Having lived in America almost my entire life, I tend to find it quite interesting listening to the stories of international students of their journey moving to the country that I call home. International students go through the unique life experience of coming to a new, foreign country to attend graduate school. Moving to a new country is an exciting event that everyone experiences in a different way. Some of the challenges they face were quite curious, for example one student explains how there are endless options for the simplest things like milk, from buying whole milk to purchasing 2% milk and even skim milk all available in several different brand names. This was new as they were accustomed to simply going to the store to buy the one type of milk available. An overall agreement with international students is the fact that most restaurants and coffee spots close early, in India people are accustomed to beginning to think about making dinner arrangements at 10pm, a habit that would leave you driving up to a closed restaurant here in America. This disappointing observation was, however, alleviated by the fact that 24-hour stores existed, a refreshing change from European stores that close early on weekdays and don’t even open for business on Sundays. Some other things that many of us take for granted but foreign students seemed to appreciate was the fact that we all have the freedom to do whatever it is we want at any given moment of time, which couples nicely with the fact that we can have fun on a budget by attending many free events and places like parks, gardens, festivals, green markets. A point of interest to me was the fact that many students appreciated the fact that here in America people tend to abide by every rule no matter the circumstance (including traffic laws!), a “luxury” that I personally consider an integral aspect of being a part of a functional community. Another observation that international students tended to all mention was the fact that in America our customer service is outstanding in all shops, stores, and restaurants. This along with the statement that Americans are all a kind and sweet-natured people really made me proud to be part of a country that facilitates such a positive and welcoming environment for our incoming scholars. Having gone through this challenge, many of our international graduate students have words of advice to share with our future incoming foreign grad students. Their advice includes “maintaining patience and perseverance to get right up when you get knocked down” according to Faisal Moinuddin a Master’s student in Dr. Siddiqi’s lab. Swaran Nandini, a PhD student from Dr. King’s lab advises, “This might be the best decision of your life, so make the most of your available opportunities!” Other important advice included getting an international
driver’s license, not bringing kinder eggs into the country to avoid a hefty fine at customs, and to develop a tough skin for situations where you think people are ignoring you or being cold in public places, remember that it is the culture shock of arriving in a new country that may make you more sensitive to random and unintentional things that people may do at these public venues. And finally an electrifying piece of advice that we can all relate to was to was “come here with an open mind...you are going to miss family but you will also get exposed to a lot more things that you may not have been exposed to otherwise...independence, fun, excitement, challenges, and life changing circumstances! You will rediscover yourself! And if you want it to be, this will turn out to be the best decision you ever made for yourself!”

The Burnett School of Biomedical Sciences would like to welcome you to participate in the Biomedical Art Contest!

Many institutions encourage their scientists to be creative not only in their scientific discoveries but also in the art work that accompanies their manuscripts. These artwork express the science, the feelings, and the passion of the investigator. Above all, they help the viewers to understand the overall picture of the science rather than a sterile snapshot offered by graphs and figures.

The Burnett School would like to encourage such creative passion from its researchers and this competition would provide a platform to challenge their minds. On a more practical level, the art, if suitable and appropriately represent the BSBS science, would decorate our walls and help to soften the boredom of frustrating science.

-Dr. Sam

For more information and the application please see the appendix on page 8.

WALK WITH A DOC

Every Thursday @ noon.

Meet at the COM in front of the flag pole or on main campus at the Armed Forces Memorial Flagpole.
How to Survive….. A Poster Presentation
By: Sarah B. Gitto

The first time you present a poster at a local or national conference can be daunting and terrifying. In order to successfully present your data you must first have a well constructed poster. According to Dr Otto Phanstiel, there are two types of posters, “one designed to stand alone and has all the background, references and schemes to tell the reader what the research was about and what happened…. [or] one that has a human attached”. A poster that is designed to have a presenter generally has less words, more free space, less crowding, while also allowing the presenter to guide their audience through their research story and gives them the freedom to high-light and emphasize their important findings.

When communicating the information that is outlined in your poster keep in mind that you should be able to relay the information in approximately 3-5 minutes. Also, by telling the complete story of where you started and how you ended up where you are, you will keep the audience engaged and interested. Keep your audience in mind. For example, if you are presenting your data in a multidisciplinary conference remember that not everyone who will stop to talk with you is an expert in your field. Lastly, practice makes perfect! Complete your poster with time to practice your presentation with your lab mates and friends. This will also give you the confidence you will need to present at the conference. Good luck, get excited, and have fun!

Words of Wisdom

"Less is more - too much text distracts from the message, and no one wants to read a novel when they view your poster. When presenting a poster to someone, be able to run through the essential points in only a couple of minutes, and emphasize the significance of your findings. You don't have to present every bar of every graph to get your point across.”

