EMORY

A NS STUDENT-RUN PUBLICATION

THE CENTRAL SULCUS

March 2023

An inside look at first-year rotations, interviews with faculty,

AND MORE

27

CONCERTS AND RESTAURANTS IN ATLANTA TO CHECK OUT!

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RECRUITMENT EDITION

ISSUE 04

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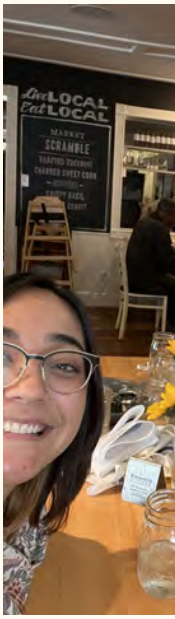
In this issue of... THE CENTRAL SULCUS

Welcome to Spring semester! After a weirdly cold start to the winter (remember when everyone's pipes burst in December?), we are finally thawing out this March. While we welcome the warmer weather, with it looms the uncertainty of preparing for grant submissions and quals. One thing is for certain, though - we will get through it by leaning on each other!

In this issue, we will first explore what it is like to do research at Emory, including a 'tour' of some of the research resources Emory offers, a look at the lab rotation experience for first-years, an interview with some of our faculty, and more. Then, we take a turn to explore the sights of ATL - keep reading to find your next concert, restaurant, or shopping trip!

Recruitment

2023

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The editors of...

THE CENTRAL SULCUS

Anu Korukonda

Hi, I hope spring semester is treating you all well! I'm a 3rd year PhD candidate in the Weinshenker lab. My research involves transgenic mouse models, behavioral paradigms and multi-omics strategies to interrogate how perturbations in the noradrenergic system contribute to neuropsychiatric symptoms in early stages of Alzheimer's disease.

I am very passionate about advancing STEM education in our community. Besides that, I absolutely love drawing and painting - in fact, I have drawn many people's pets :) I am also a foodie and love to travel.

I look forward to meeting the NS prospective students!

Maxine Robinette

Hello! I'm a 3rd-year PhD candidate in Dr. Gary Bassell's lab. My research utilizes human neuronal stem cell models of rare copy number variants with a high risk of developing neuropsychiatric disorders to assess defects in neuronal development. I participate in various DEI initiatives and student-based organizations on campus. Originally, I am from an agricultural city on the coast of Southern California and drove across the country when I had to move for graduate school (I don't recommend it but it was peak pandemic times)! Apart from that, I love to hike, read fictional books, and spend time with my loved ones. Welcome!

Emmie Banks

Hello again! Now in the second half of my second year in the program, I'm genuinely surprised at how fast my time in this program is already flying by! Fall semester had a lot in store for me - between grant writing, working on my first paper in the Rowan Lab, and trying to keep up with running, I was kept pretty busy. I'm looking forward to meeting the prospective Emory NS students and sharing this edition of *The Central Sulcus* with you all - if any of you have any interest in Alzheimer's disease, electrophysiology, and/or hyperexcitability, please feel free to reach out to me!

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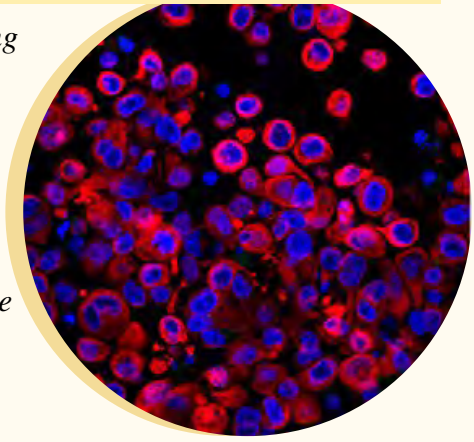
AN INSIDE LOOK AT RESEARCH RESOURCES AT EMORY

Rodent Behavioral Core

Need some help with your next breakthrough in behavioral research? The rodent behavioral core (RBC) not only offers numerous behavioral assay services for mice and rats, but can also assist you with study planning and data analysis. The RBC has years of experience examining activity, arousal, coordinated movement, learning and memory, anxiety, depression, seizure susceptibility, reward/reinforcement, and aggression in mice and rats. One recent development in the RBC is the addition of the Social Investigation and Nest Building assays. The RBC is led by Scientific Director David Weinshenker and Technical Director Jason Schroeder.

Integrated Cellular Imaging Core

To say that the Integrated Cellular Imaging (ICI) Core at Emory has serious imaging power would be an understatement. The ICI offers a host of top-notch microscopes for confocal, live cell, super-resolution, widefield, multi-photon, light-sheet, and TIRF imaging. ICI conveniently offers their imaging services at four different locations across campus: Whitehead, HSRB, Winship Cancer Institute, and Emory Clinic Building B. For those who are especially interested in imaging, there is an annual GDBBS / ICI Image Competition with prizes (and bragging rights)! From the entire brain down to a single molecule, the ICI Core will be able to help you get the perfect image. Photo credit: Vigneswaran et al., 2021 (Read Lab).



