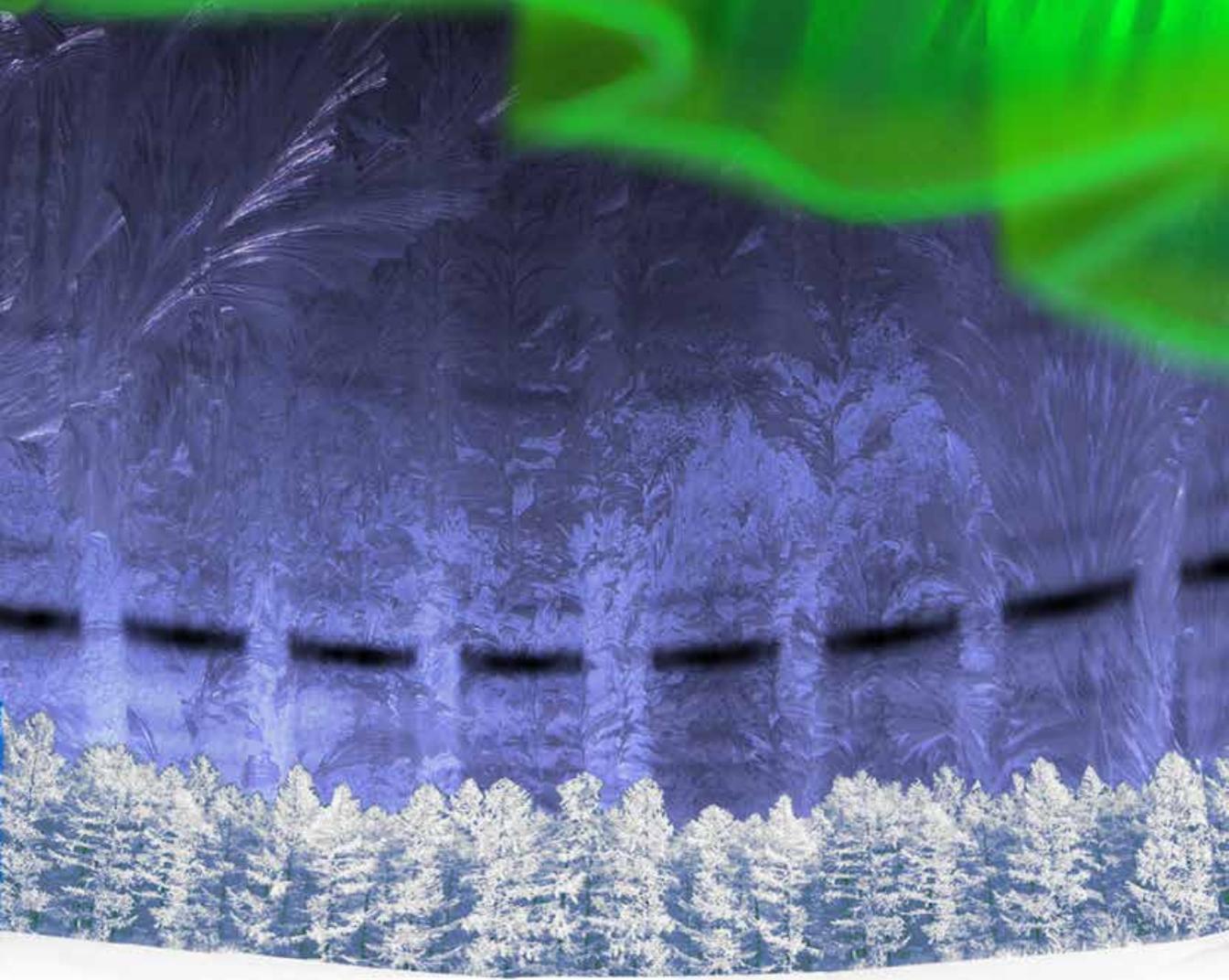


SUPERNATANTI

Talvisuppi 1/2019



HISTONI RY.
OULUN YLIOPISTON BIOKEMIAN OPISKELIJAT

Histonin haalarimerkkiskaba

Oletko aina haaveillut ikiomasta haalarimerkistä? Onko sinulla idea, jonka todella haluaisit nähdä omissa, ja miksei muidenkin, haalareissa?

Aikasi on koittanut!

Histoni järjestää tänä kevättalvena haalarimerkkiskaban. Histonin jäsenenä voit lähettää oman haalarimerkki-ideasi hallituksen arvioitavaksi. Näistä ideoista valitaan **kaksi** voittajaa ja palkinnoksi voittajat saavat voittajamerkkinsä ilmaiseksi.

Ideat toimitetaan osoitteeseen **tiedotus@histoni.fi** vapaamuotoisina **17.3.** mennessä. Idea voi siis olla sanallinen, valmis design tai vaikka viimeisin MS-paint-töiherryksesi. Noudatathan ideaa toimittaessasi maalaisjärkeä tiedostokoon kanssa.



Onnea kilpailuun!



Histoni's overall patch competition

Have you always dreamed of your own overall patch? Do you have an idea you really want to see on overalls?

Your time has come!

Histoni is organizing an overall patch competition this late winter. As a member of Histoni you can send your own idea to be judged by the board. Of these ideas **two** winners will be chosen, and the winners will be awarded with a free copy of their winning overall patch.

Send your idea to **tiedotus@histoni.fi** before **17.3.** The format is free, meaning your idea can be delivered in words, a ready design, or maybe your latest masterpiece in MS-Paint. Please use common sense in the file size of your idea.

Good luck!

