

# **Kalueff Lab**

# **Rules**

**v2.0 – New Orleans Edition**



**Spring 2010**

## Kind of “Welcome”

If you read these lines, this means you joined (or are about to join) Kalueff Lab. Well, it was your decision, after all...

The Kalueff Lab Rules are submitted by current and former lab members, with my minimal participation. This installment, v2.0 – New Orleans 2010, represents the latest submissions of this long running tradition. They are just as important as they are written in jest. However, operating according to these rules is what makes the lab run smoothly. Following these simple and useful rules will also make your work in our lab easy and pleasant journey. And the train of Science leaves now.

Jonathan Cachat was the chief editor of this volume. Read, remember & enjoy! We will keep updating these rules, and you may soon be invited to contribute your thoughts too.

Once again, welcome to our lab!

Best wishes,

A handwritten signature in black ink that reads "Allan V. Kalueff". The signature is written in a cursive style and ends with a long, thin horizontal line that tapers to an arrowhead pointing to the right.

Allan V. Kalueff, Ph.D., Ph.D.

**FISH philosophy<sup>1</sup>**

- Be there for others
- Choose the right attitude
- Make someone's day
- Have fun

**Zebrafish philosophy<sup>2</sup>**

- Be in the lab when it needs you
- Choose the right experimental design
- Make a solid progress each day
- Have fun

---

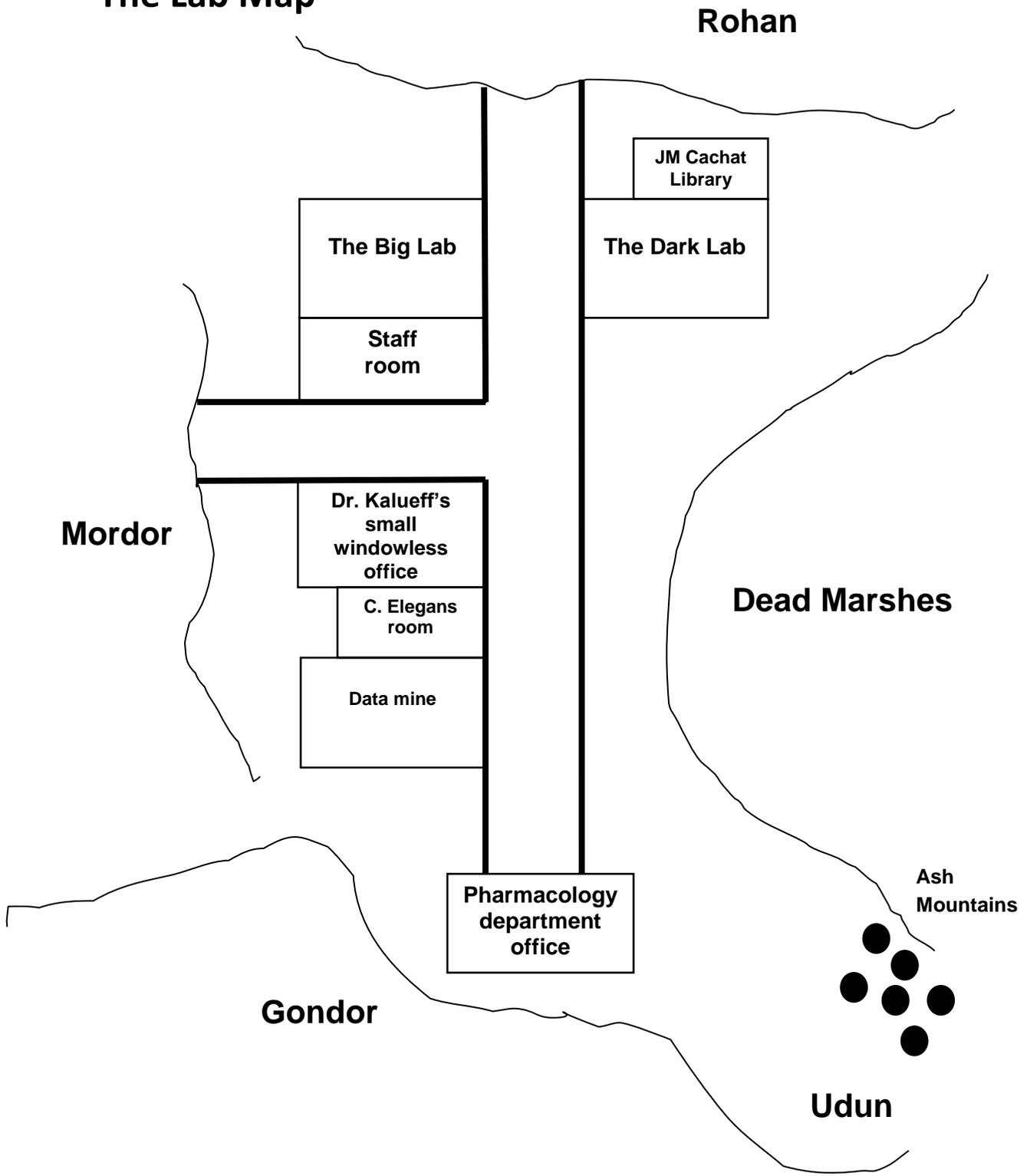
<sup>1</sup> The approach used by Pike Place Market in Seattle to distinguish itself from other nearby fish sellers.

