

# The Lion Ledger

❄️ Winter 2024 ❄️



*Artwork by Elise Shealy, 1<sup>st</sup> year Neuroscience PhD student*

## Note from the Editors:

Bundle up, everyone! It's time for the Winter Edition of the Lion Ledger. We're back from the holiday break, the semester is in full swing, and you're likely looking for something to read on your lunch break. In this edition of the Ledger, we have some tips on how to overcome homesickness, seasonal affective disorder (SAD), and frostbite. In addition to more wintery science about how seeds survive the cold weather, we have some delicious, heart-warming recipes for you try. For those long days of caffeinated studying or writing, check out the new Englewood Roasting Company (or maybe not? Read Alexis's article for more information). Lastly, be sure to check out some book and podcast recommendations by College of Medicine graduate students. If you have ideas for a Lion Ledger piece, reach out to us at [lionstalkscience@gmail.com](mailto:lionstalkscience@gmail.com) and we'll be happy to include it in the next (Spring) edition of the Lion Ledger!

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# This Season in Science

## Tips and Tricks to Overcome Homesickness

By: Shriya Gangakhedkar

With holidays coming to an end, individuals, especially students, are transitioning back to their mundane and solitary routines. Along with this transition comes the anxious feeling of homesickness caused by separation from people and places that you love and enjoy. This feeling can be similar to the flood of emotions experienced after a heartbreak. Homesickness is a widely experienced emotion that can be quite overpowering and potentially impactful to your overall well-being. Here are 5 possible ways to manage and overcome homesickness.

**1) Build a routine:** Establishing and following a routine can help you beat boredom. Ensure that your daily routine is filled with interesting activities that keep you active and engaged. By staying busy, you can redirect your thoughts away from home, making the adjustment to your new environment smoother. Keeping yourself occupied can be an effective strategy to minimize homesickness and foster a sense of fulfillment in your new setting.

**2) Networking:** A new place demands connecting with new people and making new friends. These new friends will eventually be your family away from home. Joining new clubs of interest or hosting parties can help you to know and connect with your society. Although making new friends can be daunting, especially for introverts, it is an opportunity for personal growth by venturing beyond one's comfort zone. Embracing the challenge of forming connections with others can lead to valuable experiences and a broadened perspective. It is a chance to discover meaningful connections that contribute to personal development, even if the

initial discomfort may be intimidating. The process of stepping outside one's comfort zone can be transformative and can pave the way for a richer and more fulfilling social life.

**3) Explore:** Embark on a journey of exploration in your new location. Delve into the local culture and community, as this can greatly enhance your ability to seamlessly integrate into your surroundings. By immersing yourself in the unique aspects of your new location, you not only gain a deeper understanding of your environment, but also open doors to make meaningful connections and a more enriching experience. Registering for local newsletters or following social media blogs and pages is a great way to stay informed about events and developments in your community. Embracing the local culture is a key to fostering a sense of belonging and making your new location feel like home.

**4) Enjoy your "me" time:** Even though establishing new connections is an integral part of overcoming homesickness, enjoying your time alone and appreciating your own company is equally important. Exercising, or any other physical activity, can [boost endorphins, or "happy hormones,"](#) and help you keep a positive Outlook. Additionally, personalizing your space with photographs or things that comfort you can combat homesickness.

**5) Stay connected with home:** Living in the technology era, connecting with your family and old friends is just a click away. While this instant connectivity is a valuable resource, it is essential to strike a balance. Excessive communication with home can potentially intensify feelings of homesickness. Therefore, finding the right proportion of staying connected allows for a comforting link with loved ones without overshadowing the opportunities for personal growth and adaptation in your new environment. Setting a regular schedule of calls with your family and friends can help in maintaining a healthy balance between staying connected and embracing the

present to effectively manage homesickness.

## Don't be SAD: How to Beat the Winter Blues

By: Savannah Marshall Moscon



Image Credits: [Livi](#)

The lack of sunlight during the winter months is enough to give most people some amount of the 'winter blues,' and many people experience it to an extent that affects their daily lives. This tendency to develop depressive symptoms during a specific time of the year, generally in the winter, is known as Seasonal Affective Disorder ([SAD](#)). Dr. Michael Terman of Columbia University emphasized in [an interview](#) that [there are highly effective and accessible treatments for this disorder](#). The main [symptoms of SAD](#) include fatigue, difficulty waking up, social withdrawal, anxiety, carbohydrate cravings, weight gain, headaches, and even impaired cognitive function. If you have [any](#) of these symptoms, the treatments outlined here can be extremely beneficial.

