

Jefferson Postdoctoral Association

JeffPost

Jefferson College Of Graduate Studies, Thomas Jefferson University, Philadelphia, PA 19107



Special points of interest:

- 2nd Annual Postdoctoral Research Symposium
- 2007 Annual NPA Meeting
- Networking Skills
- The Prizes and Perils of Being a Postdoc
- Postdoc Website
- JPA Survey

JeffPost

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2nd Annual Postdoctoral Research Symposium

By Heather Montie & R. Mark Jones (PRS Co-Chairs, 2007)

The 2nd Annual Postdoctoral Research Symposium (PRS) was held on June 19th, 2007, hosted by the Jefferson College of Graduate Studies (JCGS) Office of Postdoctoral Affairs (OPA) and the Jefferson Postdoctoral Association (JPA). This event showcased the research of Jefferson postdocs working in a variety of fields. There was also a luncheon for the postdocs with President Robert Barchi, MD, PhD, sponsor exhibits and presentations, a career fair and a swinging wrap-up reception complete with a martini bar.

If you were able to attend the event, you most likely noticed the growth since last year's PRS. The 2007 event received a 24% increase in abstract submissions, a 32% increase in sponsorships, and a greater attendance level throughout the day. There were twenty-eight postdoc oral presentations within two sets of concurrent sessions and twenty-six poster presentations. In addition, we were even able to offer 50% more prizes to our best presenters!

With all that considered, the PRS is about more than receptions, sponsors, and prizes. The purpose of the day is to highlight the research efforts of the postdocs at Jefferson. The day allowed postdocs to see the projects of their peers from surrounding laboratories and departments and to interact in a relaxed environment. We are certain that this opportunity fostered networks which will lead to collaborations and networking connections that we will carry with us throughout our careers.

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Editorial

By Georges Lahoud (Vice-President for Communications, 2007-2008)

Since its first issue, 350 copies of JeffPost have been distributed among the Jefferson community. The Jefferson Postdoctoral Association (JPA) is committed to annually publish the newsletter. It encompasses information about planned activities, highlights relevant topics of importance to postdocs, including career and professional development topics, and reports significant achievements of the Jefferson postdoc community. Your participation is of importance to the Jefferson community. Get involved, get informed, get acquainted. A full-color version of this newsletter is available at <http://www.jefferson.edu/JCGS/postdoc/index.cfm>



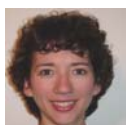
From left to right-Dr. Abdolmohamad Rostami, Chair of Neurology, President Robert Barchi, and Dr. Kenneth Fischbeck, Chief of the Neurogenetics Branch of the National Institute for Neurological Disorders and Stroke (NINDS) and Keynote Speaker for the Symposium.



Dr. Kenneth Fischbeck during his keynote address.



From left to right-Dr. Denise Fitzgerald, President of the JPA (2006-2007), Dr. Gerald Grunwald, recipient of the inaugural Distinguished Mentor Award, and Dr. Lisa Kozlowski, Assistant Dean for Postdoctoral Affairs and Recruitment.



Networking Skills

By Lisa Kozlowski (Assistant Dean, Postdoctoral Affairs and Recruitment)

80% of jobs are obtained through networking. But you're a scientist, not a business person. Scientists don't network. Or do they?

Think about the following things...

-The majority of you came to TJU from somewhere other than Philadelphia; did you ask someone for advice about housing?

-Maybe you and your spouse have a special occasion coming up; did you ask someone to recommend a restaurant?

-Maybe you needed to start a new experiment; did you ask someone about a technique or the best vendor for a reagent?

Have you ever done one or all of these things?

If you answered yes, then you have NETWORKED!

So what is networking in relation to your job search?

It is the process of doing research about the job market by talking to people.

- Learning about careers and specific opportunities
- Alerting them to your career

goals and abilities

- Finding out about job opportunities early
- Increasing your chances of being hired

But who is your network, especially for a job search?

- Colleagues
- Past advisors/employers
- Former students and postdocs from your lab
- Scientists you meet at conferences
- Salespeople that come to your lab
- People from professional organizations
- Alumni from your undergrad and grad institutions
- Members of your church or synagogue
- Members of your sports team or club
- Friends/Relatives

The 3 phases of networking

1) Contacts

- Gather a list and start sending e-mails or making phone calls
- Ask specific questions about their job, career path, and

organization

- Do not ask for a job
- Always remember to thank them for their time and information

2) Maintenance

- Network=Relationship
- Keep contacts informed periodically
- Send out reprints
- Answer voice- and e-mail messages promptly

3) Harvest

When you start actively looking for a job, your network hopefully will already be alerting you to open positions. Additionally, you have relationships with your network, so you won't feel uncomfortable asking about open positions

Just remember to keep your eyes and ears open. Put yourself in the right places and continue to talk to people about your career goals.

And remember Barbara Bush's saying, "You don't just luck into things...You build step by step, whether it's friendships or opportunities."