<sup>2</sup> The approach used by our lab to distinguish us from other nearby zebrafish labs.

## 1. General

- Rule number 1 in this lab – read the Lab Rules.
- Use the lab map (see below), if lost.
- Properly naming files with a date and short description is vital to lab success, especially one with multiple nationalities, ethnicities and sexes.
- A computer desktop cluttered with icons makes for muddled work and we don't study mud.
- If you are new to the lab and become confused, ask questions ASAP. If you have been in the lab for some time and become confused, ask questions ASAP. If you are doing something new, have been in the lab for some time and become confused, you're not alone – ask questions ASAP. If you're doing something you have done before, have been in the lab for some time and become delirious, you're not alone – pray for our lab.
- Labs are sustained by smart people, thrive on good ideas and excel with positive collaborations. If you are reading this, you must be a smart person – share your thoughts, seek out novel ideas and network with potential collaborators.
- Remember, our lab is located *exactly* where Lou Ignarro discovered nitric oxide, for which he got the Nobel Prize. So close your eyes, touch the walls, and get inspired.
- Team work is essential; it allows you to blame someone else.
- If your mother does not work in the lab, please clean up after yourself!
- DON'T BE LAZY! If you are lazy yet have somehow slipped by the PI's remarkably honed skills for detecting a lazy person, and actually got into this lab, then please save yourself the pain, anguish, and heartache and just quit while you're ahead. You will not survive. At the very least you will end up the broken shell of a lazy person.
- If you work hard enough, this lab does have its perks. The lab also cures all illnesses.
- Life on earth thrives with diversity. The same rule applies to the mind – keep yourself sharp by keeping your social life healthy OUTSIDE of the lab – work and play are both important, but don't confuse the two too much.

### The Lab Map



## 2. Philosophical notes

“Researchers should be sloppy enough so that unexpected things happen, but not so sloppy that we can’t find out that it did”

Max Delbruck  
Principle of Limited Sloppiness

- Experience is directly proportional to lab equipment/furniture or expensive cortisol ELISA kits ruined.
- Thomas Edison once said, “I have not failed. I've just found 10,000 ways not to make a light bulb.” Well, then the PI would say that Thomas Edison was a lazy person. Get good data for the lab and get it quick!
- Not only was he lazy, but Edison would have spent too long wasting the lab’s resources!
- Do not trust or put your faith in a bureaucrat. The bureaucrats exist for one reason and one reason only: to slow down the progress of science, and more specifically, the progress of this lab. If you don’t believe this, then you yourself are a bureaucrat.
- If you yourself hinder the progress of science and/or the lab, you yourself are also most likely a bureaucrat.
- Use Vitamin D (D = Delegation, apparently... oh and David...)
- Actual vitamin D is important; remember to obtain sufficient natural light before spending time in the lab, as you will not have ad libitum access to it there.
- Nothing is more important than family.
- A ruler, not a person, measures length.
- Despite the annoyance generated by asking senior lab members dumb questions, ASK. Working your way up the chain of seniority may have less influential lab members thinking that you are an idiot.
- There may be days when you feel like this lab belongs in the philosophy department, not the pharmacology department. If this happens, get back to work.

- What's also important in science is luck - sometimes all you need to do, to make your discovery, is to dump all your stuff into a sink. "How so?" you can ask. Very simply – Martin Chalfie told this story: the guy who isolated GFP from jellyfish struggled to detect the fluorescence because something was wrong. They extracted the GFP, it should have fluoresced, but it didn't. And then one day, after another failure, they dumped the whole thing into the sink. And right as they were switching the light off, he turned around the whole sink was fluorescent. Thus, the whole thing needed a little bit of basic stuff that was on the sink. So sometimes when you want to make a discovery, all you need to dump your results into the sink, switch the light off, turn around, and see what happens...

