March comes in like a lion, out like a lamb

March is here and the weather will start to warm up as we near March 20th, the first day of spring. There are many trainee accomplishments to celebrate this month, including featured fellow Dr. Kyle Card’s Hanna Gray Fellowship from the Howard Hughes Medical Institute. Our featured alumna is Dr. Maha Saber and featured graduate student is Megan Zangara. We also introduce Lerner Trainee Association member Katie Troike.

Check out our recap of Dr. Jessica Vensel Rundo’s LEADERS seminar on sleep health for some tips on how to improve your sleep hygiene and get a good night’s rest. The next LEADERS seminar is on Metabolomics and Proteomics and will be presented by director of the Proteomics and Metabolomics Core, Dr. Belinda Willard, on March 8th.

This month’s feature is a career spotlight on Dr. Chhavi Jain, Translational Project Manager in the Cancer Vaccines/Cancer Immunoprevention and Immunotherapy Program at Lerner.
Innovation Fellow Program
Through the Cleveland Clinic Office of Strategic Alliance & Technology Development (OSATD)

The goal of OSATD is to translate biomedical research discoveries into clinical products, and the Innovation Fellow program is a key program in fulfilling this goal. This two-year program will provide individuals with hands-on experience in key facets of technology development and commercialization, as well as experience working closely with inventors and internal/external partners. Fellows will be provided a problem-based learning experience involving real technologies currently being evaluated by OSATD. The program is intended to be mutually beneficial to the individual and OSATD. Fellows would also help with management of projects funded through the SPARK CC program for early preclinical development. Other activities may include creating and supporting alliances with our strategic partners to further translational research efforts within Lerner Research Institute. If you are interested in applying or learning more, click here.

Benefits:
- Training in the biomedical technology development and commercialization process
- Mentorship through periodic meetings with technology development experts
- Networking opportunities to build collaborations with other professionals
- Engaging multi-disciplinary learning environment
- 20% protected time to focus on learning and utilizing technology development skills

Eligibility: Current full-time postdoctoral fellows are eligible! You must have the following:
- Approval from your PI
- 20% (one day per week) available to commit to the program
- Commitment of at least one year to the program

Application Deadline: April 2, 2021

Questions?: Contact Madhav Sankunny (madhav@mindsharebio.com) or Kelsey Blankenberger (blankek@ccf.org).
Looking for some writing opportunities?
Check out these essay contests!

The Health Research Alliance (a group of foundations that fund biomedical research) has partnered with PLOS to create an Essay Challenge: “Reimagine Biomedical Research for a Healthier Future.” By March 11, submit a 1500-word essay proposing bold, collaborative, systemic changes that re-commit to serving society and achieving an equitable, diverse, and creative environment for all those working to advance scientific discovery and improve human well-being. In addition to cash prizes, winners will be published in PLOS and highlighted in an HRA-hosted webinar.

**Deadline:** 3/11/2021

**The Basics:**
- 1500 words or less
- $5,000 prize
- Winning essay published in PLOS Biology or PLOS Medicine

Click here for more details.

The Albert Lasker Foundation’s mission is to improve health by accelerating support for medical research through recognition of research excellence, advocacy, and education. Their 2021 Essay Contest is now open! The question to be addressed, in 800 words or less, is: **What is the most important scientific lesson you have learned from the COVID-19 pandemic?** Discuss how that lesson will influence your research work and/or career. The deadline to submit all materials is March 31 at 1 pm EST.

**Deadline:** 3/31/2021 at 1PM

**The Basics:**
- 800 words or less
- $5,000 prize
- Open to PhD students and postdoctoral fellows

Click here for more details.
Where did you obtain your PhD? I received my PhD from the Molecular Medicine PhD program in Cleveland Clinic Lerner College of Medicine through Case Western Reserve University.

When did you work in Lerner and in which lab? What positions did you hold? I worked in Dr. Bruce Lamb’s lab in the Department of Neurosciences from 2012-2016 as a graduate research assistant.

