Join our LinkedIn Group

The Lerner Postdoc and Grad Student Alumni Network on LinkedIn is a group of current and former postdoctoral fellows, research associates and graduate students at Cleveland Clinic Lerner Research Institute. We share opportunities for career development, networking and highlighting our scientific achievements. We also post reminders about upcoming events, so be sure to turn on notifications! Request to join here.
Interview with Lerner Alumna Astrid Cardona, PhD

“My time at Lerner gave me tools to address research questions, become a better writer, manage personnel, work independently and as part of a team, and most importantly gave me the confidence to integrate my family and my job.” -Dr. Astrid Cardona

Where did you obtain your PhD? My PhD is from the University of Texas Health Science Center at San Antonio.

When did you work in Lerner and in which lab? What positions did you hold? I joined the Department of Neurosciences in 2002, under the mentorship of Dr. Richard Ransohoff. I started as a postdoctoral fellow and moved up the ladder to Research Associate and later on to Assistant Staff until 2009.

What did you work on at Lerner? My project was directly related to understanding mechanisms of inflammation in the central nervous system. More specifically, I worked on understanding the role of the fractalkine receptor. At that time, experimental models were available in which mice did not express the fractalkine receptor. My work employed models of neurodegeneration and inflammation to discover that CNS phagocytes in the absence of the fractalkine receptor in selected models of disease were highly inflammatory and able to cause neuronal damage. The research I developed provided a significant amount of understanding about how fractalkine regulates microglial function.

What successes did you have at Lerner? I worked with a talented group of people and grew and matured with the help of everyone in the lab and members of the department. This was a total success story for me. I was fortunate to have my data published in Nature Neuroscience, received a postdoctoral fellowship from the National Multiple Sclerosis Society (NMSS), followed by a career transition award also from the NMSS. Several travel awards were also instrumental in building a network of great colleagues and friends that are still here to support me.

What is your current position title and where are you now? Associate Professor of Immunology at the University of Texas at San Antonio.

What does your role in your current position entail and what is your favorite part? My current position as faculty involves three main areas: 1) Research: maintaining an active and funded research program; currently, my lab is focused on understanding the involvement of innate immunity in initiation and progression of disease in models of autoimmunity (diabetes and multiple sclerosis). My research program serves as a mechanism to advance the research enterprise, but also to train undergraduate and graduate students. 2) Teaching: I teach immunology at the undergraduate and graduate levels. 3) Service: I participate in committees at the departmental, college and institutional levels.

How did your time at Lerner prepare you for this position? Setting up a lab and an independent research program requires significant critical thinking, being successful at overcoming challenges, and addressing weaknesses in various fronts. My time at Lerner helped my career by giving me the tools to address research questions, become a better writer (not only publications, but grants -a skill that keeps me a humble learner), manage personnel, work independently (and as part of a team), and most importantly gave me the confidence to integrate my family and my job.

Is there something you particularly miss from your time at Lerner? I miss the diversity and multi-national environment of Lerner. There was a point where we had a lab team with representation from the U.S., South America, Canada, Europe, Africa, India, Russia, Asia, and Australia. We also had an amazing lab manager that kept us together as a family. We shared so much quality time outside the lab, within our daily lunches, weekly lab meetings, and potlucks to celebrate all possible occasions from birthdays, baby showers, papers, grants, weddings, etc. There was always something to celebrate.

In one sentence, what advice would you give current Lerner postdocs? I would share this quote that has helped me in many ways. “I have just three things to teach: simplicity, patience, compassion. (...) Compassionate toward yourself, you reconcile all beings in the world.” – Lao-Tzu (from The Little Book of Awakening by Mark Nepo).
Dr. Adam Kim was born in central Illinois. He attended Northwestern University and double-majored in chemical engineering and biology, then pursued his PhD at Johns Hopkins University in the cellular, molecular, and developmental biology program. His graduate research focused on signaling pathways, including calcium signaling, mTOR, and endoplasmic reticulum stress, and how they regulate cell death in yeast.