### 3. Attitudes to work and research

- TSEDAWP: Theoretical science, Experimentation, Data Analysis, Writing, Presenting: Make sure you get experience in every aspect of research.
- Tomorrow is never as good as today for doing work.
- Always come in on time, people are waiting on you to come help/relieve them.
- Yes, most of us are students whose primary obligations are to meet coursework, club and TA duties – but what do any of those things have to do with the lab?
- Sitting down while running experiments WILL increase your accuracy and precision. If you sit, you better be doing something though...
- Work hard, and you will be published.
- If the PI asks you to personally mentor students, realize that there is some benefit... at least for one of you...
- It's okay for mice to fight, not humans.
- Zebrafish like to swim at the bottom of the tank. If they are swimming at the top, make sure they are not dead, find out the reason why and publish data.
- Don't treat others like we treat mice.
- When there is a conflict don't act like a zebrafish and hide in a bottom corner of the room, man up and act like mouse # 54.
- Don't be too concerned if you find yourself talking to mice or zebrafish after doing behavioral studies for 6 hours. We've all been there.
- When you have boring fish/mice, making up stories as to why they are behaving that way is crazy but helps pass the time.
- Name your animals. It makes testing more fun.
- Mistakes are ok, as long as you learn from them.
- Go to lab events, it is fun seeing your coworkers having fun.
- What it *feels* like to work in the Kalueff Lab during the holidays;

### List of Professor-Approved Holidays

When it's ok to not work:

- Christmas (morning)
- The Apocalypse (but you're still going to check e-mail, right?)
- Your Professor's Birthday

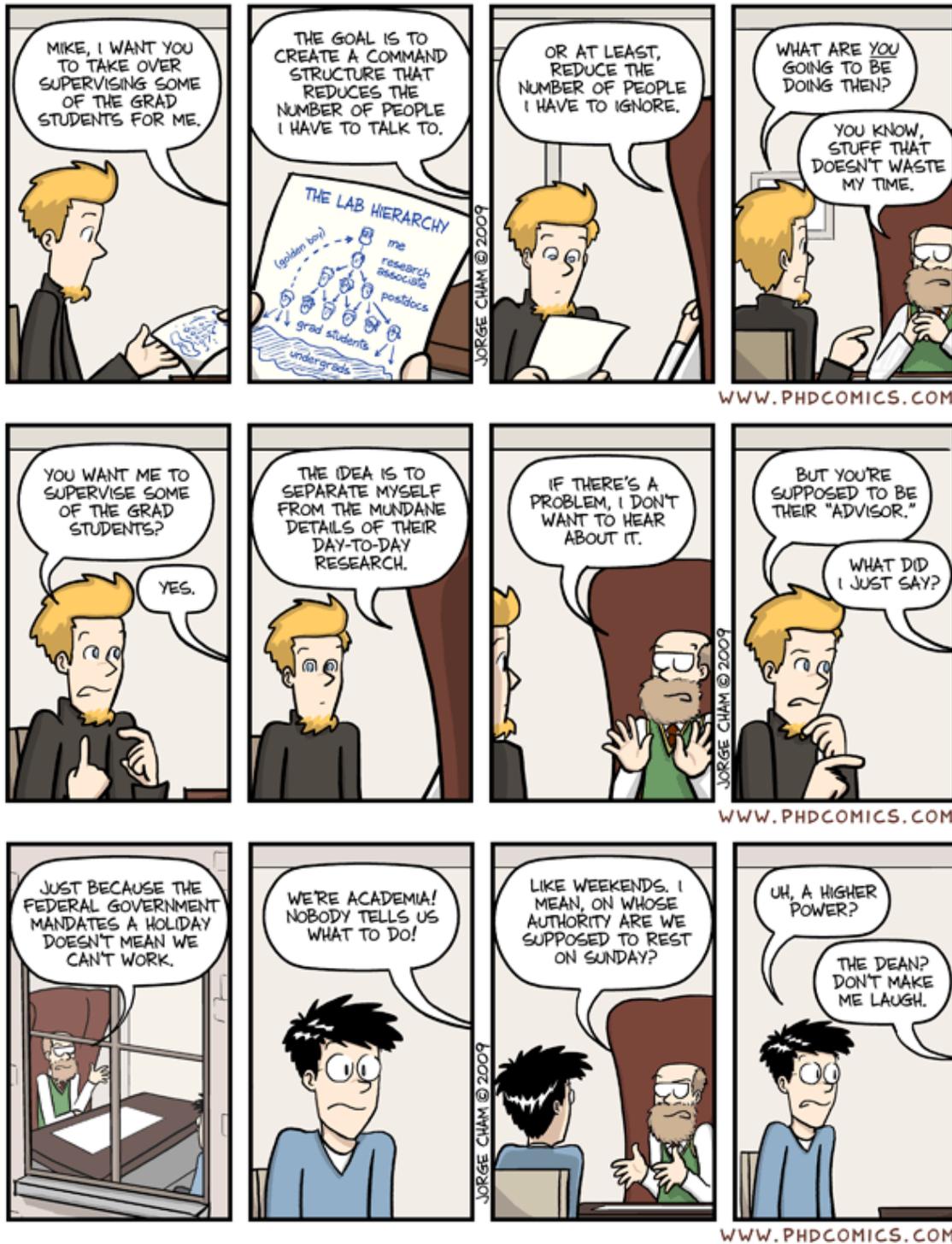


WWW.PHDCOMICS.COM

What it's *literally* like to work in the Kalueff Lab during the holidays;



WWW.PHDCOMICS.COM



- Snacks are an excellent way to minimize the distress (actually, it's about the only way in this lab).

