Happy new year!

After a snowy year’s end, it’s time to start 2021 with a fresh outlook. There’s much to look forward to, including newly approved vaccines to help end the pandemic, and new discoveries that we can make here at LRI toward improving healthcare.

This month, we feature lerner alumna Dr. Ashley Nemes-Baran, fellow Dr. Yijing Dai, and graduate student Ki-Soo Jeong. We also introduce executive LGSA member William Massey.

If you missed the final LEADERS seminar of 2020 on writing papers by Dr. Cornelia Bergmann and Dr. Bela Anand-Apte, don’t worry - we have a recap in this issue. Our first LEADERS seminar for 2021 is on self-care by Nicole Frerichs, DO on January 11. Start the year off right by learning some tips for how to best take care of yourself!

Our monthly feature on Lerner trainees’ favorite podcasts and audiobooks will also help keep your mind sharp and occupied in your free time.
Meet our Alumni
Interview with Lerner Alumna Ashley Nemes-Baran, PhD
“Get out of your comfort zone, networking is the key to success!” - Dr. Ashley Nemes-Baran

Where did you obtain your PhD? I received my PhD through the Kent State University/Cleveland Clinic Collaborative Doctoral Program in the lab of Dr. Imad Najm.

When did you work in Lerner and in which lab? What positions did you hold? As a postdoc I worked in the lab of Dr. Tara DeSilva in the Neurosciences Department of LRI.

What did you work on at Lerner? During my PhD I focused on the underlying cellular and molecular mechanisms of epileptogenesis. Within my postdoc, I studied the role of microglia - the resident immune cells of the brain - in the developing white matter.

What successes did you have at Lerner? I was fortunate to contribute to many exciting studies while at Cleveland Clinic which resulted in several interesting publications, research talks and poster presentations. I would say my greatest success was developing a network of great friends and colleagues which allowed me to pursue my dream of becoming an educator.

What is your current position title and where are you now? I am an Assistant Professor at Case Western Reserve University School of Medicine in the Department of Neurosciences.

What does your role in your current position entail and what is your favorite part? I am involved in developing the new undergraduate neuroscience major and I am currently teaching the fundamentals of neuroscience courses while developing neuroscience elective courses to be offered next year. This is a unique position because it allows me to be more than an educator, but to actually help in developing a very popular and long-awaited major within a prestigious university right here in my home town of Cleveland. My favorite part of my job is interacting with the students. They are so full of energy and the questions they ask are inspirational!

During your time at Lerner, what do you think prepared you for this position? I always knew that I wanted to become an educator, and my mentors provided me with opportunities to teach students in the lab the entire time I worked in research. However, it's not all about teaching experience. You also need to have the same things that you would to become a PI - so be sure to work hard in the lab and publish! I also got a lot of excellent advice from Dr. Christine Moravec. If you are interested in education but don't know where to start, take her out for a cup of coffee!

Is there something you particularly miss from your time at Lerner? As everyone mentions when they complete these interviews, all of the wonderful people. My mom worked at Cleveland Clinic for over 22 years, and I spent collectively 10 years there. I basically grew up there! I met so many great friends and people who would do anything they could to help me when I needed something. Not just people in research, but those in the art department, the imaging core, the prototype lab and more. I will always remember late nights in the lab with my coworkers, philosophical conversations at Starbucks with my fellow graduate students and, of course, networking with others through the LGSA and LPDA!

In one sentence, what advice would you give current Lerner postdocs? Get out of your comfort zone, networking is the key to success!
Dr. Yijing Dai is originally from Shanghai, China. She received both her BS and MS in chemistry from Shanghai University in China. Then, Dr. Dai relocated to the United States to pursue her PhD in organic chemistry at Michigan State University. Her graduate research focused on developing new synthetic methodologies for making natural compounds and drug intermediates. This work was presented in her dissertation, titled “Catalytic Asymmetric Multi-Component Kabachnik-Fields Reaction by VANOL-Derived Zirconium Complex and Total Synthesis of Sphingoid Bases.”

