Student News

On Sept. 11th, Melissa Martin of the Bhide Lab successfully defended her PhD dissertation on the effects of developmental nicotine exposure on the brain and behavior.

Caroline Strong, a member of the Kabbaj Lab, is the 2019 recipient of the Lloyd Beidler Graduate Student Award.

Marisa Tillery of the Megraw Lab has received an award from American Society for Cell Biology Committee for Postdocs and Students, which provides grants up to $1000 to promote science outreach projects proposed by their members. Marisa’s “LEGOscopes” proposal to supply Biomed SGSA outreaches to the Tallahassee Science Festival and other events throughout the year was fully funded. This grant will provide the BGSA with a versatile, sustainable, and fun outreach activity for many years to come! More info on Marisa’s award at: https://med.fsu.edu/newspubs/news-week/promoting-science

Upcoming Events

October 14
2020 Open Enrollment

October 14
Dissertation Defense: Nicole Newell

October 15
FSU Research Recognition Reception

October 16
Seminar Series: Roberto Vincis

October 23
Seminar Series: Sara York

October 24
Grand Rounds

October 25
University Closed: Homecoming

October 26
Home Football Game

October 30
Seminar Series: Xiaobing Zhang

NOTICE: Be sure to pick up a copy of the latest edition of the FSUMED Magazine! Multiple research projects and members of our department are featured throughout pgs. 4-10!
The third annual Florida Translational Cell Biology Symposium was held at the University of Florida on Friday the 13th. A group of 13 FSU students travelled to UF to attend, including Marisa Tillery and Caitlyn Blake-Hedges, who co-organized the event alongside John Calise and Kristen Skruber of UF.

Four students from BMS were selected to give short talks:

**Ernest Phillips**: “The role of histone H3.3 repair in cancer”

**Caitlyn Blake-Hedges**: “Centrocortin regulates actin-dependent processes in the early Drosophila embryo”

**Yiming Zheng**: “A perinuclear microtubule-organizing center controls plasma membrane growth and basement membrane secretion”

**Randi Reed**: “Expanded coverage of the 26S proteasome conformational landscape reveals mechanisms of peptidase gating”

The poster session featured posters from Monica Abou Harb, Caitlyn Blake-Hedges, Rebecca Buchwalter, Ernest Phillips, Delaney Sherwin, Jenny Warnock, Xiaoyan Yu, and Yiming Zheng. Yiming was awarded 3rd place for his poster in the competition.

Others came just to enjoy the great science, camaraderie, and networking the conference provided. Attendees are listed below:

- Yiming Zheng
- Maicon Landim-Vieira
- Marisa Tillery
- Ernest Phillips
- Jennifer Warnock
- Trace Walker
- Monica Abou Harb
- Delaney Sherwin
- Caitlyn Blake-Hedges
- Randi Reed
- Rebecca Buchwalter
- Xiaoyan Yu
- Hyo Jeong Yong
- Dr. Timothy Megraw
New Humans Amongst Us!

Lin Zhang and Yuanhu Jin recently welcomed baby Joanna to the world on Aug. 1st

Elise Wight and family welcomed baby Bennett Graham Wight to the world on Sept. 5th

Annual Benefits and Wellness Fair

The 19th Annual Benefits and Wellness Fair will take place on Wednesday, October 16th from 10am – 2pm at the Florida State Conference Center (Tumbull Center). This event is open to all employees, whether or not they are eligible for FSU benefits. Insurance, retirement, community, and campus organizations will participate and provide information. Representatives from all of the State Group Insurance plans and the FSU Benefits Office will be available to answer any questions you may have. Open enrollment for 2020 Benefits is October 14th through November 1st.
# Cold vs. Flu

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference!

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low or None</td>
<td>FEVER High</td>
<td></td>
</tr>
<tr>
<td>Sometimes</td>
<td>HEADACHE Very common</td>
<td></td>
</tr>
<tr>
<td>Stuffy, runny</td>
<td>NOSE Stuffy, runny</td>
<td></td>
</tr>
<tr>
<td>Very common</td>
<td>SNEEZING Sometimes</td>
<td></td>
</tr>
<tr>
<td>Mild, hacking</td>
<td>COUGH Severe</td>
<td></td>
</tr>
<tr>
<td>Slight</td>
<td>ACHES/PAINS Severe</td>
<td></td>
</tr>
<tr>
<td>Mild</td>
<td>FATIGUE Can last for several weeks</td>
<td></td>
</tr>
<tr>
<td>Sore</td>
<td>THROAT Sometimes sore</td>
<td></td>
</tr>
<tr>
<td>Normal, may feel sluggish</td>
<td>ENERGY Extreme exhaustion</td>
<td></td>
</tr>
<tr>
<td>Symptoms can last 7-10 days</td>
<td>DURATION Symptoms can last several weeks</td>
<td></td>
</tr>
</tbody>
</table>

## Treatment Options to Help Prevent Cold Symptoms

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water for sore throat
- Petroleum jelly for raw chapped skin around the nose and lips
- Warm steam for congestion

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**PREVENTION**

- Wash your hands often and keep your hands away from your eyes, nose, and mouth
- Be sure to get your annual flu vaccination

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**If you have a fever of 101°F or higher for more than 24 hours, seek treatment.**
**Grand Rounds: Medical Student Summer Research**

**Date:** Thu, 10/24/2019  
**Time:** Poster session: 12 – 12:50pm | Grand Rounds lecture series: 4 – 5 p.m.  
**Location:** Durell Peaden Auditorium

Medical students who conducted summer research projects, including all College of Medicine Summer Research Fellows, will present research posters during the noon hour. Several students have been selected to present their findings as part of the Grand Rounds Lecture Series.

**Grand Rounds presentations by:**

- William Glover  
- Julia McGuinness  
- Shefali Patel  
- Daniel Schaefer
Save the Date

**Friday, November 1st**
- Biomedical Sciences Seminar Series
- Yiming Zheng Thesis Defense

**Saturday, November 2nd**
- Home Football Game vs. Miami

**Wednesday, November 6th**
- Biomedical Sciences Seminar Series
- Scott Wilson

**Tuesday, December 10th**
- COM Annual Holiday Celebration

Do you have news you wish to share in the next Biomed Newsletter? If so, please send it to Ryan Teston at: ryan.teston@med.fsu.edu