

# PHYSIO NEWS

**Volume 2, Issue 1**  
**February 2019**

## **Department of Physiology**

Call us for advice  
and/or assistance.

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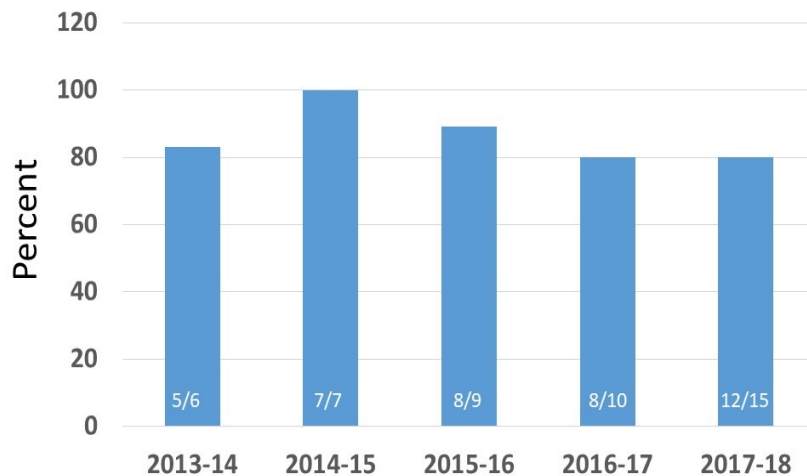
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<http://louisville.edu/medschool/physiology>

## **Students Achieving MS Degree in Physiology Gain Entrance into Professional Schools at High Rate**

Our department has begun tracking how many of our MS graduates are accepted into professional programs. As the chart below shows, the results are very encouraging! Over the last 5 years, 85% of Physiology Master's degree students were successful applicants to professional schools.



Professional school acceptance rate for students who have successfully completed the M.S. in physiology at the University of Louisville

## **The 7th Annual Meeting of the Kentucky Chapter of the American Physiological Society**

The 7th Annual Meeting of the Kentucky Chapter of the American Physiological Society will be hosted by the Department of Biological Sciences at Northern Kentucky University, Highland Heights, KY on **Saturday, March 23, 2019**. **Cost:** \$15 faculty - \$10 students & postdocs. We are again asking you to submit abstracts to the meeting. To allow everyone an opportunity to present at the meeting, we are allowing you to be First Author on one abstract presentation. You can be a co-author on multiple submissions, since many faculty will have multiple trainees presenting. We are encouraging submission by post-doctoral fellows, graduate students and undergraduates. A select number of submissions will be chosen for a trainee symposium that will be held during the meeting. In addition, awards will be presented for outstanding posters in each of the trainee categories.



## Message from the Chairman

*Irving G. Joshua, Ph.D.*

**LIFE IS LIKE ... THE WEATHER** - Experiencing the weather in Kentuckiana over the last few weeks has been like riding a roller coaster at Kentucky Kingdom. Life sometimes is like the weather. Sometimes we know ahead of time to prepare for an upcoming storm or get the chairs out for a glorious stretch of sunshine and warmth. At other times, the weather comes without notice and catches us off guard. We can spend time worrying about what the weather will be like, so we can plan accordingly. Being prepared makes us feel more safe and secure. At the end of the day though, we have to acknowledge it and accept it. Like life, we try to control what we can in order to feel safe. Like life, its often the anticipation of the worst that is harder than living in it. Like life, there are moments that take our breath away and fill our heart with gratitude. Like life, there are moments that are uncomfortable and challenging. Like life, we can find comfort, love, peace, contentment, inspiration and joy in the highs and lows. Like life, it will pass.

## Special Dates & Events

### Deadlines for Experimental Biology 2019

- **March 20, 2019** Advanced Registration
- **March 13, 2019** Discounted hotel rate



### Upcoming Science Meetings

- **March 23, 2019** Kentucky APS
- **April 6-9, 2019** Experimental Biology

### Deadline for FY2019 Six Month Effort Certification Reports

- **February 22**

### **Upcoming Physiology Seminars**

**February 12:** Satdarshan Pal Singh Monga, M.D.

**February 26:** Aruni Bhatnagar, Ph.D.

**March 5:** Rubens Petit Homme, Ph.D. student

### **DEPARTMENT STRATEGIC PLANNING Faculty Retreat in May**

*(Tentatively, May 7, 2019 ; 9 - 1 PM)*

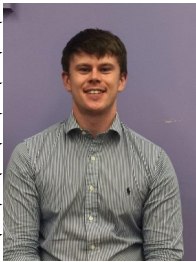
Two weeks ago the university launched the strategic planning process. This week the president will form work groups in the areas of Learn, Work and Invest, and each group will have up to 30 members. The president plans to provide regular updates on the progress associated with this process. These groups will be charged with plotting the future course of the University over the next decade. The plan will be implemented in August of 2019. During the upcoming year, we, as a Department, will be re-evaluating our Department's goals and mission to ensure that our activities remain consistent with the new vision and direction(s) for the School of Medicine and the University of Louisville. During the upcoming months, faculty will receive materials to facilitate the discussions at the planned retreat.



## Student News

Congratulations to **Alyssa Huff**, Physiology Ph.D. student, who has been awarded the position as Graduate Student Ambassador for the American Physiological society (APS) for the next two years.