His most significant accomplishment resulting from this work was describing a new protein that regulates mTOR. After receiving his PhD, Dr. Kim wanted to pursue knowledge in bioinformatics, so he joined Dr. David Serre’s lab at the Cleveland Clinic’s Genomic Medicine Institute. In Dr. Serre’s lab, he worked on RNA-seq in *P. vivax*, continuing to work remotely from Cleveland when Dr. Serre’s lab moved to the University of Maryland. Dr. Kim worked in Dr. Serre’s laboratory for two years before he decided to change his research focus from parasite biology to immunology.

As part of this change, he joined Dr. Laura Nagy’s lab at Cleveland Clinic. Dr. Kim’s current research focus is understanding how different innate immune receptors (pattern recognition receptors) are upregulated in response to innate immune challenge.

Specifically, alcohol-associated hepatitis, and how coordinated regulation of these genes, as well as cytokines and chemokines, lead to hyperresponsive cells during inflammation.

His hypothesis is that certain pattern recognition receptors, such as C-type lectin receptors, are upregulated in response to lipopolysaccharide. These receptors, in addition to sensing bacterial antigens, also sense fungi, viruses, and host damage, and because alcohol disrupts the micro- and myco-biomes, the upregulation of pattern recognition receptors might function to sense other innate immune stimuli. For this project, Dr. Kim was awarded a K99/R00 from the NIAAA.

Outside of the laboratory, Dr. Kim enjoys playing video and board games, and cooking and baking. He also recently took a painting class, and reads nonfiction and science fiction novels.

“*I’ve been fortunate to have mentors in LRI who have similar interests and values as mine, which has allowed me some independence while exploring basic and translational studies.*”

-Dr. Adam Kim
Dr. Irem Sarihan is from Istanbul, Turkey and went to medical school at Istanbul University Faculty of Medicine. After graduating, she was accepted to the internal medicine program at the same institute, finished her residency, and got board certified. She worked in a military hospital, briefly, as an attending. As an MD, the research she was involved in was mostly clinical. During her residency, her research mainly focused on glomerular diseases and renal transplantation outcomes. Her graduation thesis was a 2-year prospective study on multiple myeloma patients assessing the disease impact, quality of life, and treatment outcomes.

While working as a clinician, she became interested in translational science and how research can be transformed into meaningful health outcomes. She was also interested in genetics and reasons behind the heterogeneity of patients with the same diseases; the complexity of most diseases and the way they are handled in clinical settings were not in complete alignment. She wanted to have dedicated research time to focus on these topics, but did not have any wet lab experience - she started learning how to code while she was seeing patients.

Around that time, Dr. Sarihan found a position as a research scholar in Translational Hematology & Oncology Research (THOR) department at LRI, and moved to Cleveland. She worked there as a bioinformatician for 2 years, focusing on cancer genetics and tumor evolution. After 2 years in her first lab, she came to a point where she wanted to learn new computational skills and use them on different diseases. She found a postdoc position and joined the Mata lab in the Department of Genomic Medicine Institute and she has been working there for almost a year.

The Mata lab studies the genetic components of neurological disorders, especially Parkinson’s disease. The lab specifically focuses on Latin American populations, as they are underrepresented in genetic studies. The Mata lab is also a part of a large collaborative effort for this purpose (Large-PD), bringing 35 centers from 12 different countries from Latin America together. Her research focuses on copy number variant (CNV) discoveries and analyzing genetic and clinical data in these types of populations.

Dr. Sarihan’s work on CNV analysis won the Best Poster Award at Cleveland Clinic’s 7th Annual Genetics & Genomics Symposium and the Merlin Bumpus Junior Investigator Award in the Clinical Research Category at the Annual Research Day. She knew that she wanted to go back to medicine after some time of dedicated research.

During her time at LRI, she took necessary exams to enter the Match for residency programs in the U.S., and applied for the programs last winter. She says that the research she has done here and her supporting letters were a big part of her application, and attracted the attention of the program directors she interviewed with. Entering the Match for foreign medical graduates is always tough, and it gets harder every year. However, the support she has received from LRI (especially Dr. Kelsey Bohn, Dr. Christine Moravec and Dr. Serpil Erzurum), her PI (Dr. Nacho Mata, and Dr. Dennis Lal as her co-mentor), and her colleagues (everyone from Mata and Lal labs) was incredible and motivated her during this process.

