Welcome to the first edition of the YoUR PDA Press for 2011-2012 academic year! Enclosed you’ll find some summaries of recent events and recognition of accomplishments of your fellow postdocs.

We had a successful fall season of events, including our annual picnic, a full week of events during National Postdoc Appreciation Week, and a webinar on public speaking tips that drew nearly 70 attendees. Thanks to all who came out to support these events for making them successful! Please keep an eye out for future events, including a Winter Social and more speakers, seminars, and webinars to help you develop the skills you will need in your career.

We also held a seminar and panel discussion on “Preparing for a Postdoc” for the Graduate Student Society (GSS) to help provide advice and guidance to students that are looking to transition to the next step in their scientific training. This event was well received and in continuum, we hope to begin a regular seminar/panel series on non-academic career fields beginning in spring of 2012. We hope you will find these helpful and that you can make time to participate.

Perhaps our greatest advance so far this academic year has been in regard to policies that govern postdocs both here at the URMC and across the country. The National Committee on Science, Engineering, and Public Policy has again convened a working group to address the current state of postdoctoral employment for the first time since 2000. The NIH has also convened a working group to evaluate the “Future of the Biomedical Workforce”. As you may remember, the PDA drafted a response to their Request for Information, which was signed by over 100 postdocs from the University of Rochester. Our position included the call for equal pay and benefits for all postdocs, the creation of a permanent staff scientist position, and the development of a program that would begin to expose and educate our graduate and postdoctoral trainees about career paths outside of academia (see article on page 5). These are just a few issues that have been smoldering in the postdoc community for years (decades, even) and that seem to finally be rising to the top of the agendas of many institutions.

I made sure our letter to the NIH found its way to Dean Mark Taubman’s email inbox. Dean Taubman was very supportive of our ideas and invited the Executive Committee of the PDA to present our proposal to the Medical School Advisory Council (MEDSAC). We presented these ideas in addition to several other benefits-related requests to the Council and were greeted with strong support. The Council approved the formation of the Working Group Committee for Postdoctoral Affairs to address all of the issues we discussed. The Committee has been populated with faculty, deans, and Human Resources representatives and will convene in the near future. We hope that the winter and spring seasons will bring the establishment of policies that will standardize benefits and pay scales for postdocs. We will be sure to keep you informed as these issues are tackled.

As we continue to work together on many such new and existing challenges, we hope to promote and create a rich environment for you all at our University.

Thank you to everyone for your continued support of the PDA.

Happy Holidays to you and your family!

YoUR PDA wishes you all a very HAPPY NEW YEAR!

Please visit our online version of this newsletter @ www.postdocs.urmc.edu
Getting to know... Dr. Edith Lord

Alicia Augustine

Ever wonder who is in charge of graduate education and postdoctoral affairs at the medical center? It’s Dr. Edith Lord!

Over 30 years ago, Dr. Lord began her career at the University of Rochester as an Assistant Professor in the Cancer Center and the Department of Microbiology.

Several years ago, she added to her professional responsibilities when she was appointed as Senior Associate Dean for Graduate Education. Her administrative office (G-9557) is located in the Office for Graduate Education and Postdoctoral Affairs (GEPA), which is just off the Sarah Flaum Atrium. As Dean, Dr. Lord sets and implements policies for graduate education, coordinates staff activities within GEPA, administers to and assists students, and has an active service role at the University. This role requires a tremendous amount of administrative time and sacrifice on behalf of the graduate student and postdoctoral community.

Dr. Lord says, “thinking about science and interacting with students are the best parts of my job”, it appears she has found a fulfilling role as both Professor and Dean!

Throughout her time at the University of Rochester, Dr. Lord has maintained an active research lab, which has received continuous funding through the NIH. Even today, she maintains her appointment as a Professor of Microbiology and Immunology and Oncology from her office on the 2nd floor of the MRBX. This role requires teaching, research, and mentoring to young investigators/students. In the arena of peer review, Dr. Lord has done a considerable amount of grant reviewing and has served as an editor for the Journal of Immunology.

