

# The Kuchroo Times

## Announcements

### Welcome to our latest lab members!



#### **Sabrina Bracero**

I grew up in Northern Virginia and received my Bachelors degree in Biology and Neuroscience at The College of William and Mary. During my undergrad I primarily did research in early neural-development, but through summer research experience with Dr. Susan Schwab at NYU, discovered a strong interest in Immunology, with a particular interest in autoimmunity. I started my PhD at HMS in Immunology in 2019, and am currently rotating in Kuchroo Lab.

#### **Brianna Regan**

Brianna Regan is the new Technical Research Assistant in the Kuchroo Lab from Long Beach, CA. She graduated from Boston University in 2019 with degrees in both Biology (Specialization in Cellular Biology, Molecular Biology, and Genetics) and English. Before holding this position, Brianna conducted research in a marine population genomics lab, studying thermotolerance in coral species, under Dr. Sarah Davies. Brianna plans to pursue a Masters, and eventually a PhD, in Molecular Biology in order to continue a career in biology research. Outside of work Brianna enjoys rock climbing, knitting, baking, and trivia nights at Lamplighter.

# The Kuchroo Times

## Announcements

### Welcome to our latest lab members!



#### RJ Zhang

I was born and bred in Harbin, a sophisticated and beautiful city in China where winter spans for four months each year (and I do love winters). I came to California for college and studied chemistry at UCLA, where I investigated polymer synthesis and reaction optimization. After receiving my B.S., I went to Houston to work as a research assistant in Dr. Michael Wang's lab at M.D. Anderson Cancer Center, studying the role of PLK-1 and PI3K-Akt pathways in mantle cell lymphoma. This has led me to pursue my current Master of Medical Science studies in immunology at Harvard Medical School. I joined Kuchroo lab in the summer of 2020, and I aim to have a deeper understanding of the cellular interaction and molecular mechanisms of autoimmune diseases and cancer.



Michelle and Ben got engaged on July 28th while celebrating their anniversary. He popped the question at the Boston Public Gardens while they were overlooking the Frog Pond on the footbridge. They are overjoyed and safely celebrating while socially distanced.

# Mental Health Minute



All you have to do is take it one second, one hour, one day at a time.

SPARKLIFE

# Self Care Corner



YOU WOULDN'T LET THIS HAPPEN TO YOUR PHONE. DON'T LET IT HAPPEN TO YOU EITHER.

SELF CARE IS A PRIORITY, NOT A LUXURY.

# Meme Mayhem



# Workout of the Day

## UNWIND

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose.

Hold each pose after #2 for 30 seconds.



# Photo of the Day



**Getting in some court time!**