



The Restriction Digest

GSA Newsletter

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A Report on the Security Town Hall Meeting

by Elizabeth Petro

The summer before I started graduate school, when people asked me what my plans for the future were and I told them that I was going to Johns Hopkins, one of the most common responses was, "Isn't that in a really bad neighborhood?" My witty reply was, sure, perhaps I was more likely to get shot, but there was nowhere else I would rather get shot than right outside the Johns Hopkins Hospital's emergency room.

I was joking, of course. I did not really expect that a JHMI employee would actually get shot right outside the emergency room. But exactly that happened on September 2nd on the sidewalk in front of the Kennedy Krieger Institute, just steps from the emergency department. While I would not go so far as to say that I feel unsafe on campus, that shooting, combined with an assault on March 17th of a School of Medicine employee on Rutland Avenue (a location I walk by twice every day), made me reconsider my route.

It was therefore with tremendous interest that I attended a security town hall meeting on November

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Hopkins Dance: A Sampling of Styles

by Issel Lim & Aggy Djamanakova

If you happened to be at the School of Public Health on a Wednesday evening this past semester, you might have heard music, shuffling, tapping, and stomping near the ninth-floor cafeteria. These sounds were part of the free dance lessons organized by Hopkins Dance, a student-run organization that promotes various types of partner-style and social dancing. We were originally founded as "JHMI Dance" but have expanded to include all members of the Johns Hopkins University community. Lessons were taught by JHU students and local professional dance instructors and introduced over 150 people to different types of dancing, including swing, salsa, bachata, rueda, step, breakdancing, and country line dancing. The attendance and enthusiasm emphasize the interest in social dance activities in the Hopkins community. We also arranged a Hopkins Dance group discount for outings at Zen West and Talara, where we were able to show off our salsa moves. Hopkins Dance will be organizing several more lessons and social outings for our members to use their newly acquired steps and styles, so join the

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Tales from the Bench: Peer Mentors Tell All

by Graduate Student Peer Mentors

Everyone remembers what it was like the first day of graduate school: excitement and optimism as you embarked on what was sure to be the most thrilling and fun experience of your life. Then came classes, orals, committee meetings, grants, manuscripts, and failed experiments. Throughout our tenure here, we all encounter difficulties and stresses, which is unfortunately a part of graduate school.

Below are narratives from peer mentors. If anything rings true or if you have anything else going on where you need advice or a little guidance, please visit one of us: http://www.hopkinsmedicine.org/som/students/diversity/GS_peer-mentoring.html.

And remember, "It's supposed to be hard. If it wasn't hard, everyone would do it. The hard... is what makes it great." – Jimmy Dugan, A League of Their Own.

Failing a class

By Kenya Lemon

Picture it: Wood Basic Science Building, the Monday after your

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20th. The purpose of the meeting, as described in an email sent to jhmi-grads@lists.jhmi.edu by Dr. Daniel Teraguchi, Assistant Dean for Medical Student Affairs and Director of the Office for Student Diversity, was to “share data results from recent security surveys completed by graduate and medical students, indicate how concerns are being addressed, and provide information on safety tips.”

Dr. Peter Maloney, Associate Dean for Graduate Student Affairs, opened the meeting by presenting the results from an online survey. Out of 245 graduate students who responded to the survey, only 23 felt unsafe or threatened at work, which means that more than ninety percent of graduate students feel safe at work. Maybe that was why turnout at the meeting was so low: audience members were outnumbered by organizers, and I was the only graduate student in attendance.

While graduate students may feel safe at work, they seem to be a little more wary of off-campus areas. When asked to rate the safety of the JHMI campus outside buildings (such as sidewalks, shuttle stops, and parking lots), the average rating on a scale from one (poor) to five (excellent) was just over three. When asked to rate the safety of the neighborhoods surrounding campus, the rating was less than two.

Perhaps as a result of these concerns, most graduate students don't live near campus: 35% live “near” JHMI (an area that includes the nearby neighborhoods of Butchers Hill and Fells Point, but also the more distant neighborhoods of Canton, Mount Vernon, and downtown), 18% live in Charles Village, and 46% responded “other.” Forty percent drive and park in sanctioned parking spots either on campus or in the satellite lots, 31% take the shuttle, 5% take public transit, 12% walk, 6% drive and park on the street or off-campus, and 7% do “other”, including bicycling to work. The tone of the presentation clearly indicated that these latter three options (walking, parking off-campus, and bicycling) were not approved methods for getting to school.

