



The Restriction Digest

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Charm City Swing

by Elizabeth Huang and Dan Eyler

Things began innocently enough. We were both interested, and for only \$5, we thought we could try it out once. We had made it through the bulk of our first year classes, and we wanted to do something fun to celebrate. Little did we know that “just once” would swiftly become “once a week.” Now, nearly two years later, we’re up to at least twice a week—occasionally even three or four times if we get the chance. Not just on evenings and weekends either, sometimes even when we have a little down time in lab waiting for gels to run or digests to finish. We used to frequent out-of-the way hallways, until we started attracting the attention of the custodial staff. (Several of them still recognize us and comment on occasion). Now we prefer unoccupied conference rooms or unused lab space—more privacy that way.

Oh, how seductively swing dancing steals its way into your life. And heroin, for that matter. But swing is much cheaper, and we are living on a graduate student stipend. Things could be worse, though—after all, how do you spend your Monday nights? Working late in the lab or sitting at home watching reality

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AAI Meeting in Miami

by Kedar Narayan

I must admit, I drew a bit of blank when I was asked to write about the conference that I had just won a travel award for. You know how it is if you go for a conference in the first two years of graduate school; you cram in fifteen talks a day, jot down new and impressive findings, meet other fantastic minds out there in the scientific community, and feel lucky to present your data at such an intellectually stimulating gathering. Well, by the time you hit year six of grad school, the conference hall, you realise, is the best place to pass out after a night of heavy drinking, as some sweaty grad student drones on about self-importantly about his/her completely insignificant project.

So I was actually glad that this year’s American Association of Immunologists (AAI) annual meeting was held in the summer in Miami. That feeling of cheer was the high point; the rest, as you will find out shortly, was all downhill.

The first mistake I made was to delay the booking of a hotel room. I realized too late that EVERY grad student, postdoc, and PI in the US also wanted to go to Miami, and had booked their rooms. Fortunately for me, my good friend Matt had

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Research Congress in Ireland

by Karen Sfanos

With the assistance provided from the Graduate Student Association travel award that I received, I attended the 7th World Basic Urological Research Congress held this past September at University College Dublin in Dublin, Ireland. The Congress was a joint meeting between the U.S. Society for Basic Urologic Research (SBUR) and the European Society for Urological Research (ESUR). The Research Congress was an excellent venue for lecture and discussion from experts in the field of Urology from all over the world. The invited speakers came from four different continents, with attendees from Ireland, the U.K., Sweden, Greece, Denmark, Austria, France, the Netherlands, Norway, Spain, Italy, Finland, Germany, Switzerland, Poland, Australia, and Japan as well as the U.S. and Canada. The meeting was organized to address diseases of the prostate, kidney, and bladder, with specific sessions which focused on the development of androgen independence in advanced prostate cancer, biomarker discovery for early prostate, bladder and renal cancer and the emerging role of inflammation in prostate disease. Several lectures

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Student Health Care Changes for 2007-2008

Megan Healey
SOM Graduate Student Health Representative

Many new student health care policies have been introduced in the past year, and the most dramatic changes concern prescription drug coverage and student mental health benefits, made effective July 1, 2007. As your student health representative, I want to go over these specific changes and note a few other policy changes. All of these policy changes are included in the 2007-2008 Summary of Health Benefits brochure (www.hopkinsmedicine.org/som/PDF/Students_Fellows_Bookfinal.pdf).

Prescription Drug Coverage: Prescription drugs are now categorized as Tier 1, Tier 2 or Tier 3. The tiered copay system replaces the previous 80% insurance coverage/20% out-of-pocket plan.

Tier 1 includes generic drugs (\$10 copay for a 34 day supply).

Tier 2 includes brand name drugs (\$20 copay for a 34 day supply).

Tier 3 includes brand name drugs that tend to be newer and/or more expensive (\$35 copay for a 34 day supply).

