The leaves are falling and the weather is getting colder. Holidays are approaching and we have a lot to be thankful for. This time of year is great to reflect on all that we have accomplished and set goals for the future. In this newsletter Dr. Kelsey Bohn summarizes a past webinar from the National Postdoc Association about anxiety and its effects on career advancement.

This month we feature Lerner alumna Dr. Katayoun Ayasoufi, fellow Dr. Kirsten Evonuk, and graduate student Shaktaakshi Dahal.

We also provide recaps of recent LEADERS seminars you may have missed, an overview of the LGSA Town Hall meeting, a write-up on the LPDA Career Development seminar, and upcoming events that you won’t want to miss!

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

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
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I was a graduate student in the laboratory of Dr. Anna Valujskikh between 2013-2016. My main project in Dr. Valujskikh’s lab was to investigate mechanisms of immune reconstitution following antibody-mediated depletion of T cells in models of transplantation. T cells develop and become educated in the thymus before leaving for further maturation and residence in the secondary immune organs. Mature T cells can also become activated and generate memory T cells which can proliferate upon antigen reencounter or during conditions of lymphopenia. Therefore, following immunosuppression induced through T cell depletion strategies, T cells can be reconstituted from homeostatic proliferation of residual memory T cells or through thymopoiesis. My thesis project mechanistically investigated the contribution of homeostatic proliferation of memory CD4 T cells and thymopoiesis to T cell reconstitution. In short, we found that some memory CD4 T cells are resistant to depletion and their help is required for complete reconstitution of both CD4 and CD8 T cells post-depletion. In addition, the thymus regenerates post-T cell depletion therapy and interplays with residual memory CD4 T cells in the periphery. The optimal interaction can enhance thymopoiesis in the presence of a transplanted organ and promote tolerance post reconstitution. This is important in transplant patients as the ultimate goal of transplantation is to prevent immunological organ rejection while sparing protective immunity against viruses and bacteria.

I am a postdoc in the lab of Dr. Aaron Johnson at Mayo Clinic in Rochester, Minnesota. I work on the neuroimmune cross-talk during brain injury. Particularly, I am focused on the mechanisms of immunosuppression during neurological insults. We think that the brain directly influences immune organs both through innervation and release of soluble factors. This is very important to understand at baseline and during neurological injuries.

I miss joint lab meetings and the ease of collaboration at Lerner. I have always been interested in neuroimmunology, but my training at Lerner was focused on immunology. When I transitioned to a postdoc, I started learning more neuroscience and became formally trained as a neuroimmunologist. Of course there were/still are challenges, but these are part of transitioning from a PhD student to a postdoc.

Embrace your creativity, and make efforts to collaborate!

-Dr. Katayoun Ayasoufi

Where are you now, and what do you work on? When did you work in Lerner and in which lab? Were you a postdoc or graduate student?

I love working on the neuro-immune axis. I also love our group and collaborations with neurologists at Mayo Clinic.

In one sentence, what advice would you give current Lerner postdocs?

— Katayoun Ayasoufi
Dr. Kirsten Evonuk is from the island of Maui in Hawai’i. As an undergraduate, she attended the University of Portland in Oregon, where she majored in psychology and minored in biology. During this time, she conducted research with Dr. Jeffrey Smith on the impact of social and enriched environments on recovery from controlled cortical impact injury in rats. In the summer of her junior year, she was selected to participate in a research experience for undergraduates program at the University of Alabama at Birmingham (UAB). She later attended graduate school at UAB and joined the laboratory of Dr. Tara DeSilva, where she studied demyelinating diseases such as multiple sclerosis (MS). Her dissertation research focused on pharmacological and genetic inhibition of a transporter (system xc-) that contributes to glutamate dysregulation in an animal model of autoimmune neuroinflammation, experimental autoimmune encephalomyelitis (EAE). After receiving her PhD in Neuroscience, Dr. Evonuk came to Cleveland Clinic for her postdoctoral fellowship with Dr. Tara DeSilva to continue her research in MS. She is now studying a target for excitotoxic glutamate in MS and EAE, the AMPA-type glutamate receptor on oligodendrocytes, which are the myelinating cells of the central nervous system. Her paper on this topic was recently accepted for publication in *Science Advances*. In July of 2019, she was awarded a National Multiple Sclerosis Society postdoctoral fellowship to continue this research utilizing the visual system, which has the advantage of allowing longitudinal, non-invasive monitoring of disease activity via imaging and functional assays in both humans and animal models. Outside of the lab, Dr. Evonuk enjoys reading fantasy novels, helping her husband remodel houses, and walking her two huskies.

