



# The Restriction Digest

## GSA Newsletter

a publication of  
the Graduate Student Association  
Johns Hopkins University School of Medicine

Volume 18

Number 1

August 2007

### Welcome Aboard!

*By K.C. Kent, President of the GSA*

To the new students, I offer a warm welcome on behalf of the Graduate Student Association (GSA) and the entire graduate student body. These upcoming years will be both exciting and challenging. They will be filled with a great deal of learning and hopefully quite a bit of fun too. It is a great time to make lasting relationships, both professional as well as personal. There are so many opportunities available in this vast institution; don't hesitate to take advantage of them!

I would also like to take this opportunity to introduce the GSA and offer an invitation to participate in our events throughout the year. The GSA is an organization created for the students, by the students. We act as a liaison between the student body and the administration, especially regarding issues that influence student life. For example, we recently lobbied for and received a \$1000 stipend increase for the 2007-8 fiscal year.

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### Fun (cheap!) things to do this fall in Baltimore!

*by Laura Koontz*

#### Visit the Walters Art Gallery

The Walters' stunning collection of art, sculpture, taxidermy, armor and weapons, and much more is now free for everyone! Make sure to keep an eye out for the collection's two Faberge eggs while you're there. Located on N. Charles Street at the Washington Monument. FREE [www.thewalters.org](http://www.thewalters.org)

#### Visit the Baltimore Museum of Art

The BMA now offers FREE admission to its permanent collection, which includes the largest holding of works by Henri Matisse in the world! The BMA is located near the Homewood Undergrad campus at Art Museum Drive and 31st St. [www.artbma.org](http://www.artbma.org)

#### Dig through the stacks at Book Thing

If you've got some time to spare and nothing to read, head up to the Book Thing in Waver-

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### Best of the Best?

*by Chris Cherry*

*"Blow, blow, thou winter wind, thou art not so unkind as man's ingratitude." – William Shakespeare*

In a bold move of self-aggrandizement, Hopkins felt it necessary to dip into the barrel of expendable funds (which exists at the expense of graduate students who are underpaid and receive inadequate benefits - another topic for another day), to reward its most valuable assets with an eye-catching two-tone canvas bag carrying the inscription, "Johns Hopkins Medicine, Best of the Best 2007" (Fig. 1).

This, of course, was in response to the announcement by *U.S. News & World Report* that Hopkins was again rated the Number One Hospital in America, not to mention that it has maintained that status for an unprecedented 17 years, an incredible accomplishment, no doubt. For those of us who have been here for a few years, we know that the

*(continued on p. 3)*

# Volunteer with the GSA!

By Sherri-Gae Scott

On Saturday, July 21st, a group of graduate students were busy hammering away at 1415 North Fulton Ave. demolishing, framing windows, and laying out an upstairs floor of a row-house. It is not unusual to see groups rehabilitating row-houses along Fulton Ave. on the weekends, or even weekdays. Work was supervised by Ed Langrall, a high school teacher who dedicates his summers to Habitat for Humanity. Ed, along with countless other volunteers, refurbishes once abandoned homes with the Sandtown Habitat for Humanity in West Baltimore.

In October 2006, the GSA decided to organize regular volunteer opportunities for graduate students as there were no pre-existing volunteer programs within the School of Medicine. The first program was Cylburn Arboretum's "Ivy Patrol". Later, students lent their artistic talents to "Art with a Heart," a program which assists residents of a transitional living facility with art projects. Students have also volunteered with the Maryland Food Bank and the Friends of Patterson Park. In the upcoming year, the GSA hopes to continue providing students with opportunities to give back to the community by continuing to volunteer with the aforementioned community organizations. In addition we hope



*Hopkins graduate students hard at work, rehabilitating a row-house.*

to forge new and exciting relationships with other agencies in Baltimore.

The GSA would like to thank all the students who have volunteered their time in the past. We welcome everyone to participate in the future, especially our incoming students! We typically volunteer a few hours one Saturday each month. If you have any ideas or suggestions please feel free to contact Sherri-Gae Scott at [sscott26@jhmi.edu](mailto:sscott26@jhmi.edu).