One of the main causes of SAD is decreased sunlight exposure, so it may not be surprising that the most [successful treatment](#) is increasing light exposure. [Light boxes](#) may be the easiest therapy for most people as they are affordable and simple to use. However, direct sunlight exposure is the most effective. Andrew Huberman, a neurobiology professor at Stanford University, explains in his [podcast](#) that light exposure is directly linked to improved mood and even helps alleviate feelings of physical and emotional pain.

Additionally, sunlight is pivotal for regulating the hormones that orchestrate the complex biological processes involved in your circadian rhythm, and sunlight (even the amount that pokes through on a cloudy day) is exponentially better at doing this than artificial light. Dr. Huberman [explains](#) that exposing your eyes to sunlight (not through a window) within the first two hours of waking and avoiding light as much as possible within the hours before sleep are the best ways to regulate your circadian rhythm. In fact, getting too much light in your eyes before bed causes jetlag. That's right, you do not need to travel to be jet lagged, all you need to do is to stare at your phone before bed! Regular, uninterrupted sleep is also pivotal for regulating mood, with research showing that sleeping too little or too much are both linked to an [increased risk](#) of depressive symptoms. Taking care of your body and brain by getting sufficient sleep and regular exercise are rarely listed as treatments for SAD, though research has found a [strong link](#) between physical activity, improved mood, and lower rates of depression. Exercise is [known to improve](#) cognition, mental health, mood, sleep, and energy levels. If regular exercise is not in your routine, my best advice is to start small by setting a daily step goal – and go get those steps outside in the sunlight!

Therapy is another highly beneficial treatment for SAD. Even if you cannot afford formal therapy, there are many cognitive behavioral therapy (CBT) resources available online that can be done solo, and for free. In fact, CBT is as [efficacious](#) as antidepressant medication. [This guide](#) or [this list of worksheets](#) are great places to start. Meditation and mindfulness-based interventions are other free and accessible practices that have shown [more consistent efficacy](#) in treating depression than antidepressant medication. To learn about the benefits of meditation and how to begin meditating, [check out this article!](#)

If you feel you need professional help or medication to manage your seasonal depression, do not hesitate to contact a mental health professional. If you are experiencing suicidal thoughts, contact the Suicide and Crisis Lifeline at 988. Managing mental illness can seem overwhelming, but science has shown [there are effective treatments](#) for these illnesses, so do not be afraid to seek the treatment you need.

## Too Cold to Handle: The Science of Frostbite

By: Abbey Heinbaugh



Image Credits: [iStock Photo](#)

As a child, nothing was more exhilarating than waking up to a school cancellation notice. I'd race out of bed and look at the glistening snow outside my window. My mother knew exactly what thoughts were spiraling through my head, so she'd tell me to stay bundled up and wear gloves so I didn't get frostbite. Frostbite? Of course, I knew what frostbite looked like – grotesque images of black, necrotic fingers rushed through my mind – but I didn't understand how frostbite worked or how it caused tissue to die. Do you? Let's dive in!

### What is frostbite?

Frostbite occurs in stages, and progresses with increased duration of exposure to [temperatures less than 32 degrees Fahrenheit](#) (0 degrees Celsius). It primarily affects extremities and areas with less insulation, such as the nose and ears. Prolonged exposure to cold

temperatures [constricts blood vessels \(vasoconstriction\) and generates small blood clots](#), ultimately preventing the delivery of heat-rich blood to distal tissues. Vasoconstriction is the body's response to [preserve core body temperature](#), while blood clots may arise due to decreased circulation in the affected area. In fact, the average blood flow to skin is around [250 mL/min, but that rate plummets to 20-50 mL/min](#) during frostbite.