“As a postdoctoral fellow, the collaborative environment at Cleveland Clinic has been instrumental in helping me make lasting connections that will aid me in my future research career.”

-Dr. Kirsten Evonuk
Shaktaakshi Dahal is a graduate student who recently won the Dr. Sylvain Brunet Award for Outstanding Accomplishment by a Graduate Student. Shaktaakshi is from Nepal and graduated from Purbanchal University, Nepal with a degree in biomedical engineering. She is a Cleveland State University student in the Ramamurthi lab in the Department of Biomedical Engineering. Her research involves developing stem cell-based therapy for regenerative repair of abdominal aortic aneurysms (AAAs). AAAs involve gradual expansion of the abdominal aorta due to loss of extracellular matrix, especially elastin and collagen. Thus far, AAAs are not treatable through non-surgical approaches. Surgical approaches do not guarantee complete reversal of the condition and may result in several complications, particularly because this condition persists primarily in the elderly population. Therefore, she is working on developing minimally invasive therapies to arrest or regress small AAA growth by leveraging stem cells and their derivatives which possess high elastogenic capacity. She chose to pursue her research at Lerner because it provides a great collaborative environment with the opportunity to grow and work with people in different fields to broaden one’s knowledge. Shaktaakshi has always been interested in the field of regenerative medicine combining the knowledge of biomaterials and tissue engineering. The Ramamurthi lab performs cutting-edge research in cardiovascular biomaterials, tissue engineering, regenerative medicine, and nanotherapeutics. This lab was the perfect match because it focuses on biomimetic regenerative repair and assembly of complex matrix structures, specifically, hard-to-regenerate elastic matrix, which is a major structural component of soft connective tissues. Outside of her research she enjoys travelling, hiking, and trying different cuisines.

“The cores facilities at Lerner provide the opportunity to get familiarized with many advanced technologies.”

- Shaktaakshi Dahal
MEET YOUR LPDA SOCIAL/OUTREACH COMMITTEE

Dr. Benjamin Krishna is from Hatfield, in Hertfordshire, U.K. Hatfield is best known as the location of Hatfield House, where Queen Elizabeth I lived before her accession to the throne. He completed his undergraduate degree in biochemistry at the University of Oxford and then switched to Cambridge for a PhD in infection and immunity. He currently works on Human Cytomegalovirus (HCMV) in Dr. Christine O’Connor’s lab. HCMV is a common virus that is a major threat to immunocompromised patients. He specifically works on HCMV latency, a type of infection where the virus remains in the cell but doesn’t replicate. Ben likes to travel and has, in his own words, the unrealistic ambition to visit every state in the USA during his postdoctoral training.

“Cleveland Clinic offered a research environment which matched with my research interest perfectly.”
-Dr. Benjamin Krishna, Social/Outreach Committee chair

Dr. Lingjun Zhang is from Hebei, China. She received her MD degree from Hebei Medical University and her PhD degree from Tianjin Medical University. Her specialty in medicine is ophthalmology. During her PhD training, she joined Dr. Feng Lin’s lab at Lerner for collaborative studies about autoimmune uveitis. She is currently working as a research associate in Dr. Lin’s lab. Her research primarily focuses on the role of complement in inflammatory eye diseases. She is also working on the development of novel complement targeting therapies for the treatment of complement-mediated diseases such as paroxysmal nocturnal hemoglobinuria, a life-threatening disease due to destruction of red blood cells by the complement system. She chose to work at Cleveland Clinic because it provides a great academic environment and facilitates close collaborations with both scientific and clinical professionals. She enjoys reading, exercising and cooking in her free time.

