EMORY

A.NS STUDENT-RUN PUBLICATION

THE CENTRAL SULCUS

FREE

ORAL QUALS ADVICE

NEURO *RETREAT* EDITION

RECENT DEFENSES, TECH ADVANCES, AND MORE

ISSUE 05




In this issue of... THE CENTRAL SULCUS


The start of a new academic year brings great excitement, for the prospect of new friendships, new experiences, and of course -- new research. As we strive to make this publication a vibrant reflection of our Neuroscience Graduate Program community, we welcome feedback and contributing pieces from both students and faculty (see contact info below!).

In this issue, we will first update you on the latest student and faculty-led research at Emory, including recent defenses, oral quals advice, technology breakthroughs, and new faculty highlights. Then, we take a turn to explore the social side of our program, including a 'cookbook', social events, and current events in our larger Atlanta community.

Retreat
2023

www.thecentralsulcus.com
thecentralsulcus.emory@gmail.com

The editors of...

THE CENTRAL SULCUS

Emmie Banks (Y3, Rowan Lab)

Hi guys! I'm honored to be back for another year as an Editor of *The Central Sulcus!* I had a great time putting together this yearbook of sorts for the program last year, and I hope the publication continues to get better each year. This year, after I first tackle Oral Quals (fingers crossed), I'll be getting the first major experiments for my dissertation research off the ground and attending a couple conferences. I'm very happy to be done with coursework :) and hope that means I can spend more time learning about all the new research around me!

Justin Santos (Y3, Stevens Lab)

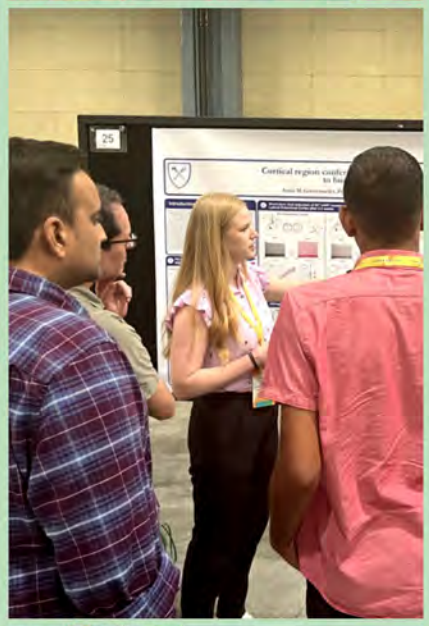
Hey y'all! Absolutely psyched to join this current team as an Editor of *The Central Sulcus*! Our program is full of incredible people who I I hope you will get a chance to celebrate with each of these editions. If you happen to catch me outside of lab shenanigans with the Grady Trauma Project (GTP) crew, it'll likely be either exploring trails outside of the city, or searching out the latest gastronomical pearl that Atlanta has yet to shine.

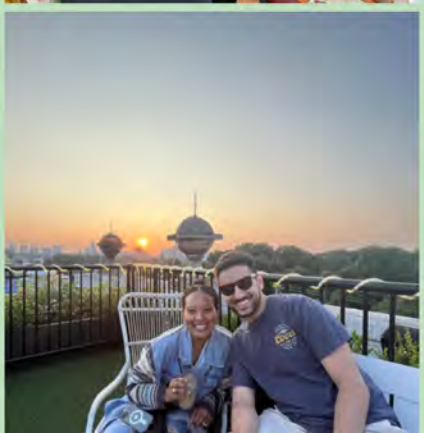
Betty Bekele (Y3, Bassell Lab)

Hi everyone! I am starting my third year in the program (I can't believe how fast time has gone by!) I am excited to join the team as an Editor of *The Central Sulcus.* I am also serving as an alumni coordinator for another year, so I look forward to hosting some events. Outside of the program, I like to go out to restaurants and coffee shops around Atlanta, travel to new cities and spend time with friends. I have also recently gotten into baking different kinds of breads and would be happy to start a baking exchange club if anyone is interested.

William McCallum (Y2, Alvarez & Sober Lab)

Welcome to the Central Sulcus! I am a second year Neuroscience student studying sensorimotor circuits of the spinal cord, under the advising of Dr. Francisco J. Alvarez and Dr. Samuel J. Sober. While I'm currently most exited about the spinal cord's role in mouse over-ground walking, I am fascinated by all living things and Emory is a spectacular place to surround myself with others who feel the same. Please enjoy this edition of the Central Sulcus, as we take you through the highlights of work and life here at Emory Neuroscience!





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RESEARCH ENDEAVORS

SOCIAL

CURRENT EVENTS

RESOURCES

THE NEURO PROGRAM PRESENTS...

RECENT DEFENSES!

By: Emmie Banks

(top left) **Name**: Michael Kelberman, Weinshenker Lab
Thesis Title: *Locus coeruleus physiology in Alzheimer's disease*
Date Defended: July 27th, 2023
Q: What were you most anxious about in the weeks leading up to your defense?
A: "I was most nervous about moving out of Atlanta and to Colorado because I had such a quick turnaround. I had to be in Boulder for a conference the week after my defense but my lease was up in Atlanta when I would've been out of town. Packing up and moving on such short notice while also preparing for my defense was quite stressful."
Q: What are you most looking forward to now that you have defended?
A: "Now that I've defended I'm looking forward to attending a few conferences and going on vacation before starting my post-doctoral position in September. On that note, I'm also really looking forward to starting my post-doc which is in a brand new field and model species."

(middle left) **Name**: Cheyenne Hurst, Seyfried Lab
Thesis Title: *Integrated Proteomics to understand the role of Neuritin as a mediator of cognitive resilience to Alzheimer's disease*
Date Defended: June 15, 2023
Q: Other than book knowledge, what do you see as the most valuable thing you learned from your defense?
A: "It teaches you a lot about your own voice as a scientist and storyteller, and the intersection of these things. The way we communicate our science to different audiences is a skill we develop throughout our training and an incredibly important facet of scientific leadership."
Q: What are you up to now?
A: "I am currently exploring the vibrance of Brazilian culture. I will continue to travel around South America for as long as life and finance allow."

(bottom left) **Name**: Michelle Sequira, Gourley Lab
Thesis Title: *Understanding how cocaine propels inflexible action strategies*
Date Defended: October 31, 2022
Q: Did your defense happen basically like you imagined it, or did anything surprise you?
A: "I wasn't sure what to imagine when I thought about my defense to be honest. I think what was most surprising was that I was told that it was very similar to the oral qualifying exam but much easier, and that was true!"
Q: What advice do you have for people preparing to defend right now?
A: "Remember that writing the dissertation document is a way to study the material and you are the expert on your topic. If at all possible, try to give yourself some time off after your defense."

RECENT DEFENSES!

CONTINUED...