In this edition:

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Mikko Mäkelä

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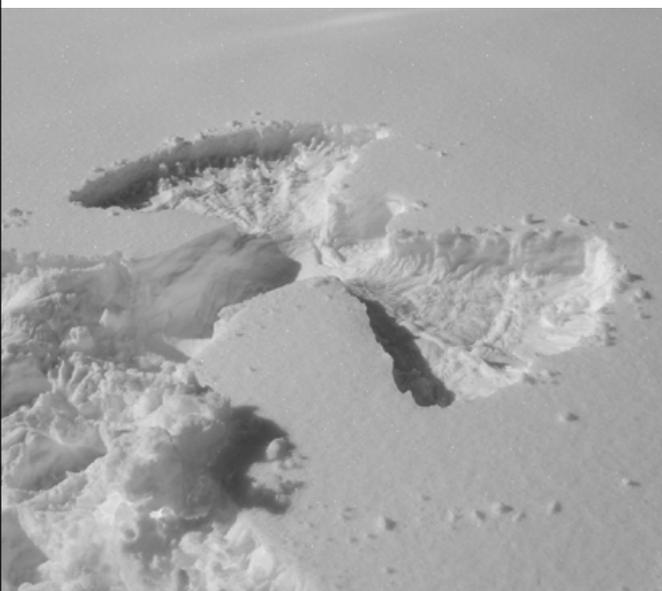


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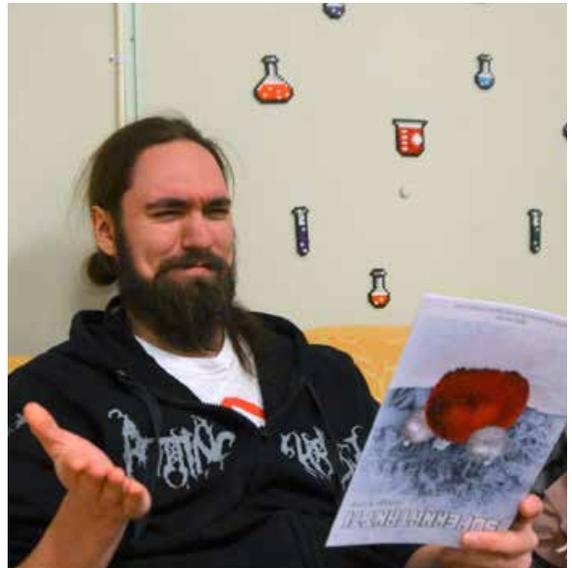
Editorial

The Chief-in-editor mumbles

I regret to inform you that we have lost our beloved chief-in-editor in a condom-related incident. Apparently “stay safe, use a condom” is not universally applicable advice, as even the strongest rubber won’t protect you from dumb ideas.

So, to keep up the Suppi traditions of dumb ideas and bad humor, I’m stepping in as the new chief-in-editor. Some changes that my reign will bring forth include the following; in order for Supernatantti to appeal more to an international audience the amount of English content will be increased. Another goal is to get the magazines published in time. Some bigger changes may also be coming based on printing costs and your feedback in last year’s annual questionnaire. I have thrust my appendages into Hostoni’s online-related issues anyway, so it’s only natural to consider the possible digitalization of Supernatantti as well. So, if you are interested in the future of Supernatantti, follow what the board is up to and keep your look out for the spring Annual Meeting!

I’d also like to also mention my go-to excuse for any mistakes and oversights beforehand. I’m a carpenter by original trade and have done mostly manual labor so far. But the interest in biosciences and creative pursuits has always been there, although opportunities for actualization have



been limited so far. Here I feel like they are too numerous and have to take care not to get in over my head. When you are focusing more on guild activities than schoolwork, it’s definitely time to start looking for the brake pedal. But mark my words: I will graduate in time despite the extra work.

At last I want to thank the people of Hostoni for making me feel at home here in Oulu.

May the Peenix be with you.

Mikko Mäkelä
Media representative
Chief-in-editor

mediavastaava@histoni.fi

Word from the Board

The Chairman's greetings

Hello y'all lovely Histonians and readers of the magazine!

As I'm writing this entry (on the lecture of genetics), January has already passed, and the board has had 3 meetings. Can you imagine? It feels like we just started, and 1 out of 12 months is already gone.

Our new board is full of great and active members and I'm proud to be working together with them.

The year 2019 will bring its own challenges, of which the two biggest are the future of Supernatantti and the rework of Histonian ry's websites.

To summarize both briefly, we probably need a new format and plan in publishing Supernatantti, because of the current costs of physical publications. And when it comes to the web pages, they are heavily outdated, and members of the guild don't use them as much as they did before. Together with the board, and you fellow Histonians, we want to change that.

Other special events we're planning for this year, are an overall patch design contest and by popular demand, an excursion in the fall of 2019.



Personally, I want to do my best in leading the board and representing Histonian in a good way. To me, our guild is like a small family, where I feel to belong, and I want you all to feel the same way. Let's keep up the open and friendly atmosphere and do our best!

Bence Berki

Chairman of the Board

puheenjohtaja@histoni.fi

Terveisiä tiedekunnasta

Tässä jutussa yritän koota yhteen opiskeluun liittyviä menneen vuoden ja lähitulevaisuuden uusia avauksia ja huomion arvoisia asioita. Aloitetaan yhteisestä saavutuksestamme.

Lukuvuonna 2017-18 tiedekuntamme oli koko yliopiston ahkerin sähköisen kurssipalautteen käyttäjä — nimenomaan opiskelijoiden antama palaute ja opettajien vastapalaute yhteensä. Tästä hyvästä tiedekunta sai 5000 €:n palkinnon, joka käytettiin chaperonitoimintaan, kv-opiskelijoiden tutorointiin sekä Histonin toiminnan tukemiseen 2000 €:lla. Tämä oli mukava yhteinen saavutus ja eiköhän yritetä samaa kuluvana opintovuonnakin! Eli haastan kaikki antamaan aina kursseista palautetta sähköisen järjestelmän kautta — sehän on auki aina jokaisen kurssin koko keston ajan (ja opettajat toivottavasti muistavat hoputtaa sen käyttöön kyllästymiseen asti...) ja kukin opiskelija voi antaa palautetta vaikka useaan kertaan.

Äsken mainittu Histonin osuus palkinnosta sisältää opiskelijoiden aktiivisen osallistumisen osaamisdiplomiprojektiin, joka on tätä kirjoitettaessa vielä kesken. Tarkoitus on suunnitella ja toteuttaa päivitettävä dokumentti, jonka jokainen voisi pyytää esim. työnhakua varten ja joka liitettäisiin myös aikanaan tutkintotodistuskansioon.