"The three phases of networking

Contacts

Maintenance

Harvest"

Postdoctoral Fellowship Application Program

By Denise Fitzgerald (President, 2006-2007)



Postdoctoral fellowships are funding sources exclusively for postdocs. Generally these fellowships will cover salary (partial or full) and may also include funding for benefits, meeting or conference travel expenses and, in some cases, experimental work. There are a wide range of fellowships including those that facilitate the transition to independent positions. These fellowships are

extremely competitive and only the very best applications are funded. With this in mind, the JPA and OPA designed a program to provide postdocs with a range of skills and information to help in their preparation of fellowship applications. Consisting of a range of seminars over three months, this program began with a tutorial on funding opportunities and then covered the application process, grant writing,

bioethics and preparing animal and/or human protocols. The program ended with an expert advisory panel of faculty that have served on grant review committees. Postdoctoral fellowships are becoming even more competitive in the current climate of limited funding and so the JPA/OPA is planning to run this program again. For further information, email jpa@jefferson.edu.

"Fellowships are extremely competitive and only the very best applications are funded"

The Postdoc Website: A Wealth of Information

By Ayanna Augustus (Vice-President for Career Development, 2007-2008)



The postdoctoral fellows website was greatly enhanced in Spring of 2007. The website includes links and information on various career resources and services offered at Jefferson. In addition, a listing of past and upcoming career training seminars on topics such as resume writing and interviewing skills can be accessed on the site.

The Scott Library, prompted by the OPA, now houses many career related books such as "A PhD is Not Enough", "Enhancing the Postdoctoral Experience" and "How to Succeed in Academics". Postdocs interested in preparing for their next career move can visit the postdoctoral fellows site for links to academic,

government and industry job listings.

The website also includes links to important university services such as the Office of International Exchange Services (OIES), the Photo Identification Center and the Department of Human Resources.

The TJU Fitness Center and Activities Office provides a number of recreational, social and cultural programs for the Jefferson community. The Activities Office also sells a variety of tickets to professional sporting events, amusement parks, museums, performing arts and cultural attractions, often at a reduced price to Jefferson students and employees. Infor-

mation on center hours, location and classes offered at the fitness center can be accessed through our website.

This is just a sampling of the resources provided on the postdoctoral fellows website. Postdocs can look forward to new listings and guides on life in Philly. Our new city living site will host information on finding housing, local grocery stores, malls, restaurants and bars, as well as maps of TJU and the surrounding area.

Check out the postdoctoral fellows website for the latest information on upcoming events, seminars and career resources <http://www.jefferson.edu/JCGS/postdoc/index.cfm>



"The postdoc website now includes more links and information on various career resources and services!"

Scientific Management Course for Postdocs

By Lisa Kozlowski (Assistant Dean, Postdoctoral Affairs and Recruitment)



Throughout the last academic year, I organized a consortium of four Philadelphia institutions, Drexel University College of Medicine, Temple University, The Children's Hospital of Philadelphia, and Thomas Jefferson University, and one interdisciplinary society, the American Association for the Advancement of Science (AAAS), that provided a "Scientific Management Course for Postdoctoral Fellows" to senior postdocs at these institutions. The objective of the course was to enhance the skills that are necessary for a

successful academic career. A total of 55 postdocs from the four institutions learned about landing a faculty position, leadership skills, time management, project management, getting funded, and mentoring during one full day and three half day sessions. The sessions included keynote speakers, faculty panels, and facilitated workshops, as well as interactive roundtable discussions. Besides receiving training on topics that might not be covered in other venues at the institutions, the attendees benefited greatly from

networking among their peers as well as making connections with faculty members from all four institutions. This course was based on the Howard Hughes Medical Institute and Burroughs Wellcome Fund's "Course on Scientific Management". It was also partially funded by these organizations. These organizations have also produced a book based on this course. Please contact Dr. Lisa Kozlowski, lisa.kozlowski@jefferson.edu or 3-5750, if you would like a copy of the book.

"The Scientific Management Course attendees enhanced their skills necessary for a successful academic career."

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The Prizes and Perils of Being a Postdoc

By Denise Fitzgerald (President, 2006-2007)

Highly skilled, smart, diligent, tenacious, committed, inventive, knowledgeable...are these words that describe postdocs? How about overworked, underpaid, stressed...??? The choice is ours. The position of a postdoc on the career ladder is a very unique one that can be largely rewarding but also is a somewhat vulnerable time. But let's talk about the good side first!

So you have your PhD, you are Dr. Brilliant Scientist and maybe you have held 1 or 2 postdoc positions already. Your training has provided you with the technical skills and intellectual prowess to ask important questions in your field and design ways to answer those questions in the lab. Your writing experience allows you to communicate these answers in a timely manner. You generally do not have the full burden of funding this work nor do you have ultimate responsibility for all laboratory members. You can however hone your mentoring and training skills by supervising others in the lab. You are responsible for your own career development (which you MUST plan for) but you are a mentee of your PI who is in a position to support you in taking that next step in your career (1). While you probably work long hours, these may be hours of your choosing which allow for a flexible lifestyle. And let's not forget the wide range of courses and seminars you can attend, particularly in an institution like TJU that has established an Office dedicated to the needs and sup-

port of postdocs. So all-in-all it sounds like a pretty good deal...you get to focus most of your energy on doing great science with a view to 'your next step' and with minimal administrative work.

However, the postdoctoral fellowship has evolved in the past few decades. This position was originally created as an apprenticeship towards scientific independence which was mutually beneficial to both mentee and mentor. While most postdocs train in such a symbiotic environment, there are occasions when supervisors can demand longer hours, offer lower pay or scientifically take advantage of their postdocs. Thankfully this is not typical of most PIs but it does happen and not only is it detrimental to the postdoc involved, it also affects the global view of what postdoctoral training should really be.