### Stages of frostbite

After I was bundled from head to toe, I'd head out into the frozen wilderness. My cotton gloves never stood a chance and instantly would become coated in snow, inadvertently making my hands colder. Now, I wasn't about to let a perfectly good snowfall go to waste, so I'd press on despite the cold. Eventually my hands would become numb, so I'd rush back inside to warm them, completely unaware of what had just happened. If you share a similar story, chances are you may have experienced mild frostbite, also termed *frostnip*. Frostnip occurs when prolonged exposure to cold temperatures results in numbness. As the affected area warms, pain or tingling may occur, but [frostnip does not cause permanent damage](#). If the warning signs of frostnip are ignored or not quickly resolved, the affected skin may freeze, resulting in frostbite. When skin freezes, [cells rupture due to ice crystal formation](#), and the resulting leakage of cellular fluid leads to edema (swelling). Frostbite may be superficial, or may involve deeper tissues depending upon the severity of exposure. Painful [blisters, either clear or bloody](#), may develop up to 48 hours following exposure. In extreme cases, the affected area may become [hardened](#) – indicative of dead tissue – potentially requiring surgical removal.

### I think I have frostbite, now what?

If you suspect you have frostbite, immediately remove yourself from the cold environment and seek medical attention. Remove any wet clothing and cover the affected area with a dry

covering. If you're able to reach a medical facility within 2 hours, it is [not recommended to use high heat](#) on the injury, since the rapid thawing may cause further damage. The best preventative measure is to limit your exposure to cold temperatures. Listen to your body – if your skin goes numb, the temperature may be *too cold to handle*.

## It's Been a Long, Cold, Lonely Winter – If You're a Seed!

By: Jackson Radler

If you have experience with seeds germinating, it was probably in a farm or garden. You put the seeds in the dirt, water them, and *voila* – a plant grows. This is all well and good, and I'm sure that tomatoes and corn appreciate us humans helping them along. But how do wild plants, the ones that aren't pampered, know when it's time to sprout?

While not all plants produce seeds (ferns, mosses, and algae are the most familiar exceptions), nearly all the plants around us incorporate seeds into their life cycle. A seed is a plant that's in a kind of suspended animation—not quite dead, but also not performing the normal biochemical processes we associate with life. This presents a challenge; one of the biggest determinations a seed must make is when to start growing again, i.e. when to germinate. There are two main strategies that seeds use to germinate at the optimal time: *quiescence* and *dormancy*.

### Quiescence: Waiting for Better Times

Improperly timed germination can spell trouble for a new plant in multiple ways. Germinate too early, and unfavorable conditions (whether they be too hot or too cold) may kill the plant. Germinate too late, and other plants will have a head-start in the race for that year's resources.

Seeds use a strategy called **quiescence** to wait out harsh conditions, and be ready to germinate when things improve.

Seed germination is controlled by two key phytohormones: gibberellic acid (GA) and abscisic acid (ABA). GA promotes germination, while ABA acts antagonistically to delay germination. Seeds use multiple biochemical pathways to detect key external factors (water, oxygen, temperature, and light), which in turn control the balance of ABA and GA. For example, [red light activates GA biosynthesis and simultaneously inhibits ABA synthesis, promoting germination](#). Though quiescence, seeds are able to wait out unfavorable conditions, such as a winter or drought, and germinate at their ideal time.

### Dormancy: Not All at Once!

Quiescence is great, but imagine if all seeds of a given species behaved identically, sprouting as soon as conditions became favorable. They would be competing for resources, and more critically, would all be vulnerable to an unexpected change in conditions (late frost, wildfire, etc). For these reasons, some seeds employ a second strategy called **dormancy**. The specific types of dormancy are a debated topic, but the [general idea is to introduce variability into the germination process](#). A dormant seed is one which won't germinate, even if exposed to ideal conditions. If some seeds germinate each year while others stay dormant, due to individual differences in their environment or biochemistry, a *soil seed bank* is formed. When calamity strikes and wipes out all the plants in an area, dormant seeds in the seed bank are more likely to survive and are able to repopulate an area.

This strategy of forming a seed bank is commonly employed by weedy plants, much to the chagrin of humans. Even if all the plants in an area are killed—e.g. by tilling a farm field—dormant seeds can germinate right after the tilling and repopulate the area (with more weeds). For this reason, farmers often till fields multiple times to deplete the seed bank.

Seed banks and dormancy are excellent adaptations for wild plants, but the very thing that makes the trait desirable—variability—is an annoyance to human cultivation. For this reason, dormancy has been bred out of many cultivated plants through human-applied selective pressures.

