Upcoming TIBBS-sponsored events:

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**Upcoming TIBBS-sponsored events:**

**Wed./November 7 (location TBD): One-on-One Career Coaching Sessions with Dr. Denise Saunders**
Confused about career options? Life’s got you down? Struggling in the lab or at home? Denise has been helping graduate students and postdocs at UNC, NIEHS and NIH for years. She is available to help with concerns such as work-life balance, dealing with setbacks, mentor relationships, choosing a career path, depression, and changing labs. Please email Erin Hopper (erin_hopper@unc.edu) to request a 45-minute appointment.

**Wed./November 14: Novartis Presidential Postdoctoral Program Information Session and Industry Career Lunch**
9:00-10:00 am, Information Session, 1131 Bioinformatics Lobby
10:00-11:00 am, Networking Reception, Bioinformatics Lobby

Please see the flyer on page 2 for more information.

Eligibility: Senior graduate students & postdoctoral scholars nearing completion of their first training period (within two years of obtaining their PhD).

Our special guests from Novartis would also like to invite UNC graduate students and postdocs to a special small-group lunch at noon. Topics of conversation will include the career paths that brought them to Novartis, opportunities at Novartis and in industry, and making the transition to industry. Lunch attendance is limited to the first 20 individuals who register, and lunch will be provided. All graduate students and postdocs are eligible to register for this event.

To register for the Information Session: [http://tinyurl.com/cughtdo](http://tinyurl.com/cughtdo)
To register for the Industry Careers Lunch: [http://tinyurl.com/cgpmvnc](http://tinyurl.com/cgpmvnc)

**Upcoming University Career Services Events**

**Career Panels/Networking Nights:**
CAREERS IN ACADeMIA: Monday, November 5, 5-7 pm, Hanes Hall 242: [https://apps.research.unc.edu/events/index.cfm?event=events.eventDetails&event_key=CDEF0101E535DB141954C5A42EB0634580708EB94](https://apps.research.unc.edu/events/index.cfm?event=events.eventDetails&event_key=CDEF0101E535DB141954C5A42EB0634580708EB94)

CAREERS IN INDUSTRY, GOVERNMENT, OR NON-PROFIT: Thursday, November 15, 5-7 pm, Hane Hall 239 and 242 (with breakouts for sciences and humanities)

**Master’s and PhD Career Fair:** Tuesday, November 13, 12-4 pm at the Friday Center: [http://tinyurl.com/MAPhDRegistration](http://tinyurl.com/MAPhDRegistration)

**Coming in early December:** the TIBBS Holiday Social!
Get ready to channel your inner Paula Deen with a TIBBS Holiday Cookie Decorating Social! We'll provide the cookies and decorations, and you bring yourself and your creative ideas for science-themed holiday cookies! More details to come.

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**Join the TiBBS community!**

Follow us on Facebook & Twitter
Novartis Institutes for BioMedical Research
Presidential Postdoctoral Program Information Session

The Presidential Postdoctoral Program provides scientists with a unique opportunity to perform innovative, basic research in an industrial setting, while supporting flexibility in the postdoc’s future career options in academia or industry. We especially encourage applications from graduate students who want to pursue academic faculty careers after their postdoctoral experience.

Wednesday, November 14th, 2012
UNC Chapel Hill
9:00-10:00 am, Information Session, 1131 Bioinformatics
10:00-11:00 am, Networking Reception, Bioinformatics Lobby

Speakers:

Anastacia Berzat, PhD
Scientific Program Manager (UNC Chapel Hill Alumnus, ‘06)
Office of Education, Diversity & Inclusion
Topic(s): NIBR background, postdoc program structure/application process

Marie Schoumacher, PhD
Presidential Postdoctoral Scholar (2nd Year fellow)
Oncology
Topic(s): Personal experiences as a current postdoctoral scholar in Oncology

Ian Hunt, PhD
Senior Investigator II (Prospective mentor)
Center for Proteomic Chemistry
Topic(s): Departmental research interests, potential postdoc projects

Eligibility: Senior graduate students & postdoctoral scholars nearing completion of their first training period (within two years of obtaining their PhD).
Introducing the Newest Member of the STaD Team!

The Office of Science, Training, and Diversity (STaD) is pleased to announce the newest member of our team, Johnna Frierson, PhD. Johnna is a fellow in the STEM Program Director Postdoctoral Fellowship in our office.

