



# The Restriction Digest

## GSA Newsletter

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Johns Hopkins University School of Medicine

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### Dr. Jon Lorsch - One dynamite teacher!

By Veena Pushparaj-Gnanakkan

It's a beautiful sunny Baltimore day when I meet Dr. Lorsch in his office. This scientist, parent, want-to-be-chef, gardener, and now award-winning teacher helps me figure out my tape recorder before proceeding with the interview. We begin talking about his interest and his motivation for scientific research.

"I was interested in science from as long back as I can remember", he says. "When I was a little kid, I liked to mix things together in the kitchen. My mother says that's all I would do, didn't want to play outside, just mix stuff in the kitchen. I discovered vinegar and baking soda at a very early age—you can make a variety of explosive devices out of that. Chemistry and biology always interested me. I remember when I was 4 years old a science teacher brought in a cow's heart- that was really cool. I had a teacher, not the cow heart guy, named Tom Snyder, who was just an incredible science teacher, really energetic and just made science fascinating  
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### A Note of Thanks from Dr. Jon Lorsch

Dear Students,

Many, many thanks for the Teacher of the Year award. Teaching is one of the things I enjoy most about my job, and having such great students makes it even more fun. I'm deeply grateful for this honor and will use the renewed energy I've gotten from it to move my teaching in new directions. In that regard, I would be very grateful if all of you would give some thought to what would make for the best educational experience in graduate school. As a few of you may know, Dean Miller has asked a newly formed committee, chaired by Randy Reed, to examine graduate education at the School of Medicine and to come up with plans for new structures and methods to revitalize teaching within the graduate school. This effort parallels the recent redesign of the medical curriculum, which will be rolled out in full in 2009. As you are on the receiving end of the graduate curricula, it would be extremely useful for the committee to hear your thoughts, either as formal GSA groups or as individuals. Your ideas will probably be a lot more innovative and exciting than those of all of us dinosaurs on the committee.

Again, I am very grateful for the award and look forward to continuing to work with all of you.

Jon Lorsch

*Dr. Lorsch was voted Teacher of the Year 2008 by the graduate student body for his entertaining and succinct teaching of enzyme kinetics in the first year Biophysics course.*

### The Johns Hopkins School of Medicine 2008 Graduate Student Commencement Address

By Christopher Lemmon (c/o 2008)

*"When drinking the water, remember those who dug the well." –Vietnamese Proverb*

When I found out that I would be addressing the graduating class today, I really struggled with what I would say. After all, as graduate students, we don't quite have the same shared experiences that our medical student colleagues do. Those of us graduating today started our degrees at different times, belonged to different programs, and in some cases, were on different campuses. What could I say that would be applicable and relevant to everyone graduating today?

I decided to think back to past graduation speeches that I'd heard to find some inspiration. My first thought was to think of the movies—there are always inspiring graduation speeches in movies—unfortunately, the only movie graduation speech I could remember was Reese Witherspoon's law school graduation speech in *Legally Blonde*. And unfortunately, my knowledge of hair care is far too weak to borrow anything from that speech. Strike one. I then thought back to my high school graduation. I can't really remember anything that the student selected to speak said—all I remember is my dad remarking afterwards, "son, when it comes time for the reunion, make sure you lose that guy's address." Strike Two.

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## Restaurant Review: Dogwood Deli

By Dan Eyler and Elizabeth Huang

### *From his side of the table:*

Well, it wasn't really the table. It was the bar. But as it turned out, that was a good thing.

The mistake we made was in assuming that the Dogwood wouldn't be busy an hour before closing. We hadn't made a reservation, and there weren't any tables available. So we sat at the wine bar, and got acquainted with the bartender, Lars. He was friendly and helpful without being overbearing, and provided solid recommendations when we asked what he liked. He also took our desire to share our orders in stride, providing extra utensils and plates without prompting. So – five stars for Lars.

Our first course was crab soup (\$8), which was hearty and thick. There was plenty of crab meat (and even a piece of shell, to prove it was the real deal) and the vegetables still had plenty of texture. But, I've come to expect my Maryland crab soup to have some kick to it, and that was lacking from this rendition – there wasn't even a hint of Old Bay.

The next course was broiled oysters, stuffed with shallots, bacon, spinach, and parmesan (\$12). There were four of these creamy, delicious concoctions. I was truly sorry when they were gone.

For our entrée, we ordered the cornmeal pan-fried walleye (\$23), based on Lars' recommendation. Normally, when I think of breaded, fried fish, I think of heavily breaded and fried catfish. This pan-fried walleye was nothing like that. It was a tender piece of fish, cooked just to perfection and covered with a thin – delicate even – layer of cornmeal that added just the right amount of texture. It was served over wild rice, with wilted greens.

To finish our meal, we ordered the artisan cheese plate (\$12). The cheeses were delicious, and came with a variety of fruits and breads. We were able to sit and talk while sipping our wine and nibbling at the cheeses, and altogether it was a very pleasant way to let the meal draw to a close.

### *From her side of the table:*

Since we were seated at the bar, technically we were on the same side of the table--and we're also on the same side about the food. The crab soup, although my Maryland roots would have preferred a stronger kick of Old Bay, was fresh and tasty. The broiled oysters melted in my mouth (my inner five year old didn't want to share), and the walleye was delicate, tender, and attractively, but not fussily, presented.

The cheese plate was a perfect way to finish off a delicious meal—something to nibble on while lingering over a last glass of wine and a leisurely conversation.

Leisurely and casually elegant are probably the best ways to describe the Dogwood atmosphere. As we finished off the last of our cheese plate, Lars asked us whether we wanted anything else or if we wanted to just relax and chat for awhile—and it was clear from his tone that relaxing and chatting were perfectly acceptable. No one was in a hurry to hustle us out to clear room for more diners, and I don't think I saw anyone sitting at the surrounding tables leave the restaurant while we were there. This is a place where the dining experience is meant to be savored.

As we did our own savoring, our bar seating offered us a decent view of the rest of the restaurant. The lighting was mellow but not dark, and paper star lanterns and wrapped strands of white Christmas lights adorned the supports of the exposed basement ceiling. Quiet music and the hum of conversation surrounded us as other diners chatted over entrees and desserts, but we could easily hold our own conversation without straining to be heard. We were the youngest couple in the crowd, and I felt a bit under-dressed when we walked into the dining room with its hardwood floors and linen tablecloths, but that was my own fault for failing to change after lab. I was the only one who seemed to notice, anyway. The Dogwood is worth dressing up a bit for, but none of the friendly and attentive wait-staff will give you the evil eye if you don't come in a button-down shirt or a skirt. As I said, the place is elegant, but comfortably and unpretentiously so.

