Congratulations to Drs. Serpil Erzurum and Dawn Taylor, who were recently honored as “Notable Women in STEM” by Crain’s Cleveland Business!

On March 25th, we have a LEADERS seminar on professional communication, hosted by RETC. This month we feature Lerner alumnus Dr. Rick Page, our fellow postdoc Dr. Yasunobu Nagata and our LPDA Executive Board members.

We also have a career development seminar on March 15th with Dr. Daria Fedyukina on how to transition into a business career. This newsletter includes a recap of the two most recent LEADERS seminars.

Don’t forget to submit your accomplishments so they can be featured in our newsletter and, as always, stay active on our LinkedIn group.

~ LPDA Communication Team

Join our LinkedIn group

The Lerner Postdoctoral Association and Alumni Network is a group of current and former postdoctoral fellows, research associates and graduate students at Cleveland Clinic Lerner Research Institute. Our goals are to provide opportunities for career development, networking, and highlighting our scientific achievements. We also post reminders about upcoming events, so make sure to turn on notifications.

Request to join today and tell all of your fellow trainees!
LPDA Executive Board
Co-Presidents: Defne Bayik and Timothy Mead
Secretary: Nneha Sakre  Treasurer: Madhav Sankunny

Subcommittees

Career Development and Resources
Chair: Elizabeth Sweeny
Members: Christina Cajigas-Du Ross, Vishal Nanavaty, Nneha Sakre, Madhav Sankunny, Xiaoqin Wu, and Nara Yoon
- Career development seminars
- Professional development workshops
- Teaching opportunities at local schools and universities
- Career/training opportunities in collaboration with RETC and Lerner Graduate Studies Association (LGSA)

Mentorship/Advocacy
Chair: Iris Smith
Members: Elise Bara, Defne Bayik, Sudipta Biswas, Christina Cajigas-Du Ross, Emily Esakov, Vivek Narayan, and Jie "Jane" Yang
- Research mentorship network in collaboration with LGSA
- Mentorship seminars and workshops
- Mentor graduate students
- Address concerns and complaints to appropriate channels
- Interact with RETC and the Lerner Central Office

Communication
Chair: Chinthasagar Bastian
Members: Suhail Andrabi, Kelsey Bohn, Xiaoguang Fang, Mihyun Hwang, Isha Kapoor, Benjamin Krishna, and Ashley Nemes
- Advertise postdoc-related events
- Social media (LinkedIn)
- Monthly postdoctoral fellow newsletter

Social/Outreach
Chair: Aimalie Hardaway
Members: Tim Mead, Vijay Nagampalli, Vivek Narayan, Nneha Sakre, and Lingjun Zhang
- Social events
- Promote networking opportunities
- Community outreach
In which lab were you a postdoc? How long ago?
I was a postdoctoral fellow in Saurav Misra's lab in the Department of Molecular Cardiology from 2008-2013.

What did you work on at Lerner?
I worked on protein quality control by the ubiquitin ligase CHIP, and structural requirements for the interaction of filamin A with ligands.

Where are you now, and what do you work on?
I am now an Associate Professor and Assistant Department Chair in the Department of Chemistry and Biochemistry at Miami University. My lab works on structural and biophysical studies of protein quality control, antibiotic resistance, and protein-polymer bioconjugates.

How did your time at LRI prepare you for your current role?
During my time at LRI, I was appointed to the Postdoc Oversight Committee which opened the door for me and four other postdocs to start the LRI Postdoctoral Association. My interactions with the LRI administration and efforts in organizing and starting the LRI Postdoctoral Association gave me valuable experience in how to manage people and how to interface between scientists in the lab and people in administrative roles in a way that bridges divides and advances shared goals.

Is there something you particularly miss from your time at LRI?
I miss being in a connected set of buildings with such a diverse array of science. In a university setting, the physical separation of buildings makes it more difficult to track science across so many disciplines.

How was the transition to your current role?
Pretty smooth; our lab got off to a quick start solving a crystal structure in our second month and that set the tone for our next four years to publish 16 papers.

What is your favorite part of your current job?
I love mentoring students in the lab. The moments when I can help them make real connections between their work in our lab and the content they learn in their lecture courses are a lot of fun.

In one sentence, what advice would you give current Lerner postdocs?
Use your time as a postdoc to expand your toolbox of scientific skills and lay the groundwork for what you want to do next in your career so that when you transition to the next position you can hit the ground running.

“Use your time as a postdoc to expand your toolbox of scientific skills and lay the groundwork for what you want to do next in your career so that when you transition to the next position you can hit the ground running.”