- Certain food items (such as beignets) may be acutely anxiolytic, but very adipogenic; be careful when walking this line. Refer to rule on exercise.
- The Rolling Stones were not too far off – you can't always get what YOU want, but if you try sometime you'll find that you WILL get Dr. Kalueff what he needs...by the end of the day.



- Science is not a 9-5 job, expect to stay later, or come in on a weekend to help sometimes.
- The PI has eyes. He will know how hard you are working in lab.
- NO torn jeans or any sort of torn pants are allowed in the lab. No slippers allowed. If your working in the aquatics room, rethink what shoes you wear.
- Try to keep perfume and cologne at a minimum; ALL mammals within a 250sq are continuously distracted from too much.
- If you have a good idea for a fun activity for the lab members (and other colleagues), please bring it up to Dr. Kalueff or your coworkers.
- Exercise is of the utmost importance to the scientific process, though this one is easy to forget. Remember, *mens sana in corpore sano*.
- The lab officially endorses the use of piracetam. Look into it.

## 4. Cleaning SOP (Standard Operation Procedure)

1. Clean up after yourself! Jason is not a full-time janitor... he's tired of acting like one.
  - a. Clean up after behavioral testing.
    - i. Discard:
      1. Disposable containers used to bring drugs upstairs.
      2. Tricaine solution.
    - ii. Clean and put away:
      1. Pre-treatment containers.
      2. Testing apparatus(es).
      3. Empty fish tanks, to "clean cage" room across from zfish room 9724b.
      4. Dissection tools.
    - iii. Return fish:
      1. Unused fish to "naïve" tank.
      2. "Seasoned" fish in appropriately labeled tank(s).
    - iv. Take downstairs:
      1. Dirty glassware.
      2. Ice buckets.
      3. Sacrificed fish, and place in labeled box in -80 °C freezer.
      4. Data sheets, and upload data onto forum.
      5. Video files, and transfer to video-analysis computer.
      6. Room keys, and return to key rack.
    - v. Refill water jugs.
    - vi. Update tank cards (including number of fish in tank, treatment notes, etc.).
    - vii. Check to see that all static tanks have:
      1. Working air bubblers.
      2. Lids.
    - viii. Turn off any lights that were turned on manually.
  - b. Clean up big lab.
    - i. Return:
      1. Dirty glassware into the sink in the back.
      2. Clean glassware to proper cabinet(s).

3. Chemicals to the proper cabinet(s).
- ii. Dispose of:
  1. Dirty gloves and other “biowaste” into biohazard waste bin.
  2. Ice (from ice buckets) into the sink.
- iii. Close:
  1. Cabinets containing glassware, chemicals, etc.
  2. Fume hoods.
- iv. Turn off:
  1. Any equipment that was used.
    - a. E.g. scale, incubator, etc.
  2. Lights.
- v. Clean any dirty countertops.

## 5. Little research tips

- Please refrain from loud noise or conversations during behavioral testing.
- Label everything (and everyone), if you can.
- Following the experimental procedure accordingly prevent variability in data.
- Clean up the behavioral testing room after use.
- Have a positive attitude - it makes the day easier (and shorter).
- Always strive to reach your work goals.
- Organize computer desktops -i.e. if you create a document place it in a folder under your name to reduce clutter.
- If you fail to complete a task, leave a thorough note/email so the next person can pick up where you left off (reduces confusion)
- When you use something, place it back to where it was.
- Nothing in lab is under your property.
- Wear gloves when working with animals.
- Do not eat and run experiments simultaneously.
- Bring your iPod when running a 30-min experiment.
- Write letters or numbers in a readable manner.

- Finding the elevator/vivarium room keys is not supposed to be our lab's version of the Easter egg hunt. Please return all keys to the rack in the staff office.
- When performing an ELISA, begin by rubbing the Buddha's belly (in the Big lab, under the hood). Afterwards listen to the album "Cross" by Justice while setting up the plate/standards/experimental wells. Most importantly, make sure that at least 15-20ul of enzyme conjugate is vortexed with at most 24ml of assay diluent so that you can detect the cortisol.
- Make sure all dead fish are transferred from the ice buckets to the -80o Freezer. Be sure to number and label your freezer box appropriately. All details regarding the contents of your box must be written down in the inventory sheets.
- After finishing a cortisol extraction, firmly attach a label (with tape) to the test tube rack.
- Never go up to the vivarium without a lab coat before 5pm. The vivarium staff will find you (that's why the cameras are there).
- You kill it, you fill it. Refill water jugs in vivarium before leaving if you see they're empty.
- Be consistent with labeling.
- ALL body samples, including tail snippings, must go into the -80 degree freezer. DUH it contains DNA.
- Document things you've accomplished.
- Empty old tricane (buffered to pH = 7 with sodium bicarbonate). Don't leave old tricane (buffered to pH = 7 with sodium bicarbonate).
- Listen to music if you aren't feeling so positive at the moment.
- Bring party food trays to lab once a month.
- Have stash of starbursts for birthdays and Tuesdays.
- Make sure Ether is used under the hood in the Big Lab (see the Lab Map above). Remember: "The smell of ether is the smell of your dying neurons" (J. Goodspeed, ca January 2010, personal communication).
- Dead fish floating in the top of the novel tank is NOT a sign of reduced anxiety (dead fish do not have anxiety though...).