Because the Dogwood menu is seasonal, you will find a different array of offerings depending upon what time of year you choose to dine here. Since the chefs make an effort to use only local and sustainably farmed produce, meats, and fish, you can be assured that your meal will not only be fresh and delicious but eco-conscious as well. If those aren't enough reasons to make you feel good about eating here, the restaurant owners, Bridget and Galen Sampson, have an admirable community mission as well. Besides offering high-quality food, their restaurant also provides culinary and hospitality training to individuals who are regaining their feet following struggles with addiction, homelessness, or incarceration. Apprentices in their scholarship-only Chefs in the Making program work in paid positions in the restaurant and receive the equivalent of a culinary arts degree for free. That's right—eating at the Dogwood is more than just a personal indulgence, it's a gesture of social responsibility! So treat yourself to a delightful meal and bask in the knowledge that you are supporting an organization that strives to make a genuine, positive difference in the city.

The Dogwood is located at 911 W. 36th Street in Hampden, with ample parking in the rear. The restaurant is open from 11:00 a.m.-9:00 p.m. Monday-Thursday and 11:00 a.m.-10:00 p.m. Friday and Saturday. The upstairs Dogwood Deli offers soups, salads, sandwiches, and creatively-named smoothies (my favorite is "Canary Dog"). The deli is open from 9:00 a.m.-7:00 p.m. Monday-Friday and 10:00 a.m.-7:00 p.m. on Saturday. For more information or to make a reservation, go to [www.thedogwood.net](http://www.thedogwood.net) or call (410) 889-0952.

## 5 Road Trip Albums from Some Bands You Know, and Some You May Not

by Meghan J. Seltzer

Finally, you are out of the lab and on your way to that vacation you have coveted for months. The only thing standing between you and your destination is the open road. After a few hours, the novelty of driving away from Baltimore will wear away and the conversation will die down. Eventually, you'll just want to be there. But before you resort to those boring car games where you look for license plates from all 50 states, why not listen to some great music to enhance the road trip experience?

While I do not assume to have the best taste in music, I have spent countless hours in the car during the past few years travelling to see family and driving 40 minutes to and from Baltimore each day. So, I have found a few albums that are good companions on the road. If you give one or a few of these albums a chance, I think you'll find that they go a long way to help the time pass and provide an impetus to roll down the windows and share your music with unsuspecting motorists and pedestrians.

5. Silverchair – *Diorama* Silverchair got their big break 14 years ago and are the most decorated Australian rock band to date. The U.S. has been a bit of a different story for these Aussie rockers. Their debut album *Frogstomp* took the alternative scene by storm with the hit "Tomorrow". Modest success followed with their next two albums *Freak Show* and *Neon Ballroom*, and their fourth release *Diorama* garnered almost no radio play. Nevertheless, *Diorama* is by far their best album. It follows in the tradition of *Neon Ballroom* by giving rock an orchestral flair and showcasing Daniel Johns' vocal aptitude. However, it is a more mature and developed effort; the music has such depth that it creates the illusion that the listener is in a club instead of in a car. The album is as varied as it is musical with hard rock songs all the way down to piano ballads, and everything in between. Other enjoyable releases from Silverchair include: *Frogstomp*, *Freak Show*, *Neon Ballroom*, and *Young Modern*.

4. Bad Religion – *The Empire Strikes Back* Bad Religion is not the "punk" that has dominated airwaves as of late; they are better described as "traditional punk." Nested in world awareness and current events, the lyrics are witty, fun, intellectual, and set against a backdrop of incredible punk rock. Bad Religion had been around for decades and has innumerable albums to its name; however, *The Empire Strikes Back*, released in 2004, is full of references to today's current events. The songs touch on topics ranging from the war in Iraq to the Californian wild fires. On the other hand, if thinking about the current state of the world on vacation is not appealing, this album can still be enjoyed for what it is - great punk rock.

3. Pat McGee Band – *Shine* These Richmond, Virginia natives should be on the national stage. Pat McGee is a very talented singer/songwriter who rivals the likes of John Mayer and Jason Mraz. *Shine*, released in April 2000, is full

of musical gusto. From start to finish, the strong yet smooth acoustic guitar seems to be the soul mate for Pat's soothing vocals. The whole album has a pulse that underlies each song and carries the album through almost flawless transitions. On the other hand, every track has its own unique rhythm that adds a special flavor so uncontrived that it makes Pat McGee a precious gem in the songwriting world. For additional listening, check out *Save Me* and *These Days* (The Virginia Sessions).

2. The Clarks – *Live 2000* The Clarks are one of the most unpretentious rock bands in existence. The *Live 2000* album is a greatest hits album of sorts which showcases what these Pittsburgh-ites do best - perform live. Each song is good, solid rock that encourages dancing and smiles. From the classic Clarks' songs "Cigarette" and "Penny on the Floor" to their cover of Prince's "Kiss", this album is full of life. Scott, Rob, Chief, and Dave have their own individual panache which blends together effortlessly to form this one of a kind and simply fun quartet. For further listening, try any of their numerous albums or check out Chief's (Greg Joseph's) solo project American Diary.

1. Live – *Throwing Copper* Listening to *Mental Jewelry*, Live's debut album, it is hard to imagine how Live could ever create something more gut-wrenching and powerful. Live, however, definitely did when they released *Throwing Copper* in 1994 thus guaranteeing that they would not fall victim to the classic sophomore slump. From the first down beat, Ed Kowalczyk's commanding voice, paired with intense lyrics and amazing guitar riffs, takes the listener's ear drums hostage. This classic alternative rock album inspires increased speeds and requires the rolling down of windows all so that the listener can become part of the environment that only these York, PA rockers can create. Sampling the rest of Live's discography is a sure-fire way to create similar results.

The Graduate Student Bible Study began and exists to create an open venue for any and all at Hopkins who seek to honestly, sincerely, and fairly consider the Christian faith as an answer to life's big and small questions, through studying the Bible and understanding God's work of saving grace through Jesus Christ, His Son. We meet on Monday nights at 7pm in Traylor 707 to study the Bible message and its implication on our lives, our work, our purpose, and our world. In conjunction to studying the Bible, we have been discussing how science and medicine can be understood through the Christian faith, and occasionally, have had speakers (professors and professionals) share their testimonies of integrating faith within their vocation.