She matched to the Bridgeport/Yale Hospital internal medicine program and will be starting there this July. It will be hard for her to leave all the exciting research and amazing people here, but it is a necessary next step for her to take. In the Mata lab, she has been involved in multiple projects, which have been very productive and fruitful. Even though she will be leaving soon, she looks forward to continuing some of her work with Dr. Mata in the future.

Dr. Sarihan likes to exercise and was training for a triathlon, which was planned in pre-pandemic times. Currently, she is cooking and baking to fill the free time. She looks forward to nicer weather so she can balance all these hobbies together.

“Take advantage of all the resources that LRI provides, from simply asking for help to career development advice, as there are many amazing people to show you opportunities and guide you along the way.”

-Dr. Irem Sarihan
Meet your Graduate Student
Nicholas Sarn

Nicholas Sarn is a graduate student who was selected to give a talk at the American Society of Human Genetics 2019 in Houston, Texas. The title of the talk was, “Cytoplasmic-predominant Pten increases microglial activation and synaptic pruning in a murine model with autism-like phenotype.” He also published an original article titled, “Cytoplasmic-predominant Pten increases microglial activation and synaptic pruning in a murine model with autism-like phenotype” in the Journal of Molecular Psychiatry. One of his figures from this paper, Figure 3C, will be featured on the journal cover!

Nick is from Sheffield Village, OH and went to Lorain County Community College and Bowling Green State University for undergraduate. At Lorain County Community College, he performed research developing a bio-reporter system for detecting micro-nutrient levels in the Great Lakes to better understand the conditions required for the formation of algae blooms.

Nick is a Cleveland State University (CSU) student in Dr. Charis Eng’s laboratory in the Genomic Medicine Institute. His work is focused on trying to understand how the tumor suppressor gene PTEN contributes to Autism spectrum disorder (ASD) in patients who harbor a germline mutation in PTEN.

Using several germline Pten mouse models, he is currently characterizing the functions of Pten in microglia (the resident immune cells of the brain). His research focus is on understanding how Pten regulates microglia activation, synaptic pruning, and phagocytosis. When these processes are dysregulated, this can result in an unhealthy synaptic imbalance in the brain and can then contribute to the ASD-like behaviors.

He decided to study at CSU and Lerner because he is a Cleveland native and wished to stay close to friends and family -plus, he loves the city! Additionally, training at Lerner provides many opportunities to learn new techniques. He chose to work in the Eng lab because he is very interested in the neurodevelopment work studying ASD and wanted to perform animal studies.

Outside of research he enjoys home brewing, camping, bicycling, and hanging out with friends and family.

“I appreciate that LRI’s training program puts a lot of effort into helping develop professional skills for its graduate students, so that when they graduate they will have the tools necessary to succeed in a professional career.”
-Nicholas Sarn
Meet your LPDA & LGSA Leaders

“Cleveland Clinic provides a great work environment.”
-Dr. Narayan

Vivek Narayan, PhD | Chair of LPDA Mentorship/Advocacy Committee

Dr. Vivek Narayan is from Thane, Maharashtra, India. He received his PhD in immunology and infectious diseases from Pennsylvania State University. He works with Dr. Donna Driscoll in the Department of Cardiovascular and Metabolic Sciences. He is currently working on identifying novel cis- and trans-regulators of the co-translational insertion of selenocysteine into selenoproteins. He chose to work in the Driscoll lab because of his interest in the research and Dr. Driscoll’s reputation of being a great mentor! Now that he has been at Lerner for four years, he really appreciates the great work environment. He says, “The camaraderie one sees among the researchers here is not common at many other premier institutions across the US.” In his free time, he likes reading, playing with his dog, online gaming (recently started again to keep in touch with friends - if you play Age of Empires 2 – Definitive Edition, let him know). He also enjoys mentoring young people via Zoom.

