



Happy November!

It's time for Thanksgiving, we hope everyone gets time with family or friends to eat turkey and show off their knowledge of Tryptophan's structure. As always, if you have any comments or concerns, please fill out our [anonymous Google form](#). Have a great month!

- Lindsey and Kaitlyn

DEPARTMENT NEWS

➤ It's grant season! Good luck to all those submitting proposals and congratulations to any recipients! Please let us know if you or someone from your lab received any recent awards so we can give them a proper shout out! Use the form [here](#).

➤ The first IGP rotation started! Welcome to **Oliver Chalkey** (Ren Lab), **Adam Ebert** (Osheroff Lab), **Rebecca Embalabala** (Carter Lab), **Gabriela Gonzalez Vasquez** (Dewar Lab), **Jade Miller** (Wan Lab), **Simone Nevills** (Quatanta Lab), **Alyssa Scartozzi** (Hodges Lab), **Anna Schwarzkopf** (Brown Lab), **Logan Vlach** (Ascano Lab).



➤ We really appreciate all the submissions for Trainee of the Month! We want to give a shout out to **Emilio Rivera** and **Sam Lisy**, who we featured earlier this year but were nominated again thanks to their awesome contributions to the department. If you would like to return the favor to our BSA stars, please consider signing up for colloquium at the button above.

TRAINEE OF THE MONTH

Kate Clowes

What year are you? I am in my third year of graduate school.

Whose lab are you in? I'm in the Sanders lab. I study the potassium channel protein KCNQ1 and how its dysfunction leads to long QT syndrome.

What do you like best about the biochemistry department? I may be a little biased (because this year I get to plan them on BSA social committee) but I like the department's events and activities! I really appreciate how many people participate in social events, like trivia, as well as our more serious events, like the social issues in STEM discussions. I really enjoy getting to know people outside of the lab and having good discussions!

What advice do you have for other students? As a third year, I feel like I'm still usually the one asking for advice! But the biggest thing I've learned so far is to never be afraid to ask questions.

What's your favorite experiment to run? I really like using our lab's new high content imager. It makes microscopy easy for us structural biologists, and you can get so much data so quickly.

What's your favorite place to go or favorite thing to do in Nashville? I love finding new places to eat in Nashville. Recently I've been exploring East Nashville and trying to go to every brewery in the city. I'm always taking recommendations of new places to check out!



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

DEPARTMENT EVENTS IN NOVEMBER

- **3rd** at 10am, Zoom - Social Issues in STEM: "Picture a Scientist" (on Netflix) discussion
- **5th** at 12pm, In-Person - Frontiers Lecture: Camila dos Santos, Cold Spring Harbor
- **12th** at 12pm, In-Person & Zoom- Colloquium: Romell Gletten
- **19th** at 12pm, In-Person - Frontier Lecture: Jonathan Schleich, Indiana University



Congrats to...

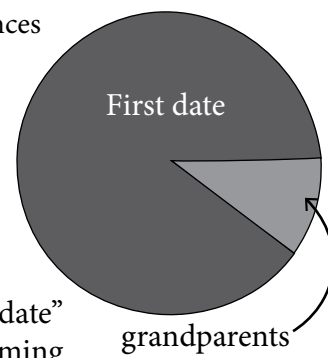
- **DOCTORS Lindsey Redman, Sarah Glass, & Brynna Eisele**, who successfully defended their dissertations last month.
- **Lindsey Guerin** (Hodges Lab), who published "[Dual detection of chromatin accessibility and DNA methylation using ATAC-*Me*](#)".
- **Tyson Rietz** (Fesik Lab), who published "[Fragment-Based Discovery of Small Molecules Bound to T-Cell Immunoglobulin and Mucin Domain-Containing Molecule 3 \(TIM-3\)](#)".
- **Zhen Wang** (Schey Lab), who published "[Spatially Resolved Proteomic Analysis of the Lens Extracellular Diffusion Barrier](#)".
- **Sam Lisy** (Ascano lab), who published "[RNA Binding Proteins as Pioneer Determinants of Infection: Protective, Proviral, or Both?](#)"



The holiday season is upon us... There's good will, holiday cheer, seasonal decorations, and most (?) importantly - food.

What is your favorite Thanksgiving food?

- A) Turkey, a.k.a. the star of the show
- B) Stuffing, unfortunately we don't have the space to get into cornbread vs. standard nuances
- C) Cranberries, (I am going to be concerned if this wins)
- D) Sweet potato casserole, marshmallow topping obviously
- E) Pie, representing the sweet side of the holiday



The results are in!

The vast majority (90%) are going with "explain your thesis to someone on a first date" over your grandparents. Honestly, this feels appropriate with the holiday season coming up. Good luck developing your layman elevator pitch!

Is there anything you're dying to know about your fellow biochemists? Send them our way and we may just add it next month.

IN OTHER NEWS

- There are [two STEM Policy and Advocacy panels](#) coming up in November. Both events require registration which can be done [here](#).
 - Science Policy Careers Panel: Nov 1st at 1 p.m. and the
 - AAAS Science & Technology Careers Panel: Nov 8th at 1 p.m.
- Some relevant programming from the Graduate School Academic Life Coaches is as follows:
 - [Self-Efficacy: Building Confidence and Independence as a Researcher](#), **the 5th**, 12 p.m. at Eskind Library
 - [Finding Work/Life Balance](#), **the 12th**, 12 p.m. via Zoom
 - [Receiving and Responding to Feedback – The Power of Social Persuasion](#), **the 19th**, 12p.m. at Eskind Library
- For those earlier in their graduate school experience, come learn about fellowship applications at the [ASPIRE Bistro: Applying for Fellowships and NRSA's](#) on the **4th** at 11am in 202 Light Hall.
- The Graduate Student Council will be hosting a General Body Meeting on the **4th**, in Alumni Hall 201 from 6 to 7pm



Check it out!

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

- **Places to go:** The wildly popular [Immersive Van Gogh](#) art exhibit is coming to Nashville December - February. Secure tickets now because dates are already filling up! Tickets start at \$40.
- **Things to do:** Get a jump start on your holiday shopping at [Crafty Bastards Craft Fair](#) November 6-7. This event showcases homemade goods and crafts from over 70 artists. Shop home decor, clothing, pet products, CBD and more all in one spot! Plus, enjoy live music, craft beer + cocktails, activities, photo booth fun and more. Even better - admission is free!
- **People to see:** [The Mysterwives](#) and [JP Saxe](#) are at Basement East. [Garth Brooks](#) is at the Ryman if you've recently won the lottery... [Brett Eldredge](#) is also at the Ryman this month if you're looking for a more budget friendly way to get your country music fill.

Wellness

Mental Wellness: Want to find therapy options outside of the UCC or Student Care Network here at Vanderbilt? [The Shrink Space](#) allows you to find local therapists within your health insurance network. You can also filter for the type of counseling/therapy you are seeking (e.g., couples counseling, addiction, telehealth options, etc.).

Physical Wellness: Thanksgiving is upon us! [Here's over 30 healthy Thanksgiving recipes to try this year](#) (twice-baked sweet potatoes, anyone?). You can also get some [new meal ideas](#) from the TN Department of Health. Occupational Health will be at 618 LH on November 3, from 11:00-12:30 and will be able to administer up to 30 flu shots to Biochem personnel.



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