



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.

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From the Director of the Office of Education

The first speaker in this year's Career Development Seminar series was Dr. Shaun Jordan from Otsuka Pharmaceuticals, who talked about a career in Drug Discovery. His opinion was that personality and interpersonal relations, as well as scientific achievement, were key to getting hired in industry. While your scientific achievements are spelled out on your C.V., companies often depend upon their current employees to recommend people with whom they get along. My column below on networking, emphasizes the importance of "Who you know" vs. "What you know" in career success; I hope you find it useful.

Our next **Fellows Science and Social Hour** will be held on Thursday, October 19th. It will feature Drs. Zakari Aliyu and Leticia Cano from the Vascular Medicine Branch and their findings on Sickle Cell Disease. Join your fellow colleagues for Happy Hour after the event.

The next deadline for the **Lenfant Fellowships** is November 1. These fellowships are awarded to fellows who have been at the NHLBI at least two years and have shown strong achievements in research. The winners receive a special increase in their stipend. So talk to your mentor to see if you might qualify.

Finally, save the date for the next **NHLBI Fellows Retreat**, to be held at the Hilton Wilmington on April 19-20, 2007. This hotel is located in a scenic area of the Brandywine Valley, and provides an opportunity for you to meet and interact with other fellows in an informal setting. We look forward to your participation in all of these events.

The Value of Networking

by

Herbert M. Geller

Google can sometimes be used as a metaphor for living. When you Google a subject, the order of responses are determined according to networking principles: the site that is linked by the largest number of web pages appears at the top, and the one with the least number of links appears at the bottom. The value of networking *(Con't p. 2)*

Fellows - One Year Later: Kevin Welch, USDA

Interviewed by

Jessica M. Llewellyn

Beginning this month, the Fellows Newsletter will feature the follow up story of a former fellow after one year in his or her new position. To kick off this inaugural column, I spoke with former Fellows Advisory Committee member and member of the Laboratory of Molecular Immunology – Dr. Kevin Welch. After leaving the NHLBI, *(Con't p. 3)*

(Networking, con't) is also true for career progression: the larger the number of links that you have with other scientists, the more likely it is that you will be able to succeed.

Fellows often assert that they will succeed simply based on the quality of their science and their publications. High quality publications will indeed be read, and will likely be remembered, but mainly by the people in your field. However, if you are looking for an academic job, the small number of people who know your work well will not necessarily be the ones at an institution that is hiring. Moreover, most Departments seek to have faculty in many different areas of research. So if they already have someone in your field, they are often looking for their next hire in a different field. The need for networking is even more apparent when you are not looking for a professorial position. Positions in industry are very often filled by recommendations from current employees, who may even receive a bonus if someone they recommend is hired. Thus, the larger your network, not only in your area of research, the more likely it is that they will think of you when a job becomes available.

Like the universe, your network expands over the years. The people you meet early in your career become your "permanent" network. There are many different ways to expand this network. The major one is to participate in activities outside your laboratory, either scientific or social. Unfortunately, simply going to a seminar doesn't help, especially here at NIH where seminars are numerous, but social interactions are limited. Furthermore, NIH cannot offer a

Happy Hour that is traditional at many Universities. At NHLBI, we have created the monthly "Fellows Science and Social Hour," where fellows have the opportunity to learn about each other's research, and then move on to a venue in Bethesda for the social part. In addition, we have the annual retreat, where fellows present their work in a setting that is designed to maximize social interactions. You can also attend

the social hours at your professional society meetings. Other ways are to participate in the Fellows Advisory Committee or other activities sponsored by FELCOM. Finally, you should consider joining activities outside of NIH. It's surprising how many job leads or collaborative efforts come out of a casual conversation at the gym or club meeting. The bottom line? Don't hide under a rock.

2007 NHLBI FARE Award Winners



NHLBI winners at the FARE Award Reception on September 27, 2006

Chiara Buono, M.D., M.P.H., **(VMB)**,
"Liver X Receptors Inhibit human Monocyte-derived Macrophage Foam Cell formation by Inhibiting Macropinocytosis of LDL."