## Student Spotlight



### Stephen O'Brien

*Ph.D. Candidate*

I am from Cork, which is the second largest city in Ireland. I moved to Louisville in July 2017 to undertake graduate studies in the Department of Physiology. I graduated from University College Cork with a medical degree in 2016. I work in the laboratory of Susan Galandiuk, M.D. in the Price Institute of Surgical Research where we examine both benign and malignant diseases of the gastrointestinal tract. My principal research goal is to identify long non-coding RNA which are dysregulated in colon cancer and to describe how their expression can change tumor behavior. Additionally, we are working on a number of clinical studies to examine questions posed by clinical practice. I have been fortunate to present some of our work at local conferences (Kentucky Chapter of the American College of Surgeons), and I will be presenting data in Houston, Atlanta, and potentially in England this coming year. My plans are to graduate with my Ph.D. and to use the skills gained in Louisville to pursue a career in academic surgery.

## Louisville Science Pathways Seeks Mentors for High School Students

Louisville Science Pathways is seeking faculty members who would like to mentor a local high school student during summer 2019 by participating in their Summer Research Internship Program. The students will be juniors and seniors from Louisville area high schools with interests in a wide variety of scientific fields. They will commit at least 20 hours per week to a project of the faculty member's choosing for an 8-week period from the beginning of June through mid-August. All efforts will be made to match student interests to the faculty member's research. This is an excellent opportunity for faculty to use their science expertise to participate in community engaged service to the university and region.



For more information regarding this program or LSP, please visit: <http://spogatuofl.weebly.com/louisville-science-pathways.html>. Questions can be directed to: [sarah.price.2@louisville.edu](mailto:sarah.price.2@louisville.edu) or [dylan.johnson@louisville.edu](mailto:dylan.johnson@louisville.edu).

### Recipe of the Month: Red Velvet Poke Cake

#### Ingredients:

(For the cake)

8 Tbsp. unsalted butter, at room temperature

1 1/2 c. granulated sugar

2 eggs

5 Tbsp. unsweetened cocoa powder

6 Tbsp. red food coloring

1 tsp. vanilla extract

1 c. buttermilk

2 1/4 c. all-purpose flour

1 tsp. salt

1 tsp. baking soda

1 Tbsp. distilled white vinegar

14 oz. can sweetened condensed milk

(For the frosting)

1 c. salted butter, at room temperature

8 oz. cream cheese, at room temperature

3 1/2 c. powdered sugar

2 Tbsp. vanilla extract



#### Directions:

*Make the Cake:* Preheat oven to 350 degrees. Lightly grease a 9 x 13-inch baking pan. Cream the butter and sugar with mixer until light and fluffy, about 3 minutes. Add the eggs and beat until well incorporated. In a separate small bowl, mix together the cocoa powder, vanilla extract and red food coloring to make a thick paste. Add to the batter and mix until completely combined. Reduce mixer speed to low and slowly add half of the buttermilk. Add half of the flour and mix until combined. Repeat the process with the remaining milk and flour. Beat on high until smooth, about one minute. Add salt, baking soda and vinegar. Beat for another 2 minutes until combined and smooth. Pour batter into the baking pan. Bake until knife or toothpick inserted into the center comes out clean, about 25 to 30 minutes. Remove cake from oven and immediately poke holes all over the top with a skewer or end of a spoon. Pour can of condensed milk over the top. Allow cake to cool before adding frosting.

*Make the frosting:* Whip the butter and cream cheese on high speed for 5 minutes. Reduce the speed and slowly add powdered sugar until all is incorporated. Add the vanilla and mix to combine. Increase speed and whip for a few minutes until the frosting is light and fluffy. Spread the frosting evenly over the top of the cake and decorate as desired. *Recipe by: browneydbaker.com*

### Outstanding Performance Awards

The Office of the President is accepting nominations for the **2019 Outstanding Performance Awards**, and the **2019 Supervisor of the Year Award** through Friday, March 22, 2019. The Outstanding Performance Awards recognize classified and professional/administrative staff for their outstanding performance and commitment to service. The Supervisor of the Year Award recognizes staff and faculty supervisors who provide leadership in creating work environments that facilitate work/life balance, professional development, and performance management.

Recipients will receive a \$1000 award and will be recognized by President Neeli Bendapudi at a ceremony on Wednesday, May 1, 2019.

If you have any questions please feel free to contact Joe Elliott at 852-5856 or [jrelli05@louisville.edu](mailto:jrelli05@louisville.edu). Guidelines can be found at:

<https://louisville.edu/president/special-programs-initiatives/distinguished-faculty-awards>

### Distinguished Faculty Awards

Every year, the University honors faculty who bring distinction to the university through their commitment to the areas of service, teaching, and outstanding scholarship, research, and creative activity. Below are links to the guidelines for the Distinguished Faculty Awards. If you would like to submit a nomination, please send it to your school's unit committee or Dean's office by Friday, March 15, 2019. Each school's unit committee will submit their unit's nomination materials to the Office of the President by Friday, March 29, 2019. President Neeli Bendapudi will recognize faculty and staff awardees at a ceremony on Wednesday, May 1, 2019.

If you have any questions please feel free to contact Joe Elliott at 852-5856 or [jrelli05@louisville.edu](mailto:jrelli05@louisville.edu). Guidelines can be found at: <https://louisville.edu/president/special-programs-initiatives/distinguished-faculty-awards>