Summer is Right Around the Corner!

Summer is approaching fast as the COVID-19 pandemic continues. It is important to care for ourselves during this time by attending to both our physical and mental health. For our monthly feature article, Jasmine Gajeton provides trendy quarantine recipes to try at home. We also take a look at the pets of Lerner trainees, who provide comfort during difficult moments.

This month, we interview LRI alumnus Dr. David Kennedy, postdoctoral fellows Dr. Fatemeh Ramezani, and graduate student Dean Pontius. We also recap last month’s virtual LEADERS seminar presented by Dr. Amy Nowacki titled ‘Biostatistics, Part 2’.

Correction: In last month’s “Meet our Graduate Student” feature, we incorrectly stated that Nicholas Sarn is a CSU student. Nicholas is a CWRU student. We apologize for the error.
Where did you obtain your PhD? My PhD is from Joe Shapiro’s laboratory at the Medical College of Ohio (2006).

When did you work in Lerner and in which lab? What positions did you hold? I joined as a postdoctoral fellow in Dr. Roy L. Silverstein’s lab in 2007 as part of the David and Lindsay Morgenthaler Endowed Fellowship. After that, I joined Wilson Tang’s lab in 2011 as a Research Associate and then moved up the ladder as a Project Scientist in 2015.

What did you work on at Lerner? As a postdoctoral fellow in Dr. Roy L. Silverstein’s lab, I investigated the role of adipocytes and macrophage scavenger receptor CD36 in the development of inflammation and insulin resistance associated with obesity. In Wilson Tang’s lab, I worked on his funded clinical translational projects on nitrative stress in heart failure and with his support was also able to develop my own funded projects on Na⁺/K⁺ ATPase biology.

What successes did you have at Lerner? During my time at Lerner I was fortunate to publish 14 papers and be funded by a Postdoctoral Fellowship from the American Heart Association (2009), a Scientist Development Grant (2014) as well as Cleveland Clinic Clinical and Translational Science Award (CTSA) and Research Program Committee Awards which were instrumental in giving an impetus to my career. Equally important were the William E. Lower Award for Basic Science Research and Elsa Albrecht Fellow Award of which I received second place for both awards. I keep these plaques prominently displayed in my office as they are great reminders that there are many people who are much smarter than I am!

What is your current position title and where are you now? In 2015 I transitioned to a tenure track faculty position in the Department of Medicine at the University of Toledo College of Medicine and was recently promoted to Associate Professor with tenure.

What does your role in your current position entail and what is your favorite part? Besides teaching in the undergraduate, graduate, and medical school, I co-direct both the undergraduate and the medical school’s research curriculum on our Health Science campus. I also run a research lab which studies how interrelated organ systems such as heart, kidney, and liver regulate cellular damage (particularly inflammation and fibrosis) and repair during the course of chronic ailments such as hypertension and chronic kidney disease.

Given our community’s ties to and dependence on the Great Lakes as a source of clean water for drinking, recreation, fishing and agriculture, our laboratory also places a special emphasis on discovering new diagnostic, preventative and therapeutic strategies targeting cellular damage caused by environmental stressors which impair our water systems.

Additionally, I would acknowledge that working with and training students is the highlight of my day. We have a wonderful mix of undergraduate, graduate and medical students in the lab, and it is a privilege to be a part of their personal and professional development. One of my outstanding students, Robin Su, came to me from my friend Dr. Chris Moravec’s lab. He just successfully defended his dissertation this spring and is now starting the clinical portion of his MD/PhD. My Lerner connections still remain strong and I look forward to more in the future.

How did your time at Lerner prepare you for this position? My mentors provided me with exceptional training opportunities that encouraged my professional development. While I was a postdoc in Roy Silverstein’s lab, he encouraged me to pursue patenting and licensing a novel protein detection method which exposed me to important and relevant industry and commercialization practices. Wilson Tang taught me the importance of maintaining close ties between my research and clinically important problems that strengthened the translational aspects of my work. He also encouraged me to teach at Cleveland Clinic Lerner College of Medicine which was an invaluable experience for the teaching aspects of my current role.

Is there something you particularly miss from your time at Lerner? I miss the people and good friends I made across the board at Lerner – the scientists, core facilities staff, the maintenance crew and so many others. The camaraderie was exceptional and I still keep in touch with many of my friends who trained with me or worked there. One of my closest friends from Lerner, Dr. Bruce Levison, recently passed away and it was beautiful to see the outpouring of love and support from all of the good people in Lerner whom he touched. May his memory be a blessing!

