



Happy September!

Is it time for pumpkin spice yet? As we transition to fall (apparently in name only, not weather), we're excited for things to start picking back up around campus. As always, if you have any comments or concerns, please fill out our [anonymous Google form](#). Have a great month!

- Lindsey, Kaitlyn, and Emma

DEPARTMENT NEWS

- As events start to ramp back up this fall, we encourage students to reference the BSA calendar. All the Department events in this newsletter plus any updates can all be found there throughout the month. You can integrate this calendar with other Google calendars using this [link](#).
- **Colloquium is back!** Join us every other Friday (opposite of Frontiers) to hear from your fellow trainees. The Colloquium committee is also **soliciting feedback about food preferences**. Fill out your choices [here!](#)
- The BSA is sponsoring an **End of Summer social event at SandBar** on Friday the 23rd from 5 to 7 pm! Come out for Jimmy Johns subs, drinks, and some friendly sand volleyball competition. SandBar is also dog friendly!

TRAINEE OF THE MONTH

Jeffery Jian

What year are you? 6th year grad student
Whose lab are you in? Osheroff
What do you like best about the biochemistry department? I've thoroughly enjoyed the monthly Whine and Cheese events (currently on hiatus but hopefully to return soon!)
What advice do you have for other students? I would strongly recommend that trainees know when to ask for help. More often than not, resources for younger trainees are readily available but it's very easy to want to "go at it alone."
What's your favorite experiment to run? My favorite experiment to run would be the persistence of DNA cleavage assay, one of the staple techniques of the Osheroff Lab.
What's your favorite place to go or favorite thing to do in Nashville? I'm a big fan of Climb Nashville and go bouldering as regularly as possible.



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

DEPARTMENT EVENTS IN SEPTEMBER

- **9th** at 9:30 am, 898 PRB - Dissertation Defense: Emilio Rivera
- **9th** at noon, LH 214 - Colloquium: Ruth Howard from the University Counseling Center
- **16th** at noon, LH 214 - Frontiers Seminar: Susan Lovett, Bradeis University
- **23rd** from 5-7 pm at SandBar - BSA Welcome Back Social Event, more details to come
- **30th** at noon, LH 214 - Colloquium: Emilio Rivera, graduate student

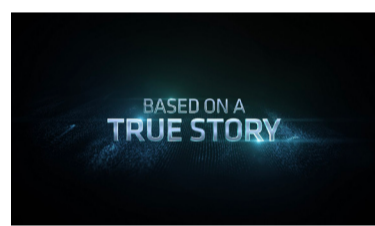
Congrats to...

- Sara Conwell, Matthew Cranford, and Tata Kavlashvili (Dewar Lab) for their paper "[Replication fork collapse in vitro using Xenopus egg extracts](#)"
- Dr. Hrishita Das (Carter Lab) for being selected as the first Destination Biochemistry Early-Career Postdoctoral Scholar



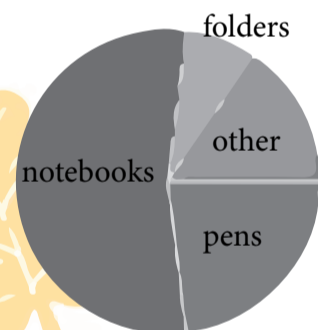
Lack of time and resources

Beyond the scope of this paper



Would you rather...

- A) have so many experiments you need to do that you have no idea how you'll finish them all
- or
- B) be so stumped in your project that you have no idea what to do next



The results are in!

Y'all are people after my own heart. 53.8% of you loved getting notebooks, 23.1% went straight for the pens (how many colors though..?), only one person voted for folders, and the rest had something else entirely.

Is there anything you're dying to know about your fellow biochemists? Send them our way!

IN OTHER NEWS

- **Flulapalooza is back** this year in all its pre-COVID glory! All trainees, faculty, and staff are eligible. The event will be behind Light Hall (between LH and the VA) on September 28th, 6am to 6pm! [More info](#).
- **Daily and annual parking permits** for this academic year start today (September 1st). ICYMI: The price for the annual permit for graduate students was lowered back down to last year's rate of \$540. For more information or to register for a permit [click here](#). You can also go to the office in-person to sign up for a monthly payment plans.



Soliciting opinions... If you have any suggestions for a speaker to invite for the trainee-nominated speaker seminar please fill out [this google poll](#).



Check it out!

- **Places to go:** **OctoBearfest**, the first Oktoberfest celebration in Wedgewood-Houston will be at Jackalope from 12-7pm on September 4th. If you'd really like to lean into the fall spirit, Cheekwood Harvest is from September 17th to October 30th at Cheekwood. All things fall including pumpkin houses can be accessed with general admission tickets. You can get more info [here](#).
- **Things to do:** **The Nashville Food Faire** is going to be on September 17th from 11am-4pm. Think similar vibes to a craft fair but with food, this event will be held at oneCITY. Free and kid/dog friendly this event seems worth checking out! You can find more information [here](#).
- **People to see:** **Live on the Green** is back after its COVID hiatus! Starting today through September 5th, tons of different artists will be in Nashville and you can see them for free. A full schedule is available [here](#). You can also get VIP passes if your heart so desires.

Wellness

Need a refresher on where you can find Graduate School Resources? Check them out [here](#), where you'll also see a specific section highlighting Wellness and Counseling resources.

A new academic school year means our health insurance benefits start anew. Aetna is our insurance carrier. Aetna has a [well-being portal](#) with tools and resources to help support you holistically.

What does your health and fitness goals look like this year? Check out this [Five Week Cardio Challenge](#) being offered by the Rec Center. Participants that complete and submit all 5 weeks of the challenge will receive a free t-shirt.

Lab in movies~



Lab in real life~

