

The Neurotransmitter

Newsletter of the Western North Carolina Chapter
of the Society for Neuroscience

November, 2010 – Issue #9

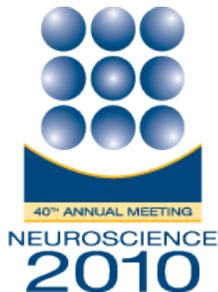
**SPECIAL
SfN '10
ISSUE!!**

SOCIETY FOR NEUROSCIENCE

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November 13-17, 2010
SAN DIEGO



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Special Issue: Get Ready for SfN 2010!

by Stephanie Willard, Editor & Neuroscience Graduate Student

Are you attending the Society for Neuroscience annual meeting in San Diego, CA, later this week? Have you had time to peruse the final program or research restaurants and activities in San Diego yet? Well look no further! The Staff of *The Neurotransmitter* would like to help you get the most out of your trip with this special issue of the newsletter devoted entirely to the upcoming meeting.

Browse the pages of this issue and you'll find brief summaries of lectures and events scheduled for Neuroscience 2010 that are of particular interest to *The Neurotransmitter* Staff, including a number of workshops focused on

professional development. You'll also find information about events that our local WNCSfN chapter members helped to organize. Beyond the scientific program, we've taken the time to explore San Diego's culinary delights and cultural offerings, outlining unique dining options and must-see sights. Be sure to check out the custom-made Google map of San Diego eateries on page 6!

We hope you find these articles useful before and during your time at SfN 2010, and look forward to hearing from you about your fantastic experiences both at the conference and around San Diego!

WNCSfN Fall Research Day: Call for Abstracts!

by Erin Caulder, Neurobiology & Anatomy Graduate Student

Before you leave for SfN, be sure to send your abstract to Brian McCool (bmccool@wfubmc.edu) in order to participate in the WNCSfN's Annual Fall Research Day. This event will be held on Thursday, December 2, 2010, and is an excellent opportunity for graduate students and post docs to continue sharing their research after SfN. You must be a member of the WNCSfN in good standing and the first or presenting author of the poster in order to compete for a poster award, though anyone can present a poster and everyone is invited to attend the lecture in the afternoon. Abstracts (and dues, if applicable) are due by 5pm on Friday November 19th.

The day will begin with a poster

session in the Commons area of the NRC. Students and post docs will have the opportunity to present their data and compete for cash prizes in various poster categories. After the poster session, lunch will be served. In the afternoon, the featured speaker, Elizabeth Jonas, M.D. (pictured below), will give a talk about her research. Her interests include the role of BCL proteins in ischemia, synaptic plasticity, and the regulation of apoptosis. To learn more about Dr. Jonas, please visit her [Yale profile page](#). Hope to see you on December 2!





The [40th Annual Meeting of the Society for Neuroscience](#) will be held later this week in San Diego, CA, November 13-17, 2010. The [Final Program](#) for Neuroscience 2010 is now available online to help you plan your meeting. Don't have time to check it out before you leave? On the next few pages, you can catch brief summaries of a few featured lectures, symposia, workshops, and events that are of interest to *The Neurotransmitter* staff.

Featured Lectures

- **Glenn Close, www.bringchange2mind.org**
Dialogues Between Neuroscience and Society: Bringing Change to Mind on Mental Illness

Saturday, Nov. 13, 11 a.m. – 1 p.m., San Diego Conventions Center: Ballroom 20

If you are in San Diego by Saturday morning, be sure to check out the “Dialogues between Neuroscience and Society” [session](#). This special lecture aims to inform the research community on the importance of bridging the gap between scientific understanding and social understanding of mental illnesses. Award-winning actress Glenn Close will speak about reducing public misconceptions of mental illnesses such as depression, post-traumatic stress disorder, bipolar disorder and schizophrenia. The non-profit organization [Bring Change 2 Mind](#) was established in part by Ms. Close as an anti-stigma campaign that provides information to the public as well as sufferers of mental illness in effort to bring about positive changes for those affected. Check out their [website](#) for enlightening videos and add this session to your SfN itinerary today! (*lecture synopsis by Lindsey Pattison*)

- **Rep. Patrick J. Kennedy (D-RI), U.S. House of Representatives**
A Neuroscience “Moonshot”: Rallying a New Global Race for Brain Research