-Dr. Alex Cole

"Practice as many times as needed for you to feel comfortable and confident when giving poster presentations and a good graphic or schematic figure talks louder than one thousand words.”

-Dr. Maria C. Franco

“During poster presentations at conferences don't be afraid to ask people if they want to hear about your work and keep it under 3 minutes, if they are interested they will ask for more.”

-Candice Baker
Ph.D. Student

"Sell your 'story' in the first sentence of your poster description, this makes your audience want to stick around for the details.”

-Philip Adams
Ph.D. Student

“When the time comes for presentation be polite (even if they aren’t), you are usually talking one on one with people, so let them direct you to what they want to hear- they may want your entire presentation, only want to ask questions, or may just want to tell you that you are wrong, but fall back on the polite rule and don't take it personally.”

-Dr. Helen Burress

“The most important thing is the research story. Practice telling your story succinctly. Why is the research important, how will it help people if/when it is successful, what have you learned from your experience, what are the take home messages from the work? Having short answers to these critical questions will help you score well with your audience.”

-Dr. Otto Phanstiel
Upcoming Events:

NEW STUDENT ORIENTATION WEEK
AUGUST 11TH - 15TH

The full schedule for the 2014 new student orientation week is as follows:

**Monday:** Financial information session for students receiving financial awards including assistantships and fellowships

**Tuesday:** Environmental Health and Safety Training sessions

**Wednesday:** Meet the program directors and coordinators. Faculty presentations about their labs research.

**Thursday:** Graduate Research Colloquium at Lake Nona

**Friday:** IACUC Animal Research talk, GTA/TA lab faculty information session, Biomedical Sciences Graduate Student Association presentation, and BBQ.

OFFICE OF RESEARCH AND COMMERCIALISM WORKSHOPS

**Wednesday, August 20th**

NSF Partnership for International Research and Education (PIRE) Program
10:30-11:30 Engineering 2, Room 202A
RSVP by August 19th: april.torre@ucf.edu

**Monday, August 25th**

State of STEM Conference
Keynote Address: Dr. Amy Chan Hilton, Program Director for the NSF Division of Undergraduate Education
8:30-12:00 Student Union, Room 316CD
RSVP by August 11th: april.torre@ucf.edu

**Wednesday, August 27th**

NSF: Major-Instrumentation Program (MRI)
10:30-11:30 Student Union, Room 223
For more information about the MRI program visit: http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=5260
RSVP by August 26th: april.torre@ucf.edu

GRANTSMANSHIP WORKSHOP SERIES 2014

*Certificate will be granted at the completion of the series*

Lake Nona BSBS, Room 103 and simulcasted to Main Campus BMS, Room 136 1:00-2:30

**August 19th:** Basics of Grantsmanship

**September 10th:** NIH CAREER awards

**September 16th:** NIH available grants for clinicians and clinical researchers

**September 23rd:** General Council: Legal Issues with Research and Commercialization

**September 30th:** Technology Transfer

**October 7th:** Export Control

**October 14th:** NSF Inside Scoop

**October 21st:** COM Proposal Manager

**October 28th:** NIH Inside Scoop

**November 4th:** Ethics and Compliance

**November 18th:** Conflict of Interest
FIFA World Cup 2014

By: Faisal A. Moinuddin

Every four years, the world comes together in unison to experience a spectacle called FIFA World Cup. A roller coaster ride or an emotional journey, it’s unjust to define this competition with words but the intensity of expressions one goes through along the course of it. The oneness of all the fans is better described but the fact that lifestyles are rescheduled and time-zones are set to that of the tournament.

Brazil, the team that defines the world success at such a high magnitude of competitiveness has won the competition a record of five times, was the host nation, and yet again was under the same amount of expectations and promise. The first phase of Group Stage was sheer joy for the supporters of the Netherlands, Brazil, France, Germany, USA and other contenders. On the other hand it was a nightmare for Eugene Bok, Heng le (supporters of Italy), Siddhant (England) and myself (Portugal), as all of us expected South Americans to outperform their European counterparts.

Tina was excited to witness Columbia reach the quarterfinal stage for the first time in history in addition to the “most magical” goal of the tournament scored by a Columbian named James Rodriguez. Taylor, Karel and Tony, who along with all the other USA supporters, were sad to see the heroics of Tim Howard being nullified by that promising youngsters from Belgium. With four evenly matched quarter-finals lined up, it was hard to predict any result. Albeit a disappointing performance, Brazil did just about enough to get them to the semi-finals. Satadru, Thywill, Subhrangshu and Patrick were just as relieved to see the match end as were all the Brazilian supporters worldwide. The stage was set and Brazil completely lost it, even before the half time break commenced. Adding salt to wounds was an understatement as Sambuddah (Hard core German fan) was seizing every opportunity to reduce Brazilian fans.