Osaamisdiplomista kävisi ilmi kurssien nimien ja opintopisteiden sijaan niitä ns. siirrettäviä- ja työelämätaitoja, joita biokemian opintojen aikana on myös tullut opituksi ja joita periaatteessa kaikissa työpaikoissa ja työtehtävissä tarvitaan.

Menneen vuoden hienoimpia juttuja oli alumnitoiminnan herättäminen henkiin. Omasta tutkinto-ohjelmastamme valmistuneet biokemistit ovat parhaita kertomaan, millaisia työuria itse kukin on löytänyt tai millaiseen työhön pyrkinyt. Halusimme ottaa esiin mahdollisimman paljon erilaisia työtehtäviä ja/tai erilaisissa organisaatioissa työtä tekeviä biokemistejä. Vaikka monen biokemistin ensimmäinen työpaikka olisikin tutkimustyön parissa, uraa voi suunnitella ja ohjata muille osaamisen alueille, kuten alumniemme uratarinoista voi huomata. Uratarinoita on tiedekunnan weppisivulla (<https://www.oulu.fi/bmtk/alumnitarinat>) ja molemmilla kiltahuoneilla ne ovat tulostettuina kansioon. Painetussa muodossa olemme voineet myös laittaa mukaan alumniin sähköpostiosoitteet. He ovat lupautuneet olemaan käytettävissä vastaamaan kysymyksiinne omista uravalinnoistaan.

Marraskuussa joukko alumnejamme pääsi käymään tiedekunnassa alumnitapahtumassa ja oli hienoa seurata, kun iso joukko teitä opiskelijoita käytti

tilaisuutta hyväksi ja jututti paikalla olleita alumneja. Alumnitapahtumasta on ilman muuta tarkoitus tehdä jatkuva käytäntö ja pyrimme tätä toimintaa kehittämään.

Seuraavana listalla on uusi avaus opetukseen liittyen. Tiedekunnassa on täyttövaiheessa uusi professuuri, joka on yhteinen VTT:n, eli Teknologian Tutkimuskeskus VTT Oy:n kanssa. Professuurin ala on painetun älyn biokemialliset sovellukset. Esimerkkinä tällaisesta on Oulussa kehitetty syljessä mitattava alkoholipikatesti ajokunnon selvittämiseksi. Toivottavasti tehtävä saadaan ensi lukuvuoteen mennessä täytetyksi ja opetus käynnistettyä sujuvasti. Suunnittelu tältä osin on jo aloitettu.

Tiedekuntaan on jo nimetty viime vuoden aikana tai tämän vuoden alusta neljä uutta professoria. Heistä kolme on ”vanhoja tuttuja”, jotka jo ovat opettaneet eri kursseilla: Lauri Eklund, Gonghong Wei ja Lari Lehtiö. Uutena joukkoon on liittynyt Turusta saapunut Zhi Jane Chen, joka ottaa jo nyt heti immunologian kurssin opetuksen vastuulleen Valerio Izzin ohessa.

Viimeisenä huomattavampana asiana otan esille tulevan pro gradu -tutkielmien suorittamisen ja arvostelun uudistuksen, josta on päätetty. Aloitehan tähän tuli opiskelijoilta. Nykyisen pelkästään kirjalliseen esitykseen perustuvan gradun tilalle tulee kaksiosainen suoritus, joka koostuu (i) kirjallisuuskatsauksesta ja tulosten yhteenvedosta sekä (ii) seminaariesitelmästä ja siihen liittyvästä keskustelusta/suullisesta kuulustelusta. Molemmat osiot arvostellaan eri tarkastajien toimesta ja tämän tuloksena

saadaan gradulle arvosana. Siirtymäajan ja yksityiskohtien päättäminen on edessä, mutta maisteriohjelmassa jo olevat opiskelijat voivat ilman muuta tehdä gradunsa vanhan systeemin mukaan tai valita uuden. Maisteriohjelman eri kursseille tullaan suunnittelemaan gradun suulliseen osuuteen valmistavia osioita, joissa kaikilla olisi mahdollisuus saada palautetta pitämästään seminaariesitelmästä tai vastaavasta.

Tsemppiä kaikille opintoihin ja myös opintojen oheistoimintaan (esim. suosittelen mahdollisuuksien mukaan katsomaan Arsenalin pelejä)!

Tuomo Glumoff
Yliopistonlehtori
Kouluutusdekaani



Suppi tests: Getting Drunk for Free

Daddy's liquor stash

A place where you can always find liquor of all sorts is commonly found from the corner of the living room on a bottom shelf in a fancy cabinet at your childhood home. This is known as the “dad’s stash”.

However, taking something from the stash bares a risk of getting caught and having to face the consequences of your actions. There are few tricks to avoid getting caught.

You can take something that no one likes and has been sitting there for decades, take something small and hope it won't be noticed or take small amounts from many bottles. In this scientific experiment a small bottle of vodka and a very nasty gin bottle were taken and so far, no consequences have come from the theft.

The quantity of alcohol was quite low for a 90kg son, so it had to be drunk as fast as possible to get drunk. The results were positive with a moderate state of intoxication.

(A.K)

+Pros

- availability
- easy
- free

-Cons

- risk of getting caught
- the gin was awful



Scavenge & DIY

A small amount of yeast was easy to acquire by collecting some empty bottles and cans. Sugar was a bit harder, but luckily a 450 g container of honey was found in one of my drawers.

A fermentation container was constructed from a cleaned-up soda bottle and a vent from a bike tyre. The vent was tightly attached to the bottle cap to act as an air lock. The container was left on the bathroom floor.

After about 10 days of fermentation, the product was heated in an attempt to kill the yeast, filtered to a new container, and left in the fridge to cool for 2 days. (M.M)

- +Pros**
- didn't get sick

- Cons**
- low alcohol content



Drinking leftovers

The testing begun early in the evening when me and my friends gathered at my place. We had a nice preparty, where I started drinking the remains of other people's drinks and managed to salvage some awesome stale beer with only a pinch of someone else's spit. My first thought of the upcoming night were horrible: drinking all this slime would never get me drunk. Well, the night had to continue and we left towards the famous party house, Teekkaritalo.