All NGP defenses from the 2022-2023 academic year (in alphabetical order):

Sena Agezo
Zeena Ammar
Lou Blanpain
Matthew Bryson
Simone Campbell
Kamyra Edokpolor
Charles Ford IV
Byron Gardner
Jasmine Hope
Cheyenne Hurst
Alexa Iannitelli
Nuri Jeong
Michael Kelberman
Trisha Lala
Dan Li
Alejandro Lopez
Neeti Namrataa
Andrea Pack
Stephanie Prince
Maha Rashid
Meghna Ravi
Jessica Root
Michelle Sequiera
Thomas Shiu
Ellen Woon
Meghan Wynne
Feng Zhu

Photos by: Bita Honarvar

FROM NERVES TO SUCCESS:

ADVICE ON ORAL QUALIFYING EXAM

LEILA MAY PASCUAL, Y5

When I was studying for quals, I struggled to heed the following 5 things. So if you can follow my hypocritical set of advice, I applaud you.

1. Take every advice with a grain of salt (mine included). Everyone has a different project and a different set of committee members.
2. Peer advice can be like the blind leading the blind. Talk to the faculty. They're way more experienced, having been the examiner and the examinee, and way more likely to calm you down when you catch the anxiety contagion from your peers. Plus, we shouldn't let the faculty keep outsourcing their mentoring jobs to students!
3. It's quals. Not the apocalypse. Eat well. Do your laundry. Hang out with friends. Be a normal person. You'll study better and perform better.
4. Remember that the worst thing that can happen is that if you fail, you can retake it! It's an opportunity to sharpen your knowledge of your project and impress your committee when you retake it. No future employer is ever going to ask you whether you passed quals the first time.
5. Here's my simplest and hardest take: quals is FUN. You get to read literature broadly and examine every angle of your project. During the exam itself, your committee will try to push you to the limits of your knowledge. If you see that as malicious and cruel judgment, you'll be miserable even if you do well. If you see that as an invaluable learning opportunity, quals will be exhilarating."

FROM NERVES TO SUCCESS:

ADVICE ON ORAL QUALIFYING EXAM

KATELYN OLIVER, Y4

There are a lot of different tips and tricks to prepare for quals. Here are what I consider to be the most important strategies from my experience during the exam.

(1) Ask your advisor and/or labmates for practice questions and make a study guide to organize your notes. I worked on a particular topic or set of questions each day and added the information to a large word document. This was really helpful for organizing my thoughts and memorizing info. (2) Practice like it's the real thing, multiple times and out loud. It's so easy to get in your own head while studying and be convinced you know something, only to realize you can't explain it at all when you find yourself in front of other people. I highly recommend organizing additional mock quals with your lab and practice answering questions out loud (even when alone). (3) Draw! Drawing is your friend during quals. It eats up time, helps you organize your thoughts, and makes you look good in front of your committee. At the very least, be ready to draw some sort of figure or diagram of your expected results. (4) Memorize a list of a few important scientists or research groups pertinent to your proposal so you can name drop them. Nothing will make you look more knowledgeable than being able to say "A study by [researcher] found that...". (5) Hype yourself and your project up. I think as researchers, we get used to writing and speaking ways that don't exaggerate our science. But for quals, you want to show your committee that you are excited about your proposal and that YOU are bringing a new perspective or skill set to this area of research. Talk about the bigger picture and why this science matters. Lastly (6), don't panic! Quals is stressful, but any method you use to prepare is bound to help. You won't know everything, but you are all smart, capable, creative, and persevering neuroscientists.

You've got this! <3 Katelyn"

EVERYTHING BUT BRAIN:

Progress in Research Outside the Skull at Emory

By: William McCallum

JORDAN OWYOUNG - WARD LAB

When it comes to understanding the happenings of nervous tissue outside of the limits of the brain, there is no leading researcher that comes to mind more than Dr. Jill Ward and her team in the Ward Lab. Recently, 5th year Genetics student () Jordan Owyoung has been embarking on a journey into the totally unknown fieldunknown, the field of the sympathetic nervous system and its contribution to skeletal muscle contraction. By combiningcombing single-unit resolution electromyography systems developed by Dr. Sam Sober, Jordan can record skeletal muscle contractions in mice that have had portions of their sympathetic nervous system removed, in an attempt to assess their contributions to muscle contractions. Right on the edge of the field of knowledge of muscle biology, exercise physiology, and sympathetic control of the periphery, be sure to learn more from Jordan and find the rest of the Ward Lab team in Whitehead 555!

TAYLOR PIO - ANDERSEN LAB

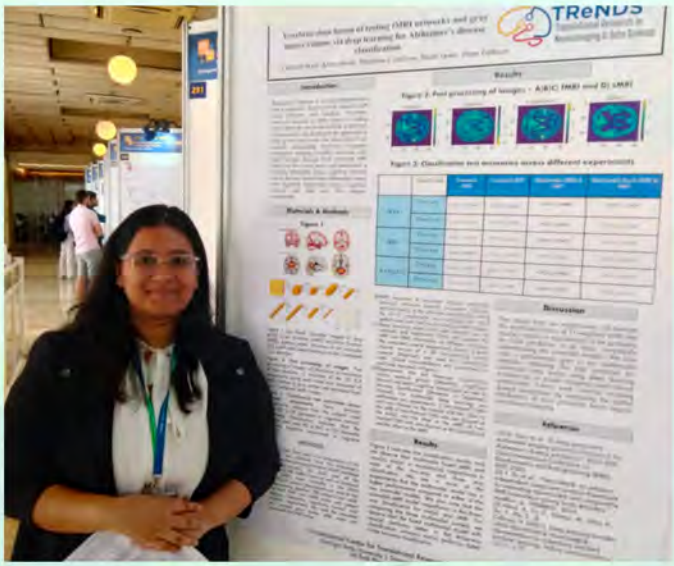
Recently arrived to Emory and already gaining steam, the Andersen Lab has been pushing the envelope of model organisms for research. Implementing novel and cutting edge developmental biology and genetics techniques, the Andersen Lab develops muscle organoids in their lab, an assembly of cells and tissues that resembles a biological organ and carries many of the tissue patterning traits of skeletal muscle, including the ability to contract upon axonal stimulation! “Which is awesome to see--human muscle contracting in a dish in front of your eyes!!” says Taylor Pio, third-year graduate student in the Andersen Lab. You can find Taylor and the rest of the Andersen Lab team on the third floor of the Whitehead Biomedical Research Building!

TANA POTTORF-NICHLER - ALVAREZ LAB

High on the 6th floor of Whitehead Research Building lies the Alvarez Lab, and Tana Pottorf-Nichler, trailblazing through new territory in the field of neuroinflammation in the spinal cord. Focusing on microglia, the immune and debris-clearing cells of the central nervous system, Tana is working to characterize the diverse molecular responses of microglia to peripheral nerve injury, even going so far as to label both proteins and mRNA genetic material in the same cells, a very challenging technical feat. "We are using this technique to investigate the role of the microglia receptor TREM2 (Triggering Receptor Expressed on Myeloid Cells 2) in determining activated microglia phenotypes and functionality after peripheral nerve injury,” says Pottorf-Nichler. A simple and humbling description of a groundbreaking approach to understanding the effect of nerve injury on the immune system. To learn more, you can find Tana and the Alvarez Lab team in Whitehead 627!

