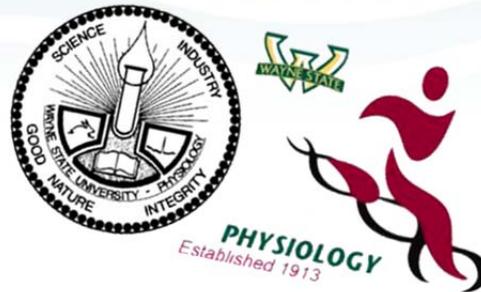


S U M M E R 2 0 1 6

# The Pulse

The Physiology Graduate Student Newsletter



## Physiology Retreat!

Most of you have probably figured that there is no Physiology Picnic this year. We are sad that it won't be happening this year, but we have even better news! In place of the physiology picnic, the physiology department has decided to do a departmental retreat!

The retreat will be held at the Edsel & Eleanor Fordhouse in Grosse Pointe on Friday, August 5<sup>th</sup>. The retreat is planned on starting around noon and the festivities will be followed by dinner. More details to follow soon!



## Summer is Here... and Almost Gone!

Hello everyone! I hope we have all had a good spring and are on track for a beautiful and productive summer. With classes finished, comprehensive exams conquered, and things becoming a little less hectic, we can finally take a deep breath.... And do as much work in the lab before all of the distractions start again! With that being said, it has been a hot summer, so don't forget to take a couple minutes to sit back, enjoy the summer breeze, drink a Bahama Mama, and feel the tingling of the sun on your skin before the frigid cold arrives!

### Save the Date!

Undergraduate  
Research Symposium  
**Thursday, August 4<sup>th</sup>**  
At the Wayne State  
University School of  
Medicine.

Physiology Retreat  
**Friday August 5<sup>th</sup>**  
At the Edsel and  
Eleanor Fordhouse  
in Grosse Pointe,  
MI.

GSRD  
**Friday October 7<sup>th</sup>**  
At the Wayne State  
University School of  
Medicine.

## Bored? Detroit Goodies

**Just in case you have been bored this summer and looking for things to do, here's a list of some Detroit goodies that are a must do!**

### Visit Belle Isle

When I'm not in the lab, all of my time is virtually spent at Belle Isle. It's one of my favorite places to be during the summer. Start your day kayaking or paddle-boarding in the inter-waterways of Belle Isle. Grab a bite to eat in the middle of the island at the Belle Isle Café and then continue to the beautiful Belle Isle aquarium and conservatory free of charge. Take time to stop in at the nature zoo, the Great Lakes Museum, or even hit a bucket of golf balls and play a round at the Belle Isle golfing range and mini-course. Take a trip to the athletic fields and play any sport to your liking. Go fishing on one the several lakes on the island, rent bikes and challenge yourself to bike around the island, hike some nature trails, or just hang out at the beach and enjoy the River. Finally after a long day on the island, make your way to sunset point and relax to a beautiful sunset over the city skyline.

### Enjoy the Detroit Riverwalk

The Detroit Riverwalk runs along the river all the way from Cobo Hall to just before Belle Isle. Enjoy a beautiful stroll down the riverwalk and see some of Detroit's finest. Stroll through Hart Plaza to the Renaissance Center where kids play in the splash pad (water fountains). Continue down to the Cullen Family Carousel and through the William G. Milliken State Park and Harbor to the Outdoor Adventure Center. From there you can take the dequinder-cut pathway north to Eastern Market or continue along the river past Chene Park and stop at Atwater Brewery for a refreshing beverage and some great food. Further down the river at the RiverWalk Hotel, listen to some live music on the river Tuesday and Thursday nights. Whatever you are in the mood for, the Riverwalk in Detroit has got it.





## There is so much out there in Detroit to be explored and discovered.

### Hang Out at Campus Martius

Campus Martius is the heart of Downtown Detroit and is named Detroit's gathering place. Lounge out in the sand with beach chairs and umbrella'd tables. Walk over to the sand volleyball courts or basketball courts to get a little exercise in. Stop by one of the many restaurants surrounding the park. Play the pianos at chase bank or spin in the dradel looking chairs at the Quicken Building. Hang out and listen to live music on select nights or watch a movie outside on the big screen every Saturday at 8pm.

### Shop at Eastern Market

Eastern Market is one of the most famous and most popular Farmer's markets in the country. Take a Saturday to shop for fresh fruits and vegetables grown by local farmers. Grab lunch at one of the many food trucks or order a giant pizza from Supino's. Come back on a Sunday and shop for all kinds of arts and crafts and

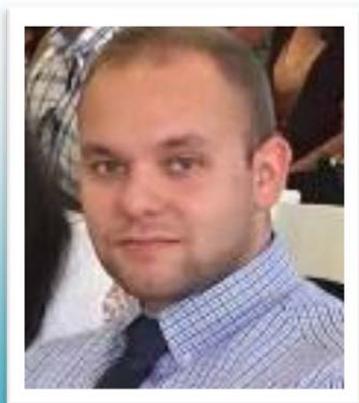
### Slow Roll Monday

Go for a leisurely bike ride with thousands of other Detroiters for Slow Roll Monday and explore all of the Streets of Detroit! Rides start at 7:30 at various locations. For more information visit:

<http://slowroll.bike/meetinginfo.phpat>

## Tim's Glazed Salmon w/Broccoli Rice

Enjoy a scrumptious and healthy meal with Tim's secret salmon filet recipe!