Brain Organoid Hub

A recent joint effort between the Sloan, Andersen, and Birey Labs at Emory, the Brain Organoid Hub is a cutting-edge collaboration in the in vitro world. The goal of the Hub is to centralize expertise on the standardization, automation, and innovation of the use of hiPSCs, organoids and assembloids. Critically, the Hub is also focused on data sharing. As the brain organoid field is quickly evolving, they vow to share their results with the community, and encourage feedback with the goal of creating an open-access data repository for brain organoid experiments. In addition to the three P.I.s, Alexia King is the manager and lead research specialist of the Hub. Photo credit: https://www.brainorganoidhub.com/

....plus 17 more research cores! To learn more: https://www.cores.emory.edu/eicf/index.html

Outside the Parkway: Advancements Outside of the Skull in the Emory NGP

Written by: William McCallum,
1st Year NS PhD Student

Your eyeballs provide your first line of defense between this text and the inside of your brain. As a result of their complexity and fragility, this frontline workhorse of a sensory system is often the first to become damaged due to disease and physiological disorder, as is often the case of patients with diabetes. While the relationship between metabolic disorders and the onset of diabetic retinopathy has been observed for decades, the relationship between retinal neurons, retinal blood flow, and retinal immune cells during diabetes progression has proven to be extremely complex. Within the incredible complexity of this "neurovascular unit" of the retina in diabetic patients, lies the potential for neurobiological research to provide major breakthroughs in the diagnosis and treatment of retinal diseases.

In an ever-sprawling complex of lab spaces within the Atlanta VA Hospital resides the intrepid team of researchers tasked with better understanding diabetic retinopathy: The Pardue Lab. Under the leadership of their Principal Investigator Dr. Machelle Pardue, the Pardue Lab focuses on the detection and treatment of early-stage diabetic retinopathy, with a particular interest in developing diagnostic tools for early detection of disease in the retina. Their research of recent decades has highlighted tools for increasing retinal protection and slowing disease progression, including leveraging exercise and pharmaceuticals, such as the administration of L-DOPA, a precursor to dopamine. Despite the development of these powerful therapeutics, there lies a major issue with the timing; the standard diagnostic approach for diabetic retinopathy utilizes the recognition of vascular degeneration in the retina, however by the time this damage is visible there is minimal opportunity to mount a recovery. The Pardue Lab hopes to identify potential changes in neural activity of the retina before this degradation of the neurovascular unit arises, and in doing so make possible early diagnosis, early intervention, and improved quality of care.

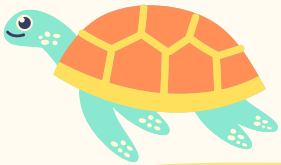
Emory Neuroscience Graduate Student Eli Chlan is working on this daunting problem, using what is kindly referred to as the "Swiss-Army knife of imaging technology". A cutting-edge engineering solution, this impressive optical platform provides unique insights to the retina; "Using this platform we can monitor multiple aspects of the neurovascular unit simultaneously, allowing us to better visualize the pre-diagnostic state of the diabetic retina", Eli reported. These insights do not come without si-

Eli Chlan, grad student in Emory Neuroscience, pictured here with the "Swiss Army knife" of retinal imaging platforms in the Pardue Lab.

-gnificant technical difficulty. To achieve the imaging resolution needed to visualize individual cells (both neural and glial) in the intact retina, this imaging platform combines optical coherence tomography, scanning laser ophthalmoscopy, and adaptive optics, a combination of tools that will prove to be groundbreaking to pre-clinical diagnostic retinal research. Combing this imaging power with recent advancements in disease intervention, Eli Chlan and the Pardue Lab are well positioned to make an impact on the living conditions of millions of people with diabetes around the world. Experiencing the Pardue Lab space and traversing the Atlanta VA Hospital, one is reminded of the very real needs of the patients in diabetes clinics worldwide, and the passionate and technically masterful team in the Pardue Lab is rising to the meet this challenge head-on. Or rather, eyeballs-first. •

Research journey of a Senior NS Graduate Student

CAITLIN SOJKA

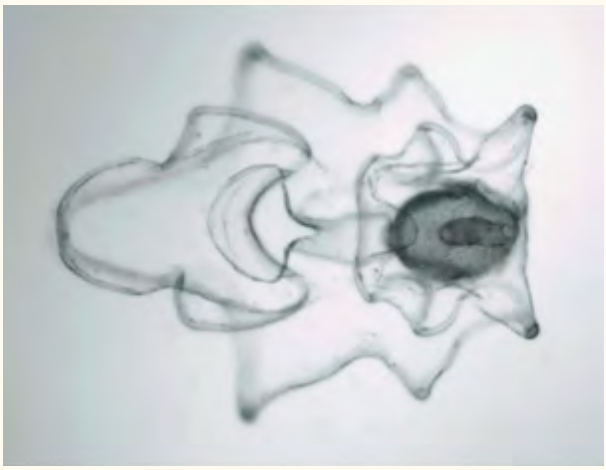


2012-2016

"My interest in science stemmed from my love for the outdoors, so when I started my undergrad degree at California State University Long Beach, I decided to study marine biology and worked in a lab for two years researching invertebrate development. I loved going outside to collect our model organisms and bring them back to the lab for various experiments. We worked with two local sea urchin and star species and documented their normal development and how this is impacted by different algal species and microplastic contaminants."

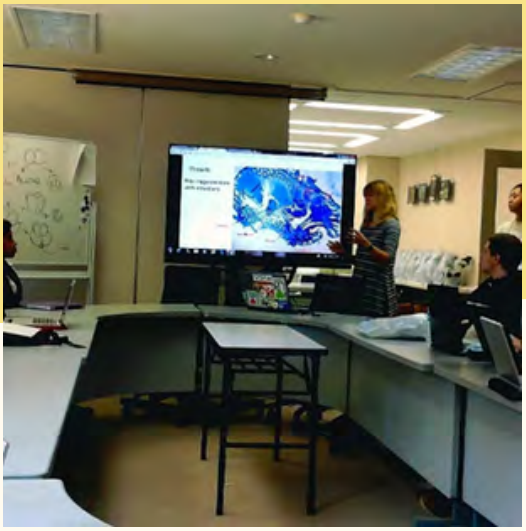
CATALINA, CALIFORNIA

LARVAL STAGE OF LOCAL SEA STAR, ASTROPECTEN ARMATUS



"While completing my undergrad studies, I experimented with bridging my background in marine biology with human health research. In the summer of 2015, I worked at the Medical University of South Carolina, where I contributed to projects investigating the effects of oil dispersant used in the Deepwater Horizon oil spill on nuclear receptor activity using alligator and human model systems. I also traveled to Miura, Japan in the winter 2016 school term to participate in a research course at the Misaki Marine Station and learned techniques for studying stem cell development and tissue regeneration using marine model species."

