

# PHYSIO NEWS

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*congratulations*

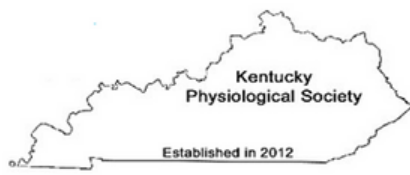


**Dr. Daniela Terson de Paleville** was recently promoted from associate professor to full, tenured professor in the Department of Physiology. Congratulations on this well-deserved achievement, Dr. Terson de Paleville!

### KPS 2024 “SCIENTIFIC DISCOVERIES TO RAP ABOUT”

**AUGUST 2, 2024 - 9-5PM**

**KENTUCKY PHYSIOLOGICAL SOCIETY (KPS) ANNUAL CONFERENCE**



***This year, we have some new concepts that will be a lot of fun, learning how to take an abstract to a RAPstract.***

If you would like to participate as a KPS Ambassador or be involved, please reach out.

Location: Healthy Kentucky Research Building (HKRB, University of Kentucky)  
Hosted by: The University of Kentucky College of Medicine, UK Department of Physiology, UK Department of Pharmacology & Natural Sciences, and the UK Drug & Disease Discovery D3 Research Center.

#### **What’s happening:**

- Judged poster presentations with cash prizes
- Opportunities for podium presentations for undergraduates, graduate students, and post-doctoral fellows
- Keynote speakers

#### **What’s new this year:**

- Science as rap literacy as the elevator speech 2.0
- Education & collaborative events
- Figure art contest for cash prizes

### **RESEARCH! LOUISVILLE (R!L) SYMPOSIUM: SEPT. 16-20**

R!L is a five-day health-sciences research symposium featuring lectures, workshops, seminars, poster competitions and more. Abstract submissions are open Aug. 1-31. This year’s keynote speaker is Norma Volkow, director of the National Institute on Drug Addiction at the National Institutes of Health. If you would like to propose a health-sciences research event, please complete this [submission form](#). Watch for updates in future UofL Today editions. For questions concerning general information, email [Bonnie Dean](#). For information about abstract submissions, email [Anne Noe](#).



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**Call us for advice or assistance.**

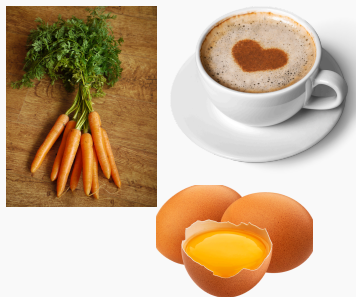
**CHAIRMAN OF THE  
DEPARTMENT OF  
PHYSIOLOGY,  
DR. IRVING JOSHUA**



**2024 PARKING PERMITS**

Beginning with the 2023-24 academic year, faculty and staff received a blue parking permit with no expiration date. No new physical permit will be issued with the 2024-25 academic year, but payment will be required.

Approval on employee permit fees has not yet been finalized. Parking & Transportation Services will communicate fees during the month of July. No action will be required on the employee's part to renew their UofL blue parking permit. **DO NOT** discard your parking permit. You will continue to utilize your current permit with the 2024-25 academic year. If your parking permit is damaged and needs to be replaced, please contact Parking & Transportation Services at [ulpark@louisville.edu](mailto:ulpark@louisville.edu).



**FROM THE CHAIRMAN'S DESK**

**CARROTS, EGG & COFFEE**

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed that, as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.

She let them sit and boil, without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see?"

"Carrots, eggs, and coffee," the young woman replied. The mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity - boiling water - but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened! The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" the mother asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?" Think of this: Which am I? Am I the carrot that seems strong but, with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, or a financial hardship, does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart? Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest, do you elevate to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?

**SAVE THE DATE: SEPTEMBER 13, 2024  
RESEARCH RETREAT FOR NEW RESEARCHERS**

The Office of Research and Innovation at UofL is excited to invite new faculty and research scientists to our all-day research retreat Friday, Sept. 13, at Shelby Campus. The retreat will have interactive sessions and opportunities to meet research leadership, present, collaborate, network and discover resources to boost your research.

Updates and registration information will be posted in UofL Today.

## SCHOOL OF MEDICINE BASIC GRANT PROGRAM (RESTARTED THIS ACADEMIC YEAR!!!)

**Purpose:** The purpose of the School of Medicine Basic Grant Program is to provide initial support to junior faculty to establish a research program or to established faculty who would like to pursue new areas of investigation. Funds are limited and priority will be given to junior faculty. This program is open to all eligible full-time faculty regardless of race, color, national origin, sex, disability, or age.

**Eligibility:** Any full-time faculty member of the School of Medicine is eligible to apply. Amount and period of support: the maximum award is \$25,000 and the period of support is one year. Timing: Applications (either original or resubmission) are accepted four times per year, and only one application per cycle per applicant may be submitted. The review process and decision on funding will be completed within two months of receipt of the application, according to the following schedule:

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

**Funding Dates:** October 1st, February 1st, and June 1st.

For more information go to: <https://louisville.edu/medicine/research/funding-opportunities/grants/som/basic>

## RECIPIENTS OF THE 2023-24 PHYSIOLOGY AWARDS



**Hannah Grace Rupp** (pictured at far left) and **Grant McNally** (pictured at left), students in our master's in Physiology program, received the 2023-24 Physiology Awards. Hannah received the award for Educational Excellence, which included \$300 cash. Grant received the award for Academic Achievement, which included \$400 cash. It is clear that both students fully dedicated themselves to mastering the physiology concepts in our M.S. Program, as well as helping their classmates. Congratulations!

## JEWISH HERITAGE FUND FOR EXCELLENCE RESEARCH ENHANCEMENT GRANTS

The Jewish Heritage Fund for Excellence Research Enhancement Grant offers funding to School of Medicine, School of Public Health & Information Sciences, Dental School, and Nursing faculty principal investigators to gather new data to improve a previously submitted a multi-year, nationally peer reviewed grant application that scored well but was not funded. Application deadlines are August 15th, December 15th, and April 15th for earliest funding dates of October 1st, February 1st, and June 1st respectively. If the deadline falls on a weekend, the due date rolls to the next Monday. This grant program remains active. Please submit the complete application in PDF to the School of Medicine Research Committee via [hscro@louisville.edu](mailto:hscro@louisville.edu). For more information please contact [anne.noe@louisville.edu](mailto:anne.noe@louisville.edu) This program is open to all eligible full-time faculty regardless of race, color, national origin, sex, disability, or age.



## 2.5% GENERAL WAGE INCREASE APPROVED FOR UOFL FACULTY AND STAFF

During the university's Board of Trustees meeting on June 27, 2024, a 2.5% general wage increase (GWI) was approved for qualifying employees. The following eligibility criteria must be met for an employee to receive the 2.5% general wage increase, and additional eligibility guidelines were provided to your LFO.

- Employees must have a hire date on or before January 2, 2024, and have had continuous service with the university since that time.
- Employees must have been working the equivalent of 0.40 FTE or greater as of January 2, 2024.
- Only filled positions hired prior to January 2, 2024 are included.
- Employees who received an increase during Phase 2 of the Total Reward Study will not be eligible for the 2.5% GWI unless the Phase 2 increase was less than 2.5%. If the Phase 2 increase was less than 2.5%, the employee will be made whole to equal 2.5%. (Example: If an employee received a phase 2 increase equal to 1.5%, they would receive a general wage increase of 1.0%.)
- SOM clinical faculty are not eligible for the GWI.