-Dr. Rick Page

Interview with a Lerner Alumnus - Dr. Rick Page
Dr. Yasunobu Nagata, who recently published in *Blood*, is from Japan where he earned his MD and PhD degrees. He worked as a physician for five years, and then earned his PhD in four years, developing next generation sequencing methods at the Human Genome Center of Tokyo University.

Dr. Nagata says, “I had the privilege of being trained by Professor Ogawa, who has perhaps the most prominent genomics laboratory in Japan. During my time at the University of Tokyo, I became proficient in comprehensive genome analysis and identified novel classes of mutated genes. After publishing multiple high-profile papers, I wanted to work at a different world-class center for genomic research. I had previously collaborated with Dr. Maciejewski’s group at Cleveland Clinic, and so I was recruited to the Department of Translational Hematology and Oncology Research in 2016.”

Dr. Yasunobu Nagata’s research focuses on comprehensive genetic analyses of hematologic cancers, especially myelodysplastic syndromes (MDS). He specializes in finding associations between clinical parameters such as survival, response to treatment, or frequencies of side effects, and genetic alterations. Most recently, he detailed the pathogenicity of germline alterations of SAMD9/SAMD9L in MDS. Dr. Nagata has received numerous prestigious awards including the Alumni Association Career Development Postdoctoral Fellow Award at Lerner Research Institute of Cleveland Clinic and the Young Investigator Award of the Japanese Cancer Association in 2018. He was also invited to give a podium talk at the International Cancer Symposium, held in Japan. He loves to spend his free time with family or watching professional sports, especially the Cleveland Cavaliers and Indians. He also likes to travel, especially to the national parks.

“It is a great pleasure to be a researcher at CCF”

-Dr. Nagata
Dr. Mead Timothy was born and grew up in Fremont, Ohio. He attended the University of Dayton, majored in Pre-Medicine, and did his graduate work in the Molecular and Developmental Biology Program at Cincinnati Children’s Hospital Medical Center. He works with Suneel Apte in the Department of Biomedical Engineering, focusing on the role of extracellular matrix in cardiac development and disease. Specifically, he investigates the role of ADAMTS proteases and how they remodel the extracellular matrix during heart development and assesses the ramifications of their absence in congenital malformations. He was awarded the Morgenthaler Postdoctoral Fellowship and chose to work at Cleveland Clinic due to its national recognition as a world leader in cardiac care. He has been able to collaborate with many physician scientists and obtain specimens for his research that aren’t readily available elsewhere. Outside of work, his time is devoted to his family, his children’s various activities, and watching and playing sports. Go Browns!

“Cleveland Clinic is a world leader in cardiac care”
-Dr. Mead

Dr. Watson Defne Bayik is from Antalya, Turkey. The city is located on the Mediterranean coast and part of Turkish Riviera. She received her BS from Bilkent University, Turkey, and completed her PhD in immunology at the National Cancer Institute as part of the Graduate Partnership Program. She is interrogating the sexual dimorphism in glioblastoma immune response and the differential role of myeloid-derived suppressor cell subsets in glioblastoma immunosuppression, with the aim of developing more effective immunotherapies. Her mentor, Justin D. Lathia, is a world-renowned expert in glioblastoma. In addition to a very strong basic science program, LRI has clinical collaborators that enable high-impact research and translate the findings to improve patient outcome. She enjoys reading and playing piano. Traveling, hiking and playing tennis are some of her hobbies.

“Cleveland Clinic enables us to do high-impact research and translate our findings to improve patient outcome”
-Dr. Watson

Dr. Nneha Sakre, originally from India, is a research associate in the Department of Translational Hematology Oncology Research. Currently, she is studying the mechanisms underlying resistance of EGFR-specific tyrosine kinase inhibitors in lung carcinogenesis in Dr. Saunthararajah’s lab. Dr. Sakre received her PhD from Dr. Babasaheb Ambedkar Marathwada University, Maharashtra, India. She came to the United States and worked as a postdoc at Case Western Reserve University in Dr. Dowlati’s lab. During her career, she has published 22 scientific papers in top tier peer-reviewed journals. She enjoys working amongst culturally diverse colleagues at Cleveland Clinic. When she is not in the laboratory, she likes to go bowling, hiking, painting, learning Indian classical dance and attending sporting events with friends and family. Her 9-year-old daughter is her pride and joy.