“Cleveland Clinic facilitates close collaborations with both scientific and clinical professionals.”
-Dr. Lingjun Zhang, Social/Outreach Committee member

MEET YOUR LGSA LEADERSHIP TEAM

Morgan Engelhart is from Mantua, Ohio and received her BS in biochemistry from University of Mount Union with honors. Morgan is a second-year graduate student in the Molecular Medicine PhD program at Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. She works in the laboratory of Dr. Philip Ahern in the Department of Cardiovascular and Metabolic Sciences. Her research focuses on understanding the dynamic interplay between the gut microbiota and the intestinal immune system in inflammatory bowel disease. This project is specifically aimed to understand the role that a common gut symbiont *Bacteroides thetaiotaomicron* plays in inducing immune tolerance. Morgan was interested in investigating the mechanisms underlying chronic diseases and Lerner Research Institute and the Ahern lab provided her the perfect opportunity to pursue these interests. Outside of her research, Morgan enjoys working out and lifting at 121 Fitness at Case as well as hanging out with friends and playing with her cat, Charley.

“The Molecular Medicine program and Cleveland Clinic provide the best opportunity to work on disease-oriented research.”
-Morgan Engelhart, LGSA Community Outreach chair
UPCOMING EVENTS

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

LRI Science Cafe: Cleveland in 50 Maps
November 6th, 2019 at 3:00 PM. In each map, you’ll find a new perspective on one of America’s most misunderstood cities.

39th Annual Cleveland Clinic Research Day
November 18th, 2019 from 10:30 AM - 5:00 PM. For more information, click here.

Give back to the community with United Way Wednesdays!
Simply visit the appropriate café each Wednesday and purchase the United Way Wednesday meal to help raise funds for United Way. For more information, click here.

Cleveland Clinic Children's Fundraiser
Every Friday from Nov. 1st through Dec. 20th, visit International Café in the H building to contribute. This fundraiser provides stuffed animals for inpatient and outpatient children for the holidays.
UPCOMING EVENTS

LERNER TRAINEE

FRIENDSGiving POTLUCK 2019

12 PM - 1 PM, NOVEMBER 19TH
NC1-202

Please make a dish to share with all!

Sign up at: https://www.PerfectPotluck.com/GKDV0411
Password: LERNER
UPCOMING EVENTS

FRIDAY, NOVEMBER 22
5 - 7 PM | LERNER COMMONS

Join us for our annual art and talent show featuring Lerner musicians, painters, photographers, dancers and more! We encourage you to wear clothing representative of your culture.

Free food and entertainment!

Hosted by the Lerner Diversity Council
UPCOMING EVENTS

Lerner Graduate Student Association

The Ins and Outs of Thesis Committees

Everything you need to know in order to have a successful thesis committee

December 2, 2019
NE1-205, 3-4pm

Featured Speakers:

- Donna Driscoll, PhD
- Bela Anand-Apte, MD, PhD
- Maksim Sinyuk, PhD
- Courtney Hershberger

Volunteer opportunity!

Join the LGSA to fight hunger in our community by volunteering at the Greater Cleveland Food Bank

December 6th, 2019
6-8pm

Contact Morgan Engelhart, LGSA Community Outreach Chair engelhm@ccf.org

All trainees welcome!
Did you miss the three-part LEADERS seminar on ‘Grant Writing’ by Charles Tannenbaum, PhD? Here is a recap of his talks!

Staff Scientist Dr. Charlie Tannenbaum from Inflammation and Immunity led a three-part series on grant writing in September and October. The overall goal was to provide an understanding of how to best package a grant application to maximize the chances of getting a grant scored and ultimately funded. Dr. Tannenbaum began the series on September 23rd with a summary of the grant review process. He explained that each of the ~80,000 grants annually submitted to the Center for Scientific Review at the NIH get assigned to a topic-specific study section. Ultimately, a grant will get scored by three reviewers based on five criteria: significance, the investigator, innovation, approach, and environment.

To get the lowest (i.e. best) score possible, Dr. Tannenbaum emphasized impressing the reviewers, as they will act as advocates (or not) for a grant as it is presented to the Study Section. The first step is for an investigator to choose a topic focused enough that it stands out while still remaining significant and impactful to human health. NIH Reporter is as an online resource for investigators to understand what topics are currently being funded in their fields of interest. Dr. Tannenbaum also highlighted the importance of constructing a near-perfect ‘specific aims’ page, from which the reviewers often form their first impressions. He gave an example of an ideal page, breaking down the specific components and what reviewers would be evaluating.