“Cleveland Clinic helps advance my research skills and offers great opportunities for career development.”
-Dr. Yang

Jie Yang, PhD | LPDA Mentorship/Advocacy Committee

Dr. Yang is from China and received her BS degree in animal sciences from Zhejiang University in China, and her PhD in biology (with a focus in endocrine toxicology) from the Chinese University of Hong Kong. She discovered a chemical reaction in which H$_2$S gas is produced by an iron- and vitamin B6-coordinated catalysis of cysteine under physiological conditions in vitro and in blood. Currently, she is working on the hypothesis that iron catalyzed H$_2$S in the blood is a modifiable factor in the initiation or progression of pathologies associated with the iron overload disorder hemochromatosis. Dr. Yang says that working at Lerner not only helps advance research skills, but also offers great opportunities for career development. She enjoys the LEADERS series as well as working as a part of the LPDA committee. These experiences will ease her transition from a postdoc trainee to a more in-depth fellow position. More importantly, she feels that she is receiving warm-hearted care from her lab and Lerner RETC for international trainees, which provide her with a strong motivation to work here. Outside of the lab, she likes to spend time with her husband and one-and-a-half year old baby, hiking during summer, and playing cello.

“Being in the Molecular Medicine PhD program is an opportunity to make medically-meaningful discoveries.”
-Jasmine Gajeton

Jasmine Gajeton | Trainee Newsletter Communications Team Member

Jasmine Gajeton is from the Bay Area in northern California and did her undergraduate studies at UCLA. Her main project for her thesis research is investigating the physiological role of a microRNA that is upregulated by high glucose and how the mechanism may be important in the development of obesity-induced inflammation and insulin resistance. She chose to work at Cleveland Clinic because the Molecular Medicine PhD program was the perfect fit for her interests, with its focus on translational research. She is passionate about the potential for what scientists learn at the bench to be translated into something used for patients, and vice versa. Outside of the lab, Jasmine enjoys finding new restaurants to eat at and then cooking her favorite dishes at home! She also always looks forward to her weekly volleyball games at Force Sports, which have been put on pause.
Upcoming Events

LEADERS Seminar Series

Biostatistics
Part 2

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

WHO: Amy Nowacki, PhD
Department of Quantitative Health Sciences, LRI

WHEN: May 27, 2020
12:00 – 1:00 PM

WHERE: Virtual (Zoom)
https://cwru.zoom.us/j/99748679385
Upcoming Events

2020 Excellence Awards

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

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

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

Guidelines for Submission:

- **Nomination:** Graduate students may apply by submitting a description with proof of a major accomplishment, substantiated by a letter from their mentor. The accomplishment could include a first author paper, presentation of a talk or poster at a national meeting, obtaining certification in a new area, attending a workshop and learning a new technique, or other things which the trainee and mentor view as an accomplishment.

- **Questions may be directed to Dr. Moravec or to Sarah Kostiha Smith, RETC.**

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

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

Graduate Student Award for Excellence

The LRI Research Education and Training Center (RETC) invites applications for the 2020 Graduate Student Award for Excellence. Awardees receive a plaque, a cash prize and recognition at the LRI Awards for Excellence ceremony in July.

**Guidelines for Submission:**

- Submit an article which was published or accepted for publication in 2019 or 2020 (submit a copy of the published manuscript or the unpublished manuscript with documentation of final acceptance for publication). The graduate student must be first author on the paper when the applicant was a graduate student and the work must have been performed at LRI.

- With the article, complete a submission form and a cover letter. The cover letter should be addressed to Dr. Christine Moravec, Director of RETC. It should briefly summarize the significance of the work and the role of the graduate student. The letter must also state the work was done at LRI, which PhD program the student is in and when graduation is expected, and must be signed by the CCF staff mentor.

- **Eligibility:** Current PhD graduate students or those who have graduated in 2019-2020 and their primary mentor is/was a CCF staff member.

- Questions may be directed to Dr. Moravec or to Sarah Kostiha Smith, RETC.

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

Questions?

Contact Sarah Kostiha Smith at kostihs@ccf.org
Applications and nominations are open for the 2020 Excellence Awards! The deadline for each award is Monday, June 15th at noon.

Questions? Contact Kelsey Bohn at bohnk@ccf.org
Recent Events

Graduate Student Appreciation Week | April 6 - 10

Last month, the LRI celebrated National Graduate Student Appreciation Week (GSAW) to show our graduate students how much their hard work and dedication is appreciated by everyone. This year, GSAW went virtual, with messages from faculty and colleagues, a virtual coffee hour, and daily trivia questions.
Recent Events

Graduate Student Appreciation Week | April 6 - 10

Happy Graduate Student Appreciation Week!

Dr. Xiaojuan Li, BME

Thank you graduate students for your creativity and dedication to research, and for making us feel young!

