“Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!”
- Humbert Wolfe

Fall is here, bringing cool weather, colorful leaves, and harvest celebrations. Our feature this month is all about fun fall-related treats to try at home (and share with your co-workers)! Did you miss the most recent LEADERS seminar on grant writing by Dr. Cassandra Talerico? No worries - you can find a recap in this issue. The next seminar is about posters and will be held on October 12th.

Our monthly featured alumna is Shamone Gore Panter, PhD, fellow is Young Jun Shim, PhD, and graduate student is Vlad Stetsenko, MD. We also introduce the new LGSA President for the 2020-2021 academic year, Shilpa Rao.
Announcements

Daily COVID Pass Requirement

As many of you have seen, all caregivers* reporting to any Cleveland Clinic facility must check-in via COVID Pass prior to arriving to campus. Please see below for more information and helpful links. You are not required to complete COVID Pass if you are working remotely, off-campus. Using this simple tool will help us avoid spreading illness at work. Thank you for making COVID Pass a part of your daily routine.

*Lerner graduate students are not CCF employees so they are currently exempt from this. Please follow your university guidelines until any further notice.

COVID Pass Instructions (for visual instructions click here)

A smartphone or computer is needed to answer health symptom screening questions prior to coming to work: https://ewebapps.ccf.org/

- Set up daily phone or Outlook reminders and bookmark the link for easy access.
- The tool will be pushed out to the home screen of all Cleveland Clinic-issued mobile devices.
- For those without a smartphone or computer access: at a thermal scanning entrance, you can complete COVID Pass at a workstation computer or shared mobile device.
- The “Domain” for LRI personnel is RESEDU and not CC.

Based on your response, you will receive immediate notification that you are either cleared or not cleared to enter your onsite work location.

- Caregivers cleared to work should proceed as usual. Caregivers are still required to complete thermal scanning at designated facility entrances or as instructed by your department.
- Caregivers who report symptoms, such as fever, severe cough or shortness of breath, will not be cleared to work and should follow their normal call-off procedure. They will also be prompted to contact the COVID-19 Caregiver Hotline (216-445-8246) to have their symptoms evaluated.

Refer to the COVID Pass frequently asked questions for more details about the tool. Contact covidpass@ccf.org for technical questions about the COVID Pass tool. For compliance monitoring and HR-related questions, reach out to your manager or HR Business Partner.
Get the Flu Vaccine Early
It can take a few weeks for a person’s body to create the antibodies to defend against the flu. It is important to make time to receive the flu vaccine as early as possible, which will allow you to have the best chance at staying healthy. With the COVID-19 pandemic, it is even more important for caregivers to protect themselves against the flu, an illness that can mimic COVID-19.

Lerner trainees are required to comply with the Cleveland Clinic Flu Program. To do this, please take these steps:

Complete the brief Seasonal Flu Survey via your online ReadySet Account
Note: graduate students should not access ReadySet (see below for instructions).

You can access your secure ReadySet account like this:
- Log in at http://readyset.ccf.org
- Enter your full Cleveland Clinic email address (with @ccf.org at the end) and your network password
- After you log in, click on "Health Surveys" at the left, then "Seasonal Flu Survey"
- Fill out the survey and when prompted, sign and submit it

After completing the survey, do one of the following to comply with our Flu Program
- Get a flu shot at a Cleveland Clinic caregiver flu station (See Flu station locations for dates and times). The LRI station* will be in the Commons weekdays from 7:30AM to 4PM now through October 31st. Click here for more details and other locations; or,
- Provide Occupational Health the documentation that you received a flu shot outside of Cleveland Clinic — for example, at a CVS Pharmacy (although vaccinations outside our health system may not be covered by the Health Plan) or PCP, by following the instructions in "Verifying Outside Documentation". More information here; or,
- Receive a medical or religious exemption after completing the appropriate form and supplying documentation as described in "The Exemption Process". More information here.

Graduate Students
*Lerner graduate students can receive their flu shot at the LRI Commons station during operating hours from 7:30AM to 4PM now through October 31st. Please indicate that you are a Lerner graduate student and make sure you receive documentation, so that you can either send the document to your admin or provide it as proof that you have been vaccinated, if needed. You will not submit anything through ReadySet.

More Information
All the caregiver flu vaccine resources are on the flu site on Today. If you have any questions about the caregiver flu vaccine program, reach out to the ONE HR Service Center at (216) 448-2247. Review the FAQs for more information.
Where did you obtain your PhD? I received my PhD from Case Western Reserve University as part of the Molecular Medicine PhD program.

