

# TV CORE

June 2024

Monthly Newsletter



## MINA AWAD

Mina is a research technician in our lab responsible for many jobs including lab maintenance, freezer inventory, blood processing for multiple projects, and multiple other interesting procedures. She was born in Baghdad, Iraq and moved to the US (San Diego) when she was 3 with her family. She has an older brother and younger sister.

Mina has a professional history in project coordination and clinical research and would like to continue to pursue clinical research. As she puts it, "I joined the lab to learn another side of research. I previously worked (after I graduated from UCSD) as a Project Coordinator with UCSD's Refugee Health Study "Hypertension Self-Management Study in Refugees Living in San Diego" and with this experience I began to love research. But then I found this position as a HIV Research technician. I found I would like to see another side of research and decided to pursue it. After over 2 years in this position, I realized that I would like to pursue Clinical Research again and found this new position as a Clinical Research Coordinator with UCSD (Rady's Children Hospital)."

Mina's academic history includes a B.S. in general biology from UC San Diego. Outside of the lab, she enjoys cooking, baking, painting, and watching KDrmas. She also became an aunt this year which is an opportunity she has loved as her niece is now a month old!

Mina, we thank you for everything you have done as a technician and for being an integral part of CFAR.

## PROJECT HIGHLIGHT

This month's article is the newly released HIV language guide. Please take a moment to scan the QR code below and read this publication that outlines proper usage of terminology when writing a scientific paper.



Above: Nikki, one of our summer interns, after winning the national championships in gymnastics with her level eight team.

## LOOKING FORWARD

In the month of July, we celebrate American Independence Day – July 4. This commemorates the day that the Continental Congress approved the final wording of the declaration of independence.



## TRY SOMETHING NEW!

This month, there are multiple national and world days dedicated to food! Creative ice cream flavor day, world chocolate day, national fried chicken day, national ginger snap day, national sugar cookie day to name a few.

In honor of this, this month's try something new is baking! Below is a super simple recipe for basic sugar cookies.

ingredients:

- 2  $\frac{3}{4}$  cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- 1 cup butter, softened
- 1  $\frac{1}{2}$  cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

steps:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Stir flour, baking soda, and baking powder together in a small bowl.
3. Beat sugar and butter together in a large bowl with an electric mixer until smooth. Beat in egg and vanilla. Gradually blend in flour mixture. Roll dough into walnut-sized balls and place 2 inches apart onto ungreased baking sheets.
4. Bake in the preheated oven until edges are golden, 8 to 10 minutes. Cool on the baking sheets briefly before removing to a wire rack to cool completely.



## SUMMER WORKSHOPS

This summer, we are excited to announce that we will be holding weekly workshops! The first one was on June 21, and following that will be held every week on **Wednesdays at 1 pm** through August 14. Located in **Stein 247 a/b** or attend via Zoom, these workshops will last for approximately 1 hour each and will allow students, techs, and attendees to hear from their coworkers about a plethora of topics. On the 21st, Nadia presented on **Omics technologies**. In-person attendance is preferred but any is appreciated.

## SHOUTOUT!

We would like to wish a very happy birthday to Roni (6/15), Marissa (6/21), and Dem (6/26)!

Pride Month, celebrated every June, honors the LGBTQ+ community's history, resilience, and ongoing fight for equality and acceptance. It's a time for celebration, visibility, and advocacy, reminding us of the importance of love, diversity, and inclusion in our society.

Please join us in congratulating Lizzy and Ethan on their recent nuptials! Best wishes to you both from everyone in our lab as you embark on this new journey together.