We welcome any and all from diverse backgrounds to join us! Please contact Sarah Park (spark72@jhmi.edu) with questions.

"Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect" 1 Peter 3:15



## In defence of Baltimore

By Francois Gould

In a lunchtime discussion about the various slogans that adorn this city, I came up with the following: "Baltimore: 98% crap". Which just goes to show that you should never take anything an Englishman says at face value, because the truth is I like Baltimore.

I grew up in London (the capital of the United Kingdom, not the snowy place in Ontario). I'm a city boy through and through. I'm used to having world class everything (including prices and public transport delays) on my doorstep. I spent my three years of undergrad in a small town and couldn't wait to get back home at the end of it, so I was somewhat apprehensive about moving to Baltimore. This feeling was not helped by the reactions I got. "Be prepared to be underwhelmed by Baltimore" a soon-to-be fellow grad student warned me in a email. From my American friends in the UK, the reaction was either "you're moving to BALTIMORE?" said with a look of incredulous pity, or a commiserating "well, I suppose Hopkins is a good school". Combined with numerous warnings about the crime and murder rate, I was not exactly developing high expectations of the place.

I dare say that this experience is shared by many Hopkins students. Of all the reasons to come to Hopkins, lifestyle choice probably rarely features. Rarely is a nice word uttered about Baltimore among students here, and if it is, it's something grudging about it being cheaper than other cities on the East Coast (and, although as a former inhabitant of the most expensive city in the world, I fully appreciate this, my midwestern friends inform me that Baltimore is not cheap by the standards of most of the USA).

And yet, eight months after stumbling bleary eyed off the plane into a city I didn't know and had received unflattering reports about, I have to confess to having been very pleasantly surprised. In large part, this is due to where I live. Mt Vernon is a real joy of a place, especially on sunny Sunday mornings when it feels for all the world like a movie set. But truly it's the sheer number of things that I've done since I moved here. Here's a short list: been to two really good concerts at the Ram's Head Live; drank some great beer at the Brewer's Art (against all preconceptions); enjoyed Afghan food for the first time in my life at the Helmand; seen world class artworks at the Walter's (and enjoyed their ingenious presentation of the collections as a XVIIth century cabinet of curiosities); relaxed over tea and open mic poetry at Teavolve in Fells Point; learned how to dismantle a bike for spare parts at Velocipede; been to a baseball game at Camden Yards (it's not quite Wrigley Field, but it'll do); embarrassed myself at karaoke in Grand Central (less said about that the better); seen the Cylburn arboretum under the snow (and bought a Christmas wreath there) and had more random conversations with friendly Baltimoreans than at any other time in my life. And I still haven't been to the symphony or spent enough time in Hampden.

Of course, the well publicised downsides of Baltimore make such a list look a little trivial. From the merely annoying (the unpredictability of rubbish collection) to the genuinely worrisome (the violent crime rate), Baltimore is not an easy city to live in. As a carless person (try driving in London, and then tell me if you'd bother), the absence of a half decent public transport system (especially on weekends) is a particular gripe. Baltimore doesn't present its treasures to you on a platter like New York or Boston do; however, give it a chance, and it can surprise you. Its rewards are idiosyncratic, authentic and unlike anything you'll find anywhere else.

Most of us are here for the long haul (five years at least for yours truly). But, once we're out, we'll probably end up in upscale neighbourhoods and suburbs with front yards and good schools. This is the only time of our lives when we'll be somewhere that isn't nice and tidy, where we have to take the good with the bad. Baltimore may not be a lifestyle pick, but living here is a unique experience, and it rewards those who give it a chance.

If you'd like to be involved with *The Restriction Digest* next year either as a writer or editor, please email Editor-in-Cheif Laura Koontz (lkoontz1@jhmi.edu) for more information!

Our next submission deadline is Friday, August 1st for our Orientation Issue. If you have anything that you'd like to see printed (and distributed to the new students on their first day Hopkins), send it in!

Congratulations to all the 2008 graduates!

-The staff of *The Restriction Digest*

## Congratulations Graduates!

On behalf of the School of Medicine Development & Alumni Relations Office and the Johns Hopkins Medical & Surgical Association, we wish the 2008 graduates the best of luck!

Don't forget to keep your contact information current with us to ensure that you receive your free subscription to Hopkins Medicine magazine as well as updates on important news and information on future Biennial Meetings and Reunion Weekends.

If you are not remaining at Hopkins after graduation, your jhmi.edu e-mail address will be disconnected around August 31st. To avoid interruption of your e-mail and to stay connected with your class, sign up for a free e-mail alias provided by the Johns Hopkins University Alumni Association. Visit: [www.alumni.jhu.edu](http://www.alumni.jhu.edu), and click on "yourname@jhu.edu," and follow the directions for signing up.

If there is any way that our office can be a resource for you now or in the future, do not hesitate to contact us at 410-516-0776, 888-JHM-1336 (toll free), [JHMalumni@jhmi.edu](mailto:JHMalumni@jhmi.edu) or One Charles Center, 100 North Charles Street, Suite 208, Baltimore, MD 21201.

# GSA Travel Award Essay: American Society of Hematology

By Ying Ye

From December 7th to 11th of 2007, I attended The 49th American Society of Hematology (ASH) annual meeting. ASH is the world's largest professional association of blood specialists with more than 21,000 clinicians, scientists, trainees, and others attending the meeting held at the Georgia World Congress Center in Atlanta.

The meeting premiered the latest research and treatments for blood disorders, consisting of special symposia, a superb educational program, special interest seminars and cutting-edge scientific sessions. It also offered trainees a well designed special training program aimed at helping them build their grant-writing abilities and other skills, and giving them valuable tools and resources for successful academic career development. On trainee day (Friday, Dec. 7), a half-day workshop was designed by ASH to provide hematology trainees with a variety of high quality educational, career-development, and networking opportunities. Topics included the secret to getting funded, establishing a research career, and basic elements of grant writing in different research fields covering basic science, translational, and clinical. Hot topics were presented by highly experienced professors from well-known Universities. Simultaneous didactic sessions were giving on Dec. 8th and 9th. Topics included: how to write a paper for publication in a journal, how to navigate finding a job, giving an effective presentation and finding a good mentor. ASH invited a diverse group of researchers and physicians representing the wide array of practice areas within hematology. Careers in clinical, translational, and basic research were discussed, as well as careers in industry settings and private and clinical practice.

