



Office of Education, Division of Intramural Research National Heart, Lung, and Blood Institute

FELLOWS NEWSLETTER

The Fellows Newsletter is published monthly by the Office of Education, Division of Intramural Research, National Heart, Lung, and Blood Institute and distributed to NHLBI DIR members to promote the interest of DIR Fellows.

Office of Education, DIR, NHLBI
Herbert M. Geller, Ph.D., Director
Jessica M. Llewellyn, Coordinator
Bldg. 10/2N242
DIR_Education@nhlbi.nih.gov
301-451-9440

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From the Director of the Office of Education

Thanksgiving initiates the start of a Holiday Season that ends with New Year's Day. This is also the season where vacant positions in Academia are advertised. In that spirit, I present the article in this issue that makes suggestions for how you can maximize your chances of obtaining an academic position. Obviously, no one can guarantee that these tips will work, but we can certainly guarantee that ignoring them will make your job search much more difficult.

The Office of Education (Dr. Geller and Jessica) would like to wish you all a happy holiday season and a bright new year in which your paper gets published without revision the first time it is sent in, and success in your quest to gain a permanent position in the field of your choice. We are pleased to be a part of all of these endeavors in any way we can.

How to be a PI

by
Dr. Herbert Geller

While being a Principal Investigator is often thought of as the pinnacle of achievement for any scientist, the competition for these types of positions is intense. So what can you do to enhance your skill set to make yourself competitive? The obvious answers are that you work in an important area and demonstrate by your publications that you are a creative and hard-working individual. However, this is not enough to get you through the search process. I present a series of suggestions that seem to have worked over the years:

1) Identify the topic for your independent research as soon as you can. And by topic, I mean formulating the major hypotheses that you will test. There are several reasons for this.

(con'td p.2)

NHLBI Fellows - One Year Later: Martin Crook

Interviewed by
Jessica Llewellyn

This month, I interviewed Martin Crook, Senior Research Biologist with Merck. While at NHLBI, Dr. Crook was a postdoctoral fellow in Dr. Nabel's lab from 2001 to 2005. He was also an active member of the Fellows Advisory Committee.

Martin first told me that at Merck he essentially started [his] own lab and ha[s] three people reporting to [him]. We're involved in drug discovery and development for cardiovascular diseases." Dr. Crook had the following responses to my usual questions:

1) *What was the hardest thing about transitioning from being a fellow to being a Senior Researcher or in industry?* "Transitioning from academia

(con'td p.2)

(PI, cont'd)

The first is that you can immediately identify skills that you will need to do the work, and can formulate a plan to acquire them. The second is that you can try to work some of the preliminary experiments into your current research program. Finally, if you have the hypotheses and the preliminary data that support them, you can apply for a Career Transition Award to fund the startup of your new lab.

2) Plan to acquire the non-research skills that will be needed. For example, mentoring and training skills can be acquired by taking on the supervision of summer students or postbaccs. Budgetary skills can be acquired by becoming attentive to what things cost in the laboratory (of increasing importance to the intramural program. Grant writing skills can be learned when you write your K99 or K22 grant application. Teaching and communication skills can be acquired by teaching at FAES or one of the local colleges and by giving talks at NIH Interest groups. Scientific writing skills can be learned by making sure that you write the first draft of all manuscripts on which you are first author.

Negotiation skills can be acquired by participating in workshops on campus.

3) Network extensively. Attend conferences where you meet and interact with the leaders in your field. They are the ones that are often asked for recommendations when jobs become available, and their opinions do count a lot.

Following these suggestions does not guarantee a PI position; however, they most certainly won't hurt. They may be valuable no matter what you intend to do next.

(Interview, cont'd)

to industry was the most difficult part. Academia is much more in tune with how much time it takes to do science. In industry, everything is much more time sensitive ...they are not as understanding about how much time it takes to be adventurous with experiments."

2) *What advice do you have for fellows wanting to transition to into a research position in industry?* "Being clear in your mind on what you want at the end of the day. Do you want to do lab work or more managerial positions in ten years? What would make you excited every day you wake up in the morning – getting data, going to meetings? What is your main driving force? If you can determine that, then you're pretty set. You have to be a little bit gutsy and try different things to determine what works. Enjoy it now at NHLBI!"

3) *What was the best thing about your fellowship at NIH?* "The interactions with other fellows and resources that were available."

4) *What skills did you need to successfully perform at your present job that you wish you had acquired during your training years?* "It would have helped if I had a grasp of pharmacology and chemistry."

5) *What is your mantra? (What gets you through the day)?* "Coffee! I gave it up at the NIH – and started again when I was here! Also, I'm addicted to data and progress – it's exciting."

6) *Any other advice you would like to impart to the fellows at NHLBI?* "Choose wisely but it's okay to be more selective with what kind of job you pick with what place. Get in your mind where are you going to live as well as what are you going work: Housing prices vs. salary. I would also suggest from the work front [that you] don't put your age in your CV. If you're too young, they'll always treat you like you're too young. [Also], emphasize how many people you've worked with and interacted with you – particularly people who reported to you even on an informal basis. When negotiating your compensation package, feel free to suggest a little bit more vacation time. They can bargain with that. It's fair to check out different companies – don't sell yourself short."