Monday, Nov. 15, 1 – 2 p.m., San Diego Convention Center: Ballroom 20

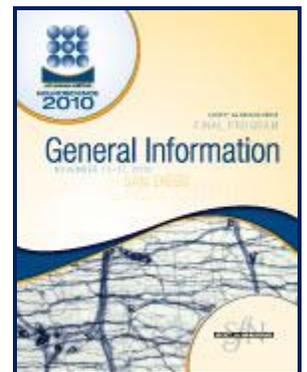
Rep. Kennedy (pictured below) has been a vocal advocate for biomedical research and mental health issues throughout his political career. A recipient of SFN's 2002 Public Service Award, Kennedy has been a long-time voice for the de-stigmatization of mental illness and leader on mental health parity legislation. Though retiring from office at the conclusion of his current congressional term, Kennedy plans to continue his public advocacy work and is currently writing his memoir, *Coming Clean*, a chronicle of his struggles with addiction and depression, slated for publication in Fall 2011. At SFN 2010, he will discuss his vision of a new campaign for brain research and how the broader neuroscience community must join together to advance national and global research agendas, such as helping our veterans with PTSD and TBI. (*lecture synopsis by Jonathan Morgan*)



See the [Final Program](#) for more information on additional [Featured Lectures](#) and [Special Lectures](#).

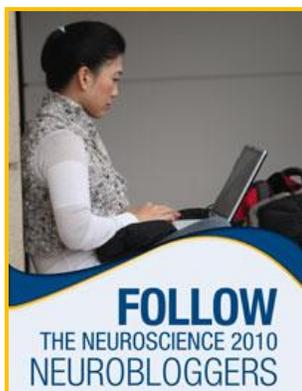


Be sure to use the [Neuroscience Meeting Planner](#) to plan your meeting. This resource allows you to search posters, presentations, and sessions by author name, keyword, date, etc, and then save and print your itinerary.



The [Final Program](#) for Neuroscience 2010 is now available online. Check out the following useful features that will help you plan your trip (many of these are detailed on the pages of this newsletter):

- [Final Program](#)
- [Scientific program](#)
- [Workshops, meetings, events](#)
- [Social & satellite events](#)
- [Featured Lectures](#)
- [Special Lectures](#)
- [Symposia](#)
- [Minisymposia](#)
- [SfN-Sponsored Socials](#)
- [Satellite Events and Non-SfN Socials](#)
- [List of Sessions: Theme & Day](#)
- [Awards in Neuroscience](#)
- [Hotel Map and List](#)
- [Shuttle Schedule and Route](#)
- [Professional Development Resources](#)
- [Attendee Resources](#)
- [Speaker Resources](#)
- [Exhibitor List](#)
- [Hotel Floor Plans](#)
- [Convention Center Floor Plans](#)



Bring Your Laptops and PDAs!

[Free Wireless Internet](#) access will be available in the convention center lobbies and meeting rooms, but will not be available in the exhibit halls or poster session areas.

ONLINE NEUROSCIENCE CAREER CENTER

NeuroJobs
Only from SfN

Find your next job using SfN's NeuroJobs. Job seekers can post a resume, view job postings, and receive personalized job posting alerts on employment opportunities ranging from postdoctoral positions, faculty positions, and industry or alternative neuro-science careers.

Visit the NeuroJobs Career Center at SfN 2010!

When:

Saturday, Nov. 13 –
Tuesday, Nov. 16:
8 a.m. – 5 p.m.

Wednesday, Nov. 17:
8 a.m. – 3 p.m.

Where:

Sails Pavilion, San Diego
Convention Center

Career and Professional Development Workshops

- **NIH Funding for Your Research, Training, and Career Development**

Saturday, Nov. 13, 8:30 – 10 a.m., Manchester Grand Hyatt: Randle CDE

- **Navigating the SfN Meeting**

Organizers: David Riddle, Ph.D., Jennifer Yates, Ph.D.

Saturday, Nov. 13, 2 – 5 p.m. & Sunday, Nov. 14, 10:30 a.m. – noon, San Diego Convention Center: Room 3

For first time attendees, the SfN meeting can be overwhelming. Students and postdocs who are new to the meeting may find it helpful to attend one of the “Navigating the SfN Meeting” sessions, organized by David Riddle, chair of SfN’s Committee on Neuroscience Departments and Programs (C-NDP), and Jennifer Yates, president of the faculty for Undergraduate Neuroscience (FUN). Members of C-NDP and FUN, SfN program staff, and representatives from NIH and from the Federation of European Neuroscientists will share tips on how to get the most from the conference. Whether you are looking for networking strategies or simply ways to make your experience more productive, this session will be helpful. Students and postdocs also should take advantage of the Student and Postdoc Hospitality Suite, sponsored by the C-NDP and located in Room 22 of the Convention Center. The room provides an area for students and postdocs to relax, read, and meet friends and colleagues. Meeting information and a guide to budget-friendly dining also will be available.

