

# PHYSIO NEWS

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### Department of Physiology

#### University of Louisville

500 S. Preston St.  
A Bldg., Room 1115  
Louisville, KY 40202

P: 502.852.5371

F: 502.852.6239

Call us for advice or assistance.

## RESEARCH!LOUISVILLE 2023

The 28th annual Research!Louisville (R!L) symposium, will be sponsored by the University of Louisville and School of Medicine, the Office of the Executive Vice President for Research and Innovation, as well as Norton Healthcare and will take place October 2nd – 6th. The symposium offers opportunities for research scholars to improve essential presentation skills, gain experience, meet scholarship requirements for faculty ranking and promotion, build peer networks and receive feedback from research scientists in a wide range of disciplines. Faculty, post-docs, research associates, residents, clinical fellows, research staff, PharmDs, graduate and professional students are invited to submit an abstract on their life science research for a poster presentation at Research!Louisville. Abstract submissions are open through August 31st, 5pm. Submit an abstract *here*.

Additional Information: [anne.noe@louisville.edu](mailto:anne.noe@louisville.edu) at 852-2553.

## RESEARCH!LOUISVILLE: CALL FOR JUDGES

It's not too early to sign up to be an R!L judge. Faculty and postdocs are needed to judge posters at Research!Louisville, Monday-Thursday, Oct. 2-5, at the Kosair for kids Clinical and Transational Research Building on the Health Sciences Campus. Sign up for judging *here*.

For more information, please contact Anne Noe, 852-2553.

## 2024 OPEN ENROLLMENT

Open Enrollment for 2024 benefits begins Monday, Oct. 23, 2023, and continues through Wednesday, Nov. 8, 2023, with benefit elections taking effect Jan. 1, 2024. Stay tuned for additional Open Enrollment communications in UofL Today and our 'Explore Your Benefits' mailer that will be mailed in the fall. New or continued health care and/or dependent care FSAs, must be elected during Open Enrollment each year.

## CHAIRMAN OF THE DEPARTMENT OF PHYSIOLOGY, DR. IRVING JOSHUA



## UOF L VOTED "BEST OF THE BEST"

The University of Louisville once again took home top honors in the Courier Journal's 2023 Louisville Community's Choice Awards. Readers voted UofL the "Best of the Best" in the College/University category. The awards feature more than 110 categories with readers selecting the winners among the top business and organizations in the community. Read more on the Community Choice Award website.



## FROM THE CHAIRMAN'S DESK

### LIFE IS LIKE A CUP OF COFFEE



A group of best friends decided to have their alumni get together at the residence of one of their favorite university professors. The professor was very popular among university students and had been a mentor for many of them. They finalized their plans to make a surprise visit to the professor's home.

It was quite a happy moment not only for the professor, but for all the friends (students of the professor) as well. Also, as some of them were meeting after a long time, they were learning the whereabouts and the developments in their friends' lives after leaving college. They shared with each other how they had moved ahead in life. A few had become leaders, having senior positions in corporate world; whereas few were doing well in the business world. All of them had gotten married and had wonderful families. Everyone had their own timing in achieving milestones. There was quality conversation going on, but somehow the conversation soon diverted to complaints about work, relationships, stress and tension in life.

The professor offered them coffee and went to the kitchen to ask his wife to prepare coffee for all his students. After 10-15 minutes, his beautiful wife came with a pleasant smile. It is notable that she brought coffee in different kinds of cups (crystal cups, glass cups, ceramic cups, shining ones, some plain-looking, some ordinary, some exquisite and some expensive ones). The students thought that the professor may not have had the same kind of cups, and due to the large number of guests, his wife had served the coffee in the variety of cups.

When all of them had a cup in hand, the professor said, "If you noticed, all the nice looking and expensive cups are taken, leaving behind the ordinary, plain and cheap ones." It was a surprising moment, as nobody noticed that the ordinary cups were left on the serving tray.

The professor continued, "Every one of you wanted the BEST cups. While it is, of course normal for you to want only the best for yourselves, that can also be the source of much of your dissatisfaction, problems, stress, and tension in life."

