



NEWSLETTER

Happy April!

Welcome to Spring! There's lots to look forward to this month, including our very first off-campus retreat! As always, if you have any comments or concerns, please fill out our [anonymous Google form](#). Have a great month!

- Lindsey and Kaitlyn

DEPARTMENT NEWS

➤ The **Department Retreat** is this month in Chattanooga from April 22-23. More details about this overnight event are forthcoming. For now, start practicing your karaoke performance! We look forward to celebrating our science with colleagues for this in-person event!

➤ The department has once again given trainees the opportunity to **invite a speaker for the 2022-2023 Frontiers Lecture series**. If there is someone you would like to have considered for this lecture, please fill out the Google poll [here](#).

➤ **In-person BSA Colloquium** continues this month, now featuring pizza again! Thanks to everyone who has attended and engaged with our presenters. Don't forget to ask the speaker questions in order to be entered in a raffle to win prizes!

* RESEARCH PAPER HAS BEEN SUBMITTED *
ME FOR THE NEXT FEW MONTHS



TRAINEE OF THE MONTH

Lindsey Guerin

What year are you? I'm in my fourth year.

Whose lab are you in? Emily Hodges lab

What do you like best about the biochemistry department? I love how much the students support each other. Whether you're presenting at colloquium or need to borrow a reagent your fellow trainees will always help you out!

What advice do you have for other students? You're probably going to run out of steam at some point during your time in grad school. You'll also have weeks or months when you're excited about your project and things are going great. If you can capitalize on those moments of motivation, it's easier to be kind to yourself when things aren't going well and you need a break.

What's your favorite experiment to run? Anything other than a western blot... But actually probably making heatmaps of sequencing data. It's really nice to be able to actually see something after all the work that goes into making libraries and processing the data.

What's your favorite place to go or favorite thing to do in Nashville? I love going to breweries especially now that it's patio season! I can bring my dog, get some sunshine, and catch up with friends. My personal favorites are Monday Night Brewing and the Tailgate out in West Nashville but they're opening another location in Germantown that I'm excited to try out!



[Click here](#) to nominate a fellow grad student or post doc for Trainee of the Month!

DEPARTMENT EVENTS IN APRIL

- **1st** at 12pm In-Person (LH 202) - Frontiers Lecture: Eric Enemark, University of Arkansas
- **8th** at 12pm, In-Person (LH 202) & Zoom- Colloquium: Tyler Hansen
- **15th** at 12pm, In-Person (LH 202) - Frontiers Lecture: Ileana Cristea, Princeton University
- **22-23 (overnight)** - Department of Biochemistry Retreat
- **29th** at 12pm, In-Person (LH214 *note room change) - Special Discussion Regarding Mental Wellness hosted by Dave Cortez, department chair

Congrats to...

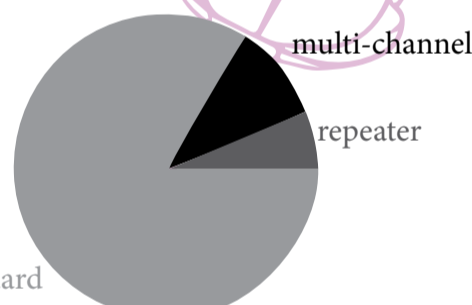
- **DOCTORS Esha Dalvie (Osheroff lab), Alexandria Oviatt (Osheroff lab), Geena Ildefonso (Quaranta lab, CPB), and Sara Maddox Groves (Quaranta lab, CPB)** for successfully defending in March!
- **Tata Kavlashvili (Dewar lab)** for her publication, "[Approaches to Monitor Termination of DNA Replication Using Xenopus Egg Extracts](#)"
- **Kavi Mehta (Cortez lab)** for his publication, "[CHK1 phosphorylates PRIMPOL to promote replication stress tolerance](#)". **Archana Krishnamoorthy** is also on the paper.
- **Jorge Rúa-Fernández (Cortez lab)** for receiving a poster award at the DNA Damage, Mutation and Cancer Gordon Research Conference.
- **Carla O'Neale (Schey lab)** for receiving an F31 from the National Eye Institute.