In one sentence, what advice would you give current Lerner postdocs? Learn the names of all the people you work with – from custodians to colleagues – and take time to be genuine and friendly with them all, you will never regret it.
Meet your Fellow
Fatemeh Ramezani, PhD

Dr. Fatemeh Ramezani was born in Iran and received her bachelor’s degree in human nutritional sciences from Isfahan University of Medical Sciences, and her master’s degree in public health in nutrition from Tehran University of Medical Sciences and Health Services. After gaining experience working in hospitals and the food industry in Iran, she decided to pursue her research studies in molecular nutrition. Toward this goal, she received a graduate fellowship (UMGF) from the University of Manitoba in Canada in 2014 and continued her education in North America. Immediately after completion of her PhD project in human nutritional sciences, she joined Dr. Gail Cresci’s laboratory as a postdoctoral research fellow in the Department of Inflammation and Immunity at Cleveland Clinic to continue her nutrition research focusing on the gut microbiome.

For her graduate research, Dr. Ramezani was involved in a research team focused on individualizing the dietary interventions for preventing malnutrition in the hospital. She also worked in an ICU multidisciplinary team where she found a broad gap between dietitians and other team members. From her experiences, Dr. Ramezani developed knowledge about nutrition support using related guidelines (ASPEN), and mentored students and other staff dietitians to work in the ICU. She also conducted nutrition interventions to improve the energy and protein intake of patients. Concurrently, she collaborated with food scientists to formulate a new, low-cost, ready-to-use blenderized enteral formula for ICU patients.

For her PhD project in Dr. Miyoung Suh’s laboratory at the University of Manitoba, Dr. Ramezani investigated lipid metabolism and function of the male reproductive system during development in a rodent model challenged with fetal alcohol exposure and supplemented with dietary docosahexaenoic acid (DHA). Her study supported the need for further investigation to find the critical impact of dietary DHA in early life and during peripuberty on men’s reproductive health. During her graduate research, she published several research papers and books, and also received awards, including the Mitacs Accelerate Internship Award.

Dr. Ramezani feels fortunate to have found an opportunity to work in Dr. Cresci’s laboratory at Cleveland Clinic, as Dr. Cresci is a registered dietitian recognized for her excellence in both research and clinical practice. Dr. Ramezani joined Dr. Cresci’s laboratory in March 2019, and since then has been working to determine how to protect intestinal health in a mouse model of recurrent Clostridioides difficile colonization by supporting the gut microbiome and its bacterial by-products. In particular, she is investigating the protective role of a multi-strain, spore-forming probiotic supplementation in mice that recolonize C. difficile, and is exploring the underlying mechanisms behind recolonization. The partial results from her project were selected as a top 5 abstract and selected for the prestigious Harry M. Vars Awards competition for the ASPEN 2020 Nutrition Science & Practice Conference. A full research manuscript has also been accepted to be published in the Journal of Parenteral and Enteral Nutrition. In addition, preliminary results from the project have contributed to a research grant that she received from the ASPEN Rhoads Research Foundation as a principal investigator. Dr. Ramezani also contributed to writing an invited review paper with Dr. Cresci related to the early-life gut microbiome and the role of maternal lifestyle. This paper was recently published in the journal Nutrition in Clinical Practice and was also selected to be featured and further discussed in a podcast.

Outside of the laboratory, Dr. Ramezani enjoys being in nature, cycling, painting, watching documentaries, and spending time with her family.

“Dr. Gail Cresci is a registered dietitian recognized for her excellence in both research and clinical practice, and I was fortunate to find an opportunity to work in her lab at Cleveland Clinic to pursue shared research goals.”

-Dr. Fatemeh Ramezani
Dean Pontius is a graduate student who was recently awarded an NIH F31 Predoctoral Fellowship titled “Unraveling KLF4 dependency in metastatic osteosarcoma.” The goal of this proposal is to determine if the pluripotency factor KLF4 is necessary and sufficient for osteosarcoma lung metastasis through its role in maintaining and generating stem cell-like enhancer chromatin. Successful completion of this study will not only reveal new therapeutic targets and prognostic biomarkers, but may also inform the treatment of patients suffering from other metastatic cancers.

Dean is from Brookline, MA and attended Case Western Reserve University as an undergraduate where he majored in chemical engineering. As an undergraduate, his research focused on developing tools to improve cartilage tissue engineering. After graduation, he worked for a year as a research associate at a biotechnology company developing targeted growth factor drugs to treat osteoarthritis.

Currently, he is a Molecular Medicine PhD student in the laboratory of Dr. Peter Scacheri in the Genetics and Genomics department at CWRU. His project focuses on the role of transcription factors in mediating osteosarcoma metastasis. The Scacheri lab has described global changes in enhancer elements that occur when osteosarcoma gains the ability to metastasize. He is interested in the specific proteins acting upstream to generate and maintain these epigenomic changes throughout the different steps of the metastatic cascade.

Dean chose the Molecular Medicine PhD program because of its focus on translational research. He loved the idea that a patient-centric thread would be woven throughout the first year curriculum, connecting a deep understanding of basic biological concepts to improving patient care.

He also liked that the Molecular Medicine program was relatively new and, that as a result, the training experience was designed to set up graduates to succeed in the modern landscape of biomedical research.