Next, Dr. Thomas Koenig, Associate Dean of Medical Student Affairs, presented the results of a similar survey of medical students. Compared to graduate students, medical students are more likely to live near campus (76% near campus and only 8% in Charles Village) and

Key Information:

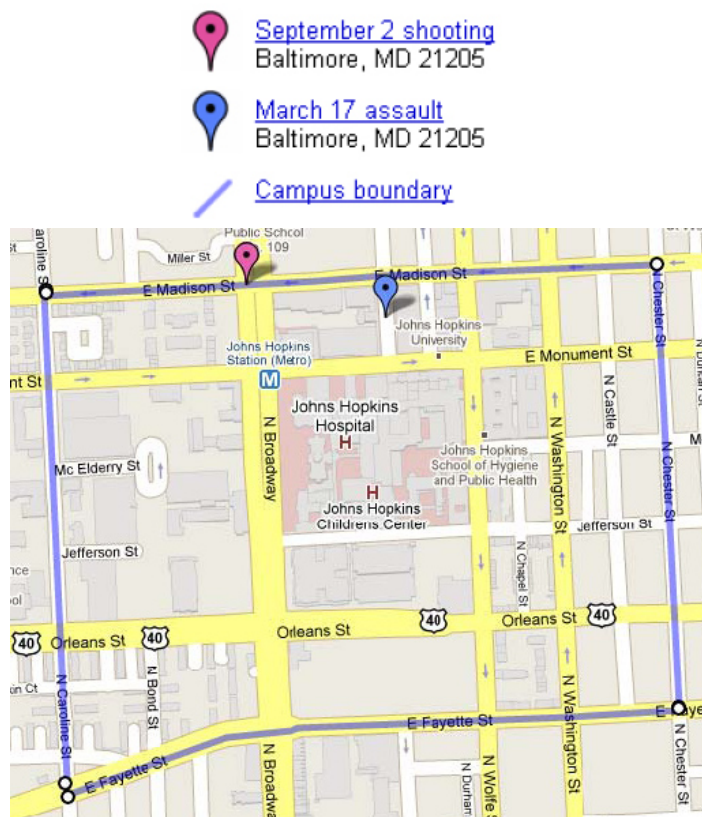
- Report any crimes or suspicious activity: 410-955-5585.
- JHMI Corporate Security 24-hour walking escort service: 410-955-5585.
- On-call 24-hour shuttle service: 410-502-6880.
- Safety whistles, information cards, and flashlights are available in the first floor PCTB computer lab and in BRB room 137.

more likely to walk to get there (30% walk, while only 10% take the shuttle).

After covering the demographics of the students, Harry Koffenberger, Vice President of Corporate Security, brought us into the actual crime statistics, along with a healthy dose of lurid anecdotes. He began by relating that during a 90-day period in 1992, a doctor was abducted from the Washington Street Garage, robbed, assaulted, and left for dead and a medical student was abducted, raped, and held for ransom while on her way to school from an off-campus parking lot. In 1993, there were 23 robberies and 700 reported thefts on campus. Contrast that with 2008, which had a single robbery and 143 thefts. If you look at the JHMI community as a city of 25,000 (as Mr. Koffenberger encouraged us to do), that's an incidence rate of less than one in 173. Furthermore, when comparing our 2007 crime statistics to those of the other four top medical schools in the country (Harvard University, the University of Pennsylvania, Washington University in St. Louis, and the University of California-San Francisco), we did not have any more murders, rapes, robberies, or assaults. One caveat to these statistics is the definition of where “on campus” is geographically: campus is bordered by Madison Street to the north, Chester Street to the east, Fayette Street to the south and Caroline Street to the west. As a result, the September 2nd shooting is considered “off-campus” even though it was just outside the Kennedy Krieger Institute and the entire Rangos building is considered “off-campus.”

By far the most common crime that our campus faces is theft, but that's not what worries most students. What bothers us more are crimes such as the murder at Yale University in September of pharmacology graduate student

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dent Annie Le, who was killed in her own laboratory. It was that tragic event that prompted the organizers to put together this town hall meeting, but as Mr. Koffenberger pointed out, Ms. Le was killed by someone who knew her personally. While security cameras and security guards can deter “crimes of opportunity,” “crimes of intent” are a lot harder to prevent. Both the March 17th assault and the September 2nd shooting are considered “crimes of intent” (even though the Kennedy Krieger employee was not the intended target).