What did you work on at Lerner? I worked on the link between traumatic brain injury and Alzheimer’s disease, specifically focusing on brain injury-induced neuroinflammation and neurodegeneration.

What successes did you have at Lerner? I was a Howard Hughes fellow starting off at Lerner. I then helped write two funded Department of Defense grants that funded the rest of my PhD. I published one first author manuscript which was in the top 1% of its field according to Journal Citation Reports and most cited in 2018 for Journal of Neurotrauma. I also had one co-first author review paper published in Brain, Behavior and Immunity, and two co-authored manuscripts both in the Journal of Neurotrauma. I won a neurotrauma travel award in 2015 and the Graduate Student Service award in 2016 for my work as the social and special programs chair for the graduate student council at Case Western Reserve. At the end of my graduate career, I was invited to give a talk at the Phoenix Children’s Hospital and the University of Arizona and was then recruited to complete a postdoc in the Translational Neurotrauma Research program.

What is your current position title and where are you now? After completing my postdoctoral positions, I accepted a position as a Technical Advisor for Haley Guiliano, a boutique patent law firm with offices in San Jose, New York, and London.

What does your role in your current position entail and what is your favorite part? I currently write and prosecute patents for new technologies in life sciences. My favorite part is learning about these technologies and reading about all of the different fields. I focused most of my studies in neuroscience but now I can learn about cancer immunology, chemical structures, drug development, etc.

What about your time at the Lerner do you think prepared you for this position? I really think the rotations I did as a graduate student that allowed me to learn new techniques in many different labs helped me prepare for my postdocs the most. A technique I learned during my rotations was actually the reason I was recruited to Phoenix.

Is there something you particularly miss from your time at Lerner? I miss the friends I made while I was at Lerner. Making friends, being a part of committees, and a part of the Lerner community was a lot easier than in many of the other places that I have worked in.

In one sentence, what advice would you give current Lerner postdocs? Build a strong network. When I applied for jobs, the ones I heard back from were the ones that were somehow connected to my professional network. I owe my current position largely in part to the network I built during my time in the Case Western Reserve graduate student council.
Kyle Card, PhD, a postdoctoral fellow in the Department of Translational Hematology & Oncology Research, has been named a Hanna Gray Fellow by the prestigious Howard Hughes Medical Institute (HHMI). The fellowship - which supports early career researchers and celebrates the importance of diversity in biomedical science - will help support Dr. Card’s postdoctoral work and provide start-up funds for his own laboratory, totaling roughly $1.4 million over eight years.

“I am an evolutionary biologist who studies the repeatability of biological adaptation,” said Dr. Card, who works in the laboratory of Jacob Scott, MD, DPhil. Specifically, his work addresses how the past accumulation of genetic differences among bacterial populations influences their future potential to develop antibiotic resistance. Since joining Dr. Scott’s lab, Dr. Card has expanded this work to examine how other factors, including population size and mutation rate, interact with history to alter the predictability of resistance evolution, and is also investigating similar questions in the context of cancer.

Dr. Card’s passion for research is matched only by his passion to promote inclusivity in science. To him, being named an HHMI Hanna Gray Fellow offers the opportunity to learn from and grow with a diverse group of researchers and to amplify the message that diversity and inclusivity in research is critical.

“I have a rare congenital neurological condition called Moebius syndrome that affects my facial muscles, speech and limb development. Living with my disability has made me so appreciative of all the differences that make each of us who we are, and has also taught me perseverance, which has made me a better and more well-rounded scientist,” said Dr. Card. “My primary goals are to pursue translational research that will better the lives of others, and to inspire people, who may not always see themselves reflected in academia, that there is an important place for them in science.”

Dr. Card joined Dr. Scott’s lab after receiving his PhD in Microbiology & Molecular Genetics and Ecology, Evolutionary Biology & Behavior from Michigan State University. Of Dr. Card, Dr. Scott said, “He is one of those rare finds who is able to combine big picture thinking about evolution across multiple biological contexts, together with deep domain knowledge, rigor and curiosity. Add to this a kind heart with the best interests of the entire scientific community held close, and you have the whole package. We feel very lucky to have the opportunity to work with Kyle while he is here, and to continue our collaboration for a lifetime.”