If you use mail-order to order a 90 day (3 months) supply, you save 1 month's copay. You can register for the mail-order service at www.caremark.com. Additionally, with a prescription from your primary care physician, you can now get Claritin OTC and Prilosec OTC for free.

Student Mental Health (SMH) Benefits Changes: You can now see a SMH provider for free, and there is no limit to the number of mental health visits. However, the insurance coverage for seeing mental health providers outside SMH remains the same (about 50%). Dr. Spyridon Marinopoulos, the UHS Clinic director, instructs you to contact the number you were using previously for an appointment, and for now, you should be able to continue seeing your current provider.

Referrals: Many of you may be unaware of the change in referral policy that went into effect December 1, 2006. Your insurance plan no longer requires you to see your primary care physician first for a referral to a

specialist. However, be aware that some specialists will require a referral documenting a medical need for their services before they will see you. When you schedule a specialist appointment, ask whether the specialist requires a referral to see you.

Billing: Providers who see you for a service that is 100% covered by UHS Benefits (e.g., annual eye exam at Wilmer) should send the bill directly to UHS Benefits. You as the student should no longer be the middleman. However, if you do get a bill for a covered service, bring it to UHS Benefits to make sure that it gets paid. For the latest updates on your student health care, go to the UHS website at www.hopkinsmedicine.org/uhs.

If you have specific questions about these health insurance policy changes, please email Dr. Marinopoulos at smarino1@jhmi.edu. If you have comments or concerns about your plan, the clinic or student health care issues in general, please contact me at mhealey@jhmi.edu. I am always working to improve our student health care based on your experiences and suggestions.

Graduate Students and Credit Cards

an article from the JHU Financial Aid Office

In an effort to assist our graduate students in the management of their credit card usage, the Financial Aid Office is working with the JHU Student Assistance Program to develop a series of workshops to assist students with addressing and managing their budgets in the use of credit cards purchases. More information to come. A spring workshop series is planned. Watch the calendar.

A study on credit card use among graduate and professional students reveals that the need for information and education on budgeting and managing money is an ongoing lesson, one that doesn't end after the first four years of college.

Findings from "Graduate Students and Credit Cards in 2006: An Analysis of Usage Rates and Trends" show that while credit card debt levels may not have increased significantly since 2003, many students still use credit cards to pay their tuition. Moreover, older graduate students are carrying nearly twice as much credit card debt as their younger counterparts, with just 20 percent of all respondents paying off their monthly credit card bills in full each month. The study is the

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television? If you're looking for a better option, you can do what we did and check out Charm City Swing's Monday night dances at the Austin Grill in Canton. You don't have to come knowing how to swing—drop-in lessons start every Monday at 8:00 and are just \$5 with a student ID. You'll learn enough to get you moving on the floor for the dance afterward, which runs from 9:00 to 11:00. You don't even need to bring a partner—leaders and followers rotate throughout the lessons and much of the crowd is made up of singles from the area. While dancing is fun for couples (and makes for a good, cheap date—the dance without the lesson is free for students), the dances are also a great place to meet and interact with new people.

Not that this is a place to go date-shopping. While dancing has played a role in bringing several of the regular couples together, including us, the main thing that keeps people coming back week after week is the dancing itself. The atmosphere is social, relaxed, and friendly, and whether you're single or not, you can ask anyone there for a dance with no strings attached. Whether you come every week or drop in every now and then, you'll find a great group gathered to hang out and have a good time.

Of course, you may think swing's just not your style, but watch some of the dancers on the floor or stick around for the jam around 10:00 and you might just change your mind. Swing is dynamic, sexy, spontaneous, versatile, and you can learn to dance to almost anything from blues to pop to rock and roll, as well as to classic big band music. If you come to a few of the drop-in lessons and want to try something more in-depth, you can check out the 8-week series that run on Tuesday nights. Beginner lessons start at 7:30 and intermediate/advanced classes, which change for every

series, start at 8:30 and 9:30. More information about classes and dances, including periodic dances at the Hopkins Homewood campus, can be found online at www.charmcityswing.com.