The education program was also well arranged and covered 25 topics ranging from clinical trials to hematology grants to the latest research information on all kinds of hematologic disorders. I attended several lectures on myelodysplastic syndromes (MDS), the focus of my current project. Three speakers talked about recent changes in management strategies for patients with MDS, genetic pathways that lead to the development of MDS, the relationship to treatment selection, epigenetic control of gene expression, and emerging therapeutic strategies that may change our therapeutic approach for patients with this disease. Dr. Jens Pedersen-Bjergaard from the Chromosome Laboratory first reviewed the cytogenetic pathways that underlie the pathogenesis of MDS and related acute myeloid leukemia (AML). He is an international leader in the identification of common genetic pathways underlying the development of treatment-induced or secondary MDS and AML. The recent approval of lenalidomide for a subset of patients with chromosome 5q deletion provides the first validation of a specific genetic target relevant to disease pathogenesis. Dr. Alan List from Lee Moffitt Cancer Center and Research Institute, Tampa, FL provided a brief overview of the current understanding of the pathobiology of anemia in patients with MDS and the clinical impact of red blood cell transfusion dependence. He elaborated on

the current approaches to management of such patients with the goal of achieving red blood cell transfusion independence. Dr. Guillermo Garcia-Manero, M.D., from the University of Texas-Anderson Cancer Center described the role of epigenetic modifications that influence gene expression and silencing, and their contribution to the MDS phenotype. The recent approval of two DNA-methyltransferase inhibitors has changed the management strategy for patients with MDS by modifying one component of the chromatin package. Dr. Garcia-Manero described emerging strategies employing this class of agents and novel drug combinations that are intended to maximize effects on epigenetic targets. Among the hundreds of lectures and symposia, I attend the Presidential Symposium which focused on the discovery of cancer stem cells in a variety of malignancies. The eradication of these tumor cells, which have stem cell characteristics and the capacity for self-renewal, may be necessary for long-term success in cancer treatment. During the symposium on Tuesday, December 11, three pioneering investigators discussed the properties of cancer stem cells and the potential to target them for therapy.

The oral and poster presentations were also very exciting. Almost 4000 posters containing the latest and most exciting developments in scientific research were presented. During the meeting, attendees also had a chance to visit the state-of-the-art exposition, which featured exhibits from pharmaceutical companies, medical suppliers, clinical diagnostic and research-based companies, publishers, and nonprofit organizations

## SAP CORNER

### Self-care Strategies for Personal Health and Well being

Deborah Hillard, Psy.D  
Student Assistance Program

*"All I ever do is study and work in the lab...I can't find the time to do anything else!"*

*"I really like exercising but I can't fit it into my schedule."*

*"I've been eating so poorly and not getting enough sleep. I just don't have the energy to do it all."*

Many graduate students feel as though all they ever do is study and work in the lab, and quite frankly, most of your time is devoted to your academics. However, everyone needs a little rest and relaxation and getting some daily "down time" can really improve your focus, concentration, and overall productivity. Without good self-care practices, you may be setting yourself up for problems related to your health and wellbeing – you may have low energy, low motivation, low focus and concentration, and feel more irritable, anxious, or depressed. So let's talk about self-care and some ways to incorporate healthy habits into your life.

*(continued on next page)*

**What is self care?** Self care is what you make it – there is no single strategy to use to build self-care. Each person has a unique way of taking care of themselves, whether it is by exercising, socializing with friends, meditating, or watching a favorite movie or television show. Self-care practices help you feel rejuvenated, refreshed, and reenergized.

**How do I make time for self-care?** Making self care a priority is the first step. Schedule self-care practices into your daily schedule, just like you would a lab meeting or a class. Work with a friend and partner to improve your self-care practices; a friend can support and motivate you to follow through with your plan.

**Should I be more concerned about managing my physical health or emotional health?** Maintaining good physical health inherently improves emotional health, and vice versa. It is important to practice good sleep hygiene, eat healthy, and exercise. It is also important to set limits and say “no” once in a while – it is okay to set reasonable expectations and to have time for rest and relaxation.

**Psychotherapist Kali Munro (2001) suggests the following:**

- Take time for yourself
- Do something nice for your body
- Find some comfort
- Take a mental health day
- Take a walk in nature
- Do something you've been wanting to for a long time

Read more about these tips at [http://www.kalimunro.com/tips\\_self-care.html](http://www.kalimunro.com/tips_self-care.html)

**Seek assistance:** For more information about this topic or to set up an appointment to work with a counselor to develop a effective time management plan, please feel free to contact the Student Assistance Program (SAP) at (443) 287-7000 or visit our website at [www.jhu.edu/sap](http://www.jhu.edu/sap).

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*(Graduation Speech, continued from page 1)*

OK, undergraduate graduation—universities always bring in prestigious speakers to impart wisdom and to inspire new grads. Hmm, who was my college graduation speaker? Ahh! That's right—it was Dan Quayle. I was actually very excited during Mr. Quayle's speech—his son was graduating with me that day, and Mr. Quayle talked for nearly 10 minutes about how his son had been treated just like everyone else. This was very exciting to me, because I sat there thinking, “if that's the case, any minute now he's going to spend 10 minutes talking about me!” Needless to say, the speech did not turn out the way I had hoped. Strike three.

Well, it seemed that I was on my own. I thought long and hard about what common experiences we all have as graduate students, and what I could share from my life that everyone here could relate to. And this is what I came up with:

The night before my dissertation defense, my dad gave me a gift. It was two books, entitled “Adventures of the Mind”.

These books were a collection of essays that had been published in the Saturday Evening Post in the early 1950's discussing a wide range of intellectual topics: religion, science, ethics, philosophy, etc. The essays are really interesting to read—particularly those related to the biological sciences—because one quickly realizes how much we've learned in the last 60 years. But what made these books special was not the content; it was where they had come from. These books had belonged to my grandfather. My grandfather drove a delivery truck for Kaufmann's Department Store in Pittsburgh. If you had met my grandfather when he was alive, and asked him what he did, he probably would have told you very matter-of-factly that he was a truck driver. He wouldn't have mentioned that he had taught himself to paint, and had won numerous awards for his art. He probably wouldn't have mentioned that he had taught himself to play piano, or that he had played minor league baseball for the Pirates, or that he had read literally hundreds of books on philosophy, history, science, religion—anything he could get his hands on. He was a truck driver who was also a scholar with incredible respect for learning and incredible modesty.