NEURO-WANDERLUST: RECENT CONFERENCE TRAVELS

Volume.01



VAIBHAVI ITKYAL, Y3

"I presented my work at two conferences this year - Organization for Human Brain Mapping (OHBM 2023) in Montréal, Canada and IEEE's International Symposium on Biomedical Imaging (ISBI 2023) in Cartagena, Columbia. OHBM was more attenuated towards brain imaging and mapping whereas the ISBI conference was more focused on healthcare and development of tools for biomedical images. I got an opportunity to network with students and researchers in similar fields and learned a lot from both conferences."

FISAYO ALOBA, Y4

"I attended the ward physiotherapy congress in Dubai, UAE, June 2-4. This trip was mainly sponsored to using PDS funds and provided the opportunity to network with fellow scientists in the neurorehabilitation field, as well as present an opportunity to showcase my research."

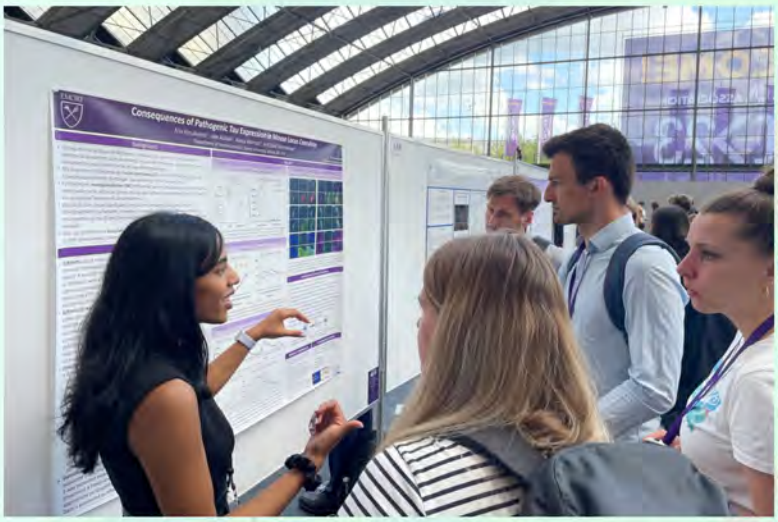
TINA TIAN, Y4 (MD/PHD)

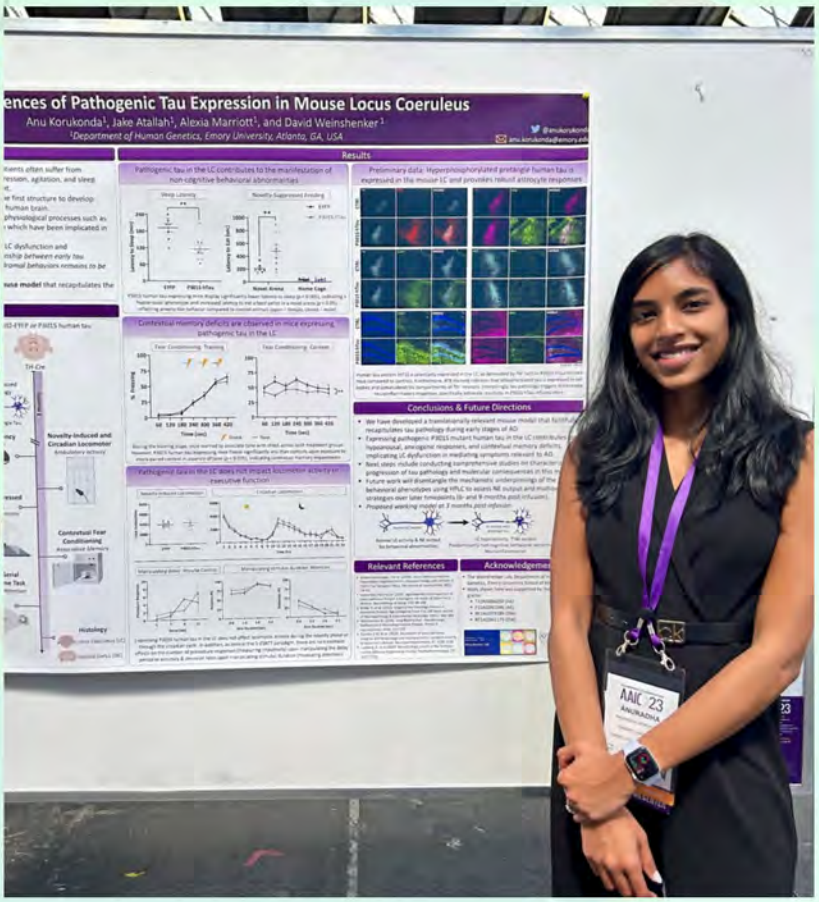
"The Plastic Surgery Research Council (PSRC) held their annual meeting in April of 2023 in Cleveland, OH. While at PSRC, I learned a lot about the broad range of research plastic surgeons and aspiring plastic surgeons are engaging in and also got to meet some clinician leaders in the nerve repair field. Presented some science, shook some hands, and walked through the halls of rock and roll."

NEURO-WANDERLUST: RECENT CONFERENCE TRAVELS

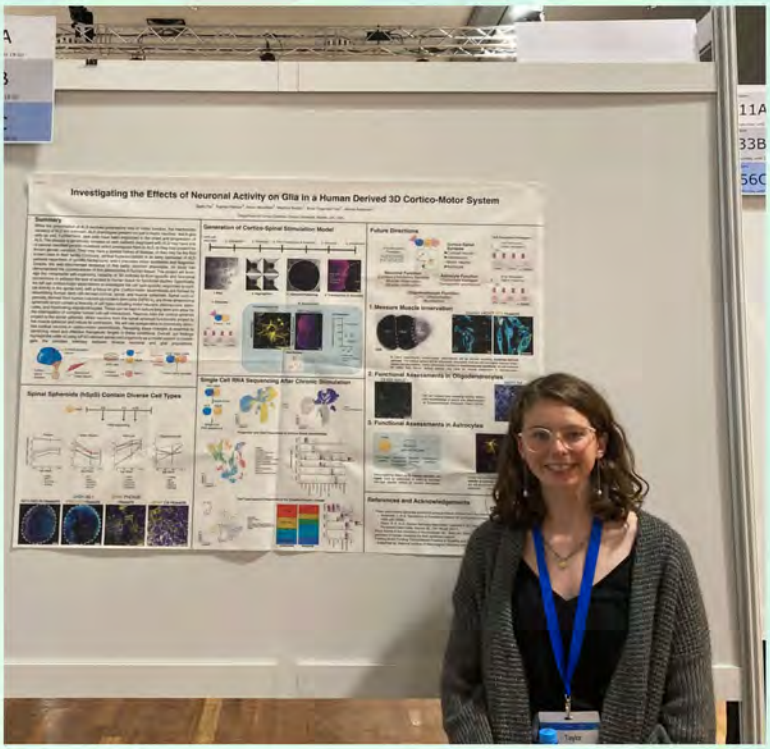
Volume.02

ANU KORUKONDA, Y4





"This July, I went to the Alzheimer's Association International Consortium conference in Amsterdam. I had an amazing opportunity to present some new findings on the consequences of tau pathology in the mouse locus coeruleus to my peers and experts in the field."