The good news - postdocs now have a voice on both the local and national levels and we are here to support each other. Furthermore, we have garnered tremendous support from compassionate, committed faculty members locally right up to federal agencies at the national level. Much of this achievement is a result of the tireless work of the National Postdoctoral Association (NPA). Earlier this year, following much discussion with the NPA, the National Science Foundation (NSF) and National Institutes of Health (NIH) agreed upon the definition of a postdoctoral scholar:

'An individual who has received a doctoral degree (or equivalent) and is engaged in a temporary and defined period of mentored advanced training to enhance the professional skills and research independence needed to pursue his or her chosen career path.'

Re-read the definition. Does it describe your current position? If not, establish what needs to change and how best to do so. The NPA website, www.nationalpostdoc.org, is an invaluable resource with information covering a wide range of topics including career development plans, visa issues and the latest policy changes that may affect postdocs. The JPA and the OPA are also here to help.

Postdocs are a central component of the scientific research engine. A survey of research articles in *Science* found that 43% of first authors were postdocs (2). A large number of grants to PIs are based on research done by postdocs in their labs; in addition, many postdocs are responsible for some or all of the actual writing of grants for the lab (3). It is essential that as a generation of postdocs, we are mentored to become the great scientists that we have the potential to be and that we in turn can mentor the next generation to the highest level of our ability. In the words of Dr. Elias Zerhouni, Director of the NIH addressing the NPA Annual Meeting in April 2007:

'I hope you will be the champion of the next generation of scientists' ...

It is in our hands.

" Postdocs are a central component of the scientific research engine."

"A PhD is when you learn how to be a scientist; a postdoc is when you show that you are one - Anonymous"

1. Compact Between Postdoctoral Appointees and Their Mentors. Association of American Medical Colleges, 2006, www.aamc.org/research/postdoccompact/start.htm.
2. Vogel, G. 1999. Working Conditions: A Day in the Life of a Top Flight Lab. *Science* 285:1531.
3. National Academy of Sciences, C. o. S., Engineering, and Public Policy,. 2000. Enhancing the Postdoctoral Experience for Scientists and Engineers. *National Academy Press, Washington, DC*.

2007 Annual NPA Meeting Summary Report

By Georgia Anyatonwu (Vice-President for Career Development, 2006-2007)



The 5th Annual National Postdoctoral Association (NPA) meeting convened in Berkeley, CA from March 30-April 1, 2007. The NPA is a non-profit organization addressing the many issues confronting the postdoctoral community that are national in scope, requiring action beyond the local level. The NPA meeting is attended mainly by postdoctoral association leaders (PDAs) and postdoctoral office leaders (PDOs) from various universities. Three representatives of Thomas Jefferson University (TJU) were sponsored to present posters at the 2007 meeting: the PDA leaders were Dr. Denise Fitzgerald who was sponsored by the Jefferson College of Graduate Studies (JCGS) Alumni Association and Dr. Georgia Anyatonwu who was sponsored by the NPA. Dr. Lisa Kozlowski's attendance was partially supported by an NPA Postdoc Leadership Mentoring Project Award. There were over 200 attendees which included PDAs and PDOs from more than 30 universities.

On the first day, the agenda consisted of moderated brainstorming sessions with either the PDAs or the PDOs. The first topic in the PDA session was the process of building and growth of a PDA. The fully established PDAs (>3 years), such as the JPA, face problems such as retaining members and ensuring institutional memory of the PDA. The second topic addressed best practices for PDAs and brainstormed new practices. Successful collaborations between PDAs and PDOs were discussed during the joint PDA/

PDO session. The topic of this session strongly correlated to the poster session. Many of the posters presented the successful working relationship between the PDA and PDO at their institution. Dr. Fitzgerald, Dr. Kozlowski and I presented a poster titled, "The NPA Model in Action: From PRS to PFAP to Parties". Additionally, Dr. Kozlowski presented a poster titled, "Using a Local Consortium to Provide an Enhanced Professional Development Program for Postdoctoral Fellows".

The second day started off with three plenary sessions. The first was a progress report of goals accomplished by the NPA in the previous year, possible strategies for achieving the NPA's goals, and predictions for upcoming measures implemented by the NPA. Another session focused on various topics ranging from the best training model for assuring a smooth transition from graduate student to independent researcher, the trends affecting the future of science and technology workforce, and ensuring dynamic leadership for the future. Dr. Clifton A. Poodry, the Director of the Minority Opportunities in Research (MORE) Division at the National Institute for General Medical Sciences (NIGMS) elaborated on the need for diversity in biomedical research in yet another session.

The highlight of the meeting was the keynote speech by Dr. Elias A. Zerhouni, the Director of the National Institutes of Health (NIH). Dr. Zerhouni discussed various factors required for the transformation of medicine and

health. In addition, he enumerated crucial steps currently being implemented by the NIH such as the early independence award and the director's new innovator award. A PDF version of the talk is available on the NPA website (www.nationalpostdoc.org).

The meeting also had many workshops to choose from. The first workshop session included topics such as building your dream, NIH pathway to independence (K99/R00) award, obtaining perspectives in diversity, getting a tenure track position at a predominantly undergraduate college and establishing a mentoring program. The second session centered on financial and career advice for postdocs. Topics included creating a dynamic program on the responsible conduct of research, mentoring international postdocs, strategies for success, what's stress got to do with it, retirement savings plans for postdoctoral scholars and addressing the career life cycle needs of postdocs.