So come on out one Monday—you deserve a little something fun to start off the week, and for only \$5, what could you lose by trying it once? We'll be looking for you there. And we swear—we could quit anytime we want.

Research Congress in Ireland, continued from page 1

also addressed current research in the identification of prostate cancer stem cells, the current debate in the use of hormone therapy in the treatment of prostate cancer, molecular imaging in urologic cancers, and dietary factors linked to prostatic disease.

I am a 5th year CMM graduate student performing my thesis work in the laboratory of Dr. Bill Isaacs in the Department of Urology. My research focuses on the contribution of infectious agents and inflammation to prostate cancer etiology. The Research Congress proved to be an amazing opportunity to be exposed to many aspects of the current urological research occurring worldwide, as well as to meet many of the experts in the field. The meeting also provided me with the opportunity to present my thesis research for the first time in the form of an oral-poster presentation. On the less scientific front, it also provided me with the opportunity to try “authentic” Guinness for the first time. I would like to express my sincere gratitude to the Graduate Student Association for the much appreciated travel award that helped to make my trip to the 7th World Basic Urological Research Congress possible! Sláinte!

**Our next submission deadline is
February 15th!**

If you would like to submit an article, photo, or other material for a future issue of the Restriction Digest, please contact an editor:

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booked the last available room and was solo, so I gladly accepted to share. This was a happy arrangement until we actually checked into Room 609 at the Colonnade. Room 609, as it turns out, was the honeymoon suite. There were pink walls with cupids painted on them, the bed was round and a deep wine red with heart shaped pillows, and there was champagne bucket. (No champagne. No Jacuzzi either. This was the economy honeymoon suite apparently). Now, both Matt and myself are pretty comfortable with our sexuality, but I think the complimentary condoms in the bedside drawer did it - We stayed up all night watching a Rambo marathon after which Matt crashed on the bed and I slept fitfully on the floor, thinking about the beach the next day...

I woke up to the sound of thunder and a flash of lightning. Another rumble. Next thing I knew, it was pouring. And this wasn't your dinky North Eastern corridor drizzle. In Miami, the heavens open up and send rain by the bucketfuls. I walked to the window and saw people with tacky blue AAI backpacks wading to the conference center in knee deep water. "Crazy Postdocs", I thought, and went in for a shower, ready for breakfast and my first talk. The rain only got worse, and by the time I was ready to leave, it was hip high (no kidding) in some areas. And believe it or not, there were postdocs still trying to get the conference center. And dear friends, whether it was peer pressure or scientific curiosity, or just wanting to get out of the blasted honeymoon suite I will never know, but I joined them in the filth and trudged to my first session of Immunology.

The evenings were better though. The water got out of the streets remarkably quickly, and it was all sunny as

I inhaled, tucked in the tummy, threw my chest out and shoulders back, and headed out to the (clothing optional, did you know?) famed Miami beach. As my eyes scanned the beach, I learned:

1. The beach really IS clothing optional (!)
2. Everyone in Miami looks like they stepped out a movie set.
3. The men have sculpted biceps and sixpacks (without inhaling).
4. Um, the plastic surgeons do quite well in this area
5. The asian dude wearing socks and sandals on the beach, alas, betrays his identity by pulling out his reading material (conference abstract publication) from a tacky blue AAI backpack.
- 5b. I realize with horror that I've packed my towel in a tacky blue AAI backpack. AAGGHHH!!!!!!