Dr. Card joins 20 other researchers in the 2020 class of Hanna Gray Fellows. The fellowship program aims to recruit and retain researchers from underrepresented groups in the life sciences by providing significant early-career support. Fellows receive support for their postdoctoral research, as well as funds committed to help them start their own laboratory as they transition to independence. The award is named to honor Hanna Holborn Gray, PhD.

Outside of the laboratory, Dr. Card enjoys hiking and exploring nature, cooking and experimenting in the kitchen, and reading. He is also teaching himself to program.

To hear Dr. Card talk about his research and passion for research inclusivity, click here.
Megan Zangara was born and raised in Northeast Ohio. She grew up in a small town near Akron, and moved up to Cleveland almost 10 years ago. She then attended Case Western Reserve University and received a bachelor’s of science in biochemistry with a minor in Spanish. In 2016 she joined the Molecular Medicine PhD program and is now in Dr. Christine McDonald’s lab in the Department of Inflammation and Immunity. Megan is currently writing the first draft of a manuscript describing the bulk of her dissertation project on the effect common food additives have on the microbiome and host-microbe interactions in a colitis model.

Megan chose to work at Cleveland Clinic because of the opportunities for collaborative translational research projects. She was drawn to the required clinical component of the Molecular Medicine PhD program because, to her, knowing whose lives she is working to improve is incredibly important. One of the experiences she cherishes the most from her years at Cleveland Clinic is meeting patients with inflammatory bowel disease (IBD) and talking to them about their experiences. She doesn’t think she would have had the chance to do that anywhere else as a PhD student.

Megan recently presented some of her work in the “Hot Topics in IBD” session at the virtual Crohn’s and Colitis Congress, and published a review that explores the role of the pattern recognition receptors Nod1 and Nod2 in mediating metabolism. Other than working and thinking about IBD, Megan likes to walk, hike, do yoga, workout with high intensity interval training (HIIT), and swim. She finds it relaxing and peaceful to focus on a physical activity.

One thing Megan hopes to accomplish in 2021 is to recreationally read or listen to 50 books. She was an avid reader of fiction and fantasy until graduate school when she became too busy to read for pleasure. Megan has recently discovered audiobooks and that has helped her get back into “reading” despite time constraints.

“I chose to work here at Cleveland Clinic because of the opportunities for collaborative translational research projects. I was especially drawn to the required clinical component of the Molecular Medicine PhD program.”
- Megan Zangara
Meet your Lerner Trainee Association Leaders

Katie Troike | Graduate Student, Lerner Trainee Association Member

Katie Troike is a fourth year graduate student in the Molecular Medicine PhD program. She was born and raised in Ohio and received her bachelor’s degree in biology and master’s degree in food and nutrition science at Ohio University. She chose the Molecular Medicine PhD program because of the collaborative nature Lerner has with Cleveland Clinic and the unique opportunity of seeing the “bench to bedside” process.

Katie is part of Dr. Justin Lathia’s lab in the Department of Cardiovascular & Metabolic Sciences. Her project examines iron metabolism in the context of glioblastoma. She is investigating how tumor cell expression of an iron regulatory protein, HFE, is involved in sex-specific differences in an animal model of this cancer. This year Katie was elected to give an oral presentation at the Society for Neuro-Oncology meeting.

For the past three years, Katie has been a member of the Lerner Graduate Student Association (now Lerner Trainee Association). She likes being part of the association because it enables her to interact with fellow graduate students and engage with the scientific and local community. She believes that being able to effectively communicate science is crucial to scientists’ success, and being able to do so while serving the community is really rewarding.

Outside of lab, Katie likes building and restoring furniture with her dad. A goal Katie has for 2021 is to compete in a triathlon (COVID-19 permitting).

“Being part of the Lerner Trainee Association enables me to interact with fellow graduate students and engage with the scientific and local community.”