## 6. Scientific Writing

- All lab members should, and do, contribute to the lab papers.
- The newly joining lab member will have to wait at least 2 months before he or she can be included as a co-author on a lab manuscript.
- Do not write in British.
- The lab also has no room for “French” writing. This is not Paris, nor are we writing for the opinion section of the New York Times – this is a place of science! Therefore, only German (or at the very least, Swiss-German) writing is acceptable.
- From time to time you should ask yourself, "Am I an Apollonian, or a Dionysian"?<sup>3</sup>
- Use German English when writing a grant.
- If the PI accepts an initial draft without editorial comments, ask to check his temperature. Repeat for the next 50+ revisions.
- On the thought of editorial comments, expect to remove a sentence just to put it back the next day. Dr. Kalueff will adamantly deny ever requesting such a thing, but let it slide – he is very busy writing grants.
- Dr. Kalueff was born in Europe and his first language was Russian, this of course means that he ‘knows’ English, better, than, everyone, of, us.
- Interestingly, however, the moment when you are about to win the linguistic battle with this foreign neuroscientist, be prepared that he will get an email from the Head of English Language department, saying, his, usage, of commas, was, absolutely, right.
- In case of doubt, make it sound convincing.
- Always proofread carefully to see if you any words out.
- Use active, not passive voice.
- Graphs will come when they come. It is a delicate process.

---

<sup>3</sup> In Greek mythology, Apollo and Dionysus are both sons of Zeus. Apollo is the god of the Sun, lightness, music, and poetry, while Dionysus is the god of wine, ecstasy, and intoxication. In the modern literary usage of the concept, the contrast between Apollo and Dionysus symbolizes principles of wholeness versus individualism, light versus darkness, or civilization versus primal nature (Wikipedia). In science, Apollonians tend to achieve perfection (and more often get grants), while Dionisians rely on their intuition, and are more likely to discover new avenues (and, luckily, to get Nobel Prizes).

- Learn how to make a figure gallery (or see JC).
- When writing manuscripts, do not use any form of the word “implicate” unless it is absolutely appropriate. There is an absolute 1-per-page limit on this word in this lab.
- We are scientists. We cannot write like Dostoevsky. When writing manuscripts, make your sentences efficient and straightforward.
- In any case, write concisely. When writing for a scientific publication it is extremely super-important and imperative that you keep things short and simple and efficient. The idea is to be efficient in presenting your ideas. Don't be overly dramatic or long winded or you will lose your audience. It is extremely important to be efficient. You should be able to convey your ideas in a consistent and concise manner without being too redundant or repetitive. Don't ramble on and on and on and on and on. Keep it brief. Make sure your writing is concise and efficient. It is important and super-imperative. Absolutely avoid repetitions.

## 7. Communicating with the PI and other colleagues

- PI stands for “Positive Influence” (rather than “Principal Investigator”).
- Do not tell the PI if you want to join the NIH. Better yet, just don’t join the NIH. If you stay in the lab long enough, you’ll come to know why.
- Addressing the PI is similar to “Jeopardy”; everything is better be presented in the form of a question.
- When discussing questions and/or concerns with the PI, choose your words very carefully. The PI is a very smart individual. He has formal education in science and law. He is a master of rhetoric, and if you come to him underprepared, he will use this skill to deconstruct your argument. This can be frustrating.
- Dr. Kalueff often confuses the role of a PI with that of a political philosopher, but you will learn to appreciate his insights on bureaucrats in academia.
- In addition to being a master of rhetoric and law, the PI is also a master of his own unique Philosophy<sup>4</sup>. Consult with him about your life for insight into this philosophy and how it applies to you – Unless the red light is on, of course.



<sup>4</sup> [Added by AVK] This philosophy is quite simple: work hard, use vitamins P and S (Persistence and Stubbornness) plus a few insights – and the new knowledge can be generated to make the world better. All troubles in this world are coming from unintelligent slow lazy people and bureaucrats.

- If you need some time off, or need to come into lab on a different day, the PI is pretty reasonable and will try and work with you. However, you should *ask* him; never, ever *tell* him.
- If you need time off to be *lazy* [pronounced: leih-zi; wasting the lab time while doing nothing], chances are the PI would be less reasonable.
- If presenting a paper at journal club, REPORT THE IMPACT FACTOR OF THE JOURNAL THE ARTICLE IS FROM. This is expected at our journal clubs, and will make you look like you know what you are talking about if done elsewhere.
- Journal Clubs may seem like an excuse to drink wine and have a laugh, but in reality will develop your presentation skills faster than any graduate course. Listen and learn from your peers, great insight can come when least expected.
- If you are at the lab when interviews occur, you will be a part of them. Be prepared to ask good questions and have fun.