When reflecting on her career, Dr. Lord is most proud of having trained several students, who have done well in their careers and become active contributors to research in immunology.

Fun facts!

1. Dr. Lord grew up on a dairy farm in central Kansas, where she assisted in milking 40-50 cattle before and after school each day!

2. Although Dr. Lord enjoys gardening and cooking, her primary hobbies are the textile arts. She enjoys all aspects of working with fibers and yarns including handspinning, weaving and knitting.

Message to the postdocs

“We enjoy doing and thinking about science. The postdoc may be the last time you are able to do this with relatively few distractions!” Very sage advice from an experienced faculty member!

Would you like to contact Dr. Edith Lord?
Simply email her: Edith_Lord@urmc.rochester.edu

Suggestions for our newsletter?

Email feedback to Your PDA Communications Committee @ Ashley_Whipple@urmc.rochester.edu

Call for Entries!

Share your experience, story, interesting book review, poetry, letters to editor, international column, recipes, jokes, cartoons, drawings, and other informative resources with your fellow postdocs. Submit entries to Ashley_Whipple@urmc.rochester.edu

For Updates and Other Events visit

PDA Events Calendar
UR Events Calendar
URMC Scientific Events Calendar
Top left to bottom right: Samantha England and Kendra Bussey enjoying their Monday morning Coffee fix! University postdocs explaining their research and engaging in intense scientific discussions. Postdocs unwinding and relaxing at the Social hour. Over 15 offices featured their services to the postdoc community during the Resource Expo event. Center: Winners of the Poster Research Day: Rashmi Ram, Sonia D’Silva, and Tim Chapman posing with Dr. Edith Lord.

New Year’s Resolution for the Lab!
From Bitesize Bio’s Leslie Crow

1. I will faithfully update my lab notebook every day.

2. I will start writing all manuscripts and/or articles more than one week before the deadline.

3. I will read new papers when they come out, instead of putting them in a pile to “get to later”.

4. I will make friends with the post-doc down the hall...because who knows when I may need to borrow a reagent?!

5. I will wash my lab coat at least once.

6. I will not “borrow” food from the conference room.

7. I will not steal the best chair in the lab while everyone else is gone.

8. I will take out the biohazard trash.

9. I will not hoard the yellow post-it notes, because the neon pink ones work just as well.

10. I will read the paper for journal club ahead of time.

What resolutions have you made for the New Year?
“Before the enlightenment, you carry water. After the enlightenment, you carry water.” - Buddhist proverb

I think this quote sums up my current state, starting my third year as an Assistant Professor at URMC. It means that no matter what you’ve attained there is still hard work to be done, every day. Just as getting your Ph.D. didn't magically transform you, neither will attaining a faculty position. Before I had it, I viewed getting this job as a huge achievement, and statistically speaking, it was, but making a particular cut doesn’t mean that anything is easier or simpler now than it was before. In my experience, going from my Ph.D. in virology (2004), studying human papillomaviruses, to a postdoc focused on the genomics and systems biology of cancer (2004-2009), and now postdoc to faculty member, each step up the ladder meant more work, not less.

All that hard work has rewards, the greatest of which is the independence of running my own lab, and having a sense of control over my own destiny. This is a double edged sword, of course, since if I fail, it’s only my own fault. That feeling is compounded by the fact that I now have a number of people dependent on me for their livelihood and future success. It’s a bit like the first time I held my oldest child, questioning whether I had what it took to raise him, daunting.

One of the main reasons I wanted to be in an academic research setting rather than an industrial scientist or undergraduate teaching position was to have both the teaching and research components in my work, to split the middle of our other major career tracks. I get, every day, the chance to teach, to learn, to think, to be creative, and in control…

I tried to prepare for the challenges I face starting my own lab, having spent time during my postdoc years building skills to bolster my chances of success, such as leadership, management, interpersonal skills, and writing. For the most part, these have helped me as I have dealt with the ins and outs of hiring staff and post-docs, teaching students in class and in the lab, furiously writing grants, and trying to find direction for each of my new accomplices and the lab as a whole. There are so many ways for things to go wrong, and it’s hard to see whether you are being successful when you’re in the trenches yourself. What helps me is to check in with senior faculty who function as mentors to the junior faculty in our department, and can help me gain perspective on what is going well and what needs to change. Mentoring is still very important.

