

upstategrad update

transforming students from consumers of knowledge into producers of knowledge

Spring/Summer 2019

BURNOUT

If I have to hear one more time about physician burnout, their stress level, and how hard they work, I think I am going to have a stroke. But then I would need a physician who hopefully wasn't burnt out. But to be honest we are all subject to burnout, whether or not we are physicians. I can easily argue that a graduate student works much harder under just as much stress as a medical student. Certainly, a basic science faculty member fighting with grant and manuscript reviews, tenure decisions, and experiments not going as planned as they watch their children grow up faster than expected is challenging. We all work weekends, rarely take vacations and focus too much on our work. When we do take a vacation, we are still checking emails to stay caught up, and feel guilty when we aren't. This is when our jobs stop being fun and we begin burning out. It is at those times, when you need to take a step back and ask yourself why you are doing your job. What is it about your job that you love and what is it that drove you into it in the beginning. Sometimes we can do that in five minutes and other times you need a week to get away until you realize something is missing. Either way, when burnout starts to happen do something immediately. Take a walk or run, call a friend or relative, go out to dinner, hug your children or go back and read that first paper that got you excited about science. Figure out what works for you and make use of it.

If you love your job and what you are doing, life becomes easy. You will relax more and you will be more productive, making life even easier.

– Mark E. Schmitt, PhD

Dean, College of Graduate Studies

schmittm@upstate.edu

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Calcium-Calmodulin Gating of a pH-insensitive Isoform of Connexin43 Gap Junctions.

Biochem J. 2019 Mar 25. pii: BCJ20180912. doi: 10.1042/BCJ20180912.

GULVADY A, Dubois F, Deakin N, GORECZNY G, TURNER CE

Hic-5 expression is a Major Indicator of Cancer Cell Morphology, Migration, and Plasticity in Three-Dimensional Matrices.

Mol Biol Cell. 2018 Jul 15;29(13):1704-1717. doi: 10.1091/mbc.E18-02-0092. Epub 2018 May 17.

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Functional Reconstitution of Vacuolar H⁺-ATPase from Vo Proton Channel and Mutant V1-ATPase Provides Insight into the Mechanism of Reversible Disassembly.

J Biol Chem. 2019 Feb 21. pii: jbc.RA119.007577. doi: 10.1074/jbc.RA119.007577.

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Lead Exposure in Newly Resettled Pediatric Refugees in Syracuse, NY.

J Immigr Minor Health. 2019 Mar 20. doi: 10.1007/s10903-019-00880-y.

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Detecting Posttranslational Modifications of Hsp90.

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ALS-Linked Mutations Affect UBQLN2 Oligomerization and Phase Separation in a Position- and Amino Acid-Dependent Manner.

Structure. 2019 Apr 4. pii: S0969-2126(19)30090-5. doi: 10.1016/j.str.2019.03.012.

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Bok Regulates Mitochondrial Fusion and Morphology.

Cell Death Differ. 2019 Apr 11. doi: 10.1038/s41418-019-0327-4.

Choi SY, Lopez-Gonzalez R, Krishnan G, PHILLIPS HL, Li AN, Seeley WW, YAO WD, Almeida S, Gao FB

C9ORF72-ALS/FTD-associated poly(GR) binds Atp5a1 and compromises mitochondrial function in vivo.

Nat Neurosci. 2019 May 13. doi: 10.1038/s41593-019-0397-0.

presentations



Biochemistry and Molecular Biology students **FIZA HASHMI, MARK WOODFORD, and ALEXANDER BAKER-WILLIAMS** fraternizing with other students at the IXTH International Symposium on Heat Shock meeting in Alexandria, VA in November.

from our students

ERICA COLCINO, a PhD student in Cell & Developmental Biology, successfully defended her dissertation in November. Erica's dissertation advisor is Dr. **HEIDI HENLEY**.
Congratulations, Erica!