He chose the Scacheri lab because he feels their research is great; he wasn't familiar with epigenetics prior to starting graduate school, but quickly became fascinated with how mechanisms that lead to transcriptional dysregulation cause disease. The projects in the Scacheri lab tackle this question from many angles using a variety of different experimental and computational techniques. As a mentor, Dr. Scacheri gives his students a lot of freedom to drive projects, while still being there to help navigate technical and conceptual challenges. On an equally important note, the people in the lab are awesome and he knew he would look forward to going to the lab during his time in grad school.

He chose his program because both the Lerner, and more broadly the Cleveland biomedical research community, have an amazing breadth of research areas in which they excel. Dean says that Lerner specifically has great career development opportunities to help trainees transition into the next stage of their career, whatever that may be. He also appreciates the community at Lerner, facilitated by the hard work people put into planning events. Outside of lab he enjoys running, biking, and baking.

“The expertise of clinical and research colleagues allows you to follow the most exciting questions that arise from your research.”

-Dean Pontius
Meet your LPDA & LGSA Leaders

Mihyun Hwang, PhD | Interim Chair of LPDA Communication Committee

Dr. Mihyun Hwang is from South Korea. She earned her DVM degree from Kyungpook National University in South Korea and received both her MS and PhD in veterinary pharmacology from the same university. She is working in Dr. Bergmann’s lab in the Department of Neurosciences. Her work primarily focuses on understanding the innate immune responses in the central nervous system (CNS), especially the role of type I interferons on different CNS resident cells upon virus infection. She is also working on the role of IL10R on astrocytes for virus-induced demyelination. She likes working at Cleveland Clinic because it has a great environment with cultural diversity, collaborations, and resources for researchers and it offers an atmosphere for researchers to enjoy their roles. When she is not working, she spends time with her family, cat and dog, doing crafts with kids, and enjoys outdoor gardening.

Isha Kapoor, PhD | LPDA Communication Committee

Dr. Isha Kapoor is from India. She earned her Master’s degree in biochemistry from Patna University, Patna, Bihar, India and a PhD in acute myeloid leukemia from CSIR-Central Drug Research Institute, Lucknow, India. Currently, she is working in Dr. Almasan’s lab in cancer biology. Her work primarily focuses on understanding how critical therapeutics work and why they fail to work in patients with B-cell lymphoid malignancies. Specifically, she is examining resistance mechanisms of inhibitors to the B-cell receptor and BCL-2 family proteins that are the key determinants of apoptosis. Her research experience at Cleveland Clinic is highly rewarding. She is also conscious of the outstanding research being pursued by various groups at Cleveland Clinic. The pursuit of knowledge and learning is the absolute goal of her life. Cleveland Clinic’s unique commitment to foster intellectual excellence is remarkable and attractive for her future pursuits. When Isha is not working, she loves hanging out with her family and playing with her little ones. Also, she enjoys cooking.

Morgan McGrath | LGSA General Member

Morgan McGrath is from the Cleveland area, specifically in Mayfield. She majored in biophysics and minored in neuroscience at Miami University. She is in the MSTP (Medical Scientist Training Program) at CWRU studying for an MD/PhD. She began in 2016, where she completed her first 2 years of medical school and now she is in her second year of her PhD here at Lerner. She chose the Case MSTP for its reputation for high quality research, numerous clinical opportunities, and the location in Cleveland, which is close to her home. In the laboratory of Dr. Jay Alberts, her dissertation project uses high school hockey teams to collect data on cumulative head impact exposures using an instrumented mouth guard. The goal was to correlate a whole season’s head impact dosage with pre- to post-season changes in cognitive testing results and advanced brain MRI techniques. Outside of work, Morgan loves to stay active and lives right near the Metroparks, where she likes to take her two-year-old chocolate lab on walks in the woods. She has played ice hockey since she was about three years old and feels lucky to have joined a women’s team in Cleveland so she can still play!
Upcoming Events

LEADERS Seminar Series

Stress Management & Resources During the Pandemic

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all Lerner Research Institute trainees.
- 12 sessions in 2020
- Receive a certificate of completion if 75% of sessions are attended.

WHO: Amy Freadling, PhD, LPCC-S, CEAP
    Director, Caring for Caregivers

WHEN: June 10, 2020
    2:00 – 3:00 PM

WHERE: Virtual (Zoom)
Applications and nominations are open for the 2020 Excellence Awards! The deadline for each award is Monday, June 15th at noon.

The Dr. Sylvain Brunet Award for Outstanding Accomplishment by a Graduate Student

Recognizes a graduate student who has achieved a significant accomplishment in their training. This award was established in loving memory of Dr. Brunet and commemorates his commitment to furthering research education opportunities for junior investigators. The awardee will receive a plaque, a cash prize and recognition at the LRI Awards for Excellence ceremony in July.

Guidelines for Submission:
- Nomination: Graduate students may apply by submitting a description with proof of a major accomplishment, substantiated by a letter from their mentor. The accomplishment could include a first author paper, presentation of a talk or poster at a national meeting, obtaining certification in a new area, attending a workshop and learning a new technique, or other things which the trainee and mentor view as an accomplishment.
- Questions may be directed to Dr. Moravec or to Sarah Kostiha Smith, RETC.