Suresh Cuddapah, Ph.D. **(LMI)**,
"Identification of Human Polycomb Response Elements."

Shunli Ding, M.D., Ph.D. **(CB)**,
"BMP-4 and Ihh Modulate the Differentiation of mESC-derived Cardiovascular Progenitors."

Jingqiong Hu, M.D. **(HB)**, "Distinctive Retroviral Integration Profile of Avian Sarcoma Leukosis Virus in a Rhesus Macaque Transplantation Model."

Kye-Young Kim, Ph.D. **(LMC)**,
"Defective Cell-Matrix Attachment Due to Reduction of beta I-Integrin Expression in Nonmuscle Myosin II-B Null Mouse Embryonic Fibroblasts."

Kyung Jin Lee, Ph.D. **(LCB)**,
"Prion (PrP^c) Protects Neuronal Cells from the Effect of Huntingtin Aggregation."

Pawel Muranski, M.D. **(LDB)**
"Adoptive Cell Transfer Therapy of Established B16 Murine Melanoma Tumors with Tyrp-I Antigen-specific T-cell Receptor Transgenic CD4+ Helper T Lymphocytes."

Sruti Shiva, Ph.D., **(VMB)**,
"Nitrite-dependent Cytoprotection during Ischemia/Reperfusion Occurs at the Mitochondrial Level."

Brigitte L. Simons, Ph.D. **(LKEM)**,
"In vacuo Isotope Coded Alkylation Technique (IVICAT): A Novel Approach for Profiling the Phosphotyrosine Proteome of the Rat Kidney Inner Medullary Collecting Duct."

NHLBI Welcomes New Post-Baccs

Colleen Donovan, LMI
Washington University

Ann Kim, CB
Johns Hopkins University

Jonathan Lin, CB
Vanderbilt University

Nils Tomas McBride, PCCMB
University of Virginia

Kathryn Nicholas, LBG
University of Mississippi

Vivek "Sunny" Sambhara, PCCMB
Georgia State University

(Interview, Cont'd from p. 1)

Kevin took a position as a research toxicologist in the Poisonous Plant Research Laboratory with the USDA in Utah. Dr. Welch had the following responses to my questions:

JL: *What exactly do you do at the USDA in Utah?*

KW: I study the effects of poisonous plants on livestock. Our group develops management strategies for ranchers in order to limit their economic losses due to poisonous plants.

JL: *Why did you choose this position?*

KW: I fell into it because I love toxicology and wanted to return to the West. I really enjoy working in government research labs because there is no pressure to write grants. You can really focus on your research.

JL: *What was the best thing about your fellowship at NIH?*

KW: Probably all of the opportunities to learn new techniques and try new things. It was a great opportunity to do research that would be hard to do

elsewhere because of everything that is offered here.

JL: *What was the hardest thing about transitioning from being a fellow to being a Research Toxicologist at the USDA?*

KW: Well a lot of what I'm doing is pretty similar to what I did at the NIH. The hardest thing is probably just learning all of the new rules regulations and policies and procedures. It is pretty similar in that this is a federally funded lab. In that sense, it's easier than if I went somewhere else.

JL: *What skills did you need to successfully perform at your present job that you wish you had acquired during your training years?*

KW: Right now it is still too early to tell what kind of skills I should have had. Again, for me this is a continuation of things that I did pick up while at NIH.

JL: *What advice do you have for fellows wanting to transition into research toxicology, the USDA, or even just moving to Utah?*

KW: I would recommend that [they] pick up as many techniques as possible and attend as many seminars as [they] can while [they are at the NIH]. Being a fellow at the NIH is such a unique situation [because] you can attend so many cutting edge seminars and be exposed to so many new techniques. You will never know if you'll use any of these, but [learning them] will always be helpful.

JL: *What gets you through each day?*

KW: Living for the excitement and challenge of the research and my discoveries.

Kevin Welch, Ph.D. can be contacted by e-mail at: kwelch@cc.usu.edu.