Thank you LRI grad students for your significant contributions and hard work—we appreciate you!

HAPPY GRAD STUDENT APPRECIATION WEEK!

Dr. Xiaojuan Li, BME

Dr. Driscoll, CVMS

Dr. Omar Mian, THOR

Dr. Shrinivasan Daserathy, I & I
Recent Events

Graduate Student Appreciation Week | April 6 - 10

On each day of Graduate Student Appreciation Week, the LGSA sent a trivia question, and each student who provided a correct answer was entered into a raffle to win a prize. Two winners were drawn each day. Find the questions and answers below:

**Monday**
Who performed the first heart bypass surgery at the Cleveland Clinic, and in what year?
- Dr. Rene Favaloro performed the first heart bypass surgery using a leg vein in 1967.

**Tuesday**
Who was the first director of the Cleveland Museum of Art
- Frederic Allen Whiting was the museum’s first director from 1913 to 1930.

**Wednesday**
On the planet Venus, how many hours are in a day, and how many days in a year (in Earth days)?
- 2802 hrs or 5832 hrs (both are in NASA sheets), 225 Earth days in a year on Venus

**Thursday**
Who was awarded the very first Nobel Prize in Physiology or Medicine?
- Emil Adolf von Behring (1901)

**Friday**
How many species of birds are currently in Ohio?
- 433

Happy Graduate Student Appreciation Week!

Congratulations to all of our winners!

★ Haytham Elgharably
★ Kristen Kay
★ Neda Abdollahi Nohouji
★ Stetson Thacker
★ Ellie Lamkin
★ Samantha Wightman
★ Emma Keller
★ Marko Mrdjen
★ Kristin Allan
★ Ghazaal Tahmasebi
Recent Events

Congratulations to our recent Lerner PhD graduates!

C. Alicia Traughber

Courtney Hershberger

Chase Neumann

Molecular Medicine PhD Program Dissertation Defense

Alicia Traughber

Research Advisor: Jonathan Smith, PhD
Clinical Mentor: Wai Hong Wilson Teng, MD

“The Opposing Effects of HDL Metabolism on Prostate Cancer”

Molecular Medicine PhD Program
April 29th, 2020
1:00pm
Participate via Zoom:
https://cwrui.zoom.us/j/495020034

Molecular Medicine PhD Program Dissertation Defense

Courtney Hershberger

Research Advisor: Richard Padgett PhD
Clinical Mentor: Yogen Saunthararajah, MD

“The impact of genetic lesions in LUC7L2 and other splicing factors on alternative splicing landscapes in leukemic cells and malignant bone marrow”

Molecular Medicine PhD Program
April 13th, 2020
9:00 am
Click the link below to participate
https://cwrui.zoom.us/j/165245113

Molecular Medicine PhD Program Dissertation Defense

Chase Neumann

Research Advisor: J. Mark Brown, PhD
Clinical Mentor: Moshe Ornstein, MD

“MBOAT7-Driven Phosphatidylinositol Remodeling Promotes the Progression of Clear Cell Renal Carcinoma”

Molecular Medicine PhD Program
March 12th, 2020
2:00 PM
NC1-202
Cleveland Clinic
Lerner Research Institute
Recent Events

Congratulations to our recent Lerner PhD graduates!

Tyler Alban

Sara Akhavanfard

Molecular Medicine PhD Program
Dissertation Defense

Tyler Alban
Research Adviser: Justin Lathia, PhD
Clinical Mentor: Brian Rubin, MD, PhD
“Targeting Immune-Suppression in Glioblastoma”

March 11th, 2020
1:30 PM
NAS-03
Cleveland Clinic
Lerner Research Institute

Molecular Medicine PhD Program
Dissertation Defense

Sara Akhavanfard
Research Adviser: Charis Eng, MD, PhD
Clinical Mentor: Stephen Grobmyer, MD
“Next-generation Sequencing Approaches to Characterize Genomic Predisposition of Solid Tumors in Children, Adolescents, and Young Adults (C-AYA)”

December 2nd, 2019
1:00 PM
NC1-202
Cleveland Clinic
Lerner Research Institute
Did you miss the virtual LEADERS seminar on biostatistics presented by Dr. Amy Nowacki? Here is the recap!

