

Post-Bac eNewsletter

April
2013

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*Sixth ISSUE OF THE NIDA
POST BAC
eNewsletter!!!*

THIS JUST IN... Baltimore's Weather Finally Makes Up Its Mind?

Probably not... But in any case, enjoy the last few days of cool(ish) weather, because once Baltimore decides it's time for warm weather, you will be praying for a frosty blast of cold wind to pulverize you as you walk past the flag poles in front of the BRC.

In other news, this month we celebrate Dr. Heishman's Birthday, see further down for more details. Happy Science-ing!

This Month – Upcoming Events

Save the Date!

1) Speaking Up Workshop – Anne Kirchgessner

April 11th 1-3pm – Learn how to be a cool cat and get what you need in research and in life.

2) NIH Research Festival Postbac Poster Day

March 1st – We are trying to get buses to those presenting down to Bethesda. More information on this soon.

3) Mentoring Awards and Poster Days

May 8th 9-11:30am – Deadline to submit abstract is April 10th!

4) Baltimore Postbac Social Lunches

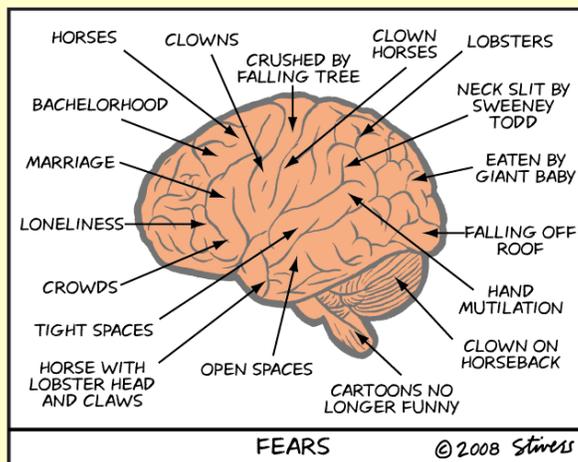
Every Wednesday at 12 in the BRC cafeteria.

5) NIDA Postbac Graduation Lunch

May 22nd

6) NIDA IRP Seminar, **every Tuesday 3:00-4:00 pm, 3C219**

As always, make sure to check your email for time changes and room numbers



This Month - Opportunities

Community Service

Second Genesis – Join current postbacs (Jess, Kurt, Alex K, and friends) as they improve computer literacy to those in need... Contact those guys if you want to help out. Anyone can help; it's never too late to sign up... **CURRENTLY LOOKING FOR EXTRA VOLUNTEERS!!!! Had to pull back to one day a week ☹**

Baltimore Rescue Mission – A special thanks to everyone who donated items! The drive was a fantastic success.

NIH Children's Inn Program – Provides treatment for seriously ill children from around the world and allows families to be together during hospital stays. **Help make arts-and-crafts gifts for these children** on **April 12th from 2-4pm** in the second floor conference room. Talk to Mary Pfeiffer or Michelle Jobses for more info.

Social

Baltimore Postbac Listserv on Google groups – It exists. Find someone who's on and have them invite you if you're not yet in the group.

NIDA IRP Book Club – Up and running smoothly. Monthly meetings, Contact Stephanie Myal for more info.

Postbac/doc Potluck – Another awesome, fun, groovy potluck is in the works. Coming soon to a conference room near you.

Professional

Free Online Short Courses – [Click Here](#) for SPSS tutorial ... Check out some of the other emails with links to online courses if you are interested in some outside learning.

Physician Shadowing – In the works; talking with Johns Hopkins administration to set up something very soon.

Spotlight! This month's PostBac Fellows Lunch Presenters...

Veronica Zamora - Behavioral Neuroscience Section

Veronica es un chica muy interesante! Ole!....