- 1/4 cup brown sugar
- 2 tbsp soy-sauce
- 1 cup long-grain rice
- 1 head broccoli, florets only, chopped
- 4 skinless salmon fillets
- 1 large red onion, cut into 1/4-inch-thick wedges
- 1 tsp olive oil
- salt and pepper to taste

1. Heat broiler. In a small bowl, combine the sugar and soy sauce. Set aside.
2. Cook the rice according to the package directions, stirring in the broccoli during the last 3 minutes.
3. Let the rice and broccoli stand off the heat until the broccoli is tender, about 5 minutes. Fluff with a fork.
4. Meanwhile, place the salmon and onion on a rimmed baking sheet. Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
5. Broil until the salmon is opaque throughout, 8 to 10 minutes, spooning half the soy sauce glaze over the fish during the last 2 minutes of cooking.
6. Serve the salmon and onion with the rice and the remaining glaze.

# Dean there... Done that!



**Akshata Naik**  
3<sup>rd</sup> Year PhD  
Student

I am ushered into the office of our current Associate Dean for Research School of Medicine with a genuine smile and a firm handshake. Dr. Dan Walz, as we call him dearly, has always been one of the nicest personalities we have known at Wayne State University. Previously partaking responsibilities

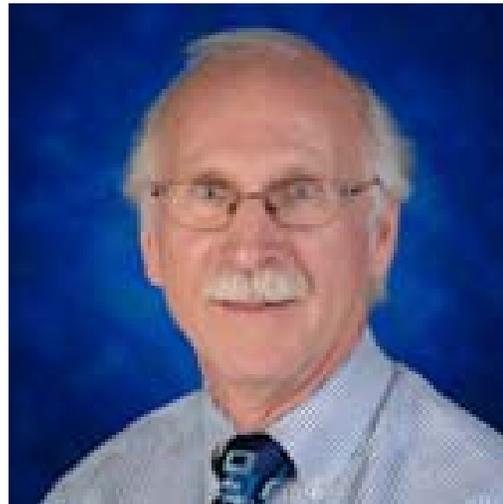
alongside Dr. Terlecky, Prof. Walz recently embarked the duties of a full-time Dean.

If you ever wondered how a day in the life of a dean would be, here is where you look! Dr. Walz succeeds to make time for everyone in spite of his awfully busy schedule. In fact he tells me, *"I really enjoy meeting with students, especially, as they come in fresh with minor concerns..."* Not to forget that hundreds of people want to meet him everyday to discuss concerns or problems relating to Graduate School and School of Medicine. Actually, he was extremely excited to meet someone in an hour, to discuss about a novel technology they claimed to have discovered. Such are the perks of being the Dean!

Dr. Walz thoroughly misses being in lab and performing research, his duties as the Dean take up most of the time. However, it is a conscious move he made a long time ago. Since then, Dr. Walz has been involved in the growth of our institute. He was closely connected in establishing the architecture of the Integrative Biosciences Center (IBio) building for nearly 4 years. Although, a slightly different temperament from Dr. Terlecky, Dr. Walz says, *"...the goal in mind is the same"* which is, the further advancement of our graduate and research programs. Prof. Walz intends to continue the trend of scheduled meetings once every trimester with graduate students. The medical school commences 'flipping

classrooms' come fall and it is something that Dr. Walz is aiming to ensure in graduate curriculum as well. He also feels that it is important to educate students about non-traditional career paths and will make efforts in creating this awareness.

We would like to convey best wishes and hearty congratulations to our Physiology Professor, who for sure, will (without mincing words) *'Wal(t)z his way'* through onerous obligations.



**Dan Walz, Ph.D.**

## Associate Dean of Research and Graduate Programs

Dr. Daniel A. Walz, Associate Dean for Research and Graduate Programs, joined the Department of Physiology in 1973. Before his appointment as Associate Dean he served 10 years in the University's Office of the Vice President for Research. He is also Deputy Director for the Environmental Health Sciences Center. He has been the Principal Investigator on numerous federal and national agency research and training grants. His area of research is in hemostasis with an emphasis on platelets.

# Michigan Physiological Society Conference 2016

**This years MPS conference was hosted at WSU and certainly made a splash.**

This year for the MPS conference, Wayne State decided to do the hosting and had much success. With quite a few student posters, presentations, workshops for high school teachers, and workshops for graduate students/postdocs the conference provided many students and faculty with great networking and career experience.

The conference ended up attracting many different schools such as Michigan state University, Northern Michigan University, Central Michigan University, University of Michigan, Brock University, Michigan Tech University, Adrian College, University of Western Ontario, Western Michigan University, and the keynote speaker Dr. Hannah V. Carey from the University of Wisconsin School of Veterinary Medicine.

One of the main highlights of the event was the evening spent at the Detroit Historical Museum. The event was held in a picturesque scene of Detroit where poster presentations were held and a strolling dinner was served with the theme, "The Streets of Detroit". During dinner, participants had the freedom to wander the museum to see Detroit in all of the different shapes it's held over time. And after all of that, live music rapped up the night.

The event truly combined the collaborative nature of science with all of the wonderful flavors of Detroit. A big thanks to everyone on the MPS committee including the president Dr. Mueller, and the wonderful faculty and staff of Wayne State University for not only making the conference possible, but for making it such a memorable experience.



## Until Next Time...

And with that wraps up another Physiology Newsletter. Hope everyone enjoys the rest of their summers as we roll straight into another academic year. As always if you would like to be involved in the newsletter process (writing, design, etc.) please contact Anthony Anzell ([aanzell@med.wayne.edu](mailto:aanzell@med.wayne.edu)) or Leena Kadam ([lkadam@med.wayne.edu](mailto:lkadam@med.wayne.edu)) .

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