When we arrived, the party had been going on for a while and I had my trusty cup ready to collect all the remainders of drinks! I had a support group (Iida), who kept recording my words and thoughts during the night:

•22.30: My stomach felt weird and I had already drunk many remains of drinks.

Most of them were just stale beer and I felt only a little tipsy. I've experienced many different types of "cocktails", like beer and cider together, but the most extreme cocktail was a mixture of pear juice, beer and Minttu shot. It wasn't so bad but I still don't recommend anyone to try it.

•23.57: I still had a strange feeling in my stomach and I was getting tired. The drunkenness level was about the same as earlier and even the thought to drink other people's slimes makes me want to puke. It felt like the only option to survive from this evening was to get a gastric lavage.

•00.33: The challenge is over. I cannot continue towards the triumph of the slime drunkenness. I give up. I lost and betrayed everyone. They had such a big expectation of me. I think I would have achieved victory if I had stronger alcohol beverages.

(T.L)

- +Pros**
- none
- Cons**
- all of them



Gifted booze

I got a call from my friend at 2 am. Being the diligent student that I am, I was playing Fallout 3 instead of sleeping, so I was relatively conscious to receive the call.

I thought she was on a spontaneous vacation to Spain with another friend and wouldn't be back before-

Oh. So that's how it is.

“Heyyyyyyyy what's up?????”

“Hello there. Where are you.”

“Yooo yea sorry bout this we're at the airport and I know, I KNOWW I said we'd get our own ride but the next bus is in like 2 hours and we don't feel like waiting- you still got the car right- can you fetch us up??”

Her speech was slurred and fragmented, interrupted by giggles and our other friend's shouting. Suspiciously loud disco music could be heard from the background. I indeed had borrowed my dad's car for a while, and I clearly wasn't busy, so I decided it was time for a merry little night adventure.

Half an hour later I arrived at our small airport, where the two heroes were shouting and laughing at... everything, apparently. Our friend sported a half empty liquor bottle in his hand. This explained things. I could hear the echoed “HEYYYYYYYYYYYYYYY” even before I stopped the car, and only moments later the car doors were opened, filling the car with the sound of a crackly boom box, the scent of alcohol and strawberry vape, and

two loud individuals with varying levels of intoxication and sunburned skin.

The ride home started.

I knew about their shenanigans, however, and I had been right to expect them to request some pit stops. They needed refueling! We stopped at Vihiluodon Torppa for some fermented grain juice. I got to hear about their trip, and about how they'd decided to get wasted during the flight home. After quite the colourful commentary and one piss and vape break we were ready to continue our journey.

I drove them both to their respective apartments. I was given some cash to cover up the gasoline cost, a tiny bottle of fruit wine as a souvenir, and, almost like as an afterthought, the half-full bottle of Jim Beans as a thank you for the ride.

(I.N)

+Pros

- usually a lovely surprise with no work involved

-Cons

- friendships must be maintained one way or another
- acquisition mostly unpredictable except on birthdays and Christmas

Begging

The test started around 11 AM at the green coatracks at the Linnanmaa campus. There was a conveniently placed booth next to the smoothie bar, for the upcoming Pesti-career day. I thought that was absolutely the BEST place to go for begging. I had a cardboard sign with

me, titled, “Give me money to buy beer, (for a scientific cause)”. Of course, like a true Finn, I wasn’t very verbal unless somebody asked what on earth was I doing there.

The first things I got were a few stern looks from people passing by. But, as soon as one of my friends gave me a few cents, the money began to roll in. Mostly from people I knew around the University, but I felt a huge delight when someone I didn’t know approached me and gave me a donation. (I promised to mention one especially generous 5€ donation from a guy from Blanko). I also had one of my friends from Atlas to stand by me during the whole test that I wouldn’t embarrass myself alone <3.

The funniest part was trying to explain the reason why I was begging for money at the University. And I assure you, more than 90% of the donators continued their way laughing and smiling. Two members from the University staff (I assume?), came to my stand and one of them said “Now that’s a great sign”, while the other commented “You should have had an electronic payment method, I would have gladly donated!”

I stayed in one place about 1.5 hours, and after that I left as fast as I could. The treasure I managed to collect by begging was a whopping 26.55 €, one nearly filled coupon for the Humus-café, one plectrum and 5 Swedish kronor. Total opposite of what I was expecting, an apprehension by the University’s security attendants and a huge embarrassment. Luckily only the latter one applies.

(B.B)



Donations for a good cause!

+Pros

- supricingly easy
- the fastest way to get money
- could be fun if done with humor

-Cons

- sacrificing your self-respect
 - not effective if repeated
- could lead to trouble with security staff
- able to buy too much alcohol

Honest work

And thus, the final tactic in our noble quest to intoxicate ourselves was honest work. I was to offer my labourial services in exchange for alcoholic beverages and in the case of being rewarded with actual money, I needed to exchange that to the corresponding amount of booze.

I soon began my job finding process both horrified and curious. “Work? How terrifying!” I thought. Still, in the

name of science, I was willing to do great sacrifices and I put my fears aside as I marched forward in my quest for free alcohol. But I soon realized the difficulties one faces when dabbling in job markets. Either there wasn't work available, or jobs that I was offered were in a distant future. "But science can't wait!" was my reaction. I needed to find work fast, yet time after time I would find myself in same situation.

And when final day of the experiment had begun and deadline was looming in sight, I had accepted my failure. Supernatantti editorial staff was meeting in one hour to see how well each one had managed to collect research data (if you know what I mean) and I was still empty-handed...

That is when our generous host Antti suddenly notified that new position as his personal housekeeper and waitress for the staff meeting had opened. I quickly jumped in my trousers and travelled to my destination, where I immediately started with my new post. For the evenings work I was rewarded with two opened bottles of booze, enough to conduct the final part of the experiment.

