



# Northeast Regional Chapter of the Society of Toxicology



## A Message from the President of NESOT

The Northeast Chapter of the Society of Toxicology (NESOT) is a dynamic chapter with membership from diverse sectors including academia, government, chemical, environmental, and pharmaceutical industries. We strive to promote continued learning and scientific excellence, in addition to networking and collaboration opportunities, for regional toxicologists and students through our Annual Regional Chapter Meeting in the fall and through sponsored events at the Annual SOT Meeting in the spring.

I am honored to serve as the President of NESOT, and I look forward to working with the committee members in 2021-2022. Please join me in welcoming new committee members, Stewart Chute (Secretary/Treasurer), Saurabh Vispute (Councilor), Emily Marques (Postdoctoral Representative), Shelby Zangari (Student Representative), and Bright Obeng (Student Representative). Hank Lin will continue his leadership serving as Past President. Continuing committee members include Larissa Williams (former Councilor, current Vice President), Joshua Gray (Councilor). And we sincerely thank outgoing members, Elizabeth Vancza (Past President), Swetha Rudraiah (Secretary/Treasurer), Kate Annunziato (Postdoctoral Representative), Rambon Shamilov (Student Representative), and Heather Conboy (Student Representative), for all their hard work, dedication, and leadership.

I am pleased to announce that the Annual NESOT Fall 2021 Meeting will be held virtually on Wednesday, December 1 and Friday, December 3. Here is the registration [link](#). We will have a keynote address from Dr. Hank Lin (Director, Toxicology, Translate Bio), graduate student oral presentations, a poster session for trainees, and an organized networking event for graduate and postdoctoral scholars. For undergraduate members we have the pleasure of offering a virtual tour of a working research lab led by Professor Angela Slitt at the University of Rhode Island.

We are pleased to offer awards opportunities for the Fall meeting, the SOT Annual Meeting, and the Paper of the Year. The deadline for submission is coming up fast, with the earliest deadline on November 12. Additional details about each award, their deadlines and prizes, and the application process can be found on our [Awards page](#). Additionally, we are looking for volunteers to help judge submissions. If interested, please email [nesot.council@gmail.com](mailto:nesot.council@gmail.com).

Our upcoming Northeast SOT Mentoring Program (NESOT-MP), launching in March 2022, was created to enhance the networking of our members and better serve the next generation of toxicologists. If you are interested in participating as either a mentor or mentee, please visit our [Toxicology Mentoring Program page](#) to sign up.

We're looking forward to meeting you in the virtual annual meeting and we're preparing for an in-person event at the SOT Annual Meeting in San Diego. Please don't hesitate to reach out and get involved or let us know if you have more ideas for events and outreach. We want to hear from you!

**Joel Cohen, ScD, DABT**

President, Northeast Society of Toxicology Regional Chapter



### **Executive Council 2021–2022**

#### **President**

Joel Cohen, Gradient

#### **Vice President**

Larissa Williams, Bates College

#### **Secretary/Treasurer**

Stewart Chute, Connecticut  
Department of Public Health

#### **2<sup>nd</sup> Year Councilor**

Joshua Gray, US Coast Guard  
Academy

#### **1<sup>st</sup> Year Councilor**

Saurabh Vispute, Pfizer

#### **Past President (Councilor)**

Hungyun “Hank” Lin, Seqirus

#### **Postdoctoral Representative**

Emily Marques, University of  
Massachusetts Amherst

#### **Senior Student Representative**

Bright Obeng, University of Maine

#### **Junior Student Representative**

Shelby Zangari, SUNY College of  
Environmental Science and  
Forestry

### **NESOT 2021 Virtual Annual Meeting**

Held on both **Wednesday, December 1** and **Friday, December 3 from 11 am-1 pm** on WebEx, we will have a keynote address from Dr. Hank Lin (Director, Toxicology, Translate Bio), student oral presentations, a poster session, and a networking event for graduate and postdoctoral scholars. For undergraduate members, we are holding a virtual tour of a working research lab led by Professor Angela Slitt at the University of Rhode Island.

#### **Day 1 (Wednesday):**

- NESOT President's welcome and intro (5 mins)  
11 am
- Graduate student oral presentation (55 mins)  
11:05 am–12 pm
- Poster presentations (60 min)  
12 pm–1 pm

#### **Day 2 (Friday):**

- NESOT President's welcome and intro (5 mins)  
11 am
- Keynote presentation by Dr. Hank Lin (55 mins)  
11:05 am–12 pm
- Undergraduate virtual tour of the Slitt Lab and networking event (60 min)  
12 pm–1 pm
- Expert Panel and breakout sessions (graduate students and postdocs, 60 mins)  
12 pm–1 pm
- Awards ceremony (15 mins)  
1 pm–1:15 pm

To **register** for the meeting, please visit the following [link](#).

All trainees (defined as an undergraduate, graduate student, or postdoctoral fellow) will be free and members and nonmembers who are not trainees will be charged \$10 to cover the cost of student awards. The deadline for submitting presentation or poster abstracts is **November 12**.

**See the list on p.4 for the many awards at the Fall Meeting!**



### Volunteer Opportunities!



We are looking for volunteers to serve on our award committees!  
During the Fall meeting, we need volunteers to score trainee presentations.  
We also in need of volunteers for our travel awards and paper of the year award in December.

Also, we are looking for experts to serve on our career panel for our graduate student event at the Fall meeting.

If you are interested in helping, please contact the NESOT leadership ([nesot.council@gmail.com](mailto:nesot.council@gmail.com)).

### Mentoring Opportunities!

Mentoring from the greek word meaning "enduring" is defined as a sustained relationship between two individuals. Additionally, mentorship not only should benefit trainees, but can be an enriching experience for mentors by improving their leadership and communication skills and can further engage them in their toxicology community.