- Katie Troike
Upcoming Events

LEADERS 2021 Seminar Series

LEADERS
Series for Lerner Research Institute Trainees
LERNER EXPERIENCE IN ADVANCED DEVELOPMENT
OF EDUCATION AND RESEARCH SKILLS

Metabolomics, Proteomics

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

WHO: Belinda Willard, PhD
Director of Proteomics and Metabolomics Core

WHEN: March 8, 2021
4:00 - 5:00 PM

WHERE: Zoom
Please see email invite from RETC for meeting ID and passcode.
Upcoming Events

Virtual Film Screening
Friday, March 19 – Sunday March 21
Participants will be emailed instructions for streaming on your own time.

Save the Date
Virtual Panel Discussion
Thursday March 24 | 12:00 – 1:00 p.m.
Join us for a virtual panel discussion showcasing insights and experiences of LRI female scientists.

Key Remarks: Dr. Serpil Erzurum
Panelists: Drs. Christine Moravec, Ruth Keri and Shamone Gore-Panter

Details coming soon!

Registration is required to receive movie link.

Sign Up Now

Click Here to register by March 15

Questions? Email lridiversity@ccf.org

Picture a Scientist is a documentary chronicling the lives of researchers who are writing a new chapter for women scientists. A biologist, a chemist and a geologist lead viewers on a journey deep into their own experiences, overcoming gender barriers and systemic discrimination to revolutionize the culture of science. From cramped laboratories to spectacular field sites, we also encounter scientific luminaries who provide new perspectives on how to make science itself more diverse, equitable, and open to all. Learn more and watch the trailer: www.pictureascientist.com
Upcoming Events

SAVE THE DATES!
APRIL 5 - 9, 2021

Graduate Student Appreciation Week is almost here!
Details to follow

MON | TUES | WED | THUR | FRI
---|------|-----|------|------
5 | 6 | 7 | 8 | 9

Graduate Student Appreciation Week
Did you miss the virtual LEADERS seminar on sleep health presented by Dr. Jessica Vensel Rundo, MD, MS? Here is the recap!

Sleep is a necessary component of our lives that we often take for granted. It’s required for a number of bodily functions, including cellular maintenance and repair, replenishment of energy, memory formation, and brain detoxification. Every organ in our body requires sleep for maximal performance. Despite this necessity, multiple studies show that about 35% of people report fewer than 7 hours of sleep during a typical 24-hour period. For many people, 7 hours of sleep isn’t enough – we should try to get enough sleep to wake up without an alarm and not feel sleepy during the day, which may be more than the 7-9 hours typically reported in the literature.

Sleep deprivation has many negative consequences. It reduces our ability to concentrate, remember, work on hobbies, drive, conduct financial affairs, and perform work (National Health and Nutrition Examination Survey, United States, 2005–2008). It also negatively affects the body by impairing glucose tolerance, increasing incidence of obesity, increasing inflammatory markers, contributing to hypertension, increasing cardiovascular events, contributing to mental health disorders, and enhancing all-cause mortality (Banks and Dinges, J Clinical Sleep Med, 2007). In fact, being awake for 21 hours is similar to having a blood alcohol level of 0.1, which is above the legal 0.08 for driving. The National Highway Traffic Safety Administration reports that drowsy driving is responsible for 100,000 police-reported crashes with more than 1,550 fatalities and 71,000 nonfatal injuries annually in the United States.

There are a number of potential sleep disruptors that we can try to mediate in order to improve our quality and length of sleep. These disruptors include nighttime awakening, substances, abnormal sleep schedules, insomnia, behaviors, and environment. One major contributor to nighttime awakening in the United States is obstructive sleep apnea (OSA). About 25-50% of men and 10-25% of women suffer from OSA, which results from collapse of the soft palate causing airway blockage during sleep. Some of the risk factors for OSA include snoring loudly, feeling tired during the day, having or being treated for high blood pressure, a body mass index (BMI) over 35 kg/m2, being over 50 years old, having a neck circumference over 15.75 inches (40 cm), and being male. If 3 or more of these risk factors apply to you, you are at high risk for moderate to severe OSA. Since OSA is treatable, it may be worth bringing up with your physician for testing and treatment in order to improve your sleep.

