



## Happy New Year!

Welcome to 2023, in our opinion every new year should start with the first Monday off. As always, if you have any comments or concerns, please fill out our [anonymous Google form](#). Have a great month/year!

- BSA Social Media Team



### DEPARTMENT NEWS

- We would like to extend a warm welcome to all the new students rotating in Biochemistry labs this month. Please feel free to reach out to any BSA members if you have questions about the department.
- We have a new Biochemistry Program Assistant, Lisa Evans! She is located with Jen Smith in 607LH.
- We have many upcoming faculty candidate lectures this month. Attendance is encouraged! Dates, times, and room numbers can be found below. Follow us on Twitter (@VandyBiochem) for the most up-to-date information.
- Thank you to everyone who attended the Holiday Party, we enjoyed celebrating with you all!



2022-2023  
BSA officers

### TRAINEE OF THE MONTH Matthew Cranford



**What year are you?** 3rd year post-doc  
**Whose lab are you in?** Cortez Lab  
**What do you like best about the biochemistry department?** The friendly, collaborative and supportive environment  
**What advice do you have for other students?** Always be open to learning something new  
**What's your favorite experiment to run?** Replication assays in Xenopus extracts and denaturing gel electrophoresis  
**What's your favorite place to go or favorite thing to do in Nashville?** Hockey games at Bridgestone Arena

### DEPARTMENT EVENTS IN JANUARY

- **17th** at 10 am in PRB 206 (**NOTE: time/room change**) - Faculty Candidate Seminar: Dr. Sarah Hill, NIH
- **19th** at 1 pm in LH 208 - Dissertation Defense: Monica Bomber (Hiebert Lab)
- **20th** at noon in LH 214 - Richard Armstrong Lecture (hosted by the BSA): Dr. Cigall Kadoch, Harvard Medical School
- **23rd** at 2 pm in MRB3 1220 - Faculty Candidate Seminar: Dr. Esteban Orellana, Harvard Medical School
- **26th** at 2 pm in MRB3 1220 - Faculty Candidate Seminar: Dr. Xinyun "Sherry" Cao, Univ. of Wisconsin - Madison
- **27th** at noon in LH 214 - Colloquium: Vincent Yao and Jenny Tran
- **30th** at 2 pm in MRB3 1220 - Faculty Candidate Seminar: Dr. Vishnu Dileep, MIT
- **Feb. 1st** at 2 pm in LH 202 - Faculty Candidate Seminar: Dr. Sezen Meydan, NIH

### Congrats to...

- **Tim Scott and Tyler Hansen** (Hodges Lab), who released a preprint, [Cross-tissue patterns of DNA hypomethylation reveal genetically distinct histories of cell development](#).
- **Tata Kavlashvili** (Dewar Lab) for her first-author publication, [Replication fork uncoupling causes nascent strand degradation and fork reversal](#). Wenpeng Liu and Taha Mohamed were also on the paper (Cortez Lab)
- **Lee Cantrell and Romell Gletten** (Schey Lab) for their paper "[Proteome Remodeling of the Eye Lens at 50 Years Identified With Data-Independent Acquisition](#)".
- **Juan Carvajal Garcia** (Merrickh Lab) for receiving the Helen Hay Whitney Foundation Fellowship!
- the following Biochemistry-affiliated faculty members who were promoted to University Distinguished Professors: John Kuriyan, Craig Lindsley, and Larry Marnett



### NEW in 2023: Faculty Trivia!

Which of the following is one of Emily Hodges favorite episodes of The Office?



A) "Pilot"



B) "The Secret"



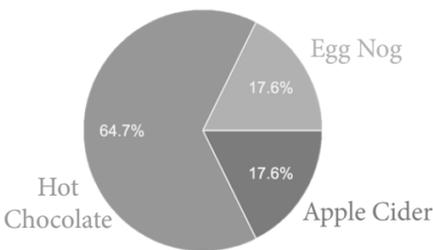
C) "The Promotion"



D) "Goodbye, Michael"



Please send us any fun facts about your PIs. I'm sure we'd all love to learn more about them.



### The results are in!

Hot chocolate was clearly the most preferred holiday beverage, with 64.7% of the vote, probably surprising no one. The rest of the vote was split evenly between Egg Nog and Apple Cider, both of which admittedly have less fun topping options.

### IN OTHER NEWS

- [Registration is open](#) for the **1st Annual Research Symposium - Life Sciences Edition** presented by VIRAL (Vanderbilt International Researchers Alliance)! It will be held on April 28<sup>th</sup>. Posters and talks will be chosen from submitted abstracts. The keynote address will be given by Dr. John Kuriyan, Dean of Basic Sciences.
- If you are a post-doc who wants to work on your science communication, check out [Speak Easy](#). This event helps researchers present to lay audiences and also has snacks! It is being held on January 19th at 5pm.
- The first [PhD Career Story](#) of the year will be on January 20th at 10am, focusing on Careers in the FBI. Registration is requested for this event.



### Check it out!

- **Places to go:** If you're trying a Dry January to start off your 2023, check out [these bars and restaurants](#) with good **mocktail** selections. Some highlights include: Sadie's, Hathorne, and Blue Aster at Conrad. While this next event is technically in February, you may want to mentally (& physically) prepare now for the **Zoo Fun Run 5k** on Saturday, Feb. 18th. [Registration](#) is \$45 if you want to run timed or \$40 if you're just there for fun. Finally, for the less athletic of us, tickets into the zoo to watch the run are only \$10!
- **Things to do:** Looking for something to warm you up this winter? Then mark your calendars for **Nashville Hot Chicken Week!** Modeled after the very popular Burger Week, [30+ restaurants](#) will offer \$7 hot chicken specials starting January 30 through February 5. Choose from favorites like Hattie B's and Prince's, or try somewhere off the beaten path like Bishop's Meat & Three!
- **People to see:** There are multiple dates for "Opry at the Ryman" in January with a different collection of artists every night. You can see the performers and buy tickets [here](#).

### Wellness

Now that we've started a new year, some of you might be thinking about setting goals and how to best pursue them. They could be work-related or personal, for example. Small steps can help you get where you want to be by utilizing the S-M-A-R-T approach. S-M-A-R-T stands for Specific-Measurable-Achievable-Realistic-Timely. Click [here](#) for information on how you can get started and see some examples of S-M-A-R-T goals. Want a way to track your activities on campus and get rewarded BINGO-style?. Enroll in Vanderbilt's [REC the New Year](#) for the month of January. Registration begins January 9 and ends January 31. As a Vanderbilt student, you have access to a variety of [health and wellness resources](#). Resources can fall into several categories, like Physical, Emotional, and Financial. As always, please put your health and wellness first, and don't be afraid to ask for help.



Me everytime I start a new protocol



3:26 PM - 1/3/23

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