The topic of the second part of the series was, “The Significance and Innovation Sections and How to Incorporate Impact into your Applications.” Dr. Tannenbaum began by defining each of the terms in this title. He stated that ‘significance’ refers to how important your research is, while ‘innovation’ identifies how novel your approach to investigating a problem is. The impact of your work describes whether or not the grant can realistically be completed, will contribute to the advancement of scientific knowledge, and make a difference in human health. He emphasized that the overall impact is not an individually scored section, but rather takes all the scored sections into account to determine whether or not the grant will be funded. Dr. Tannenbaum also provided successful examples from his own work and the work of others at Lerner to describe specific significance and innovation sections of R01-style grants. During these examples he mentioned the importance of not only describing your own work, but also the “rigor of prior research” in order to identify the strengths and weaknesses of others’ work, and the gap that your proposal will fill. He provided several tips for strengthening a grant, including examples of how to organize a significance section and how to effectively highlight the innovations within the grant.

In the final seminar of the series, Dr. Tannenbaum described how to best structure the ‘approach’ section of a grant. He emphasized the importance of clearly explaining the research design, including experimental methods, expected results and interpretations, potential problems, and alternative approaches for each experiment. This shows the reviewer that you have clearly thought through each experiment. Then, Dr. Tannenbaum described the differences between R21, R01, R03, and K awards. He provided examples of the advantages and disadvantages of applying for R21’s vs. R01’s as a new investigator. For more information, examples of successful grants, or any questions, feel free to contact Dr. Tannenbaum (tannenc@ccf.org). A copy of the slides used in the three sessions can be found on the Lerner intranet page here.
The annual Graduate Student Town Hall was held on October 10th, 2019. This event is an opportunity for graduate students throughout Lerner Research Institute to come together and discuss any concerns or suggestions regarding graduate student life. It is also an opportunity for graduate students to be introduced to the Lerner Graduate Student Association (LGSA). The organization is dedicated to advocating for graduate students and acting as a liaison between students and administration. After a brief introduction by the LGSA Leadership Team, the floor was opened to discussion. Students mingled before and after the town hall while enjoying food and refreshments, and had the opportunity to make new acquaintances. New initiatives are being considered by the LGSA based on feedback received both during the town hall event and from the graduate student survey that could enhance students’ experiences in Lerner. The LGSA looks forward to incorporating these ideas into future events throughout the year!

Prizes were awarded to randomly selected attendees and students who completed the survey!

Prize Winners!

Stetson Thacker  
Adya Sapra  
Balaji Venkadakrishnan  
Megan Zangara  
Edward Carson  
Wesley Bovu  
Ashraf Duzan  
Kenya Wilcots  
Jasmine Gajetan  
Katie Troike

A comment from the LGSA:

We always welcome new members! If you would like to get involved in the LGSA, please contact Gabrielle Mey (meyg@ccf.org).
Dr. Teresi had some insightful advice for trainees looking to move from the bench and into a career based around science communication, research and development, and drug discovery. Her first suggestion for new trainees was to find a PI who is willing to develop a career plan and related skills alongside them. This is crucial because the majority of institutions only focus on academic work and oftentimes will not train individuals for alternative career paths. Due to this imbalance, Dr. Teresi emphasized that after her PhD, she applied for any non-bench related positions, regardless of whether she met all of the requisites in the job posting. She also affirmed the need for trainees to learn how to work as a team as opposed to concentrating on their individual projects in order to succeed outside of academia. Too often we get wrapped around one or two large goals and neglect to understand the great variety of research, development and clinical breakthroughs happening around us, no matter how small they may be.

Dr. Teresi underscored the importance of developing one's “soft skills.” These include presentation, networking, communicating effectively to your peers, juggling multiple tasks, and delegating work in order to complete large projects. She highlighted the need for trainees not only to reach out to mentors but to listen to and act on their advice. Trainees should also be prepared to be flexible, adaptable, and have a willingness to take on responsibilities that they may not be completely comfortable with. When searching for new opportunities, make sure to target the right company. Look for managers that are willing to train you rather than assume that you can start running on your own immediately. Think about the specific group within the company that you want to work with instead of the overall size of the enterprise. Don’t be afraid to ask questions. However, make sure that you are aware of what you do- and do not- know because a solid understanding of your strengths and weaknesses will enable you to focus on the former and help to improve on the latter. A copy of Dr. Teresi’s slides can be found on the Lerner intranet here.

