



Graduate Student Society NEWSLETTER

FALL 2007

Welcome to all incoming students! As you begin your graduate studies at the University of Rochester School of Medicine and Dentistry (URSMD), we hope you take a little time to learn about the Graduate Student Society (GSS). Continuing students, we hope you are already familiar with GSS and the events we hold - if not, read on!

GSS provides academic, social, and philanthropic activities for all graduate students here at the School of Medicine and Dentistry. You're already a member - all matriculated graduate students in any departments or clusters of the URSMD are automatically GSS members.

Our meetings and events provide you a chance to take a break from the daily grid of graduate school. All meetings are free of charge - and often include free food! Many events are also free, although some have a small fee. Don't worry we make sure everything is affordable on a grad student stipend!

We have planned some great events for this year. Come learn about them and how you can get involved at the first GSS meeting of the year

Newly elected Officers

President: Kendra Bussey, 3rd yr
Microbiology and Immunology

Secretary: Abbie Stokes-Riner, 4th yr
Biostatistics and Computational Bio.

Treasurer: Kofi Mensah, 2nd year
Microbiology and Immunology

Social Chair: Krystle Williams, 2nd yr
Biophysics and Structural Biology

Philanthropy Chair: Ed Bender, 2nd yr
Community and Preventive Medicine



Want to get involved, share your ideas, and meet students from other clusters and departments? **Volunteer as a Cluster or departmental representative with GSS.** Positions will be filled at the first meeting of the year. The main responsibility of the representatives is to attend monthly GSS meetings and disperse information about upcoming events to all the students in your department

This is a great opportunity for all graduate students, from incoming first years to continuing fifth years, to get involved with GSS and to represent your department's interests.

No experience is necessary, just a desire to make graduate studies at Rochester more fun for all students!

See you at the 1st GSS meeting of the year!

Monday, September 10
4:30-5:30pm
Anderson G-8534

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Want to stay updated on GSS events? We provide a variety of options, so you know what's going on



Check your **e-mail** frequently! We'll send you reminders of meetings and events.



Use the student portal on **Blackboard** The GSS site can be found under "Organizations".

For more information about signing in a using your blackboard account, check the help section of the blackboard homepage, <https://bb.urmc.rochester.edu>.



Join the GSS **facebook** group. Not a member of facebook yet? Register at <https://register.facebook.com>.

Warning! Joining facebook may lead to massive procrastination.



Check the **Google** calendar <http://www.google.com/calendar/embed?src=urmc.gss%40gmail.com>

Have an event you would like to publicize to other students? Leave a message on the blackboard of facebook discussion forums, or email abbie_stokesriner@urmc.rochester.edu to have it added to the calendar.

Academic Events

Early each fall, the Graduate Student Society sponsors a seminar on "Choosing your rotations and advisor." This annual seminar for first-years is held to assist students in this important selection process. The format is an interactive panel-discussion where faculty members and senior

Choosing your Rotations and Advisor
Thurs, August 23, 2-3pm
Ryan Case Method 1-9576

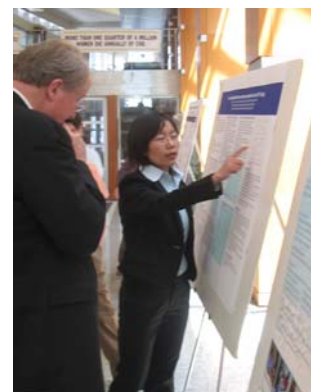
students share their experiences on the subject from their respective

viewpoints. This fall, we plan to have representation from both laboratory (e.g. genetics) and non-laboratory (e.g. biostatistics) research programs.

In addition to the seminar on choosing rotations, GSS also runs seminars on public speaking and data presentation to help students hone the skills they will need at lab meetings and at conferences. Seminars focusing on more long-term goals, like what to do once you've dotted the final i's and crossed the final t's in your master's or PhD thesis, are also held for students by the OGE. In the past, this Spring-semester symposium has been helpful to both students early on in their training and those moving on to the next step. Speakers have come from academia (intramural and extramural), industry (big and small), and policy-making organizations (local and national).

Outside of seminars provided by the GSS and OGE, there are student groups and faculty-sponsored events that provide career-planning advice and opportunities to hear about the latest biomedical research being conducted around the University. **Graduate Women in Science** (GWIS) meets monthly. Some of their past talks have been, "Teaching and Mentoring at a Technical Institute" and "My Path in Science, Moving Through Four Countries, and Integrating Science And Family." The faculty have also put together a series of talks every second Friday of the month followed by free appetizers and drinks. Titles this past year included, "Targeting Pharmacotherapy: Slaying Dragons, Chasing Windmills," "High-definition Channels --- in the Heart," and "Stem Cell Wars: You Say You Want a Revolution?" And you thought the PIs lacked a sense of humor. Get there early though, the seats fill up fast.

The big academic event of the year is the Merit Awards, where students submit their work and compete for the best abstract and poster presentation. Competition is friendly, and students enjoy practicing their presentation skills for national meetings. Afterward, awards are presented at a Philosophy Meeting with free food and drinks to celebrate the end of the academic year.