The experiment was concluded as a success later in the evening. Getting drunk for free by using the method of working is completely feasible, though it is important to point out that the experiment highlighted an old fact that many of us already know. And that is that the most important asset one can have, when trying to find a job, is the right contacts.

(J.H)



+Pros:

- you get to update your CV
- large amounts of alcohol possible

-Cons

- having to work
- contacts in the job market are necessary

The aftermath



The press of Suppi gathered to collect the results and to see how effective their tactics were. The begging of Bence was clearly the most effective tactic, but the rest was still up for investigation. With the help of our lovely waiter it was time for the investigation to begin.

Entertained by games and conversation, the press was enjoying their test results on a fast pace. Except for Mikko, who was not totally happy with the taste of his creation. Iida and Antti had acquired some stronger drinks, getting results way quicker than the rest.

We had been worrying if Tino had really survived his experiment in good health. He had been complaining about a developing craving for human brains, but the editorial staff had not realized the seriousness of his condition. As beer was starting to lower

his inhibitions it was becoming clear that something was wrong. After the first few bite attempts it was clear he had to be contained and was locked in the bathroom. After some days of containment he appears to be fine, but the original source of infection could still be out there.

Bence had been bragging about his success for quite some time, taunting us with all the booze his riches could buy. To the last moments of his ability to speak he was proud of his victory. Still laughing of joy he blacked out in the snow and would probably have suffered great harm had his friends not been there.

All in all, this test was definitely a success, but many of us are glad it's finally over.

(M.M)

Some parts of this report are fiction.

Don't leave your fellow students in the snow.



Haalaribileraportti

”Saavuvin Janin kanssa seitsemän jälkeen paikalle. Kiitettävästi jo porukkaa, leikimme Loimun luovuttamilla kortsuilla. Antimet tuotiin kahdeksalta pöytään, joita onkin runsaanlaisesti. Seurasi tietokilpailu, en muista enää mitä siitä sai enkä seurannut kysymyksiä, etkojuomat olivat tehneet tehtävänsä ja keskustelin muualla.”

Illan viihdetarjontaa täydensikin ilmatäytteisten kortonkien iloinen lentely ja popsahdutus!

Fuksien ohjelma alkoi heti alkuillasta alkoholiaiheisella visalla. LaHe:n ja Futanari4life:n tasapeli ratkaistiin perinteisellä kivi-sakset-paperilla, josta Futanari4life voitti itselleen illan ensimmäisen Virallisen Gambina-pullon.

Ilta jatkui rennossa meiningissä ja hyvin etenevässä nousuhumalassa. Jottei tapaturmariski nousisi liian korkeaksi aloitettiin pian "Poop the Potato" -kisa, jossa joukkueet kisasivat kuljettamalla raakoja perunoita haaroissaan ämpäreihin. Kukaan ei loukkaantunut fyysisesti.

”Eteeni sysättiin aina välillä pullo Gambiinaa, eihän siinä tarvinnut mieltä juuta taikka jaata, otin hömssyn jos toisenkin. Jostain syystä muisti alkoi katkeilemaan.”



I want to believe.

Meno jatkui kysymysroolipelikisassa, jossa nähtiin huippusuorituksia eri rooleista. Tuomoa ja Jaria esittäneiden kamppailu äityi niin tiukaksi, että hekin olisivat puolustajistaan ylpeitä. Voittajat palkittiin hyvin heikosti.



Tuomarit työssään

”Päästiin saunaan. Höpötimme tuntikausia, välillä kävin joraamassa salissa musiikin tahtiin pyyhe päällä, asiaan kuului pyyhkeen lipsahdus ja tahaton yleisölle moonaus.”

Lopuksi fuksit yrittivät roastata pienryhmäohjaajiaan ensimmäisen vuoden kurssien kysymyksillä, mutta fuksien pettymykseksi he pärjäsivät visassa todella hyvin. PRO:t olivatkin tunnollisempia oppilaita kuin mitä oltiin luultu.

Kiitoksena pienryhmäohjaajien näkemästä vaivasta fuksit tyhjensivät yhdessä heidän kanssaan toisen Virallisen Gambina-pullon.

”Koitti keskiyö, ja fuksit pääsivät vannomaan haalarivalansa. Emma livekuvasi puhelimellaan Englannin päähän, niin vaihtarimmekin pääsivät osallistumaan. Seurasi pieni kaaos, kun vanhemmat opiskelijat ryntäsivät töhräämään fuksien haalarit, kuten asiaan kuuluu.”

”Ei mitään muistikuvia tapahtumista, hyvä meininki tuntui ihmisillä olevan.”

-Supin toimittaja

(M.M) & (I.N)

Histonin pHuksit antamassa valaa epäilyttävän oloisen Valenssipukuisen miehen seurattessa.



The Board of Hystoni 2019



The Board

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Secretary: Susanna Kirsilä

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Sara Kumpulainen

Relations representative: Antti Kiviniemi

Guild room representatives: Toni Kuosmanen
Sebastian Hämäläinen

Media representative: Mikko Mäkelä

NIGHTMARE EDITION



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Mikko Kumavaara
Webmaster: Kalle Niemi
HeLa-representative: Benjamin Michelin
Graphic designer: Tuomas Tömisevä



Hello, it's me. I'm **Bence Berki**, a second-year student, the charming Mr. Histonian of 2017 and the current chairman of Histonian. I lead the board of Histonian, arrange the board meetings and represent the guild in different events. If you want to discuss or ask anything regarding Histonian, I and the other members of the board are there for you. I'd be happy to answer in any questions you have, and if you see me somewhere at the campus, feel free to say hi!

Whenever I'm not studying, planning agendas for the board meetings, or partying, I pretty much like to spend my time with videogames and irregular sports. I can also play the oboe and speak Hungarian.

And to end this with a funny note: did you know you can't get an F from a course if you don't even attend to it?

puheenjohtaja@histoni.fi

Hi! My name is **Susanna Kirsilä** and I'm Histonian's new head secretary for the following year. What that actually means is that it's me who writes all the minutes during the board meetings. It's also my responsibility to keep record of our members. I'm also Histonian's representative in Luopio and the internationality responsible.