The interesting thing about my grandfather's books were that he didn't just read them—he would use them to record everything around him. He would write quotes that he had heard in the margins, he'd insert newspaper articles that he found interesting between pages, and he'd draw sketches where anywhere he could find open space. So to read one of his books, you really feel like you're sharing the experience that he had. The night before my defense, I opened one of the books that my dad had given me. And inside the front cover, my grandfather had written an old Vietnamese proverb that said: “when drinking the water, always remember those who dug the well.” When I read this, I couldn't help to be struck with a feeling that he was speaking directly to me. I stepped back for a minute and pondered how much I thought of this PhD as my accomplishment. It was my work, it was my long hours in the lab, it was my dedication to completing what I had started. But that quote made me step back, and realize that I was forgetting those who had dug the well. If it wasn't for my grandfather's love of learning, which he passed onto my father who in turned passed it onto me, I never would have gotten here. And he is one of countless people who laid the foundation for me to be here today.

And I think that's where we hit upon some common ground. None of us got here alone. Every one of us can look into our past, and remember the science teacher whose love of the field inspired us; or the family member who told us as a child that we could accomplish anything we put our minds to; or the college professor who mentored us and showed us what it took to be successful. So while we bask today in the satisfaction and excitement of receiving a doctoral degree from such a storied institution as Johns Hopkins, let's all take a moment and reflect on those who dug the well for us, and remember that as proud as we are for getting here, they are even prouder.

Thank you, and congratulations!



# Best bets for cheap things around Baltimore to do this summer

Curated by Laura Koontz

## May 7 – June 9

The annual graduate exhibition of the Department of Art as Applied to Medicine is once again in the Turner Concourse! Come see 80 new illustrations depicting medical, biological and scientific subject matter. These educational illustrations were created in collaboration with doctors and medical professionals at Hopkins. For more information and inquiries: <http://www.hopkinsmedicine.org/medart/>

## May 30 – June 1

Polish Festival - The Polish community kicks off the festival season with local, regional and national entertainment by polka bands and more. Patterson Park at Linwood and Eastern avenues. \$

## June 5-8

St. Nicholas Greek Folk Festival ([www.greekfolkfestival.com](http://www.greekfolkfestival.com)) - a showcase of the Greek community featuring dancing, costumes, dishes including patitsio, spanakopita, and souvlaki, and tours of the St. Nicholas Greek Orthodox Church. 520 South Ponca Street. FREE

## June 22nd

Ohiopyle rafting trip with the GSA!

## June 21 & 22

LatinoFest ([www.latinofest.org](http://www.latinofest.org)) - Experience a lively weekend of Hispanic arts and culture featuring headlined performances by Larry Harlow & His Latin Legends Band, Fania All-Stars Legend "El Judio Maravilloso," and more. Patterson Park at Linwood and Eastern avenues. \$

## June 27-29

African American Heritage Festival ([www.aahf.net](http://www.aahf.net)) - A celebration of African-American ancestry, with nationally known entertainment and educational exhibits, Oriole Park at Camden Yards. FREE but donations are welcomed.

## July 11-13

Caribbean Carnival Festival (<http://www.bcacarnival.net>) - Come for the traditional island costumed parade; soca, reggae, and steel drum bands; live international entertainment and Caribbean cuisine, Druid Hill Park. \$

## July 12th

Volunteer with the GSA at the Maryland Food Bank. Contact Sherri Gae Scott at [sscott26@jhmi.edu](mailto:sscott26@jhmi.edu) for more information.

## July 18-20

Artscape 2008 ([www.artscape.org](http://www.artscape.org)) - Free outdoor arts and crafts festival with free live concerts by national acts (in the past they've had the Violent Femmes, Secret Machines, G-Love...). The artcar display alone is definitely worth the trip down there. 1200 Block of Mount Royal. FREE

Whartscape 2008 ([www.whamcity.com](http://www.whamcity.com)) - Each summer for the past few years, artist collective Wham City puts on the competing/complementary festival Whartscape the same weekend as Artscape. If you can stomach the heat, there are great shows to catch all over the city in non-airconditioned venues like Floristree. Last year you could see 8 bands for \$10 (including well known acts like SpankRock and Dan Deacon). \$

## August 2 & 3

International Festival - A celebration of Baltimore's cultural diversity with music, dancing, and a variety of ethnic foods, noon - 9 p.m. daily, Poly/Western High School parking lot at Falls Road and West Coldspring Lane. FREE

## August 9 & 10

FestAfrica 2008 ([www.festafricausa.com](http://www.festafricausa.com)) - An African festival with traditional music, dances, food, crafts and art. Patterson Park at Linwood and Eastern Avenues. \$

## August 22-24

PowWow Native American Festival ([www.baic.org](http://www.baic.org)) - Intertribal gathering of Native American dancers, drummers, artists, and craftspeople. Patterson Park at Linwood and Eastern avenues. \$

## September 6 & 7

Ukrainian Festival ([www.ukrainianfestival.net](http://www.ukrainianfestival.net)) - A celebration featuring four dance groups, Ukrainian Easter Eggs demonstration, musicians, traditional crafts, Ukrainian beer garden and children's activities. Patterson Park at Linwood and Eastern avenues.

## Summer Long events:

**First Thursday Concert Series** at the Washington Monument in Mt. Vernon. Free to the public, music starts at 5:30 PM. Visit [wtmd.org](http://wtmd.org) for more information.

**The JFX Farmers Market** - Every Sunday morning underneath the JFX near Saratoga and Guildford. Awesome local produce, baked goods, coffee and more. A great way to spend a Sunday morning. 8 AM until sell-out (usually noon).

## Free Outdoor Screenings of Movies

Thursdays in Federal Hill at the American Visionary Arts Museum at 9 PM (the museum is also open for free on Thursdays from 5-9). [www.avam.org](http://www.avam.org) for more info.

Friday nights in Little Italy at 7PM. Corners of High and Stiles Streets - bring your own blanket and grab a great dinner in any of the nearby restaurants.

**The Station North Artists Flea Market** - The first Saturday of every month throughout the spring, summer and fall, 9am - 2pm. Near Load of Fun on North Ave in between Howard and Maryland. <http://www.loadoffun.net/FleaMarket.html>

For a constantly updated list of weekly events, check out the Mt. Vernon Cultural District calendar here: <http://www.mvcd.org/events.aspx>.