KAMAL NAPHRI, a Masters student in Microbiology & Immunology, successfully defended his thesis in April. Kamal's thesis advisor is Dr. **CHRISTINE KING**.
Congratulations, Kamal!



MARIA POPESCU, a PhD student in Microbiology & Immunology, successfully defended her dissertation in April. Maria's dissertation advisor is Dr. **GARY WINSLOW**.
Congratulations, Maria!



NYCOLE MAZA, a PhD student in Neuroscience, successfully defended her dissertation in April. Nycole's dissertation advisor is Dr. **PETER CALVERT**.
Congratulations, Nycole!



MD MAMUNUR RASHID, a PhD student in Neuroscience, successfully defended his dissertation in April. Mamun's dissertation advisor is Dr. **ERIC OLSON**.
Congratulations, Mamun!

from our md/phd students

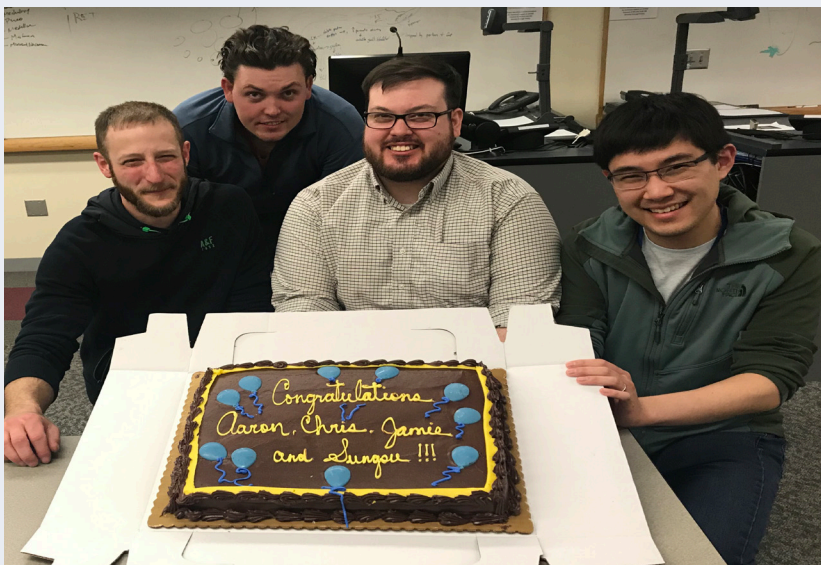


AARON ALTMAN, a MD/PhD student in Microbiology & Immunology, successfully defended his dissertation in May. Aaron's dissertation advisor is Dr. **GARY CHAN**.

Congratulations, Aaron!

CHRISTOPHER BARTLOW, a MD/PhD student in Cell & Developmental Biology successfully defended his dissertation in May. Chris's dissertation advisor is Dr. **TIMOTHY DAMRON**.

Congratulations, Chris!



Four MD/PhD students have successfully completed their dissertations and are returning to MS3.

SUNGSU LEE, a MD/PhD student in Neuroscience successfully defended his dissertation in June. Sungsu's dissertation advisor is Dr. **PETER CALVERT**.

Congratulations, Sungsu!



JAMESON PATAK, a MD/PhD student in Neuroscience successfully defended his dissertation in May. Jamie's dissertation advisor is Dr. **STEPHEN FARAONE**.

Congratulations, Jamie!

alumni corner



DAVID AUERBACH, a pharmacology PhD alumni, has recently accepted a job as an assistant professor in the Department of Pharmacology. David graduated from SUNY Upstate in 2011 under the direction of Dr. Jose Jalife. He then pursued a pharmacology fellowship at University of Michigan Medical School, with mentor Dr. Lori L. Isom. In 2015, he received fellowship at the University of Rochester Medical Center Aab Cardiovascular Research Institute under the mentorship of Drs. Arthur J. Moss and Robert T. Dirksen. Now, he's back home here with us at SUNY Upstate.

Congratulations, David!