When did you work in Lerner and in which lab? What positions did you hold? I have actually been in Lerner in different roles for just over 15 years. My first experience was with Dr. Moravec in the summer of 2005 as an undergraduate student. I finished my undergraduate degree and in August of 2006 I returned as a research technician with Dr. Reizes, who at the time, was a new investigator in the LRI. In 2008, I was accepted in the Molecular Medicine PhD program. After several rotations I began my graduate studies in Dr. Smith’s lab. After graduation, I joined Dr. Van Wagoner’s lab as a postdoc. I still have an appointment in the Lerner as a Research Scholar in the Van Wagoner/Chung lab.

What did you work on at Lerner? In Dr. Moravec’s lab, I performed experiments to understand the role of the JAK/STAT signaling pathway in heart failure. At the time that I worked in Dr. Reizes’ lab, our research focused on elucidating the role of syndecan-3 in obesity. In Dr. Smith’s lab I was involved in numerous projects: as a rotating student, the first project involved elucidating the effect a single nucleotide polymorphism (SNP) in the TATA box of GJA5 exon 1, variant B has on expression. The second project was to screen through 33 TAQ SNPs to determine if there are any specific markers that can be identified in patients with coronary artery disease (CAD). Once I joined the Smith lab, and it became my thesis lab, my project involved investigating the association between SNPs in chromosome 4q25 region, a region strongly associated with atrial fibrillation (AF), and PITX2c (a cardiac-specific isoform) and/or an uncharacterized long intergenic non-coding RNA (lincRNA) adjacent to PITX2 that I named PITX2c associated non-coding RNA (PANCR). Additionally, I characterized the expression pattern of PANCR in various tissues and proposed a relationship between PITX2c and PANCR expression. As a postdoctoral fellow in the Van Wagoner lab, the overall goal of my project was to identify functional variants in AF-associated loci that alter gene function or expression and associated biological pathways, which will provide potential novel targets for AF therapy or prevention. I created the first lines of patient-specific induced pluripotent stem cells (iPSCs) in the lab and, working with others in the lab, optimized the differentiation of iPSCs to ventricle-like and atrial-like cardiomyocytes. My current project is to perform more in-depth studies into the transcript-specific roles of PANCR in AF and other important processes.

What successes did you have at Lerner? I was a trainee on a T35 NHLBI-funded research opportunity grant for minorities. During my graduate studies, I was the recipient of an F31 predoctoral research grant and a diversity supplement to an R01 as a postdoc. I am an author on 4 research publications, 1 preprint manuscript and 3 editorials. I was awarded a Caregiver Celebration Honors award in 2011, the American Heart Association (AHA) Basic Cardiovascular Sciences Cardiovascular Outreach Award in 2012, the 3rd quarter employee of the quarter award in 2012, and the Graduate Student Appreciation Award in 2014. In 2018, I was invited to participate in the AHA Scientific Session Frontiers in Science: Arrhythmia Research Summit: Engineering Arrhythmia Therapies to present a 7-minute rapid-fire oral presentation.

What is your current position and title and where are you now? I am an Assistant College Lecturer and Biological, Geological, and Environmental Sciences (BGES) undergraduate advisor at Cleveland State University. I am responsible for preparing courses and teaching students from non-biology majors to upper division biology students. Additionally, I am an advisor to half of the undergraduate biology degree-seekers and am the advisor for the medical lab science track. My favorite part is working with the students. It is the most amazing thing to see the proverbial light bulb moments happen when a student finally understands a difficult concept.

What about your time at Lerner do you think prepared you for this position? In the many roles that I have had in Lerner, I have had the opportunity to mentor high school and college students. I believe that is what helped foster my desire to mentor people on a regular basis. That is an opportunity that I have as an instructor and advisor.

Is there something you particularly miss from your time at Lerner? I miss being in the lab every day and the collaborative spirit that researchers at Lerner exhibit.

What advice would you give current Lerner postdocs? My advice would be to make connections with people here at Lerner. There are some amazing mentors who are willing to help you navigate your career goals.
Meet your Fellow
Young Jun Shim, PhD

Dr. Young Jun Shim grew up outside of Seoul, South Korea. He attended Korea University for his Bachelor’s degree, followed by his PhD in genetic engineering, which was awarded in 2008. His doctoral research explored the role of extracellular chaperone clusterin in cell growth.

This project unveiled that clusterin phosphorylates the epidermal growth factor receptor at pY1173 to enhance downstream Ras-Raf1-ERK1/2 signaling, which facilitates astrocyte proliferation. This novel finding suggested a potential role of clusterin in astrogliosis following brain injury.