“Cleveland Clinic has cultural diversity and appreciation of the talent”
-Dr. Sakre
UPCOMING EVENTS

Lerner Experience in Advanced Development of Educational and Research Skills (LEADERS)

Getting the Most from Your Mentor

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all postdoctoral fellows and graduate students.
- 20 sessions in 2019
- Receive a certificate of completion if 75% of sessions are attended.

WHO: Donna Driscoll, PhD
- Department of Cardiovascular & Metabolic Sciences, LRI
- Director of LRI Faculty Center
- Interim Vice Chair of Cancer Biology, LRI

WHEN: April 8, 2019
3:00 - 4:00 pm

WHERE: NE1-205

Professional Communication

- Provides Lerner trainees with career development tools that will accelerate their professional development.
- Sessions open to all postdoctoral fellows and graduate students.
- 20 sessions in 2019
- Receive a certificate of completion if 75% of sessions are attended.

WHO: Shannon Barnes, MA
- Communications Director, LRI

WHEN: March 25, 2019
3:00 - 4:00 pm

WHERE: NE1-205

A.L.I.C.E (Alert, Lockdown, Inform, Counter, Evacuate)

Lunch and Learn

March 13th 11:00 AM- 12:30 PM
Location TT1-100

Caregivers are invited to this A.L.I.C.E (Alert, Lockdown, Inform, Counter, Evacuate) lunch and learn. Continuing education units will be available. This is in conjunction with National Patient Safety Week. No registration is required.
UPCOMING EVENTS

The Lerner Postdoctoral Association
Career Development Seminar Series

Case Study:
From Grad School to Business Career without Postdoc or MBA

Daria Fedyukina, Ph.D.

Friday, March 15th
NE1-205  2:00-3:00pm
RECENT EVENTS

Highlights from LEADERS Seminars

-Isha Kapoor, PhD

Did you miss the LEADERS seminar on ‘Setting your Career Goals’ by Dr. Christine Moravec on February 11, 2019? Here is a recap of the seminar!

Dr. Christine Moravec, Director of the Research Education and Training Center (RETC) opened the 2019 LEADERS seminar series with a stimulating and interactive talk on ‘Setting your Career Goals’ for aspiring postdoctoral fellows and graduate students. She shared her goals to ensure that all trainees receive exceptional guidance and support with their career development at Lerner Research Institute. Dr. Moravec advised trainees to set Specific, Measurable, Attainable, Realistic and Timely goals for success. She defined goals as something one wants, a target, commitment to oneself to take action, a roadmap or a dream with a finish line. She encouraged trainees to make specific plans every day, work hard, act wisely and demonstrate success in their tasks which would enable them to achieve their long term goals. Based on her experiences, she inspired the trainees to be proactive and define their own niche. She emphasized ‘Act! Don’t react’. She also highlighted the importance to reflect, re-assess and revise the set goals as circumstances change, and not to wait for things to happen on their own. There is nothing wrong with changing goals!

Dr. Moravec shared the secret of success with the trainees by advocating to set goals that decrease their stress level. This enables them to have internal control and minimize the need to influence external conditions. She discussed that a certain amount of stress can be helpful and increase productivity. However, stress beyond an individual’s optimum level hinders productivity and growth. Lastly, she emphasized focusing on ourselves and taking control of our actions and thus our future. She concluded the session reiterating the message that it is never too late to set a goal and strategically plan for a rewarding journey—‘Failing to Plan is Planning to Fail’.

-End of text-
Did you miss the LEADERS seminar on **Resources Available to Lerner Trainees** by Dr. Kelsey Bohn and Sarah Kostiha Smith on February 25, 2019? Here is a recap of the seminar!

The 2nd LEADERS seminar session was hosted by Kelsey Bohn, PhD, and Sarah Kostiha Smith, MEd, MBA, from RETC. Kelsey works as a postdoctoral program manager and provides administrative support to postdocs and research scholars in regard to their benefits, paychecks, reappointments, and any other assistance they may need. Sarah works closely with predoctoral fellows and graduate students as a predoctoral program manager. Kelsey and Sarah opened the seminar by giving an overview of RETC. Kelsey and Sarah also brought to our attention a comprehensive list of resources at Lerner, as well as other external resources for overall trainee support and better training experience. They highlighted the role and importance of Lerner’s Compliance Education Office. Trainees can easily reach out to Abby Bifano, Research Regulatory & QA Manager, at the Compliance Education Office for assistance in conducting research in compliance with federal, state, local, and CCF policies.

