

PHYSIO NEWS

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Department of Physiology

Call us for advice
and/or assistance.

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[http://louisville.edu/
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Student News



Congratulations to postdoctoral scholar, **Dr. Natia Kelm**, who received one of the 2018 Pappenheimer Postdoctoral Travel Awards from the The Microcirculatory Society for the MCS Annual Meeting at Experimental Biology.

Faculty News

Dr. Jeff C. Falcone from the Department of Physiology recently received the "Friend of Music" Award from the 11 counties that comprise the 4th District of the Kentucky Music Educators Association for his continued assistance at Meade County High School in technical theatre. The nomination was based on a number of letters written by faculty, students and parents in Meade County. Some of the nominating comments included: "Dr. Falcone is always willing to drive down and supervise our scenery construction... usually on Saturday mornings. He arrives with power tools, saws, measuring tapes and a ton of patience!" A student stated, "I remember when he taught me how to do better with the drill. He said 'have you ever been to Minnesota?' I said 'no'. He said, 'Minnesota girls have a thing called *oofa* (strength) so use some *oofa*.' A parent volunteer stated, 'He made screwing 2x4s together seem really fun. What could have been an arduous task went really smoothly and time seemed to fly because of his jovial demeanor and his "can do" attitude. I know that I, for one, learned a lot from him and truly appreciated his going out of his way to help a program in which he has no formal ties.'" Congratulations, Dr. Falcone, and thank you for all that you do at the University of Louisville, as well as out in the community.



REMEMBER these Important GRANT SUBMISSION DEADLINES coming up in a month or less:

The American Diabetes Association Grant Applications

Deadline: **April 16, 2018** by 5:00 PM Eastern Time

Website: professional.diabetes.org/grants

EVPRI Internal Research Grant Program

Deadline: **March 27, 2018**

Website: <http://louisville.edu/research/support/internal>

School of Medicine Grants:

Submission Dates: August 1st, December 1st, and **April 1st**

<http://louisville.edu/medicine/research/grants/som>

The Jewish Heritage Fund for Excellence Research Enhancement Grant

Application deadlines are August 15th, December 15th, and **April 15th**

<http://louisville.edu/medicine/research/grants/som>



Saturday, March 17th is

St. Patrick's Day

May the Luck of the Irish be with you!



Faculty Spotlight Cynthia Metz, Ph.D.

Associate Professor



After graduating from the Department of Physiology in 2008, I followed sunnier skies to Orlando, Florida, where I became a Professor at Valencia College. Working with classes of largely at-risk students, I became very interested in alternative teaching methods. In 2011, I was ecstatic to return home to take a tenure-track position in our department. My position was a unique

one, as my work effort was heavily in teaching and my research focused on the Scholarship of Teaching and Learning. I was tasked with the Course Directorship for the Dental Physiology Course and the Medical Summer Prematriculation Program. My research interests have been broad, including: active learning, online learning, study skills, and clinical applications of physiology. However, all of these interests are linked by my overwhelming desire to help students achieve their highest potential in their educational journey. I strongly believe that it takes a large and varied "teaching toolbox" to achieve this goal. While at a School of Dentistry retreat, I met my husband, Michael, who now serves as the Chair of the Department of General Dentistry. We married in 2015 and have since been blessed with two children, Parker David (19 months) and Zoey Adaline (3 months). I consider myself extremely lucky to have both an amazing family and a fulfilling career at UofL.

Recipe of the Month: Amazingly Easy Irish Soda Bread

- 4 cups all-purpose flour
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 1 cup buttermilk
- 1 egg
- 1/4 cup butter, melted
- 1/4 cup buttermilk

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in a preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Message from the Chairman

Irving G. Joshua, Ph.D.



I read this poem and thought our faculty, staff and students might be motivated by these words.

The following poem by William Arthur Ward, is titled "Success" and provides words of encouragement for all of us striving to be successful at work and in life:

SUCCESS

*Happiness comes not from having much to live on
but having much to live for.
Success never resides in the world of weak wishes,
but in the palace of purposeful plans and prayerful persistence.*

*Pessimism achieves no success over persistence.
Temporary defeat never spells total failure;
one victory never assures permanent success.*

*A real success is one who makes his mark in life without
smearing others.
Excellence without effort is as futile as progress without
preparation
Work can be our friend or foe, or joy or our woe.*

*Success, like happiness, is more than a destination -
it is a venture; more than an achievement -
it is an attitude.*

*The greatest failure is the failure to try.
Alter your attitude and you will change your life.*

*Who seeks success, let him prepare.
Improvement is the son of discontent;
success is the offspring of preparation.
To emphasize the positive - the affirmative -
is to travel the high road of joy.*

Upcoming Physiology Seminars

March 20: Nicholas Mellen, Ph.D.

April 3: Bradford G. Hill, Ph.D.

Special Dates & Events

Deadlines for Experimental Biology 2018

- **March 28, 2018** Discounted hotel rate

Upcoming Science Meetings

- **April 7, 2018** Kentucky APS
- **April 21-25, 2018** Experimental Biology
- **April 20** Performance Appraisals due to Carol Nall