Dr. Shim continued to work as a postdoctoral fellow and research instructor in Korea University College of Medicine for four years before joining the Brain Korea 21 team as a research professor at Korea University Medical Center. Dr. Shim decided that he wanted to dedicate his research efforts to helping patients. This inspiration came from a project during his graduate research that studied arginine degrading enzyme in renal cell carcinoma, which ultimately led to patients around the world inquiring about the enzyme to facilitate their cancer treatments.

To achieve this goal of conducting clinically-relevant research, Dr. Shim joined Cleveland Clinic in 2015. He first joined the Baldwin lab in the Department of Inflammation and Immunity where he spent 3 years working with Dr. Fairchild to study how T cell-mediated alloimmune responses are regulated by immune checkpoint molecules. Since then, Dr. Shim transitioned to the Department of Cardiovascular and Metabolic Sciences to pursue his interest in immuno-oncology.

He now works with Dr. Keith McCrae, director of Benign Hematology in Taussig Cancer Center, to study cancer-associated thrombosis. While thrombosis is the second leading cause of death in cancer patients, the underlying mechanisms are largely unknown.

Dr. Shim is working to explain the role of extracellular vesicles derived from cancer cells in the formation of cancer-associated thrombosis. He is currently working to define the extracellular vesicle-induced activation of factor XII, an initiator for the intrinsic coagulation pathway.

Dr. Shim is also investigating the role of high molecular weight kininogen (HK), an essential co-factor of contact activation, in tumor growth. The goal of this work is to identify how cleaved HK modulates the tumor microenvironment. In addition, a potential synergistic anti-tumor effect with immune checkpoint blockade will be examined.

He is currently preparing several manuscripts from these projects, and recently published a manuscript “Early T cell infiltration is modulated by programed cell death-1 protein and its ligand (PD-1/PD-L1) interactions in murine kidney transplants” in *Kidney International*.

Outside of the lab, Dr. Shim enjoys camping, exploring state parks and mountains with his two daughters, and watching history documentaries.

“There was no hesitation to accept my offer from Cleveland Clinic because I believed it was the best place to work alongside clinicians to conduct translational research. This belief is still true today.”

- Dr. Young Jun Shim
Meet your Graduate Student
Volodymyr Stetsenko, MD

Dr. Volodymyr (Vlad) Stetsenko is a Kent State University graduate student currently in Dr. Conni Bergmann’s laboratory in the Department of Neurosciences. He is originally from Russia/Ukraine and completed his undergraduate studies at Zaporizhia State Medical University (Ukraine) in Medicine to receive his MD. Prior to attending graduate school, Dr. Stetsenko worked in the Department of Pharmacology at his undergraduate university as a medical student for 3 years, and as a resident for 1.5 years.

Dr. Stetsenko’s original research interest was in hearing loss, and he attended Northeast Ohio Medical University (NEOMED) for his first rotation as a Kent State graduate student. However, he realized that his research interests lie elsewhere and decided to reach out to a more senior graduate student in his program for advice on where to rotate next. This student was working at Lerner at the time and told Dr. Stetsenko about the various research activities and PIs at Lerner. After reaching out to Dr. Conni Bergmann, he joined her lab to complete his second rotation and decided to join her lab to finish out his graduate studies. Dr. Stetsenko’s favorite things about the Bergmann lab are his PI’s enthusiasm for her research, the friendly and helpful lab members, and the environment encouraging open discussion. Dr. Stetsenko’s graduate research project focuses on B cell recruitment to the central nervous system during neurotropic viral infection.

Since coming to Lerner, Dr. Stetsenko has come to appreciate the highly competitive environment and diversity of employees. He enjoys being able to meet people from all around the world. He especially likes being able to get advice from Lerner postdocs from different countries who each have unique perspectives and experiences to share. Lerner offers him the wonderful opportunity to learn how to perform science and high-quality research.

Outside of the lab, Dr. Stetsenko enjoys hiking, running, and reading.

“Lerner has a highly competitive environment where you get to meet people from all around the globe.”

-Dr. Volodymyr (Vlad) Stetsenko
Shilpa Rao is a graduate student in the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University Molecular Medicine PhD Program and the new President of LGSA for the 2020-2021 academic year.

Shilpa is originally from Schaumburg, which is a northwest suburb of Chicago. From 2014 to 2017, she went to Loyola University Chicago and majored in molecular biology with a minor in business information systems. She joined the Molecular Medicine PhD Program in 2018 and is now a graduate student in Dr. Antoine Louveau’s laboratory in the Department of Neurosciences.

Shilpa’s current project focuses on how local immune changes within the meninges during pregnancy contribute to the development of parental behavior, and how alterations of the normal pregnancy-induced immune modulations may affect parental behavior or increase susceptibility of pregnancy-associated mood disturbances.