That seems to be the theme, “the more things change, the more they stay the same”. All of the things you need to be successful as a postdoc are exactly what you need to be successful as a faculty member: ambition, focus, determination, drive, hard work, flexibility, and luck. If you have those, everything else will come to you with time and experience.

Contact Helene McMurray @ Helene_McMurray@urmc.rochester.edu

Career: From Postdoc to Academia
Helene McMurray, Assistant Professor

“...I get, every day, the chance to teach, to learn, to think, to be creative, and in control...”
Helene’s secret to success: ambition, focus, determination, drive, hard work, flexibility, and luck

URMC Postdoctoral Positions
BioCareers
Postdoc Jobs
Science Careers
The Scientist
Technology Networks
Bleak “Postdoc” Tale Contains Hope for the Future
Rashmi Ram

The best of times, and the worst of times! I echo the sentiments of many of my colleagues. We are facing the best of time: access to new tools and techniques have accelerated the pace of scientific discovery beyond the imagination of previous generations. We are also facing the worst of time: long periods of training, a shortage of academic jobs, and intense competition for research grants. The feasibility of an independent, academic research career after a postdoctoral stint could not look much bleaker. What we imagined would be a short apprenticeship as a segue to scientific autonomy is now a state of apparent professional hiatus. More and more postdocs are considering scientific careers outside their desired traditional academic path. What will biomedical research look like in the future? Will our prospects improve?

Having said that, the Advisory Committee to the NIH Director established a working group to consider this issue. Some of the important questions are focused on determining the size of the biomedical workforce and the types of positions that would effectively drive scientific process while simultaneously allowing people to advance their careers. The experience and goals of the postdocs themselves are an invaluable resource. In recognition of this, the Advisory Committee released a Request for Information (RFI). On behalf of postdocs at the University of Rochester, the URMC Postdoctoral Association gathered feedback and assembled a response to the RFI. A summary of this document is presented below.

Today’s postdocs face two main challenges: a failure to launch, and the absence of uniformity among postdoc positions within an institution as well as between institutions. The former is an issue of supply and demand. While the number of doctoral degrees granted has nearly doubled in the past two decades, the proportion of those graduates who are able to find tenure-track academic jobs has decreased. This has left many PhD’s entering a prolonged “postdoc” holding pattern before they find a real job. To this end, we have proposed to the establishment a five-year term limit on postdoctoral appointments. Recognizing that time limits are often unreasonably restrictive, a two-year extension could be granted based on justification. As a result, the postdoc will be encouraged to pursue an alternative career choice or apply for promotion to Research Assistant Professor (RAP). As an alternative to RAP promotion (given that RAPs dilute the percentage of “funded faculty”), we requested creating a permanent “Staff Scientist” appointment. As a non-faculty member, a Staff Scientist would be able to continue to contribute experience and productivity to the research team. In addition to this, we proposed initiatives to expose graduate students and early-career investigators to seminars and workshops on non-academic research and non-bench based career opportunities. This we hope will promote career growth outside of academia from the nascent stages of research training (graduate students and up).

There is another problem far beyond just nurturing the brainpower. Postdocs continue to have a poorly-defined and variable professional status, which often translates into inequalities between a postdoctoral fellow (funded by NIH) and an associate (funded by other agencies or the PI’s NIH grant). Disparities in financial (many associates being paid less than NIH minimum) and benefit (medical, family and pension) arenas often exist within the same institution. For example, within the University of Rochester, a postdoctoral associate is entitled to employee insurance plans, while a postdoctoral fellow is entitled to a student health insurance option. For the increasing number of postdocs supporting families, the financial disparity is particularly and needlessly acute. The shift in postdoc demographics calls for a greater institutional support and professional stability. As a result, we stressed the importance of eliminating this distinction. The Postdoctoral Association is currently working with the University of Rochester to minimize inequalities and provide additional benefits to postdocs who are on the road to becoming tomorrow’s leaders and innovators.