Overall, the annual NPA meeting this year was a success. Both the PDAs and PDOs obtained numerous ideas on how to improve the current status quo at their various institutions. The wealth of PDA/PDO collaborations practiced at the institutions represented is very encouraging and highlights the importance of the NPA. Detailed information about this meeting and the 2008 meeting can be obtained from the NPA website at www.nationalpostdoc.org. All postdocs are encouraged to join the NPA.

"I hope you will be the champion of the next generation of scientists-Dr. Elias Zerhouni, Director of NIH."

"The wealth of PDA/PDO collaborations practiced at the institutions represented highlights the importance of the NPA."

Jefferson Postdoctoral Publications 2006-2007

By Georges Lahoud (Vice-President for Communications, 2007-2008)

While building their career at Jefferson, postdoctoral fellows have translated their skillful hard work into manuscripts that have been published in peer-reviewed journals. Below is a peak at the first author publications of Jefferson postdocs since June 2006 (*only one article per author is listed*). All postdoc authors are in bold. Congratulations to all of you who made the list.

- Anderson, D.G., Samartzis, D., Shen, F.H., and Tannoury, C. (2007)** Percutaneous instrumentation of the thoracic and lumbar spine. *Orthop. Clin North Am.* **38** (3): 401-408.
- Alabyev, B., Rahman, Z.S., and Manser T. (2007)** Quantitatively reduced participation of anti-nuclear antigen B cells that down-regulate B cell receptor during primary development in the germinal center/memory B cell response to foreign antigen. *J Immunol.* **178** (9): 5623-5634.
- Benvenisti-Zarom, L., and Regan, R.F. (2007)** Astrocyte-specific heme oxygenase-1 hyperexpression attenuates heme-mediated oxidative injury. *Neurobiol Dis.* **26** (3):688-695.
- Chen, X.L., Silver, H.R., Xiong, L., Belichenko, I., Adegite, C., and Johnson, E.S. (2007)** Topoisomerase I-dependent viability loss in *Saccharomyces cerevisiae* mutants defective in both SUMO conjugation and DNA repair. *Genetics* **177** (1): 17-30.
- Cheng, X., Zhao, Z., Ventura, E., Gran, B., Shindler, K.S., and Rostami, A. (2007)** The PD-1/PD-L pathway is up-regulated during IL-12-induced suppression of EAE mediated by IFN-gamma. *J Neuroimmunol.* **185** (1-2): 75-86.
- Daroczi, B., Kari, G., McAleer, M.F., Wolf, J.C., Rodeck, U., and Dicker, A.P. (2006)** In vivo radio-protection by the fullerene nanoparticle DF-1 as assessed in a zebrafish model. *Clin Cancer Res.* **12** (23): 7086-7091.
- Del Galdo, F., Artlett, C.M., and Jimenez, S.A. (2006)** The role of allograft inflammatory factor 1 in systemic sclerosis. *Curr Opin Rheumatol.* **18** (6): 588-593.
- Fabis, M.J., Scott, G.S., Kean, R.B., Koprowski, H., and Hooper, D.C. (2007)** Loss of blood-brain barrier integrity in the spinal cord is common to experimental allergic encephalomyelitis in knockout mouse models. *Proc Natl Acad Sci USA.* **104** (13): 5656-5661.
- Fitzgerald, D.C., Zhang, G.X., El-Behi, M., Fonseca-Kelly, Z., Li, H., Yu, S., Saris, C.J., Gran, B., Ciric, B., and Rostami, A. (2007)** Suppression of autoimmune inflammation of the central nervous system by interleukin 10 secreted by interleukin 27-stimulated T cells. *Nat Immunol.* **8** (12):1372-1379.
- De Godoy, M.A., Patel, C.A., Waldman, S.A., Katsuki, M., Regan, R.F., and Rattan, S. (2007)** H-ras inhibits RhoA/ROCK leading to a decrease in the basal tone in the internal anal sphincter. *Gastroenterology* **132** (4): 1401-1409.
- Goldoni, S., Iozzo, R.A., Kay, P., Campbell, S., McQuillan, A., Agnew, C., Zhu, J.X., Keene, D.R., Reed, C.C., Iozzo, R.V. (2007)** A soluble ectodomain of LRIG1 inhibits cancer cell growth by attenuating basal and ligand-dependent EGFR activity. *Oncogene* **26** (3): 368-81.
- Jasmin, J.F., Mercier, I., Dupuis, J., Tanowitz, H.B., and Lisanti, M.P. (2006)** Short-term administration of a cell-permeable caveolin-1 peptide prevents the development of monocrotaline-induced pulmonary hypertension and right ventricular hypertrophy. *Circulation* **114** (9): 912-920.
- Khan, M.T., Bhanumathy, C.T., Schug, Z. T. and Joseph, S. K. (2007)** Role of Inositol 1,4,5-trisphosphate receptors in apoptosis in DT40 lymphocytes. *J Biol Chem.* **282** (45): 32983-32990.
- Li, J., Faber, M., Papaneri, A., Faber, M.-L., McGettigan, J. P., Schnell, M. J., and Dietzschold, B. (2006)** A single immunization with a recombinant canine adenovirus expressing the rabies virus G protein confers protective immunity against rabies in mice. *Virology* **356** (1-2): 147-154.
- Li, Y., Chu, N., Hu, A., Gran, B., Rostami, A., Zhang, G.X. (2007)** Increased IL-23p19 expression in multiple sclerosis lesions and its induction in microglia. *Brain* **130** (Pt 2): 490-501.
- Liu, C., Gamper, H., Shtivelband, S., Hauenstein, S., Perona, J.J., and Hou, Y.M. (2007)** Kinetic quality control of anticodon recognition by a eukaryotic aminoacyl-tRNA synthetase. *J Mol Biol.* **367** (4): 1063-1078.
- Lymeropoulos, A., Rengo, G., Funakoshi, H., Eckhart, A. D., and Koch, W. J. (2007)** Adrenal GRK2 upregulation mediates sympathetic overdrive in heart failure. *Nature Medicine* **13** (3): 315-323.
- Marrari, Y., Crouthamel, M., Irannejad, R., and Wedegaertner, P.B. (2007)** Assembly and traffick-