She chose to do her graduate training at Cleveland Clinic because of the Molecular Medicine Program’s emphasis on “bench to bedside” research. The opportunity to be mentored by, and to collaborate with, those who help develop knowledge and practices used in the hospital for diagnostics and treatment excites her.

She also enjoys the community within LRI, and how Lerner is at the forefront of innovation.

Shilpa strives to demonstrate the values of inclusivity and creativity as a leader. These values speak to her strengths of voicing her ideas and encouraging others to voice theirs.

Her goal for LGSA is to make it inclusive, since participation in LGSA is a great way for trainees to learn powerful skills for navigating graduate school and launching professional endeavors. Shilpa met many other graduate students and developed meaningful relationships through social events held by LGSA, so she hopes to keep that going as the new President.

Another goal that Shilpa has for LGSA is to foster creative ideas for workshops and social events that will benefit trainees and the community. Ultimately, she wants to create a community from LGSA that will allow trainees to help one another grow into amazing scientists and community members.

Outside of her graduate studies, Shilpa enjoys going on hikes with her dog Elsie, traveling, going to local breweries and pizza places, and binge watching bad horror movies.

“I love the community LRI has and how it is at the forefront of innovation and diverse research.” - Shilpa Rao
Upcoming Events

SAVE THE DATE!
Friday, October 9th | 3:00-5:30 PM
Virtual Format via Zoom
Zoom links can be found within the email

Please join us for the

Molecular Medicine PhD Program Annual Student Showcase

Featuring 5 minute Data Blitz presentations from all students 3-4pm and oral presentations from select 5th year students 4-5pm

Select Presentations from:

Emma Keller
Jorgensen Lab, Inflammation and Immunity

Megan Zangara
McDonald Lab, Inflammation and Immunity

Noah Daniels
Padgett Lab, Cardiovascular and Metabolic Sciences

John Zhou
Riqiang Yan’s Lab (UCONN), Neuroscience
Upcoming Events

LEADERS Seminar Series

LEADERS 2020
Series for Lerner Research Institute Trainees

Lerner Experience in Advanced Development of Education and Research Skills

Posters

- 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: Laura R. Greenwald, MBA
- Communications Manager, Education Institute

Amy Moore, BA
- Staff Editor, Cleveland Clinic Journal of Medicine, Education Institute
- Manager, Medical Writing Education Program, Education Institute

WHEN: October 12, 2020
4:00 - 5:00 PM

WHERE: Virtual (Zoom)
Upcoming Events

Cleveland Clinic

Lerner Diversity Council

Book Club

The Lerner Diversity Council invites all Lerner Research Institute and Education Institute caregivers to participate in our Book Club to discuss topics such as race, bias and racial equity. Participants will have 8 weeks to read the book, with virtual group discussions at the halfway point and end of the book. Registration is limited – sign up for the next session now!

Next Virtual Group Discussions
Part 1: Thursday, November 5, 12-1pm
Part 2: Thursday, December 10, 12-1pm
Zoom

Sign up by October 9:
https://survey.clevelandclinic.org/DCBookClub2

Racism without Racists
Eduardo Bonilla-Silva

Eduardo Bonilla-Silva’s acclaimed Racism without Racists documents how, beneath our contemporary conversation about race, there lies a full-blown arsenal of arguments, phrases, and stories used to account for—and ultimately justify—racial inequalities.

DISCUSS
Join our online discussion board with weekly thought questions on the Lerner Diversity Council Connect Today page. Participation in the online forum is encouraged, but not required.

FIND BOOKS

Public Libraries
Click here for a step-by-step guide on setting up an account

Local Bookstores
Cleveland Heights: Appletree Books, Loganberry Books, Mac’s Backs

Amazon & Kindle

Audiobooks
Audible: New members can receive a one month free trial
Public Libraries: Set up an account and borrow the audiobook
Libby App: Borrow and read ebooks and audiobooks from your local public library for free

COMING NEXT
White Fragility by Robin Diangelo
Upcoming Events

Biomedical Innovation and Entrepreneur Club
(Third Wednesday of each month!)

Virtual Networking via Social Media:
Building your professional network and connect
with CWRU alumni

When: Wednesday October 21st 4:30-6pm
Where: Zoom, Virtual session
Meeting ID: 923 3834 1763 Passcode: 468582

Lisa Hebert
Certified Career Transition Coach-Certified Resume Writer- Certified
Online Profile Expert- Certified Employment Interview Professional-
Reach Social Branding analyst at LMHAdvisors

Laura Papcum
Assistant Director, Post Graduate Planning and Experiential
Education

LRI trainees are all welcome!
If you have any questions, please contact us at cvmp@case.edu.
Each year, the Research Education and Training Center (RETC) and the Lerner Postdoctoral Association (LPDA) host events to recognize and thank our approximately 250 postdoctoral fellows for their hard work and dedication during National Postdoc Appreciation Week. This year, due to the prevalence of virtual events, the RETC and LPDA curated a multi-institutional list of events to celebrate.