## 8. Handling the assignments

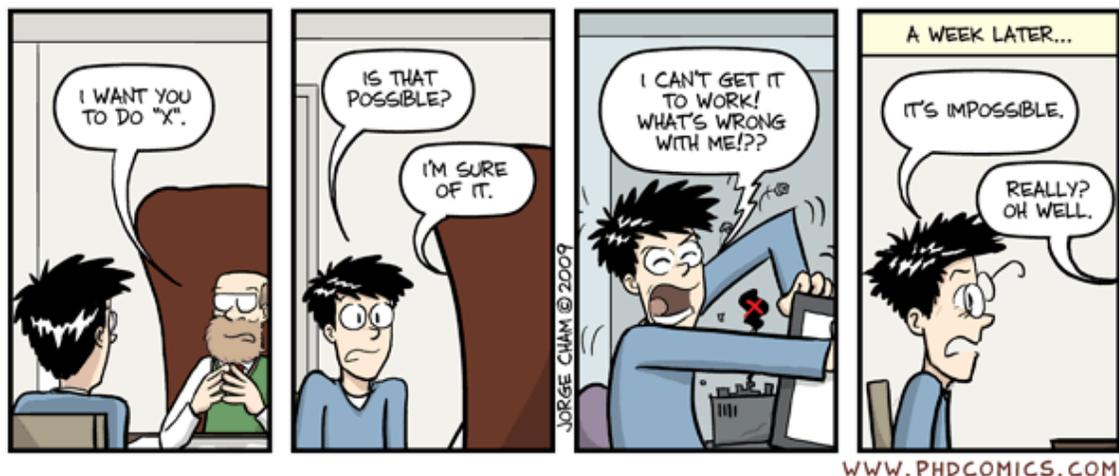
“If you think it is painful to work under the endless daily tasks and immediate expectations of the PI, try working for someone who is slow”

Peter Hart, former Lab member

- Don't let the nitty-gritty of a daily task slow you down, understand the expectations and desired outcome – proceed accordingly.
- No experiment is a complete failure. At least it can serve as a negative example.
- When you don't know what you're doing, do it neatly.
- Don't screw around on the internet. If the PI catches you....well, then let's just say it was nice knowin' ya. Switching on a music playlist is fine, but use

YouTube with caution. Who knows if you are using it for just the music or for something more malicious – like watching videos with the intent to be lazy. In other words, it may be innocent, but it looks [*b* or *s*]ad.

- If an assignment looks like it will take several days to complete – then it's due by noon. If an assignment looks like it can be done pretty quickly – well, then it was due an hour ago. Speaking of which, why haven't you turned it in yet?!
- If you are one of the rare and lucky individuals who don't report to lab until after noon, don't worry, your assignment was still due at noon. See above.
- If your results don't come out right, try again. If it still doesn't work, try again. If you still can't do it, tell the PI, and ..., right, try again... Better yet, just get it right the first time.



- If you are lazy "to a certain extent", keep it secret, don't go around telling everyone. Or, better, pretend that it is not true.
- Always follow through with your assignments! If you complete something, be sure to upload it on the forum, transfer it to the appropriate place, file it in the correct data binder, etc. There's no point in generating excellent data if we just end up losing it!
- Pay attention to the small things when performing experiments; confounds result in sloppy science, and sloppy science is appreciated by no one

(important). The methods sections of our manuscripts cannot account for every detail, and so this falls to us. Basically, take pride in your work.

- If you have not read the entire journal club article before attending journal club, do not share this information unless truly necessary; try to make an insightful comment on what you have read/what you have learned from the presentation. This, however, is a rule you should not have to reference, as you have read the article, right?

## 9. Updates

- If the Forum is the bloodstream of this lab (see further), the updates are its blood that brings precious oxygen and energy to every part of the lab.
- Do not forget to send updates to the PI & Ph.D student(s) when you *arrive* and *before* you leave the lab. These should outline what you are going to do that day and a summary of what you accomplished that day, respectively. The updates are also your opportunity to ask any questions and voice concerns. Failure to do both will upset the PI, and you don't want to do that.
- Remember to cc the Lab PhD student on the afternoon/evening updates, it will make him happy.