contd. on page 7.....



“Jefferson postdocs excel in the laboratory and in peer-reviewed journals!”

Jefferson Postdoctoral Publications (continued)

ing of heterotrimeric G proteins. *Biochemistry* **46** (26):7665-7677.

Monami, G., Gonzalez, E.M., Hellman, M., Gomella, L.G., Baffa, R., Iozzo, R.V., and Morione, A. (2006) Proepithelin promotes migration and invasion of 5637 bladder cancer cells through the activation of ERK1/2 and the formation of a paxillin/FAK/ERK complex. *Cancer Res.* **66** (14): 7103-7110.

Moore, C.A., Milano, S.K., and Benovic, J.I. (2007) Regulation of receptor trafficking by GRKs and arrestins. *Annu Rev Physiol.* **69** : 451-482.

Ouedraogo, R., Gong, Y., Berzins, B., Wu, X., Mahadev, K., Hough, K., Chan, L., Goldstein, B.J., and Scalia, R. (2007) Adiponectin deficiency increases leukocyte-endothelium interactions via upregulation of endothelial cell adhesion molecules in vivo. *J Clin Invest.* **117** (6): 1718-1726.

Patel, C.A., and Rattan, S. (2007) Cellular regulation of basal tone in internal anal sphincter smooth muscle by RhoA/ROCK. *Am J Physiol Gastrointest Liver Physiol.* **292** (6): G1747-1756.

Pleger, S.T., Most, P., Boucher, M., Soltys, S., Chuprun, J.K., Pleger, W., Gao, E., Dasgupta,

A., Rengo, G., Remppis, A., Katus, H.A., Eckhart, A.D., Rabinowitz, J.E., and Koch, W.J. (2007) Stable myocardial-specific AAV6-S100A1 gene therapy results in chronic functional heart failure rescue. *Circulation* **115** (19): 2506-2515.

Ravichandran, E., Al-Saleem, F.H., Ancharski, D.M., Elias, M.D., Singh, A.K., Shamim, M., Gong, Y., and Simpson, L.L. (2007) Trivalent vaccine against botulinum toxin serotypes A, B, and E that can be administered by the mucosal route. *Infect Immun.* **75** (6): 3043-3054.

Sun, H., Tu, X., Liu, M., and Baserga, R. (2007) Dual regulation of upstream binding factor 1 levels by IRS-1 and ERKs in IGF-1-receptor signaling. *J Cell Physiol.* **212** (3): 780-786.

Zhang, C.M., Perona, J.J., Ryu, K., Francklyn, C., and Hou, Y.M. (2006) Distinct kinetic mechanisms of the two classes of Aminoacyl-tRNA synthetases. *J Mol Biol.* **361** (2): 300-311.

Zhou, H., Falkenburger, B.H., Schulz, J.B., Tieu, K., Xu, Z., and Xia, X.G. (2007) Silencing of the Pink1 gene expression by conditional RNAi does not induce dopaminergic neuron death in mice. *Int J Biol Sci.* **3** (4): 242-250.



Please contribute to JeffPost by sending your publications to jpa@jefferson.edu.

Postdoctoral Fellowship Awards 2006-2007

By Georges Lahoud (Vice-President for Communications, 2007-2008)

Besides their excellent publication records, Jefferson postdocs transcend the limits of their scientific contribution by winning awards and fellowships that enhance their professional development at TJU. Below is a peak at awardees for this year (2006-2007).

1. Dr. Anastasios Lymperopoulos, from the Laboratory of Dr. Walter J. Koch - director of the Center for Translational Medicine- has been awarded the 2006 Melvin L. Marcus Young Investigator Award in Cardiovascular Sciences. This award allowed Dr. Lymperopoulos to attend the American Heart Association Scientific Sessions 2006 held in

Chicago, IL. He also received a one year extension of the AHA Great Rivers (Formerly: Pennsylvania-Delaware) affiliate Post Doctoral Fellowship award (July 2007-June 2008).

2. Dr. Georgia Anyatonwu, from the laboratory of Dr. Suresh K. Joseph of the Department of Pathology, Anatomy, and Cell Biology, was selected by the National Postdoctoral Association to receive a Travel Award to the Fifth Annual National Postdoctoral Association meeting at Berkeley, CA on March 30-April 1, 2007.

In addition, Dr. Anyatonwu received the Carl Storm Underrepresented Minority (URM) Fel-

lowship Award to attend and present a poster at the Calcium Signaling Section of Gordon Research Conference at Tilton, NH on July 8-July 13, 2007.

