



NEWSLETTER

Happy May!

April showers bring May flowers! Fingers crossed because it seems like it rained all of April... 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** was held April 22-23 in Chattanooga. We hope everyone had a great time - we know we did!
- 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](#).
- The deadline for graduate school decisions was last month. Thank you to all department members who participated in recruiting. We look forward to welcoming new students to Vanderbilt!

TRAINEE OF THE MONTH

Kaitlyn Browning

What year are you? 4th year
Whose lab are you in? The Merrikk lab

What do you like best about the biochemistry department? That it's such a collaborative and inclusive place!

What advice do you have for other students? Ask for help when you need it! I think grad students sometimes get caught up in having to know it all, but we're still just students learning!

What's your favorite experiment to run? I like doing chromatin immunoprecipitations of bacteria cells from an infection. I created this method and I'm proud of it!

What's your favorite place to go or favorite thing to do in Nashville? I really love taking my two dogs to the dog park at Two Rivers. It's huge and they always have a lot of fun!



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

DEPARTMENT EVENTS IN MAY

- **6th** at 12pm In-Person (LH 208) - Frontiers Lecture: Naoko Mizuno, NIH
- **13th** at 12pm, In-Person (LH 208) & Zoom- Colloquium: Kateryna Nabukhotna
- **20th** at 12pm, In-Person (LH 202) - Frontiers Lecture: Craig Cameron, UNC Chapel Hill

Congrats to...

- **Tyler Hansen** (Hodges Lab) for winning best poster at the retreat and **Tata Kavlashvili** (Dewar Lab) for being awarded an honorable mention for her poster.
- **Dr. Neil Osheroff** for being selected as a fellow of the Association of Medical Educators in Europe.
- **Dr. Kavi Mehta** (Cortez Lab) for being named the VICC Postdoctoral Scholar of the Year.
- **Dr. Jennifer Pietenpol** for being awarded the Harvie Brandscomb Distinguished Professor Award.



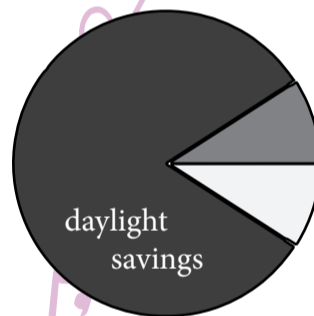
Its spring in Tennessee... We all know the anecdotal evidence is not a sufficient basis for a scientific hypothesis. However, I think a poll of the department is a bit more legitimate. So...

Do you feel like this year has been particularly bad for seasonal allergies?

- A) Yes, I am actively waging a war between anti-histamines and histamines in my body.
- B) No, not sure why everyone's complaining so much.
- C) I am a horribly lucky individual who has never gotten allergies.

The results are in!

It appears we have very little concern for circadian rhythms in this department. An overwhelming majority of you (81.8%) would prefer to have permanent daylight savings. The remainder was split between the current system and getting rid of daylight savings at 9.1% each.



IN OTHER NEWS

- RC Stabile, the new Assc. Director of Trainee Well-Being, is hosting a **town hall on mental health services for BRET students**. This event will cover the BRET/UCC Specialized Services Survey results, the BRET Care Map, and a few other wellness opportunities. It will take place on May 2nd at 12 pm in LH 419ABCD.
- The last **Graduate Student Council (GSC) General Body Meeting** of the semester is **May 5th** from 6-7 pm in Alumni Hall 201. 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 ASPIRE office is hosting their on-campus **annual career symposium** on Friday, June 3rd. The theme this year is: A Kaleidoscope of Biomedical Science Careers. Be on the lookout for more information coming this month.
- There will be a BRET sponsored trip to a Nashville Sounds game on May 7th. You can enter to win tickets [here](#). Winners will be announced May 4th.



Check it out!

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

- **Places to go:** The Nashville Zoo's Night Visions, a light and sound display event, continues this month. 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:** Diskin Cider is celebrating their four year anniversary on May 14th. There will be live music from 1pm to 10pm, food trucks, axe throwing, tattoos (honestly a bit confused on this bit, but could be interesting?), and of course cider. The event is free and open to all ages. You can get more information [here](#).
- **People to see:** Musicians Corner at Centennial Park is starting this month and will run through June. Different artists will be featured every Friday and Saturday. You can see the full calendar [here](#).

Wellness

Physical Wellness: Warmer weather is upon us and we encourage everyone to take advantage of Nashville's [parks](#) and [greenways](#). Masks remain optional while indoors at the Rec center.

Social Wellness: Keep an eye out for different ASPIRE field trips this summer, including the Nashville Sounds game mentioned above.

Mental Wellness: With the end of the academic year coming up, Vanderbilt is encouraging end-of-the-year reflection. Prompts for reflection cover topics cover gratitude, celebration, increasing success, and decreasing challenges. More information including resources on the benefits of self-reflection can be found [here](#).



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.