All documents must be submitted to Sarah Kostiha Smith, kostiha@ccf.org no later than June 15th at noon.

Dr. Sylvain Brunet received his PhD from McGill University, Montreal, Quebec in 1998. He joined the Department of Neurosciences in June of 2011, was appointed as Assistant Professor at the Department of Molecular Medicine, CCLM. Throughout his career, he made many important contributions to our understanding of the role of ion channels in cardiac diseases and arrhythmias. His recent work focused on the role of mitochondrial dysfunction in aging cardiac myocytes. In addition, he identified the role of kinases in functional recovery after ischemic injury to the white matter portion of the brain. He was the recipient of both a Postdoctoral Fellowship and a National Scientist Development Award from the American Heart Association, several foundation grants and NIH grants. He enthusiastically offered his expertise and experience to his collaborators in various fields ranging from neuroscience to cancer research. He was elected to the Editorial Advisory Board of the American Journal of Physiology-Cell Physiology (2015). He was an active member of CCLM Admission Committee since 2013 and took pride in selecting the best students who would become the best doctors of the future.

Questions?
Contact Sarah Kostiha Smith at kostiha@ccf.org
Upcoming Events

2020 Excellence Awards

Applications and nominations are open for the 2020 Excellence Awards! The deadline for each award is Monday, June 15th at noon.

Lerner Mentorship Award

The Lerner Postdoctoral Association and Lerner Graduate Student Association are pleased to accept nominations for the 2020 Lerner Mentorship Award. This is an opportunity for Lerner trainees to recognize a Principal Investigator who has shown exemplary mentorship. The winner will be honored at the LRI Awards for Excellence ceremony in July.

Nomination Guidelines

Trainees can nominate their Principal Investigator by submitting a nomination form to RETC@ccf.org.


Deadline: June 15th by 12:00 pm (noon)

Questions?

Contact Kelsey Bohn at bohnk@ccf.org

Application Deadline: June 15th by 12:00 pm (noon)

Upcoming Events

LGSA Coffee Hour

Calling all graduate students to join the LGSA!

Want to learn more? Join us for a coffee hour discussion on all LGSA has to offer on Thursday June 11th at 2pm

https://cwru.zoom.us/j/99712368383

Questions?
Contact Gabrielle Mey at meyg@ccf.org

President: Represents and advocates for the Lerner Graduate Student Community and helps direct the LGSA in meeting the needs and interests of graduate student

Chair of Professional Development: Organizes opportunities for graduate students to improve professional skills and learn about various career options

Chair of Student Engagement: Recognize academic achievements, provide opportunities and resources for students including academic development and health and wellness.

Chair of Community Outreach: Alerts students of outreach/volunteer opportunities, organizes groups of students to volunteer at community events, develop new outreach events.

Co-Chair of Public Relations (2 people): Manages and adds content to the LGSA website and Lerner Trainee newsletter (in collaboration with LPDA); maintains LGSA social media accounts, send flyers for event advertising to the Art and Photography department.

Other Volunteer positions:

LGSA General Member: Member of LGSA, attends LGSA monthly meetings, and may volunteer for specific event committees.

Committee Member: Member of a specific committee within LGSA, attends LGSA meetings, helps with committee centric events (such as newsletter committee or student engagement committee)

Special Events Volunteer: Member on call, does not attend LGSA meetings, is reachable by email for opportunities to volunteer for specific events (such as planning of graduate student appreciation week)

Chair of Graduate Student Appreciation Week: Works with Chair of Student Engagement to plan and execute graduate student appreciation week (usually takes place the first or second week of April each year). Will lead meetings for planning GSAW, assign roles for LGSA members to plan/attend/set-up/cleanup the events, and create a layout for the week events.
Upcoming Events

Lerner Postdoctoral Association Elections

The LPDA Executive Board is seeking applicants for the following vacant positions!

Co-president:
- Leads LPDA executive board meetings (monthly)
- Leads LPDA leadership council meeting (quarterly)
- Assists the subcommittee chairs as necessary
- Ensures that subcommittees are working in harmony
- Engages in the planning of LPDA activities with the leadership council
- Meets with RETC (quarterly)
- Enables communication between LPDA and RETC
- Addresses trainee concerns and complaints to appropriate channels

Coordinator:
- Takes minutes during monthly and quarterly meetings and disseminates to the LPDA executive board/leadership council
- Takes attendance of all the members during meetings
- Maintains records of the current LPDA members
- Books rooms for the monthly executive board and quarterly leadership council meetings
- Arranges food delivery for the leadership council meetings in collaboration with the treasurer
- Assists communication committee with the event announcements/Arts and Photo ordering

Communications Subcommittee Chair:
- In charge of the committee that organizes newsletters and event advertisement
- Meet monthly with the subcommittee to discuss the content of newsletter
- Coordinates with LGSA to organize sections on alumni/fellow feature, seminar recaps, accomplishment, monthly feature etc.
- Arranges advertisement of LPDA events
- Updates LinkedIn Social Media account
- Attends LPDA executive board meetings (monthly)
- Attends LPDA leadership council meetings (quarterly)