A lot of simple statistical mistakes are made in biological and biochemical research publications. So, how can we learn from these mistakes and avoid them in the future? Dr. Amy Nowacki, an Associate Staff biostatistician at Cleveland Clinic, presented a list of top ten common statistical errors and discussed them by counting down from #10 to #6. Stay tuned next month for Biostatistics, Part 2 which will cover #5 through #1. We will recap it in the June newsletter!

#10 Using descriptive statistics incorrectly
The key here is understanding different measures of the center of the curve (mean vs. median) and how to represent the spread of the curve (standard deviation vs. interquartile range).

Mean and standard deviation go hand in hand. They are parameters of a “normal distribution” (bell curve). The empirical rule applies here, so they should only be used if your histogram appears approximately normal. Although the mean and standard deviation can technically be calculated from as few as two data points, they don’t describe small samples or skewed distribution well.

Median and interquartile range (Q3 – Q1) should be used for small samples and skewed distributions. Dr. Nowacki recommends reporting the values for interquartile range (Q3 and Q1) or the range (min and max) in these cases.

Standard error (SE) is a measure of precision for an estimated statistic. Since we are only able to measure a sample population that represents the larger actual population, we cannot know the actual population mean. The SE is the estimate of how close the sample mean is to the unknown actual population mean. SE is often represented in the 95% confidence interval for the mean (mean ± 2(SE)). Remember: increasing the sample size will decrease the standard error.

The mean and the SD should be used to describe actual data whereas the mean and 95% confidence interval are preferred for reporting an estimate and its measure of precision. If reporting actual data, a box plot with error bars representing SD is also recommended because it can let you see the actual distribution of the data.

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**#9 Confusing the standard error and the standard deviation**

Standard deviation (SD) describes the spread of the actual data around the mean of a single sample and is a descriptive term. Remember: increasing the sample size will not change the standard deviation!

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**Histogram of distribution with small SD**

These graphs have the same mean, but different standard deviations

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**Histogram of distribution with large SD**

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**Report Table:**

<table>
<thead>
<tr>
<th>Description</th>
<th>Reporting in:</th>
<th>Graphic</th>
</tr>
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<tbody>
<tr>
<td>Describe actual data</td>
<td>mean (SD)</td>
<td>box plot, dot chart</td>
</tr>
<tr>
<td>Point estimate and precision</td>
<td>mean (95% CI)</td>
<td>mean (95% CI)</td>
</tr>
</tbody>
</table>
#8 Reporting only P values for results
The P value is not proof of anything; it is an index of compatibility between your data and the null hypothesis. Setting the threshold of significance (typically to 0.05) is arbitrary. Even when reported correctly, P values have some limitations. Be careful when claiming "statistical significance" and understand how that may be different from clinical importance. For main results, make sure to report the absolute difference between groups and the 95% confidence interval for the difference instead of, or in addition to, P values.

#6 Using a chart or graph in which the visual message does not support the message of the data on which it is based
We remember the visual message of an image more than the message of the data on which it is based. This is shown in three common mistakes:

(1) The "lost zero" problem: Make sure to include zero on your axes. If you don’t, it misrepresents the difference between your data sets.

(2) The "elastic scales" problem: Try to be honest about the scales on your axes.

(3) The "unequal bin size" problem: You can really skew how your data is represented if you don’t properly group your samples.

A copy of the slides from this presentation can be found on the intranet here. Stay tuned for Part 2, which will be held on Wednesday, May 27th from 12:00pm – 1:00pm!
Recent Events

Highlights from a recent NIH webinar on supporting trainees during the coronavirus pandemic

-Kelsey Bohn, PhD

On April 14th, the NIH Office of Intramural Training and Education hosted a webinar presented by wellness advisor, Annie Scheiner, LCMFT, about supporting trainees during the coronavirus pandemic. She presented a lot of helpful information that I wanted to share with you directly. Here is a recap.

One of the first and most important things that Annie mentioned was that we are currently experiencing an unprecedented time. It is normal to feel extra stress right now, so it is important to recognize how you are feeling every day and to make the time to take care of yourself.

There are things that we can and cannot control. We need to identify and focus on the things that we can control. For example, Annie recommended the following:

1. Create and follow daily routines.
2. Do at least one thing each day that helps you feel calm.
3. Do something each day that makes you feel productive.
4. Talk to others, volunteer, or help someone else.
5. Know that this will pass.