3. Dr. Kaijun Zhang, from the laboratory of Dr. Mathew L. Thakur of the Radiology Department, was recently awarded (July 2007) a SNM (Society of Nuclear Medicine) pilot research grant, with a capital of \$8000 to support his research work in "PET Molecular Imaging of Prostate Cancer by Targeting VPAC1 Receptors."

Email fellowships/awards to lisa.kozlowski@jefferson.edu.

"Jefferson postdocs excel in the areas of grant writing and scientific presentation."

Postdoctoral Research Symposium Awards 2007

By Georges Lahoud (Vice-President for Communications, 2007-2008)

In addition to the national fellowship awards, Jefferson postdocs also received awards locally at our Second Postdoctoral Research Symposium.

Best Oral Presentations

Dr. Ayanna Augustus, Laboratory of Dr. Michael P. Lisanti, Department of Cancer Biology, Kimmel Cancer Center.

Dr. Francesco Del Galdo, Laboratory of Dr. Sergio Jimenez,

Department of Rheumatology.

Dr. Denise Fitzgerald, Laboratory of Dr. Abdolmohamad Rostami, Department of Neurology.

Dr. Marcel Dupasquier, Laboratory of Dr. Ya-Ming Hou, Department of Biochemistry and Molecular Biology.

Best Poster Presentation

Dr. Soumya Sinha Roy, Laboratory of Dr. Gyorgy Hajnoczky, Department of Pathology, Ana-

tomy and Cell Biology.

Honorable Mention, Posters

Dr. Matthieu Boucher, Laboratory of Dr. Walter J. Koch, Center for Translational Medicine

Dr. Marzena Fabis, Laboratory of Dr. Craig Hooper, Department of Cancer Biology, Kimmel Cancer Center

Dr. Zhao Zhao, Laboratory of Dr. Guang-Xian Zhang, Department of Neurology.



Jefferson Travel Fellowships 2006-2007

By Georges Lahoud (Vice-President for Communications, 2007-2008)

In the 2006-2007 academic year, the JCGS Dean's Office and the OPA started to offer travel fellowships for postdoctoral fellows. These awards are meant to help defray the costs of attending a scientific meeting. This initiative was spurred by the results from the 2005 JPA survey. Attendance and presentation at scientific meetings allow postdocs to share their results with colleagues, hone their presentation skills, as well as network with scientists from across the globe. The survey results along with JCGS' commitment to enhance the professional development training of TJU postdocs prompted the establishment of these travel fellowships. The following postdoctoral fellows received travel fellowships.

Dr. Luna Benvenisti-Zarom, Laboratory of Dr. Raymond Regan, Emergency Medicine, Experimental Biology Meeting.

Dr. Jingli Cai, Laboratory of Dr. Lorraine Iacovitti, Farber Institute for Neurosciences, Society

for Neuroscience Meeting.

Dr. David Harris, Laboratory of Dr. Andrea Eckhart, Center For Translational Medicine, American Heart Association Meeting.

Dr. Gabor Kari, Laboratory of Dr. Adam Dicker, Radiation Oncology, European Organization of Research and Treatment of Cancer-NCI-AACR Symposium on "Molecular Targets and Cancer Therapeutics".

Dr. Jianwei Li, Laboratory of Dr. Bernard Dietzschold, Microbiology & Immunology, 26th Annual Meeting of the American Society for Virology.

Dr. Heather Montie, Laboratory of Dr. Diane Merry, Biochemistry & Molecular Biology, Society for Neuroscience Meeting.

Dr. Cecilia Mueller (Garcia-Perez), Dr. Soumya Sinha Roy, and Dr. Masao Saotome, Laboratory of Dr. Gyorgy Hajnoczky, Pathology, 51st Annual Meeting of the Biophysical Society.

Dr. Chirag Patel, Laboratory of Dr. Satish Rattan, Medicine/GI, Digestive Disease Week 2007.

Dr. Jorge Roman-Blas, Laboratory of Charlene Williams/Sergio Jimenez, Medicine, Osteoarthritis Research Society International World Congress.

Dr. Udomchai Techavipoo, Laboratory of Dr. Song Lai/Thomas Leist, Radiology/Neurology, ISMRM 2007 Annual Meeting.

Dr. Guangyu Wang, Laboratory of Dr. Manuel Covarrubias, Pathology, 51st Annual Meeting of the Biophysical Society.

Dr. Jianghong Wu, Laboratory of Dr. Emad Alnemri, Biochemistry & Molecular Biology, Satellite Meetings of the International Cell Death Society: Cell Death and Cancer.

Dr. Kaijun Zhang, Laboratory of Dr. Mathew Thakur, Radiology, 54th Annual Meeting of the Society of Nuclear Medicine.

Upcoming Technical Skills Seminar

Tuesday January 16, 2008: "**QIAGEN Proteomics: New Protein Preparation Technologies for Cell Biologists and Biochemists**", Zeeshan Farooq, QIAGEN, Inc.– BLSB 105; 1:00-2:00 PM.

Wednesday February 28, 2008: "**Relative and Absolute Quantitative Proteomics Using Mass Spectrometry**", Charles Ngowe, Sigma-Aldrich– BLSB 105; 1:00-2:00 PM.