When humans cultivate seeds that do exhibit dormancy, such as native flowers and grasses, a method called *stratification* is used to boost germination rates. Essentially, seeds are stored in the cold for an extended period (often a fridge for a few months). This 'tricks' the seeds into breaking dormancy, increasing the rate of germination once they are planted.

## Winter Recipes

### Creamy Greek-Inspired Lemon Chickpea Soup

By: Olivia Marx

Growing up with a Greek mother, I quickly developed an appreciation for all foods tangy, garlicky, or lemony. This soup is a variation of the Greek Avgolemono soup (egg lemon soup) that I grew up loving and only recently learned how to make! Whipping in the egg just right leaves you with an unbelievably creamy and yet tangy soup that is perfect for any season. Adding in chickpeas, vegetables, and rice or orzo makes this soup a filling, delicious meal! Notably, this soup tastes great even after freezing and thawing, though the texture does change.



Ingredients:

- 1 tablespoon olive oil
- 1 small white onion, diced
- 3 medium diced carrots
- 5 cloves minced garlic
- 10 cups chicken broth or vegetable stock
- 2 cans chickpeas, rinsed and drained
- 1 cup uncooked orzo or ¾ cup rice
- 4-6 eggs (more eggs = more creamy)
- ½-1 cup fresh lemon juice\* (or a quality store-bought lemon juice: flavor is important here)
- 1 cup spinach or kale
- 1-2 tablespoons fresh dill (optional)
- Salt and pepper to taste

\*For anyone who doesn't love being assaulted with lemon juice, start with ½ cup and add more to taste after the soup is done. For anyone wondering how I personally like my avgolemono soup, add 1 full cup of lemon juice.

Instructions:

1. Heat olive oil in a large stock pot and add onion. Sauté 3 minutes, stirring occasionally. Add carrots and garlic and sauté 5 more minutes, stirring occasionally.
2. Add chicken stock and chickpeas and cook to a simmer and then reduce heat to continue to simmer without boiling too hard.
3. Add orzo/ rice and cook until tender, about 10-15 minutes depending on the type used.
4. While orzo/ rice is cooking, in a separate bowl, whisk the eggs and lemon juice together. Very slowly, drizzle in 1 cup of hot broth while whisking the eggs. If you go too quickly, the eggs will scramble, and your soup will be lumpy. Repeat with 1 more cup of broth.
5. Remove soup from heat and slowly add in egg mixture while stirring. If the eggs look like they are trying to

scramble, let soup cool a bit and then try again.

6. Return the soup to low heat. Stir in spinach and dill for 1-2 minutes until spinach is wilted
7. Season with salt and pepper to taste and serve! Garnish with lemon wedges and extra dill if desired.

Adding in the eggs is tricky, but well worth it in the end! Additionally, this recipe is totally customizable to your taste! I personally feel like soups are an opportunity to toss in any extra veggies on hand that might otherwise go bad. Feel free to add shredded chicken or switch up the type of beans, veggies, and amount of lemon juice to taste!

Photo and recipe adapted from [Lemony Orzo Chickpea Soup - Gimme Some Oven](#)

## Creamy Sundried Tomato Chicken Soup

By: Savannah Marshall Moscon

Ingredients:

- 2T butter
- ½ onion, diced
- 1 leek, sliced
- 2T sun-dried tomatoes, diced
- 4T heavy cream (or coconut milk)
- 6C chicken stock
- ¼C lentils
- 3C diced potatoes
- 1 can hominy or corn
- 1C spinach
- 1C shredded chicken

Instructions:

Melt butter in a large pot and sauté onions and leeks until soft, then add in garlic and sun-dried tomatoes and sauté for a few more minutes. Add in heavy cream (or coconut milk), then chicken stock. Once it comes to a boil, add in the lentils to boil for 5 minutes before adding

the potatoes. Boil until potatoes and lentils are soft and add the hominy/corn, spinach, and shredded chicken. To make vegan: do vegetable stock and coconut milk and omit chicken. To add veggies: carrots, celery, beans, sweet potatoes, anything you wish! To add protein: increase lentils and chicken, [temper eggs](#) in the stock and mix in, add any other meat or legume protein, add hemp hearts. Lastly, Enjoy!