To learn more about this type of position or to send a greeting to Dr. Crook, e-mail him at:
martin_crook@merck.com.

**Come to the last
Career Development
Seminar
of the year:**

**Tues., December 12th
Noon, 10/7S235A**

featuring

**Clifford Goodman,
Ph.D.**

The Lewin Group

New NHLBI Fellows



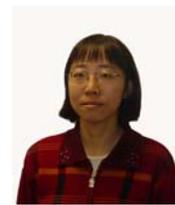
Marcus Chen, M.D. is a Clinical Fellow in the Laboratory of Cardiac Energetics under the supervision of Dr. Andrew Arai. He received his M.D. from the University of Wisconsin Medical School in Madison, WI. While at the NHLBI, Dr. Chen will be working with cardiac MRI.



Dustin Schones, Ph.D. is a Postdoctoral Fellow in the Laboratory of Molecular Imaging under the supervision of Dr. Keji Zhao. He received his Ph.D. in Physics from Stony Brook University in New York. While at the NHLBI, Dr. Schones will be working on Computational approaches to transcriptional epigenetic networks.



Marco Scarselli, Ph.D. is a Visiting Fellow in the Laboratory of Cell Biology under the supervision of Dr. Julie Donaldson. He received his Ph.D. in Neurosychopharmacology from the University of Pisa, Italy. Before joining the NHLBI, Marco worked in the Molecular Signaling Section of NIDDK. He will now be working on trafficking in OPCR while at the NHLBI.



Man Yu, M.D., Ph.D. is a Visiting Fellow in the PCCMB under the mentorship of Dr. Stewart Levine. She received her MD from Tongji Medical University in Wuhan, China and her Ph.D. in Molecular Biology and Genetics from Temple University in Philadelphia, PA. Dr. Yu will be working on characterization of mechanisms regulating TNFR1 release.

Preparations are under way for the next DIR Annual Fellows Retreat:

April 19- 20, 2007

Keynote Speaker: William A. Haseltine, President, Haseltine Associates, Ltd.

Scientific Speaker: George Yancopoulos, President, Regeneron Pharmaceuticals, Inc.

Don't miss it!

Jessica's Corner

December marks both the beginning and end of a number of things. It is the end of the newness that school brings, as children have happily settled into their classes and are anxious about the vacation days ahead. It is also the end of fall, as more and more tree leaves fall around us. This month also represents the beginning of the holiday season - though some ambitious stores have started since September! After making Turkey Hands and stuffing our bellies with Sweet Potatoes, Turkey (or Tofurkey in some cases) and Cranberry, we now begin settling into the Holiday Spirit. This includes long lines for presents and far too many Christmas songs played on the radio, but also represents a time of peace, tranquility and family. It will also be a time to take a break from our studies, research, and humdrum of daily life. We decorate our homes and offices in themes of green, red, blue, white, and gold and get ready to give thanks and share in the good times.

I, myself, am excited to return to my hometown and visit my friends and family. Although I am dreading the holiday drive, at least I'll have my favorite Christmas songs to keep me company. Anyone looking to update their holiday music collection should definitely try out Aly & AJ, Mariah Carey, Rockapella, Hanson and *Nsync (laugh now, but I assure you they are a delight!).

From my corner of the office, I'm wondering what all of you fellows are planning to do for the holidays. Feel free to write your thoughts on holidays, or what you plan to do for the upcoming season to the editor: direducation@nhlbi.nih.gov. Perhaps your story can be published in the next article. Let's not forget that "It's the greatest time of year and it's here - help me celebrate it! Joy to the world and everyone lift up your hearts and feel the love." - Aly & AJ, "Greatest Time of Year," Acoustic Hearts of Winter. Happy Holidays for whatever your holiday.

Recent Publications by NHLBI Fellows

- Basso, F., Amar, M. J., Wagner, E. M., Vaisman, B., Paigen, B., Santamarina-Fojo, S., & Remaley, A. T.** (2006). Enhanced ABCG1 expression increases atherosclerosis in LDLr-KO mice on a western diet. *Biochem. Biophys. Res. Comm.* 351, 398-404.
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- Hoorn, E. J., Hoffert, J. D., & Knepper, M. A.** (2006). The application of DIGE-based proteomics to renal physiology. *Nephron. Physiol.* 104, 61-72.
- Klauda, J. B., Brooks, B. R., & Pastor, R. W.** (2006). Dynamical motions of lipids and a finite size effect in simulations of bilayers. *J. Chem. Phys.* 125.
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- Schieke, S. M. & Finkel, T.** (2006). Mitochondrial signaling, TOR, and life span. *Biol. Chem.* 387, 1357-1361.
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- Vishnyakova, T. G., Kurlander, R., Bocharov, A. V., Baranova, I. N., Chen, Z. G., bu-Asab, M. S., Tsokos, M., Malide, D., Basso, F., Remaley, A., Csako, G., Eggerman, T. L., & Patterson, A. P.** (2006). CLA-1 and its splicing variant CLA-2 mediate bacterial adhesion and cytosolic bacterial invasion in mammalian cells. *Proc. Natl. Acad. Sci. U. S. A* 103, 16888-16893.
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