TAYLOR PIO, Y3

"I attended my first conference "Euro Glia" this summer in Berlin, Germany! It was an amazing opportunity to hear about cutting-edge work from scientists whose work I admire, as well as learn about so many creative approaches being developed around the world. Shoutout to fellow GDBBS students Christina Ramelow and Christine Bowen who also attended the conference and were very kind buddies to have in my first go aroundl! I had fun sharing some of my preliminary work at the poster session. We have a somewhat unusual model-system, and it can spark very exciting discussions with people who want to learn more!"

NEURO-WANDERLUST: RECENT CONFERENCE TRAVELS

Volume.03

Emmie and Annie from the Rowan Lab recently got the opportunity to travel to Les Diablerets, Switzerland to attend the Inhibition in the CNS- Gordon Research Conference

ANNIE GOETTEMOELLER, Y5

EMMIE BANKS, Y3

"Even aside from the majestic scenery of the location, Emmie and I had a blast! In attending both the pre-conference GRS as well as the GRC, we were able to form friendships with our peers in the field and then spend the rest of the week having dinner and discussing ideas with the founders of our field. We would undoubtedly recommend!"

- Annie

JARILDY L. JAVIER ,Y4

"This July I had the pleasure of attending the Amygdala Gordon Research Conference in Casteldefels, Spain. Not only was this my first GRC, it was my first time attending a conference alone (!). Leading up to it, I was pretty apprehensive about making friends, meeting people and traveling alone in Spain. But attending the trainee-exclusive Seminar (GRS) made it so much easier to make friends, get comfortable, and practice my poster. I got to learn so much, eat a lot and make great connections. I had a great time and I am so thankful to my advisors and funding for making it possible."

TECHNOLOGY BREAKTHROUGHS AND CUTTING EDGE DEVELOPMENT AT EMORY

By: William McCallum

ORGANIZED CHAOS: EMORY ORGANOID HUB MOVES THE FIELD FORWARD

Recently at Emory, the development of new research technologies has taken a turn for the biological. Dr. Steven Sloan, and his multi-lab team of organoid researchers, have brought to Emory the new and brain-twisting technology of organoid research. Using re-programmed pluripotent stem cells, Dr. Sloan and his team, including 2nd year graduate student Nardos Kebede, have the ability to grow and develop complex and patterned portions of the central nervous system in order to better understand the forces which shape nervous system development. “It is a really exciting time to be doing organoid research at Emory. In our lab, we study human brain developmental processes occurring early in life when it is difficult to obtain brain tissue. The organoid system provides us with an in-vitro human model using induced pluripotent stem cells (iPSCs) that recapitulates a great deal of the complexity of the developing CNS,” says Nardos, reporting from the Sloan Lab. “Organoid culture can be time and labor intensive,” Nardos explains. But Dr. Sloan is not alone; in combination with Dr. Jimena Anderson and Dr. Fikri Birey, the three labs have formed the Emory Organoid Hub. “I use cortical and spinal organoids aged to >100 days which is only feasible to do due to the presence of the hub,” Nardos explains. As these three labs develop and their talented trainees get their projects moving, there are sure to be groundbreaking developments due to this incredible technique available now at Emory.

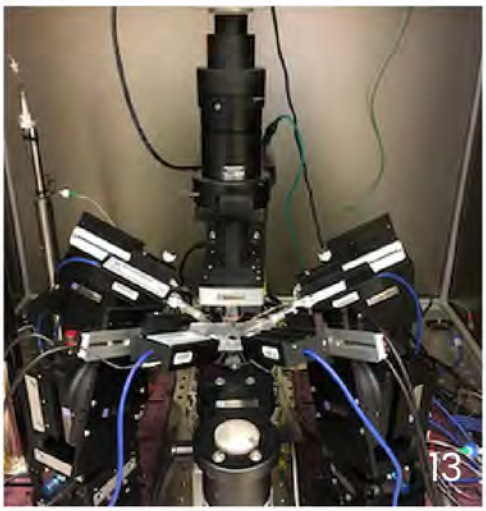
MYOMATRIX ARRAYS: REVEALING THE SINGLE-UNIT

The collaboration between Emory Neuroscience and Georgia Tech Biomedical Engineering has perhaps no more powerful manifestation than in the developing technology of the Myomatrix Arrays for electromyography (EMG), recently developed by Dr. Sam Sober and Dr. Muhannad Bakir of Georgia Tech. These devices are minimally invasive, wearable muscle implants that can record electrical activity in the muscle down to a single motor-unit action potential, providing a higher resolution of understanding of muscle function than ever before possible. When asked about the importance of this technology by the Emory News Center, Dr. Sober emphasized, “Our technology allows you to see data that was invisible before — the electrical signals that single neurons in the spinal cord send to muscles all over the body during complex movements.” Now being implemented not only within our local teams, but around the world by a massive list of collaborators, the Myomatrix Array is a shining example of Emory NS tech development.

AUTO-PATCHBOT: HIGHTROUGHPUT FOR THE WIN

Residing a laboratory that is the most biology-technology hybrid space you can imagine, the Rowan Lab inside Whitehead 555 has been pursuing an ambitious build that is sure to revolutionize the field of patch-clamp electrophysiology. Towering in the center of the lab is a massive robot, affectionately named “PatcherBot”, that when completed will have the ability to automatically detect, approach, patch, and record from live neurons in a brain slice preparation. The key to maximizing the potential of the PatcherBot, however, will be to apply this huge lift in experimental efficiency within the climate of cutting edge, ambitious and challenging frontiers of neurobiological research that exists uniquely within the Rowan Lab, here in the Emory Department of Cell Biology. A dramatic addition to the already impressive Rowan Lab toolbox, PatcherBot holds the potential to multiplex data collection and accelerate the pace of discovery. (Image courtesy of Mighten Yip, Forest Lab)

(at right) Nardos Kebede, Y2



FRESH "MEET": ANITA DEVINENI, PHD

Don't let work take over your life. Life is short. Sometimes we have to make sacrifices for research, but don't sacrifice all your free time or time with friends and family.

A little bit about my research...

We use the Drosophila taste system as a model to study how neural circuits integrate information from our internal and external worlds.

The taste system is a great model to study how the brain integrates different signals to generate flexible behavior. We use our sense of taste to determine what to eat, and our responses to food are profoundly gated by internal signals such as hunger, experience, and reward.

The fruit fly Drosophila offers a wiring diagram of the brain and genetic tools to study neural circuits at single-cell resolution. We combine a broad range of approaches, from molecular and cellular studies to optogenetics, functional imaging, connectomics, behavior, and computational analysis and modeling.

Some advice for students...

In my opinion, the most important skill you learn in grad school is how to solve problems and overcome challenges. Remember this when things get hard or when you feel like you're falling behind. Grad school is a learning experience, not a race to the finish. We might envy those rare people who had a totally smooth ride through their PhD, but chances are, students who struggled and overcame roadblocks are the ones who've actually learned more and are better equipped to deal with future challenges. Along those lines, try not to compare yourself to others. Everyone has a different story, and lots of people who seem super successful have their own private struggles.

