



InCognito

For your monthly study-related needs and feeds.

October 2014

Suggestions, feedback or comments? Let us know at newsletter.cognito@gmail.com.

THE TALLS AND SMALLS OF SAN FRANCISCO

Brains Abroad: Laura Han

"The coldest winter I ever saw, was the summer in San Francisco" - The coolest thing Mark Twain never said.

I arrived in SF in the midst of summer, just before the world cup final. I packed all my shorts and summer dresses, only to find out it was hella cold here. As a Dutch person, I kind of know what cold is, and it was definitely not as cold as the Netherlands, but the weather was not what I expected of California. To be honest, I did not really know anything about SF at all before moving here, except that I could do a research project on telomeres, at the university that holds the Nobel Prize winner in that field. What I also didn't know is that SF is probably one of the worst cities to be in for an unpaid internship, definitely a "small"! Needless to say, sf.funcheap.com, a website for free (or cheap) events, became my new best friend.

Then sadly, a few days after I left Amsterdam, I found out about the crash of flight MH17 over Ukraine, and that four of my family members were on it. I hadn't really had the time to make any friends yet, and being alone in a big city like this was for sure something in the category "small". It definitely took a while for me to adjust to being new to the city, but if I can take anything from that tragic incident, it is that we should all enjoy life to the fullest. It may end soon or it may end later, it will end nevertheless. Pursue all the things you want in life and laugh uncontrollably while doing it.



So I went for camping trips to Yosemite Park and Lake Tahoe (where I btw coincidentally ran into MBCS classmate Gabrielle Davelaar, what the fudge!) Stargazed all night. Shotgunned beers in Dolores Park. Watched a drunk girl fall into a campfire, and pulled her out. Went on the run with Beyoncé and Jay-Z. Ate garlic fries at a Giants game. Feasted on all the great (especially Mexican) food SF has to offer. Spectated some awesome fake wrestling in Oakland. Danced to a Beatles tribute band. Sang 80's karaoke songs with couchsurfers. Cooked for strangers. Bought a CD from a street rapper for \$7, only to realize I don't have a disc drive in my laptop. Discovered my new favorite drunk drink, Fireball. Met awesome people. And went to lectures of amazing and inspiring speakers. Tall, tall, tall!

As for the research project, everything is going well. I consider myself very lucky to be in the epicenter of telomere research, and to be able to surround myself with so many knowledgeable people. Everybody is really nice, collaborative, and it feels amazing to have the people you look up to ask you about your ideas and ways of thinking. In short, I basically study cellular aging as indexed by telomere length, and how this relates to both brain structure and function. More specifically, I study the difference in telomere biology and brain measures in young adolescents diagnosed with major depressive disorder and healthy controls. I'm enjoying both my internship, as well as the city SF a lot! But don't worry, I'll be back, Amsterdam still has my heart. See you guys in 4 months!

AGENDA

Drinks @ CREA

Every Tuesday, 21:00-late

InternQuest

7 October, 19:00-21:00, JK B.25

During the InternQuest meeting, professors, post-docs and PhD's will give short presentations about available internships for the upcoming year. This is the perfect opportunity for you to orientate which internship you would like, ask questions about the available projects, and speak to the presenters personally. Projects for all three tracks will be covered. This will be a very helpful event for everyone to start the search for an internship!

Betabreak: Het weer

15 October, 12:00-13:00

Central hall, Science Park

In Dutch only, sorry!

Hoe komt de weersverwachting tot stand? Hoe heeft het weermodel zich ontwikkeld? Kunnen we ooit het weer van volgend jaar voorspellen? Met Huub Mizze (weerman bij Omroep West), Sander Tijm (onderzoeker bij het KNMI) en Robert Mureau (onderzoeker bij MeteoConsult).

Halloween party

1 November, Griend 11 Diemen (Wouter & Andrew's place)

We're so happy we could scream! We're absolutely thrilled. Why? Because it's almost halloween. Our crypt is ready and it's a scary sight. Filled with frightening creatures of the night. All come to our halloween party!

Want to see your event here? Please let us know by sending an email to newsletter.cognito@gmail.com!

May we proudly present
the all new...

COGNITO BOARD!

A new year asks for a new Cognito board, with fresh faces. Enthusiastic members to make this year an overwhelming success again. A new board of six members has taken this dutiful task. Within the board the experience and knowledge of second year students and the inside information and motivation of new first years, is combined. May we proudly present you the new Cognito board:

Yvette de la Fosse - Chairwoman
Nelson Mooren - Treasurer aka "Master of Coin"
Annemarie Horn - Secretary
Marthe Smedinga
Ilva Grond
Diane Roozendaal

We will be there for you during the upcoming year, so don't hold back in asking questions or contacting us for any other reason.
Let's make it an epic year!