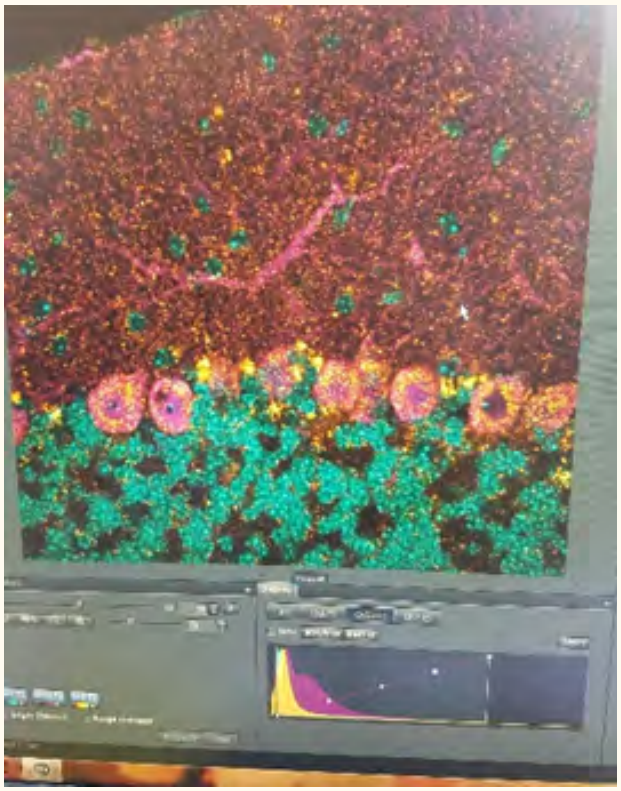
CAITLIN COLLECTING BLOOD, SKIN, AND URINE SAMPLES FROM AN ALLIGATOR IN SOUTH CAROLINA



CAITLIN PRESENTING HER WORK ON TISSUE REGENERATION IN MIURA, JAPAN

2016-2018

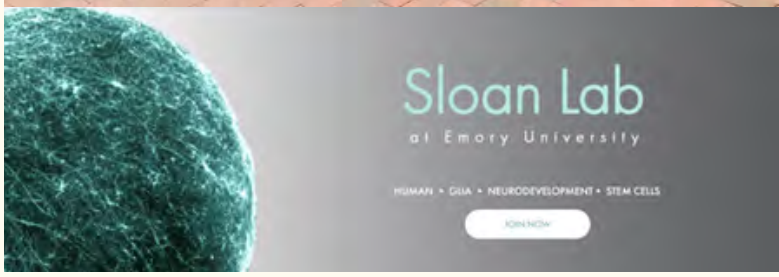
"After I completed my B.S., I wanted to gain more research experience related to human development. This led me to participate in the postbaccalaureate program at the National Institute of Health. I spent two years working in an NICHD lab researching impaired lysosomal protein glycosylation in Niemann-Pick C disease, a rare lysosomal storage disorder, and its connection to impaired cerebellar development and function. During my time as a postbac, I expanded upon my interest in the mechanisms that control fundamental developmental properties and wanted to begin focusing on these processes in the context of normal brain development and disease states. My experience at NIH was also my first look at the intersection of science and policymaking, as our lab meetings frequently featured discussions about proposed budget cuts, research regulations, and federal R&D objectives."



LAMP1 LABELING IN THE PURKINJE NEURONS IN THE NIEMANN-PICK C DISEASE MOUSE MODEL

2018-PRESENT

*"In 2018, I found my research home in the **Sloan Lab** after joining the Emory Neuroscience Program. While interviewing and starting my first year, I constantly battled imposter syndrome because I spent years memorizing species of fish instead of regions of the brain. However, I soon realized that regardless of research/educational background, everyone ends up doing something they have never done before. I am currently finishing my fifth year and publishing my research on how astrocytes develop both normally and in the context of gliomas."*



CAITLIN MET WITH DEBORAH BIRX AND EMORY HOSPITAL LEADERS EARLY IN THE COVID-19 PANDEMIC

"Throughout graduate school, I have made an active effort to build on what I observed at NIH and explore a career in science policy. During my 2nd year of grad school, I interned with Emory's Office of Government and Community Affairs, where I learned about the relationship between Congress and the scientific community and worked on projects to communicate the importance of research to GA policymakers In my fourth year, I was a virtual intern with USAID's Innovation, Technology, and Research Hub, where I helped with various communications projects, including for USAID's Chief Scientist, Dr. Ticora Jones."

FUTURE

"I don't have the perfect career mapped out, but I know that after I complete my PhD, I want to step away from the lab and continue exploring jobs in science policy (perhaps through the AAAS STPF?). I hope to use my background in research, critical thinking, and science communication to help forge meaningful policy and programming decisions. Based on my trajectory thus far, I'm guessing I have a few more twists and turns in the path ahead of me. "

ALL the BEST!!!