If you would like to comment or send us your suggestions, please email the URMC Postdoctoral Association chair, Dr. Michael Overstreet.

Meet yoUR PDA Committee Members

Left to Right: Front row; Alicia Augustine, Sonia D’Silva, Sharon McCullough, Ashley Whipple. Back row; Rashmi Ram, Yeissa Chabrier-Rosello, Bethany Plakke, Lan Wei, Michael Overstreet. Not pictured: Fadia Kamal and James Cavenough
Interviewing Kathleen Strout on Permanent Immigration
Sonia D'Silva

As a postdoc, you are always fighting time to stay ahead of the game. However, as an international postdoc, that quest doubles in intensity. Their stay in the United States on a visa is limited, and unless there is a formal approval for permanent residency, there is no other choice but to leave the country at the end of a tenure. Given the newly proposed UR statute of a five-year maximum tenure for a postdoc, a speedy permanent residency might be the only path to ensure legal status in the United States, and which at the same time might open doors to several job opportunities. However, this path is not always an easy one. To help ease some of the initial fears about the PR process, I sat down with Kathy Strout, Associate Director of The International Services Organization (ISO) at UR about the predicament that postdocs face. Here is an excerpt from our conversation.

Does the University sponsor permanent immigration for postdoctoral researchers?

No, the University does not sponsor postdocs for permanent residence (PR) in the United States. He/She needs to be in a permanent position (position of indefinite duration) at the University in a higher-level position than a postdoc. Also the University does not sponsor staff positions for PR. A postdoc position is a hybrid trainee/employee temporary position. USCIS does not consider a postdoc fellow or researcher a permanent position.

Are there any categories for postdocs that the university might sponsor for PR?

No. However, some postdocs apply for PR through the Employment Based 2 (EB2) category of National Interest Waiver (NIW). This is an individual sponsored route to PR instead of an employer-sponsored route such as an EB1, Outstanding Researcher (EB1-OR). An NIW petition needs to prove that a person's research benefits a large percentage of the US population and that it is in the country's best interest to grant them PR. USCIS form I-140 lists the criteria for a NIW on page 3 of the instructions, section 4. The I-140 form can be found at http://www.uscis.gov/portal/site/uscis under the forms section.

Why do some universities sponsor PR for postdoctoral fellows, while others do not?

I cannot speak for other universities. Most universities that I am familiar with do not sponsor postdocs for PR.

You mentioned about individual sponsor. If the postdoc were to independently apply for his/her PR, can they come to your office for help?

The ISO does not process PR cases; however, we do review a person's CV with them and discuss routes to PR with them. It is best for a person to grow themselves into the criteria for an EB1-OR, route to PR and obtain a higher-level position that will help them to qualify for PR. The criteria for an Outstanding Researcher are detailed on form I-140 instructions page 2, section 2. The I-140 form can be found at the USCIS website.

Is there a lawyer or law office that the ISO recommends for postdoctoral PR?

A person should look for an attorney who specializes in immigration business law, who is a member of the American Immigration Lawyers Association, and who has been practicing immigration business law for a few years.

Are there any words of advice for postdocs contemplating to start the permanent immigration process?

I understand people want to obtain their PR as soon as possible. However, the majority of people do not meet the government's criteria for PR upon completion of one's Ph.D. A person wants to try to only present themselves to USCIS once for PR, instead of multiple times. The best practice is for a person to grow themselves into EB1-OR criteria and obtain a position higher than a postdoc that is considered a permanent research position at a university. Then it is best to use a competent immigration attorney to file an EB1-OR petition for them with USCIS to obtain PR. It takes approximately 40 hours over a couple of months to prepare an NIW or OR petition for filing with the USCIS. It is difficult to answer the questions you have asked in a few short paragraphs as there are books written about the routes to permanent residence. It is a complicated, several step process that takes approximately two- three years to complete.

