.

More Faculty Honors

Elected to the National Academy of Sciences
Roeland Nusse, Professor of Developmental Biology

Kenneth M. Cuthbertson Award for Exceptional Contributions to Stanford
H. Craig Heller, Lorry I. Lokey/Business Wire Professor of Biology and Human Biology

Lloyd W. Dinkelspiel Award for Distinctive Contributions to Undergraduate Education
Jennifer Wolf, Lecturer in the School of Education and Director of the Undergraduate Minor in Education

Stanford University Medical School Kaiser Award for Excellence in Pre-Clinical Teaching
Excellence in Faculty Advising in Human Biology
Ellen Porzig, Professor (Teaching) of Developmental Biology

Stanford Phi Beta Kappa Undergraduate Teaching Award
Don Barr, Associate Professor (Teaching), Pediatrics
The Cost Doctor is In

Suppose the U.S. ran its car industry the same way it runs its health care industry, and everyone in the country was required to carry car-purchase insurance. This type of insurance would allow you to pick out any new car once a year for a mere $100 copayment, with insurance picking up the rest of the tab.

What would happen when you went car shopping? Though you might be happy with a nice Honda, the car salespeople, who receive a higher commission if they sell more expensive models, would probably convince you to upgrade to a BMW. After all, it would still only cost you $100 out of pocket.

Pretty soon the market for cars would be something quite different than it is today, with consumers expecting easy access to expensive new cars without thinking (much) about the costs. The low end of the car market would disappear, with the real costs being removed as a decision-making variable.

The insurance companies, stuck with covering ever escalating car costs, would start putting limits on consumer choice to stay in business, which would anger everyone—the consumers, the car salespeople, and the manufacturers.

Laurence Baker, PhD, who is a Professor of Health Research and Policy at Stanford University, uses analogies like these often as he teaches students about the U.S. health care system in "HumBio 4B: Environmental and Health Policy Analysis," part of the 30-unit "Core" foundation taken by all Human Biology sophomores.

"Medicine is a little different from cars, of course," said Baker, "but some of the challenges we face in health care are along those lines."

Baker, a health care economist, is one of a number of faculty at Stanford who are working to come up with ideas for improving the current system. Baker’s personal research focuses on how managed care, regulations, technological change, hospital culture, and physician salaries affect the cost and quality of medical services.

Lately he’s been analyzing costs and usage of medical imaging equipment, specifically magnetic resonance imaging (MRI) units. In a recent study, he found that areas with more MRI machines, there were 23% more lower back surgeries than in areas with fewer machines. With new MRI units costing upwards of $2 million and significantly driving up overall medical costs, Baker is asking the question, “Are we getting our money’s worth from these machines?”

“Today, if I tweaked my knee, I’d visit a sports medicine doctor,” said Baker. “The specialist could recommend some stretching exercises, or do more expensive things like order an MRI scan, all too often without clear evidence that there will be a better patient outcome.”

So, Baker and his colleagues are creating mechanisms that track and evaluate costs-versus-outcomes to assess the value of treatments. Think of it as a Kelly Blue Book of medical services, which will allow both patients and medical services providers to have better information with which to make wise health care decisions.

With both Baker and Lawrence Goulder, the Catherine R. Kennedy & Daniel L. Grossman Fellow in Human Biology, on the front lines of creating new cost-benefit analytical tools, HumBio Core students leave the class with an introduction to methods and techniques for assessing other socio-economic systems, such as environmental use, education and health care.

One thing Baker hopes students take away from the class is a better understanding of the tradeoffs that face anyone trying to improve the system.

“There are many ways in which our system can be crazy, but often there are reasons for things being the way they are, and every part of the current system has at least some supporters. The challenge we face is how to navigate the tradeoffs in pursuit of a better system.”
HumBio Turns 40!

Forty years ago, the Stanford Program in Human Biology was founded in response to the social unrest of the 1960’s. The country was embroiled in a questionable war, poverty, racial inequality, and environmental concerns. At that time, a small group of Stanford educators realized that traditional academic disciplines were not preparing students to confront these complex issues of the future. HumBio founders, such as Joshua Lederberg, David Hamburg, Sanford Dornbush, Albert Hastorf and Donald Kennedy had the insight to create a curriculum that provided students with an integrated, interdisciplinary approach to undergraduate education in the biological sciences and social/behavioral sciences.