Aside from treating underlying disorders that result in sleep deprivation, there are many other things we can do to improve our sleep hygiene. A regular routine should be established for bedtime, and the sleep environment should be dark, quiet, and cool. Prior to getting into bed, it’s a good idea to relax by reading a book or listening to relaxing music. Avoid looking at your phone, computer, or television screen, as blue light suppresses melatonin. It’s also a good idea to not go to bed unless you feel sleepy, as being awake doesn’t count as sleeping. Your bed should only be a place for sleep, as associating the bed with watching television or eating can make it difficult to fall asleep. If you can’t fall asleep within 20 minutes, try getting up and doing something relaxing, then returning to bed only when you feel sleepy. Try to wake up at the same time every day, including on weekends, and avoid naps during the day that will make you less sleepy at night. Avoid exercising within 4 hours of bedtime, as exercising close to bedtime will energize you and make it harder to fall asleep on time.

If you are suffering from insomnia, one option is to undergo cognitive behavioral therapy for insomnia (CBT-I). There are online and in-person options that may help you improve your sleep hygiene without utilizing medications. Some non-medical aids include melatonin, CBD oil (needs to be high quality, no THC), essential oils, behavioral therapy for insomnia (CBT-I). There are online and in-person options that may help you improve your sleep hygiene without utilizing medications. Some non-medical aids include melatonin, CBD oil (needs to be high quality, no THC), essential oils, devices and apps, weighted blankets, and wearables that may reduce anxiety.

While we all need adequate sleep, sometimes it’s difficult to maintain healthy sleep hygiene (especially for busy trainees). Unfortunately, there are no “magic bullets” when it comes to combating sleepiness. Naps can temporarily improve alertness, but they can’t replace adequate sleep. Short (30 minutes or less) naps are more refreshing than longer naps, which can cause sleep inertia. Caffeine can also be used to temporarily relieve sleepiness, but it’s important to be strategic about its consumption. Caffeine will work within 15-30 minutes of consumption and its most significant effects will last about 2 hours. The half-life is 3 to 7 hours, making it important not to consume caffeine too close to bedtime. In general, 100-200 mg of caffeine daily is considered safe. Most people will experience side effects at 300-400 mg. Consuming caffeine in coffee or tea is safer than drinking energy drinks, which oftentimes contain a lot of sugar, components with no validated benefits, and dangerous amounts of caffeine.

Overall, sleep is essential to maintain normal bodily functions. You should pay attention to your sleep habits and try to make adequate sleep a part of your daily routine. Click here to access a recording of Dr. Vensel Rundo’s presentation and a copy of her slides.
Where did you obtain your PhD? I did my PhD in cancer biology from the Swiss Federal Institute of Technology, Ludwig Cancer Center in Lausanne, Switzerland.

Where do you work in Lerner? What position(s) do you hold? I work in the Department of Inflammation and Immunity at the Lerner Research Institute. I am the Translational Project Manager for the cancer vaccine program developed in the laboratory of Dr. Vincent Tuohy. Last year I was also selected as a Translational/Entrepreneurial Fellow for the Case Translational Fellowship Program (TFP), Case Western Reserve University to pursue entrepreneurship activities for my proposed technology. I dedicate 20% of my time towards the fellowship.

What types of projects do you work on, and have any been particularly interesting or inspiring? I work in early drug / therapeutic development. One of the most interesting technologies that I worked on is a breast cancer vaccine developed in the laboratory of Dr. Vincent Tuohy. Translation of a technology from bench to the clinical phase and potentially commercial phases is a very complex process, involving both scientific/medical expertise and a sound knowledge of regulatory science. I spearheaded the production & testing of clinical grade vaccine components using good manufacturing practices (GMP) that meet regulatory requirements of the U.S Food and Drug Administration (FDA), as well as preparation (technical writing) and submission of an Investigational New Drug Application (IND). For me, it has been both exciting as well as challenging to develop our CMC and regulatory strategy. We successfully submitted the IND last December and received approval from the FDA to begin phase I studies. This is a huge milestone for me and our team!