It was expected to be an All-European final, had it not been for Sergio Romerao to make those saves for Argentina in the penalty shootout, edging past the Netherlands into their fifth World Cup Final. On July 13th, 2014, Atul and every Argentinian supporter expected it to be the day the current best player in the world, Lionel Messi, would surpass the greatness of legends like Pele and Maradona by helping Argentina to their 3rd World Cup victory. Lest did they know that the Germans, who after 10 years of hard work, would finally get their tactics right and snatch victory in extra-time. As always, it takes technical flawlessness, hard work and a little bit of magic to win such a prestigious competition. Deutschland were the perfect fit this time.

Our graduate students were among the rest of the world and would eagerly keep up with the updates on their phones while working and rush out to watch the match the minute they were finished with their work. I interviewed several graduate students about their opinion on the outcome of the game and many had different opinions. Some would even argue over the decisions given by the referee at critical moments in a match. All in all, the World Cup 2014 was exciting and most of us relished every minute of it.

The Kudos Korner

Congratulations to:

- Helen Burress, Lisa Ritchey, and Gowrishankar Muthukrishnan for graduating with your Ph.D.
- Patrick Cherubin, Atul Dhall, Jason Matos, Samantha Nelson, Anthony Adamitis, and Sarah Gitto for graduating with your masters degrees. Sarah Gitto and Swaran Nandini for passing your candidacy!
- Dr. Kala Narasimhulu, Dr. Irene Fernandez-Ruiz, Dr. Matthew Wood, Princess Urbina, and Freddie Hogan for your first author papers.
- Dr. Sampath Parthasarthy, Dr. Zervos, Dr. Alex Cole, Dr. Jay Hickman, Dr. Steven Lambert, and Dr. Swadeshukul Santra for your newly published research articles.
- Dr. Dinender Singla on your two newly published articles.
- Dr. Kenneth Teter and Dr. Sean Moore for your newly published review.

** For full paper citations see appendix pg. 7**
Guess Who?

Then

Now

Answers will be provided in the next edition of the Buzz. If you want to be featured next, email your baby picture to sgitto@knights.ucf.edu

Quote of the month:

“Don’t be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.”
-Dale Carnegie

Must-see viral video:

http://m.youtube.com/watch?v=1JAwXYBuzyM

Upcoming Orlando Events:

- Orlando Networking Party – Aug 14—TAPS Winter Pk Village
- Capturing Flowers Workshop – Aug 16–Harry P. Leu Gardens
- The Amazing Mind Race – Downtown Orlando – Aug 23
- Blake Shelton concert – Amway Center – Aug 30
- Orlando City Soccer Club vs Dayton Dutch Lions – ESPN Wide World of Sport – Aug 31
- Magical Dining Month stars Sep 1

BSBS Buzz Staff

Sarah B. Gitto
Founding Member, Journalist, Editor and Chief

Aladdin Riad
Founding Member and Journalist

Stephani A. Plati
Founding Member and Journalist

Faisal A. Moudini
Guest Journalist

Dr. Travis Jewitt
Faculty Advisor
Appendix

JULY’S PUBLICATIONS


10. Merino, H., and Singla, D. K. (Jul 2014) "Notch-1 Mediated Cardiac Protection following Embryonic and Induced Pluripotent Stem Cell Transplantation in Doxorubicin-Induced Heart Failure", PloS one
College of Medicine
Burnett School of Biomedical Sciences
Presents:
Biomedical Art Contest

Monday, September 15th, 2014
Art with entry form will be accepted up until 12:00 pm
Judging will begin Sept. 15th with results being posted Sept. 17th
1st, 2nd, and 3rd place student entries will receive a Five Guys Gift Card.

Contestant’s Name: __________________________ Email: __________________________

Home Phone: __________________________ Cell Phone: __________________________

Lab (if applicable): __________________________

Assigned Group (circle): Student Faculty & Staff Family Member

1st Place: $50 (5 Guys gift card) 2nd Place: $25 (5 Guys gift card) 3rd Place: $10 (5 Guys gift card)

*Rules: Entries and entry form must be dropped off at the reception area of HPA 2, Research Annex, BMS or BSBS building @ Lake Nona no later than 12pm on Monday, September 15th, 2014. Art may be on any type or size paper ranging from 8.5”x11” to 24”x30”. Art may also be 3D as long as it is kept to a 3’x3’x3’ measurement. Prizes will be presented for student entries only.

**Judging panel will be made up of faculty and staff members... not necessarily expert artist opinions.

Judges use only:

Entry #: __________________________ Ranking: __________________________