Well, to be honest, all this beaching was seriously hurting my ego, so I decided to go in and hit the bars. Which didn't do me any good, because Miami bars, unlike the ones we love at Fells point, are dead serious. We are talking sixty foot ceilings, flowing curtains, shallow vanishing edge pools, private booths, massage parlours and solid mahogany topped bars, where they served 20 dollar (gulp) martinis. The people don't mess around either. I was wearing my best shirt, and I still looked like I had stepped out of an Oxfam commercial. They had their Blahniks and Louboutins and Cavallis; I had my 17.99 shoes from Walmart. And just when I thought things couldn't get any worse, the asian dude from the beach recognized me and stuck to me like a limpet - he still had his AAI backpack and insisted on discussing the innate immune responses of nematodes. That pretty much ended what little shot I had, right there. Forget trying to snare women, I had a tough time convincing people that the two of us were not looking for donations for third world kids afflicted by some strange work disease. I should've accepted the money though, because two rounds in, I was sure I'd have to sell my kidney to raise money for the ticket back home...

Anyway, it was pretty much the same thing over and over for four days. Immunology, beach, Immunology, drink, Immunology... but I did make it back to Baltimore in one piece. First thing I did was to wear my rattiest shirt and jeans and head down to the wharf rat with a bunch of my equally dorky and badly dressed friends, where we talked about our screwed up experiments over cheap local brews. It felt good to be home.

Maryland Science Center Paid Internship

The Maryland Science Center is looking for JHMI graduate students to participate in our BodyLink and WetLab exhibits. This part-time, semester-long program will expose you to a fun and exciting experience teaching informal science to children and adults. You will also utilize your expertise in your field by working on an individual project for exhibition in the Science Center. Applications are currently being accepted for all upcoming semesters. Please email Mary Anter (manter@mdsci.org) for applications and any questions.

Sartorius: An irreverent look at Hopkins fashion

by Francois Gould

Sporting fashions are rarely as flattering as everyday wear. This is (to my mind) particularly true of the clothing worn in baseball and American football. It would be hard to imagine doing for those weird knickerbockers the American football players wear what the British brand Hackett did for rugby shorts (making English fly half Johnny Wilkinson into an instant pin-up in the process).

Take the baseball cap. On the field, it serves a very specific function: to shield the eyes of the players from the sun so they can see the ball in the afternoon glare. Practical? Certainly. Essential in stopping the batting team in its tracks? Absolutely. An elegant and flattering garment? Not really - it tends to make people look like they have very small, worryingly spherical heads.

Given that the only redeeming feature of the baseball cap is that visor covers the eyes, it is really rather sad to see it stripped even of that utility on a daily basis. And that, gentle reader, is more or less the point of this article. I am taking aim at the backwards baseball cap. To spare you the agony of reading anymore: men of Hopkins, leave the baseball cap at home.

The backwards baseball cap is ridiculous on two levels. It is useless either as sun protection or as head insulation, and it looks absurd. Especially if your fringe is worming its way out through the adjustable strap as if a raccoon were squirreled away below your hat (you know who you are). There is no reason to wear a backwards baseball cap here, as Baltimore's sunless winter could give my home town a run for its money. In layman's terms: lay off the baseball cap, it makes you look like a doofus. I'll make an exception for baseball games. There, happy?

Some of you may cry out: "But what about bed head? I need to baseball cap to cover it!" Trust me, your hair can never make you look as stupid as the baseball cap. And if it is that unpleasant, you may want to wash it. Or failing that, call pest control. If you still feel uncomfortable, there are far better alternatives:

The knitted hat: will complete that desirable Abercrombie reject look perfectly.

The Fedora: well overdue for a come back. Indiana Jones can't be wrong.

The Straw Boater: somewhat ridiculous in this weather, but encourages lounging and drinking gin and tonics, which is always a good thing.

The Top Hat: haven't you heard? Burlesque is back!

And, my personal favourite:

The regular haircut: works every time.

And now, I'm afraid I have an appointment with my tailor. Next time, I'll be tackling the difficult issue of trousers.

Disclaimer: "facetious" is one of the few words in the English language which contains all the vowels in alphabetical order. It is also a very good description of the tone of this article. In the words of Puck, "Gentles, pray do not offend; if you pardon we will mend."