#### Northeast SOT Mentoring Program (NESOT-MP)

During this mentoring program, we matched mentors (professionals in the field of toxicology) with mentees (*i.e.*, undergraduate, graduate, and postdoctoral trainees) to develop professional relationships and promote the toxicology sector as a potential career path. Both mentors and mentees will commit to meeting for 1 hour, at least four times during the entirety of the program, and we encourage additional meetings based on interest.

**When:** March 2022 to May 31, 2023, Registration will close **February 28, 2022**.

**Where:** Meetings will be held virtually (via Zoom, Teams, Skype, or other virtual platform of choice) and will be scheduled by the mentees based on their/mentors' availability

**How:** If you are interested in serving as a mentor for this program, please complete the following form:

[Mentor Sign-Up Form](#). To register as a mentee, please complete this form: [Mentee Sign-Up Form](#).

Please contact the NESOT executive council at [nesot.council@gmail.com](mailto:nesot.council@gmail.com) if you have questions, or if you would like more information on this program.

#### ToxScholar- Help us Recruit emerging toxicologists!

SOT ToxScholar program supports presentations to increase awareness of toxicology and promote toxicology careers through the interaction of toxicologists with students who may not otherwise have the opportunity to learn about the discipline.

At institutions that are

- Primarily undergraduate
- With a high proportion of undergraduates from underrepresented groups
- In developing countries

We need **YOU** to be a ToxScholar!



[Apply for funding](#), and check out [SOT resources and brochures](#).



## Student Awards!

[Award details listed on our website](#)

### Northeast Regional Chapter Fall Meeting: Abstract Submission due **November 12, 2021**

**Oral Presentation Award:** Up to four students (**graduate and undergraduate**) will be selected to give a 15-minute presentation at our fall meeting. One student will be selected as the winner for the best oral presentation and win \$1000.

**Fall Meeting Postdoc Poster Award:** An award of \$500 will be presented to a **postdoc** who presents a poster at the fall meeting.

**Fall Meeting Student Poster Awards:** Four awards (1st place: \$750, 2nd place: \$500, 3rd place: \$250, and undergraduate: \$125) will be presented to **undergraduate and graduate students** who present posters at the fall meeting.

### NESOT Paper of the Year:

To highlight the outstanding work of our NESOT trainees (**graduate students and postdocs**), a paper first-authored by the award applicant published or in press in a peer-reviewed journal during the period of December 1, 2020, through November 30, 2021, will be selected for this award. The award consists of a certificate and a monetary honorarium of \$1000. The recipient will be announced at the NESOT reception at the SOT annual meeting and will be asked to give a 5–10-minute presentation on their work. **Applications are due December 10, 2021**

### Student Travel Award for SOT Annual Meeting:

Five **graduate and undergraduate** student members of will be selected for prizes (1<sup>st</sup> through 3<sup>rd</sup> Place: \$1000 and Certificate, 4<sup>th</sup> Place: \$750 and Certificate, 5<sup>th</sup> Place: \$500 and Certificate) to offset travel costs to the SOT Annual Meeting in San Diego. **Applications are due by Friday, December 10th, 2021.** Award winners will be notified in January and awards will be presented at the NESOT reception during the annual meeting.

2019 Student and Postdoc Award Winners





### Apply to be an NESOT officer!

It is also time to start thinking about officer elections for 2022-2023! Joining the leadership is a fantastic opportunity to get involved and develop your professional connections!

Beginning in May 2022, the following positions will be available:

- **Vice President** (presidential chain: 3-year commitment)
- **Secretary-Treasurer** (2-year commitment)
- **Councilor** (2-year commitment)
- **Junior Graduate Student Representative** (2-year commitment)
- **Postdoctoral Representative** (1-year commitment)

Please remember that candidates in the President or Secretary/Treasurer Chain must be Full, Associate, Retired, or Emeritus members of SOT. Please submit a candidate bio sketch (self-nominate or nominate a colleague) to NESOT leadership ([nesot.council@gmail.com](mailto:nesot.council@gmail.com)) no later than **Monday, November 15, 2021**.

Early submissions are encouraged. Ballots will be sent to the NESOT Members for voting in January and new terms start in May 2022. A sample bio sketch is included below: This is a guideline – you may revise at your discretion. Make sure you update your ToXchange profile!

[Full Name, including degrees and affiliations]

Dr. [Last Name] is a/the [Current position] at [Place of employment], where he/she [Summary of work]. He/She received his/her doctorate in [Field] from [School/University] in [Year] and was a postdoctoral fellow at [Institution] from [Years, i.e. 1995-1998]. Dr. [Last Name] has served on the [Study sections, Panels, etc.] at the [Organization, i.e. NIH, EPA, etc.]. He/She is author/co-author of [Number] [Publications including peer-reviewed articles and/or book chapters, etc.]. He/She has been a member of the SOT since [Year] and has served the SOT in the following capacities: [Offices/positions held].

We would also like to thank last year's officers for their hard work and dedication to NESOT!



# MENTAL HEALTH DURING A PANDEMIC

The past few months have been really difficult for everyone. Here are some tips to make lab life a bit more manageable.



- 1** Take screen breaks. Time away from the computer is necessary!
- 2** Get up and move! Walk around the office or play a sport.
- 3** Designate work time versus rest time. It's okay to take a break.
- 4** Make weekdays different from weekends. Take time for you!
- 5** Prioritize sleep - 8 hours a night!
- 6** Remember to give yourself grace. You're doing your best.

Visit the NESOT website to take part in our virtual fall meeting.

<https://www.toxicology.org/groups/rc/nesot/index.asp>