Johnna, a native of South Carolina, received her BS in Biology from Furman University in Greenville, SC in 2005. After participating in the Initiative to Maximize Student Development (IMSD) postbaccalaureate program at Vanderbilt University, Johnna went on to continue and complete her graduate studies at Vanderbilt and earn her PhD in Microbiology and Immunology. She conducted her graduate research in the laboratory of Dr. Terence Dermody where she used mammalian reoviruses to gain a better understanding of mechanisms of viral attachment (specifically, how reovirus binds to its coreceptor sialic acid) and the function of sialic acid-binding in reovirus pathogenesis in the central nervous system.

While at Vanderbilt, she was involved in many activities that went beyond her research interests, aiming to better serve the needs of underrepresented groups at Vanderbilt and the urban Nashville community. Participating in a wide range of activities from judging science fairs, serving as a peer mentor for students in the Vanderbilt Initiative to Maximize Student Diversity (IMSD) program, and traveling to conferences on behalf of Vanderbilt to recruit underrepresented students to the biomedical PhD program fostered her desire to pursue a career as a program director of an undergraduate or graduate STEM program. She learned the impact that information, exposure, and personal connection to students can have in helping guide life-changing educational decisions, and is passionate about helping others realize their full academic potential.

She is excited to start this new phase of training as a fellow in the STEM Program Director Postdoctoral Fellowship at UNC and looks forward to contributing to the mission and efforts of the STaD office.

A Penny for your Thoughts...

TIBBS is here to serve you, so we would like to know what you think about our program and whether you have suggestions for improvement. Please take a few minutes to respond to the first TIBBS Annual Survey. Your responses will inform us about what you think is important to your own professional development, and they will help us to improve our programming to better suit your needs.

As an added bonus, 20 survey respondents will be chosen randomly to win a delicious candy bar! Please note that the survey is completely anonymous; after you complete the survey you will be redirected to a form to enter the prize drawing. Here is the survey link:

https://unc.qualtrics.com/SE/?SID=SV_cZygfi2okQhu3CB

Thank you for helping us make TIBBS even better! If you have any questions, please contact Erin Hopper at erin_hopper@unc.edu.
The future of biomedical research in the United States is in serious danger unless Congress acts to avoid automatic budget cuts. Labs will close, jobs will be lost, and, worst of all, progress on potentially life-saving treatments could be jeopardized unless the scientific community educates Congress on the importance of biomedical research.

During the debt-ceiling crisis of 2011, Congress passed the Budget Control Act. This Act increased the debt limit and provided guidelines to decrease the deficit by cutting spending and establishing a committee to produce a deficit-reducing bill. To ensure the passage of deficit-reducing legislation, a “fail-safe” mechanism, known as sequestration, was added to the Budget Control Act. If no deficit-reducing legislation is passed, sequestration will automatically cut $1.2 trillion worth of spending between 2013 and 2021. These cuts would be across-the-board. Every department would have their budgets cut, including Health and Human Services. If sequestration goes into effect, it is expected that NIH funding would be cut by 8.2% or about $2.5 billion. A cut this size would cripple research and could severely impact the scientific standing of the United States in the world.

In order to avoid sequestration, Congress must pass legislation to reduce the deficit before January 2013. However, no deal will be made until after the Presidential election in November. This leaves a short timeframe for Congress to identify and agree upon spending cuts. Even if they reach a budget agreement and sequestration is avoided, the NIH and NSF could still have their budgets slashed in the future. This is a very real possibility. I recently participated in Capitol Hill Day with the Coalition for the Life Sciences, which is an event that enables scientists to meet with members of Congress and discuss the importance of biomedical research. One of these meetings was with a legislative aide who stated in order for science and research to move forward we must take a step back and reevaluate biomedical funding. I found this statement to be shocking, because this is not how science works. If we “step back” and cut funding to the NIH and NSF then we risk losing the next generation of scientists.

But what can you do to stop sequestration? The easiest way is to call or write a letter to your member of Congress and express the importance of federally funded biomedical research (to find your legislators click here). Legislators receive a lot of calls and letters so it is important to be succinct and make a very specific request (for an example letter click here). You can also plan a local district office visit. If you do set up an office visit, you will likely be limited to a short meeting, so have a plan and know your talking points. No matter how you choose to interact with legislators it is essential to remember that very few members of Congress have a background in science. Therefore, it is extremely important that you inform them that NIH/NSF funded biomedical research drives the development of novel disease treatments, provides jobs, and helps build the economy.