The conversation then turned to what we could do to improve campus security. The first step would be to better publicize the resources already available to students. For example, JHMI Corporate Security provides a 24-hour walking escort service to any point on campus, as defined above (call 410-955-5585). JHMI also offers 24-hour on-call shuttle service within the medical campus (call 410-502-6880). However, the audience hoped for campus security to do more, suggesting increasing the number of security guards. Mr. Koffenberger, however, was skeptical that any additional increase in staff would have an effect on these “crimes of intent” given that JHMI already employs more than 500 people on its security staff and that the assault and shooting occurred in full view of multiple security guards and cameras.

The audience next focused on what could be done to increase the safety of walking to campus from off-campus. They proposed adding a shuttle route to serve the Butchers Hill neighborhood (the current shuttle route primarily serves residents of Mount Vernon and Charles Village). The audience suggested using the demographic data from the surveys to reroute the shuttles to better serve students based on where they live and to provide an alternative to walking or taking cabs. Another option, of course, is for students to use already existing and environmentally friendly public transit: the Maryland Transit Administration’s #13 bus serves Butchers Hill, has a bus stop on campus (and therefore under the purview of JHMI security) on Wolfe Street just outside the School of Nursing, and runs until 1:42 am.

The organizers remained dubious, voicing the opinion that not only is it not the school’s responsibility to provide door-to-door transit for its students wherever they choose to live but also that if the school were to provide such a shuttle route, it would just encourage students to live in dangerous neighborhoods. However, they agreed to reconsider the shuttle routes based on the student demographic data. In fact, as a result of the town hall meeting, the route of the #7 shuttle has been extended south to Pratt Street, effective since December 1st.

Mr. Koffenberger reminded the audience that if you are a JHMI student and the victim of a crime, the crime should be promptly reported to JHMI Corporate Security at 410-955-5585, even if the crime occurred off-campus. Not only is such information useful to JHMI security for determining its own priorities, but the university can also use these reports to put pressure on the city police precincts to make sure that JHMI students are safe. JHMI security will also act as a student’s advocate through the justice system, from helping you file the police reports to accompanying you to the court house if you need to testify in court.

The meeting closed with Dr. Deborah Hillard, Director of Faculty, Staff, and Student Assistance Programs, reminding the audience that SAP is here to assist students, and with Dr. Teraguchi announcing the formation of a student task force on safety, security, and parking/transportation. He requested medical and graduate student volunteers, and I told him I would be happy to serve on the task force. I look forward to keeping you updated on campus security.

What's the Difference Between Dating and Seeing Someone?

by AskHopkins

The definition of "dating" can either mean "going on dates" or "in a relationship." "Going on dates" is casual and not necessarily exclusive. It's usually the trial (and error) stage when you first start to consider getting into a relationship. When you're "in a relationship" or "going out with [someone]", it's usually exclusive and lends a title of "significant other" to the status. This is the stage when you feel obligated to call the other person to let him/her know what you're up to.

"Seeing someone" is somewhere in the middle - when you're going on dates, perhaps even "hooking up" on a regular basis, but not officially in a relationship. There's romance and probably intimacy, but if you were to stop seeing each other it wouldn't qualify as a break-up because you weren't officially together. It's the same level of intimacy/official-ness as "friends with benefits." That said, "seeing each other" has a more progressive connotation, because you're still getting to know each other and could evolve into dating, whereas "friends with benefits" has a more stagnant/"scratching a mutual itch" feeling.

The usual evolutionary scale is:

- Going on dates (dating / "We're going to dinner...").
- Seeing each other (hooking up / "We're kind of together, but I don't need to change my Facebook status yet.").
- In a relationship (significant other / "This is my girlfriend/boyfriend. We're going out. Woohoo!").

In the end, the best way to determine what "stage" you're at with someone is to be straightforward and talk it over. "Do you want to be exclusive?" Just make sure that you know what your answer would be, too, if you were asked the same question. It's usually safer to start on dates with one person at a time so you don't hurt any feelings. Be nice!

Ah, terminology...

For more advice, visit our website/blog:

<http://askhopkins.blogspot.com>.

If you have any questions, answers, or interest in helping out, please email askhopkins@gmail.com.

Restaurant Review:

Samos Restaurant in Greektown

by Cheryl Koh

The Greek island of Samos lies in the Aegean Sea. Samos Restaurant, opened in 1977, is aptly located in Greektown, at 600 Oldham Street. We arrived around 6:30 pm on a Friday, and most of the tables at the family-owned and run, medium-sized restaurant were taken (this is not the place for a group gathering, since they only have five large tables and do not accept reservations). However, such popularity bodes well for delicious food. The restaurant feels homely, with an open kitchen and simple decorations like paintings featuring the Greek Isles and rustic earthenware.