1st-Year Student's Rotation Experiences and Advice

Vanessa Barragan

“Hi everyone! My name is Vanessa **(to the left)**; nice to meet you. I am originally from California. I was scared to move across the country, but I am glad I did. I’ve made the most amazing friends and mentors. The best advice I can give you is to keep an open mind about the direction you’ll be headed! I came to Emory with a list of 10 professors I wanted to work with, and I have yet to rotate with any of them. As you embark on this journey, you will start developing new questions that may take you in a direction you did not expect. Do not let change scare you.”

Trinity Pruitt

"Hello! My name is Trinity Pruitt **(to the right)**. I'm a first-generation student from a small town in Oklahoma and it was really terrifying moving to a place as big as Atlanta. I lost my support group and had to make a new one here, which turned out great! Although the move was super challenging and I had to face some familial difficulties during my first year here, I feel like my transition to Atlanta has been successful so far.

One piece of advice I offer new students moving to a new city is to utilize the internet to research the safer parts of Atlanta and plan out how you'll commute to campus. I suggest touring potential apartments here to get the feel of the city, if possible (Emory's recruitment trip would be a great time to do this). Also, prepare to live with roommates, particularly for first-year students so that you can save money and have a support network, at least in my experience! Emory also has a website that matches roommates with potential landlords, so that incoming students have help finding housing. When you move, keep doing things you enjoy to help the transition feel a little less difficult.

As for the laboratory and coursework, I recommend tailoring your study habits to the course you are taking. Every professor has a different teaching style, and what works as a good study method in one module may not be effective in another. Keep an open mind about laboratory rotations! Of course, the research is interesting, but what kind of mentoring style does the PI utilize? Do you get along with the other people in the lab? Think about what kind of lab environment you are looking for in addition to the research the lab is investigating. I wish you well on your journey to earning a PhD, and I hope my advice is useful to you!"

EMORY UNIVERSITY

FACULTY Highlights

Learn more about our professors!

NS FACULTY INTERVIEWS

Gordon Berman

RECRUITING

Keywords: animal behavior, computational neuroscience, machine learning
Contact: gordon.berman@emory.edu

Research synopsis:
We use techniques from machine learning, statistical physics, and applied mathematics to measure and model animal behavior, aiming to make connections between behavior and its neural and physiological bases.

What is your mentoring style?
I try to treat all mentees as colleagues from the day they rotate/join my group. Practically, this means that I provide a lot of space for students to develop their own projects, and I view myself more as a facilitator for their research endeavors, as opposed to a more top-down style.

How would you describe Emory's scientific community?
Emory's scientific community is collaborative and flexible. One of the reasons that I like it here is how easy it is to form and maintain collaborations, especially if there is a student who is interested in being the cement that binds one of them.

David Weinshenker

RECRUITING

Keywords: locus coeruleus, norepinephrine, mice, rats, transgenic, pharmacology, behavior
Contact: dweinsh@emory.edu

Research synopsis:
Contribution of locus coeruleus-norepinephrine dysfunction to neuropsychiatric and neurodegenerative disorders using rodents.

What qualities make an excellent mentor?
Tailoring mentorship towards each students unique strengths and areas for improvement. Do a lot of listening. Be supportive.

How would you describe the training environment in your lab?
Collaborative, collegial. Environment that encourages really hard work, ethical science, and also has room for a life and friendships outside of the lab.

How has your lab inculcated DEI practices into the training environment?
Our whole lab collaborated on writing a DEI statement. We dedicate one lab meeting every couple of months to DEI issues.

Shannon Gourley

RECRUITING

Keywords: prefrontal, orbitofrontal, neurotrophin, dendritic spine, cell adhesion
Contact: shannon.l.gourley@emory.edu

Research synopsis:
We study how organisms (mice!) make choices based on reward expectations. How does the circuitry supporting this process develop early in life? How is it affected by stress, adversity, misused drugs? How do social experiences impact our decision-making?

What is your mentoring style?
I encourage trainees to take on ownership and leadership of their research projects, such that they become my partner in a given line of investigation.

Who is your science role model and why?
My primary scientific mentors were Klaus Miczek, Jane Taylor, and Anthony Koleske. They are very different individuals, but they all value rigor, and they all encouraged me as a junior trainee ... even when my ideas were under-developed!

Does Emory provide unique resources that aid in your research?
We have benefited from the viral vector, cloning, and microscopy cores. We are spoiled by large, purpose-built spaces for rodent behavioral research at the Emory Primate Center.

Dieter Jaeger

Keywords: motor, cortex, cerebellum, basal ganglia, mouse, behavior, optogenetics
Contact: djaeger@emory.edu

Research synopsis:
Motor decision making and movement control - motor cortex and its control by subcortical inputs. Mouse behavior - optogenetics - voltage imaging - in vivo and in vitro electrophysiology. Lots of computational analysis.

What is your mentoring style?
One weekly 1 hour meeting with each researchers in lab, weekly lab meetings, as much hands-on as needed to succeed.

How has your lab inculcated DEI practices into the training environment?
See DEI statement on our website.

Who is your science role model and why?
Valentino Braitenberg - early biological cybernetics pioneer - loved to speculate about cortex (and happened to be my undergraduate research mentor)

Jennifer Stevens

RECRUITING

Keywords: trauma, memory, emotion, fear, women's health, neuroimaging
Contact: jennifer.stevens@emory.edu

Research synopsis:
Trauma resilience and vulnerability depend on emotional learning and memory processes in the brain. I investigate these processes using MRI-based neuroimaging, cognitive psychology, genomics, and neuroendocrine techniques in humans. Many of our studies focus on understanding the greater burden of trauma-related psychopathology in women versus men.

How would you describe the training environment in your lab?
At the Grady Trauma Project we are trying to create an environment where students from diverse backgrounds and with different working styles can experience the insanity of grad school together, while still appreciating the good things in life and science.

