

From: biochem_universe-request@lists.colorado.edu on behalf of [biochem_universe \(Rosanna Garris\)](#)
To: biochem_universe@lists.colorado.edu
Subject: August Newsletter for the Dept. of Biochemistry
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University of Colorado Boulder Department of Biochemistry

Biochemistry Graduate Newsletter

FRIDAY August 5, 2022



Join our [Slack Workspace](#) for more frequent updates.



Got suggestions? Drop them into the [FLC suggestion box](#).



Consult our [Google Calendar](#) to see what's happening.

This newsletter is unofficial and run by graduate students. We hope it comes in handy!

Since we're only able to include the publications, achievements, and new departmental colleagues we know about, these lists may be incomplete. Please [send us a tip](#) if you have an event, opportunity, or piece of news you'd like to see featured in our next newsletter.

We are looking for new additions to the newsletter team. If you have any interest in science communication or want experience writing HTML, reach out to Rosie Garris (rosanna.garris@colorado.edu)

News & Announcements

Sign up for the Summer Seminar Series!

We still have slots for the Graduate Student Summer Seminar Series! [Sign up here!](#)

Feel free to use the newsletter as a virtual version of the JSCBB bulletin boards. If you have any information you'd like to share with the department, please [let us know](#).

Upcoming Events

Teaching Workshops through CTL

August 17th-19th

The Center for Teaching and Learning is hosting workshops during their [Fall Intensive](#) this year on August 17th-19th!! If you're interested, [register](#) to attend any and all workshops you want. This is a great way to get some useful teaching tips and tricks and these workshops even count towards [teaching certificates](#).

Graduate Student Summer Seminar Series

Wednesdays from 3:30-4:30

JSCBB A108

August 10:

Shea Siwik, Batey Lab

August 17:

Calvin Voong, Goodrich-Kugel

Amy Conte, (Aaron) Whiteley Lab

Research Discussions

[Biophysics Supergroup](#): Paused for the summer, check back in the fall!

[Signaling & Cellular Regulation](#): Paused for the summer, check back in the fall!

Electron Microscopy Users Supergroup

The EM Users meeting is open to all who are interested. Presentation topics include methods and current EM research going on in the CU Boulder EM community.

Usually takes place the last Wednesday of the month at noon.

Email Alli Schier (Allison.Schier@colorado.edu) to be added to the email list.

Publications and Achievements

Publications

Science Buffs

[“Does alcohol based deodorant make any scents?”](#) by Kelsie Anson

From space missions to minuscule microbes, Science Buffs is a graduate student-run STEM blog covering research at the University of Colorado Boulder and beyond. We are committed to making science more accessible to the general public and helping students and postdocs grow as writers. Learn more about us and getting involved at <https://sciencebuffs.org/>.

Updates from the Faculty Liason Council

"Thank you all for your participation in the 8 FLC socials throughout the year - we'll be looking for feedback on how to improve these events in the near future!

"The graduate student administrator position has not been filled, so grad students will need to be proactive about confirming paychecks, course registration, paperwork, etc.

"Congrats Shea for being selected as the new FLC president!"

As always, the department anonymous suggestion box can be found [here](#).

Updates from P2P

Hi, everyone! We'll have five new biochemistry graduate students around the building this year. Although they all have assigned P2P mentors, please be friendly and point them to resources when they need help!

Mentors and mentees, P2P is organizing two events in August: 1) a one-hour training workshop to give the mentors research-based tips and tricks on effective mentoring (mentee attendance optional), and 2) a P2P welcome event to introduce all of the mentors and mentees to each other and to the program. Watch for emails about the dates and times!

Post-Doc Association Events and Announcements

PAC Boulder Coffee Hour

[August 8th from 10:00-11:00 am](#)

JSCBB

Come along and meet other postdocs at a coffee hour hosted by the Postdoctoral Association of Colorado Boulder (PAC Boulder). This coffee hour will be held up at the CU Main Campus.

Click "I'm interested" in this [calendar link](#) to have updates emailed to you.