“The best way to predict the future is to create it.”
-Dr. Rosemary E. Teresi

Dr. Rosemary E. Teresi, PhD, RAC
Field Medical Director, Oncology,
Pfizer
WEBINAR RECAP:
Anxiety and Career Advancement
-Kelsey Bohn, PhD

The National Postdoctoral Association (NPA) hosts a monthly webinar called myPostdocMonthly and all trainees at Cleveland Clinic can sign up for an NPA “affiliated membership” for free. This is the second installment of our recurring section in the trainee newsletter recapping the NPA’s monthly webinars. This month, we are recapping “Anxiety and Career Advancement.” This webinar was presented by Dr. Scott Cypers who directs the Stress and Anxiety Program at the Helen and Arthur E. Johnson Depression Center at the University of Colorado and who previously served as the Clinical Director of Anxiety Programs at the Children’s Hospital Colorado. The following is a summary of the information that he shared.

It is estimated that 30% of U.S. adults experience an anxiety disorder at some time in their lives. Anxiety disorders have a large impact on people’s lives and can be the biggest impediments to career advancement. The good news is that anxiety disorders are highly treatable! Dr. Cypers explained how anxiety may manifest and how to cope with it in a healthy way. Psychological anxiety is what can prevent people from advancing in their career. It can generate from fear of rejection, disappointment, failure, public speaking, change, and feeling out of control. The body’s natural response to anxiety is to avoid its source, which is why people often procrastinate. This leads to the “irony of anxiety” in which avoidance leads the sufferer to the fear itself. For example, if you procrastinate working on your department seminar because of your fear of public speaking and rejection from the audience, you will likely give a sub-par presentation due to lack of preparation, thereby fulfilling your initial fears.

After you’ve identified something you are avoiding in your career due to anxiety, there are techniques you can use to lessen your anxiety. Dr. Cypers says that the key is to stop avoiding and to “F.A.C.E.” your anxiety. This involves identifying the ways anxiety may be getting in the way of your own career advancement, building an action plan by identifying what specific activities will help you accomplish the plan, executing the plan, and then thinking about how your initial worry may have been wrong or how you succeeded over that worry. It is important to reach out to people who can support you. Tell them the anxiety that you are trying to overcome and work with them to identify ways they could help you do that. Some examples of action plans are:

- Join Toastmasters
- Attend local BioOhio networking events
- Ask a question during seminars
- Ask someone for an informational interview and invite them to coffee

Coping with anxiety takes practice! Continue to ask yourself how you are practicing and identify who is in your support circle. Dr. Cypers concluded by sharing some other resources on this topic with further discussion and methods for overcoming career-related anxiety. Those resources included a TED talk by Jia Jiang, titled, “What I learned from 100 days of rejection,” The International OCD Foundation, and The Anxiety and Depression Association. Don’t forget that Cleveland Clinic also provides trainees with access to the Caring for Caregivers Services, in which you can connect with expert, confidential, and free support by calling (216) 445-6970 any time or day. To listen to this webinar or any others, you can visit the NPA website.
LOOKING FOR A JOB? NOW HIRING!

Postdoctoral Research Scientist - Akron Children’s Hospital
Akron Children’s Hospital (ACH) and Northeast Ohio Medical University (NEOMED) seek a postdoctoral fellow to join the Pediatric Bone Biology and Cancer Translational Research Group within the Musculoskeletal Research Program at NEOMED. Seeking a highly motivated PhD with a strong interest in tissue engineering and cell and molecular biology to address microtia and other rare diseases in children. PhD in biomedical engineering, material science, or a related discipline is required. For more details click here

Postdoctoral Fellow (Winters Lab) - NEOMED
Full-time postdoctoral research position to investigate cellular mechanisms of synaptic plasticity and dendritic physiology in brainstem sound localization circuits in Bradley Winters’ lab. Candidates should have a PhD in a neuroscience-related field. Experience in electrophysiology and calcium imaging are desirable. For more details click here