How has your lab inculcated DEI practices into the training environment?
We continue growing and changing in this area every day! Ask us about our Anti-Racism and Dissemination Workgroup, Community Advisory Board, and work to create a Center for Neuroscience and Society.

Does Emory provide unique resources that aid in your research?
Absolutely. I treasure the fact that Emory has a DEEP well of expertise on most subjects you can imagine. Any time I want to start exploring a new research question or technique, I know there's someone at Emory who is already a leader in that area, who can provide expertise and guidance.

Timothy Sampson

RECRUITING

Keywords: neurodegeneration, microbiome Contact: trsamps@emory.edu

Research synopsis:
We are broadly interested in understanding how the gut microbiome modulates risk or protection in neurodegenerative disease, such as PD and AD, as well as impacts recovery from traumatic CNS injury.

What is your mentoring style?
I strive to instill project ownership and independence in my students, while also being as readily available and accessible as needed. At the risk of being cliche, the lab is like a garden and my goal is to make the environment as rich and productive as possible for all our trainees to grow.

How would you describe the training environment in your lab?
We have a broad range of technical skill levels, from undergraduate through post-doc to train in the common techniques used. Peer-mentoring is encouraged, as well as mentoring more junior students/undergrads- to learn through teaching. We also encourage students to seek out experts in the field, to help solidify concepts/techniques that may not *yet* be in the lab's wheelhouse.

Does Emory provide unique resources that aid in your research?
The gnotobiotic core facility (EGAC) is superb and allow us to perform experiments that a limited number of places can do as easily as we can here.

Christopher Rodgers

RECRUITING

Keywords: systems neuroscience; animal behavior; computational modeling; sensorimotor integration; electrophysiology; auditory; motor Contact: christopher.rodgers@emory.edu

Research synopsis:
We study how the brain coordinates perception and action to better explore and learn about the world, using electrophysiology, behavioral modeling, and computational approaches. Another focus of the lab is how these sensorimotor systems, especially in hearing, can build resilience to cognitive and neurodegenerative disorders.

What is your mentoring style?
The primary values of my lab are mutual respect, proactive inclusiveness, and open feedback. My aim is that lab members feel included and engaged, and that we can work together to achieve mutual career and scientific goals.

Does Emory provide unique resources that aid in your scientific enrichment?
The undergraduate and graduate students that come to Emory are impressive and crucial to all the work my lab has done. Besides research, they keep the whole program running in many other ways, including initiatives focused on outreach, DEI, and social justice.

How would you describe Emory's scientific community?
My lab sits at a crossroads between the departments of Neurosurgery, Biology, Cell Biology, and Biomedical Engineering. The graduate programs (Neuroscience and Biomedical Engineering) help glue these different departments and philosophies together, which I think is really important for making new and creative ideas.

David Katz

RECRUITING

Keywords: epigenetics, chromatin, neurodevelopment, neurodegeneration, Alzheiemer's disease Contact: djkatz@emory.edu

Research synopsis:
My lab studies the epigenetic regulation of histone methylation and how the misregulation of this information contributes to neurodevelopmental disorders and Alzheimer's disease.

What is your mentoring style?
I take an active role in making sure that my graduate students gain fundamental training in how to become a scientist and ensuring that their projects succeed.

Who is your science role model and why?
Kathryn Anderson, who made seminal contributions to our understanding of developmental biology and innate immunity, and also discovered ciliopathies. In addition, she was an excellent mentor and fabulous person.

Does Emory provide unique resources that aid in your research?
My lab is at the intersection of epigenetics, neurobiology and dementia. Emory has a fabulous chromatin community, represented by the Emory University Chromatin Interest Group. Emory also has an outstanding neurodegeneration community, represented by the Alzheimer's Disease Research Center and the Center for Neurodegeneration.

Annabelle Singer

RECRUITING

Keywords: Alzheimer's disease, hippocampus, gamma frequency
Contact: asinger@gatech.edu

Research synopsis:
Our lab is uncovering how complex patterns of activity across populations of neurons drive learning and memory in health and disease. We use multiple approaches to record and manipulate neural activity in the hippocampus during learning and memory tasks in rodents (https://singer.gatech.edu)

What is your mentoring style?
I have an open door, ask me anything anytime policy. Science is hard and I prefer students come talk to me when they run into problems rather than try to figure it out on their own. I meet with students regularly and we develop projects and plans together.

How would you describe the training environment in your lab?
Our lab is very collaborative and supportive. People have their own main projects but lean on each other to learn new skills or complete parts of a project that are outside their expertise. We are also part of the "NeuroLab" which is a group of 7 neuro labs near each other. Students get to know people in all these labs and are part of this larger community.

Jeffrey Markovitz

RECRUITING

Keywords: computational neuroscience, 3D motion capture, systems neuroscience, motor control, basal ganglia
Contact: jeffrey.markowitz@bme.gatech.edu

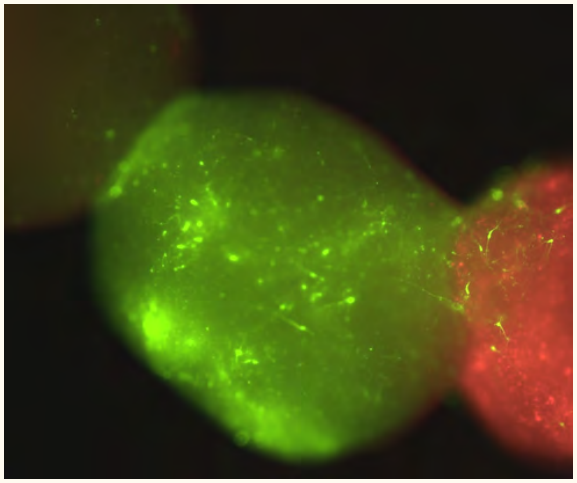
Research synopsis:
Our lab is interested in how the brain decides what actions to perform moment to moment. To tackle this problem we combine 3D motion capture, machine learning, and systems neuroscience.

