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

### 7th annual CU Up Close Image Competition
The 7th annual CU Up Close Image Competition is now accepting submissions! This contest celebrates the beauty of the microscopic world as revealed through BioFrontiers-associated microscopes. Submissions are accepted through Oct 18 with voting occurring from Oct 26 – Nov 4. Full entry rules and image submission are available [here](#). See past winners on the 3rd floor landing and in the light microscopy facility.

### The Biochemistry Retreat is quickly approaching!
We're still accepting picture submissions! Upload your pics [here](#) to have them showcased at retreat.

**Date:** Sept. 9-10  
**Location:** YMCA of the Rockies near Granby

*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

### Research Discussions

- **Biophysics Supergroup**
  4-5:15 pm, JSCBB A115  
  September 19, Betterton & Sousa Labs

- **Signaling & Cellular Regulation**
  Details to come soon!

- **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.

Updates from the Faculty Liaison Council

Grad students - with department admin turnover, please keep a close eye on your paychecks so they can be addressed as soon as possible.

As always, the department anonymous suggestion box can be found here.

Post-Doc Association Events and Announcements

PAC Boulder Coffee Hour

September 12th from 10:00-11:00 am
Norlin Library
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 (National Postdoc Appreciation Week!)

September 22nd from 5:30-7:30 pm
The Rayback Collective
Join your fellow postdocs for food and fun to celebrate National Postdoc Appreciation Week at our monthly social at the Rayback Collective. The family-friendly event will be sponsored by the Postdoctoral Association of Colorado Boulder (PAC Boulder).

Post doc appreciation week is Sep 19-23! Check out events lined up for the week here!

Means of Communication:
Twitter: @PACBoulder
Email: pac_universe@colorado.edu

Outreach and Teaching Opportunities

Updates from the Center for Teaching and Learning

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 to the departmental CTL Lead, Briana Aboulache (Briana.Aboulache@colorado.edu) 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 the members of the new First Year cohort!

**Maxwell Keller:** I received a Bachelor of Science in Biochemistry and Neuroscience from the University at Buffalo. My undergraduate research focused on the mechanisms of DNA mismatch repair and the contribution of mismatch repair proteins to trinucleotide repeat expansions. In my spare time, I enjoy running, hiking, and skiing.

**Ella Tommer (she/her):** I'm originally from a small mountain town in Colorado. I graduated from Indiana University with a B.S. in neuroscience and minors in chemistry and psychology. During my undergraduate studies, I worked in Dr. Ken Mackie's lab studying the endocannabinoid system in mice. After graduating, I did a post-baccalaureate fellowship at the National Institutes on Aging in Baltimore, MD, finding novel NF-kB target genes pertinent to Parkinson's Disease and Alzheimer's Disease. Outside of the lab, I like hiking, binging Netflix and trying new food spots!

**Angie Liu (she/her):** I'm super excited to spend the next six years at CU Boulder! I went to undergrad at Colby College in Maine. In my spare time, I like to color, journal, cook, and play some uncompetitive chess! A fun (maybe weird and gross?) fact about myself: I drink milk on ice…

**Aubrey Wolfe:** I graduated in May 2022 within the Department of Biochemistry here at CU Boulder. I performed research within the Luger lab for several years during my undergraduate, investigating the histone-like proteins of giant viruses. I am a CO native and feel most at home in the great outdoors.

**Arthur:** I just graduated from Hollins University in Roanoke, VA with a degree in Chemistry and a minor in Physics. At Hollins, I was on the volleyball and equestrian teams, and I still enjoy playing volleyball and riding in my spare time. I also am a hobby artist, and I work with watercolor, acrylic, oil, guache, pencil/colored pencil, and digital art. I don't have a cat or a dog with me in Colorado (yet!), but I do have a betta fish named Bones who made the trip from Virginia with me. I'm very excited to get settled down in Colorado and I'm looking forward to getting to know everyone in the department!

**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.