"I love adventure, nature and science. That's why some of the best moments of my life had been on the hurricane deck at Niagara Falls, zip-lining at Toro Verde PR, and hiking the Appalachian trail. My primary scientific fascinations are in plants, and if I were not going to med school I would continue my studies in plant sciences. Outside the lab I spend my time at the gym, with my dog at the park and exploring Baltimore on my bike.

At NIDA I've been doing research for about one year on feeding and self stimulation, experiments that may help to understand how common brain mechanisms mediate the acquisition and development of eating and drug-taking habits"

Catherine Demers - Neuroimaging Branch

Catherine tickles our curiosity with a tantalizing game of two truths and a lie... Make sure to attend the Postbac lunch for the answer!

- 1) I've sung on stage with Britney Spears.
- 2) I've never broken a bone and don't wear contacts.
- 3) I have a signed Wayne Gretzky hockey stick.

**This month's lunch is on April 10th
from 12-1pm**

From the Post-Bac Advisory Board

Here's a recap of some of the cool (AWESOME!) ideas that we're working on at the monthly Postbac advisory board meetings (lucky you, you're in the loop now!)

The Postbac Advisory says "KEEP UP THE GOOD WORK!" and wants to applaud the great attendance of last month's Postbac Lunch.

Remember to get your poster materials finished by their respective deadlines. See emails for that info.

And as always... if you have any ideas for something fun (ie. Party Bus for Dr. Heishman's Birthday Bash? Guess Dr. Heishman's age raffles?) Let us know and we'll set it up!



Useful Links

NIDA Postbac webpage:

<http://irp.drugabuse.gov/postbac.php>

NIH Postbac webpage:

<https://www.training.nih.gov/trainees/postbacs>

Mystery Link of the Month:

[OOO! A MYSTERY, HUH?](#)

Contacts

1) Dr. Steve Heishman –SHEISH@intra.nida.nih.gov

2) Dr. Mary Pfeiffer - mpfeiffe@intra.nida.nih.gov

3) NIDA Post-Bac eNewsletter – email Andrew Kesner:
andrew.kesner@nih.gov

PRO TIPS from the Grammar Gurus

Postbac Newsletter
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Grammar Gurus

Steve Heishman and Mary Pfeiffer

Did you know that some words or phrases aren't really words at all or are used incorrectly? Here are a few examples of words and phrases that should be avoided because they sound acceptable but aren't standard usage:

Irregardless: *Irregardless* may appear in some dictionaries but it's a poor combination of the words *regardless* and *irrespective*. *Ir* is a negative prefix and *less* is a negative suffix, so putting the two together creates a double negative. *Regardless* is a better word substitute.

Supposably: In most cases, the right word is *supposedly* (meaning assumable or generally thought to be true.) Technically, *supposably* is a word, meaning something is possible; however, the word is not common and many dictionaries don't include it and spell check will argue with you if you try to include *supposably* in your writing.

Impactful: Full of impact? Ugh—this made-up term is one of my grammatical pet peeves. *Effective*, *influential*, *powerful*, or *important* are better word choices.

Alot: *A lot* (meaning *many*) is always expressed as two words: "There are a lot of people here today."

Firstly: There is some debate between grammar experts regarding *first* vs *firstly*. Some experts think *first* is the preferred word because ordinal numbers show the order in which actions are done and don't need an *-ly* added at the end. *Firstly* is also considered a bit stilted and archaic by some grammarians. In any case, parallel construction is important. If you use *first*, continue your discussion by using *second*, *third*, *fourth*, etc. and if the *-ly* version is chosen, make sure that subsequent transitions also use the *-ly* format.

Very unique: *Unique* is an example of an absolute adjective. A unique item cannot be more or less unique because there is nothing else comparable. A unique car is a vehicle that has no similar characteristics to other cars. *Very* is an adverb that helps compare objects (The noise is very loud) and shouldn't be used with absolute adjectives.

If you need help with writing or grammar issues, please contact Mary Pfeiffer (2447) or Steve Heishman (2458).