*"The smallest act of kindness is worth more than the grandest intention." - Oscar Wilde*

## THE NEXT NEWSLETTER SUBMISSION DEADLINE IS OCTOBER 15TH!

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

Laura Koontz ([lkoontz1@jhmi.edu](mailto:lkoontz1@jhmi.edu))  
Megan Keefe ([keefe1@jhmi.edu](mailto:keefe1@jhmi.edu))  
Tullia Bruno ([tbruno3@jhmi.edu](mailto:tbruno3@jhmi.edu))

We will be having an informational meeting on Monday, September 17th at 5:00 PM in room 2-101 of the 1830 Bldg. The meeting is open to people interested in editing and/or becoming regular contributors to the newsletter. We hope to see you there!

Please visit our website: <http://www.hopkins-medicine.org/gsa/newsletter/index.shtml>



*Supervisor Ed Langrall (white shirt) demonstrates the finer points of circular saw use to several Hopkins graduate students at last month's Habitat for Humanity volunteer event.*



(continued from p. 1; Best of the Best?)



Figure 1: The two-toned beauty

rankings have been published when someone works their way around to the labs distributing cherished “tokens” of Hopkins appreciation. However, something disturbing has happened during my tenure at Hopkins in regards to the quality, and now quantity, of these all-important souvenirs.

Many of you will recall three years ago when we all received a simple, attractive, and functional lunch bag. This was an incredible gift for a number of reasons: it encouraged us to bring lunches from home (important for physical health), we could re-use it (environmental health), and we could proudly display the fact that we worked at the number 1 hospital in America (mental health). So far, so good. The following year we received license plate brackets for our cars. Not a great gift, especially considering that graduate students can rarely afford cars. And if they can afford a car, they are usually driving at night when the bracket

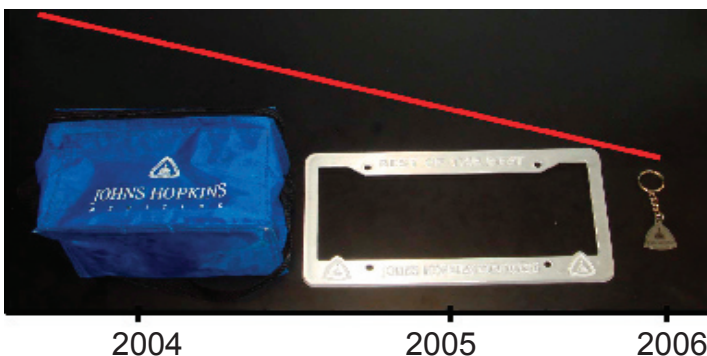


Figure 2: The not so gradual decline in quality of “Best of the Best” trophies. X-axis: year. Y-axis: quality of trophy. Red line: linear regression showing significant decline in quality. (P-value= trust me on this one)

would not even be visible (due to the fact that we are in lab during daylight hours). So, the license plate bracket was a little disappointing, but it’s the thought that counts, right? Well, last year was even worse – a lousy key chain? What the .....? First of all, the thing has sharp edges and a long reach with that dangly chain, posing a threat of physical injury if placed in your pants pocket (not appealing for those that wish to have posterity). Secondly, I can’t help but think there was some sort of metaphor – something along the lines of, “we hold the keys to your life” and “this is for your lab key so you are sure to use it more often”. Whether or not you agree with me, I think we can all agree that there was a gradual, or dare I say not so gradual, decline in the quality of loot. In fact I would say that there is a linear correlation over of the years with a significantly negative slope (Fig. 2).

A week ago someone from our department came through the lab with the aforementioned canvas totes strung over her arm. You could imagine my excitement as I realized that Hopkins had realized the error of its ways and decided to break the bank in order to show its overwhelming gratitude toward **all** Hopkins employees. Here is a dramatization of the exchange that followed:

**Grad. student:** “Sweet, tote bags for all, see this is why I work so hard”.

**Dispenser** :“Oh... actually these are for staff only. By the way, is your boss here?”.

**Grad. student:** “.....” (crushed, speech-less).

What happened to Hopkins’s almighty creed, “ ... leadership, integrity, diversity and INCLUSION”? Look, I don’t care as much about the item as I do about the principle. In fact my boss offered to give me her bag. I don’t want it. I don’t care about the stupid bag. I care about the gesture.