If you would like to learn more about sequestration and the impact it would have on biomedical research please visit the Coalition for the Life Sciences.

John Sheridan is a doctoral student in the Department of Cell Biology and Physiology at the University of North Carolina and works in the laboratory of Dr. Robert Tarran. His research is focused on identifying the effects of estrogen on airway physiology and disease.
TIBBS Trivia Contest: Name That Animal Model!

Let's exercise our brains with some TIBBS trivia! The first UNC graduate student with a correct response will win an insulated UNC lunchbox! Five runners up will receive a delicious candy bar! Here's how to play:

1. Like us on Facebook (just for fun)


3. Email your answer to erin_hopper@unc.edu. Good luck!

Pioneering Postdoc Programs

Fellowships in Research and Science Teaching (FIRST) is a successful program that provides postdoctoral fellows with both research support and training in teaching methods that are useful to their career development. This fellowship program combines the faculties of one of the top national research universities and four of the top national minority servicing institutions in the Atlanta metropolitan area with 5.4 million people to increase the quantity and quality of post-doctoral fellows achieving careers in biological/biomedical sciences. The FIRST Institutional Research and Academic Career Development Award (K12) (IRACDA) is supported by the Division of Training, Workforce Development, and Diversity at NIGMS, one of the National Institutes of Health, and provides interdisciplinary biomedical research training by a faculty with the expertise to nurture the foundation critical for outstanding postdoctoral research training. The current research mentors are members of 20 biological and clinical science departments at Emory and Morehouse School of Medicine. Over the three years of the fellowship, the research post-doctoral experience is complemented and integrated with a teaching program which moves from a How to Teach course, to classroom technologies, mentorship of under-graduates, laddered teaching experience, course development and production of web-based courses. By many research measures, including number and quality of publications and job placement, FIRST fellows and the FIRST program are succeeding in providing a quality research experience. Similarly, by many evaluative teaching measures, including integrating innovative methods and courses into the AUC curricula and inspiring the next generation of minority scientists, FIRST fellows and the FIRST program are successful in teaching. Program benefits include creation of a cohesive core of post-doctoral fellows and alumni that interact in and out of the laboratory, a voice in the program’s development and evaluation, as well as an increase in the overall representation of minority scientists at Emory.

Join the TIBBS Advisory Committee!

TIBBS is looking for a group of motivated, engaged graduate students to serve on our TIBBS Advisory Committee. As part of the committee, you will be involved in planning TIBBS professional development programming, organizing and leading interest groups, making suggestions for improving the program, and leading subcommittees to complete various TIBBS initiatives. The committee will meet once per month, with occasional subcommittee meetings on an as-needed basis. We still have a few seats left, so apply for membership in the committee by sending an email to Erin Hopper at erin_hopper@unc.edu. In the email, please include 2-3 sentences about why you would like to be a part of the committee or what you could contribute to the committee.
Click here to view seminars, workshops/events, and TIBBS events on our TIBBS calendar.

Groupon
Groupon is a website that offers deals on things to do, services, and places to eat in your area.

Living Social
Offers one deal every day with discounts of up to 90% at local restaurants, bars, spas, theaters, and more.

Our Local Deals
Deals for the Greater Chapel Hill, Carrboro and Orange County Communities

NOVEMBER EVENTS

TerraVITA 2012 in Early November
The Grand Tasting on the Green, the pinnacle event of the festival, will take place on Saturday, November 3, from 1 - 4:30 p.m., but the Three-Day Festival will begin will a fundraising dinner for the Carrboro Farmers Market! The Chefs’ Harvest Potluck will take place on Thursday, November 1, from 7 – 9 pm, at the Town Commons in Carrboro. The dinner will feature dishes from 20 top chefs in the Triangle, including Andrea Reusing from Lantern, Sara Foster from Foster’s Market, Bill Smith from Crooks Corner, Sean Fowler from Mandolin, Adam Rose from Il Palio, Kevin Callaghan from Acme Food & Beverage Company, Sheri Castle, and more. More information: http://www.terravitaevent.com/TerraVITA/HOME.html

Playmakers Theater presents Imaginary Invalid
A new adaptation of the best play ever written about the health care industry. A rich hypochondriac surrounds himself with a host of veritable quacks eager to take his money by promising cures to an array of suspect illnesses. This Invalid is smart, in
your face, and wickedly funny, taking you from a Parisian drawing room to Purgatory for an epic battle between the forces of good & evil. Ticket prices vary. For more information: http://vch.everwondr.com/events_detail.php?g=7b2f1fa08ba1