## Masala Chai

By: David Diaz



Image Credits: [The Flavor Bender](#)

Masala Chai, also known as Chai tea in the West (tea-tea for those in the know), is a mixed-spice tea that originated in India but has gained worldwide popularity. Traditional masala chai contains the simple ingredient of black tea. The most common tea used is Assam black tea, but other varieties can be used such as Darjeeling and Nilgiri. If all you have is English breakfast it's okay, as it's a blend of tea that typically contains a blend of Chinese black tea and Ceylon from Sri Lanka and Assam from India. Earl grey can be substituted depending on the blend, but use whatever black tea you have!

Overall there are various ways to make Masala Chai, but they typically use the same base ingredients:

Cloves

Cinnamon

Green cardamom

Milk: the thicker the better. For my vegan/non-dairy friends, I recommend using almond, oat, or cashew milk.

Sweetener: if you have access to cane sugar, use it over white granulated sugar.

#### Optional spices:

Black peppercorn, Fennel, Star anise, Nutmeg, Ginger, Rose petals

#### Instructions:

1. Crush the spices (3 cloves,  $\frac{3}{4}$  of a cinnamon stick, 4 green cardamom pods) and add them to a pot. Add 2-3 tablespoons of black tea.
2. Heat with 1 cup of water and bring to a rolling boil, then reduce the heat and allow the spices to steep for 5 minutes
3. Add sugar to taste
4. Add 1 cup of your choice of milk.

(If you are using ginger, make sure it has been well boiled. Ginger contains *Ginger Protease (Zingibain)* which will curdle your milk if it is not heated properly.

If the taste is too *milky* you should reduce for a little longer)

5. As Chai boils, turn off the heat when you see a layer of cream form at the top. Begin to aerate the tea with a ladle to reincorporate the froth.
6. Allow the mixture to sit for 10 minutes to allow for a better infusion
7. Strain and serve

Masala Chai is made to your taste, so experiment and change the ingredients as you see fit. No problem in adding a few more cloves, or not adding anything extra. Drink whichever way is most convenient for you.

## Local Events Coffee Shop Review: An Englewood “Roast”

By: Alexis Scudder



Image Credits: [The Sun](#)

Upon the close of the closest coffee shop, the Cocoa Beanery, I was very excited to see the reopening of the spot under the new name Englewood Roasting Company. With Englewood Brewing Company being an excellent spot for pizza, appetizers, and drinks, I was optimistic about the opening of a new business under the same ownership.

Unfortunately, I was sorely disappointed.

**The hours:** The regular hours are 7 am – 3 pm Monday through Friday and are reduced to 7 am – 12 pm on Saturday. This does not allow for any extended period of study, which is what I often look for in a coffee shop. Additionally, the weekend hours may accommodate brunch meet-ups for the early risers but are less than ideal for the rest of the coffee-seeking population.

**The ambiance:** My friend Afton, an MD/PhD student, and I chose to go to Englewood Roasting Company on a Thursday morning for a quick bite and coffee before heading into the lab. Upon walking in, I enjoyed the ambiance more than before due to the addition of more modern-looking tables and a new

arrangement for the ordering counter. They had a decent-sized menu for breakfast and coffee, but I wished for more ways to customize the items.

**The order + experience:** I ordered an “ERC” sandwich that is described as an egg, cheese, and sausage on a croissant, along with a cold brew with white chocolate peppermint cold foam.

The drinks were brought to our table, and I immediately noticed that all the syrup from the drink was sitting at the bottom. I attempted to stir it but had difficulty mixing all of the elements of the drink.

While it was passable cold brew, I have had better at Starbucks, let alone other small coffee shops. If Greg Kincheloe’s Cocoa Beanery review in the Spring 2023 Lion Ledger is anything to go by, the establishment’s coffee quality has fallen far from “excellent.” When our food arrived, it was in a takeout Styrofoam container – great for reducing dishwashing requirements, but not for the environment. The bagel the sandwich came on, not a croissant, was slightly burnt but was still good despite this. However, the egg and sausage felt akin to a Jimmy Dean breakfast sandwich you could buy in the frozen section of the Sam’s Club. I imagine that the fresher ingredients in the lunch items may be of better quality, but I was not impressed.