Samos's menu comprises a list of spreads, mezedes, pita wraps, sandwiches, pizzas, and platters (served with Greek salad, pita bread, roasted vegetables, and your choice of oven roasted potatoes or rice pilaf), all at grad-student-friendly prices. But we came with one thing in mind: the Tour of Samos. A sampler of 10 of the menu's highlights, this is definitely the way to go on your first visit. There is a two person minimum (\$22.50 per person), so bring a friend and an appetite.

Almost immediately after ordering we were served the first course, a Greek salad with typical fixings. Don't miss out on the home-made dressing, which was creamy without being too heavy. Next was the tzatziki and pita. The dill and garlic-seasoned yoghurt with finely shredded cucumbers was the perfect accompaniment to the pita, which was warm from the oven. This was definitely one of the best pitas I've had, and it didn't take much for us to finish the entire basket. We might never buy grocery store pita again.

After that, we were served a platter containing kalamari, garlic shrimp, spinach pie, and dolmades. The kalamari, lightly battered and deep fried, was tender and tasty, unlike some of the chewy calamari one gets at bars around town. The marinara sauce it was served with was somewhat lackluster, but the lemon butter sauce that accompanied the shrimp more than made up for it. The shrimp had a nice char from the grill and were easily my favorite part of the platter. The spinach pie had a high feta cheese-to-spinach ratio, and the filo dough it was wrapped in was pleasantly flaky. Next,

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desperately needed but short Thanksgiving break. You receive a large two-prong folder, the content of which is what you believe to have been the worst exam in history. You glance around and notice that your classmates seem relatively happy, easing your fears of failure. You fold the two prongs together, open the folder, and slide your exam out only to find that your grade fell two points shy of the “pass” cutoff. I too have felt such disappointment, mine due to the Molecular Biology final. Know two things: 1) you are not alone and 2) the peer mentors are available to listen and assist you!

Anxiety over oral exams
By Ijeoma Uzoma

During first year, the notion of taking GBOs was incomprehensible. They expect *ME* to take an oral exam covering every course I’ve taken here and pass? Fortunately, it was far enough away that I could comfortably put it out of my mind. When courses wrapped up the real buzz began, and panic set in quickly. Now when orals were mentioned a wave of nausea consumed me. Once I had a full committee and an exam date in place, I could no longer deny the fact that I would be in Little Abel in one month being grilled by the smartest group of people I’d ever stood before.

After weeks of studying in solitude and getting through multiple mock oral exams, the big day arrived, and I hoped I was ready. To my surprise, my committee was pleasant and fair—I realized it was not their intention to fail me. The exam wrapped up and passed. I had successfully accomplished the most stressful obstacle of my academic career, yet it felt so anticlimactic. In retrospect, the process is painful but necessary. One thing is certain: I never could have passed without the help of senior students. If orals are making you nervous, you’re not alone. Contact the Peer Mentor Program for general guidance, planning mock oral exams, and anything else!

Doubting abilities as a scientist
By Osi Iyalomhe

Before coming to graduate school, a prospective graduate student (except those cocksure of their abilities) might have asked introspectively, “This science thing—am I even good at it?” And while in the mix, from botched experiments to ugly data, more doubt re-

surfaces, and one either despairs or aggressively seeks to convince oneself that he/she may not, in fact, be that stupid. It is slightly ironical that even the “cocksure” amongst us start to doubt at some point.

I personally came to terms with the above problem when I realized that experimental science is a difficult affair—more difficult than I had imagined before graduate school. But why is experimental science difficult? The answer should be apparent from this illustration. Suppose a man with the greatest sight in the world is given a lantern to search for a black jewel in a pitch-black cave of infinite volume. Assume that the lantern is poorly lit and that the cave may be filled with fake jewels and rocks. Given that we are human, this man may make mistakes in his search but he may later correct them. It is obvious that this man with the greatest sight, due to no fault of his own, will have a hard time finding the black jewel if he is lucky. This search, to an approximation, mirrors how we search for knowledge in science. New knowledge is the jewel in scientific research, and even the man with the greatest sight must get comfortable with being visually “stupid” in this cave. Martin Schwartz’s brilliant essay talks about the importance of ignorance in science (see Schwartz, M.A. (2008). The importance of stupidity in scientific research. *Journal of Cell Science*. 121: 1771).