Come to the next Fellows Science and Social Hour

**Thursday, October 19th
5:00 p. m., 10/7S235**

**Featuring Presentations
by fellows from the
Vascular Medicine
Branch**

Jessica's Corner

October is a great month in Maryland. It is the perfect weather for family fun activities such as apple picking. Homestead Farms provides a wonderful opportunity to pick your own apples, pumpkins, and any other fresh fruit that is still in season. You can even take the family on a hayride through the farm. For more details, visit <http://www.homestead-farm.net>. For those of you looking for a bit more spooky October fun, Maryland offers tons of haunted hayrides, haunted houses, and opportunities to ride scary rides in the dark - I do mean of course, Six Flags' Fright Fest. This is one of the best parts about the month of October - Halloween! Time to dress up as whatever you want - like Batman or a Fanta Girl - and collect as much candy as you can! For those of you looking for a more philanthropic way to spend your Halloween, look into trick or canning for charities. A trick or canning event may be coming to the NIH sooner than you think ... So for this Halloween ask yourself, "What should I be?"

New NHLBI Fellows



Shaad Ahmad, Ph.D. is the most recent Research Fellow in the Genetics and Developmental Biology Center under the mentorship of Dr. Alan Michelson. He received his Ph.D. in Developmental Biology from Stanford University in California. Dr. Ahmad will be working on FGF, endothelial cells, heart development in *Drosophila*.



Takumi Matsumoto, Ph.D. is a Visiting Fellow in the Cardiology Branch under the mentorship of Dr. Toren Finkel. He received his Ph.D. in Biosciences from the University of Tokyo, Japan. While at the NHLBI, Dr. Matsumoto will be working on the SC02 target gene.



Artem Barski, Ph.D. is a recent Post-Doctoral Fellow in the Laboratory of Molecular Immunology under the supervision of Dr. Keji Zhao. He received his Ph.D. from the University of Southern California in Biochemistry and Molecular Biology. While at the NHLBI, Dr. Barski will be working on histone modifications in lymphocytes.



Su Su, M.D., Ph.D. is a Visiting Fellow in the Hematology Branch under the supervision of Dr. Richard Childs. Dr. Su received her MD from Jilin University in China and her Ph.D. from Nippon Medical School in Japan. While at the NHLBI, she will be working on biological methods to increase NK cells' cytotoxicities for cancer therapy.



Ikuko Fujiwara, Ph.D. is a Visiting Fellow in the Laboratory of Cell Biology under the mentorship of Dr. John Hammer. She received her Ph.D. in Physics from Waseda University, Tokyo. While at the NHLBI, Dr. Fujiwara will be working on myosins and transport.



Katherine Wood, Ph.D. is the most recent post-doctoral fellow in the Vascular Medicine Branch under the mentorship of Dr. Mark Gladwin. She received her Ph.D. in Molecular and Cellular Physiology from Louisiana State University, Shreveport, LA. Dr. Wood will be working on nitric oxide and sickle cell disease while at the NHLBI.



Federica Gibellini, Ph.D. is a Visiting Fellow in the Hematology Branch under the supervision of Dr. Adrian Wiestner. She received her Ph.D. in Biological Sciences from the University of Modena and Reggio Emilia in Italy. Dr. Gibellini will be studying CLL during her stay at the NHLBI.



Tony Yang, Ph.D. has recently joined the Laboratory of Developmental Biology under the supervision of Dr. Cecilia Lo. He received his Ph.D. in Biochemistry from the National University of Singapore. While at the NHLBI, Dr. Yang will be working on micro RNA's in development.

Recent Publications by NHLBI Fellows

Amexis, G. & Young, N. S. (2006). Parvovirus B19 empty Capsids as antigen carriers for presentation of antigenic determinants of dengue 2 virus. *J. Infect. Dis.* 194, 790-794.

Burton, R. A. & Tjandra, N. (2006). Determination of the residue-specific N-15 CSA tensor principal components

using multiple alignment media. *J. Biomolec. NMR* 35, 249-259.

Francis, R. J. B. & Lo, C. W. (2006). Primordial germ cell deficiency in the connexin 43 knockout mouse arises from apoptosis associated with abnormal p53 activation. *Development* 133, 3451-3460.

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**Save the Date for the Next NHLBI DIR Annual Fellows Retreat
April 19- 20, 2007
Hilton Wilmington, Delaware**