LAUREN WOOD, a Microbiology & Immunology PhD alumni, has recently accepted a job as an adjunct professor at Finger Lakes Community College. Lauren graduated from SUNY Upstate in 2011 under the direction of Dr. Edward Shillito.

Congratulations, Lauren!



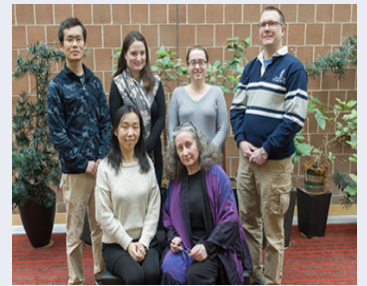
from our faculty



ALAJI BAH, an assistant professor in Biochemistry & Molecular Biology, and his wife Anna welcomed a baby boy, Pa Alieu, named after Anna's father on Thursday, December 6, 2018 at 9:35 pm. He weighed 9 lbs.

Congratulations, Dr. Bah!

FRANCESCA PIGNONI, professor and interim chair of Neuroscience, recently collaborated on a \$1.9 million dollar NIH grant with chair of the Department of Anatomy & Cell Biology at the George Washington University School of Medicine and Health Sciences to examine hearing loss.



Congratulations, Dr. Pignoni!

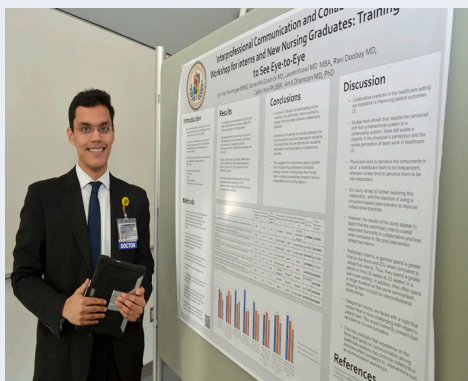
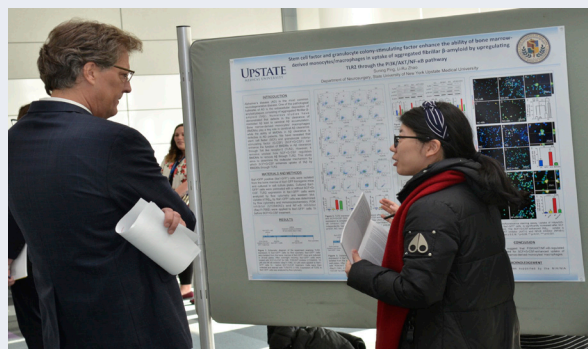
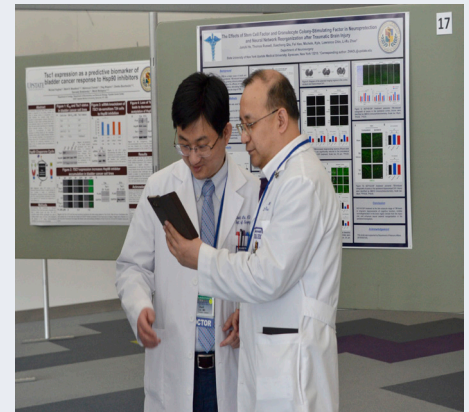


JEAN SANGER, a professor in Cell & Developmental biology, has been selected as a fellow of the American Association of Anatomists. Late last year, she was also selected as a Fellow of the American Association for the Advancement of Science (Section on Biological Sciences). Sanger received the AAAS honor for "distinguished contributions to cell biology, especially in imaging cell division, assembly and maintenance of myofibrils—basic units of muscle fibers—and the interactions of infections bacteria with host cells."

Congratulations, Dr. Sanger!