Social: Meet Your LPDA LEADERS and Bingo

LPDA committee leaders introduced themselves and summarized what the goals and initiatives of their groups. Then the attendees played some NPAW bingo!

Wellness: Yoga at Your Desk

RETC hosted CCF Lead Yoga Therapist and Program Manager, Judi Bar, to lead postdocs through a chair yoga session that could be done at their desks.

Career Development: Careers for Scientists in Patent Law

The LPDA hosted Richard S. Wesorick, BSME, JD to learn more about career opportunities for PhD scientists in patent law, trends in the field, and requirements for entering the field.

Key takeaways:
1. Know the difference between a patent lawyer (requires a law degree, can become Partner) and a patent agent (can start right away with a PhD, cannot become Partner). Both require passing the patent bar exam.
2. In this field, you are always learning and working on new things.
3. This job requires a lot of reading and writing skills.
4. You can reach out to Richard directly if you are interested in this career path and have questions: rwesorick@tarolli.com

Prizes!

Postdocs who attended the Lerner-hosted events were entered into a drawing for their choice of a Starbucks or Panera gift card. Congratulations to our winners below!

Winners
Abhishek Asthana
Kelly Mitchell
Courtney Shell
Mike Fisher
Lana Pollock
Shelley Valley

Other Institution-hosted Events

RETC shared events being hosted across the US by other institutions that Lerner postdocs could attend throughout the week. Below are some of the highlighted events:

- “Resilience and Well-Being” - Sharon Milgram, PhD, NIH-OITE
- “Social Media for Scientists” - University of Cincinnati
- “Science Communications Career Panel” - U of Illinois Chicago
- “Mentoring Matters” - National Postdoc Association
- “Careers in Drug Development” - NIH/NIEHS
- “Speed Networking Event” - National Postdoc Association
Congratulations to the winners of the 2020 Awards for Excellence!

**Awards for Excellence**

**LRI Award for Excellence in Service**
Dr. Trine Jorgensen

**LRI Award for Excellence in Trainee Mentoring**
Dr. Laura Nagy

**LRI Award for Excellence in Graduate Education**
Dr. Wink Baldwin

**LRI Award for Excellence in Medical Education**
Dr. Ron Midura

**Dr. Sylvain Brunet Award for Outstanding Accomplishment by a Graduate Student**
Abigail Dooley

**LRI Graduate Student Award**
First Place: Dr. Sara Akhavanfard
Second Place: Alyson Wolk

**LRI Postdoctoral Fellow Award**
Dr. Defne Bayik Watson

**LRI Research Associate Award**
Dr. Tejasvi Dudiki

**Rising Star Award**
Dr. Mark Brown

**Eminent Scholar Award**
Dr. Ed Plow

Dr. Laura Nagy, winner of the Trainee Mentoring Award pictured with representatives from the trainee selection committee, Gabrielle Mey and Dr. Emily Esakov

Abigail Dooley, winner of the Dr. Sylvain Brunet Award for Outstanding Accomplishment by a Graduate Student pictured with Dr. Selva Baltan and Dr. Serpil Erzurum

Left to Right: Dr. Defne Bayik Watson, Dr. Sara Akhavanfard, Alyson Wolk, and Dr. Tejasvi Dudiki

Dr. Christine Moravec presenting the Trainee Excellence Awards
Did you miss the virtual LEADERS seminar on ‘The Challenge of Writing (Grants) - Part 2’ presented by Dr. Cassandra Talerico? Here is the recap!

What are the differences between writing a scientific article and a grant proposal? How can you channel the creative process to begin a new grant? What can you do when you feel writer’s block setting in? Dr. Talerico joins us again in the second part of her seminar to reflect on “The Challenge of Writing (Grants).” We welcome her as she shares some of the common obstacles associated with writing a successful grant and her advice to help you become a better writer in the process.

Know your audience.

Before you begin putting words to paper, Dr. Talerico suggests taking a moment to consider your reading audience. Members of the study sections assigned to your grant proposal are experts in their own fields, which may or may not overlap with your own. Regardless of their specific academic backgrounds they are still highly qualified to review and comment on your particular proposal. Likewise, don’t forget that they have volunteered a significant portion of their time to travel and appraise a large number of applications while looking for exciting new research. If you submit a sloppy proposal, be prepared for a lukewarm or indifferent reception. It is up to you to present a strong, direct, and most importantly, clear project. Remember, everything counts. Don’t focus on a single component while giving minimal attention to the rest of your grant.