The ISO is in the process of updating its website. We hope to have the scholar/employee section updated by Feb. 2012. We will have detailed information about the different employer sponsored routes to PR on the ISO website.

Immigration Seminar: Save the Date!
Thursday, January 26th, 2012
Permanent Residency for Postdocs in the US
with
Kathleen Strout &
Maggie A. Catillon
(Immigration Attorney @ Harter Secrest & Emery LLP)
Recently the Office of Graduate Education and Postdoctoral Affairs at the UR School of Medicine & Dentistry signed an agreement with Bio Careers to become an institutional member and by this means provide all its degree candidates, postdocs, and alumni a free lifetime subscription to Bio Careers. Bio Careers is the first and only career service website dedicated to expanding professional options specifically for life science PhDs and MDs. Unlike other online career services, Bio Careers is the first to exclusively partner with universities that offer reputable life science programs (top 100 in the nation).

This website serves as a great tool for exploring different career paths/changing careers, skill building resources, job seeking tools and overall advice and resources for managing our career paths. It provides an array of the different career options available by topic (academia, government research, science policy, science writing, biopharma research, law and tech management and many others) and advice on where and how to start exploring each option. For example, if interested in a career path on Public Health it recommends reading the article “Getting started with Public Health” by Christine Traxler in which she specifically details what a career in public health entails, the different job options within this field, how to go about obtaining a certification or M.S. in public health and where one can find a job position (government agencies or private sector). In addition, this website provides contact information from people willing to share insights of the specific career option interested in.

Other very useful services Bio Careers offers are diverse written blogs, video blogs and webinars on topics such as effective public speaking/presentations, questions to ask when looking for a postdoc, how to fund your research, and even how and when to ask for a raise. Other valuable services provided by this website are resume posting service (anonymous or parsing), virtual job fairs, a bookstore with great resources on skill building, career options and career development. It has over 1400 listings in diverse career paths (entrepreneurship, education, biopharma, consumer products, government research, consulting, environmental science etc.).

We invite you to take advantage of this great resource provided by the University of Rochester to explore your multiple and potential career options, help you on your job search and/or develop your skill set arsenal for a successful career. Please visit and explore all the wonderful resources and services Bio Careers has to offer at www.rochester.biocareers.com and become a member at no cost. It will be a decision that you will be thankful for years to come. Enjoy!

“Can you make it fast? My gel will run out.”
**Postdoc Accomplishments 2011**

**SOMESH BARANWAL**  
Department of Medicine  
**Publications**  
*equal contribution*  
♦ Baranwal S, Alahari SK. Rho GTPase effectors in tumor cell invasion and metastasis. *Curr Drug Targets.*  

**Poster Award**  

**ROBIN DHILLON**  
Ctrfor Musculoskeletal Research  
**Publications**  
♦ Dhillon R, Schwarz E. Teriparatide therapy as an adjuvant for tissue engineering and integration of biomaterials. *Materials,* ’Special Issue: Advances in Biomaterials-2011’.

**Award**  
♦ Young Investigator Award at the Annual Meeting of the American Society of Bone and Mineral Research

**WILLIAM ECKENHOFF**  
Dept of Chemistry  
**Award**  
♦ $200,000 NSF fellowship: "Photochemical Hydrogen Generation from Aqueous Protons Using Molybdenum and Tungsten Dithiolate Complexes."

**CHAD GALLOWAY**  
Dept of Anesthesiology  
**Fellowship**  
♦ American Heart Association Founders Affiliate Postdoctoral Fellowship

**KYUNGSUN HEO**  
Aab Cardiovascular Research Institute  
**Publications**  

**BONG SOOK JHUN**  
Dept of Anesthesiology  
**Publication**  
♦ Jhun BS*, O-Uchi Jin*, et al. Adrenergic signaling controls RGK-dependent trafficking of cardiac voltage-gated L-type Ca2+ channels through PKD1. Circulation Research  
*Equal Contribution*  
**Travel Award**  
♦ 65th Annual Meeting and Symposium of the Society of General Physiologists

**BEA LEON**  
Dept of Medicine  
**Travel Award**  
♦ Keystone Symposia Future of Science Fund scholarship to attend: Chemokines and Leukocyte Trafficking in Homeostasis and Inflammation.