All the friends were confused and looking towards the professor. They could not understand. What was the connection between having coffee in a chosen cup and the stress and tension of life? The professor explained after seeing their curious faces, "Be assured that the cup itself adds no quality to the coffee. In most cases, it is just more expensive, and in some cases, it even hides what we drink. What you really wanted was coffee, not the cup! But you consciously went for the best cups... and then you began eyeing each other's cups."

Always remember this: If life is the coffee, and jobs, money, status or position in society, etc. are the cups, they are just the tools to hold and contain life! The type of cup we have does not define or change the quality of life we live. Please don't let the CUPS drive you! Enjoy the COFFEE!"



## **PHYSIOLOGY SEMINAR SERIES**

**Baxter I Auditorium**  
**11:45 a.m. to 12:45 p.m.**

### **August 29**

Cynthia Metz, Ph.D. Professor & Vice-Chair  
Department of Physiology  
"Study Skills: Study Smarter, not Harder"

### **September 12**

Irving Joshua, Ph.D., Professor & Chairman  
Department of Physiology  
"Career Planning"

### **September 26**

Sharon Gordon, M.S., Student Success Coordinator  
Medical Student Affairs  
"Writing a Personal Statement"

### **October 10**

Fall Break – No Seminar

### **October 31**

Cynthia Metz, Ph.D., Professor & Vice-Chair  
Department of Physiology  
"Test-Taking Strategies for Multiple-Choice Exams"

### **November 14**

Cynthia Metz, Ph.D., Professor & Vice-Chair  
Department of Physiology  
"The Stress of Success: Coping with Impostor Thoughts"

### **November 21**

Sara Petruska, Ph.D., Assoc. Dean for Medical School Admissions  
Department of Obstetrics, Gynecology & Women's Health  
"The Medical School Admission Process"

### **November 28**

Cynthia Metz, Ph.D., Professor & Vice-Chair  
Department of Physiology  
Panel discussion with current medical/dental/Ph.D. students



## **Please join us in welcoming the new 2023-24 Physiology Students:**

Leonardo Almonor  
Arshi Chopra  
Martin Crowe  
Sasha Domenech  
Nili Dostzada  
Devin Ford  
Justin Garrett  
Raeven Harris  
Alivia Houser  
Ali Ikram  
Alexandra Jones  
Grant McNally  
Adam Maxwell  
Ruth Metellus  
Peighton Milton  
Jordan Murrah  
Jada Okhiria  
Tanner Passafiume  
Javier Pauig  
Shekinah Phillips  
Hannah Rupp  
Noor Saeed  
Sarvenaz Sheikh  
Megan Walsh

## **Ph.D. Students**

Seamus Pugh  
Amy Shaffer

## THE 11TH KENTUCKY CHAPTER MEETING OF THE AMERICAN PHYSIOLOGICAL SOCIETY 2023

Please Submit Your Abstracts For: The 11th Annual Meeting of the Kentucky Chapter of the American Physiological Society (APS)

Hosted by: The Department of Physiology, University of Louisville

**Saturday, October 28, 2023**

**9:00 a.m.-3:00 p.m.** (in-person)

The day will include scientific sessions with presentations by trainees and invited speakers, career development lectures and the annual business meeting. It will end with a judged poster session followed by a brief awards ceremony.

Registration: Students \$10, \$15 faculty, and \$10 postdocs, (exact cash or check). Please make checks payable to "Kentucky Chapter of the American Physiological Society" on the day of the event. Registration pays for admission to the Meeting, one year's KY-APS membership, and lunch at the meeting.

## CONGRATULATIONS TO OUR AWARD- WINNING FACULTY



**Dr. Daniela Terson de Paleville** received the 2023 American Physiological Society Teaching Enhancement Award (TCEA). This award is designed to enhance the career potential of regular members of APS who hold a rank equivalent to Assistant Professor or above. The award of up to \$10,000 allows an individual to develop innovative and potentially widely applicable programs for teaching and learning physiology.



