

## Announcing the winners of our 50th Anniversary Science Communication Competition

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The FEBS Journal's 50th anniversary is a celebration of our community—after all, if it were not for our dedicated authors, referees and readers, the journal would have long ago ceased to exist. Therefore, we invited our community to join the celebration by hosting a science communication competition aimed at describing a scientific concept or advance in the life sciences in written, video, cartoon or animation form.

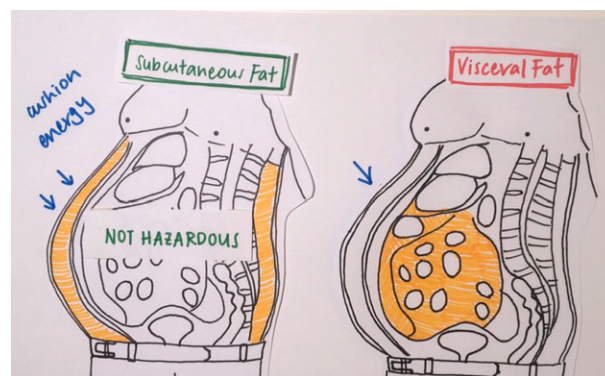
We were delighted by the response. We received thoughtful, interesting pieces on a wide variety of topics. Selecting the winners was not an easy task. In the end, we thought that three entries captured the spirit of the competition in terms of relevance, accuracy and appeal to a broad audience. The winners of The FEBS Journal's 50th Anniversary Science Communication Competition are:

1. Antoinette Fong, for her video on the differences between subcutaneous and visceral fat (Fig. 1)
2. Diego Estrada-Rivadeneira, for his poster on Sanger sequencing (Fig. 2)
3. V Mitheera, for her video on exercise and endorphins (Fig. 3)

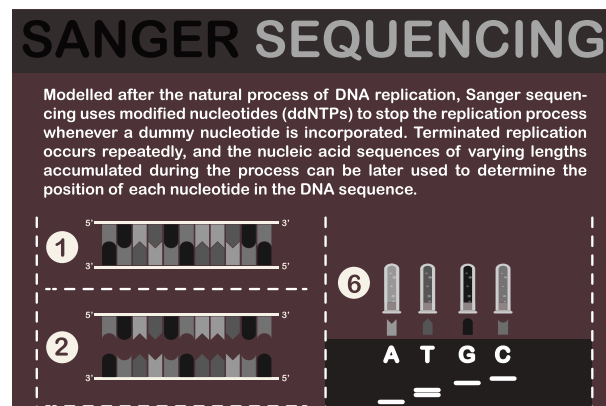
Antoinette Fong is currently a third-year Life Science student at the National University of Singapore. Passionate about neuroscience, with particular focus on neurodegenerative diseases and ageing, she actively seeks out internships and research opportunities that pertain to this field. Antoinette hopes to one day achieve her dream of becoming a clinician-scientist and hopes to merge the insight that clinical practice provides with the knowledge of the body's intricate systems. Understanding the importance of effective scientific communication, Antoinette has often wondered if the use of animation and videos could help simplify and better illustrate seemingly complex biological concepts. She believed that this would enable more people to be able to appreciate the significance of science in everyday life as well as allow for interdisciplinary scientific discussions.

Diego Estrada-Rivadeneira is originally from Guadalajara, Mexico, and is currently studying for a PhD in Molecular Biology at The University of

Manchester, UK. His principal areas of interest in science include molecular biology, cell biology, biochemistry, biomedical sciences, medical microbiology, pharmaceutical sciences and organic chemistry. After obtaining his PhD, he would like to pursue a postdoctoral research fellowship. In the future, he plans to work in a pharmaceutical, biotech or life sciences industry, and use his knowledge, skills and ideas to



**Fig. 1.** Antoinette Fong's full video on the differences between subcutaneous and visceral adipose tissue is available at <https://network.febs.org/channels/665-research/videos/23390-subcutaneous-versus-visceral-adipose-tissue>.



**Fig. 2.** Diego Estrada-Rivadeneira's prize-winning poster on Sanger sequencing is on page 4174 of this issue.

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**Fig. 3.** V Mitheera's full video on links between exercise and endorphins is available at <https://network.febs.org/channels/665-research/videos/23389-exercise-and-endorphins>.

help develop new treatments, products and research techniques. Diego has a long-standing interest in communicating scientific concepts in exciting and easily understandable ways to a variety of audiences. He was inspired to develop the poster of Sanger sequencing because 'it was something amazing that benefited many people around the world, revolutionised numerous fields in science, and I thought it was something worth sharing'.

V Mitheera is a Life Sciences undergraduate student at the National University of Singapore. She was first drawn to scientific research as a result of her research experiences during school summer breaks, and is currently investigating miRNAs in combating viral replication of hepatitis B. She is inspired by the ability of research to uncover missing pieces in scientific knowledge, and its potential to understand diseases such as hepatitis B that affect mankind today. Her interest in science communication arose during university, as she pondered how best to impart scientific concepts and findings to young and curious life sciences students like herself. As part of the Young Educators in Science program in NUS, she discovered nonconventional modes of teaching scientific concepts that piqued the interest of students and facilitated knowledge retention. This inspired her to make her own video to engage and educate students. She hopes to be an educator and to use these techniques to spur scientific research.

In this era of clickbait and shouts of 'fake news', clear and compelling communication is more important than ever. We are so pleased to see the skill and creativity that these three early career scientists have shown in describing key scientific advances, and hope that their entries will inspire others to share their science as well.