Afton spoke on her own experience, saying, “*Englewood Roasting Company has a fresh new look over a relatively similar hours & menu to Cocoa Beanery. With okay coffee and food, it could be fun for a change of routine or a morning off-campus work session. Still, I don’t expect it to replace the on-campus Starbucks for convenience or the off-campus study experience of Folklore (Folklore Coffee Company in Elizabethtown) at this point.*”

**Overall rating:** 2/5 stars. It had a nice ambiance and decent options, but the hours and food experience left something to be desired. For the \$14 I spent, I expected better. But don't just take my word for it! Does the Englewood Roasting Company deserve this roast? Sip for yourself and see!

## Let Us Influence You *She Who Became the Sun*: A Look into A Different Kind of Fantasy (Book Review)

By: Rachel Kang

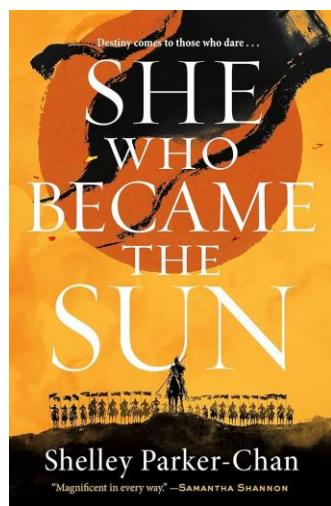


Image: *She Who Became the Sun* by Shelley Parker-Chan - A wonderful view into Eastern fantasy

*"When all we have are these brief spans between our nonexistences, why not make the most of the life you are living now? The price is worth it."*

~ Zhu Chongba, *She Who Became the Sun* by Shelley Parker-Chan

*She Who Became the Sun* is a Chinese historical-fantasy novel that follows our protagonist, the historical figure Zhu Chongba, as she tries to attain a destiny far greater than what she was originally given. Historic fantasy is a very popular genre in Asia, as many find these stories to be familiar while also enjoying the

fantastical additions the writers add in. Growing up in a Korean household, our TVs were always playing Korean dramas. Reading this book gave me such strong nostalgia for when I used to watch the latest episode of the hottest historic K-drama with my family.

I cannot recommend this book enough. The story is gripping and engages you from the first page as you follow the protagonist rising from the ashes of her past life and into greatness. This story tackles topics such as gender roles and what it means to ascend gender, hubris and ambition, and how our relationships change as we grow as people. What really amazed me with this story is that the author took the story of real historical figure Emperor Zhu Chongba and retold the story as if he was assigned female at birth and grew up masquerading as a man. It is a delightful twist to a long-time historical story that keeps you guessing until the very end.

If you are someone looking to read more in the new year or want to expand your reading purview by including Eastern fantasy, *She Who Became the Sun* is an excellent book to start with. Also, the sequel, *He Who Drowned the World*, has also just been released in case you are looking for more.

## (Pod)Casting a Wider Net: Accessible Science Education

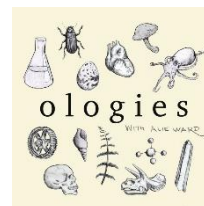
By: Laura Odom

What do long hours operating a microscope, vigorous workout sessions, and your thirst for learning new things have in common? They can all benefit from you listening to a podcast! The daily grind of graduate school can leave us lacking in the "time for expanding our general scientific knowledge" category. Specifically, it's hard to find the time to read books and papers about science unrelated to our own research topics. However, podcasts can help with that! Ranging in length from less than 10

minutes to almost 2 hours, and covering topics like life sciences research, epidemiology, space, and research-supported self-improvement methods, you're bound to find something that resonates with you.

Below are podcast recommendations from myself and a few colleagues. These podcasts cover topics from new scientific discoveries to more science-fiction-esque themes, and there are varying degrees of goofiness and fiction involved. As with any channel of scientific information, make sure to look into the sources used when the "facts" are being stated. Sources are usually found in episode descriptions on your podcast-obtaining app/website of choice or on the podcast's website.

Recommended by me (Laura Odom, Anatomy PhD Candidate):



In my opinion, [Ologies with Alie Ward](#) is the podcast to end all podcasts. *Ologies* episodes cover an entire spectrum of topics

(lemurs, near-death experiences, and native plants being some of the most recent episodes), all in the format of a laid-back, no-stupid-questions interview with an "ologist" who is an expert in that topic. Host Alie Ward's questions and commentary are well-researched, relevant, and delivered in a way that makes one *literally* laugh out loud, even in the middle of a multi-hour experiment. In addition to the bounty of scientific knowledge you can gain from this podcast, each topic somehow ties back into the greater picture of life, making time for the things you enjoy, and being kinder to yourself and others. You can't go wrong with *Ologies*!