Considering that Hopkins is a research environment aimed at spawning questions, the main questions I have been thinking about lately are: Do graduate students contribute to Hopkins being Number One? Should graduate students be **included** with other Hopkins employees? Would I be placated by a token of appreciation even if it were worse than a pathetic key chain?

I think you know the answer to all three questions – you’re darn right!

# 2007 - 2008 GSA REPRESENTATIVES AND OFFICERS

## OFFICERS:

President	KC Kent (kckent@jhmi.edu)
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# Welcome to The Johns Hopkins University School of Medicine!

*By Joceyln Lynch, Department of Alumni  
Relations*

## ***Who is the School of Medicine Development and Alumni Relations Office?***

The School of Medicine Development and Alumni Relations Office's mission is to build lifelong relationships with our constituents, including students and alumni, in order to foster participation in and financial support of the institution's priorities for the continued growth and development of JHM as a world-renowned leader in research, teaching and patient care. Johns Hopkins' history and traditions inspire us to achieve excellence in all that we do and represent.

Located off-campus on the second floor of One Charles Center, at the corner of Charles and Fayette Streets, the School of Medicine Alumni Office can be reached at 410-516-0776, toll free at 888-546-1336 or by email at JHMAlumni@jhmi.edu.

## ***Who is the Johns Hopkins Medical and Surgical Association (JHM&SA)?***

The JHM&SA is the alumni organization for all graduates of the School of Medicine as well as all current and former fellows, house staff and faculty. The Association is supported entirely by its membership base through an annual dues campaign and focuses on projects that enrich both predoctoral and postdoctoral life at Johns Hopkins. Some of its activities include:

- Annual financial support of the Medical Student Society, the Graduate Student Association, the Johns Hopkins Postdoctoral Association and the House Staff Council
- Annual funding of student scholarships
- Sponsorship of 5 awards given at Young Investigators' Day
- The Biennial Meeting and Reunion Weekend
- Financial assistance for students, house staff and fellows using the Johns Hopkins Family Center

The JHM&SA is run by a volunteer council and is managed through the School of Medicine Development and Alumni Relations Office.

*(continued from p. 1; cheap fun in Baltimore)*

ly and get yourself some free (yes, free) books. Open 9 am to 6 pm on the weekends. 3001 Vineyard Lane, Baltimore 21218. [www.bookthing.org](http://www.bookthing.org)

**Hike or Bike the Jones Falls Urban Trail** The Jones Falls trail currently runs from Druid Hill Park down to Penn Station along the banks of the Jones Falls as well as parallel to some of the old train tracks running into the train station. The trail head can be picked up across from the Steiff Silver building off Sisson St. [www.jonesfalls.org/trail.htm](http://www.jonesfalls.org/trail.htm)

**30th Annual Baltimore Farmer's Market** Starting May 6th and running every Sunday morning until December 16th. 8am until sell out. Underneath the JFX near Saratoga Street.

**Waverly Farmer's Market** Year-round, Saturdays, 7 am until noon. E. 32nd St. and Barclay. [www.32ndstreetmarket.org](http://www.32ndstreetmarket.org)

**Fridays after Five** Starting in the fall (after the summer tourist season is over), the National Aquarium and Maryland Science Center will offer discounted admission tickets (\$8) after 5 pm on Fridays. [www.aqua.org](http://www.aqua.org) and [www.mdsci.org](http://www.mdsci.org) for more information.

**PowWow Native American Festival** August 24th – 26th. Patterson Park. YE\$ [www.baic.org](http://www.baic.org)

**Ukrainian Festival** September 8th – 9th. Patterson Park. FREE

**HampdenFest** September 15th. 11AM – 7 PM. 36th Street (the Avenue) in Hampden. FREE. Come celebrate local food, businesses, music and community. [www.blogspot.hampdenfest.com](http://www.blogspot.hampdenfest.com)

**Korean American Festival** September 22nd. War Memorial Plaza at Fayette and Gay Streets. FREE

**Baltimore Book Festival** September 28th – 30th, Mount Vernon Place (near the monument). FREE <http://207.114.6.204/resources/up182.aspx>