Four decades later, we like to think that HumBio has aged well. Our curriculum has remained relevant, dynamic, and progressive. And our program is now the largest major at Stanford, with alumni in careers that didn’t even exist when the program was founded. We admire and delight in the many ways former HumBio students are changing the world for the better, and we’d like to share some of these stories with you below. §

Vince Siciliano (HB ’72: Environmental Planning), CEO, New Resource Bank
HumBio provided an integrated look at the world and life, and I have never ceased doing that. If we run our lives and businesses with an integrated perspective—including purpose, profit, people, and planet—we can achieve joy and meaning.

Catherine Craig (HB ’73: Evolutionary Biology), Conservation Biologist
Human Biology changed my life—twice. First, through a HumBio trip to Gombe to study chimpanzees. After 6 months at Gombe, I decided that medicine wasn’t all the interesting, and I became a professional biologist. In 2002, I returned to Gombe and was so struck by the loss of forest surrounding Gombe and its affect on chimpanzees that I decided to take action. My second career has been to try to influence how conservation programs are organized in developing countries through Poverty Alleviation International” (www.cpali.org).

Emily Polis Gibson (HB ’76: Gerontology, Primate Behavior) Physician, Director of University Student Health Center
As a HumBio student adviser, TA and research assistant, I had the privilege of working with some of the best professors Stanford had to offer: Donald Kennedy, David Hamburg, among others. I learned how to make things happen through coordination and collaboration, and in a lifetime of public service, have never forgotten the essential message of integration of the physical and social sciences. It was the best undergraduate education I could have hoped for.

Margie Hoag Mueller (HB ’77), Controller of a R&D Corporation
Although I have rarely referred to my HumBio background during my accounting career, I remain fascinated by the fields of neurobiology, psychology and sociology. It has framed my perspective on human behavior. Oh, and I still fondly remember all those great lecturers, particularly Sandy Dornbusch, my all time favorite.

Sharon Malotte, MD (HB ’77: Native American Society), Physician
The HumBio Core helped me become more focused on medicine. I subsequently went to medical school and now practice emergency medicine in a small town in Nevada.

Jennifer A. Pinto Martin, PhD, MPH (HB ’78: Autism), Prof. of Epidemiology
HumBio introduced me to the idea of studying the cause of disease and illness, and of disease prevention instead of treatment. It shifted me away from thinking medical school was in my future, and instead, I chose to study public health.

Neal D. Kohatsu, MD, MPH (HB ’78 Preventive Medicine), Physician
I have been working the field of preventive medicine and public health for over 20 years. Looking back on my Human Biology experience, I now see that the core curriculum was perfect preparation for my career in this specialty of medicine.
Cathy Garzio (HB ’79: Health Care Policy), Health Care Administration
First, I remember designing my own hospital administration internship with the hospital CEO in my hometown and spent the summer after my sophomore year having this great experience. Second, when I left Stanford and went to Business School, I truly valued the breadth and depth of the HumBio program, the perspective it gave me, and the ability to see different points of view.

Tom Hales (HB ’79: Epidemiology), Physician
Great students and teachers. I still remember Don Kennedy’s wonderful lectures on nerve impulses. It inspired me to become a physi- cian. It would be a better story if I became a neurophysiologist, but instead, I’m a medical epidemiologist with the CDC tracking down outbreaks across the country.

Joseph Deyama Limoli, MD (HB ’80), Plastic Surgeon, Children’s AIDS & rights activist
HumBio taught me that there is no limit and to always think outside the box. That there’s always a solution around us. Now I spend my time finding homes for hundreds of orphaned girls with AIDS.

Kari Grabowsky, MD (HB ’82: Neuropharm/Neurophys), Physician
I worked as a CA for HumBio A-side spring of my senior year (’82), as Donald Kennedy returned from his post at the FDA to take over the Stanford Presidency. He returned to HumBio for a guest lecture one morning, and walked up to me as I was pouring artificial sweetner, Sweet n Low, into my coffee in the HumBio office. This was the same substance that he’d attempted to ban during his FDA tenure. Oops!

