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**Studies:** Bone  
mechanotransduction

**Specialization:** Osteocyte  
mechano-transduction and control

**Short bio:** I am a third year Ph.D. Candidate at the University of Maryland, Baltimore, in Baltimore, Maryland, USA. I completed my undergraduate studies in Cellular Biology and Biochemistry at Christopher Newport University in Virginia, USA before going to graduate school immediately after graduation. I first rotated in Joe Stains' lab (Twitter @stainslab) in 2017 and was immediately drawn to the idea of interrogating a mechano-transduction signaling cascade. I love puzzles and putting together a signaling cascade is just that. I joined the lab 6 months later and began my project focusing on characterizing an osteocyte mechano-transduction pathway *in vivo* and understanding the mechanism of rapid sclerostin degradation. We use *in vitro* and *in vivo* models to better understand how sclerostin is rapidly controlled

**What do you expect from this training?**

I expect to learn new information about bone biology that I have not been able to gain through my studies. I hope to use this time to make connections with other faculty and trainees. I am very excited to hear all of the trainee presentations and to see what kind of science is happening out in the world!

**Bonus question: What motivates you to get out of bed in the morning?**

Finishing my Ph.D. so I can better fund my travel and food addiction!