Carolina Union Activities Board:
Different activities organized by the CUAB. Free films are shown during the school year.
http://www.unc.edu/cuab/events.shtml

CUAB Free Film Series- Every Friday and Saturday, in the Union
Magic Mike: Nov. 2 at 7pm, Nov. 3 at 10pm
The Amazing Spider Man: Nov. 2 at 9:30pm, Nov. 3 at 7pm and midnight
The Bourne Legacy: Nov. 9 at 7 pm and midnight, Nov. 10 at 9 pm
Ted: Nov. 9 at 9:30 pm, Nov. 10 at 7pm
Farewell, My Queen: Nov. 16th at 7pm, Nov. 17th at 9pm
The Campaign: Nov. 16 at 9 pm, Nov. 17th at 7 pm
The Dark Knight Rises: Nov. 30 at 7 pm and midnight, Dec. 1 at 7 pm and midnight
Safety Not Guaranteed: Nov. 30 at 10pm, Dec. 1 at 10 pm

Thanksgiving Events:
Thanksgiving Day Brunch- Carolina Inn
This Thanksgiving experience a family gathering filled with traditional holiday fare, artfully prepared by Carolina Crossroads’ talented culinary team. Now accepting reservations for seatings 11:00 AM - 2:30 PM. Make Reservations at 919.918.2735

Early Thanksgiving at Raleigh City Museum November 20
Celebrate Thanksgiving early at the Raleigh City Museum. Thanksgiving has been an official holiday in Raleigh since 1849, and at this event, children will get a chance to learn about its history in Raleigh. Kids will complete a museum scavenger hunt, receive a prize upon completion, paint their own Thanksgiving art from scratch or from pre-made designs, and decorate a holiday postcard. 1-4 p.m. Free. Raleigh.

Raleigh Festivals this Month:
http://eventful.com/raleigh/events/categories/festivals_parades

Triangle Film Events this Month:
http://eventful.com/raleigh/events/categories/movies_film/this-month

Thorough List of Local Events by Category:
http://eventful.com/raleigh/events

LOCAL EVENTS CALENDARS
Chapel Hill Event Calendar:
http://events.triangle.com/search?city=Chapel+Hill&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days
http://www.visitchapelhill.org/calendar/events/index.php?year=2011&month=11&day=1

Durham Event Calendar:
http://events.triangle.com/search?city=Durham&new=n&srad=50&st=event&swhat=&swhere=&swhen=Next+30+Days
http://www.durham-nc.com/visitors/event_cal.php
Carrboro Citizen:  
http://twitter.com/#!/CarrboroCitizen  
http://www.carrborocitizen.com

Raleigh Carrboro Events  
http://events.triangle.com/raleigh-nc/events/carrboro+events

Independent Weekly:  
http://www.indyweek.com  
http://twitter.com/#!/indyweek

ATHLETIC EVENTS
Full UNC Athletic Schedule

UNC Campus Recreation Intramural Sports  
http://campusrec.unc.edu/getting-involved

Runs:  
For a complete list of local runs and races: http://runwellnc.com/

Fleet Feet in Carrboro has weekly free Pub Runs, yoga, and 4, 10, ½ marathon, and marathon training workouts: http://www.fleetfeetcarrboro.com/

The Eve Carson Memorial 5K run for Education:  
Phi Delta Theta and Pi Beta Phi would like to invite everyone to participate in the upcoming 5th Annual Eve Carson Memorial 5K on November 3, 2012. Proceeds from this year’s race will benefit the Eve Carson Memorial Scholarship, First Book, and CEO 4 Teens.

9TH Annual Southern Village 5K and Family Fun Run  
As the Chapel Hill Service League’s primary fundraiser, proceeds from the Southern Village 5K and Family Fun Run will help support Christmas House and several other essential projects and programs within our community. Christmas House is the Chapel Hill Service League’s signature annual community project. For more than 50 years, this event has helped to make the holidays brighter for local, financially challenged families. Parents and guardians of more than 800 children are invited to select new toys, books and coats for their families. The joy this provides the parents is immeasurable and makes gift giving more meaningful.