**Russian Festival** October 19th – 21st. 1723 East Fairmount Avenue. YE\$ [www.holytrinityorthodox.com/festival/index.htm](http://www.holytrinityorthodox.com/festival/index.htm)

## EDITORS' GUIDE TO THE BEST OF BALTIMORE

**Best Neighborhood to Quench your Thirst** – Fells Point • **Best Record Store** – Sound Garden • **Best Restaurant to Go when Someone Else is Paying** – Salt • **Best Place to Get Food at 4 AM** – Papermoon Diner • **Best Local Arts Event** – Maryland Film Festival • **Best Independent Bookstore** – Atomic Books • **Best Chain Bookstore** – Barnes and Nobel at the Inner Harbor • **Best Place to Find Unusual Gifts** – Anywhere on the Avenue in Hampden • **Best Crab Cake** – See recipe on a box of Old Bay • **Best Place to See Live Music** – The Ottobar • **Best Restaurant to take Vegetarians and Meat Eaters Alike** – Zodiac Café • **Best TexMex** – Holy Frijoles • **Best Jukebox** – Rocket to Venus • **Best Brunch** – Little Havanas • **Best Place for Cheap Furniture** – IKEA • **Best Liquor Store** – The Wine Source • **Best Place to find Cheap Produce** – Richardson Farms in North East Market • **Best Sushi** – Matsuri • **Best On Campus Happy Hour Food** – HIT Center • **Best Local Coffee** – Zekes • **Best Movie Theatre** – The Charles • **Best Museum** – The American Visionary Art Museum • **Best Place to Take Kids** – The Maryland Science Center • **Best of the Best?** – Johns Hopkins SOM!

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Want to learn how to study without stress and develop more efficient and effective study strategies? The Student Assistance Program is proud to sponsor a study skills session for you!

### Study without stress: Effective study skills strategies for mastering the medical sciences

**9/26 2-6pm or 9/27 3:30-7:30pm.** Registration information will be coming in September.

Presenter Kathleen Straker has worked in Medical Education since 1988, and is a masters' prepared educator and a reading specialist. For nearly two decades she has taught study strategies to medical and graduate students and has worked with medical faculty members in course development.



# SAP CORNER

By Deborah Hillard, Psy.D  
Student Assistance Program

## Adapting to Change

As trainees, we have all had the experience of being asked to change or modify something about our work, ourselves, or our behavior. For instance, as graduate students, it is not uncommon for you to obtain feedback about your scientific ideas, hypotheses, and the design of your experiments. Feedback from your mentors may require making changes, or “adapting” to changes that need to be implemented.

When it comes to behavior and making personal changes in our lives, it gets a little more complicated. We have all encountered situations where someone close to us has suggested that we change or modify something about ourselves. While this feedback can be helpful, it is ultimately up to us to decide if we want to implement such changes. When we have a choice in the matter, we feel like we have more control and this usually helps us decide what, if any changes we will make.

Responding to personal changes can be difficult and feel risky. Basically, when asked to make changes, you are being asked to step outside of your comfort zone to try something new. For some of us this can be frightening and debilitating. Learning how to move past the fear of change and taking risks can have powerful outcomes, including self-improvement, ongoing learning, and a higher level of personal and work achievement.

To gauge your flexibility to change, consider the following questions and think about how you have responded to change in the past. One of the best predictors of how we will respond to future change is how we have responded to change in the past.

Am I a person who is comfortable with changes in my life?

Am I a person who has a high capacity for changes in my life?

Am I a person who embraces changes in my life so that I can avoid being bored or static?

Am I a person who reacts positively to changes I can't control?

Knowing how adept we are at adapting to change will help us to understand our reactions to change. For example, some of us may feel overwhelmed by change while others thrive with it. In order to cope better with change, David Bowman of TTG Consultants suggests the following:

1. Understand what is happening in your environment and try to anticipate change before it occurs. By ignoring changes that are coming, you may be setting yourself up for failure.
2. Identify the internal and external barriers to change and try to manage them before the change happens. Counteract internal barriers to change. A negative attitude will only limit your ability to be flexible and adaptable.
3. Pay attention to the kinds of things you are saying to yourself about the anticipated change and what types of things you are feeling when you are thinking about the change. You control how you think about and perceive changes! The more positively you think about change the more positive your reaction to it.
4. Be willing to step outside of your comfort zone...it may be a good experience after all!