*(Teacher of the Year Interview, continued from page 1)*

and fun. I didn't like most of school but I loved what he taught. He later went on to start a software company and became a millionaire. He eventually created and produced a TV show called Dr. Katz. Another great science teacher I had in high school was Richard Robinson, he was also phenomenal. He was a great teacher as well as a great inspiration for interest in science. I was already interested in science but someone can lose interest if you have a bad teacher. In fact, in middle school I remember I had a very bad science teacher. I was able to transcend that somehow and survived Physical sciences I and II."



2008 Teacher of the Year Dr. Jon Lorsch

Are we glad he did! Is genius inborn? Was he always a bright kid? Ever so modest, the Harvard PhD, doesn't think he is bright even now, "I remember 7th and 8th grade being the dark tunnel of adolescence, [I] hated school, didn't do well, had terrible science classes that didn't help. Actually, I was in an all boys school at the time and in the beginning of 9th grade I had this epiphany that it would be nice to have girls around. And that's what motivated me to do well in school so I could leave that school and go to another one- just to have girls around."

Girls are great motivation, but when and how did he get into research?

"I started research in high school. Summers starting in 10th grade I would spend [time] in lab. One summer I was at the Boston Biomedical Research Institute, another summer with Bill Hazeltine- then an HIV researcher and yet another at Millipore. This was in high school and then I continued research as an undergrad."

So, he moved on to bigger and better things as an undergrad. Where was this?

"I was an undergrad at Swarthmore, a graduate student at Harvard and a post-doc at Stanford."

Why the jump across coasts, was it for better academic opportunities?

"Well, it seemed like I should try something very new. And somebody once told me that it was important to experience both coasts scientifically- if you are a grad student on the east coast you should post-doc on the west and vice versa. I don't know how true it is anymore, (but) back in those days before the telegraph, it was important (in order) to actually meet people on the other coast and I was also very interested in Enzymology. I'd gone to Harvard to work for Jeremy Knowles, a famous enzymologist, who just died un-

fortunately. I'd joined his lab and everything was wonderful and then two months later he kicked me out because he was becoming dean and closing the lab. And then, I worked with Jack Szostak on RNA which was a lot of fun but I wanted to go back to doing enzymology and Dan Herschlag (Stanford) seemed like the right person to do it [with]."

But then he came back to the east coast, was impressed by the collegial atmosphere at Hopkins, joined and started teaching here almost 8 and half years ago. He makes teaching seem so natural and effortless, but how long does it take him to prepare for a lecture?

"It depends on if I'm making a new lecture or a new event of some kind. That takes a lot of work, I find. Each new lecture takes me as much as two weeks to make, really, from thinking about it to getting it into its proper form. And when I'm giving a new lecture I always practice first. And I think that is good advice either scientific or teaching, I practice it out loud usually in front of my audience. When I first lectured Molecules and Cells, there was this magic bullet history of antibiotics. When I first conceived that to be the starting point, and then weaving it throughout the block (or course), I got my medical students from the previous year together to listen to it. I think having themes to tie things together in teaching is a powerful way to do things. It makes people think back to what they learned in their previous lecture. Whereas if each lecture is just this monolithic thing that stands on its own, two lectures later everyone has forgotten what happened two days ago. Another important thing is to try to put yourself in the place of the people listening to you and try to remember what it was like when you were at that stage in your career. Because I think the worst teaching tends to come from those people who think that they are teaching to experts at some level-who completely forget that people listening to them don't know this term or don't really care about this little side detail about their specific area of research, because they don't know the fundamental premises in the first place."

What was the biggest challenge for him as a graduate student?

"Coming to terms with what science is really like, that things don't work most of the time. You have an idealized vision (of science) when you are young that oh science is great, you go to lab, do this experiment, get some great result, you cure cancer and win the Nobel Prize. But about 90% of what you do at least in a given time doesn't work, you feel like you're going backwards, you will never graduate and you will never get to the answer. Figuring out how to deal with that, how to push through it and how to make solving problems the thing you enjoy [is the challenge]. Because once you get to that point, things tend to click much better. Once you see that, what science is about is when things don't work, doing experiments to figure out why they're not working and then make them work as opposed to abandoning things. This is the temptation when you're starting out in grad school and you see 6th year graduate students and everything they do seems to click into place. But it is just that they (6th year students) have become better at troubleshooting problems over time."

*(continued on next page)*



(continued from the previous page)

Another acquired skill is gleaning information from journal articles and papers. Are there any tips to effectively keep current with science?

"It's becoming more of a challenge as everything gets more complicated, there is more information, it comes out faster and it's out instantaneously on the web. You have to be efficient in your reading, some articles you want to read the title, some abstracts and some the entire paper. It would be great to devote a morning every week to just read table of contents to increase your chance of randomly coming across something relevant."

Keeping current on the teaching front in a highly dynamic field such as Biomedical Sciences can be tricky. How does he manage to keep curriculum up to date with new dogma? "One of my focuses when I'm teaching at least at the beginning medical/graduate student level is to try to find and distill out the essential fundamental information and the few essential facts. So, that's one thing I do- what is truth, what is unchanging, what do they (students) need to know as a foundation and so at that level you can start to tweak things as new information comes up. Hopefully most of the stuff is solid and doesn't change for the next 20 years. But you also have to put the next layer in, and look in the literature every year to see if something critical has come up."

What about keeping current with family? How does he juggle family life, with being a researcher, teacher and academic work in general?

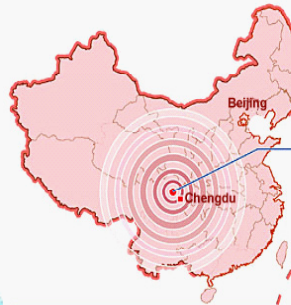
"It's a struggle. I've been traveling a lot lately and that's hard, it puts a strain on me and my family. I've talked a lot about this with Rachel Green and Geraldine Seydoux and we all have a similar philosophy. You just run things on your own terms and if it turns out not to work out down the road, then too bad. I see people who sacrifice their family lives for science and at some point in your life you are going to be on your death bed and have to look back and are you happy with the choices you made, and for me, I wouldn't be very happy if I did that. If I have to teach from 8am-1pm then I arrange my life accordingly around it. The farther you can block things out (on a calendar) the better."