I spent my free time (the part I don't use for studying) reading books, watching Netflix, hanging out with friends and just playing with my cat at home.

Fun fact: I have five cats in total but sadly only one of them lives here in Oulu with me as the other four are also my family's cats. I have a lot of plants, too, but unfortunately for them I'm not very good at keeping them alive. I mean it's not easy to do so when my cat's favourite past time is to chew on them...

sihteeri@histoni.fi





Hi all, I'm **Antti Kiviniemi** and I'm the representative for relations and stuff in the guild. I have been in the board before in 2017 as the guild room representative of Linnanmaa and now I'm back stronger than ever. My main duty in the guild is to get overalls for the next freshmen and make sponsor deals that benefit the guild. It might be a bit dumb of me to join the board this year as I should graduate soon but this stuff kind of grows on you.

You can find me often from Kontu (guild room of Kontinkangas) "studying" and drinking coffee. Don't hesitate to talk to me if you have anything on your mind. I also highly appreciate any help with getting sponsors for us. See you at the guild room!

suhdevastaava@histoni.fi

Ahoy! I'm **Mikko Mäkelä**, and I'm the new media representative of Histoni and chief-in-editor of Supernatantti. My main job is ensuring that this magazine gets published by recruiting and organizing the press, organizing the page layout, keeping the editorial staff in line, getting the magazine printed at a reasonable cost, etc. You may notice this edition is almost ad-free, an issue that needs fixing. I also sit on the board, influencing decisions where I see fit. I'm also working on what could be a new website for us.

If you want to join the editorial staff, or you have some feedback or grievances, shoot me a message!

I spend my free time slothing away at the computer. I'm especially fond of Counter-Strike despite not playing much anymore.

mediavastaava@histoni.fi





Salutations!

My name is **Elli Heikkinen** and I'm a second-year student. This year I will be the treasurer of Histonni, which means that I'm in control of the endless funds of our guild. My job is to pay bills, send invoices and take care of the bookkeeping. I will also make the budget estimate for this year and write financial statement after my reign in this year's board has ended. Sounds so much fun, I know.

I ended up in this position kind of unintentionally, but I'm actually pleased that it happened. We'll see about that again when I start sending bills to you all: there's always someone who forgets to pay, and I have to harass them and cry myself to sleep because they don't read their email. Let's all hope that doesn't happen (if you get the point). On my free time, I like to lie on my couch and stress about studying.

rahastonhoitaja@histoni.fi

Hi! I'm **Anna Puronurmi** and this year I'm vice-chair and spokesperson of the Histonni board. I'm a second year student and this will be my second year in the board of Histonni. My job is to inform about events, parties and other important stuff and also I act as a "right hand" for the chairman.

Apart from the board stuff and studying, I like to take walks in the chilly weather of Oulu, though sometimes it's too cold and then I get stuck in my couch watching Netflix. Also, I like baking and the best part about it is to eat the uncooked dough.

Lastly I wanna say that you can usually find me at any event or party and feel free to come and talk!

varapuheenjohtaja@histoni.fi





Hello, I'm **Riina Aho**, a second year student in Biochemistry. In this year's board I am one of the event coordinators, so I'm managing Histoni's own events and also co-operation with other guilds.

I've lived in Oulu for many years now, but originally I'm from Pihtipudas, a small town which nobody recognizes but everyone has driven through. Before university and Biochemistry I've studied a degree as a sports massage therapist and worked in many different fields. On my free time I like to do different sports, for example ice swimming, and watch law series from Netflix way too much.

Hello, I'm **Sara Kumpulainen**, a second year biochemistry student. This year I am one of the two event coordinators. My tasks include organizing all kinds of fun events and parties for Histoni and co-operation with other guilds. I have lived in Oulu my whole life, so I have a lot of experience partying here and I know where to offer you the best "Lökö" shots.

As event coordinators we try to use our brain capacity to create new and innovated ideas for parties, but fresh ideas are always welcome! We hope everyone participates in events and we'll try to make them enjoyable for everyone!

tapahtumavastaava@histoni.fi

In my free time I like to spend time with my horses and going to the stables is a great way to escape lab reports and chemistry courses. In my opinion, friends and events are the best part of studying, so leave your books at home and come and have a blast (and no, now we are not talking about searching biological sequence similarities). Anyway, see ya 'll in parties!

tapahtumavastaava@histoni.fi





Hellou, I´m **Sebastian Hämäläinen**, 22 years old kid and a second-year student in biochemistry. I buy milk and coffee and all the other stuff for Kontinkangas´ guild room, so I am a guild room representative. If you see vague characters that resemble letters on the white board in the guild room, they are written by me.

I´m also the guy (one of the two guys) who sends you email about the sport shifts. My purpose and the deepest dream is to get all the guild members to train themselves in adonic fitness. That´s why we have the sport shifts.

These are my jobs in Histoni, but that´s not all what I can do. I have many fantastic skills. For example, I am master of getting lost in different places. Oulu is not a big city, but in my freshman year the only places where I found without Google Maps were McDonald´s and Alko. I can also sleep over lectures without even feeling guilty.

I think this is enough about me, so have a nice spring everybody!

tilavastaava@histoni.fi



Howdy y'all! I am **Toni Kuosmanen** and I am third year student. I was elected to this year's guild room master of Linnanmaa campus. My responsibility as a member of Histoni board is to make sure that guild room is clean and homelike at all times. Also, I need to buy more coffee, tea and milk etc. to guild room with funds from

the coffee cash cup (so pay your damn coffees or boogie monster appears under your bed). If any member of Histoni have development ideas relating to the guild room, I am more than happy to hear about it. My second job in the Histoni board is OLuT representative, so I keep board up to date what happens in our umbrella guild and to act as a liaison between guilds.

Fun fact summary:

Positives: can make pretty decent spaghetti sauce, not afraid of heights, won gold in Merikoski swimming competition, can do 10 somersaults blindfolded and do not even get out of breath.

Negatives: do not look like Ryan Gosling, tell a lot of wooden leg jokes, Tappara fan, cannot be detected at morning lectures, speak rally English.

tilavastaava@histoni.fi

The press of Supernatantti

Tino Laakkonen Caught a mysterious virus during his experiment.