Mentorship/Advocacy Subcommittee Chair:
- In charge of the committee that advocates for postdocs and works on mentor-mentee interactions
- Meets monthly with the subcommittee to discuss/plan events e.g. Group Mentoring Roundtable, mentoring seminars
- Takes minutes during the meeting (or designate someone to)
- Attends LPDA executive board meetings (monthly)
- Attends LPDA leadership council meetings (quarterly)
- Addresses trainee concerns and complaints to appropriate channels

Eligibility: must be an active member of the LPDA leadership council

Interested? Contact Election Officer, Defne Bayik (watsond3@ccf.org)

Deadline: Friday, June 19th

Interested in joining the LPDA leadership council? All postdocs are welcome! Please reach out to lri-postdoc-assoc@ccf.org for more information about meetings and committees.
Did you miss the virtual LEADERS seminar on biostatistics presented by Dr. Amy Nowacki? Here is the recap!

We’re picking up where we left off as Dr. Amy Nowacki counts down the list of top ten common statistical errors in biological research publications. Last month we covered #10 through #6. Click here to read Part 1 in the May issue of the Lerner Trainee Newsletter. A copy of the slides from this presentation can be found on the intranet here.

#5 Not reporting whether or how adjustments were made for multiple hypothesis tests

When you report several $P$ values, you increase the risk of making a type 1 error. Remember that a type 1 error occurs when you reject the null hypothesis when in fact it is true, or in other words, a “false positive.” This problem can be encountered when performing multiple pair-wise comparisons, testing multiple endpoints influenced by the same set of explanatory variable, and comparing groups at multiple time points with a series of individual group comparisons. So, how do we control the type 1 error? This can be done in two different ways:

1. Control overall $\alpha$ (family-wise error rate or FWER): this controls the overall probability of making at least one false discovery.

Tests: Bonferroni correction and Sidak correction

2. Control false discovery (FDR): this controls the proportion of the false positives in relation to true positives.

Tests: Holm’s Step-down procedure and Benjamini-Hochberg procedure

Other well-known correction methods include Tukey’s procedure and Dunnet’s correction which both make use of the ANOVA test that allows you to test multiple groups to see if there is a significant difference between any of the groups. Remember that multiple testing isn’t bad, but you should not engage in “data dredging” which is computing many $P$ values until you find something that is statistically significant.

#4 Using Dynamite plots

Dynamite plots take up a lot of figure space in an article while giving very little information and so is an inefficient use of space. So, what should you do instead?

- Show every data point unless the sample size is too big.
- If the sample size is too big, show some summary measures (median, quartiles, outliers, etc.)
- Show a dot plot alone, box plot or violin plot alone, or both overlaid.

Remember: don't use bar graphs for continuous data! You don't need expensive software to do this. You can use web-based tools (provided in the presentation slides), Excel templates, GraphPad Prism, SPSS, and R.

Weissgerber (2017) JBC
Highlights from the LEADERS seminar - Biostatistics, Part 2
-Kelsey Bohn, PhD

#3 Interpreting studies with nonsignificant results and low power as “negative”, when they are inconclusive

It important to remember that in studies with low statistical power, results that are not statistically significant are not negative, they are **inconclusive**. For differences that are **clinically important** but not **statistically significant**, you should report the observed difference, the 95% CI for the difference, and the actual $P$ value of the comparison. Clinically important results shouldn’t be overlooked just because they are not statistically significant. This usually happens when you just don’t have large enough sample sizes.

#2 Claiming to prove the null hypothesis

We are NEVER proving or accepting the null hypothesis. We can only reject or fail to reject the null hypothesis. Remember that the absence of proof is not proof of absence and “not statistically different” is not the same as “no difference.” It is important to not interpret $P$ values by themselves, but rather to look at the study design (including sample size) as a whole.

#1 Confusing statistical significance with clinical importance

Small differences between large samples can be statistically significant but clinically unimportant. Large differences between small samples can be clinically important but not statistically significant. We really need to think about clinical importance and statistical importance holistically.

Some notes from Dr. Nowacki on how $P$ values should be reported:

1. $P$ is always italicized and capitalized.
2. Do not use 0 before the decimal point for statistical values $P$, alpha, and beta because they cannot equal 1, in other words, write $P<.001$ instead of $P<0.001$.
3. The actual $P$ value* should be expressed ($P=.04$) rather than expressing a statement of inequality ($P<.05$), unless $P<.001$.
4. $P$ values should not be listed as not significant (NS) since, for meta-analysis, the actual values are important and not providing exact $P$ values is a form of incomplete reporting.
5. If $P>.01$ then the $P$ value should always be expressed to 2 digits whether or not it is significant. When rounding, 3 digits is acceptable if rounding would change the significance of a value (e.g., you may write $P=.049$ instead of .05).