What is the best thing about your job, and what is the most difficult? The best thing about my job is that I get to manage an end-to-end process from bench to bedside – from proof of concept, IND enabling preclinical studies to first-in-human clinical trials. The most challenging but also interesting part for me is to manage a group of cross-functional teams – bringing together people with different functional expertise working toward a common goal. Another challenge I faced was navigating the FDA’s regulatory guidelines, applying them to our specific product and interpreting them for meaningful adherence.

What previous jobs/experiences helped you get to where you are now? I studied cancer biology and immunology during my doctoral studies, and currently I am working in the area of immunotherapeutics, so my background definitely helped me gain a better understanding of the underlying science behind the technology, anticipate issues, troubleshoot and provide technical advice to my team. I have had a broad experience through my previous jobs - from working for a healthcare startup to science communication, regulatory affairs and working as an innovation fellow to support technology development. Each of these experiences have helped me to diversify my skill set, provided the necessary technical prowess and soft skills to work independently and in collaboration, communicate effectively and translate complex concepts to multidisciplinary collaborators & stakeholders. All of this has been immensely relevant in my current role.

Did your career trajectory change from how you originally imagined it? Yes, it did! I did not plan my career trajectory from step to step; it was organic. I learned from each experience – not only about the varied job opportunities, but also about myself and made decisions based on the choices I had. Looking back, I can say there were many turning points that changed my trajectory.

Is there anything you would change about your career trajectory? No, there isn’t. My career trajectory evolved from one experience to another. Every time I made a transition, there was a possibility of new opportunities. That pushed me to try different things and it’s been quite a journey since then. I have no regrets.

What advice would you give a postdoc or graduate student interested in a similar position? My advice would be to focus on developing skills to work in collaborative environments. This move requires a mindset shift from ‘I’ to ‘We’. It’s about moving from the individual to the team. Another piece of advice would be to diversify your skill set by taking workshops or participating in internships, even if they are outside of your comfort zone. Training in communication, management, regulatory affairs etc. will be very valuable.

Do you have any other general advice that you’d like to share with trainees? Graduate life is tough, with its share of highs and lows. If we stress upon how hard the uphill terrain is, we should also emphasize how enjoyable and experiential it can be! My advice is to seize the day – carpe diem, and that tenacity in science wins and one should not hesitate to ask for help.
Now Hiring

Research Scientist 1 | Charles River Laboratories | Cleveland, OH
Charles River Laboratories seeks a research scientist to join their safety assessment group. In this role, you will conduct nonclinical research studies, manage project timelines, maintain regulatory compliance, and interpret and report data. The specific duties and responsibilities also include: attending scientific meetings, making protocols, and participating in proposal management and the bid development process. The ideal applicant will hold a PhD in toxicology or a related scientific discipline and 0-1 years of experience. For more information, please click [here](#).

Assistant Professor, Chemistry (Tenure Track) | The University of Akron | Akron, OH
The Department of Biology at The University of Akron, Department of Chemistry invites applications for a tenure-track position at the rank of Assistant Professor beginning Fall Semester of 2021. The new faculty member will establish a strong, externally funded research program in the area of Physical Chemistry; teach graduate and undergraduate classes; mentor undergraduate and Ph.D. students in research; and contribute to the functioning of the department, college, university and community through service on committees and participation in departmental activities. The ideal applicant will have a PhD, with postdoctoral research experience strongly preferred. For more information please click [here](#).

Visiting Assistant Professor of Biology | Kenyon College | Gambier, OH
Kenyon college, a nationally-ranked liberal arts institute, seeks a broadly trained biologists with expertise in cell and molecular biology to teach courses including department-coordinated introductory laboratories and lectures, the 200-level Gene Manipulation course, other existing upper-level classes in cell or molecular biology, or non-majors or upper-level courses in the candidate's area of specialty. The position will begin in July of 2021. Applicants should hold a Ph.D degree. A complete application will be composed of 1) a cover letter; 2) a ~2-page statement of the applicant’s teaching philosophy that addresses experience with teaching diverse student populations, as well as how inclusivity is addressed in the classroom setting; 3) a Curriculum Vitae; and 4) contact information for three professional references. For more information, please click [here](#).