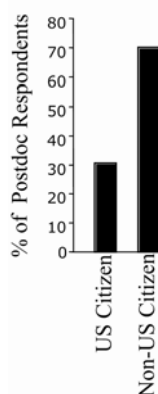
The JPA Survey 2006

By Jaime Lindsay (Senior Vice-President, 2007-2008)

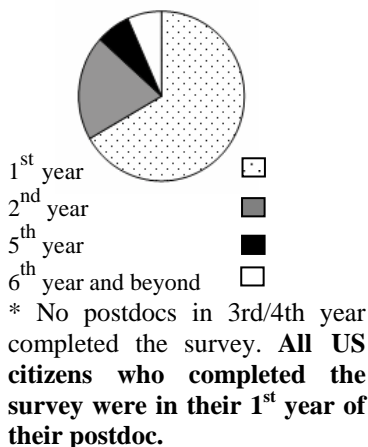


For the second year in a row, the Jefferson Postdoctoral Association (JPA) carried out a survey to find out which issues were most important to TJU postdocs. Approximately 90 postdocs out of 150 took part in the survey, which was an incredible response rate. Results shown are only from postdocs that took part in the survey and are sorted by US and non-US citizenship.

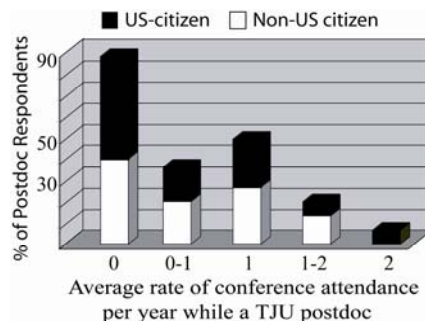
Nationality of Postdoctoral Respondents



Year of Postdoctoral Position* at TJU (Non-US citizen)



Attendance at Scientific Conferences



One of the main questions of the survey asked postdocs to rank ten items in their order of importance. As seen in Table 1, there were differences between the priorities for US and non-US postdocs.

Table 1: Importance of Items of Improvement

Non-US citizen	Most Important	US citizen	
Mentoring	↓	Benefits / mentoring	
Current access to information		Vacation time (Roll over)	
Career workshops		Vacation /sick days	
Benefits		Pre-arrival information	
Vacation /sick days/ Pay structure		Information upon arrival	
Pre-arrival information/ Information upon arrival		Pay structure	
Career counseling		Current access to information	
Vacation time (Roll over)		Career workshops	
		Least Important	Career counseling

Mentoring is a critical component of the postdoctoral training process and this was on the top of the list for both non-US and US postdocs. Career advice and counseling appear to be more important for non-US citizens, but with the career seminars organized by the JPA and OPA, career development information is more readily available. Benefits and vacation time were high on the list for US-citizen postdocs. We hope that the JPA will be able to address these issues and help to improve benefits and vacation time in the future.

Several questions on the survey pertained to the services available at Scott Library. Results showed that postdocs prefer using electronic journals (78%), rather than going to the library in the Scott building. Generally the postdocs are happy with the databases, journals and datasets offered by the library. Regarding more information on services provided by the library, over half of the postdocs would like to learn more about PubMed.

There were also several questions pertaining to OIES (Office of International Exchange Services). Its website is only used by 32% of the postdocs that took part in the survey, although most of them thought the services offered by the OIES team are of a good standard. The postdoc community is generally happy with the services and help provided by the JPA, but would like more social activities, such as monthly social hours, and museum and sightseeing trips.

The 2007 JPA survey will be carried out soon. We hope that you will participate in this survey to help us find ways to better the postdoctoral training experience at TJU.



Current Members of the Executive Board;
 Front row from left to right: Ayanna Augustus, *Vice-President for Career Development* and Jaime Lindsay, *Senior Vice-President*,
 Back row from left to right: Georges Lahoud, *Vice-President for Communications*; Anne Shriner, *President*, Steve Pedrini, *Vice-President for Nominations and Elections*; Marzena Fabis, *Treasurer* and Heather Montie, *Vice-President for Social Affairs*.
 Not present Jia-Ling Huang, *Secretary*.

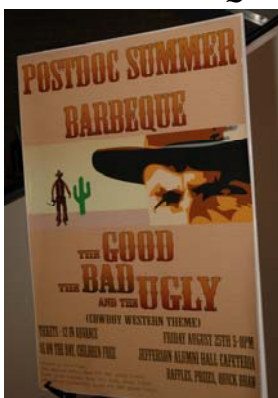
Social Corner 2006-2007

By Anne Shriner (President, 2007-2008; VP for Social Affairs, 2006-2007)



Some people may assume that Jefferson postdocs are all work and no play, but this past year has proven otherwise. The JPA got things started last August by hosting their 3rd annual summer barbeque with a cowboy western theme, "The Good, The Bad and The Ugly". But the party didn't stop there. In March the JPA threw a James Bond-style winter party, "James Bond Bash: A Night at Casino Royale" where attendees gambled for raffle tickets, mingled with vendors and sported their finest James Bond attire. Other events this year included monthly social hours, a ski trip in the Poconos with the Graduate Student Association (GSA) and a bowling night. This summer and fall have brought even more social events, including white water rafting with the GSA, a carnival-themed summer BBQ and, of course, more social hours, just to name a few. And who says postdocs can't have fun?!

2006 Summer BBQ



2007 summer BBQ

JPA's 1st annual ski trip



Bowling Night

James Bond Bash



2007 Postdoctoral Research Symposium Sponsors

By Georges Lahoud (Vice-President for Communications, 2007-2008)

The Postdoctoral Research Symposium (PRS) this year would not have been a success without the participation of its sponsors, who were showcased at a Career and Vendor fair. Below is the list of sponsors.