What is your mentoring style?
I run a lab where I tailor my style as much as possible to each individual student. Since my lab is small I can provide active, hands on-guidance when needed. As students develop and mature I aim to give them the freedom to follow their curiosity.

What qualities make an excellent mentor?
Can't say if I am an excellent mentor, but I certainly try to be! Above all else, I know that every student needs something a little (or a lot) different, and since my lab is on the smaller side I have bandwidth to tailor my approach. Some students prefer more hands-on engagement, others want space to explore. Either way, I get it, and I'm happy to adjust my approach to what each student wants.

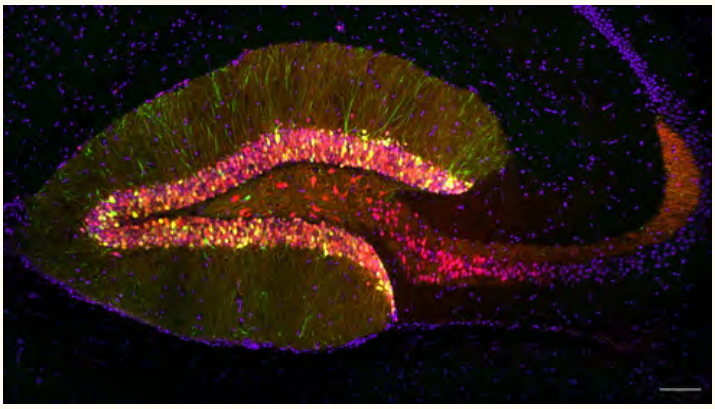
How would you describe the training environment in your lab?
My lab spans molecular work, systems neuroscience, and machine learning. That means two things: (1) folks are going to come to the lab with diverse academic backgrounds and (2) there's a lot of different things going on. No matter what you majored in I believe we have something to offer to help you learn and stretch yourself and have fun!

The Successes (and failures...) of NS grad students

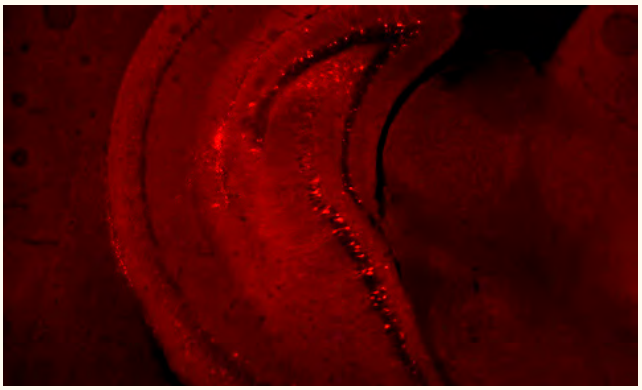


(above) Arvin Sarkissian, Y2 "This was the first time I successfully used three organoids to create an assembloid which demonstrated interneuron migration from a human subpallium organoid (center) into control (left) and experimental (right) human cortical organoids! Neurons labelled in green are GFP+ interneurons, and neurons in red are tdTomato+ and Chrimson-containing excitatory neurons."

(at left) Alicia Lane, Y4 "My first time prepping samples for ICP mass spectrometry to measure metals! We didn't want to stack all of the plates on top of each other (#safety #EHSOlovesus) so my PI sent me this photo he edited to do a side-by-side comparison. This particular experiment didn't work, but the ones after this went into a first author paper!"

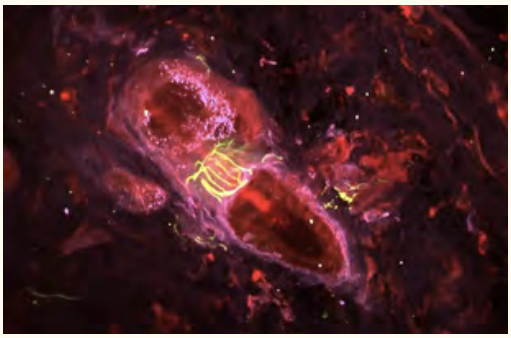


(above) Emmie Banks, Y2 "As a part of my first first-author project, I learned how to perform the 'magic cut' when preparing acute slices of the hippocampus, so we could preserve both the dentate granule cell bodies and their axons within the same slice. After (a lot of) trial and error, here you can see the tail at the right side of image, which are the axons - also referred to as mossy fibers!"



(above) Viviana Valentin Valentin, Y2 "This was my first time using a technique to 'trap' neurons active during a particular time window in young mice. The mCherry+ cells you see here are a sign of success!"

(at right) Tina Tian, Y2 (MD/PhD) "I took this image of lanceolate endings surrounding a hair follicle from a mouse! With this image I won 3rd place in the ICI Core Day competition last year."



Student Perspectives Piece: ***Challenges and Experiences as an International Student***

Written by: Eden Zhu, 2nd Year NS PhD Student

When I first went abroad to the United Kingdom in 2015, I attended a religious and international college, St Edmund's College at the University of Cambridge. There, I faced many challenges as an international student. For instance, it was difficult to figure out how to manage my expenditures and money, deal with the unpredictable weather, integrate into social life, navigate housing, and even how I'd manage my research. I also dealt with cultural challenges, such as my heavy accent, social/academic expectations, how to engage those from various European countries, and learning and abiding by the local laws.