- **Careers Beyond Academia**

Saturday, Nov. 13, 2 – 5 p.m., San Diego Convention Center: Room 4

- **How to Write a Manuscript: Getting Your Paper Accepted**

Sunday, Nov. 14, 9 a.m. – noon, San Diego Convention Center: Room 4

- **Grant Writing in the New NIH Format**

Sunday, Nov. 14, 2 – 5 p.m., San Diego Convention Center: Room 3

- **NSF Funding Opportunities for Research and Education in Neuroscience**

Sunday, Nov. 14, 4 – 5:30 p.m., San Diego Convention Center: Room 10

- **Careers Away From the Bench**

Sunday, Nov. 14, 6:30 – 8 p.m., San Diego Convention Center: Room 4

- **Teaching Neuroscience: Undergraduate Curricula and Graduate Expectations**

Monday, Nov. 15, 9 a.m. – noon, San Diego Convention Center: Room 4

- **The Secret to Success: How to Convey a Professional Image**

Monday, Nov. 15, 9 a.m. – noon, San Diego Convention Center: Room 3

- **From Trainee to Independent Investigator: Funding Your Transitions**

Monday, Nov. 15, 2 – 5 p.m., San Diego Convention Center: Room 3

- **Managing Your Research Lab**

Tuesday, Nov. 16, 9 a.m. – noon, San Diego Convention Center: Room 3

- **Essential Skills for a Successful Mentoring Relationship**

Tuesday, Nov. 16, 2 – 5 p.m., San Diego Convention Center: Room 3

- **Why Academia?**

Tuesday, Nov. 16, 2 – 5 p.m., San Diego Convention Center: Room 4

Special SfN 2010 Events

- **Annual Brain Awareness Campaign Event**
Your Neuroscience Legacy Is Our Future

Saturday, Nov. 13, 3 – 4:30 p.m., San Diego Convention Center: Room 28

Public outreach should be a goal for every neuroscientist. It is increasingly common that funding agencies, such as the National Science Foundation, are recognizing the importance of outreach through requirements in grant applications. Each year SfN organizes a special event during the annual meeting to discuss avenues for closing the gap between scientists and the public. This year Robert Diaz, a former Science Educator of the Year and 2010 President's Citizen of the Year awardee, will be speaking prior to a fantastic spread of (FREE) food and a networking/poster session. If you are an active advocate of neuroscience education and outreach or simply want to learn more about this important topic, come on out. Steering committee members of the Wake Forest Brain Awareness Council will be presenting a poster exploring their 6 main outreach efforts. Stop by and show them your support! (*session synopsis contributed by Scott Dobrin*)

- **Social Issues Roundtable**

Child Poverty and Human Capital: New Insights from Neuroscience

Organizer: Martha Farah, Ph.D.; **Speakers:** James J. Heckman, Ph.D., Sebastian Lipina, Ph.D., Michael J. Meaney, Ph.D., Helen J. Neville, Ph.D.

Sunday, Nov. 14, 1 – 3 p.m., Dan Diego Convention Center: Room 10

- **Animals in Research Panel**

Conferring Legal Rights to Animals: Research in the Crosshairs

Organizer: Sharon Juliano, Ph.D.; **Speakers:** Roberto Caminiti, M.D., Michael Conn, Ph.D., Richard Cupp, J.D.

Monday, Nov. 15, 9 – 11 a.m., San Diego Convention Center: Room 11

- **Public Advocacy Forum**

Military TBI and PTSD Research: Advancing Science, Reducing Stigma, and Providing Hope

Organizer: Bruce McEwen, Ph.D.; **Speakers:** Regina Armstrong, Ph.D., Mark J. Ashley, Sc.D., Milos Pekny, MD, Ph.D., Robert Uranso, M.D.

Tuesday, Nov. 16, 3 – 5 p.m., San Diego Conference Center: Room 10

- **Graduate Student and Postdoctoral Fellow Reception**

Tuesday, Nov. 16, 9 p.m. – midnight, Hilton San Diego Bayfront: Indigo Ballroom BC

When you return from SfN....

Autism Spectrum Disorders Awareness 'Neuroscience and a Movie': Mark Your Calendars!

Come support the [Brain Awareness Council](#) at the next 'Neuroscience and a Movie' event. The 2009 Sundance film festival award winning movie [Adam](#) will be shown at [Big Shotz Tavern](#) in Winston-Salem (off Stratford Rd.) on Monday, **December 13 at 6:30 p.m.** The movie will be followed by Q & A with experts in the field, such as [Kim Shufuran](#) (pictured right), executive director of the [iCAN house](#). This free community gathering is always an enlightening event for all who attend, so please plan to attend!