ABC JOURNAL

For the second issue of the ABC Journal we are currently looking for more internship reports, so if you finished your internship, please send your report to abcjournal.uva@gmail.com. We are also looking for new committee members, so if you're interested, contact us, or come to the meeting on October 6th. For more information (including submission guidelines), check our [website](#), and don't forget to like us on Facebook!

THE BREWER'S TALE

Column by Nelson Mooren

Brewing beer is either something for large corporations or monks, right? Wrong. Actually, it's something you can do at home, which I learned in the past months. It started when I was busy moving out and thinking about organising a housewarming party. I really like craft beer and I wondered whether it would be possible to make my own beer. When I found out someone I know had been brewing beer for a while I decided to pitch my idea and it got us both excited. We couldn't start immediately because he was working on quite a large batch for a wedding, but after that we could give it a go.

The most important thing I learned is that it requires a lot of time and patience; truly 'monnikenwerk' (monkish work) as we tend to say in Dutch. The actual effort involved isn't all that much, one day for the actual brewing and an afternoon for bottling; it's the three weeks of fermentation in-between that does it. I also learned a lot about why different beers taste the way they do, what happens to the malt and how the hops contribute to the taste. During

the brewing there's also a lot of time to talk and socialise, while occasionally stirring and checking the temperature. At some point we decided that both homebrewers and homebakers – that's me! – are a similar kind of people as both tasks require patience, precision, and a level of dedication. Perhaps the Great British Brew Off, adapted from the Bake Off, would make a similarly popular show.

Quite a lot of people seem to be into brewing (I wonder what happened to the Cognito beer? Did I miss something last year?). In a few months a monastery will open in my apartment building, who will also be making their own 'Kleibier' (Clay Beer), named after the building Kleiburg (Clay Burg) – meaning I won't be the only brewer there.

I haven't decided on a date for my housewarming yet, but again I have to be patient. Last weekend we bottled it and had a first taste (so good! SO GOOD!) when I was told the secondary fermentation takes another two weeks. This is why you won't find my housewarming in this month's calendar...

FOOD FOR THOUGHT

Goulash

This month we have a recipe from the magazine of everyone's favourite supermarket, Albert Heijn. Goulash has to stew for quite a while, so you can use this time to do some studying, or cleaning (yay multi-tasking). In fact, this recipe is worth it's time because with the leftovers you can make a quick goulash soup; just add some tomato puree, water, maybe some extra bell peppers, and cook for about 10 minutes. Serve the soup with some yoghurt.

Ingredients (serves 4)

2 onions
2 cloves garlic
3 tablespoons vegetable oil
500 gram beef scallop
(runderlappen)

1 teaspoon caraway seeds
2 tablespoons mild paprika
500 ml chicken stock
200 gram potatoes
1 green bell pepper
2 tomatoes

How-to

Chop up the onion and garlic and fry in vegetable oil for about 5 minutes on low heat. Cut the beef into 1 x 1 cm cubes. Add beef, caraway seeds, paprika, and salt and pepper to taste. Bake for 5 minutes. Add the stock and bring to a boil, let it stew with the lid on for about two hours on low heat.

Cut the potatoes into 2 x 2 cm cubes, cut the bell pepper and tomato, and add to pan. Let it simmer for another 30 minutes.

BIRTHDAYS

Jarik Guijt
6 October

Nadine Eijsker
11 October

Eline Bekkers
14 October

Bertina Ransijn
15 October

Christoffer Gahnstrom
18 October

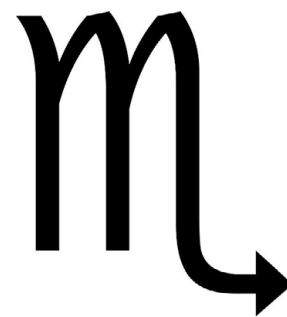
Linda van Soelingen
22 October

Bart Silvius
26 October

Aaron Kandola
29 October

Yangyang Xu
29 October

HOROSCOPE



Scorpio

23 October-22 November

The first month of the academic year has passed, and the next months will bring enough food for the curious information hungry Scorpio. You're keen to focus on your end-goal, but don't forget that a lot has to happen before you finally get there.

This month will fuel your desire and give you energy to keep moving forward. Take good care not to become vengeful to those who seem to get in your way, they might turn out to be more than willing to help you out.