With the current funding situation being the way it is or maybe students just being tired of being poor, how should a student make choices whether to go into industry or stay in academia?

"It is like what I said about families- you want to be able to live your life on your own terms. That's one of the things I love about academia is that I can do my own research which is eukaryotic translation. Study sections tell you what to do at some level, but you are telling them what you would like to do and they say yes or no. This is opposed to some other career paths where you are told what to do today or tomorrow. That would be my main advice, live the way you want to and do the things you want to do as opposed to what you think our (faculty) expectations are."

What a perfect take home message from one of the best teachers Hopkins has to offer! Congratulations again, Dr. Lorsch!

# China Quake Relief



**Wenchuan**  
**Quake 5.12**  
**7.8 magnitude**

**Please DONATE! We NEED your help!**

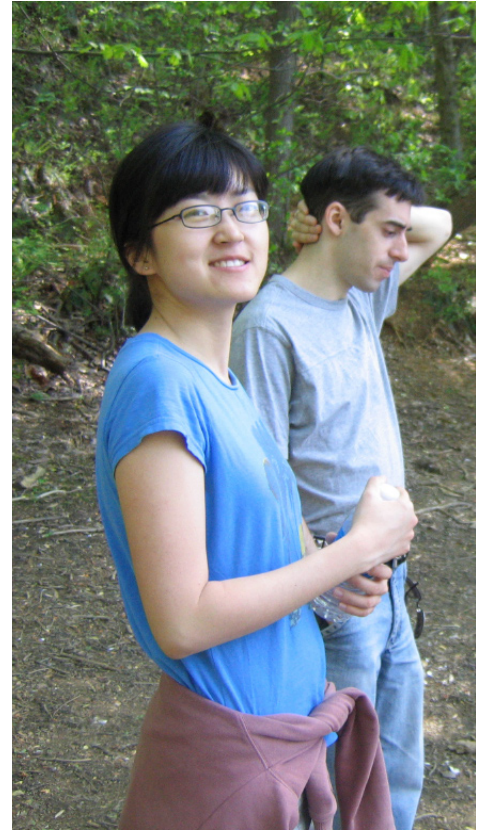
**Estimated dead >50,000    Injured >240,000**

**Affected >10 million**

**A flash movie capturing devastation of earthquakes:**  
**"Heart to Heart Hand in Hand" at [www.jhmi-cssa.org](http://www.jhmi-cssa.org)**

**More information on donations: [www.jhmi-cssa.org](http://www.jhmi-cssa.org)**





*All photos from the recent GSA hike at Oregon Ridge courtesy of Ophelia Lee.*

Make sure not to miss out on the next GSA sponsored event: Whitewater Rafting this June 22nd at Ohiopyle River in Pennsylvania!

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# *Congratulations graduates!*

For those of you staying, have a great summer! Watch your email for great events happening this fall through the Graduate Student Association!



# *Congratulations Class of 2008!*

## *Masters of Arts*

Annaka Michell Begley of Fredericksburg, VA; Pathobiology • Barbara Miriam Chubak of Great Neck, NY; History of Medicine • Fabian de Kok-Mercado of Mayaguez, PR; Medical and Biological Illustration • Bae Gyo Jung of Jinju, Korea; B.S; Biological Chemistry (Awarded Posthumously) • Joseph Mbugua Kabogo of Baltimore, MD; Human Genetics • Ikumi Kayama of Marietta, GA; Medical and Biological Illustration • Mauktik Vivekanand Kulkarni of Champaign, IL; Neuroscience • Ammon Eugene Posey of Sandy, UT; Medical and Biological Illustration • Satyen Shreekanth Tripathi of Lakeland, FL; Medical and Biological Illustration • Hsiang-Jer Tseng of Taipei, Taiwan; Biomedical Engineering • Jason Chun-Ting Wen of Stanford, CA; Cellular and Molecular Medicine • Nicole Denise Zadzilka of Amherst, OH; Cellular and Molecular Medicine

## *Masters of Science*

Katherine Lipscomb Ball of Trappe, MD; Health Sciences Informatics • Gregary Butchy of Grove City, PA; Health Sciences Informatics • Prudence Ward Dalrymple of Philadelphia, PA; Health Sciences Informatics • Cupid Capinpin Gascon of Baltimore, MD; Health Sciences Informatics • Sule Lafia Mohammed of Columbus, OH; Health Sciences Informatics • Patricia Poh Khim Swartz of Owings Mills, MD; Health Sciences Informatics

## *Doctors of Philosophy*

Russell Charles Addis of Delran, NJ; Human Genetics • Elin Simms Agoston of Barrington, RI; Pharmacology and Molecular Sciences • Jonathan Kimball Alder of Salt Lake City, UT; Cellular and Molecular Medicine • Sami Alom Ruiz of Abu Dhabi, United Arab Emirates; Biomedical Engineering • Rebecca Shannon Alvania of Annandale, VA; Neuroscience • Sudarshan Anand of Erode, India; Molecular Biology and Genetics-Program In Immunology • Benjamin Miller Auerbach of Lexington, KY; Functional Anatomy and Evolution • Mark Magdi Awad of Ocean, NJ; Cellular and Molecular Medicine • Sharba Bandyopadhyay of West Bengal, India; Biomedical Engineering • Daniel Ari Bendor of Columbia, MD; Biomedical Engineering • Nirveek Bhattacharjee of Kolkata, India; Biomedical Engineering • Amy Marie Booth of Olean, NY; Biochemistry, Cellular and Molecular Biology Training Program-Biological Chemistry • Crista M. Brawley of Bethlehem, PA; Biochemistry, Cellular and Molecular Biology Training Program-Cell Biology • Kimberly Jane Briggs of Framingham, MA; Cellular and Molecular Medicine • Amanda Jewell Chase of Baltimore, MD; Cellular and Molecular Medicine • Wei Chen of Shanghai, China; Human Genetics • Alan McLaurin Cheshire of Baton Rouge, LA; Biomedical Engineering • Curtis Robert Chong of Honolulu, HI; Pharmacology and Molecular Sciences • Samuel Lester Collins of Whiteford, MD; Molecular Biology and Genetics-Program In Immunology • Staci Deaton Cummings of Shreveport, LA; Pharmacology and Molecular Sciences • Renée Nicole Domergue of Baltimore, MD; Cellular and Molecular Medicine • Manus J. Donahue, III of Denton, TX; Program in Molecular and Computational Biophysics • Kimberly Anne Dowd of Charlotte, NC; Molecular Biology and Genetics-Program In Immunology • Xin Duan of Jinan, China; Neuroscience • Justyna Maria Dudaronek of Titusville, NJ; Biochemistry, Cellular and Molecular Biology Training Program-Molecular Biology and Genetics • Steven Jeffrey Eliades of Muncie, IN; Biomedical Engineering • Marcel André Estévez of Mayaguez, PR; Cellular and Molecular Medicine • Tamara Sol Flys of Tempe, AZ; Cellular and Molecular Medicine • Su Gao of Boca Raton, FL; Biological Chemistry • Erika Beth Gebel of Baltimore, MD; Program in Molecular and Computational Biophysics • Yefei Han of Shanghai, China; Biochemistry,