**Seek assistance:** For more information about this topic or to set up an appointment 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).

### References:

Bowman, David (2007): [www.ttgconsultants.com/articles/adapting.html](http://www.ttgconsultants.com/articles/adapting.html)

The Student Assistance Program (SAP) provides free and confidential services to all registered Johns Hopkins University School of Medicine students and their immediate family members. The SAP offers preventive and educational sessions, support and discussion groups, identification and assessment of personal, family and school/work-related issues, brief counseling and consultation, and referrals to appropriate and accessible services and resources. There may be fees associated with other services and resources to which individuals may be referred. Offices are located in East Baltimore (550 N. Broadway) and at Johns Hopkins at Eastern (1101 East 33rd Street, Suite C-100). To schedule an appointment, call (443) 287-7000 / (443) 997-7000, or for more information, visit our website at [www.jhu.edu/sap](http://www.jhu.edu/sap).

# GRADUATE STUDENT GROUP PROFILES

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The **Incentive Mentoring Program (IMP)** is a story of triumphant individuals and the mentors who support them. Not all children in today's society grow up in environments that are conducive to education and self-actualization. To many youths, the obstacles of poverty, substance abuse, gangs, violence, and neglect seem insurmountable. In January of 2004, PhD Candidate Sarah Hemminger, created IMP to support Dunbar High School's low-est-achieving students. The organization was designed to provide one final fork in the road before these students were expelled as a result of poor grades or disruptive behavior. Many were hesitant to put effort into their education because they did not believe they had any potential for a future worth investment. If they were "just going to end up in jail anyway," why try?

Sometimes it takes someone else to believe in you before you can believe in yourself. IMP's goal was to empower these students to take control of their fate through a comprehensive mentorship approach. More than expert tutoring, our program offered the emotional, financial, and navigational support that these students needed to develop self-efficacy and to prioritize their educations.

Today, with the generosity of over one hundred Johns Hopkins University volunteers, the Dunbar students have beaten the odds and IMP has achieved official 501(c)3 nonprofit status. Although only 38.5% of children born in Baltimore City will receive a high school diploma, each and every member of the inaugural IMP class graduated from Dunbar High School with multiple college acceptances. Students originally at highest-risk for failing high school will now be attending Bowdoin, Purdue, Mercyhurst, Frostburg State, Trinity, and Morgan State University in 2007.

In the Fall of 2007, IMP will select a new group of low-achieving students to be a part of our 4-year intensive mentoring program. Our goal is to maintain a 100% graduation rate and 100% college acceptance rate, refusing to let anyone "slip through the cracks." As we embark on this new journey, our recent IMP graduates will become mentors them-

selves, contributing to the leadership and direction of the organization.

Volunteers are needed to provide after-school tutoring, chaperone field trips and community service projects, and form a network of social support for the Dunbar students. If you would like to learn more about IMP please visit [www.dunbar-imp.org](http://www.dunbar-imp.org) or email [DunbarIMP@jhmi.edu](mailto:DunbarIMP@jhmi.edu).

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## **The JHMI Chinese Students & Scholars**

**Association (JHMI-CSSA)** is a non-profit organization founded to serve the Hopkins Chinese community by providing support and facilitating social and career development. JHMI-CSSA seeks to accomplish this through providing opportunities for personal and professional interaction and collaboration within the Chinese community itself and the Hopkins community as a whole. We organize activities and host events on a regular basis in order to bring the Chinese community together with other communities. Moreover, we advocate Chinese culture and arts in multiple ways with an emphasis on cultural exchange among different nations. Recent events and activities can be found at JHMI-CSSA Website: <http://www.jhmi-cssa.org>. We warmly welcome all students and scholars in Johns Hopkins Medical Institutions to enroll in our membership by subscribing to JHMI-CSSA email-list ([https://lists.jhsph.edu/read/all\\_forums/subscribe?name=cssa-l](https://lists.jhsph.edu/read/all_forums/subscribe?name=cssa-l)). Questions and/or suggestions? Please send email to [jhmicssa.hopkins@gmail.com](mailto:jhmicssa.hopkins@gmail.com)

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**The JHU School of Running** is a new running club at the Hopkins East Baltimore campus. We invite students from all three medical institutions, faculty members and staff at all different running levels to join us. We participate in weekly and monthly runs where we explore different parks in the Baltimore area. Professionals are available to advise beginners who may have never ran before, as well as to intermediate runners who want to learn more about the sport of running. We also have the goal of hosting a 5K run in the spring of 2008 to raise money for a charity. For more information, please email Sonya at [sctang@jhmi.edu](mailto:sctang@jhmi.edu).