PAC Boulder Social

[August 18st from 5:30-7:30 pm](#)

The Rayback Collective

Join your fellow postdocs for food and fun at our monthly social at the Rayback Collective. The family-friendly event will be sponsored by the Postdoctoral Association of Colorado Boulder (PAC Boulder).

Means of Communication:

Twitter: [@PACBoulder](#)

Email: pac_universe@colorado.edu

Outreach/Teaching Opportunities

P2P is looking for new mentors! (see above)

Say hello to the new Biochemistry Department Center for Teaching and Learning (CTL) Lead, Briana Aboulache! Briana is a 4th year in Karolin Luger's Lab studying proteins that interact with chromatin and is also interested in pursuing a career in teaching.

With the school year and classes are quickly approaching, teaching is right around the corner. If you are TAing a class in the fall, would like to earn a teaching certificate, or are simply interested in improving your teaching skills, the Center for Teaching and Learning (CTL) is here to help! Please don't hesitate to reach out the departmental CTL Lead, [Briana Aboulache](#) for resources and information to help you achieve your teaching goals.

If you are interested in receiving teaching announcements throughout the year, please fill out [this form](#) to receive periodic teaching-related emails. You can check out the CTL certificates [here](#), track your certificate [progress](#), and find all upcoming CTL workshops/events [here](#).

If you have an outreach opportunity you're excited about, please [let us know](#) so we can share it in the next newsletter.

Department Spotlight

This is the section where we brag about something cool one of our fellow biochemists is doing outside of their research. Each month, we draw the name of one of our departmental colleagues at random to feature.



This month we're featuring Henry Valle-Ayala!

My name is Henry Valle-Ayala, and I am a second year graduate student in the Leinwand lab studying how specific mutations in beta-myosin, the protein responsible for muscle contraction, dictates whether a skeletal or cardiomyopathy will develop. I grew up in Bethel, Connecticut and went to undergrad at WCSU in Danbury, CT. Throughout high school and undergrad, I volunteered as an EMT at my local fire department and trauma center where I had the opportunity to perform translational and community based cardiac and cancer research.

In my spare time, I love to go hiking and explore new places in the area to eat. I also love playing the guitar, and have a small studio setup where I record song covers or write original songs. I am hoping to join a fire department within Boulder county so I can get my fire fighting license or renew my EMT one.

Resources and Involvement Opportunities

Consolidated list of resources from the Office of Financial Aid

This comprehensive [list of crisis resources](#) provides free tools for dealing with

wellness, health, financial hardship, and other challenges.

Incident Reporting Resources

Follow this [link for resources and support](#) in reporting concerns or incidents that you are aware of.

Center for Teaching and Learning (formally GTP)

To learn about CTL, visit their [website](#) or contact the department CTL lead [Chelsea Toner](#).

Counseling & Psychiatric Services (CAPS)

[CAPS](#) offers confidential, on-campus mental health and psychiatric services for a variety of concerns such as academics, anxiety, body image, depression, relationships, substance use and more. CAPS is available for in person and telehealth (virtual) appointments from 9 a.m. to 5 p.m. Monday through Friday. All services will be held virtually through telehealth.

Services offered include counseling, psychiatry, workshops, process therapy groups, skill-based therapy groups, informal consultations, suicide prevention, eating concerns, ADHD treatment, addressing substance use, canine-assisted therapy, and virtual reality therapy.

oSTEM (Out in Science, Technology, Engineering, and Math)

To learn more about oSTEM, visit their [website](#) or attend their [weekly meetings](#) on Mondays at 6:00 pm.

Buff Pantry

CU Boulder students can pick up food from Buff Pantry on a weekly basis. Visit their [website](#) for details.



United Campus Workers

To join or get more involved in UCW, visit their [website](#).



CU Café

To learn more or get involved in CU Café, visit their [website](#).

Women in Science and Engineering (WiSE)

To join or get more involved with WiSE, visit their [website](#) or contact [Katelyn Long](#).