That being said, an insidious consequence of accepting one’s said “stupidity” is to not try at all. This is the wrong approach, as the acceptance of one’s limitations should mitigate feelings of discouragement. Indeed, acceptance of ignorance should be the reality, not a therapeutic strategy (even though it can be one). So what are we saying? That you were accepted to study here suggests that you are most likely capable of getting used to the pitch-black cave. Keep on searching.

Have you considered dropping out?
By Meghan Seltzer

Have you ever thought about dropping out of graduate school? Have you ever thought about what it would be like to have a “real” job instead? Have you even gone as far as to look at information on other careers because you were convinced that tomorrow you would finally walk out of the lab, never to return? If you have asked yourself these questions, congratulations! You

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**Johns Hopkins
Student Assistance Program**

Serving Graduate and Professional Students

Substance Abuse: Know the Facts

Severe consequences can result from the use and abuse of alcohol and drugs. Such use may result in impaired judgment and coordination; physical and psychological dependence; damage to vital organs; inability to learn and remember information; psychosis and severe anxiety; unwanted or unprotected sex resulting in pregnancy and sexually transmitted diseases; and injury or death.

What is substance abuse?

The use of illegal drugs, the misuse of prescription or over-the-counter drugs, or alcohol for purposes other than those for which they are meant to be used, or in excessive amounts. Substance abuse may lead to social, physical, emotional, job and/or school-related problems.

Alcohol use

Alcohol acts as a central nervous system depressant. With moderate drinking a person may experience flushing, dizziness, dulling of senses, and impairment of coordination, reflexes, memory and judgment. Taken in larger quantities, death may occur due to depression of the parts of the brain that control breathing and heart rate.

Is my drinking a problem?

The first step in assessing whether your use of alcohol exceeds moderate use is to understand your drinking patterns. If you answer yes to one or more of the following questions, you may want to seek assistance. It is important to contact a therapist or medical professional who can assess your drinking habits and offer a treatment plan if necessary.

- Have you ever felt you should cut down on your drinking?
- Do you drink alcohol to calm nerves, forget worries, or reduce depression?
- Have you ever felt bad or guilty about drinking?
- Has drinking caused problems with school, relationships, or family?
- Do you lie about or hide your drinking habits?
- Do you binge drink or frequently consume more than two drinks a day?

Ways to cut down your drinking

If you drink socially but find you are drinking too much, the following may help you decrease your alcohol intake.

- Drink slowly – take a break of one hour between drinks. Drink soda, water, or juice in between drinks, and do not drink on an empty stomach.
- Learn to say no – you don't have to drink just because others are choosing to do so.
- Avoid temptations – stay away from people, places, and things that make you want to drink.
- Find other activities – use the time and money you would have spent on alcohol for something fun with family or friends, like going to a restaurant or the movies.

Drug use

Drugs can have a variety of effects. Some can make the user feel calm and sleepy; others can make them feel very energetic, while some drugs can cause hallucinations, panic or paranoia. Whether they're illegal or prescribed, misusing drugs can lead to dependence/addiction, and cause social, physical, emotional and academic problems.

Prescription drugs

Abuse of prescription medication can quickly lead to dependence/addiction and cause just as much harm as illegal drugs. Among other health problems, it can cause changes in the brain affecting behavior, decision-making, and personality. Once addicted, it is difficult to stop because of the physical and emotional dependency on the drug.

Commonly abused prescription drugs and the potential consequences of misuse or abuse

Stimulants – Ritalin, Concerta, Dexedrine, Adderall

- Headaches, fatigue, depression, feelings of hostility or paranoia, dangerously high body temperatures, irregular heartbeat, convulsions/seizures

Sedatives – Valium, Xanax, Mebaral, Nembutal

- Increasingly larger doses needed to get initial effect, poor concentration, confusion, depressed respiration, potential of overdose

Opioids – heroin, morphine, codeine, OxyContin, Vicodin, Demerol

- Constipation, nausea/vomiting, depressed respiration, potential for overdose

Is substance abuse treatable?

Substance abuse is treatable and can be managed successfully with medication, therapy and support. Identifying the problem and seeking proper treatment are the first steps to a successful recovery.

Seek assistance

The Johns Hopkins Student Assistance Program (JHSAP) is committed to assisting students in managing the challenges they face during their academic careers. JHSAP provides support to students in dealing with substance abuse/dependency, personal, academic, and relationship problems. Although the nature of substance abuse often leads to a desire for secrecy and isolation, recovery is best accomplished with assistance and support from interested but unaffected others. If you are struggling with a substance abuse issue, you may benefit from more individualized services. Contact the Johns Hopkins Student Assistance Program (JHSAP) at 443-287-7000 or visit our website at www.jhsap.org.