Proposal writing is not the same as article writing.

A grant proposal should not be written in the same manner as a primary scientific manuscript. Scientific articles are centered around scholarly pursuits and your own academic passions. They are oriented around your past experimental data and consist of a central theme. As a primary author, it is your responsibility to use expository rhetoric to explain your research to the reader, requiring an impersonal tone and specialized language to give a clear overview of your findings. Grant writing is more concerned with a future-oriented philosophy. You are not simply describing the results of past experiments but are building upon past conclusions to generate exciting new questions. The goal of grant writing is to use persuasive rhetoric and accessible language to sell your ideas to the reader and make them enthusiastic about supporting your proposal.

Learn expository writing.

Famous author Neil Gaiman once wrote this advice to aspiring writers: “This is how you do it: You sit down at the keyboard and you put one word after another until it’s done. It’s that easy, and that hard.” Dr. Talerico acknowledged that there are no shortcuts or easy answers when it comes to writing manuscripts or grant proposals. Most students in the US are taught to write using a predictable and structured approach. They are asked to create an outline and use it as a guide post to craft a narrative from beginning to end, revising and correcting as they write. This process is simple, easy-to-teach, and relatively straightforward for a student to follow. What it is lacks is the spirit behind the written word. Sometimes writing helps us discover and clarify our own thoughts and other times it lets us communicate what we are thinking to others.

So how can we improve our writing?

Dr. Talerico’s advice is simple: Turn off the editor side of you and get started! The first draft is never the best. Don’t forget that writing is a creative process, so don’t expect it to be easy. She suggests not to wait for creativity to come knocking but simply start writing. If you can’t seem to find time to write, allot time during your day. If you feel you need more background and information before starting a manuscript, use your allotted writing time to do so. If you think you need a better computer or a proper environment, remember that all you need is a paper and pencil. If you keep waiting until you are “in the mood” to write, settle in for a long delay.

Dr. Talerico’s practical motivational tools for writing are easy to follow. Set concrete goals. Write at least 200 words today. If you can’t commit to that, write two paragraphs. Print the first draft. Read, revise, and repeat. Monitor your progress with timelines or spreadsheets. Don’t forget to reward yourself when you accomplish your writing targets. When dealing with writer’s block, don’t be wed to your logical flow. Start or continue with other section that you can write. Use notes to help you keep pace. Stop at a place you know you can continue from. Lastly, don’t forget to turn off your computer monitor when you are done.

A copy of the slides from this presentation can be found on the intranet here.
Recent Events

Thank you to everyone who participated in or donated to our Lerner Trainee Pacemakers Team for the Cleveland American Heart Association (AHA) Heart Walk! We met our team fundraising goal of $500!!

Iris Smith & friends; in memoriam of Sue Bell

Rachel Markley & family

Jasmine Gajeton & Derek Arwine
Fall for These Fall-Themed Bakes!
-Rita Tohme, PhD
Images belong to Rita Tohme (Instagram @mrs.sucree)

Pumpkin-Shaped Tangzhong Bread Rolls

**Ingredients:**

- 25g (2 tbsp) Bread Flour
- 100ml (½ cup) Water
- 125ml (½ cup plus 1 tbsp) Whole Milk
- 30g (2 tbsp) Unsalted Butter
- 350g (2 cups) Bread Flour
- 10g (2 tsp) Granulated Sugar
- 7g (1 tsp) Salt
- 7g (1 packet) Instant Yeast
- 1 egg (plus an extra egg yolk for the egg wash)

