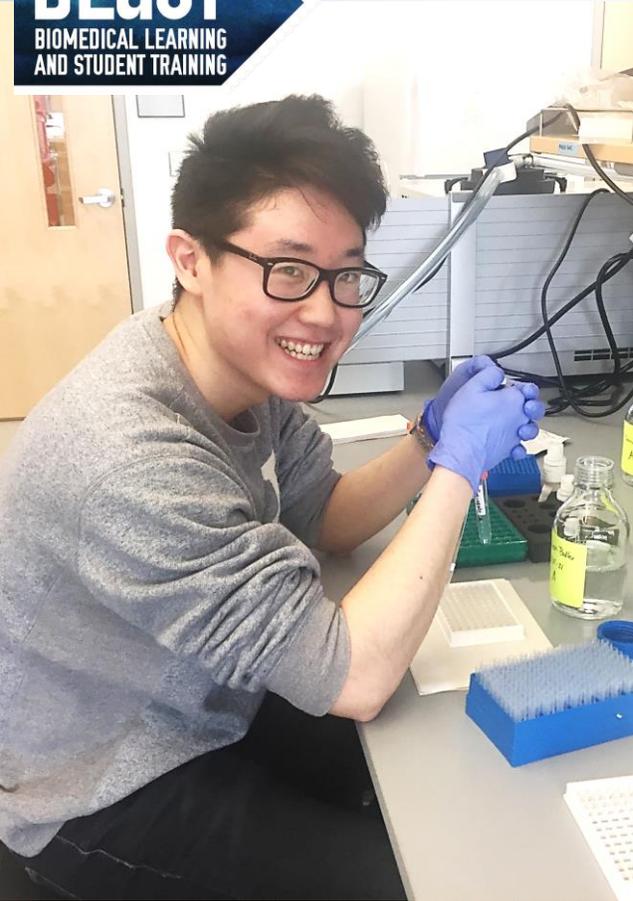


Scientist of the Month



Jimin "Josh" Kim



Josh is an undergraduate student and a second year BLaST Scholar. He intends to graduate next year with a BS in Biology and a minor in journalism, and to continue on to medical school after graduation. This goal has been supported by his participation in the program, from BLaST connection courses, the Maymester Biomedical Exploration Experience (BEE), and BLaST-sponsored research. Josh says, "BLaST has been super helpful in establishing connections for research in medicine-related fields."

Research

Josh is involved in two projects with his faculty mentor, Dr. Robert Coker. The first project has focused on the Yukon Arctic Ultra, a 430-mile ultramarathon. Working with the athletes, Josh has determined the potential importance of circulating cytokines/myokines in the preservation of fat free mass under subarctic winter conditions. Josh recently attended the Society for Advancement of Chicanos/Hispanics and Native Americans in Science Conference (SACNAS) in Salt Lake City, UT, where he gave a poster presentation, specifically evaluating alterations in myostatin. His research group is currently in process of drafting this manuscript for publication.

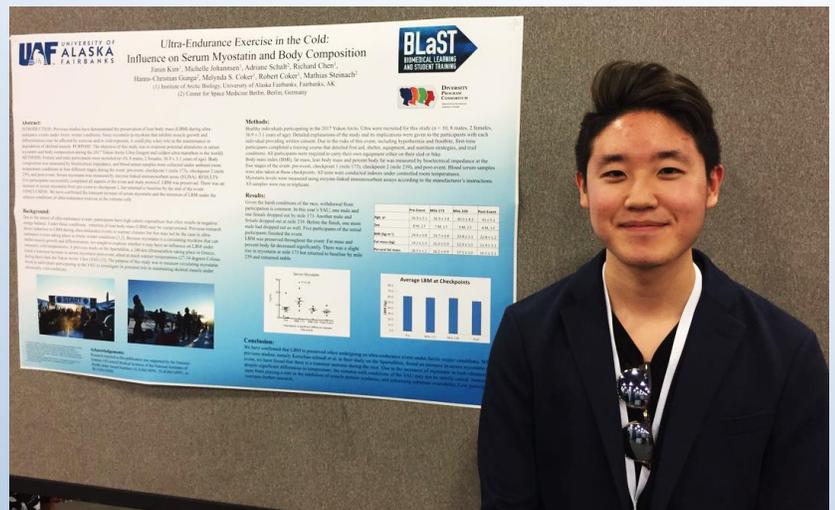
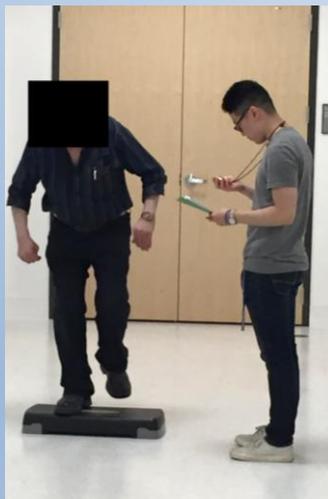
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Mentoring

Being a BLaST scholar, Josh receives constant support and mentoring. "The whole process has been great" according to Josh. Lori Gildehaus a Laboratory Research and Teaching Technician (LRTT), has been his mentor for two years. Due to his interest in clinical research, Lori connected Josh with Dr. Coker, and his Ph.D. student, Michelle Johannsen. These two enthusiastic research mentors have projects which align well with Josh's interests and have been extremely helpful in introducing him to human health research.

The mentoring received from Dr. Coker and Ms. Johannsen have been instrumental in providing Josh with the opportunity to develop his own expertise and confidence with clinical research. Josh looks forward to continuing to learn from them in his next few semesters.

Pictured right, Josh conducting physical function testing with a study participant (face obscured for anonymity).



Josh presenting his poster at SACNAS, October, 2017

Josh is directly involved in another project devoted to nutrient strategies designed to improve liver health. This second research project is ongoing, and focuses on formulations to lower excess lipid in the liver. This project has been recruiting participants who regularly consume alcohol* where their liver, body composition, physical function and specific blood metabolites are monitored, and checked again when given a nutritional supplement that provides a unique profile of essential amino acids.

*participants consume alcohol on their own time and not provided by the project.