For incoming students choosing a lab: The most important factor should be the PI and lab environment. This will determine your happiness and success far more than the science or the specific project you work on. This isn't to say there are simply good versus bad PIs; it's about what you need as a student and what the PI can offer. It's about their mentorship style, how well you can communicate with them, and whether you both share the same goals and expectations. Similarly, the lab environment needs to be supportive and positive, which can take many different forms, but it needs to be a place that you're happy to come to every day!

Grad school is a great time to explore different career options. Learn about the pros and cons of different career paths, and keep an open mind. At the same time, don't stress if you can't figure out what you want to do. There's not just one path for everyone, and it's ok to try different things after you graduate and see what feels right!

FRESH "MEET": ROSALYN LIGHTFOOT, MPA, MPM

A Georgia native, Rosalyn has a long affiliation with Emory University. In addition to being an Emory alumna with an undergraduate degree in International Studies, she has worked for the university in various departments totaling more than 17 years, including the Department of Pharmacology, the Office of Research Administration, the Department of Biology, and The Carter Center. She holds graduate degrees in Public Administration and Project Management and has extensive experience in business, project, process, and program management, as well as event planning. Rosalyn joined the graduate program for an opportunity to work with graduate students and to expand her academic career goals at Emory.

Having grown up in a culturally diverse military community, Rosalyn displays a keen interest in cultural awareness. As a former member of the Department of Biology's DEI Committee and current member of the GDBBS DEI Committee, she maintains a strong commitment to promoting DEI in the community.

In her personal time, Rosalyn enjoys gardening, traveling, roller skating, sewing/crafting, karaoke, and spending time with family. She is a mother of four and a half: a travel nurse, two college students, a high school senior, and one very spoiled "fur baby", Rojo. A little unknown fact: Rosalyn is a certified event deejay, primarily playing private events.

DEVELOPING MORONS - I MEAN NEURONS...

BABY PHOTOS!

A look back in time to when our PhD students were just young whippersnappers! See the table of names below to **guess who** is who, and check your answers on the last page of this magazine!

1.

2.

3.

4.

5.

- BETTY BEKELE, Y3
- KATELYN OLIVER, Y4
- EMMIE BANKS, Y3
- TINA TIAN, Y3
- VIVIANA VALENTIN-VALENTIN, Y3

DEVELOPING MORONS - I MEAN NEURONS...

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- KELLY SOUTH-PHAM, Y2
- ANNIE GOETTEMOELLER, Y5
- LESLIE HASSANEIN, Y2
- WILLIAM MCCALLUM, Y2
- BRITTNEY WARD, Y1

DEVELOPING MORONS - I MEAN NEURONS...

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11.

12.

13.

14.

-VAIBHAVI ITKYAL, Y3
-KATIE JAMES, Y1
-JUSTIN SANTOS, Y3
-TRINITY PRUITT, Y2

NGP EVENTS WRAPPED: SPRING 2023

(below) On April 13th, the NS program hosted its annual award ceremony at the new R. Randall Rollins building to celebrate outstanding NS members

(at right) On May 18, The NGP held an end-of-year BBQ picnic outside of Whitehead to celebrate a successful academic year

(at left) On May 2nd, Emory Women in Neuroscience (EWIN) held a Taco Tuesday event outside of Whitehead o socialize and pose in some EWIN merch

A BALANCING ACT: STORIES OF EXTRACURRICULAR ACTIVITIES, PART I

Yasmine Bassil (Y4)

"This summer, I participated in the 2023 Emory NBB Paris Study Abroad Program, an initiative that allows undergrads to complete neuroscience coursework while studying abroad in Paris. Alongside Dr. Kristen Frenzel and Dr. Leah Anderson Roesch, I served as the Graduate Program Assistant for the program, as well as the Teaching Assistant for Dr. Roesch's NBB 402W course. As a part of this course, I got the chance to teach my own mini module titled "Cross-Cultural Engagement in Science & Community," discussing how neuroscience research impacts and intersects with surrounding communities and how this can differ based on cultural contexts and individual identities. During the program, I was also fortunate enough to take a few days off to present a talk, titled "Testing circuit-based mechanisms of aging effects on human spatial navigation with TMS-fMRI," at the 2023 International Workshop on Concurrent TMS-fMRI in Evia, Greece. After this experience, I was able to visit family and friends in Lebanon for two weeks, which was a wonderful end to my summer experience. I highly encourage getting involved with professional development experiences that have international and cross-cultural aspects at Emory!"

Alishah Lakhani (Y5)

"I joined the Emory Biotech Consulting Club (EBCC) to explore career options outside of academia. EBCC matches students interested in consulting with primarily Emory and Georgia Tech innovators to work on a project over the course of a semester. In the past, this has included market research, regulatory pathway processes, and competitor research analysis. In small groups, we work on these deliverables and frequently meet with our clients to ensure that we provide what they've asked for, and then present this information at an end-of-semester gala. During this gala, we have the opportunity to network with professional consultants and learn about fellowships and internships available to graduate students. I've been part of EBCC for 2 years, and am now the Communications Director for the upcoming year. I'm excited to contribute towards our ongoing efforts to demystify case interviews and strategy consulting career paths!"