Biostatistics student Haiyan Su presents her poster for judges

Social Events

Welcome to a new year in social events with GSS! Last year was packed with events as GSS expanded its social sphere. Past events included, in the fall our annual Med/Grad Halloween party, a Seneca Lake wine tour and a Philosophy Meeting. Then in the spring the fun continued with bar nights, Paints and Pints, bowling night, an Amerk's hockey game and of course, more Philosophy meetings.

This year we plan to do all that and more!



Spring Bar Nights at On The Rocks (left) and at Monty's Korner.

First off we have a special Orientation **Bar Night** at On The Rocks on August 23rd. There'll be free food, drink specials, music and friends- so make sure to bring all the new people you met at orientation! Of course non-first-year students are welcome too! It'll be great summer's end affair, to kick off the new semester. **GSS Bar Nights** will happen the first Friday of every month, so look out for info on the next bar night which will soon follow on September 7th! This one will be located downtown in the East and Alexander district at Monty's Korner, so invite all your friends!

Wednesday night is bowling night! We'll be having bi-monthly **bowling nights** on September 19th and November 28th, at the Bowl-A-Roll Lanes in Henrietta.

This semester's **Philosophy meeting*** will be held in mid-October, in the atrium.

*Note: Discussion of philosophy is not a requirement of Philosophy meeting, however eating, drinking, and being merry with all your peers is required.

One new event this semester is **Karaoke Night** which will be in October. Also in October is **Paints and Pints**, where we first enjoy some fine art at one of the Rochester area art galleries (the paint) and then we move on to The Old Toad, a British pub downtown, for some socializing (the pints). Some more annual events to look for this semester in November are the annual **Med/Grad Halloween Party** and a **Finger Lakes Wine Tour**.

We are also planning a couple events with River Campus's Graduate Organizing Group (GOG) so that grad students in the Med center have a chance to meet their counterpart's over on the River Campus. This semester we hope to have a salsa dancing night at **Tapas**.

When you aren't attending our events be sure to check out other Rochester area goodies such as: Boulder Coffee Co which is a coffee house with a regular music schedule, and an open mic night on Wednesdays; the Bug Jar, featuring unique live bands almost every night of the week; or Artisan Works, an art gallery where you can actually see art being made (and it's also for sale).



Seneca Lake Wine Tour 2006

Look out for more events in the spring from GSS like ice-skating, an Amerks game and whitewater rafting!

We'd love to hear your ideas for social events! Drop us a line at gssboard@mail.rochester.edu.

Did you know? The University will unveil a new logo in September. Here's a sneak peek.



Philanthropy Events

Spring 2007 was filled with many opportunities for graduate students to get involved in the community. GSS Philanthropy events included preparing dinner for the families at the Ronald McDonald House and at the Open Door Mission Soup Kitchen, working with Habitat for Humanity, the creation of 67 valentines for seniors at Strong Hospital, and participation in the Relay for Life to raise money for the American Cancer Society.



Fall 2007 is looking to be even more exciting, with events that include volunteering with **Habitat for Humanity** (October 6th), helping to prepare dinner at the **Ronald McDonald House**



(November 8th), reaching out to the local community through **Operation Clean Sweep** (October/November), and participation in a food drive to benefit

Foodlink (October/November).

We strive to put together volunteering opportunities that are interesting and exciting. If you have an idea please share it with us - email Edward_Bender@urmc.rochester.edu.

Thank you to everyone who has volunteered in the past, and welcome to all those who are new. We look forward to your support this year.

Need a break from lab?

Get some fresh air at many of the close by parks. The closest to UR is Genesee Valley Park where you can find soccer and cricket fields, seven softball fields, hiking trails, biking paths, playground areas, cross-country ski trails and eight picnic shelters. Other favorites are Ellison Park and Mendon Ponds.

Buy fresh food at a farmers' market. For locally and sustainably grown foods try the South Wedge



farmers market every Thursday from 4 - 8 (through October) at 100 Alexander St, behind Bolder Coffee Co. The Rochester Public Market, on Union Street is open year round on Tuesdays & Thursdays: 6:00 a.m. to 1:00 pm, and Saturdays: 5:00 a.m. to 3:00 pm

Search for hidden history: Around every corner you can learn something new. Adventure into the abandoned subway, look for the resting place of historical figures in the Mount Hope Cemetery, or stroll through the High Falls neighborhood - once the center of America's flour milling industry - to explore real Rochester history. From abolitionists to Xerox you can learn more about Rochester on <http://rocwiki.org>

See what all the fuss is about. Ask someone what there is to do in Rochester, and they will undoubtedly mention Wegmans.

For the full experience visit the Pittsford Plaza store. This is the showplace store for the locally owned award winning grocery chain, and it includes a brick bakery oven imported from Spain, patisserie with French trained chefs, sushi bar, high-end cookware, Tastings Restaurant, and Wi-Fi Internet Access.

Eat and Drink on Park Ave. The Area along Park Avenue is one of Rochester's most popular neighborhoods. From Alexander to Culver you'll find an eclectic mix of residential and commercial properties home to many locally owned businesses, coffee shops, restaurants, and pubs.

The avenue is favorite designation of many young people. Cafe tables spill onto the sidewalks—beckoning neighbors and visitors to soak up the sun and talk into the night, or just relax and “people watch”.

So next time you have some free time explore Rochester. You might be surprised what you find!