Kelsey and Sarah also mentioned the Cleveland Clinic Caring for Caregivers Program for expert, confidential, and free support to trainees in events of challenging situations related to personal, marital, family, socio-economic or professional concerns. The Lerner appreciates the participation of trainees from diverse foreign countries and provides support to its international researchers to practice and master their conversational English skills through its Conversational English Program.

Other important resources for trainee support include the National Postdoctoral Association (NPA), BioOhio and Cleveland Health-Tech Corridor. Cleveland Clinic is an institutional member of the NPA and trainees can directly access several career-oriented webinars, current job openings, alternative career options and other related information at NPA. The PowerPoint presentation from this seminar was emailed to all trainees. Please email RETC@ccf.org for a copy or with any other questions.
The National Postdoctoral Association (NPA) hosts a monthly webinar called myPostdocMonthly. As trainees at the Cleveland Clinic, all postdocs are automatically members of the NPA and can sign up for an affiliated membership with Cleveland Clinic for free. We will be including a recurring section in the LPDA newsletter recapping these useful webinars. This month, the topic is “Managing Imposter Syndrome.” This webinar was presented by Dr. Sarah Blithe, Associate Professor and Graduate Studies Director at University of Nevada, Reno. The following is a summary of the material that she shared.

**What is imposter syndrome?** Imposter syndrome was first defined in the 1970s by psychologists Suzanna Imes and Pauline Rose Clance. It occurs when accomplished professionals feel as if they are fake or undeserving of their positions or accomplishments. It is a cognitive and social distortion which prevents individuals from internalizing success, compliments, and any sense of achievement. People who experience this may think they are about to be exposed as a fraud, that they do not deserve their professional positions, and that people who praise them are either biased or fooled. Accomplishments are usually regarded as attained through luck or chance. Often people miss out on opportunities to develop expertise and engage in self-sabotaging behaviors. Imposter syndrome is correlated with introversion, neuroticism, perfectionism, anxiety, and low self-esteem.

**Who suffers from imposter syndrome?** Postdocs are especially susceptible to suffering from imposter syndrome. They are expected to be experts in their field while being in the middle ground between principal investigators and graduate students. Postdocs have a responsibility of leadership in the lab and have a lot to prove with unclear expectations at times. Researchers receive more feedback than people in other careers through manuscript and grant reviews, formal annual feedback, teaching evaluations, and presentation critiques. Failure is an inherent part of the process and it is sometimes easier to focus on negative feedback and criticism than praise. Women and people from underrepresented backgrounds have been shown to experience imposter syndrome more than other populations. More people suffer from it than you realize!

**What are some actions to take for managing imposter syndrome?** Dr. Blithe recommends seeking out mentors that you feel comfortable with to talk about it. Chances are that they have felt this way too. Enroll in training sessions or engage in on-the-job learning to improve your self-confidence. Try interacting informally with people in your field. The longer you are in a field, the less you will feel the effects of imposter syndrome, usually decreasing after four years of professional practice. Remember that being different is not being inferior and accept that everyone takes their own path.

The webinar concluded with a list of strategies such as focusing on the value you bring to a project, not comparing yourself to others, and embracing resourcefulness. To listen to the webinar and get the full list, you can visit the [NPA website](http://npa.org). Also, remember to check out the other great tools that the NPA has to offer including career planning resources, job postings, and more.
LOOKING FOR A JOB? NOW HIRING!

Multiple Postdoctoral Fellow Positions (Computational biology)- Cold Spring Harbor Laboratory
Cold Spring Harbor Laboratory invites applications for post-doctoral positions in the laboratory of Dr. Jesse Gillis and colleagues. The successful candidates will join a team at CSHL working to understand the molecular and functional basis of cellular properties, focusing on mammalian brains. Candidates with a graduate degree and 1-3 years of prior experience are encouraged to apply.
For more details click here

Postdoctoral Fellow Position in Harvard Medical School For Obesity-Related Neuroscience Research
Two postdoctoral positions are available in the Ozcan Laboratory in the Division of Endocrinology, Boston Children’s Hospital, Harvard Medical School. The ideal candidates for both positions should have a PhD, MD or MD/PhD degrees with strong experience in neuroscience and molecular biology evident by peer-reviewed publications in reputable journals.
For more details click here

Faculty Tenure Track-9 Mo (Biological Sciences) Kent State University, Kent Campus
Kent State University’s Department of Biological Sciences seeks applicants for a full-time, tenure-track faculty member, open rank, in the area of Developmental Neuroscience. A PhD in neuroscience or related field with postdoctoral experience and a strong history of recent publications in peer-reviewed journals is desired.
For more details click here