Sarah Harrow Harlan MPH (HB ‘84: Health Policy), Teacher/Homemaker/Volunteer
My strongest memories are of the HumBio core and some of the great stories and big ideas shared by the professors like Sandy Dornbusch.

Jenny Daves (HB ’85: Women’s Health, Family Planning), Consultant, Bill & Melinda Gates Foundation
I loved the interdisciplinary nature of HumBio. It seemed relevant to the world and to careers I might be interested in pursuing. I ended up working in the fields of international family planning and on teen pregnancy/HIV prevention, with time off for raising children along the way. HumBio served me well!

Kathleen Wets (HB ’85: Neuropsychopharmacology), Publisher, Faculty of 1000
I have fond memories of one of the main HumBio organizers telling us that he was on the acceptance committee for one of the big medical universities, and that he never took any application seriously unless there was at least one C on it: It was his way of telling us to enjoy ourselves as well.

Therese McCluskey MPH (HB ’91: Women’s Health in Cross Cultural Perspective), Public Health Manager, Women’s Health
HumBio was a challenge and a treat, and it prepared me very well for a master’s program in public health!

Craig Klugman (HB ’92, Biocultural Evolution), Medical Ethics Professor
I may be one of the few people who uses his college major as part of his every day work. In fact, it was a medical anthropology class with guest lecturer Gay Becker from UCSF that set me on my career course.

Nicole Glazer, PhD (HB ’99: Evolutionary anthropology), Medicine & Epidemiology Professor
I always knew I wanted to be a scientist but I think the HumBio core is what drove me to become an epidemiologist and devote my career to investigating the genetic determinants of human disease. I have continued to study genetics, evolution and disease, and have never looked back!

Kyle Vos Strache (HB ’03: Neurobiology), Attorney
My favorite memory: In a moment out of “White Men Can’t Jump,” studying fruits, including those starting with the letter Q, late in Russ Fernald’s lab, so my classmate Vinita could win College Jeopardy.

To read more alumni stories and share your HumBio memories with your classmates, please visit the our alumni page here: https://humbio.stanford.edu/?q=node/2339
**Seven HumBio Students Awarded Fulbrights**

For a second year in a row, seven HumBio graduates received Fulbright Scholarships. This program sends recent college graduates, chosen for their leadership potential, on research fellowship trips where they can contribute to joint ventures of importance to the general welfare of the world. The recipients included:

- **Lauren Finzer** (HB ’09), India: Finzer will investigate the effects of the rapid rise of supermarkets in India on fruit and vegetable consumption in the context of public health policy.

- **Lily Kornbluth** (HB ’10), Germany: Kornbluth’s research project in language development will use eye-tracking measures to study the influence of visual context in children’s comprehension of spoken German.

- **Jessie Liu** (HB ’09), Ecuador, Galapagos Islands: In Puerto Ayora Liu will conduct a survey-based research project examining the relationship between water quality and issues of public health.

- **Nimi Mastey** (HB ’10), India: Mastey’s research project will compare self-perceived social support and self-care practices between widowed women living with families and those living independently in ashrams.

- **Thomas McFadden** (HB ’08), New Zealand: McFadden will pursue coursework and research at the Univ. of Otago to study means and methods of communicating science to the general public in the digital age.

- **Sarah Mummah** (HB ’10), Mexico: Mummah will research how elderly women in rural Mexico are managing chronic illnesses in the face of longer life expectancies and fading family structures.

- **Andrew Plan** (HB ’10), Philippines: Plan will evaluate school-based deworming programs in the islands of Luzon and explore the issues facing current implementation of these initiatives.

**Strauss Public Service Scholarship to Chu**

**James Chu** (HB ’10) received a Donald A. Strauss Public Service Scholarship, which annually awards $10,000 scholarships to 14 California college juniors. Chu’s project, “**ValueEd China**: Helping Migrant Students Explore New Life Paths,” will entail working with the Dandelion Middle School for Migrant Youth, Chinese and American professors, and students from Tsinghua University to provide career and education information to graduating students.