A BALANCING ACT: STORIES OF EXTRACURRICULAR ACTIVITIES, PART II

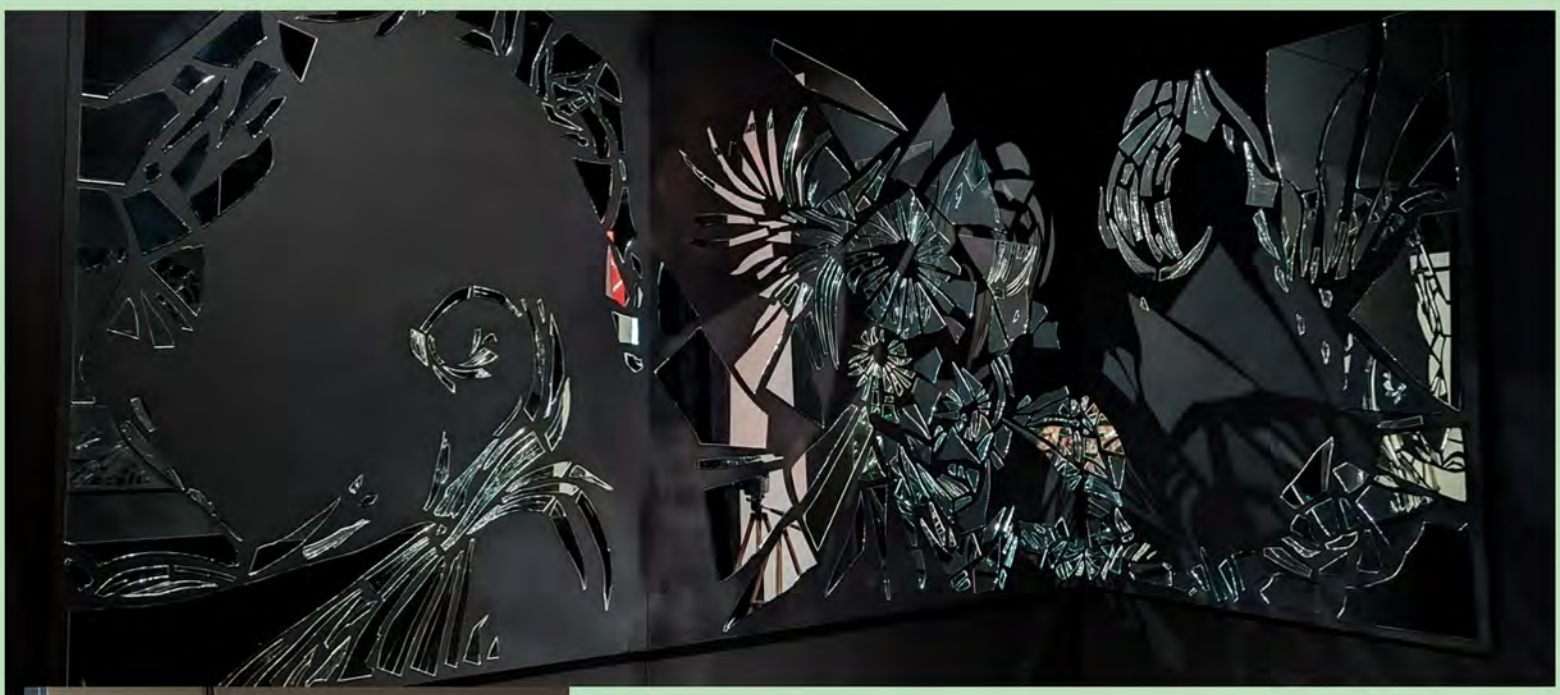
Maxine Robinette (Y4)

"Upon entering our graduate program, I knew I wanted to explore career options outside of academic research. This led to my interest in joining the EBCC during my third year as a graduate student. After attending their once-a-semester Kickoff event, I decided to apply as a team member for one of the company's projects. With a team of graduate students and postdocs, we worked on marketing strategies and profit analysis for our company's developing drug whose target population was those diagnosed with bipolar disorder. I found that inclusive teamwork, communication, and critical thinking skills were vital for our team's success in achieving our deliverables. Not only was this a great way to get some low-risk experience in consulting, but it was also a way to network with other students, postdocs, faculty, and CEOs/Co-Founders for biotech/pharma companies. At the end of the semester, each project presented their company's deliverables and the work they achieved in addressing them. It was a great experience and I highly recommend trying it out if you are interested in non-academic routes!"

Other NS students such as Juliet Santiago (Y5) (left) also participated in Emory Biotech Consulting club. Sarah Blumenthal (Y5) is the president of the club and can provide more information for those interested in joining.

A BALANCING ACT: STORIES OF EXTRACURRICULAR ACTIVITIES, PART III

Eli Chlan (Y4)



"When it comes to communicating science with the public, interactive art provides potential as an exciting, innovative means for fostering approachability and accessibility of science. In response to the surge in anti-trans legislation and misinformation in the U.S., I developed the interactive art piece "(H)our Glass." for Science Gallery Atlanta's JUSTICE exhibit. This immersive installation merges oral stories, shattered mirrors, and questionable telehealth to create dialogue around the unique impact of limited clinical resources on the transitioning experience for trans folks. Through interaction, this multi-room piece asks how we can better healthcare to serve the individual, how we can push our day-to-day to be more inclusive, and how we can have the person in your life who has "never met a trans person" hear authentic stories of trans people by trans people."

A BALANCING ACT: STORIES OF EXTRACURRICULAR ACTIVITIES, PART IV

Cedric Bowe (Y2)

"At a young age I was always fascinated by how people in my family cooked and baked. In my family, making food for one another was a way to show affection towards each other and so I got to see how various family members cooked and baked. Once I was old enough to not be in the way, I took every opportunity to assist and learn from cousins, aunts, uncles, grandparents and my parents while they cooked and baked. Eventually, I got to a point where they started looking forward to what I would make for them. To me, making food for someone is one of the few surefire ways to bring some joy to someone's day and it is the reason I love doing it. Cakes and pies are definitely my favorite things to make though I should give an honorable mention to pizza (I have experimented with various pizza doughs for about 10 years now). Right now baking for the Cake4Kids organization alongside my partner Daryn has been the perfect outlet for my passion."

A BALANCING ACT: STORIES OF EXTRACURRICULAR ACTIVITIES, PART V

Arvin Sarkissian (Y3)

"I heard about a group of GDBBS PhD students who play volleyball in their free time instead of talking about their research. I played volleyball for just one semester in high school, so I was a little hesitant to join. But I figured: if a neuron can spike, why can't I?

Now when my experiments fail or I'm tired of being a grad student, I get to take my frustrations out on a ball.

To me, volleyball is the ultimate team sport—because no matter how good you are as an individual player, you basically get one touch per play! It's similar to science in that way—you really need to coordinate and work together to get those good spikes, whether you're doing calcium imaging or playing volleyball.

We have a group of maybe 10 PhD students called the Dolphin Dougs who meet 2-3x/month—and we're always looking for people to join us, no matter your skill level!"

A BALANCING ACT: STORIES OF EXTRACURRICULAR ACTIVITIES, PART VI

Kofi Vordzorgbe (Y3)

"I enjoy the dynamic sound of a well-tuned acoustic piano. Piano's are very versatile instruments and can be comfortably used in different genres. Also, studying piano is a great way to study music theory in general, because it is easy to visualize chords and harmonic progressions. Also, it feels really darn good to learn a hard piece or two :)."

Betty Bekele (Y3)

"A few months ago, after seeing several TikToks of sourdough recipes, I decided to embark on my own sourdough making journey. For someone who is not gifted with patience when it comes to food, the waiting game involved in making the sourdough starter from scratch was the most challenging part. Within a week of daily feeding my sourdough starter, I wanted to make my first loaf (Note: it is recommended that you grow your starter 2-3 weeks before attempting to bake with it). Consequently, my first batch was an absolute failure. I also learned that using bleached flour can kill the natural yeast in the starter and had to start the process all over again. But that journey was well worth it as I now have a thriving starter and can make a fresh loaf of sourdough bread every week. Baking to me is very similar to working in a lab. Experimenting with fermentation times and temperature, learning about the gluten networks that form when you perform stretch and folds (an important step in sourdough making), and most importantly the smell of freshly baked bread keeps me coming back to it. And best part of it is that I have developed some patience through this journey. (P.S.- If anyone is looking to make their own sourdough bread, I am happy to share my starter so you don't have to wait as much as I did). 🙂."

