

November Edition

November 6th, 2020

Volume 2, Issue 3

COVID-19

[HUB AT HOPKINS](#)
[JHU COVID RESOURCE CENTER](#)
[MARYLAND DEPT OF HEALTH](#)
[CENTERS FOR DISEASE CONTROL](#)

The Johns Hopkins campus remains under Phase 1 restrictions. Help keep the Hopkins and Physiology community safe by respecting safety regulations and getting the flu shot!

Announcements

HELP WANTED FOR DEPT WEBSITE

The Physiology Department relies on the webpage to disseminate information to members of our department and to the wider world. If you have any relevant skills, consider helping out with updates to the department website. Email [Marsha](#) if interested.

NEWSLETTER CONTRIBUTORS!

Have a short article you would like to put on the newsletter? Or are you interested in helping out every month? Please email Sarah or Kelli! The newsletter team is always looking for more help!

Upcoming Events

BCMB Welcome Happy Hour! TODAY AT 3PM!

Friday Seminar 12pm, Nov 13

Nanami Senoo, Claypool Lab
Nathan Zaidman, Pluznick Lab

Wednesday Seminar 12pm, Nov 18th

Dr. Robyn Klein
Washington University
"Virus-mediated cognitive impairment"

Nov 26: Thanksgiving

Contact Us

Newsletter Team

[Sarah Chau](#)
[Kelli Johnson](#)

Physiology Department

[Physiology Website](#)

Physiology Newsletter

November normally starts the end-of-the-year holiday celebrations, but this has been a year unlike any other. It seems fitting that we should begin this month gaining an hour only to find ourselves waiting a little while longer for the final election results. I am going to assume that by the time we send this out, we will still be waiting. But despite all of uncertainty and anxiety, November can still be a month of gratitude and we are going to start this issue off with a note of thanks.

Despite the stunning lack of responses to our surveys, we appreciate that many members of the Physiology consider this newsletter to be a great addition to this department. We are grateful for the feedback and encouragement and we hope that you enjoy reading this as much as we enjoy putting it together.

Now with all the overly sentimental stuff aside, we have a few announcements. There is important information about flu shot deadlines which are coming up fast, and we also have some details about the department happy hour later [this afternoon](#). And to round off this November issue, Kelli will share her recipe for Thanksgiving rolls!

Happy Thanksgiving,
Sarah & Kelli

Mandatory Flu Shots

Deadlines for flu shots and exemption requests are coming up! See below for details.

Deadline for flu shots
Friday, Nov. 20th

A reminder that flu shots are mandatory for **all** members of the Hopkins community this year.

If you haven't received it yet, you use this [voucher](#) at your local Walgreens or you can schedule your shot on campus [here](#). And be sure to fill out this [form](#) before heading to your appointment. Anyone who has a medical or religious exception must submit this [form](#) by **Tuesday, Nov. 10th**.

For more information, be sure to visit the [Hopkins 2020-21 Flu Campaign](#) page.

And to everyone who has already gotten the shot, thank you for doing your part to help prevent the spread of the flu!

BCMB Welcome Happy Hour

The Physiology Department is hosting a welcoming happy hour for the incoming BCMB students! **TODAY at 3pm!**

This event will kick off with a few words from Dr. Bill Guggino and Dr. Steve Claypool and will feature some of our department's current research projects. There will also be two special presentations showcase some fun activities to do around Baltimore and two rounds of "Name that Physiologist".

Presentation speakers include:

Alex Wade (Kralli lab)
Dylan Sarver (Wong lab)
James Osei-Owusu (Qiu lab)
Michelle Acoba (Claypool lab)
Nathan Zaidman (Pluznick lab)
Sarah Chau (Kralli lab)

There's No Taste Like Home

Travel isn't the best idea right now especially for those of us very far from home. Some of us may be cooking holiday dinners ourselves for the first time this year, trying our hand at new traditions and family favorites alike. Here's a couple of our favorite holiday sides if you want to try something new!

I don't know how many of you remember, but the department held a Thanksgiving Potluck last year and I brought a bowl full of dinner rolls. Convinced I had made too many I thought I would get to take the leftovers home for myself... Yeah, that didn't happen. Since everyone seemed to like them and I can't make them for you this year, here's how to make them yourself!

-Kelli



- Rhodes Frozen Dinner Rolls (Yup, store bought at Target!)
- Baking Spray
- Cling Wrap
- Butter (pull it out when you start pre-heating the oven so it's not super cold but not soft)

- 1) Coat the pan with the cooking spray and space out frozen rolls
- 2) Coat one side of cling wrap and **loosely** cover the frozen rolls, oiled side down (seriously, just lay loose it on top. They need space to rise)
- 3) Let rolls rise several hours (3-5 hours usually). They should puff up a *lot*, at least double in size
- 4) **Gently!** Remove the cling wrap. If you are too rough, the rolls will deflate.
- 5) Bake at 350°F for 15-20 minutes. They'll be golden brown on top when they are done.
- 6) Remove from the oven and cut the butter into pads and toss them onto the (still hot!) rolls. Drag the butter over the tops/sides of the rolls that are exposed. Melted butter will pool between the rolls and down the sides, you are doing it right! (*This is very important to do right away; it makes them soft instead of letting them form a crust*)
- 7) Once the rolls have cooled enough, gently remove them from the pan and tear them apart. Serve with more butter and a good meal!
- 8) Store leftovers in a sealed bag (Ha! Leftovers. Good one)

Publications

The Wong lab is busy as ever with their research into CTRP's, their favorite protein family. **Susie Rodriguez** et al. examine how kidney function is impaired [in aged CTRP1 knockout mice fed a high-fat diet](#). This work also features contributions from Jen Pluznick! Meanwhile, **Dylan Sarver** et al. examine how feeding behavior and adiposity is altered [how feeding behavior and adiposity are altered in CTRP4 knockout mice](#).

Meanwhile, the Pluznick lab continues to identify and characterize the function of novel GCPR's! This month, **Nathan Zaidman** of the Pluznick lab and others demonstrate [how knockout of Gcpr116 significantly reduces urine pH causing metabolic alkalosis](#).