AAAS Science and Technology Policy Fellowships

American Association for Cancer Research

Denville Scientific

Freedom Credit Union

GlaxoSmithKline

Integrated DNA Technologies, Inc.

Invitrogen

JCGS Alumni Association

JCGS Dean's Office

JCGS Office of Postdoctoral Affairs (OPA)

Jefferson Postdoctoral Association (JPA)

Johnson and Johnson

Merck and Co., Inc.

National Cancer Institute

New York Academy of Sciences

Pennsylvania Society for Biomedical Research

Perkin Elmer

Roche

Sigma-Aldrich

Sterne, Kessler, Goldstein, and Fox

TJU Office of International Exchange Services (OIES)

JeffPostomics

"Piled Higher and Deeper" by Jorge Cham (www.phdcomics.com)



GROUP MEETING SURVIVAL SKILLS OUTWIT. OUTPLAY. OUTSQUIRM. HOW TO AVOID BEING CALLED ON AT THE WEEKLY LAB MEETING.

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HOW TO LOOK BUSY EVEN IF YOU'RE NOT PART 2: LOOKING BUSY IN YOUR ABSENCE

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Seminar BINGO!

To play, simply print out this bingo sheet and attend a departmental seminar.

Mark over each square that occurs throughout the course of the lecture.

The first one to form a straight line (or all four corners) must yell out to win!



SEMINAR BINGO				
Speaker bashes previous work	Repeated use of "um..."	Speaker sucks up to host professor	Host Professor falls asleep	Speaker wastes 5 minutes explaining outline
Laptop malfunction	Work ties in to Cancer/HIV or War on Terror	"... et al."	You're the only one in your lab that bothered to show up	Blatant typo
Entire slide filled with equations	"The data clearly shows..."	FREE Speaker runs out of time	Use of Powerpoint template with blue background	References Advisor (past or present)
There's a Grad Student wearing same clothes as yesterday	Bitter Post-doc asks question	"That's an interesting question"	"Beyond the scope of this work"	Master's student bobs head fighting sleep
Speaker forgets to thank collaborators	Cell phone goes off	You've no idea what's going on	"Future work will..."	Results conveniently show improvement

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Postdoctoral Research Symposium 2007

Many compliments were given regarding the well-attended keynote address by Dr. Kenneth Fischbeck, senior investigator and Chief of the Neurogenetics Branch of the National Institute of Neurological Disorders and Stroke. Dr. Fischbeck spoke on various motor neuron diseases from symptoms to the cellular sequelae that lead to their manifestation. Speaking to a diverse audience, he transitioned well from the general overview to the detailed biochemical mechanisms in an enthralling presentation.

Besides the postdoc winners for best oral or poster presentations (see list on page 8), the JPA also sponsored two additional awards. The "Friend of the JPA" award, which was started last year, is given to a faculty member, administrator, or staff member



Ayanna Augustus, PhD, postdoctoral fellow, and John Ellis, PhD, TJU alumnus, President-Elect of the JCGS Alumni Association and representative for his organization, Pennsylvania Society for Biomedical Research, one of the sponsors of the Postdoctoral Research Symposium.



Left to right-Dr. R. Mark Jones, co-chair of PRS, and Dr. Robert Copeland, Vice-President of Biology, GlaxoSmithKline, one of the sponsors of the PRS.

who has gone out of his/her way to help Jefferson postdoctoral fellows throughout the year. This year's winner, Karen Krasnavolgyi from Scott Library, helped the JPA with their Postdoctoral Fellowship Application Program (see page 2), finding funding workshops, and a JeffLine homepage specifically for postdocs. The JPA and the OPA also awarded the inaugural Distinguished Mentor Award to Dr. Gerald Grunwald for his mentorship of the Jefferson postdoctoral community at large. In future years, postdoctoral fellows will nominate their own mentors for the award. The awards ceremony was followed by an evening social reception, where administrators, faculty, staff, postdocs, and students turned out to mingle and discuss science, the PRS, and life. It was the ending of a great event in which the Jefferson community can be very proud.

Thank you to all that attended and participated in this event and we look forward to seeing you at PRS 2008!

Please contact prs@jefferson.edu with any feedback, suggestions, or to join the 2008 PRS planning committee.



Award winners, organizers, and keynote speaker sitting, left to right-Marzena Fabis, PhD, Denise Fitzgerald, PhD, Ayanna Augustus, PhD, Karen Krasnavolgyi, Middle row-Marcel Dupasquier, PhD, Souyma Sinha Roy, PhD, Francesco del Galdo, MD, Lisa Kozlowski, PhD, Heather Montie, PhD, R. Mark Jones, PhD, Back row-Matthieu Boucher, PhD, Zhao Zhao, PhD, Gerald Grunwald, PhD, and Kenneth Fischbeck, MD.



Philip McKenna, PhD, and Marc Abrams, PhD, TJU alumni and Merck representatives, one of the PRS sponsors.



Left to right-Dr. Francesco del Galdo, recipient of one of the Best Oral Presentation awards, Dr. Fredda London, alumna, chair of the Postdoctoral Committee of the JCGS Alumni Association Board.



Left to right-Dr. R. Mark Jones, co-chair of the Postdoctoral Research Symposium, Dr. Lisa Kozlowski, and Dr. Heather Montie, co-chair.