After graduate school, Dr. Dai wanted to expand her scientific training beyond synthetic chemistry and therefore sought postdoctoral training opportunities in an environment where she could use her chemical skillset in biological and clinical applications. This led Dr. Dai to the lab of Dr. Nima Sharifi, who wanted to apply synthetic chemistry as a tool to investigate steroid metabolism in prostate cancer. Dr. Dai has since been a member of the Sharifi Lab for 2 years, where she is working on synthesizing artificial steroids as chemical probes.

Drs. Dai and Sharifi are applying this approach to investigate steroid metabolism of castration-resistant prostate cancer (CRPC). Dr. Dai was recently awarded a Department of Defense Early Investigator Research Award for her proposal “Developing novel synthetic steroids as multifunctional probes in the investigation of steroid metabolism in CRPC” to pursue this important line of research. The goal of this project is to develop and synthesize fluorine-18-labeled and biotinylated steroids as chemical probes to uncover novel and specific pathways of steroid metabolism in CRPC. In her free time, Dr. Dai enjoys reading, watching movies, and cooking.

“Working in a lab where I can apply synthetic chemistry to clinical applications is the right path to achieve my career goals.”

-Dr. Yijing Dai
Ki-Soo Jeong is a PhD student and a Lerner Graduate Student Association (LGSA) general member. Ki-Soo is a west-coaster who grew up in Seattle and completed his BS in biochemistry at the University of Washington in Seattle. He then completed his MS in biotechnology at Brown University in Providence, RI.

Ki-Soo is currently pursuing a PhD in biomedical engineering through Brown while performing research here at Cleveland Clinic. He recently joined Dr. Carl Saab’s lab in the Department of Biomedical Engineering. Ki-Soo is excited to meet new people and collaborators in a research-oriented environment here at LRI. His work bridges neurosciences and therapeutic biomedical applications. His thesis work investigates the neural circuits that signal for pain perception.

Ki-Soo values empathy and support for others to promote collaboration and brings these factors into LGSA. His greatest strengths are optimism and pragmatism. One of the goals Ki-Soo has for LGSA is to learn more about and hear from the graduate community to see what ways people can use greater support or assistance.

Outside of lab, Ki-Soo loves baking during winter and exercising outdoors in the summer. Ki-Soo enjoys artistic endeavors like reading poetry and listening to K-Pop.

“LRI is at the forefront of research and is a great place to conduct it.”

-Ki-Soo Jeong
William Massey (BJ) is an executive member of LGSA. BJ graduated from Holy Cross in Worcester, Massachusetts where he completed a BS in biology and chemistry. He joined the Molecular Medicine Program PhD at LRI in 2018.

BJ is a member of Dr. Mark Brown’s lab in the Department of Cardiovascular & Metabolic Sciences. BJ is currently working on three projects and his thesis work focuses on microbial metabolites’ capacity to modulate NLRP3 inflammasome activation. BJ chose to pursue his studies at LRI because of the very collaborative environment. He also appreciates the emphasis LRI places on clinically relevant questions and the access to clinical samples.

As part of LGSA, BJ has been committed to communicating effectively and being the helping hand that everyone needs. He hopes to lead by example and be the person anyone can turn to. One of his greatest strengths is his dedication to his lab and fellow classmates. He is known for getting up early and being there for any questions that may arise.

Outside of lab, BJ is an avid Red Sox fan and has been playing in a men’s baseball league for the past two years here in Cleveland.