Scientific Writer | Bristol Myers Squibb | Berkeley Heights, NJ
The candidate will coordinate and author documents needed for regulatory submissions, ensuring the coordination and integration of the scientific, medical, and regulatory input from cross-functional team members. They will also coordinate and author study protocols ensuring high quality documents that are compliant with established regulatory processes. The ideal candidate will have demonstrated strong writing skills in authoring and managing the production of scientific documents (pharmaceutical regulatory documentation and/or publications in peer-reviewed journals). For more information, please click [here](#).
We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email retc@ccf.org

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

Dr. Ramezani won a poster of distinction award at the American Society for Parenteral and Enteral Nutrition (ASPEN) Nutrition Science & Practice conference that will be held virtually from March 20-23. The title of the poster is “Can tributyrin supplementation protect intestinal health in a mouse model of antibiotic and Clostridium difficile exposure?” For more information, click here.

Congratulations to Dr. Sweta Parab from the Matsuoka Lab in the Department of Cardiovascular and Metabolic Sciences!

Dr. Parab recently published a first-author manuscript in *eLife* titled “Endothelial cell-type-specific molecular requirements for angiogenesis drive fenestrated vessel development in the brain.” Click here.

Congratulations to Dr. Shashi Shekhar Singh from the Srinivasan Dasarathy Lab in the Department of Inflammation and Immunity!

Dr. Singh recently published a first-author manuscript in *Cellular Physiology and Biochemistry* titled “Multiomics-Identified Intervention to Restore Ethanol-Induced Dysregulated Proteostasis and Secondary Sarcopenia in Alcoholic Liver Disease.” Click here.
Congratulations to Dr. Suheyla Hasgur from the Chan Lab in the Center for Immunotherapy and Precision Immuno-Oncology!

Dr. Hasgur was recently promoted from postdoctoral fellow to research associate.

Congratulations to Dr. Stetson Thacker from the Eng Lab in the Genomic Medicine Institute!

Dr. Thacker defended his dissertation, titled “An Exploration of the Molecular Pathogenesis of the Autism Component of PTEN Hamartoma Tumor Syndrome (PHTS): Towards an Understanding of PTEN Variation on PHTS Phenotype Diversity.” This work has been published in *Translational Psychiatry* and the *American Journal of Human Genetics*. The rest of this work is available in pre-print, which can be viewed [here](#), and [here](#).

Congratulations to Dr. Shiju Thomas from the Wilson Lab in the Department of Ophthalmic Research!

Dr. Thomas recently published a review article in *Experimental Eye Research* titled “3D in vitro corneal models: A review of current technologies.” [Click here](#).

We love celebrating trainee accomplishments! To submit your own news or to recognize someone else, email retc@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

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

Join in on live virtual Yoga, Mediation, Fitness and Culinary Medicine sessions. These are available for free to all caregivers. All sessions will be held via the Webex platform, registration is required at: http://clevelandclinic.org/CILMevents

**Graduate Students are welcome to join!
Behind the Scenes

This newsletter is written by the communications teams of the Lerner Trainee Association Leadership Council and fellow trainees. We welcome your questions and suggestions!

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

LTA Communications Team
Kelsey Bohn, PhD; Kirsten Evonuk, PhD; Mihyun Hwang, PhD; Shilpa Rao; and Morgan Rogers-Carter, PhD.

Lerner Trainee Association Leadership Council

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

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

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

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

Social/Outreach
Chair: Yee Peng Phoon
Members: Lingjun Zhang

Graduate Student Members: Shilpa Rao, Abigail Dooley, Gabrielle Mey, Nazmin Bithi, Alan Chen, Morgan Engelhart, Morgan McGrath, Adya Sapra, Ki-Soo Jeong, and William Massey