SAP CORNER

Is Perfectionism desirable for success?

Rodney Orders, LCSW-C
Student Assistance Program

We all strive to be successful. However, it is important to consider our personal definition of success. At what point does perfectionism turn from adaptive to maladaptive? If you are a perfectionist, it is likely that you learned early in life that other people valued you because of how much you accomplished or achieved. As a result you may have learned to value yourself only on the basis of other people's approval, which may leave you vulnerable to criticism and negative thoughts about yourself.

At what point is the desire to be perfect an unrealistic goal? Recent research on perfectionism suggests that the desire to be perfect can rob you of your sense of personal satisfaction and may even cause feelings of inadequacy or severe emotional difficulties. Perfectionism can lead to unhealthy comparisons to others, feeling like other people are "better" than you or "doing a better job" than you. It may be difficult to relax because anything less than an all out effort is deemed worthless. Perfectionism can lead to excessive worrying about whether you are doing enough, and one mistake can be viewed as failure.

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Credit Cards, continued from page 2

sixth in a series of studies conducted by Nellie Mae (a subsidiary of the Sallie Mae Corporation) and the second to focus exclusively on graduate students.

Among the findings from “Graduate Students and Credit Cards in 2006: An Analysis of Usage Rates and Trends”:

- The average outstanding balance on credit cards held by graduate students increased 10% since 2003 from \$7,831 to \$8,612.
- 94% of respondents used credit cards to pay for some portion of their direct education expenses, primarily textbooks. Twenty-eight percent admitted paying for some portion of their tuition with credit cards.
- 67% of graduate students said they took out their first card as an undergraduate student.
- Of the graduate student survey respondents, 93 percent would have liked more information on financial management topics before they started school and would like financial management education now.
- The most common direct expense for which graduate students used their credit cards was textbooks, with 83% indicating they had charged some portion of their textbook costs.
- Of the 28% who said they used credit cards for some portion of their tuition, the average balance was estimated at \$5,416, with 26% of this sub-group charging at least \$7,000.

One of the key findings highlighted by the Nellie Mae study is that graduate students still do not fully understand the financial ramifications of using a credit card-including interest accrual, capitalization and penalty fees- and the effect on future income. It also appears these students need additional information before graduate school begins and as underclassmen on other, less-costly college financing options, such as student loans, which offer built-in deferment options, low (often subsidized) interest rates, and financial incentives for making on-time payments.

Perfectionism, continued from page 5

Although many successful people have adaptive and healthy perfectionistic traits, one can encounter three major problems if these are taken to the extreme:

- Everything seems important. You may not be able to prioritize your efforts and therefore not be able to decide what to do – as a result, nothing is accomplished.

-You may not know how to pace yourself. You may believe that total effort is needed on every task, which is unsustainable over time, making you susceptible to burnout.

-Your self-worth is primarily tied to your achievements. This can lead to insecurity because you may not know how to value yourself day-to-day.

Ways to develop “healthy” success

First, realize perfection is an unattainable illusion.

Second, set up step-by-step realistic expectations for yourself and become a “healthy” striver. Healthy strivers tend to set goals for themselves based on their wants and desires rather than in response to external expectations. Their goals are usually one step beyond what they have already accomplished. They tend to take pleasure in the process of pursuing the task rather than focusing on the end result or achievement.

Third, confront your fears and ask yourself, “What is the worst that can happen?” and “Do I set up unrealistic expectations for myself?”

If you would like additional information on this topic, or to set up an appointment, please contact the Student Assistance Program (SAP) at (443) 287-7000 or visit our website at www.jhu.edu/sap.

Sources: Darnell, Dan: “Perfectionism: What it is and ways to deal with it” <http://campushealth.unc.edu>
Perfectionism-UIUC Counseling Center <http://www.couns.uiuc.edu/brochures/perfecti.htm>

Sudoku

Sudoku 9x9 - Medium (138948059)

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