“I chose to work at Cleveland Clinic for the opportunity to work on clinically relevant questions and for the collaborative environment.”
-William Massey
# Upcoming Events

## LEADERS 2021 Seminar Series

**LEADERS**

Series for Lerner Research Institute Trainees

**Lerner Experience in Advanced Development of Education and Research Skills**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Name</th>
<th>Speaker(s)</th>
<th>Location</th>
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<tbody>
<tr>
<td>1/11</td>
<td>4:00-5:00</td>
<td>Self-Care</td>
<td>Nicole Frerichs, DO</td>
<td>Zoom</td>
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<tr>
<td>2/8</td>
<td>4:00-5:00</td>
<td>Sleep Health</td>
<td>Jessica Vensel Rundo, MD, MS</td>
<td>Zoom</td>
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<tr>
<td>3/8</td>
<td>4:00-5:00</td>
<td>Metabolomics, Proteomics</td>
<td>Belinda Willard, PhD</td>
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<tr>
<td>4/12</td>
<td>4:00-5:00</td>
<td>Drug Discovery</td>
<td>Shaun Stauffer, PhD</td>
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<td>5/10</td>
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<td>Gnotobiotics</td>
<td>Lynn Hajjar, DVM, PhD</td>
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<tr>
<td>6/14</td>
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<td>Exercise, Fitness</td>
<td>Eric Zatchok</td>
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<tr>
<td>7/12</td>
<td>4:00-5:00</td>
<td>Histology, Immunohistology</td>
<td>Judy Drazba, PhD</td>
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<tr>
<td>8/9</td>
<td>4:00-5:00</td>
<td>Device Solutions</td>
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<tr>
<td>9/13</td>
<td>4:00-5:00</td>
<td>Guidance for International Trainees</td>
<td>Janice Bianco, MA</td>
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<td>Mary Curry</td>
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<td>10/11</td>
<td>4:00-5:00</td>
<td>Light / Electron Microscopy</td>
<td>Judy Drazba, PhD</td>
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<td>11/8</td>
<td>4:00-5:00</td>
<td>Small Animal Imaging</td>
<td>Charlie Androjna, DEng</td>
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<td>12/13</td>
<td>4:00-5:00</td>
<td>Yoga for Stress Relief</td>
<td>Judi Bar, E-RYT 500, C-JAYT</td>
<td>Zoom</td>
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To access the seminar, please go to zoom.us and join the meeting with the meeting ID and passcode provided via email from RETC.
Upcoming Events

LEADERS 2021 Seminar Series

Self-Care

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all Lerner Research Institute trainees.
- 12 sessions in 2021
- Receive a certificate of completion if 75% of sessions are attended.

WHO: Nicole Frerichs, DO
Associate Staff, Internal Medicine & Geriatrics

WHEN: January 11, 2021
4:00 - 5:00

WHERE: Zoom
Please see email invite from RETC for meeting ID and passcode.
Did you miss the virtual LEADERS seminar on ‘writing papers’ presented by Dr. Bela Anand-Apte and Dr. Cornelia Bergmann? Here is the recap!

In this interactive session, both speakers emphasized getting comfortable with your writing style, your field, and the importance of having a good flow to your paper. As a group, five questions were discussed among the audience and speakers. We hope this helps as you navigate through your writing journey.

1) When do I start writing a manuscript?
Before you begin writing, a few things to consider are whether you have a timeline (e.g. graduation or competing labs), feasibility of the project, and budget. So how do you know you have enough to put together a paper? This answer may vary from person to person - one may say when you have all the results and data analyzed, while another might have a paper draft that will evolve as the ongoing experiments reveal new directions.

One advantage of the former is that the paper will be easier to write when the results are done. However, the pitfall there could leave you wanting more and more data, thereby delaying your publication.

Dr. Anand-Apte (BA) suggested a great place to start is understanding your project and identifying which one experiment will be the “core experiment” that the paper will be built around. Knowing this key piece to your paper will help keep you and your team focused. This way, a draft of your manuscript may have blank boxes in your Results section, keeping your experiments “paper focused” which adds to efficiency and productivity in lab. Dr. Bergmann (CB) added that knowing the type of experiments you are running (e.g. in vitro or in vivo) will also drive how you add data around the core experiment.