Bence Berki Overdosed on alcohol.

Juho-ville Heikkinen Mentioned Suppi in his CV. Now permanently unemployed.

Tuomas Tömisevä Fresh recruit.

Iida Nikkinen The workhorse of Suppi.

Antti Kiviniemi An old man with bad ideas. Destroying the youth.

Mikko Mäkelä Responsible for all of it. Looking for new victims.

TAISTELUJASKAT



KYYKKÄÄ VUODESTA 2016





Saving Supernatantti



Heavy rain is beating down on the restaurant windows as the lonely press of Supernatantti is sitting across the meeting room table. This long table could accommodate plenty of people, but only 3 are sitting at the furthest end, almost hidden from view. "Why did I even bother reserving this room when the tiniest bar table would have been enough", the editor-in-chief asks himself. Droplets of sweat begin to form on his forehead as he opens his laptop. The plans for the next magazine look godawful. The tsunami of deadlines is about to sweep across the editorial staff. Just a glance at the little progress that has been made sends a shiver down his spine, a tremble that only a quick shot of liquor can calm down.

"We're not gonna make it huh?" asks Juho from across the table. A short stare from Bence and Mikko is enough to answer Mr. Obvious.

"We shouldn't have let Tino drink all those disgusting drink leftovers," Bence begins, staring down at the table. "Maybe then there'd be at least four of us".

"It's not our fault!" Mikko snaps at him. "He died doing what he loved and there is no proof he caught the disease in his brave experiment".

"What a horrible way to go tho", Bence replies and took a huge swig from his drink.

Just how had it come to this? Iida had gone to Germany for the summer, but while there she found true love and never returned. Antti had finally graduated despite our heroes' best attempts at sabotaging his studies. The pagecount of each magazine had been reducing steadily, as the scarce number of writers just haven't had enough time to create much of anything.

"I see no other options. We're shutting down." Mikko closes the laptop and sighs. "Supernatantti is no more."

Bence doesn't even blink. His busy schedule as the chairman has left him an emotionless zombie. Juho is starting to tear up. Nobody wants to see Juho cry.



As the editor-in-chief is starting to make his leave, a jolly group of enthusiastic young students bursts into the meeting room.

"Who are you?" He asks them.

"It doesn't matter who we are, what matters is our plan."

"Nice reference. Great movie. Well what is this plan of yours?"

"To join the press of Supernatantti! We want to write stories, take photos, and put our dumbest ideas to the test. This one nerd even wants to do spell checking!"

The rain stops and rays of sunlight beam through the windows. Bence is glaring at the group of students in disbelief. Juho is starting to light up again, disaster avoided. Relief takes over the room.

"Welcome aboard", Mikko replies.

"Let's make Suppi great again."

Wappu is coming. And with Wappu comes a new Wappusuppi, which is one of the biggest releases we will publish. And you can help us ensure we do it justice. The old farts won't be here forever and many of our members have other important responsibilities on top of being part of Suppi, so we could use some help.

Contact mediavastaava@histoni.fi if you are interested in contributing to the magazine and keeping Juho happy.

(M.M)

Greetings from HeLa

Hyöh! As the familiar sound of vocal warmups, tuning of guitars and wild drumming begin to echo in the halls of guild complex once again, we know, that the year 2019 has arrived for HeLa. And while our vigorous band begins to prepare for the upcoming year, let's take a moment to look the past 12 months, with all its twists and turns.

The year 2018 was, in many ways a year of growth. And not just the actual size of the band, which at the end of the year had more than doubled, but more in operational, technical and spiritual sense. There were lot of new ventures such as increased activity in social media and experiments, like using backing tracks and inviting Shrek at gigs. But the biggest change for HeLa must have been the departure of the longstanding leader Benjamin to continue his studies in Scotland and subsequent process of learning independence.

This learning process combined with a hectic training- and gigging-schedule was most visibly seen in Juho, who under a lot of stress spontaneously transformed into a drag queen, spending rest of the year fixated in womens' shoes. This was fine by Iida, who had begun planning Instagram profile for HeLa and was in dire need of fitting material for this new endeavour. And dare I say that there wasn't a shortage of this kind of material...

But there was also real drama, when two days before the first gig of the semester at Vulcanalia Pre-party the band was robbed, losing among other things drums, mixer and most of bands microphones. But that wasn't enough to stop the decisive band, who quickly gathered all necessary tools to make the gig possible, using improvisational skills that would make even MacGyver jealous.

Life wasn't always that rough for HeLa though. Throughout the year the band gained new members, bringing in new skillsets and possibilities. In this process band also gained its' third Mikko, an unusual and celebrated milestone in the world of music. And then, at the end of the year, HeLa suddenly received a donation of 500 euros from Histonni, a welcome surprise no doubt. All in all, 2018 had many fun and positive aspects to celebrate, that carry their way into the year 2019.

So how is HeLa doing now? Well, Benu is back onboard and band has been gearing up for spring 2019, wanting to dedicate more time for rehearsing and musical development. Most of the stolen equipment have been compensated by insurance and the band is still contemplating the best way to use the donation from Histonni. We have even renamed all Mikkos, to reduce unnecessary confusion during rehearsals.

Thus, with increased activity in social media and full of mad ideas, HeLa is full steam on its way towards world domination and as always, we are looking for music loving Histonis to join us in our journey, either as permanent members, or even as starring guests. So, if while reading this, the musical soul within you is yearning to express itself with others alike, give us a call, maybe. See you at gigs folks! (J.H)



Image by: Samuli Heikkinen

NOOB GUIDE TO LAN PARTIES

Hey all gamers and normies! This guide will help you to prepare yourself for any LAN parties, nerd gatherings and any type of long gaming sessions you might encounter on your way to greatness. Most of you should already know that the annual gaming event, Histombly, is coming soon and it will be as spectacular as always. If you are not familiar with LAN parties, worry not! After you read this guide, you will have all the knowledge you need to get through the tough weekend.