**MILITZA MORENO**  
Dept of Comm. and Preventive Med.  
**Publication**  
♦ Militza Moreno, Thomas A. Pearson. The Quality of Life and the Quality of Life: Comment on 'The Effect of Lifestyle Modification and Cardiovascular Risk Factor Reduction on Erectile Dysfunction'. *Arch Intern Med.*

**EONYOUNG PARK**  
Dept of Biochem./Biophysics  
**Publication**  
♦ Park, E et al., Regulatory Roles of Heterogeneous Nuclear Ribonucleoprotein M and Nova-1 Protein in Alternative Splicing of Dopamine D2 Receptor Pre-mRNA. *JBC.*  
**Fellowship**  
♦ American Heart Association Founders Affiliate Postdoctoral Fellowship

**WILLIAM ECKENHOFF**  
Dept of Chemistry  
**Award**  
♦ $200,000 NSF fellowship: "Photochemical Hydrogen Generation from Aqueous Protons Using Molybdenum and Tungsten Dithiolate Complexes."

**CHAD GALLOWAY**  
Dept of Anesthesiology  
**Fellowship**  
♦ American Heart Association Founders Affiliate Postdoctoral Fellowship

**KYUNGSUN HEO**  
Aab Cardiovascular Research Institute  
**Publications**  

**BONG SOOK JHUN**  
Dept of Anesthesiology  
**Publication**  
♦ Jhun BS*, O-Uchi Jin*, et al. Adrenergic signaling controls RGK-dependent trafficking of cardiac voltage-gated L-type Ca2+ channels through PKD1. Circulation Research  
*Equal Contribution*  
**Travel Award**  
♦ 65th Annual Meeting and Symposium of the Society of General Physiologists
Postdoc Accomplishments 2011...continued

RASHMI RAM
Aab Cardiovascular Research Institute
Publications

ETHAN ROSSI
Ctr for Visual Science
Awards
♦ Ruth L. Kirschstein NRSA from the National Eye Institute
♦ $20K postdoctoral award from Fight for Sight

MASAHIRO TAKEYAMA
Dept of Biochem./Biophysics
Travel Award
♦ U.S. New Investigator Award to XXIII Congress of the International Society on Thrombosis & Haemostasis

KANIKA VATS
Dept Biomedical Engineering
Presentation Award
♦ 2nd place talk (“Exploiting thiol-ene hydrogels to control cell behavior dynamically”) at the Syracuse University-University of Rochester sponsored Biomaterials Day

LIQUAN YANG
Dept of Biomedical Genetics
Publication
Poster award
♦ James P. Wilmot Cancer Center 16th Annual Scientific Symposium

CHIUAN-REN (VINCENT) YEH
Dept of Urology
Publications
♦ M. Chen*, C.R. Yeh* et al. Reduced Prostate Branching Morphogenesis in Mice Lacking Stromal Estrogen Receptor α but not in Mice Lacking Epithelial Estrogen Receptor α. Asian Journal of Andrology (accepted) *equal contribution
♦ S.Q. Yu*, C.R. Yeh* et al. Altered Prostate Epithelial Development in Mice Lacking the Androgen Receptor in Stromal Fibroblasts. Prostate (accepted, published online) *equal contribution
♦ M. Chen*, C.R. Yeh* et al. Loss of Epithelial Estrogen Receptor α (ERα) Inhibits Estrogen Mediated Squamous Metaplasia Evident by In Vivo Tissue Selective ERα Knockout Mouse Models. J. of Pathology (accepted, published online) *equal contribution

http://www.urmc.rochester.edu/education/graduate/trainee-handbook/