2) How do I choose an appropriate Journal for the topic?
While impact factor would be ideal for publications, it may not always be the most appropriate deciding factor. BA advised to understand where your project would have the appropriate audience (or readers) of the journal. This insight may come with experience as you read more articles from your field.

Honest discussions with your PI may help inform you where to start - you can aim higher and move down, if needed.

CB noted that there are instances where your project may straddle two different fields, one of which you may not be entirely familiar with. Depending on the field you are in, you may have a different way of interpreting your data. She suggested that it might be useful to discuss with your PI and share your manuscript with a colleague in that field to read over your paper. This may help you preemptively address critiques that your reviewers could bring up or help you find a more suitable journal for your manuscript.
3) What section do I start with?
Again, this answer will vary depending on what you are comfortable with. The audience also had mixed answers, between the Results, Figure Legends, or Methods. An easy starting point could be to begin with any of these sections as it is a great confidence boost to see what you have accomplished so far! A newer trainee may not feel as comfortable with the techniques and methods at first, so this is where keeping a good lab notebook is a must! For those who like planning ahead, maybe starting with the abstract will help lay out the story and identify the most important take home message(s) from your work. The drawback in this latter example is that the story might change over time. CB reiterated that a great starting point for trainees is writing an abstract:

“Being able to describe your work in under 250 words forces you to focus on the important, novel information that contributes to the field.”

4) What is the most important novel message?
Here, understanding your journal audience and your field will help you identify how your project contributes and adds to the current gaps in knowledge. Often times, when thinking about your story, it helps to have presented your data (either in lab meetings, in your department seminar, or at conferences). This way, you start to think what take home message(s) you would want to emphasize for your audience.

5) How do I choose data presentation software?
As the audience was surveyed, these were some of the most common programs used:

Adobe Illustrator, Canvas, Photoshop; R; Inkscape; Graphpad Prism

Both presenters suggested to first look at your journal of choice’s instructions regarding data presentation (and figure legends). Examples may be: scatter plots preferred over bar graphs; showing full western blot gel versus cropped area. CB pointed out criticisms for “representative images,” especially for histology. These may not fit the true average of data, but are used because they are the “prettiest.”

Finally, BA concluded that sometimes you just have to start somewhere! The best papers present your data, take advantage of the discussion to talk about your limitations, and end with where you want to go next. Being aware of the holes in your story shows your understanding that people may interpret the data differently. Laying out this strong narrative and challenging your own work gives you a good chance of getting your paper accepted. Sometimes, the academic discussion doesn’t always need to be perfect.

“Don’t let perfection become the enemy of progress.”
Monthly Feature

Favorite Trainee Audiobooks and Podcasts

-Gabrielle Mey

Looking for something new to listen to while you work, drive to work, or in your free time? Check out this list of audiobooks and podcasts that are some of our trainee favorites! Have something you’d like to recommend? Let us know!

Note: Many audiobooks can be rented for free from your local library. For example, the free Libby app (by Overdrive) can be used to connect with the Cuyahoga County Public Library system.

Audiobook: Mindset: The New Psychology of Success by Carol S. Dweck, PhD
- Published in 2006 with an updated edition published in 2016 (also available in print)
- In this book, Dr. Carol S. Dweck describes two different ways that people perceive their abilities and environments, referred to as the “fixed” and “growth” mindsets. She provides explanations to help you recognize your own mindset and advice for applying the lessons contained in each chapter.

Podcast: This Podcast Will Kill You with hosts Erin Welsh, PhD and Erin Allmann Updyke, PhD
- Started in October 2017, new episodes released bi-weekly
- Ecologists and epidemiologists Erin Welsh, PhD and Erin Allmann Updyke, PhD cover a different infectious disease with each episode of this podcast. They highlight the history, biology, and overall dangers of various microorganisms that cause disease. In addition, they created an “Anatomy of a Pandemic” series beginning in March 2020 to discuss pertinent issues surrounding the COVID-19 pandemic.