**Tools:** Kitchen String

**Instructions:**

1. To make the Tangzhong roux, place 2 tablespoons bread flour and the water in a saucepan and whisk until combined. Cook over low heat and keep whisking until you obtain a thick paste. Set aside to cool for at least 10-15 minutes.
2. Heat milk and butter in a saucepan over low heat until the butter has just melted.
3. Add salt, yeast and sugar to the flour, making sure you add the salt and yeast on different sides of the bowl because salt at high concentrations would kill the yeast and retard the proofing. Whisk to combine.
4. Add the remaining ingredients (including the roux if you’re using it) to the flour mix and stir to combine.
5. Keep kneading until you pick up all the flour from the side of the bowl. Knead the dough for at least 6-10 minutes on a countertop and lightly cover with some olive oil until enough gluten has developed and the dough passes the window pane test (stretch a piece of dough a good 4 inches without it tearing). You can also use a stand mixer fitted with a dough hook attachment and mix at medium speed. The dough will be stretchy and smooth.
6. Shape the dough into a ball and place it into a clean lightly oiled bowl. Cover the bowl with cling film and let the dough proof at room temperature until it has doubled in size.
7. Cut the kitchen string into 36x 8- to 10-inch strands. Place strings in a bowl and toss to coat with oil.
8. Once the dough has risen, turn it onto a lightly oiled countertop and knock all the air out.
9. Divide the dough into 9 equal portions and shape each into a ball. Cover and let them rise for about 15 minutes.
10. Meanwhile, preheat your oven at 350 degrees F.
11. Criss-cross 4 strings over a center point on your work surface. Place the dough ball onto the center point and firmly tie each string into a knot over the center of the roll.
12. Let the dough rise for an additional 30 minutes then lightly brush the top with egg wash (one egg yolk and a splash of water) and bake on a tray in the oven for at least 20 minutes until the bread is golden in color.
13. Take the bread rolls out of the oven but keep them on the baking tray for at least 10 minutes to finish cooking before transferring them to cooling racks! Cut strings off of each roll at the tops and peel down carefully and slowly to remove. Enjoy!
Spiced Pumpkin Cake

Ingredients:

- 250g (1 cup) Pumpkin Purée
- 130g (½ cup) Granulated White Sugar
- 120g (⅔ cup) Light Brown Sugar
- 2 eggs
- 100ml (a little less than ½ cup) Vegetable Oil
- 75ml (¼ cup) Whole Fat Milk
- 250g (2 cups) Plain Flour, sifted
- 1 teaspoon Baking Soda
- ½ teaspoon Salt
- 1 teaspoon Ground Cinnamon
- ¼ teaspoon Ground Ginger
- ¼ teaspoon Nutmeg
- ⅛ teaspoon Ground Cloves

Instructions:

1. Preheat your oven at 350 degrees F and line a loaf tin with baking parchments.
2. Beat together pumpkin purée, white sugar, brown sugar, eggs, oil, and milk together in a large mixing bowl.
3. Whisk all remaining dry ingredients (flour, baking powder, baking soda, salt and spices) together in a large bowl.
4. Add the wet ingredients onto the dry ones and mix until just combined. *Don’t over-mix the batter, otherwise your pumpkin cake will turn out tough due to gluten developing.*
5. Pour the batter into the prepared loaf tin and level with a spatula.
6. Bake at 350 degrees F for 50-60 minutes, or until an inserted toothpick comes out clean.

Salted Caramel Sauce

Ingredients:

- 3 Tablespoons Water
- 130g (¼ cup) Granulated White Sugar
- 100ml Heavy Whipping Cream (a little less than ½ cup)
- ¼-½ Teaspoon of Salt (or more if you like!)

Instructions:

1. Stir water and sugar in a clean saucepan over low-medium heat until the sugar has dissolved.
2. Increase the heat and wait for the sugar to turn a deep amber colour. Don’t stir, but you can swirl the pan around to even out the color!
3. Add the cream in one go and stir with a balloon whisk until all the sugar has dissolved.
4. Pour into a bowl and add salt to taste.
5. Cover with plastic wrap and freeze for at least 45 minutes.
Now Hiring

Post Doctoral Scientist - RI Childhood Cancer Cassady lab | Nationwide Children’s Hospital | Columbus, OH
Seeking a motivated Postdoctoral Scientist to join the Cassady lab at The Research Institute at Nationwide Children’s Hospital. The Cassady lab designs investigates how oncolytic viruses mediate their anti-tumor activity in nervous system tumors. Creative, highly motivated individuals with a PhD in a relevant area (immunology, cell biology, virology or tumor biology) are encouraged to apply. For more details click here.

Product Specialist | GenomOncology | Cleveland, OH
GenomOncology is an innovative genomics software startup in downtown Cleveland dedicated to accelerating personalized medicine by building software-based solutions for precision oncology that measurably impact patient outcomes. For the current opening, we are looking for someone who has experience in cancer genomics and can analyze molecular data to support patient providers (oncologists, clinical trial nurses, pathologists, etc.) using our decision support tools. The ideal candidate should have 1-2 years of relevant work experience and a passion for applying software solutions to advance cancer treatment options. For more details contact Marilyn Dissauer (marilyn@genomoncology.com).

Scientist, Protein Sciences | Johnson & Johnson | Spring House, PA
Seeking a highly motivated and skilled candidate to participate in the design and implementation of protein purification strategies. PhD in Biology, Biochemistry, Chemical Engineering or equivalent is required. Post-doctoral experience required. For more details click here.