**Nesbit Honored by Clinton Global Initiative**

**Josh Nesbit** (HB ’09), the co-founder and executive director of **FrontlineSMS: Medic**, a free software program that allows anyone to text message with large groups of people anywhere there is a mobile signal. Using this software, a laptop plugged into a cell phone becomes a low-cost communication hub to help health workers deliver efficient healthcare to rural areas. Nesbit was honored by former President Clinton for his work setting up an emergency communications program during the Haiti earthquake.

**2010 University Student Award Recipients**

- Humanities & Sciences Dean’s Award for Academic Achievement
  - **Nicko Josten**

- Lloyd W. Dinkelspiel Award for Distinctive Contributions to Undergraduate Education
  - **Alisha Tara Tolani**, Senior in Human Biology
  - **Karen Patricia Warner**, Senior in Human Biology

- Tom Ford Fellowship in Philanthropy
  - **Joy Zhang**

- Stanford Public Interest Network Fellowship
  - **Christina Littler**
  - **Tristana Pirkl**
  - **Maggie Thompson**
Jason and his GreenTech Argonauts

In Greek mythology, Jason and the Argonauts went on a journey to find the “Golden Fleece,” which many historians believe was a lamb’s fleece placed in a mountain stream to capture gold flecks swept down by heavy rains.

In a similar vein, Jason Blue-Smith, (HB ’00) is funding epic ideas in clean energy research with crowd-sourced micropayments—the gold dust of this generation—through his nonprofit foundation, the Eureka Fund. With his website and an upcoming set of social networking tools, Blue-Smith aims to connect people who are passionate about energy and the environment with scientists who have innovative solutions that need financial support.

Blue-Smith’s interest in GreenTech and ecosystem preservation was first sparked after he discovered a new bird species while on a HumBio undergraduate research trip to the Peruvian Amazon. After graduation, while working for the National Geographic Society, he saw first-hand how simple, low-cost solutions for clean water and electricity could enhance human health and prosperity in developing nations, with minimal environmental impact.

His Eureka Fund website allows the public to make small donations to young scientists at universities like UC Berkeley, MIT, and Stanford, funding research projects such as a device that allows Africans to use car batteries for lighting and cell-phone charging; and a cheap, safe, efficient cooking pot. For example, the site has helped two students at Berkeley and MIT raise more than $25,000 for their inexpensive solar energy project.

“Scientists can be great evangelists for their work,” said Blue-Smith. “What we’ve needed is the technology to help get word out, and now we’re starting to see that everybody can and should be a part of creating the next big discoveries of our time.”

ALUMNI BOOKS

Catherine Craig (HB ’73) and Leslie Brunetta have teamed up to produce an educational and entertaining book for anyone who has ever wondered, as a spider rappelled out of reach on a line of silk, “How do they do that?” “Spider Silk Evolution and 400 Million Years of Spinning, Waiting, Snagging, and Mating” tells the intriguing story of how spiders evolved over 400 million years to add new silks and new uses for silk to their survival “toolkit” and, in the telling, take readers far beyond the orb.

Seth Riley (HB ’95), Stanley D. Gehrt, and Brian L. Cypher have published “Urban Carnivores: Ecology, Conflict, and Conservation,” presents leading international carnivore research that explores the unique biological and ecological issues associated with carnivores in urban landscapes. This thorough examination of the conflicts and complications surrounding urban wildlife is the first to focus specifically on carnivores.
Ethical Issues in Rural Health Care, edited by Craig M. Klugman (HB ’92) and Pamela M. Dalinis, analyzes the differences between rural and urban cultures and discusses the difficulties in treating patients in rural settings. The second part features the personal narratives of rural health care providers who share their experiences and insights.

Robert Adams has written Sweet Dreams My Dance Critics, a children’s book about dance and writing.

Camera Phone This!
Download the free mobile app at http://gettag.mob, point the camera lens at this tag, then “thumb-text” your latest news to the HumBio staff.

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