Cellular and Molecular Biology Training Program-Molecular Biology and Genetics • Kristi Lynn Helke of La Crosse, WI; Pathobiology • Jennifer Anna Henderson of Bellingham, WA; Neuroscience • Alex Ansun Huang of Huntington Beach, CA; Neuroscience • Bruce K. Huang of Baltimore, MD; Pathobiology • Vincent Sheng-Wen Huang of Richmond, B.C., Canada; Biomedical Engineering • Adam Lucas Hughes of Harrisonville, MO; Biochemistry, Cellular and Molecular Biology Training Program-Cell Biology • Bridget Todd Hughes of Allison Park, PA; Biochemistry, Cellular and Molecular Biology Training Program-Cell Biology • Nathaniel Suk-Yeon Hwang of Baltimore, MD; Biomedical Engineering • Edel Maria Hyland of Dublin, Ireland; Biochemistry, Cellular and Molecular Biology Training Program-Molecular Biology and Genetics • Elias Bassam Issa of Pueblo, CO; Biomedical Engineering • Krishna Rangadhamarao Juluri of West Palm Beach, FL; Cellular and Molecular Medicine • Tarja Alison Juopperi of Toronto, ON, Canada; Pathobiology • Emmanouil Demetriou Karagiannis of Thessaloniki, Greece; Biomedical Engineering • Faisal Karmali of Edmonton, Alberta, Canada; Biomedical Engineering • Ji Hoon Kim of Seoul, Korea; Biological Chemistry • Alexandra Megan Klevytska of Baltimore, MD; Pathobiology • Young Kwon of Seoul, Korea; Biological Chemistry • Zhengdao Lan of Sichuan, China; Cellular and Molecular Medicine • Hyeseung Janice Lee of Ithaca, NY; Biomedical Engineering • Christopher Andrew Lemmon of Mechanicsburg, PA; Biomedical Engineering • Jing Liang of State College, PA; Program in Molecular and Computational Biophysics • Kai-Wei Lin of Taipei, Taiwan; Molecular Biology and Genetics-Program In Immunology • Eric Richard Lutz of Lewistown, PA; Molecular Biology and Genetics-Program In Immunology • Kelly Marie McGarvey of Parkton, MD; Cellular and Molecular Medicine • Niraj Rajendra Mehta of Hatfield, PA; Pharmacology and Molecular Sciences • Mariana Melani of Buenos Aires, Argentina; Biochemistry, Cellular and Molecular Biology Training Program-Biological Chemistry • Seok Jun Moon of Pusan, Korea; Biological Chemistry • Kazunori Murata of Tokyo, Japan; Pathobiology • Lauren Jeanne Neal of Madison, NJ; Biomedical Engineering • Sekyung Oh of Seoul, Korea; Biochemistry, Cellular and Molecular Biology Training Program-Molecular Biology and Genetics • Omonike Arike Olaleye of Houston, TX; Pharmacology and Molecular Sciences • Jason Michael Organ of Overland Park, KS; Functional Anatomy and Evolution • Una Park of Seoul, Korea; Neuroscience • Emily Cora Patterson of California, MD; Molecular Biology and Genetics-Program In Immunology • Supratim Ray of Kanpur, India; Biomedical Engineering • Elizabeth Maureen Reichl of Rockville, MD; Biochemistry, Cellular and Molecular Biology Training Program-Cell Biology • James Arthur Schafer, Jr. of Birmingham, AL; History of Medicine • Andrei Dumitru Sdrulla of Bend, OR; Neuroscience • Lauren Amy Seiple of Northampton, PA; Pharmacology and Molecular Sciences • Karen Sandell Sfanos of Jensen Beach, FL; Cellular and Molecular Medicine • Divya Sharma of Columbia, MD; Biochemistry, Cellular and Molecular Biology Training Program-Molecular Biology and Genetics • Jason Dennis Shepherd of Auckland, New Zealand; Cellular and Molecular Medicine • Molly Barbara Sheridan of Mount Holly, NJ; Cellular and Molecular Medicine • Rachel Ruckdeschel Smith of Pascagoula, MS; Biomedical Engineering • Lai Hock Tay of Singapore; Biomedical Engineering • Stina Maria Tucker of Umea, Sweden; Pathobiology • Shey-Cherng Tzou of Dalin, Chia-Yi, Taiwan; Cellular and Molecular Medicine • Marc Aldridge Vaillant of West Hartford, CT; Biomedical Engineering • Matthew Paul Vaughn of Warren, OH; Pharmacology and Molecular Sciences • R. Jacob Vitas Vogelstein of Baltimore, MD; Biomedical Engineering • David Michael Wasserman of Dallas, TX; Biochemistry, Cellular and Molecular Biology Training Program-Biological Chemistry • Edward Keith Wright, Jr. of Keene, NH; Human Genetics • Melissa Anne Wright of Toms River, NJ; Cellular and Molecular Medicine • Pei-Ying Wu of Taiwan; Program in Molecular and Computational Biophysics • Qiaojie Xiong of Liuzhou, China; Cellular and Molecular Physiology • Hung-Chih Yang of Tainan, Taiwan; Molecular Biology and Genetics-Program In Immunology • Elaine Marie Youngman of Owings Mills, MD; Biochemistry, Cellular and Molecular Biology Training Program-Molecular Biology and Genetics • Matthew James Youngman of Woodland Hills, CA; Biochemistry, Cellular and Molecular Biology Training Program-Cell Biology • Paul Edmund Zarek of Seattle, WA; Pharmacology and Molecular Sciences • Zhixing Zhao of Beijing, China; Biological Chemistry • Xiaoli Zhong of Zhuo Zhou City, China; Cellular and Molecular Physiology