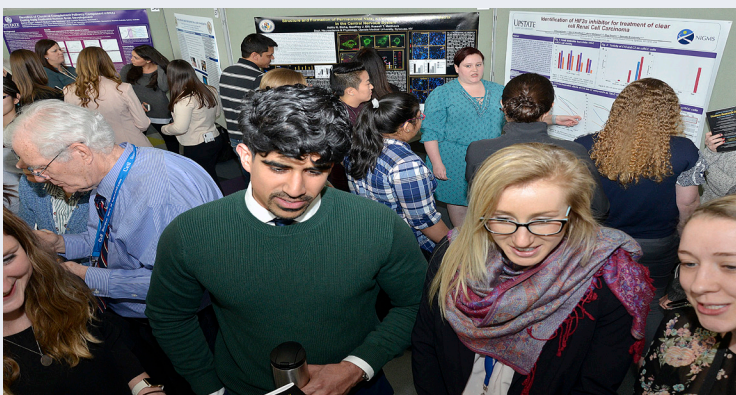
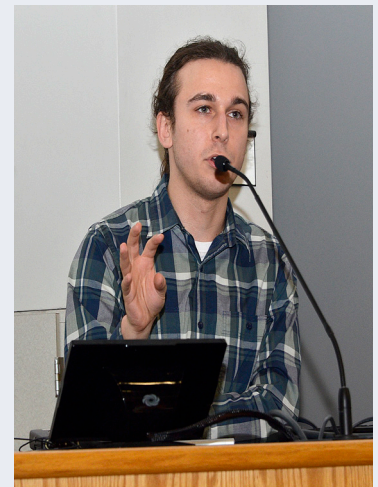
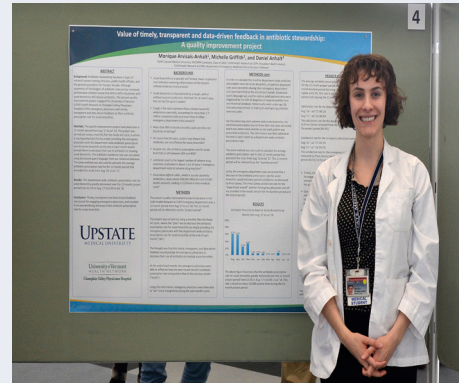
Beyond the Doctorate - 03.06.2019

On March 6th, the College of Graduate Studies and the Graduate Medical Education held Beyond the Doctorate Research Day. This day long event featured research from Upstate postdocs, residents and fellows as well as a keynote address delivered by Dr. Molly Brewer from the Department of Obstetrics and Gynecology at UCONN.



Student Research Day - 04.03.2019

Student Research Day was hosted by the College of Graduate Studies on April 3rd. This day long event featured research from students at all four colleges at Upstate: the College of Graduate Studies, the College of Medicine, the College of Nursing, and the College of Health Professions. A keynote address was delivered by Dr. Susan Amara (pictured below, middle), the Scientific Director of Intramural Research at the NIH.



in other news

The International Student Festival, hosted by the ISA, took place on April 19th and featured showcase acts from around the world, such as Irish step dancers, an Egyptian belly dancer, a Japanese samurai, and a traditional X dance by our own Himani Joshi!



upcoming events & save the dates

YOUR NEXT NIH F30 & F31 FELLOWSHIP DEADLINE IS:

August 8, 2019

December 8, 2019

April 8, 2020



AFTERNOON TEA:

Every Wednesday at 3:00

First Wednesday of the month, tea is at the NRB 3708 (call 6-7753), all others in WH 3104.

BIOMEDICAL SCIENCES RETREAT - 09.10.19

SAVE THE DATE! The College of Graduate Studies is happy to announce that the 19th Annual Biomedical Sciences Retreat will take place on September 10, 2019. The Retreat will once again be held at The Lodge at Welch Allyn Conference Center in Skaneateles Falls. The full day symposium features faculty presentations, guest speakers, an alumni presenter and a poster session. This is a great opportunity to catch up on the research happening around you at Upstate and to meet the new faculty and incoming graduate students.

IS THERE SOMETHING WE MISSED??

Email Jennifer Plencner at plencnej@upstate.edu to get it included in the next issue!