First things first, not having a gaming device or the lack of interest in gaming should not stop you from participating in Histombly. In addition to video games, we for also play board games and role playing games, arrange multiple game tournaments (with prizes!) and watch movies, and more! Our LAN parties are, most of all, some good time to spend with friends. You can tag along and play with the borrowed games or just enjoy a movie or two with the gang.

In LAN parties the possibility to maintain good hygiene is sometimes difficult, but not impossible. 20 computers in one room can heat up the place very quickly and people get sweaty. Remember to open windows (the ones on the wall) every once in a while to cool down and to refresh the atmosphere. Bring spare clothing, use deodorant and clean your nasty bits with baby wipes or something, if you plan to stay at the campus for the whole duration of the event.

Food is often an overlooked aspect in LAN parties, but very essential to keep you going. Most people eat only snacks and pizza and wash it down with energy drinks, but that will make you feel shitty after one day. You should always eat something with

lots of fibers, and vitamins on the side like fruits and vegetables. Remember to drink more water than anything else. Whatever you bring with you should not spoil in room temperature, as the fridge can't fit everyone's groceries and can be quite full.

Not everyone can stay awake through the whole session, so you need to consider resting on some point. Try to time your sleep so that you don't miss any of the fun and make your resting time as efficient as possible. Bring a pillow, a sleeping pad and whatever you need to make yourself comfortable and find a quiet place to get some shut-eye.

Last but not least, bring a computer or a console with you if possible. I will go through this in more detail in a following check-up list. Plan ahead how you're going to carry all your stuff and pack them properly, so that you won't drop any expensive gear down the stairs. Don't spread all your belongings all over the place, instead keep them neatly in your designated area. Now you have all the basics under control and you will get through your LAN parties like a pro!

Check-up list:

- Computer/console
- Monitor and video cable
- Power cable for monitor and computer/console
- Mouse, mouse pad, keyboard
- Headset
- Controllers
- At least 3m long internet cable
- Preinstall the games you're going to play
- Pillow, sleeping bag, sleeping pad
- Charger for your phone
- Spare clothes and something warm
- Money, food, and refreshments



Upstairs

New year, new me! It's time to turn a new leaf in my life. Sure, I let myself go during the Christmas holiday... But it all changes now! It's all planned out: I've bought a new book called "Kale&HIIT: The Best Diet & Workout Book", this time I'll have the perfect summer body in no time. Kale tastes fine if you chew with passion! Additionally I've bought a gym pass and plan to go get buff 3 times a week, starting tomorrow. Also, this year I'm going to carry out my long time dreams of starting belly dancing, trombone playing, learning spanish, a daily Youtube vlog, visiting my parents more often and traveling to at least 5 new countries. Everything fits the budget, since I'm going to sell my car, bicycle 10 km to the university every day from now on and keep my calorie intake low. Going to sleep early and waking up early together with a brisk one hour walk and yoga session and spinach smoothie will keep me energized! Watch out world, here I come!!



DOWNSTAIRS



Missed my alarm at 6 AM, sprained my ankle at the overcrowded gym and I've never been hungrier. This was only the first day. Kept up with the diet and walks with crutches until I caught the flu. The doctor said something about a weakened immune system and prescribed me two weeks of bed rest. Why does everything healthy taste awful? All the vegetables are rotting in the trash and the new gym equipment lay forgotten in the corner while I eat chips and brownies on the couch while watching Netflix and browsing social media, filled with new year's resolution posts. I'll get back on track once I'm healed... Or guess I'll try again next year. At least I didn't make any promises about graduation.

...thoughts of an anonymous biochemist.

Molecule of the Month

Clotrimazole

Clotrimazole, or 1-[(2-chlorophenyl)diphenylmethyl]-1H-imidazole, is an odorless, white, crystalline substance. It is practically insoluble in water, sparingly soluble in ether and very soluble in polyethylene glycol 400, ethanol, and chloroform.

Clotrimazole is an antifungal medication used to treat a multitude of diseases ranging from sickle cell disease, malaria and some cancers to the more commonly known treatment of yeast infections on the skin or genital area, especially vaginal. It's sold most under the brand name Canesten, and can be taken orally or applied as a cream to the skin or in the vagina once daily for 3 to 7 days. It was discovered in the year 1969 and it is on the World Health Organization's List of Essential Medicines.

Clotrimazole is in the azole class of medications and works by inhibiting the growth of pathogenic yeasts by changing the permeability of their cell membranes. It binds to the phospholipids in the cell membrane and inhibits the biosynthesis of ergosterol and other sterols required for cell membrane production. Clotrimazole is mainly fungistatic (inhibits fungal

growth) but has shown fungicidal (result in fungal cell death) properties at higher concentrations.

Though the drug decreases the production of ergosterol, the inhibition of lanosterol 14-demethylase (also known as CYP51) is accepted to be primarily responsible for the antimycotic properties of clotrimazole, this drug also shows other pharmacological effects. These include the inhibition of sarcoplasmic reticulum Ca^{2+} -ATPase, depletion of intracellular calcium, and blocking of calcium-dependent potassium channels and voltage-dependent calcium channels. The action of clotrimazole on these targets accounts for other effects of this drug that are separate from its antimycotic activities.

There are minimal side effects and no known significant drug interactions. However, with oral (troche) clotrimazole, there are multiple interactions as the medication is a CYP450 enzyme inhibitor, primarily CYP3A4. Thus, any medication that is metabolized by the CYP3A4 enzyme will potentially have elevated levels when oral clotrimazole is used and combined use should always be discussed with a physician.



Sources:

Crowley PD, Gallagher HC: Clotrimazole as a pharmaceutical: past, present and future. *J Appl Microbiol.* 2014 Sep;117(3):611-7. doi: 10.1111/jam.12554.

<https://www.drugbank.ca/drugs/DB00257>

<https://www.drugs.com/monograph/clotrimazole.html>

Always in style
HISTONI'S OVERALL PATCHES

Available at events, guild rooms, and Facebook's overall patch market.

Saatavilla tapahtumissa, kiltahuoneilla ja Facebookin haalarimerkkitorilla.