More Local Races  
http://www.runnc.com/Race_Schedule.htm#jul

THE ARTS AND SCIENCES
Carolina Performing Arts:  
http://www.carolinaperformingarts.org/genres/all

Shows at Cat’s Cradle, Carrboro:  
http://www.catscradle.com/schedule.html

UNC Music Department Performances and Events:  
http://music.unc.edu/calendars/thecalendar
UNC Ackland Art Gallery Calendar:

Morehead Planetarium
250 E. Franklin St, Chapel Hill
http://www.moreheadplanetarium.org/index.cfm?fuseaction=page&filename=now_showing.html
$6 for students and children.

Museum of Life and Science, Durham
http://www.ncmls.org/visit
$12.95 adults, $10.95 seniors 65+, $9.95 children (3-12)

DSI Comedy Theatre
Upcoming shows: http://www.dsicomedytheater.com/calendar/?year=2012&month=11

Carrboro Artcenter:
Craft workshops, dance classes, and live music

Carolina Theatre’s “Retrofantasma” film series:
A monthly film series of double-features dedicated to bringing classic horror movies back to the big screen in 35mm! Created in 1998, RETROFANTASMA has developed a large dedicated audience of horror movie enthusiasts whose desire to see their favorite terror flicks is matched only by their willingness to cheer at the screen. Tickets: $7.
http://festivals.carolinatheatre.org/retrofantasma/

Varsity Theatre on Franklin St.
The Varsity Theatre has been a landmark of Chapel Hill and Franklin Street for over 50 years. Since the Sorrell building was built in 1927, it has always housed a movie theater, starting with the original Carolina Theater and then the Village Theater before becoming home to the Varsity.
http://www.varsityonfranklin.com/nowplaying.asp
https://twitter.com/#!/varsitytheatre

Carolina Union Activities Board:
Different activities organized by the CUAB. Free films are shown during the school year.
http://www.unc.edu/cuab/events.shtml

Area Movie Schedule:
Showtimes

**FOOD AND DRINK**
Comprehensive list of food and drink specials, bar events in the area:

Carrboro Farmers’ Market
301 W. Main St., www.carrborofarmersmarket.com
Saturdays 7 a.m.-noon (year-round)
Wednesdays 3:30-6:30pm (starting April 13th)

Pick your own fruits and vegetables:
It’s Apple Picking Season! Check out these directories for local pick-your-own farms:

http://www.pickyourown.org/NCpiedmont.htm

CH Bar Specials:
Frequently updated nightly bar specials in Chapel Hill
https://twitter.com/#!/CHBarSpecials

The Stagger- Chapel Hill/Durham/Raleigh area drink specials.

Recession Tuesdays at ACME
Carrboro
All entrees $12.95 every Tuesday. Reservations highly recommended.

Tylers Taproom, Carrboro/Durham/Apex:
http://www.tylerstaproom.com/happenings

Rockfish Southpoint:
1/2 price bottles every Monday and Saturday
$2 all drafts and free glass for featured beer every Thursday at 6pm and free appetizers 9pm-11pm.
https://twitter.com/#!/RockfishNC

First Fridays, Downtown Raleigh
Art, Food, Music for free in downtown Raleigh
http://www.godowntownraleigh.com/first-friday-raleigh

Johnny’s of Carrboro
Live music and Food Truck schedule:
Johnny’s Monthly Event Calendar

Carolina Brewery:
http://www.carolinabrewery.com/carolina_brewery_news.html

City Beverage, Durham
http://www.citybeverage-durham.com/

Broadstreet Cafe, Durham
http://www.thebroadstreetcafe.com/events.html

Bull City Homebrew:
http://www.brewmasterstore.com/

Fifth Season Gardening Co., Carrboro:
Gardening, Home, and Beer/Wine making supplies
http://www.fifthseasongardening.com/
VOLUNTEER OPPORTUNITIES

UNC Hospitals Volunteer Information
http://www.unchealthcare.org/site/volunteers/adult_volunteers

United Way:
Requires creating an account. Once registered, search by zip code for nearby volunteer events.
http://volunteer.truist.com/triangle/user/login/?return_url=%2ftriangle%2fvolunteer%2fhome%2f&type=&_flash_message__=The+page+you+are+trying+to+reach+requires+you+to+log+in+or+register&_hs__flash_message__=ad9b4f32ce0331b664cebef21caae8fd2ab92f46

Habitat for Humanity:
Orange County:
http://www.orangehabitat.org/volunteer/
Durham:
http://durhamhabitat.org/volunteer/volunteer-worksite.html