GRAD STUDENTS JUST WANNA HAVE FUN

(BELOW) KAMAY ARTS & MUSIC FESTIVAL- CELEBRATION OF SE ASIAN AMERICAN ART AND CULTURE HELD IN UNDERGROUND ATL

(BELOW) LANEY GRADUATE SCHOOL ANNUAL GALA 2023 AT THE FOX THEATER

(BELOW) LGS LGBTQ+ SOCIAL MIXER HELD AT THE NEW ROLLINS BUILDING

(BELOW) GRAD STUDENTS BONDING OVER TACOS AT A RESTAURANT ON BUFORD HIGHWAY

(AT RIGHT) INTERNATIONAL STUDENTS HANGOUT AT HONEST INDIAN RESTAURANT

CURRENT EVENT:

LANEY GRADUATE SCHOOL ORGANIZES STUDENT-WORKER UNION

In 2016, following the National Labor Relations Board ruling that PhD students qualified as university employees, PhD student-workers here at Laney Graduate School (LGS) formed a voluntary-join union, which they called EmoryUnite!. Since then, as a voluntary-join union EmoryUnite! has advocated on behalf of LGS student-workers for various workplace issues such as stipends which meet the living wage, improving benefits, and reducing insurance premiums for students with dependents. Further, through vocal support at their events and their on social media accounts, EmoryUnite! has shown solidarity with major entities including other schools which are attempting to legally unionize, as well as organizations and movements focused on justice for issues of diversity, equity, and inclusion in Atlanta and at large.

However, as a voluntary-join union, EmoryUnite! has no legal bargaining power when it comes to negotiating with the university on workplace conditions for PhD student-workers. Thus, on August 25th, 2022, EmoryUnite! announced that they are seeking to file for legal recognition, which would allow for formal recognition from the university and guaranteed bargaining power. In navigating this process, EmoryUnite! decided to collaborate with SEIU (Service Employees International Union).

The first step of gaining legal recognition as a union is a card drive. This involves having a majority of the hypothetical bargaining unit sign official union authorization cards indicating support of unionization. Once EmoryUnite! has collected enough cards, they can file for an election from the National Labor Relations Board (NLRB). If the majority of voters vote in favor of legal union recognition, EmoryUnite! and Emory would go into a negotiation period where they would negotiate aspects of a formal contract. According to EmoryUnite!'s website (***emoryunite.org***), they would negotiate for "1) a living wage, 2) fair compensation every time we work as teachers, researchers, mentors, instructors, and tutors, 3) comprehensive healthcare coverage for ourselves and our dependents, 4) access to fair and comprehensive parental accommodations, and 5) protection of a union in situations involving discrimination, harassment, or any other kind of unfair treatment."

Since the card drive began, EmoryUnite! has also engaged the Emory community in other ways. To garner further support and try to decrease stigma surrounding unions, EmoryUnite! circulated a 'Letter of Support' to Emory faculty members across LGS. To date, this letter contains signatures from adjunct, tenure-track, and full tenured faculty spanning over 28 departments which are a part of LGS. EmoryUnite! has also held Town Halls as well as more informal social events at spaces such as parks and breweries, in an effort to stay up to date on the concerns of LGS PhD student-workers.

At the time of this publication, EmoryUnite has collected the cards they need from the card drive and are imminently preparing to file for the election. It is unclear what exactly the future may hold for legal bargaining power of PhD student-workers at large, but one thing that is clear is that EmoryUnite! has paved the way for this here at Emory.

STOP COP CITY:
CURRENT SITUATION AT EMORY AND AT LARGE

BY: EMMIE BANKS

What is 'Cop City'?

'Cop City' is the name given by supporters of the 'Stop Cop City' movement to describe a proposed public safety training center in Atlanta, which would be used for specialized training for law enforcement. The proposed plans include a "mock city for burn building training and urban police training", according to the center's website. The center is expected to cost $90 million and take up over 85 acres of the Weelaunee Forest in Atlanta. The first phase of construction is scheduled to open later this year.

Why are some Atlantans and people in other cities joining the 'Stop Cop City' movement?

People are joining this movement for reasons related to militarization of police, institutional racism, and environmental justice. Specifically, people are concerned that the center further militarizes police which will threaten the lives of marginalized people, as well as destroy a unique ecosystem within the Weelaunee Forest. Further support for the movement was garnered after the Atlanta Police Department (APD) shot and killed a demonstrator Manuel Esteban Paez Teran (Tortuguita) in January 2023. Subsequent autopsy reports by the Dekalb County Medical Examiner's Office revealed that Tortuguita was shot 57 times, did not have gun residue on their hands, and likely died with their hands in the air.

How has the Emory student body responded to this situation?

Students and other people in the Emory community gathered on the quad on April 24th, 2023 to protest the construction of 'Cop City.' At this event, Emory students called for university president Gregory L. Fenves to step down from the board of the Atlanta Committee for Progress, which supports and fundraises for 'Cop City.'

Photos by: Madeline Thigpen/Capital B

(Photo captions: Above - an undergraduate student at Emory, Jaanaki Radhakrishnan, has been one leader of the 'Stop Cop City' movement. At left - Students hung a banner saying "Respect the Community, Stop Cop City' in a tree on the quad during the demonstration on 4/24/2023)

Why was this training center originally proposed?

This project was initially announced under Atlanta's previous mayor, Keisha Lance Bottoms. Bottoms and other supporters claim that the facility will give APD the resources they need to combat rising crime figures in the metropolitan Atlanta area.

Who is paying for this? What does the financial breakdown look like?

One-third of the cost would come directly from taxpayers, and the other two-thirds would come through the Atlanta Police Foundation (APF), a collection of private non-profits who financially support APD in various ways. The land is planned to be leased to the APF for $10 per year.

What are the immediate goals of the 'Stop Cop City' movement now?

According to copcityvote.com, supporters of the 'Stop Cop City' movement collected signatures from Atlanta residents in order to enact a referendum which would allow citizens to vote to repeal the lease to the APF. They have surpassed 70,000 signatures, which means the referendum should be on the November ballot for the people to decide the fate of 'Cop City'.

NGP DEI COMMITTEE

Our Mission

The Diversity, Equity, and Inclusion (DEI) Committee is designed to integrate the principles of **diversity, equity, inclusion, accessibility, and justice** into the NGP curriculum, policies, and culture. We aim to promote an environment that will support the success and well-being of NGP students, faculty, staff, and affiliates throughout their development academically, professionally, and personally.

Subcommittees

- Events
- Internal affairs
- Accountability

Spring Progress Report Highlights

"Creates a nice space to have an open conversation and to brainstorm novel ideas."

27 attendees!

STUDENT ADVOCACY

Curriculum Advocacy

Addressing Incorrect Usage of Students' Personal Information in GDBBS

Financial Literacy for Graduate Students

SPRING 2023 EVENTS

DEI Committee Journal Club:
"Mitigating white Western individualistic bias in Neuroscience and creating more inclusive neuroscience" by Linzie Taylor

GDBBS-wide financial literacy workshop:

DEI Frontiers in Neuroscience Seminar:
"Affirming and humanizing gender diversity in a time of heightened anti-trans stigma" by Dr. Kristie Seelman followed by a lunch and discussion

PROGRAM-WIDE RESOURCES

Heritage Month Resource Lists

Monthly Heritage Month Resource Lists sharing neuroscience-specific, Emory-specific, and Atlanta-specific resources

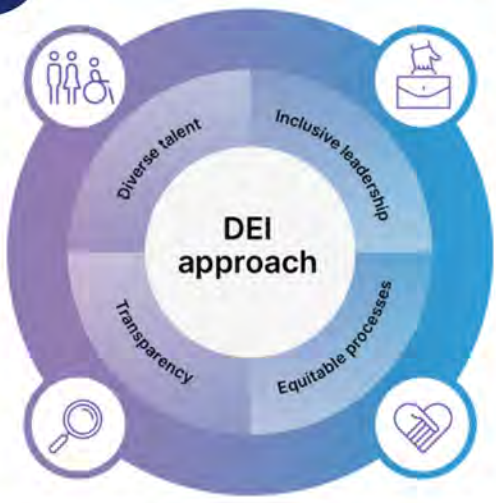
Check out past resource lists!