**Dr. Jeff Falcone** was recently recognized as one of the University of Louisville 2023 Student Champions. Each year the University reaches out to students at the close of the Spring semester and asks them to submit the names of faculty and staff members they believe went above and beyond in their duties to provide exceptional or critical support this year. Please join us in thanking Dr. Falcone for his commitment to our students and celebrating just how much he has meant to our students' success this past academic year. For more information, email [recognition@louisville.edu](mailto:recognition@louisville.edu).

## AUGUST RECIPE OF THE MONTH PEACH COBBLER



### INGREDIENTS

- 1.5 c. self-rising flour
- 1 stick butter
- 1/2 c. water
- 2 c. sugar, divided
- 4 c. peaches, peeled & sliced
- 1 c. milk
- ground cinnamon, optional

### STEPS

1. Pre-heat oven to 350 degrees.
2. Combine the peaches, 1 c. sugar, and water in a saucepan and mix well. Bring to a boil and simmer for 10 minutes.
3. Remove from heat.
4. Place butter in 3-qt. baking dish and place in oven to melt.
5. Mix remaining 1 c. sugar, flour, and milk slowly to prevent clumping. Pour mixture over melted butter. Do not stir.
6. Spoon peaches on top, gently pouring in syrup. Sprinkle top with cinnamon. Batter will rise to the top during baking. Bake 30-45 minutes.



**Dr. Cynthia Metz**, Professor and Vice-Chair, Department of Physiology, was selected as the August HSC Educator Bright Spot. Each month, the HSC Office of Professional and Educational Development (OPED) and the OPED Advisory Council recognize an outstanding educator from one of the four Health Sciences Center schools as an HSC Educator Bright Spot. An HSC Educator Bright Spot is an exceptional educator committed to impacting the learning of our students and trainees on the HS Campus. High-impact learning requires a commitment to evidence-based education and instructional strategies while using inclusive and engaging approaches with all learners. She will be recognized at the September 2023 Educator Grand Rounds. It was stated that "Your work impacts not only your students but the future patients of all the students who work with you." The Department joins the HSC administration in thanking you for your dedication to learning!

## AMAZING OPPORTUNITY - BLACK MALE HIGH SCHOOL SENIORS

We are sharing this message from Dr. Glenda Glover, President of Tennessee State University and her Community Affairs liaison, Mrs. Barbara Murrell. TSU and Meharry Medical College now offer a 7-year combined undergraduate-MD or DDS degree program (similar to CUNY's Sophie Davis program.)

They have met their desired goal for enrollment of high school females; however there are no black males enrolled. If you know black male high school seniors that are: interested in earning an MD or DDS, have a 28 on the ACT and a 3.5 GPA, there's an opportunity for them to obtain a 'free ride' at Tennessee State University.

Please forward information on prospective candidates to: [gussie.fuller@gmail.com](mailto:gussie.fuller@gmail.com)

## UNIVERSITY CLUB OPEN TO ALL FACULTY & STAFF

The University Club is open to all faculty and staff during the months of August and September during lunch service (Monday - Friday, 11 a.m. - 2 p.m.). Then, gather your friends and co-workers and join us for the "L-Yeah" Happy Hour every Wednesday - Friday, 4 p.m. - 6 p.m.



### WELCOME, DR. MONTOYA-DURANGO

**Dr. Diego Montoya-Durango** recently joined our department in the laboratory of Dr. Leila Gobejishvili. His research focuses on understanding the molecular and cellular mechanisms leading to liver fibrosis upon alcohol abuse, a disease that in advanced stages results in cirrhosis and liver failure. Importantly, his primary goal is to investigate the critical role that long non-coding RNA H19 plays in both Hepatic Stellate Cell activation as well as control of molecular networks associated with the progression of liver damage.

Dr. Leila Gobejishvili received an NIAAA Research Supplement to Promote Diversity, which was awarded to promote Dr. Montoya-Durango to an Assistant Professor. The Diversity Supplement is of critical importance to increase the number of underrepresented investigators in the biomedical field.