Research Scientist (Bioassay Development)- Eli Lilly and Company, Greenfield, Indiana
The Research Scientist will use their skills and knowledge in Assay Development and Cell Biology to plan, organize and conduct assays on biopharmaceuticals and vaccines. The incumbent will participate in testing and analysis on therapeutic/preventative molecules in the Elanco Research Laboratories by designing novel cell-based bioassays. PhD degree in a relevant scientific discipline (molecular biology, microbiology, analytical chemistry, cellular biology, or biochemistry) with 2 years experience or MS degree with 10 years of experience in assay development (diagnostic, clinical, analytical, etc.) is desired.
For more details click here

Assistant/Associate/Full Professor - Microbiology, Immunology and Cell Biology- 10341 West Virginia University
The Department of Microbiology, Immunology and Cell Biology seeks a distinguished scientist as tenure-track faculty (rank open) to further its scientific exploration and discovery that targets cancer immunotherapy. Education required PhD or MD/PhD degree and a track record of independent research, demonstrated by high quality publications in peer-reviewed journals and extramural funding commensurate with years of experience.
For more details click here

Scientist, Discovery Biology - Oncology-BIO005454 Merck & Co
Looking for a highly motivated scientist to join the Discovery Oncology team at the new Merck South San Francisco facility. Minimum qualifications include BS or MS in Biology, Physiology, Molecular Biology or a related field with a minimum 3 years work experience in industry and/or academia.
For more details click here
Congratulations to Dr. Hassan Awada from the Maciejewski lab in the Department of Translational Hematology and Oncology Research!

Dr. Awada published an original article titled “Invariant phenotype and molecular association of biallelic TET2 mutant myeloid neoplasia” in *Blood Advances* February 2019. For more details, click here.

Congratulations to Dr. Carlos Sanz-Garcia from the Nagy lab in the Department of Immunity and Inflammation!

Dr. Sanz-Garcia published an original article titled “The non-transcriptional activity of IRF3 modulates hepatic immune cell populations in acute on chronic ethanol administration in mice” in *Journal of Hepatology* January 2019. For more details, click here.

Congratulations to Dr. Sumeda Nandadasa from the Apte lab in the Department of Biomedical Engineering!

Dr. Nandadasa published an original article titled “Secreted metalloproteases ADAMTS9 and ADAMTS20 have a non-canonical role in ciliary vesicle growth during ciliogenesis” in *Nature Communications* February 2019. For more details, click here.
Congratulations to Dr. Jordon Dunham from the Trapp lab in the Department of Neurosciences!

Dr. Dunham received a National Multiple Sclerosis Society Postdoctoral Fellowship as Principal Investigator, titled, “Neuronal morphology and expression profiles in a novel sub-variant of MS.” The goal of this project is to evaluate cortical neurons in a novel sub-variant of MS.

Congratulations to Dr. Kirsten Evonuk from the DeSilva lab in the Department of Neurosciences!

Dr. Evonuk received a National Multiple Sclerosis Society Postdoctoral Fellowship as Principal Investigator, titled, “Selective deletion of AMPA-type glutamate receptors on oligodendrocytes is neuroprotective in autoimmune demyelination.” The goal of this project is to study excitotoxic glutamate in a mouse model of multiple sclerosis using genetic approaches to selectively delete glutamate receptors from myelin and the cells that generate new myelin. This may result in new avenues of research in neuroprotective therapies, i.e., treatments that directly protect the brain and spinal cord to prevent progressive disability, and regenerative therapies that may assist with remyelination.
Seeking talented writers

Interested in writing an article for the LPDA newsletter?

We invite our fellow postdocs and research associates to send us your non-scientific articles of interest to our readers to be featured in our monthly newsletter.

Topics could range from a travel article to a write-up on ‘Things to do in Cleveland’. Be creative! Please include photos (preferably taken by you).

*Please note that all articles and photos are moderated and submission does not guarantee automatic publishing in the newsletter.

Thanks!
The LPDA Communications Team

Please submit your articles to the LPDA at lri-postdoc-assoc@ccf.org.
GET INVOLVED!

Did you publish a paper recently or receive a grant or award? We want to highlight your accomplishments in the next newsletter! As part of the LPDA, we strive to improve this organization to its maximum potential. To do so, we will need the participation and input of all postdoctoral fellows and research associates. If you would like to be involved with our events or have any suggestions or accomplishments we can highlight, please email lri-postdoc-assoc@ccf.org.

LPDA Communications Team

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