I had adapted to the UK's cultural and societal norms in a short time. However, after coming back to China, I decided to develop skills that would help as I transitioned to the US: 1) Learning how to cook and meal prep. 2) Taking an online financial management class, 3) Learning a second foreign language, and other cultures outside the English-speaking world, 4) To evolve my science communication, so people from different education systems and backgrounds can communicate freely with me about science ideas, concepts, etc. 5) Learning how to drive, 6) House management and daily life skills from my parents. Making these decisions to adapt and learn independently has impacted my experiences as an international student.

After coming to the US in 2021, I didn't feel a significant life shift like I did when I first got to the UK. I culturally adapted and didn't feel exclusions in a "melting pot" society. Because I took strides to develop life skills, academic proficiency, and have clear goals than when I was young, my mental and physical health has improved dramatically.

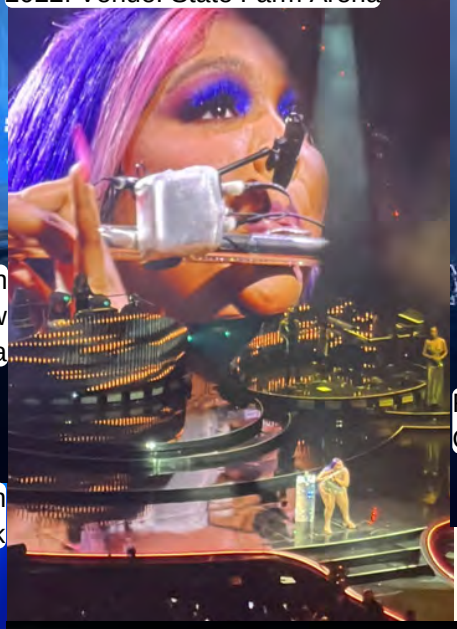
Some challenges (and some advice) I'd like to highlight: 1) Get reliable transportation - After getting an electric bike a year later, life has been much easier. 2) Travel around the country - I found a great travel agency and visited many cities I was interested in, local tourist attractions at weekends, traveled with my date/boyfriend, etc. 3) Learn pop culture – Though, I am not familiar with a lot of American pop music, movies, and literature, I am very familiar with European ones. So it is hard to chat about them, or win at trivia nights! •

A YEAR OF CONCERTS IN ATLANTA...

Atlanta is known for its thriving music scene. In addition to top-notch concert venues and low-key dive bars for local music, Atlanta also hosts three major outdoor festivals every year: Midtown Music, Shaky Knees, and the Atlanta Jazz Festival. As one of the busiest cities in the Southeast, you can almost guarantee that any artist doing a U.S. tour will include an Atlanta stop!

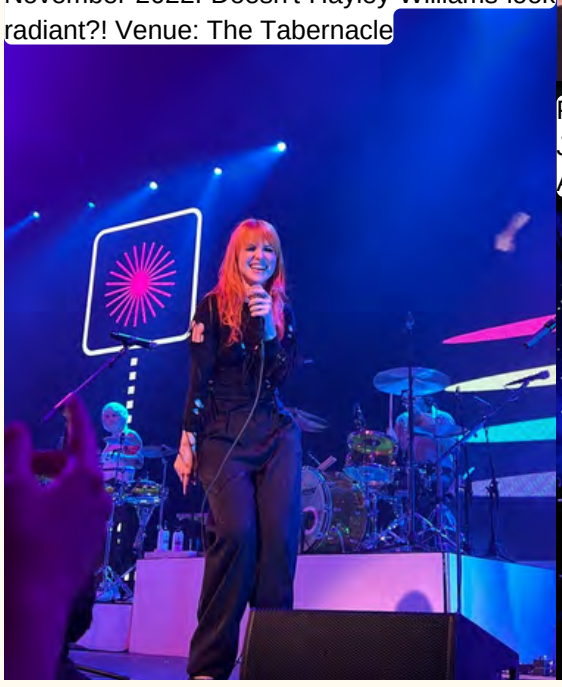
Masego performed at the Atlanta Jazz Festival (which was FREE!) in May 2022. Venue: Piedmont Park

Lil Nas X performed in his hometown in September 2022, famously pausing the show for a bathroom emergency. Venue: Coca-Cola Roxy

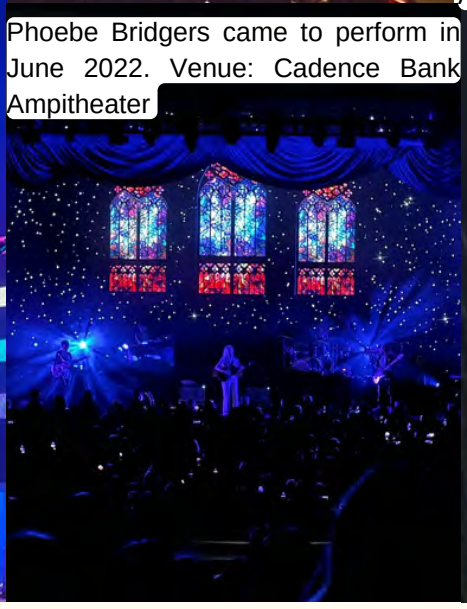


Lizzo killing it on the flute as part of her "The Special Tour" in October 2022. Venue: State Farm Arena