Upcoming Events

Aug 27th ***Meet & Greet***
Join us for food & drinks!

Dec TBD ***Frontiers in Neuroscience***
DEI-focused speaker followed by after-talk discussion

Spring ***Tax-Oriented Finances Workshop***



Full Report

Join us!

Learn more!

Feedback Form

NGP DEI Website

LET'S EAT!

A NEUROSCIENCE PROGRAM COOKBOOK

THE SMOKY DISINHIBITION

Recipe provided by: Leila May Pascual, Y5

Ingredients

For the simple syrup:

- ¼ cup sugar or maple syrup
- ¼ cup water
- 2 cinnamon sticks

For the cocktail:

- ½ cup apple cider
- 2 oz bourbon
- 3 large drops orange bitters
- Garnish (optional)
- Thyme
- Cinnamon sticks
- Apple slices (dried or fresh)

Preparation

How to make the cinnamon syrup:

- Simmer a 1:1 ratio of sugar and water with cinnamon sticks until it you have an aromatic homogenous liquid.
- Tip: Substitute with maple syrup or agave for a more robust flavor

How to make a shaken cocktail:

- Before making the cocktail, smoke your cocktail glass (see below).
- Add ice into a cocktail shaker ¾ full.
- Add ingredients into shaker.
- Shake vigorously for ~15 sec (put some muscle into it!).
- Strain your drink into the smoked cocktail glass.
- Garnish if desired.
- Tip: A balanced cocktail requires some vigorous shaking to get it amply cold, but not so much so that you're overdiluting your drink. Pick up the shaker, turn it sideways (orthogonal to the floor) and shake until the shaker is freezing to the touch.

How to make this cocktail smoky:

- Ensure you are using a dish you don't care too much about. Don't use a matte or ceramic plate as the ash will stain it. If you have one, a wood plank works best!
- Take a fresh cinnamon stick and carefully run the tip over a hot flame. Once the cinnamon stick is smoking a bit, place it on the plate (or wood plank) and place a cocktail glass over it so the smoke is trapped. Leave the glass like this until you are ready to pour in the cocktail

Tips:

- If you find that your cinnamon stick isn't smoking well, try dipping the tip in a little of the bourbon. Be careful: ethanol + fire = dangerous combo.
- Use a lighter vs a match; it may take a few seconds to get the cinnamon stick to heat up.

LET'S EAT!

A NEUROSCIENCE PROGRAM COOKBOOK

PLUM TORTE

Recipe provided by: Kristen Frenzel, Emory NBB Teaching Professor

Ingredients

- ¾ to 1 cup sugar
- ½ cup unsalted butter, softened
- 1 cup unbleached flour, sifted (see step 3 below)
- 1 teaspoon baking powder
- Pinch of salt (optional)
- 2 eggs
- ~6-8 pitted purple plums, sliced about 1cm in thickness
- Sugar, lemon juice and cinnamon, for topping

Preparation

Note 1: These instructions are a mix from the recipe and my own take on this recipe. The notes section of the recipe is also helpful.
Note 3: I tripled the recipe and made 3 versions of the cake. See step 5.

- Heat oven to 350 degrees.
- Cream the sugar and butter in a bowl. I used a stand mixer but a hand mixer works just as well. I used ¾ cup of sugar because the fruit was really ripe.
- Add the flour, baking powder, salt and eggs and beat well. I used 2/3 cup of all purpose flour which I then sifted and 1/3 cup of medium grind cornmeal. I'm sure fine grind cornmeal is also totally fine.
- Prep your pans – I used a mix of round pans (and only one was springform) because I made 3 cakes in total. I used cooking spray to "glue" parchment paper to the bottom and sides of the pans.
- Spoon the batter into a springform pan of 8, 9 or 10 inches. I made 3 cakes with 3 different fruits.

1. *Cake 1: Plum slices were tossed with 1 tsp of vanilla and 1 tbls of turbinado (or could use brown) sugar. Place the plum slices on top of the batter and gently push them into the batter.*
2. *Cake 2: About 4 cups total of sliced strawberries and blueberries were tossed with some squeezes of lemon juice and pressed into the batter. Sprinkled the top with cane sugar*
3. *Cake 3: About 4 cups of pitted cherries were mixed with 2 tbls of bourbon and 1 tablespoon of turbinado sugar. Pressed into the batter.*

- Bake 1 hour, approximately. Remove and cool; refrigerate or freeze if desired. Or cool to lukewarm and serve plain or with whipped cream. (To serve a torte that was frozen, defrost and reheat it briefly at 300 degrees.)

MENTAL HEALTH AT EMORY

1 *COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)*

Emory students are eligible for 8 FREE sessions within the academic year! For more information, call (404)-727-7450, or walk in between 8:30 AM - 5:00 PM M-F. CAPS will also work with you to identify other providers best suited to your needs!

2 *CRISIS TRIAGE APPOINTMENTS*

Through the CAPS service, a Crisis counselor is available by phone ((404-727-7450) or walk in between 8:30 PM - 3:30 PM. Crisis counselors will assist with support, ensuring safety, and enacting subsequent care steps, personalized to each student's needs.

3 *TIMELYCARE*

Using the TalkNow or scheduling features, TimelyCare offers immediate and urgent counseling 24/7 through their provider platform. Use your Emory credentials to sign up at [timely.com/emory]

4 *CRISIS RESPONSE & SUPPORT*

Student Intervention Services (24/7)
(404)-430-1120
Emory Healthcare Psychiatrist-on-call
(404)-778-5000
Georgia Crisis & Access Line:
1-800-715-4225
National Suicide Hotline
1-800-784-2433

FOR LIFE THREATENING EMERGENCIES, CALL 911, OR VISIT YOUR NEAREST EMERGENCY DEPARTMENT

THANKS FOR READING!

See you next time at NS Recruitment in Spring 2024!

Answers to 'Developing Neurons: Student Baby Photos' --

1. Viviana Valentin-Valentin, 2. Tina Tian, 3. Betty Bekele, 4. Emmie Banks, 5. Katelyn Oliver, 6. William McCallum, 7. Annie Goettemoeller,, 8. Brittney Ward, 9. Kelly South-Pham, 10. Leslie Hassanein, 11. Katie James, 12. Justin Santos, 13. Vaibhavi Itkyal, 14. Trinity Pruitt