An important skill-set to have at this time is resilience. The good news is that researchers have been building this skill-set for their whole careers!

Resilience is the ability to adapt and grow through adversity, and to navigate difficult challenges with awareness, intention, and skill. We should continue to improve resilience with self-reflection and intentional practice.

We also need to take care of each other. If you find yourself supporting others who are grieving the loss of a loved one or even just the loss of a “normal” routine, make sure to “listen, and listen some more”. Be there for them, be patient, don’t offer false comfort, and encourage professional help when appropriate. Remember that there are many resources available to you including Caring for Caregivers (1-800-989-8820) if you need help.

A copy of the slides from this webinar can be found on the intranet here and a recording of the webinar can be found here.

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**MASTER STRESS**

- Maintain healthy eating
- Avoid isolation
- Stay informed, but not obsessed
- Talk to others
- Engage any and all help you need
- Relax and play
- Step outside
- Take a deep breath
- Remember to wash your hands
- Engage in gratitude
- Sustain routines
- Sleep

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<table>
<thead>
<tr>
<th>Cannot Control</th>
<th>Wish to Control</th>
<th>Can Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>➔ The way others are responding</td>
<td>➔ Behavior of others</td>
<td>➔ Our own thoughts and behaviors</td>
</tr>
<tr>
<td>➔ Duration of self-isolation</td>
<td>➔ Interactions with others</td>
<td>➔ Our own reactions to others</td>
</tr>
<tr>
<td>➔ When we will return to ‘normal’</td>
<td>➔ Length of self-isolation</td>
<td>➔ Routines and boundaries</td>
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Spring is the perfect time to start a garden! Learn the basics here:

Morgan Rogers-Carter, PhD

No outdoor space? No problem! Here’s how to grow your own herbs inside:

1. Spread 1-2 inches of potting soil into a shallow container with drainage holes (a plastic container will work just fine if you add holes to the bottom).
2. Purchase seeds for your desired herbs (basil, rosemary, thyme, and mint are popular options).
3. Scatter seeds from each herb in a designated area of the container. The seeds should cover a good portion of the soil - it will feel like you are using a lot, but this is OK for a strong yield.
4. Cover your seeds with a thin layer of soil.
5. Place your container on top of a plate or drip tray to catch the water. Use a mister to water your garden diffusely.
6. Place the tray in a sunny location (a south-facing window is ideal) or under a grow light.
7. Mist your seedlings with water every few days to keep the soil moist.
8. Your herbs will be ready in a few weeks! Just trim and enjoy.

Taking your talents outdoors? Try these steps to begin your own vegetable garden:

1. Chose a sunny location with moist soil and good drainage. Start with a small plot (3 rows, each 8 feet long, separated by 3 feet for working space).
2. Choose seeds for vegetables that you and your family enjoy! The easiest growers in NE Ohio are tomatoes, onions, zucchini, green beans, potatoes, garlic, carrots, peas, basic, and parsley. High-quality seeds are worth the investment!
3. Check if your crops are “cool-season” or “warm-season” vegetables; cool veggies should be planted right after the spring frost, and warm veggies in June. Stagger planting seeds from each vegetable by a few weeks to have a continual supply throughout your harvest!
4. Water, water, water! Your seedlings need about 2 inches of water a week. If it doesn’t rain, you will have to supplement!
5. When vegetables are a useable size, you can harvest them! Wash them and they are ready for use.
Now Hiring

Research Fellow, Oncology Research | Mayo Clinic
The Hitosugi Laboratory in the division of Oncology Research at Mayo Clinic Rochester, MN invites applications for Postdoctoral Research Fellow for an NIH R01 funded project. The lab is primarily interested in the metabolism of cancer and the development of novel therapeutic approach targeting tumor specific metabolic alteration. Qualified candidates must have a Ph.D., M.D., or equivalent doctoral degree in any field of biochemistry, biology, pharmacology, and medicine. For more details click here.