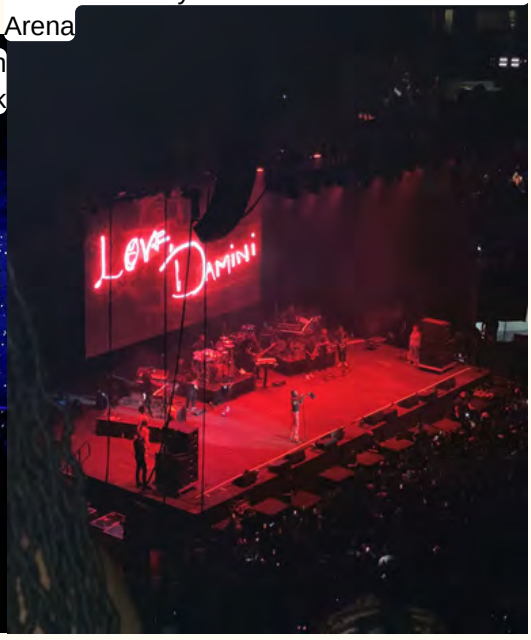
Remi Wolf performed a high energy show in October 2022. Venue: The Eastern



Paramore performed a comeback tour in November 2022. Doesn't Hayley Williams look radiant?! Venue: The Tabernacle



Phoebe Bridgers came to perform in June 2022. Venue: Cadence Bank Ampitheater



Nigerian artist Burna Boy's "Love, Damini" concert in July 2022. Venue: State Farm Arena

ATLANTA

Check out even more restaurants recommended by Emory NS!

FOOOD!!!

FOODIE'S JOURNAL

KANG NAM

DULUTH

TUM POK POK

IRON AGE STEAKHOUSE

LEE'S BAKERY

FOOD TERMINAL

BROOKHAVEN

SOKONGDONG TOFU HOUSE

BUCKHEAD

EGG HARBOR CAFE

BOTICA

EMBILTA CAFE

DESTA

DRUID HILLS

SOUTH CITY KITCHEN

PONCE

CHAI PANI

IBERIAN PIG

ANTICO

MIDTOWN

LA TAVOLA

DECATUR

AREPA MIA

DOWNTOWN

AVIVA BY KAMEEL DOWNTOWN

NO MAS! CANTINA

FRITTI

VORTEX

DELBAR MIDDLE EASTERN

FLYING BISCUIT CAFE

SLUTTY VEGAN

EAST ATLANTA

EAST POINT

Food

A GUIDE TO ATL RESTAURANTS

TUM POK POK

Thai Restaurant on Buford Highway. (pictured- Tod Man Pla (fishcakes), Mood -Tord (crispy pork belly) and drunken noodles

BOTICA

Mexican/Spanish/Meditrranean fusion located in Buckhead (pictured chicken tamales and vareity of tacos)

BELLINA ALIMENTARI

Italian classics in Ponce City Market (pictured Burrata)

EGG HARBOR CAFE

One of Anu's favorite brunch places in Buckhead (pictured Veggie Fiesta Omelet, Eggs Benedict, and red velvet french toast)

THE IBERIAN PIG

Modern Spanish tapas restaurant in Decatur and Buckhead (pictured cheese board).
Do not miss the coco con seta and mac n cheese!

CHAI PANI

Indian street eats restaurant in Downtown Decatur (pictured bhel puri)

BIG SOFTIE

Soft serve ice cream shop (pictured vegan ice cream with dark chocolate glazing & sprinkles)

DESTA ETHIOPIAN KITCHEN

Delicious Ethiopian food at Briarcliff (pictured Veggie platter)

DELBAR MIDDLE EASTERN

Traditional Middle Eastern cuisine with aesthetically pleasing and mouth- watering food on a rooftop terrace.

ANTICO

Authentic pizzeria and a favorite of Atlantians!

SAINTS + COUNCIL

American restaurant in midtown with a cool island bar and handcrafted cocktails

EMBILTA CAFE & RESTAURANT

Ethiopian cuisine with many vegan options

HOBNOB AT ATLANTIC STATION

Hand-cut steaks, crisp salads and burgers with a whiskey and bourbon collection

CAFE MOMO

Ask Jarildy Javier about all the coffee houses she has been to!

LOS NINOS TAQUERIA IN DECATUR

Mexican restaurant with homemade corn tortillas, street tacos and tortas!

ALICI'S

New oyster and seafood place! Yasmine also recommends Kimball House!

SRI THAI

New Thai and Japanese cuisine restaurant that opened in Emory Point

MONK'S MEADERY

Atlanta's first meadery that opened up near Little Five Points / Poncey Highland area

Thrift Stores in ATL

Last Chance Thrift Store

Location: 2935 N Decatur Rd, Decatur

Last Chance Thrift Store is roughly a 10-12 minute drive from Emory's campus in Decatur, GA, and is a fairly sized thrift store that houses donated clothes, furniture, decor, appliances, and other useful tools to use. If you plan to visit, I recommend having a good podcast or playlist ready to listen to, because you'll definitely be here for a while!

Out of the Closet Thrift Store

Location: 1858 Cheshire Bridge Rd NE

The Out of the Closet (OTC) Thrift Store was founded in the 90s to spread awareness for the AIDS Healthcare Foundation. Now, for every dollar you spend at the OTC, 96 cents go toward AIDS Healthcare Foundation prevention and treatment services. This is how OTC is able to offer high-quality HIV testing at every location.

Lost-n-Found Youth

Location: 2585 Chantilly Dr NE

The Lost-n-Found Youth (LnFY) Thrift Shop is conveniently located near Emory (~3.5 miles) with amazingly affordable deals ranging from $1-8 dollars. They also have created a powerful impact with donations (they accept new and used goods from the community) to support the solution to end LGBTQ youth homelessness in ATL. I have personally shopped at LnFY multiple times and have taken friends and family here, all of whom have found great deals!

LOST-n-FOUND YOUTH

FINDING SAFETY & SHELTER FOR LGBTQ YOUTH

Thanks for reading!

See you next time at the NS Retreat in Fall 2023!