Daylight savings started this past month... for some this was welcome news as they got more afternoon sun while others prefer their sunshine in the morning. With lawmakers considering doing away with the clock changing practice, personal opinions have abounded.

How do you feel about daylight savings?

- A)** I love the flip flop, it keeps me on my toes! (a.k.a. keep the system we have)
- B)** Sleep be damned, I like afternoon sun! (Permanent daylight savings)
- C)** Without morning sunshine, I may never wake up... (Get rid of daylight savings time entirely)



The results are in!

It seems the imposter syndrome in the department runs deep, as many of us identify with the most minimal of pipettes. 83.3% of you "most identify with" the standard issues pipettes. 11.1% voted for the multi-channel and a single person voted for the repeater multi-dispenser pipettes.

IN OTHER NEWS

- **Graduate Student Appreciation Week is April 4th-8th.** The Graduate School has put together a series of events to celebrate including lots of free food and a meet-and-greet with the Dean. Follow @VUGradSchool on Twitter for a calendar of events. As part of the festivities, the BRET office is hosting a grab-and-go breakfast on **April 5th**, which you can sign up for [here](#).
- For those of us thinking about next steps, there will be an [ASPIRE Bistro](#) event focused on applying for postdocs and post-grad jobs on **April 7th at 11:00am**.
- Tax day is this month. There's still time to complete the self-paced module led by Dr. Emily Roberts, which you can find [here](#). Still confused? There are two remaining Q&A sessions with Dr. Roberts on **April 4th at 12:00pm or April 10th at 4:00pm**.
- There is a **Graduate Student Council (GSC) General Body Meeting on April 7th** from 6-7 in Alumni Hall 201. Candidates for next year's executive board will be allowed to make statements, with the election running until the next meeting. It will also be available via Zoom, but the in person meeting will provide pizza so choose your own adventure. Alternatively, contact Yelena Perevalova, the biochemistry department GSC representative if there is anything you want brought to the GSC's attention.
- The BRET office will be hosting the Director of Project Safe, Cara Tuttle Bell, on **April 6th at 10:00am and 3:00pm** in 208 LH. She will be giving a presentation on "Policies, Reporting, and Support".



Check it out!

As always, double check events for their COVID hours and regulations.

- **Places to go:** The Nashville Zoo is hosting Night Visions, a light and sound display event. This event will take place Thursday through Sunday nights from April 15th to July 17th. Tickets are \$23 and can be purchased [here](#).
- **Things to do:** The East Nashville Beer Festival is Saturday April 9th from noon to 5:00pm at East Park. Tickets are \$65 (\$55 if you go through the Nashville Guru link [here](#)) and include unlimited beer samples. There is also a Designated Driver option.
- **People to see:** Mary Poppins: The Broadway Musical is at the Polk Theater/TPAC on April 28th through May 8th. Tickets start at \$50 and can be found [here](#).

Diversity, Equity and Inclusion (DEI)

The Biochemistry DEI blog has a new post featuring postdoc Alex Blee. She talks about the value of collaborations and respecting other perspectives as well as normalizing emotional reactions as a woman in science. You can read the full blog post [here](#).

Wellness

Physical Wellness: Masks are now optional while indoors at the Rec center. In addition, the Main Gym Courts 1-3 have been re-opened and can be reserved for group activities such as basketball.

Social Wellness: The Margaret Cunningham hosts a virtual parenting group geared towards parents working at Vanderbilt. On April 13th, the topic will be "Kids and Reading." Sign up for the parenting list [here](#).

Mental Wellness: You can explore different Cultural and Identity [resources](#) connected to Vanderbilt on this webpage from the Student Care Network. Resources include (and are not limited to) various support centers for international, LGBTQI, and/or Black trainees.

Please reach out to lindsey.n.guerin@vanderbilt.edu or kaitlyn.r.browning@vanderbilt.edu if you have any feedback, questions, or student of the month nominations.