The title [TED Talks Daily](#) is pretty intuitive if you're familiar with TED Talks. If you aren't familiar with the concept, TED Talks are freely available video resources of





influential speakers from around the world covering topics in disciplines like science, technology, business, self-improvement, and more, under the premise of "Ideas worth sharing." The TED website contains a repository of Talks for you to browse, but if you're on the go and/or don't want to waste precious time choosing among a plethora of stimulating topics, you can check out *TED Talks Daily*. The podcast brings a new Talk every weekday, and with the wide range of topics covered, you can learn something new that you wouldn't have even thought to go looking for. With each episode usually being between 10-30 minutes, this podcast is perfect for your morning or evening commute.

Recommended by Jackson Radler,  
Anatomy PhD Candidate:



"*The Allusionist* is a fortnightly-released podcast that's ostensibly about etymology—the study of word origins and the evolution of their meanings—but in reality is an adventurous look at the expansive world of language. Helen Zaltzman explores the power of active vs. passive voice, highlights linguistic rules that you use every day without even knowing, and of course gets to the bottom of why the planet *Uranus* sounds like it was named by a teenage boy."

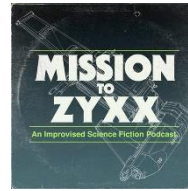
Recommended by Afton Widdershins,  
MD/PhD Candidate:



"Quanta's *Joy of X* and *Joy of Wh(y)* are two STEM-focused podcasts that honestly helped remind me of why I was doing my PhD when I was on the struggle bus – specifically *Joy of X*, in which a researcher is interviewed about their research and their journey in science. *The Joy of Wh(y)* tends to focus on a topic (ex:

James Webb telescope, life, sleep) and talks to two researchers in that field [to gain their insights about said topic]."

"*Mission to Zyxx* is a fun improv science-fiction audio comedy drama about space travel and aliens."



"*Limetown* is a very interesting podcast drama framed like an NPR-style investigative report, and it's not exactly 'sci-fi' but it focuses on a fictitious *Incident* in which 300 people disappeared from a neuroscience research facility. This one even scared me while listening in broad daylight."



Recommended by Louise Blaha,  
Anatomy PhD Candidate:

"When I was a sophomore in college, I dreaded the 45-minute walk from my boyfriend's house to school. I found myself looking for podcasts to fill the time but struggled to find something engaging, until one day I came across the *The Infinite Monkey Cage*. "Strange name," I thought to myself. 7 years and 10 series later, I find myself tuning in whenever I need to entertain myself. *The Infinite Monkey Cage* is a scientific comedy podcast that explores topics ranging from quantum physics and DNA to bees and brains, and it's been running for over 10 years now.

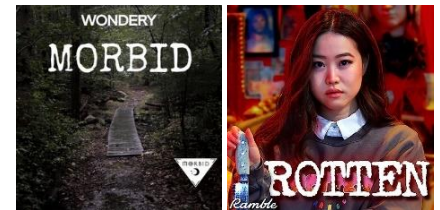


Physicist Brian Cox and comedian Robin Ince work perfectly together to interview several guests each episode, who provide varying perspectives from their fields. Whether you're looking to further your knowledge on a particular topic or to simply get a few belly laughs, this podcast is worth giving a listen. With titles like "Brits in Space," "The magic of mushrooms," and "Why does wine taste

good?," everyone is sure to find an episode that tickles their fancy."

Recommended by Gihvona Bryant,  
Anatomy Masters Student:

"The true crime podcasts *Morbid* and *Rotten Mango* dive deep into criminal cases that are usually heinous crimes, but they can sometimes be white collar as well. The podcasts explore the personal lives of the victims and criminals to understand the psychology behind why the criminals might commit these crimes, and what life events may have 'triggered' this type of behavior. I love this type of podcast because it's interesting to learn what makes people 'tick' and the potential psychological and psychiatric explanations for these behaviors. I also like to learn what types of behaviors to look out for in the world. Stay safe out there!"



Thank you for reading the Winter Edition of the Lion Ledger! If you have something you would like to contribute to the next edition, or if you're interested but don't know quite where to start, email us at [lionstalkscience@gmail.com](mailto:lionstalkscience@gmail.com)