Assistant Professor- BioSciences | Rice University | Houston, TX
Assistant Professor Position in BioSciences: The Department of BioSciences at Rice University invites applications for one tenure-track, assistant professor position to begin July 1, 2021. Applicants with research in the areas of: systems and synthetic biology; microbial genetics, physiology, and ecology; and cell biology and genetics are encouraged to apply. For more details click here.

Associate Professor- Cancer Biology | University of Cincinnati | Cincinnati, OH
The Department of Cancer Biology at the University of Cincinnati, College of Medicine is seeking highly qualified researchers to fill faculty positions. The rank of the appointment (Assistant/Associate/Professor) is open and will be commensurate with the experience and professional accomplishments of the selected applicant. All successful candidates must possess a Ph.D. and/or M.D. degree(s) and work on basic mechanisms of breast cancer in the areas complementing the existing strengths of the department. For more details click here.

Scientific Medical Writer | Verseon| Fremont, CA
We are seeking an individual to join the Verseon team for a wide variety of scientific and medical writing in support of our research and development programs. In this role, you will work closely with our multidisciplinary group of experts to translate study data and results into presentations, reports, regulatory documents, scientific journal manuscripts, and abstracts for publication. You will be responsible for delivering non-clinical, clinical, and regulatory documents for submissions and documentation. Qualifications: PhD in biomedical science or related field or MD, knowledge of global regulations and FDA and ICH guidelines, experience generating clinical and non-clinical protocols and study reports, and publishing multiple scientific articles in peer-reviewed journals. For more details click here.
Congratulations to Dr. Iyad Manaserh from the Bass lab in the Department of Cardiovascular and Metabolic Sciences!

Dr. Manaserh recently published a first-author paper titled, “Insulin sensing by astrocytes is critical for normal thermogenesis and body temperature regulation” in *Journal of Endocrinology*. Dr. Manaserh conducted this work as a pre-doctoral student in Dr. Jennifer Hill’s laboratory at University of Toledo College of Medicine. [Click here.](#)

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

Balaji was awarded second place in the Midwest Association of Graduate Schools (MAGS) Three Minute Thesis (3MT) event for his virtual presentation titled, “PKN1 is an alternative target in advanced prostate cancer.” He also recently defended his thesis titled, "PKN1 is a novel therapeutic target to block serum response factor-dependent androgen receptor action in advanced prostate cancer," and will receive his PhD from Cleveland State University in December. Balaji will be joining the Beltran lab at the Dana-Farber Cancer Institute in Boston, Massachusetts for his postdoctoral fellowship.

Congratulations to Dr. Muhammad M. Edhi from the Saab lab in the Department of Biomedical Engineering!

Dr. Edhi won a travel award to attend the Neurocritical Care Society Annual Meeting in September 2020, located in Scottsdale, Arizona. Due to the pandemic, the meeting was held virtually and Dr. Edhi was able to use his award to cover registration and workshop costs.

Congratulations to Dr. Kelly Mitchell from the Lathia lab in the Department of Cardiovascular and Metabolic Sciences!

Dr. Mitchell received an F32 Postdoctoral NRSA Fellowship from NIH/NINDS as principal investigator titled “Effects of the metalloproteinase ADAMDEC1 in glioblastoma-associated myeloid cells.” The goal of this project is to investigate how immune cells in the glioblastoma tumor microenvironment communicate with tumor cells and recruit additional immune cells to support tumor growth. Understanding these mechanisms could result in novel clinical interventions.
Wellness Resources

Kickboxing, yoga and more on demand

Author: Caregiver Communications
Original Article: click here.

Our lives have changed. We’re adapting to living during the pandemic. Employee Wellness continues to be there for you to live your healthiest life.

That’s why they’ve created on-demand fitness classes you can do from the comfort of your home. All caregivers and their families are can take these free virtual classes.

Are you into yoga? Or are you more into strength training? There’s something for all of us. Click the original article link above to get started!

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

LERNER TRAINEE NEWSLETTER
Behind the Scenes

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

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

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

LGSA Communications Team
Abigail Dooley, Jasmine Gajeton

LPDA Leadership Council

Executive Board
Co-Presidents: Maksim Sinyuk, Kelly Mitchell
Coordinator: Priya Putta
Treasurer: Elise Baron

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Members: Vijay Nagampalli, Vivek Narayan, Lingjun Zhang, Yee Peng Phoon

LGSA Leadership Team

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Executive Board: Abigail Dooley and Gabrielle Mey
Members: Nazmin Bithi, Morgan Engelhart, Morgan McGrath, Raneem Khedraki, Adya Sapra, William Massey, and Ki-Soo Jeong