Research Fellow (Biochemistry and Molecular Biology) - Mayo Clinic, Rochester
The lab of Dr. Matthew Schellenberg in the Department of Biochemistry and Molecular Biology seeks to fill two positions for postdoctoral fellows. The Schellenberg lab is building a multi-disciplinary team that will examine the molecular basis of important DNA repair activities, mechanisms of regulation, and how repair outcomes are linked to processes of carcinogenesis and cancer treatments. Must have a PhD, MD, or equivalent doctoral degree in a field deemed relevant by the program. Research Fellow is appropriate for individuals who have completed no more than one prior postdoctoral fellowship, at Mayo Clinic or elsewhere. For more details click here

Senior Scientist, Cell Culture, High Throughput Clinical Testing (HTCT) - Pfizer, New York
This position is within the Cell Culture area of the High Throughput Clinical Testing (HTCT) group within VRD. The incumbent will serve as a subject matter expert on cell culture operations and interact with colleagues in cross-functional teams. PhD with 0-3 years relevant experience and a strong background in a biological science. For more details click here

Grants Writer (Genetics) - Children’s Hospital of Philadelphia
The Mitochondrial Medicine Frontier Program (MMFP) Grant Writer will perform scientific writing, writing advisory, and management functions to maximize program productivity and support for the center’s research, training, and programmatic initiatives. The MMFP Grant Writer will provide expertise and support primarily to the executive director, with direct support of writing activities of writing oversight for activities of 4-5 postdoctoral fellows and 3-4 research scientists. Bachelor’s degree is required. For more details click here

Assistant Professor of Bioengineering - University of California, San Diego
The University of California, San Diego, Department of Bioengineering invites applications for a tenure track faculty position at the Assistant Professor level. A PhD or advancement to candidacy in bioengineering or related engineering disciplines is required for this position. For more details click here
Congratulations to Nazmin Bithi from the Hine lab in the Department of Cardiovascular and Metabolic Sciences!

Nazmin’s recent abstract titled “Tissue-Specific Protein Sulfhydrome Analysis in Mice as a Function of Diet, Age and Sex” was accepted in the 15th annual US Human Proteome Organization (USHUPO) Conference of Proteomics at the Frontier of Biology and Medicine. She received a travel award, which is very competitive and offered to a limited number of full-time graduate students and postdoctoral fellows. She was also selected for a talk as a young investigator.

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

Dr. Ramezani received The Aspen Rhoads Research Foundation grant as Principal Investigator titled “Can tributyrin supplementation protect intestinal health during recurrent Clostridium difficile colonization and antibiotic treatment?” The goal of this project is to provide preclinical data for therapeutic strategies for preventing recurrent Clostridium difficile infection and assist in determining the underlying mechanism for butyrate’s role in gut barrier function during Clostridium difficile toxin and antibiotic exposure.

Congratulations to Dr. Huan Liu from the Byzova lab in the Department of Neurosciences!

Dr. Liu published an original article titled “Structural basis of Paxillin recruitment by Kindlin-2 in regulating cell adhesion” in Structure (October 2019). For more details, click here.
Congratulations to Dr. Adam Kim from the Nagy lab in the Department of Immunity and Inflammation and Immunity!

Dr. Kim received the K99/R00 award from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) as Principal Investigator titled “C-Type Lectins and Immune Surveillance in ALD.”

Congratulations to Dr. Elizabeth Sweeny from the Stuehr lab in the Department of Inflammation and Immunity!

Dr. Sweeny received the K99/R00 from the National Heart, Lung, and Blood Institute (NHLBI) as Principal investigator titled “Heme allocation and disruptions in asthma and the failing heart.” The goal of this project is to elucidate details of heme homeostasis, allocation, and heme protein regulation in model cell systems and primary cells and tissue from patients with severe asthma and atrial fibrillation. Understanding the delicate balance of heme homeostasis and reallocation will not only greatly expand our knowledge of basic biological processes, but studying its disruption in disease states will allow for the pursuit of novel therapeutics.

Congratulations to Dr. Jeffrey M. McManus from the Sharifi lab in the Department of Cancer Biology!

Dr. McManus published an original article titled “Rapid and structure-specific cellular uptake of selected steroids” in *PLOS One* (October 2019). For more details, [click here](#).
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.

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