While these LEADERS seminars were a general overview of common biostatistical errors, Dr. Nowacki also offers two courses (Medical Biostatistics **Part 1** and **Part 2**). These courses are specifically designed for trainees and go into more detail if you are interested in learning more.

Medical Biostatistics Part I
- Tuesdays, 7-8am
- Course runs September - December
- Registration opens in July

Medical Biostatistics Part II
- Tuesdays, 7-8am
- Course runs January – April
- Registration opens at the beginning of January
We asked our Lerner Trainees to submit their favorite pet photo(s). Scroll through to see our first Virtual Pet Showcase! Thanks to all who participated!

-Jasmine Gajeton

Romeo
- Eunny's family

Nico
- Ann Wang

Dakota
- Lucas Osborn

Jade aka “BbJade”
- Jasmine Gajeton

Magnus & Xena
- Michael

Franklin & Darwin
- Caroline Schuerger

Pancakes
- Austin Barnett

Timmy
- Nazmin Bithi

Auri
- Megan Zangara

Jasmine
- Aysegul Balyimez

Hot Pepper Jelly
- Mihyun Hwang
We asked our Lerner Trainees to submit their favorite pet photo(s). Scroll through to see our first Virtual Pet Showcase! Thanks to all who participated!

-Jasmine Gajeton

Racetrack & Crashdown
Emily Dolson

Molasses
Elise Baron

Jefferson
Ellie Lamkin

Nova (L) & Hess (R)
Kirsten Evonuk

Kya & Nekoda
Iris & Jeff Smith

Eddie Elias
Michael Elias

Rosie Fink
Emily Fink

Ocean & Sky, the parakeets
Takae Brewer & Naomi

Silva
Sang Hoon Han

Herbie & Henry
Kelsey Bohn

Toffee
Emma Keller

Dexter
Olivia Stephens*
**Monthly Feature**

**Trendy Quarantine Recipes**

Behind on some of the viral quarantine recipes? Not to worry, try them out for yourself! Banana Bread and Sourdough Bread Starter Recipes are courtesy of our own Lerner Trainee, Rita Tohmé, PhD - see more of her baking adventures on [her Instagram](#) and follow her [recipes here](#)!

-Jasmine Gajeton

**Whipped Coffee, or “Dalgona” Coffee**

Use a 1:1:1 ratio of instant coffee, granulated sugar, and boiling water. Single serving recipe below:

- 2 tbsp instant coffee
- 2 tbsp granulated sugar
- 2 tbsp boiling water
- 1 cup milk of choice

1. Add the first 3 ingredients together in a mixing bowl.
2. Use a hand mixer and whip on a high speed for ~2’ until the color lightens. (Can add more sugar, if desired).
3. In a tall glass, add your milk and top with the “whipped” coffee. For iced coffee, add ice.

**Easy One-Bowl Banana Bread**

![Banana Bread](image)

**Ingredients (for 1 loaf):**
- 100 g Unsalted Butter, melted or 80 ml Vegetable Oil
- 2 Eggs, room temperature
- 120 ml Full Fat Yoghurt, room temperature
- 3 Large Bananas, very ripe and mashed.
- 1 teaspoon Vanilla Extract
- 1 Large Banana, to decorate, optional
- 225 g Plain Flour, sifted
- 75 g Brown Sugar
- 75 g Granulated Sugar
- 1 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- 1 teaspoon Cinnamon
- 1/2 teaspoon Cardamom
- 1 teaspoon All-Spice
- 1 teaspoon Salt

1. Preheat your oven at 180°C (350°F) and line loaf tin with baking parchments.
2. Whisk all dry ingredients (flour, sugar, baking powder, baking soda, salt, and spices) together in a large bowl.
3. Combine the rest of the ingredients in a separate bowl. Don’t worry about leaving small chunks of banana in the batter as they add to the flavor!
4. Add the wet ingredients into the dry ones and mix until just combined. Don’t over-mix the batter, otherwise your banana bread will turn out tough due to gluten developing.
5. Pour the batter into the prepared loaf tin and level with a spatula.
6. Cut a banana lengthwise into two thin slices and place on top of the loaf.
7. Bake at 180 °C (350 °F) for 50-60 minutes, or until an inserted toothpick comes out clean.
Monthly Feature

Trendy Quarantine Recipes

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-Jasmine Gajeton

Step-by-step Roadmap for a Strong Sourdough Starter

Ingredients and Instruments

-A non-reactive jar with a lid (glass, stainless steel, food-grade plastic)
-A 4:1 blend of organic wholemeal bread flour and dark rye flour or 100% strong bread flour.
-Filtered water
-Small spatula or chopstick
-A digital thermometer
-A digital scale

DAY 1: 7 PM
Generating a starter begins with making a culture, which is basically a 50/50 combination of flour and water. Once the flour is mixed with water, microorganisms (wild yeasts and bacteria present in the flour and in the air) are activated and begin to ferment spontaneously. After the fermentation starts, you will need to feed the culture regularly until it is consistently active and has predictable rising times. First, get a clean glass jar and weigh it while it is empty. Record the weight of the jar. Add 40 g of organic wholemeal bread flour and 10 g of organic dark rye flour (you could also use other unbleached types of flour). Add 50 mL tepid water (80 °F). Use your spatula to vigorously mix together until your flour is hydrated. Vigorous mixing will incorporate airborne yeast. Mark the level of the starter on the jar so you can measure the rise. Cover loosely with the lid and place the starter in a warm environment for 24 hours.