Podcast: Throughline by the National Public Radio (NPR) with hosts Rund Abdelfatah and Ramtin Arablouei
- Started in February 2019, new episodes released weekly
- Throughline is one of many podcasts produced by NPR. The hosts walk through various aspects of United States history and explore how the nation’s past has shaped important current events. Their goal is to provide a rich historical context in order to better understand the world today.

Podcast: Sawbones: A Marital Tour of Misguided Medicine with hosts Justin and Dr. Sydnee McElroy
- Started in June 2013, new episodes released weekly
- With a comedic twist on medical history, this couple explains how different ailments were treated before modern medical practices were established. Episodes include practices throughout the ages and include discussion on relevant topics for today including

Audiobook: Deep Work: Rules for Focused Success in a Distracted World by Cal Newport, PhD
- Published 2016 (also available in print)
- In a society where the pressure to be productive is coupled with constant distractions (ease of access to social media, email, texts, etc.), it is increasingly difficult to prioritize concentrated work. In this book, Cal Newport, PhD emphasizes the importance of “deep work” and provides examples of how to enhance productivity while maintaining a balanced lifestyle.
Now Hiring

**Senior Research Scientist 1 | Charles River**
We are seeking a Senior Research Scientist for our Safety Assessment Group site located Cleveland, OH. The following are responsibilities related to the Senior Research Scientist: Serve as a scientist in the conduct of assigned nonclinical research studies at all levels of complexity, to include study management, interpretation and reporting of study data, and assuring the regulatory compliance of these projects, as appropriate. Additional responsibilities include serving as a primary scientific contact for key clients and the on-site support of their programs, as well as the support of specialty studies. Candidates should have a Ph.D. in Cell Biology, Biochemistry, Toxicology or a related scientific discipline. Previous experience developing and interpreting the results of complex in vitro toxicology assays is required. Experience working to GLP standards required.

[Click here](#) for more information.

**Medical & Scientific Associate | Healthcare Consultancy Group**
Our medical and scientific teams, comprised of accomplished PhDs and MDs, translate complex science into impactful and meaningful communications for our clients. We are seeking scientists interested in a career in Medical Communications to join HCG as a Medical & Scientific Associate. Principal responsibilities include scientific writing, editing and data analysis to support pharmaceutical, biotech, and device clients. In this role, you will develop content, including formatting, referencing, and annotation of deliverables. In each project you will have the opportunity to manage budget and timelines, while preserving high quality and accuracy standards. As the key member of the scientific team, you will engage and collaborate with clients, create innovative deliverables and contribute to the overall team success.

[Click here](#) for more information.

**Postdoctoral Scientist FDE - Imaging R&D | Eli Lilly and Company**
Lilly Imaging Research and Development/Avid Radiopharmaceuticals provides technical expertise for molecular imaging to Lilly Research Laboratories. The Postdoctoral Scientist will provide expertise for biological target evaluation for the development of novel PET imaging agents, with a focus on neuroinflammation imaging in neurodegenerative diseases and potentially other disease areas (e.g. auto-immunity). A novel technology taking advantage of spatial resolution has been identified for this project and data generated will have a high impact on existing Lilly programs. We are looking for a highly motivated postdoctoral fellow with background in neuroscience/neurobiology and morphometry analysis, who will work on identifying novel targets in neuroinflammation.

The Postdoctoral Scientist will be responsible for designing, developing and implementing immuno-histological as well as cellular and biochemical cell profiling experiments. The scientist will be integrated in the Lilly Research Labs Post-Doc community and will benefit from internal cross-functional interactions as well as various training and data sharing opportunities with internal teams and the international scientific community.

Candidates with a strong background and hands-on expertise in neuroscience and neurodegenerative disease research are encouraged to apply.

[Click here](#) for more information.
Accomplishments

Congratulations to Jasmine Gajeton from the Stenina Lab in the Department of Cardiovascular and Metabolic Sciences!