Be sure to visit the Wake Forest University Brain Awareness Council as we present a poster during the Annual Brain Awareness Campaign Event (information to the left)!



Meet AMP's Hayre Fellows at SfN!

AMP staff, along with our two Michael D. Hayre Fellows in Public Outreach, Elizabeth Burnett and Scott Dobrin, will be at Booth #3903. Scott and Liz will present details of their exciting new program, **SHARE: Speaking Honestly - Animal Research Education**. Read more about SHARE [here](#), and be sure to visit [SHARE's Facebook page](#) to keep up with the fast moving developments as the program evolves! Come see us and get a set of our brand new posters, DVDs and other resources, and learn how you can play a vital role in our history-making **Raising Voices, Saving Lives** campaign!

Getting to and from the San Diego Conference Center

Hotel Shuttle Service

A complimentary shuttle service is provided by SfN between San Diego Conference Center and SfN-contracted hotels. [Click here](#) for hotel pick-up locations and shuttle routes.

Date	Time	Services
Sat., Nov. 13	8:30 – 10:30 a.m. 10:30 a.m.–7:15 p.m.	20 minute service 10 minute service
Sun., Nov. 14	6:30 – 10:30 a.m. 10:30 a.m.–4 p.m. 4 –8 p.m. 8 –9:30 p.m.	10 minute service 20 minute service 10 minute service 20 minute service
Mon., Nov. 15	7 –10:30 a.m. 10:30 a.m.–4 p.m. 4 –8 p.m. 8 –9:30 p.m.	10 minute service 20 minute service 10 minute service 20 minute service
Tues., Nov. 16	7 –10:30 a.m. 10:30 a.m.–4 p.m. 4 –8 p.m. 8 –9:30 p.m.	10 minute service 20 minute service 10 minute service 20 minute service
Wed., Nov. 17	7 –10:30 a.m. 10:30 a.m.–3:30 p.m. 3:30 – 6 p.m.	10 minute service 20 minute service 10 minute service

Airport Transportation

An airport shuttle service will be provided from the Convention Center to the San Diego International Airport on Tues., Nov. 16 and Wed., Nov. 17, 11 a.m. – 6 p.m. Tickets are \$10 in advance or on-site. Secure your seat at www.sfn.org/shuttle, or purchase at the Shuttle Information Desk located in Lobby E of the Convention Center.

On-site Child Care

San Diego Conference Center

For children ages 6 months to 12 years. Child care services are provided by KiddieCorp, a national firm experienced in on-site conference child care. Details, pricing and reservation information can be found at www.kiddiecorp.com/neurokids.htm.

How to Have a Great Time in San Diego

by Erin Caulder, Neurobiology & Anatomy Graduate Student

Just as the weather in NC turns colder and the leaves begin their autumnal plunge to earth, one place that remains temperate and beautiful is San Diego. Those of you lucky enough to attend the conference this year should definitely take advantage of the many things to do and sites to see while you are there. If you can manage to tear yourself away from Science for even a few hours, here are some places you might consider visiting:

The [San Diego Zoo](#) is an absolute must see. Honestly, if you only visit one attraction in San Diego, let this be it. This is one of the most famous zoos in North America, well known for their conservation efforts, public outreach, and husbandry of endangered species. The zoo is currently home to many new babies, including elephants, camels, giraffes, flamingos, a panda cub and an Indian rhinoceros. Admission is \$37 for adults (12 years old and over) and \$27 for children (3 to 11). This is absolutely worth it. You can [buy tickets online](#) and thereby avoid waiting in line (inevitably there is almost always a line).

[Balboa Park](#), which more or less surrounds the zoo, is home to 15 museums and multiple performing arts venues. You can wander the park grounds for free, though admission to some of the attractions varies. Two highlights of Balboa Park include the [Japanese Friendship Garden](#) and the [Spanish Village Art Center](#).

When you are done with your poster and ready to get your club on, visit the [Gas Lamp Quarter](#). Here you will find a plethora of bars, pubs, nightclubs, lounges, and other places to let your hair down. Don't forget to take your badge off!

[Coronado Island](#) has the best kept beach in San Diego, and is only two miles from downtown via ferry. Catch the ferry at the Convention Center, pay the \$3.75 (one way!) fare and spend the day on the island. Don't miss the [Coronado Brewing Company](#), it is supposedly awesome and I miss good beer, so have one for me!