Additional Resources

- Helpline (alcohol and other drugs): 1-800-821-HELP (4357)
- Alcoholics Anonymous: 410-832-7094
- Alcohol & Drug Abuse Hotline (24 hours): 1-800-ALCOHOL

Sources: National Institute on Alcohol Abuse and Alcoholism; the National Institute on Drug Abuse

Financial Aid

Spring Financial Aid Disbursements

Spring disbursements took place on January 6. You have a right to cancel all or some of your spring loan funds within 14 days of disbursement. Notify the financial aid office if you wish to reduce your spring semester loans.

2010 Graduates

Student loan borrowers who will be graduating in May are required to complete a loan exit interview counseling session prior to graduation. Please contact the financial aid office at 410-955-1324 or finaid@jhmi.edu.

The Credit Card Act: New Terms for the New Year

The Credit Card Accountability, Responsibility and Disclosure Act of 2009 helps borrowers understand the cost of loan borrowing and provides certain consumer protections. The table below outlines what you should expect as a student when applying for credit in the new year:

What to Expect	Fees/Interest Rates	Consumer Protections
Less aggressive marketing to students by credit card companies.	Payments above the minimum payments will be applied to the highest interest rate balances first.	Consumers must be told how long it will take to pay their balance when making the minimum payment.
Lenders will require stronger credit histories and lower debt-to-income ratios.	No fee to make a payment by phone	Credit card issuers must provide information on credit counseling and debt management services.
More annual fees	No interest rate increases on existing balances.	Credit card bills must be sent at least 21 days before the bill is due.
Possible reduction in rewards programs	Payments must be 60-days late before interest rates could increase	
Lower credit limits	No over-limit fees	
	Terms must be clearer and easier to understand	

For more information about the Credit Card Accountability, Responsibility and Disclosure Act, visit www.edfund.org/pdfs/CreditCardAct2009.pdf

are officially a graduate student. During the four or five or six or (yikes!) seven years it takes to navigate the ever vexing thesis project, we all have moments of doubt and question why we decided to subject ourselves to this torture. Everyone has different moments where these thoughts manifest. For me, it has been in times of extreme stress (orals) or the tenth time I've tried to make a PCR work and it fails. It also comes when my friends talk about having spare time to work on their house or cook meals every night. Or when I am at a pub drinking a phenomenal hazelnut porter and think that maybe, just maybe, I would have been a better microbrewer. Luckily, I have had friends and family and fellow students to lean on. They've put things in perspective and helped me realize that even though the grass may appear greener on the other side, this has always been my dream.

If you are finding yourself in one of these moments of doubt, come talk to a peer mentor! We've all been there and are all willing to be that sympathetic shoulder or that pep talk you need to get you over the hump.

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the dolmades, grapeleaves stuffed with rice and herbs and topped with a lemon dill sauce. I am a fan in general and was not disappointed. My friend, previously not a fan, will now give dolmades a second chance. By this time I was regretting eating all of that pita bread.

Finally, a platter of lamb chops, chicken souvlaki, gyro, and roasted potatoes. The skewers of chicken were juicy and savory, as were the gyros, freshly sliced from the spit. But the lamb chops stole the show--seasoned delectably with Mediterranean herbs and spices and perfectly grilled (if you like lamb on the rare side), the lamb chops were a succulent piece of heaven. I highly recommend them. And because there is always room for dessert, we split the galaktoboureko, a rich cream custard wrapped in filo dough and baked golden brown, topped with cinnamon and honey syrup. It was a satisfying end to a great meal.

The Zagat-rated Samos has been voted Baltimore's best Greek restaurant by *City Paper* for several years, and now it has our vote too. It is open Monday through Saturday from 10 am to 9 pm, and street parking is available in the area. It is cash only (ATM on site) and BYOB (\$2 service charge per drinking adult).

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mailing list and come on out! After all, practice makes perfect. For pictures, events, and information on dancing around campus and in Baltimore, please check out our website:

<http://sites.google.com/site/hopkinsdance>.

If you are interested in joining our mailing list, organizing outings, teaching a class, or suggesting other activities, please email us at hopkinsdance@gmail.com.

Thanks to the GSA for sponsoring our lesson series and to all the people who made these evenings so fun!



Next submission deadline Feb 19th

If you would like to have your work published in *The Restriction Digest*, please contact an editor:

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