Jasmine successfully defended her dissertation titled “Hyperglycemia-induced miR-467 in Regulation of Inflammation in Health and Disease.” The work associated with her dissertation is currently in press in the Journal of Cellular and Molecular Medicine.

Congratulations to Defne Bayik, PhD from the Lathia Lab in the Department of Cardiovascular and Metabolic Sciences!

Dr. Bayik received the NCI K99/R00 Pathway to Independence Award as Principal investigator, titled “Role of myeloid-derived suppressor cells in local and systemic immunosuppression in glioblastoma”. The goal of this project is to investigate the sex-specific role and therapeutic targeting of immunosuppressive myeloid cells in brain tumors. Dr. Bayik was also recently promoted to a Research Associate position.

We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email lri-postdoc-assoc@ccf.org
Tips for Dealing with Pandemic Fatigue

Author: Caregiver Communications
Original Article: click here.

As we enter a new wave of the coronavirus epidemic, are you asking yourself how you will handle the winter and holiday months ahead?

If you are stressed and feeling fatigue, remember that you are not alone.

Important self-care actions:

- Check in regularly with neighbors, friends, and family
- Evaluate and change your perspective
- Stop and breathe
- Take a different approach to worrying

Click the link to the original article above for more details.

Well-Being, Self-Care and Emotional Support for Caregivers

Please note: A connection to the Cleveland Clinic network is required to access many of these resources.

For a more detailed and complete list of resources, please visit this link.

Caregiver Experience Wellness Portal: disconnect, unwind or say thank you virtually

Caring for Caregivers: confidential services that preserve, restore and enhance wellbeing of our caregivers. Available at 1-800-989-8820 (including new Boost telephone appointment).

Cleveland Clinic Office of Caregiver Experience on Facebook and Instagram.

Connect Today/Learner Connect: resiliency resources to help you manage complex, changing times (virtual meetings, change and stress management, and communication)

Occupational Health: If you have further questions about COVID-19 please contact the COVID-19 Caregiver Hotline at 216-445-8246.

OneClick to Well-Being: well-being information and resources for staff

Spiritual Care and Healing Services: information for the religious and spiritual needs of CCF patients, their families and loved ones, and Cleveland Clinic caregivers. (216) 444-2518

CCPD Victim Advocacy: resource to help educate and support the CCF community on DV. Email the committee at: dvcommittee@ccf.org
Behind the Scenes

This newsletter is written by the communications teams of the LPDA Leadership Council, LGSA Leadership Team and fellow trainees. We welcome your questions and suggestions!

Email lri-postdoc-assoc@ccf.org to connect with us.

LPDA Communications Team
Kelsey Bohn, PhD; Kirsten Evonuk, PhD; Mihyun Hwang, PhD; and Morgan Rogers-Carter, PhD

LGSA Communications Team
Shilpa Rao and Jasmine Gajeton

LPDA Leadership Council

Executive Board
Co-Presidents: Kelly Mitchell
Coordinator: Priya Putta
Treasurer: Elise Baron

Career Development and Resources
Chair: Christina Cajigas-Du Ross
Members: Sumit Bhutada, Metis Hasipek, Priya Putta

Communications
Chair: Kirsten Scarlett Evonuk
Members: Kelsey Bohn, Mihyun Hwang, Morgan Rogers-Carter

Mentorship/Advocacy
Chair: Emily Esakov
Members: Elise Baron, Defne Bayik, Christina Cajigas-Du Ross, Vivek Narayan, Jie "Jane" Yang

Social/Outreach
Chair: Benjamin Krishna
Members: Vijay Nagampalli, Vivek Narayan, Lingjun Zhang, Yee Peng Phoon

LGSA Leadership Team

President: Shilpa Rao
Executive Board: Abigail Dooley, Jasmine Gajeton and Gabrielle Mey
Members: Nazmin Bithi, Alan Chen, Morgan Engelhart, Morgan McGrath, Adya Sapra, and Ki-Soo Jeong, and William Massey