Sr. Research Scientist | Memorial Sloan Kettering Cancer Center
A senior research scientist position is available in Dr. Andrew Kung lab at Memorial Sloan Kettering Cancer Center for highly motivated candidates with a wide experience in molecular and cellular biology applied to cancer research. Focus on translational research with the overarching goal of credentialing new therapeutic targets, identifying molecular biomarkers of response, and validating targeted therapeutic strategies for pediatric malignancies. Ideal candidate must have a PhD or MD/PhD, with experience with next generation sequencing (WGS, RNAseq, ChIP-seq), gene editing (CRISPR), and/or mouse cancer models (transgenic or xenograft models) including prior cancer biology research experience is required. For more detail click here.

Postdoctoral Scientist-Translational Oncology | Merck
Seeking a candidate for a postdoctoral position in the Translational Oncology group at EMD Serono. The candidate will work in our state-of-the-art EMD Serono Research and Development Institute located in Billerica, MA, and closely interact with the Oncology drug discovery labs. The successful candidate will study cellular response to DNA damage using novel small molecules in development for cancer therapy. Recent PhD graduate in Molecular or Cell Biology or other related Science discipline are encouraged to apply. For more details click here.

Sr. Associate Scientist, Cardiovascular | Amgen
The Senior Associate Scientist will be directly responsible for executing in vivo cardiovascular preclinical studies with a goal to identify and characterize innovative drug therapies for the treatment of Heart failure. The successful candidate will work with preclinical in vivo models for testing therapeutic concepts and will need strong, hands-on technical skills. The Senior Associate Scientist will assist in designing in vivo experiments, drafting and implementing protocols, executing studies, organizing data, analyzing results, data recording and drafting reports. Expertise with in vivo and ex vivo cardiovascular techniques are essential. Ph.D. or Master’s in cardiovascular physiology, vascular biology, life sciences, or related field is preferred. For more details click here.

Biology Faculty (Full-time) | Emmanuel College, Georgia
Emmanuel College, located in Franklin Springs, GA, is seeking a full-time Molecular Biology faculty member to teach the following courses starting July 1, 2020. Preferred Qualifications: A Ph.D. in molecular biology or related field and a demonstrated ability to effectively teach undergraduate students preferred. Experience in and/or knowledge of teaching college biology, molecular biology, and laboratory courses. For more details click here.

Postdoctoral Scientist, Transfusion Medicine | Abbot
A postdoctoral position is available in transfusion medicine at Abbott laboratory. PhD in microbiology, molecular biology, biochemistry, or related disciplines is preferred. Should have strong molecular and biochemical background. For more details click here.
Accomplishments

Congratulations to Varadha Balaji Venkadakrishnan from the Heemers lab in the Department of Cancer Biology!

Varadha Balaji Venkadakrishnan published a review article titled “AR-dependent phosphorylation and phospho-proteome targets in prostate cancer,” in *Endocrine-Related Cancer*. For more details, click here.

Congratulations to Lamis Yehia, PhD from the Eng lab in the Genomic Medicine Institute!

Dr. Lamis Yehia was named the first place winner of Cleveland Clinic’s 2020 Lower Award in the clinical category. The title of the winning paper is, "Copy Number Variation and Clinical Outcomes in Patients with Germline *PTEN* Mutations," which was published in the *Journal of American Medical Association Network Open*. For more details, click here.

Congratulations to Kamal Ayyat, MD from the McCurry lab in the Department of Inflammation & Immunity!

Dr. Kamal Ayyat was named the second place winner of Cleveland Clinic’s 2020 Lower Award in the clinical category. His paper was titled, "DireCt Lung Ultrasound Evaluation (CLUE): A novel technique for monitoring extravascular lung water in donor lungs," and was published in the *Journal of Heart and Lung Transplantation*. For more details, click here.

Congratulations to Yu Dai, PhD from the Stuehr lab in the Department of Inflammation & Immunity!

Dr. Yu Dai was named the first place winner of Cleveland Clinic's 2020 Lower Award in the non-clinical category. The title of the winning paper is “Heat shock protein 90 regulates soluble guanylyl cyclase maturation by a dual mechanism,” published in the *Journal of Biological Chemistry*. For more details, click here.

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

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

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

LPDA Communications Team
Kelsey Bohn, PhD; Kirsten Evonuk, PhD; Mihyun Hwang, PhD; Isha Kapoor, PhD; Morgan Rogers-Carter, PhD; Maksim Sinyuk, PhD

LGSA Communications Team
Abigail Dooley, Jasmine Gajeton

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