*(continued from p. 1; President's Welcome)*

We also sponsor numerous lectureships in which we invite scientists from around the country to come and speak. Last year's invitees were: the Pioneers in Science lecturer, Dr. Martin Markowitz from Rockefeller; the Alicia Showalter-Reynolds Memorial speaker, Dr. Connie Cepko from Harvard; and for the first time, an Investigator's Reflection, given by our own Dr. Carol Greider.

The GSA is arguably best known for its social events both on and off-campus, of which there are many. Most notably, last November we sponsored a Beer & Jazz Benefit that raised \$2400 for the Maryland Food Bank. This year we already have plenty of happy hours, cultural activities, adventurous excursions and volunteer opportunities planned. On the calendar is a docent lead tour of the Walter's Art Gallery on Sunday, Sept 9th at 3pm and a Clean-Up of Patterson Park on Saturday, Sept 22nd at 8am. Still in the works are a Clipper City Beer Tasting and Brewery Tour to take place some time in September and the annual trip to the National Aquarium in Baltimore (free to first year students) in October. Check your e-mail or [www.hopkinsmedicine.org/gsa](http://www.hopkinsmedicine.org/gsa) for specific details.

Finally, the GSA provides funding to students in the way of travel awards for scientific meetings and the sponsoring of student groups. Recognized student groups are *The Restriction Digest* Newsletter, Hopkins Biotech Network (HBN), Leadership Initiative for the Environment (LIFE), Incentive Mentoring Program (IMP), Biomedical Scholars Association (BSA), Chinese Student and Scholars Association (CSSA), Indian Graduate Student Association (IGSA), Gertrude Stein Society, Jewish Student Association (JSA) and the Running Club. If you don't see a student group to suit your needs or interests, feel free to start your own!

If you would like to become involved, join us at our next GSA Meeting, held on the 3rd Tues of every month at 3pm in room 2-108 of the 1830 Building (next meeting Tuesday, September 18th). Free pizza and soda is provided and all students are welcome.

**Once again, welcome to Hopkins and have a great year!**

## **HOPKINS LEADERSHIP INITIATIVE FOR THE ENVIRONMENT (HOPKINS LIFE)**

*From Rebecca Deering Brose and Daniel Lee*

Hopkins LIFE focuses on promoting an environmentally sustainable School of Medicine (SOM) campus.

### **Our mission is to:**

- Reduce the environmental impact of research performed at the SOM
- Promote the SOM as a leader in environmental stewardship
- Promote environmentally friendly education for the campus community
- Incorporate environmental concerns as a priority in the administration's decision making

To reach these goals our group is actively fostering a relationship with the SOM Facilities Management and MedTrace (the SOM recycling company). Simultaneously, our group represents the SOM graduate student body on President Brody's Sustainability Committee. In the past year, we have worked closely with facilities to increase campus recycling, offered a viewing of *An Inconvenient Truth*, and raised awareness with an Earth Day Celebration. This year we have similar activities and programs planned, but we need more members to make these plans a success!

Sound like something up your alley? Do you want to promote an efficient recycling program on campus? Can we help to improve subsidized public transportation? Interested in contacting governmental policy makers concerning environmental issues? If so, join us at our next Hopkins LIFE meeting September 10th at 5 pm in room 2-108 1830 Bldg or e-mail us at [HopkinsLIFE@gmail.com](mailto:HopkinsLIFE@gmail.com). Our meetings are open to anyone in the Hopkins community (students, faculty, alumni, etc.).

Want to get to know our members or just want to get out of Baltimore for a day? Join us for our fall hike on Saturday, October 13th. Watch your e-mail for details!