To navigate around these places, San Diego has a safe and reliable rail transit system, known as the Trolley, which stops at most major destination areas. Please visit the [San Diego Public Transit](#) site for more information. Here you will find maps as well as a [very handy trip advisor](#) where you can map out your route from start to finish.

As my dear friend who spent many years living in San Diego once said, "The only way to have a bad time in San Diego is to attempt to go to Tijuana." So avoid Tijuana, don't miss the babies at the Zoo, and enjoy southern California this time of year! Just don't come back too tan or you might have some explaining to do...



Eat like a San Diegan

by Jonathan Morgan,
Neuroscience Graduate Student

Admittedly when I started this article, the breadth of my knowledge of San Diego cuisine could be summed up with Ron Burgundy carelessly tossing a deliciously-filling burrito into Jack Black's face. On the one hand that may make me "unqualified," but on the other hand I did volunteer to write this, and [Chowhound](#) boards can be a wonderful resource. As a matter of practicality, I will only mention restaurants that are downtown and at most a few blocks away from SfN hotels.

Given the coastal location, the options for fresh, local (and sustainable) seafood is plentiful. Located on the waterfront near the *USS Midway*, the Fish Market (750 North Harbor Dr) specializes in fresh seafood served in a casual atmosphere. With nice views and both a sushi bar and an oyster bar, you really can't go wrong here. If you're just looking for good, cheap sushi, go to Sushi Deli 2 (135 Broadway). I've come across several websites now that claim San Diego has the best tasting sea urchin in the country. I didn't realize this was something worth bragging about, but it is nonetheless intriguing. A number of sushi places use sea urchin (a.k.a. uni) in their preparation, similar to how they'd use roe. But if you make it to San Diego early enough, head out to the Mercato in Little Italy (Date St. & India St.) Saturday morning from 9 a.m. – 1:30 p.m. and find a vendor where they cut the sea urchin shell in half on site and hand you a plastic spoon. It can't get fresher than that. If you're looking more for the "wood-paneled atmosphere of an old-fashioned men's club," try Dobson's (956 Broadway Circle). As with most old-fashioned men's clubs, reservations are recommended and meals range from moderate to expensive. Even if you don't feel like spending all of your \$46 daily allotment at dinner, head there for lunch, sit at the bar and order a bowl of Dobson's mussel bisque en croute (right)—a local fave.



Cowboy Star Restaurant and Butcher Shop (640 Tenth Ave): It's not seafood, but who needs a transitional device when you have in-house, hand-cut steaks from independent, local ranches?

As with most places in the U.S. that were once a part of Mexico, San Diego has a lot of places to get Mexican food, so I'd be remiss to not mention any. Your options here really run the gamut. There is Antonio's Mexican Food (1350 6th Ave) which is cheap taco stand food, but that's not necessarily bad. For upscale Mexican, Candelas (416 3rd Ave) is located in the Gaslamp District. And anytime I read a review that says both "hole in the wall" and "best fish tacos," I am down for trying it—[Taco Express](#) (1330 State St).

I created a [custom google map of all the places mentioned in the article](#). [Check it out!](#)

Food trucks: so hot right now. The only sandwich I've ever bought off a truck was ice cream. I intend on changing that next week. This website promises [live food truck tracking](#).

Final note: the opening weekend of Neuroscience just so happens to coincide with the closing weekend of San Diego Beer Week 2010—the timing is so perfect, it must have been intentional. San Diego Beer Week is an annual 10 day celebration (one must assume they follow the old French Revolutionary Calendar) of local craft beer. San Diego is thought (by Wikipedia at least) to be home to the original Double Imperial Pale Ale, though this has been disputed by Rogue Brewing Co. up in Newport, OR. I'd prefer to believe that, much like the invention of calculus, this great breakthrough was reached independently, if not simultaneously, by both breweries. In honor of their achievements, and of calculus, I suggest we all raise a pint at one of the nearby brewpubs. San Diego's oldest brewpub, opened downtown in 1989, is the Karl Strauss Brewing Company (1157 Columbia St). Also nearby is Rock Bottom Restaurant and Brewery (401 G St) and Coronado Brewing Co. (170 Orange Ave, Coronado, CA), a couple blocks away from the ferry landing. The history of craft beer in the United States started on the West Coast in the 1980's and has quickly grown from a regional curiosity to a true national movement.



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Are you interested in contributing to The Neurotransmitter? Please contact Stephanie Willard at: stwillar@wfubmc.edu

Don't miss the next issue of *The Neurotransmitter!*

- Highlights from SfN 2010!
- WNCsFfN Annual Fall Neuroscience Research Day