PICK A NAME FOR YOUR STARTER!
It’s a tradition to name your starter! You could call it anything you like or go towards a fun and catchy name: e.g. Clint Yeastwood, Bread Pitt, John Dough, Carrie Breadshaw, or even Dough Exotic!

DAY 2: 7 PM
Remove all but 25 g of your starter (that’s the weight of your empty jar + 25 g) and discard it or compost. Add 50 mL tepid (80 °F). Use your spatula or chopstick to mix together starter and water. Add your flour mix. Use your spatula or chopstick to vigorously mix everything until no pockets of flour remain and your flour is hydrated. Mark the level of the starter on the jar and place the starter in a warm environment for 24 hours. Note: This is a 1:2:2 feeding, where you are adding 1 quantity of starter + 2 quantities of flour + 2 quantities of water at a 100% hydration (equal flour and water content). While we are discarding the discard in the initial stages as the starter is not strong enough, you could eventually start using it for multiple easy recipes.
Trendy Quarantine Recipes

Behind on some of the viral quarantine recipes? Not to worry, try them out for yourself! Banana Bread and Sourdough Bread Starter Recipes are courtesy of our own Lerner Trainee, Rita Tohmé, PhD - see more of her baking adventures on her Instagram and follow her recipes here!

-Jasmine Gajeton

Step-by-step Roadmap for a Strong Sourdough Starter cont.

**DAY 3: 7 PM**
Same as Day 2. *Note: you might see some growth and scattered carbon dioxide bubbles at this point but it usually ceases after a couple days as the initial growth is due to some other bacteria build up. Don’t think that you killed your starter if this happens.*

**DAY 4: 7 PM**
From now on, you are going to feed your starter with a 1:3:3 feeding, once in the morning and once at night. Discard all but 25 g of the starter and feed it with 75 g of your flour mix and 75 mL water. Add the water first and mix to make sure all your remaining starter is well dissolved before adding the flour and mixing it again. Mark the level of the starter on the jar and place the starter in a warm environment for 24 hours.

*Note: you will probably start seeing more pronounced fermentation bubbles and the starter growing beyond the marked level at this stage but even if you don’t, keep going. It just means that your starter isn’t strong enough yet and requires a few more feedings to get there.*

**Day 5 – Day 14: 7 AM- 7 PM**
Now you will just repeat the same process as in day 4, feeding once a day. You might need to feed it twice a day if you see it doubling in size within 12 hours and leveling back down (it means the starter is hungry!). You could reduce your feeding to 1:2:2 if you’re doing it twice a day. Don’t forget to mark the level of the starter on the jar.

By day 14 (it might take less, it might 21 days), the starter should be strong, full of bubbles, consistently dramatically doubling in size within 4-8 hours and ready to use to make sourdough breads. It should have a tangy aroma which is pleasantly acidic, but not overpowering. When the starter ferments, rises and falls predictably, you are ready to prepare a levain and use it for your first bread dough.
Now Hiring

Postdoctoral Fellow, Department of Pathology and Neuroscience | Case Western Reserve University
Dr. Wenquan Zou seeks an outstanding postdoctoral fellow to elucidate the pathogenesis and early diagnoses of neurodegenerative disease that are associated with misfolded proteins. This includes Parkinson’s, Prion Diseases and Alzheimer’s Disease. You will use in vitro biochemical studies with human tissue, culture cells, and recombinant proteins in vivo. A successful applicant will have hands-on experience with E. coli recombinant protein production and RT-QuIC and sPMCA. To read related publications and learn more about this opportunity click here.

Assistant Scientific Editor | Cell Reports
Cell Reports is seeking a full-time scientific editor with expertise in metabolism to join the open access journal’s editorial staff. The core responsibilities of this job include 1) recruiting exciting research reviews and manuscripts 2) overseeing the peer-review process, 3) engaging the scientific community in their labs and at conferences, 4) establishing effective relationships with the metabolism research community, and 5) assessing submitted research papers. An ideal applicant will have a PhD, a talent for clear communication, strong global connections, and excellent interpersonal and networking skills. This full-time in-house editorial position can be based in Cambridge, MA, Amsterdam, or Oxford, UK. For more details click here.

Adjunct Faculty, Biology | Cuyahoga Community College
The Tri-C campus in Warrensville Heights seeks part-time lecturers in Biology for the 2020-2021 Academic Year. The courses you will be asked to teach will depend on your area of expertise and scheduling demand. Applicants must have an M.S. or higher in Biology and advanced verbal, written, interpersonal, and organizational skills. You will be asked to submit a cover letter, resume, and unofficial graduate transcripts. For more details click here.