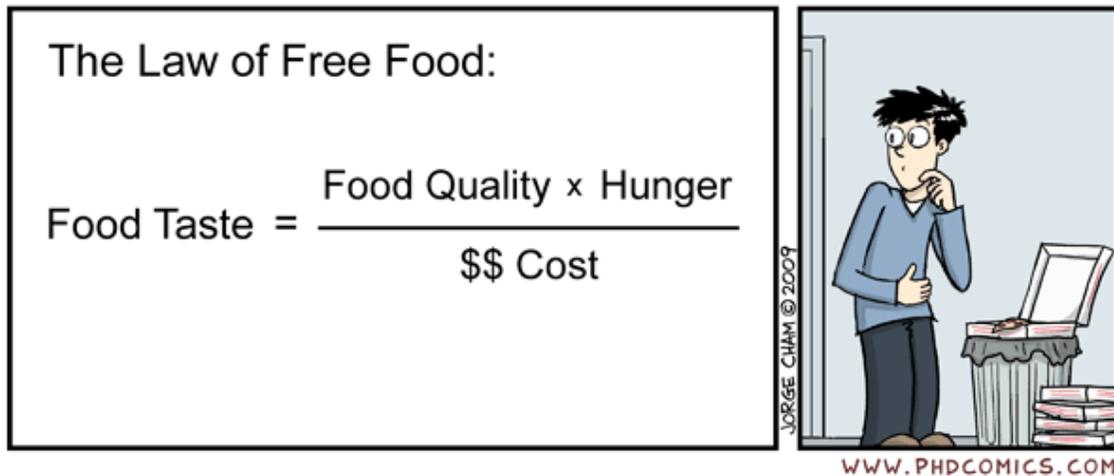


- An apple a day, keeps the doctor away. Major progress each day, indeed, keeps the PI ... busy.

- Evening updates are essential in this lab. Write them as concisely and complete as possible, but be careful how you phrase things.
- Bring good news (but know that we do not shoot the messenger).

## 10. Presentations and meetings

- Always keep your eyes and ears open for some conferences or symposium and report them to PI for an opportunity to present, or a free trip.
- In relation to rule 27 in volume 1, ask attend seminars only if you can guarantee that you can still finish your daily tasks. If you can't, still go but just don't ask. \*wink\*. You still have to get all your work done though.
- On a similar note. Fridays at 12 are Pharmacology seminars and always have free food.



- Work hard enough, and you may get asked to attend a conference in another state. Work even harder, and you may be invited to attend a conference in another country. Work even harder than that, and you may suddenly find yourself in your thirties and in need of a vacation.
- Don't even think about wooing someone in the lab... we'll only let you live it down in misery.

- When doing a presentation relax and take a deep breath. This will keep your cortisol levels and inflammatory cytokines from skyrocketing. Also, you don't want to have an embarrassing freezing bout while you're speaking!

## **11. Important Practicalities**

- Be self-motivated, and look for grants on your own. You may be rewarded.
- If you move something (be it reagent, document, computer file, etc.), let others know! The lab maintains a delicate balance of: 70% - doing good science; 25% - dealing with bureaucrats, and 5% reducing the global laziness. Having to spend time needlessly searching for something drains valuable time and will upset this balance.
- Label experimental samples as they are processed, we all will forget by the next day and dead zebrafish don't talk – despite Salem's best attempts at water-boarding.
- THIS JUST IN: Experimental data sheets are organized according to the date of initial testing, all subsequent procedures or corrections are to be saved with this date. Manuscripts and Presentations are labeled with the date of the most recent revision. Failure to uphold this critical distinction is grounds for removal, or at least two hours in the torture chamber.
- A 2009 study has found that while empty wrappers and food storage containers seemed to potentiate Moral Committee effects, snacks themselves were found to attenuate Moral Committee effects if presented during social interaction trials.
- Despite their small stature, mice and zebrafish have very well developed senses of hearing. Consider this when performing behavioral testing, and refer to the rule regarding confounds.
- If you do not know how to handle a mouse, ASK. Pick mice up by their tail, and do not let the mouse call the shots – they will be jumpy and not want to be picked up, but they are relatively harmless.

- Always make sure the temperature of the water used for zebrafish behavioral tests is room temperature, otherwise FREEZING BEHAVIOR will be due to the fish FREEZING, not anxiety!
- Make sure when taking fish out of the tank for an experiment, you do not slam them against the inside of the tank.
- When placing the fish into any container, make sure not to drop them on the table, floor, etc. as the cortisol levels may be due to the stress of YOU and not due to the drug itself.
- When performing a scientific experiment with a control group and an experimental group, make sure to alternate them i.e., do not run all the controls at one time and experimental at another time. *Nature* does not like this.
- If you have a great idea for a future experiment, or how to improve on a current one, share!
- There is always, always, always, Marco, a control group in each experiment!
- Have thick skin--zebrafish and mice can be mean.
- When working in the aquatics room, maintain a dry sense of humor...very dry.
- Dump out tubes after you clean the zebrafish homogenizer.
- Be happy, but not manic.
- If you teach someone how to do something, assume they didn't get it and you will need to check on them later.
- Always put the keys back on the rack (repeating, just in case if you did not yet get it).
- The natural gas valve is turned off when the handle is perpendicular to the spout. If you smell gas, air out the room before it goes boom.
- Be careful what you put on Facebook.
- If you're dealing with glass, don't forget it breaks.
- If you feel sick outside of lab, don't come. You won't feel better when you get to lab, I promise.
- Whatever happens in lab stays in lab (and the same goes for outside of lab).
- There's a big difference between the 4-degree refrigerator and the -80 degree freezer. Make sure you know what goes in each.

## 12. Scientific creativity and productivity

- If you have a question, try to figure it out yourself.
- If you can't, consult Google.com. If that doesn't work, try changing your search criteria (or search engine). If that still doesn't work, consult a senior lab member for help. As a last resort, you may ask the PI, but only after other methods have been exhausted.
- When in doubt, see if what you need is on the forum.
- Report any and all events that involve or concern IACUC to Dr. Kalueff immediately. They have the power to stop whatever research we do with animals if they are not happy. Therefore, they must be kept as happy as possible at any given time.
- The mice are supposed to be socially defeated and depressed, not the researchers. Keep yourself in a good place, or the quality of work will suffer – refer to the rule regarding natural light.
- If you really want to make yourself a lab all-star, write good grants. This is not really advised though, as it can have terrible effects on cortisol levels.
- If a subject remotely relates back to zebrafish on any paper, always try to cite the lab!

### 13. The Template and The Forum

... Thus soon we will have a bunch of MS templates [epilepsy, anxiety, hallucinogens papers] where we will change drugs, doses and names, and will have MS written automatically by a smart Excel template [that you will create], which will also submit the MS for us, and deal with the reviewers, editors and rebuttal letters. The next step will be to teach the template to write grants. Once this is done, we can retire to Hawaii, leaving David Tien in charge of the lab, and will be just be checking Medline time to time, to see how much research the smart Excell template has published. Then the template will call us one day to say that the hotel in Stockholm is booked by the Royal academy, and tickets Hawaii-Stockholm are FEDEXed to us by the Template.

A.V. Kalueff, from an e-mail to J.C. Cachat, Feb 26, 2010

- Respect the Template. It is *everything* for this lab. Understand its purpose and function.
- The forum is the blood supply of the lab. Properly post all relevant work *before* leaving the lab and *remove* it from your computer's desktop. If posts are uploaded in the wrong location or incorrectly labeled and described, they will be tagged by white blood cells for immediate, unforgiving phagocytosis.
- When entering data on the forum, make sure all of your data is included in the graphs i.e., please make sure to drag down appropriate columns on excel. Perform proper stats before uploading.
- Templates are like cars and girls. The newer the better.
- If a mistake is made on an excel spreadsheet posted to the forum, make sure to correct it and repost this revision with a note.
- Always make sure to update the caging assignments on the forum. We don't want to confuse who's a top or a bottom.

## 14. Less Important Practicalities

- Stay in the lab to avoid parking tickets.
- Remember that proper hydration can attenuate the effects of acute ethanol withdrawal. Keep this in mind if you are working weekends at the lab.
- Always fly Tulane Airlines<sup>5</sup>.
- Our lab neighbors include Anatomy labs and the Department of Urology. God knows what they have on their posters, proudly displayed on the walls of the hallway. Very educational, especially when your family and kids decide to stop by... Be careful.
- If you have joined the lab, you should give serious thought to living in Deming Building across the road. While the PI has come to accept the fact that we will not spend all of our time in lab, you should at least attempt to stay physically (or architecturally?) connected to it. Just remember: “Nothing good can come from leaving lab.” – Dr. Kalueff, Finals week, Fall 2009.
- All the good stuff in the lab to sniff, snort, inhale and inject is strictly for lab animals.
- Protect your hands, you need them to pick up your pay check.
- It’s easier to ask a dumb question than to fix a dumb mistake.
- After running the social defeat trials, make sure to clean the rack and sweep the room. The vivarium staff charges the lab every time they clean up after us.
- Tuesday thru Thursday, get food from the cafeteria across the street in the hospital. Unless they are serving liver and onions, it will be a lot better than the medical school (who do you think Tulane will feed better, the students or the doctors?)

---

<sup>5</sup> A Tulane University mini-bus, which the lab uses when going to conferences.

## **Acknowledgements**

This volume was composed by the following brave, dedicated and hard-working individuals: Jason Goodspeed, Jonathan Cachat, Michael Rosenberg, Adam Stewart, Sudipta Roy, Ferdous Kadri, Chris Suciu, Leah Grossman, Siddharth Gaikwad, Kyung Min Chung, Keith Wong, Marco Elegante, Brett Bartels, Salem Elkhayat, David Tien, Julia Tan, Ashley Denmark, Thomas Gilder, Esther Beeson, Nadine Wu, John DiLeo, Katie Chang and Kevin Frank. The volume was edited by Jonathan Cachat, and censored by Dr. Allan V. Kalueff.