Research Scientist | Athersys
Athersys, in Cleveland, OH, is seeking a scientist with a deep understanding of cellular biology, monocyte/macrophage biology and myeloid cell contribution to post-injury inflammatory processes. Extensive experience with the culture, functional characterization and molecular profiling of immune cells is required, along with flow cytometry. You will be expected to design and execute experiments to further characterize the mechanisms of action and potency of multistem cell therapy. A PhD and 3-5 years of postdoctoral experience is required. For more details click here.

Assistant or Associate Professor, Cancer Biology | University of Cincinnati
The Department of Cancer Biology at the University of Cincinnati College of Medicine seeks a highly qualified research to join their faculty. The department is partnered with the Cincinnati Children’s Hospital Medical Center and UC Cancer center, which offers a highly collaborative environment that is supported by recent investment in the infrastructure and core facilities. The successful candidate will bring expertise in hormone receptor biology, gene regulation, autophagy, tumor metabolism, oncogenic signaling and/or genome integrity. Lab space and competitive start-up funds are available. Candidates will have a outstanding publication record and evidence of acquiring external funding. For more details click here.

Postdoctoral Fellow, Translational Development in Immunology and Inflammation | Celgene
An industry-tailored postdoctoral position is available in Akron at Celgene to study human immune biology, including rheumatoid arthritis, IBS, and autoimmune disorders. An ideal candidate will have experience with ELISA, RT-PCR, and viral transduction. For more details click here.
Congratulations to Dr. Joon Yul Choi from the Epilepsy Center in the Neurological Institute!


He also published an article titled “CycleGAN-based deep learning technique for artifact reduction in fundus photography” in *Graefe’s Archive for Clinical and Experimental Ophthalmology*. For more details, click here.

Congratulations to Megan T. Zangara from the Eng lab in the Department of Genomic Medicine!

Megan T. Zangara was selected to give a talk at The Virtual Microbiome Summit 2020 on Zoom. The title of the talk was "Common Food Additives Accelerate Onset of Inflammatory Bowel Disease in Mice and Alter Microbiome Composition."

Congratulations to Dr. Fatemeh Ramezani from the Cresci lab in the Department of Inflammation & Immunity!

Dr. Fatemeh Ramezani published an article titled "Early-Life Gut Microbiome—The Importance of Maternal and Infant Factors in Its Establishment" in *Nutrition in Clinical Practice*. For more details, click here. This paper has been selected to be discussed in a podcast. For more details, click here.

We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email lri-postdoc-assoc@ccf.org
Congratulations to Dr. Benjamin Krishna from the O’Connor lab in the Department of Genomic Medicine!

Dr. Benjamin Krishna from Christine O’Connor’s lab in Genomic Medicine won a travel award to attend the American Society for Virology 2020 conference in Fort Collins, Colorado. The title of the talk was “HCMV modulates AP-1 activation to control the balance between latency and reactivation.”

Congratulations to Dr. Suheyla Hasgur from the Valujskikh lab in the Department of Inflammation and Immunity!

Dr. Suheyla Hasgur published an article titled “B Cell-Derived IL-1β and IL-6 Drive T Cell Reconstitution Following Lymphoablation” in the American Journal of Transplantation. For more details, click here.

We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email lri-postdoc-assoc@ccf.org
Wellness Resources

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

General Resource Inquiries

For Postdoctoral Fellows

Kelsey Bohn, PhD
Postdoctoral Program Manager
Research Education and Training Center
bohnk@ccf.org

For Graduate Students

Sarah Kostiha-Smith, MEd, MBA
Predoctoral Training Program Manager
kostihs@ccf.org

Case Western Reserve University
gradstudies@case.edu, (216) 368-4390

Cleveland State University
engagedgrad@csuohio.edu, (216) 687-5013

Kent State University
graduestudies@kent.edu, (330) 672-1911

University of Akron
gradsch@uakron.edu, (330) 972-7663
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; Isha Kapoor, PhD; Morgan Rogers-Carter, PhD; Maksim Sinyuk, PhD

LGSA Communications Team
Abigail Dooley, Jasmine Gajeton

LPDA Leadership Council

Executive Board
Co-Presidents: Defne Bayik, Maksim Sinyuk
Secretary: Nneha Sakre
Treasurer: Elise Baron

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

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

Communication
Interim Chair: Mihyun Hwang
Members: Kelsey Bohn, Kirsten Evonuk, Isha Kapoor, Morgan Rogers-Carter and Maksim Sinyuk

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

LGSA Leadership Team

President: Gabrielle Mey
Chair of Public Relations: Abigail Dooley
Chair of Community Outreach: Morgan Engelhart
Chair of Student Engagement: Nazmin Bithi
Chair of Professional Development: Shilpa Rao
General Members: Kristin Allan, Morgan McGrath, Katie Troike, Alyson Wolk, Raneem Khedraki