



# The Restriction Digest

GSA Newsletter

a publication of

the Graduate Student Association

Johns Hopkins University School of Medicine

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## Fun Things To Do in B'more

by Elizabeth Huang

Nestled between New York City and Washington, D.C., Baltimore is often viewed as no more than a blip on the map between her two more glamorous neighbors. There are the standard tourist attractions, of course—the Inner Harbor, Fells Point, Camden Yards—the places that were probably pointed out to you on your interview tours, and the places that you will think to go to first when friends and family members come to visit. Nice enough, perhaps, but these are bound to get stale over the course of an entire graduate student career. Yet take the time to look a little deeper, for Baltimore is far from a cultural wasteland. Compiled here is a list of just a few of the attractions that the city has to offer—several of which give student or Hopkins discounts! Whether you are new to the area or think you've seen everything worth seeing in Charm City, think again—there might be a few places here that you haven't yet explored.

### Art museums:

The **Walters Art Museum** is located at 600 N. Charles Street, and houses a surprisingly extensive and varied collection of art ranging from ancient

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## Welcome to Hopkins!

by Meghan Seltzer

Dear New Students,

Welcome to Hopkins! We are very excited to have you as new members of the Hopkins family. I hope that you are all very excited to get started and work hard. However, I hope that you also take some time to have fun and take care of yourself. This next phase of your life holds many challenges and opportunities as well as a lot of fun and personal growth.

We, the Graduate Student Association (GSA), are here to help make the transition to Baltimore and graduate student life a little easier. Consider this an open invitation to attend our meetings which are held on the third Tuesday of every month at 3pm in 2-108 1830 Bldg. Our meetings are a forum to discuss issues affecting the graduate student body at the School of Medicine and a way to pass along concerns to the administration (and also one of the great many ways in which to get a free lunch). If you would like to take a more active role in our organization, we currently have committee positions available.

Additionally, the GSA plans many

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## Introducing the Biomedical Scholars Association

by Jennifer Cohen

Welcome to the Hopkins family! The Biomedical Scholars Association is a tri-school organization that unites graduate students who represent minority groups within the Johns Hopkins University Medical Institute community. These groups include but are not limited to African, African American, Afro-Caribbean, Alaska Native, Hispanic, Latino, Native American, and Pacific Island scholars. The purpose of BSA (the association, not the western blot blocking reagent) is to cultivate diversity among graduate students. We aim:

- 1) to provide a support system for every scholar who considers him or herself a minority within the Hopkins community
- 2) to promote the academic and professional success of said scholars
- 3) to enhance minority scholar recruitment to and retention within the Hopkins community
- 4) to provide a network for career development and advancement within the scientific community and
- 5) to serve our immediate community through volunteerism

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## Greetings from the Development and Alumni Relations Office!

by Jocelyn Lynch

*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.

The School of Medicine Alumni Office is located off-campus on the second floor of One Charles Center, at the corner of Charles and Fayette Streets, can be reached at 410-516-0776, toll free at 888-546-1336 or by email at [JHMalumni@jhmi.edu](mailto:JHMalumni@jhmi.edu). You can also visit us on the web at [www.alumni.jhu.edu/medicine](http://www.alumni.jhu.edu/medicine). We hope to hear from you if you have any questions or need any information!

*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
- Financial support of Graduate Student Appreciation Week
- 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. For more information on The Association, please visit us on the web at: [www.hopkinsmedicine.org/jhmsa](http://www.hopkinsmedicine.org/jhmsa).

# SAP CORNER

## Time Management: Strategies for Academic Success

by 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 can't get my work done in time, I'm working efficiently but there's just not enough time in a day!"
- "Time just slips away and I don't feel accomplished at the end of the day."

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, self-care an important aspect of time management. Time, in fact, is one of your most valuable resources, that is, if you know how to use and manage it wisely. The goal of discussing time management strategies is to help you become more aware of how you actually use your time and provide ways to help you become more time savvy.

*Measure how you presently use your time:* Develop a daily schedule over the next seven days and assess how you are spending your time. Be as specific as possible, logging in every hour of the day, including the time you spend sleeping, eating, studying, etc... You may realize that you are wasting a couple hours every day.

*Planning your schedule:* Many students like to lay out the semester's assignments and exams on a calendar and use a day planner to organize the week. It is recommended that you organize the week on a Sunday night in a way that makes sense to you. Planning gets you started, prevents avoidance, and makes studying more enjoyable and productive. Determine what is your best study/work time. Other activities should also be planned and scheduled during time when you feel less focused or after an intense period of study/work. Also, remember to build study breaks into your schedule.

*Prioritize your schedule:* The trick to prioritizing is to isolate and identify that activity that gives you the best

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It takes diversity to promote diversity, so everyone is welcome to participate, regardless of background.

What can you expect from us? Expect academic support in the form of tutoring, opportunities to practice for your qualifying exam with a mock committee or editing of posters and manuscripts. Expect a chance to show off your lesser-known talents during pool, bowling or a feisty game of Taboo (XX verses XY chromosomes of course). Expect tailored career and professional development from any of our seminars and workshops ranging in topics from money management to choosing alternate careers in science. Expect opportunities to mentor high school science students through our Junior Biomedical Scholars Mentorship Program, JBSMP.

BSA meets the 2nd Thursday of every month in the 1830 Building, 2nd floor, room 108. Food is always provided! Interested? To learn more about BSA, our membership and events for the upcoming academic year, check us out online at:

<http://www.hopkinsmedicine.org/dev/bsa/index.html>

Wishing you much success and looking forward to helping you along your graduate journey,  
The Biomedical Scholars Association  
[bsa@jhmi.edu](mailto:bsa@jhmi.edu)

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## Bienvenido! Willkommen! Haeremae!

The Johns Hopkins International Society (JHIS) is the cultural outreach arm of the Office of International Services (OIS). Founded in 1959, the Society promotes international good will, helps international visitors establish social acquaintances, and provides programs for cultural, social, and educational exchange as well as sponsoring a variety of activities throughout the year.

Faculty, students, post-doctoral fellows, house staff, and family members are all welcome to join the Society's activities. Please email Dacia Gauer, JHIS advisor, at [internationalsociety@jhmi.edu](mailto:internationalsociety@jhmi.edu) if you would like to subscribe to the Society's listserv. You can also check out our website at [www.hopkinsmedicine.org/intlsvcs/jhis/index.asp.htm](http://www.hopkinsmedicine.org/intlsvcs/jhis/index.asp.htm).

## JHMI Graduate Student Bible Study

The JHMI 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 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](mailto:spark72@jhmi.edu)) for more information on when and where we meet and/or 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" I Peter 3:15

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## Hopkins LIFE

The Leadership Initiative For the Environment (LIFE) is a group of medical and graduate students at the Johns Hopkins School of Medicine who are committed to increasing sustainable research practices in and awareness among the biomedical research community. In past years we have worked with Facilities to create a thriving recycling plan for the SOM which has increased by ten-fold the amount of recycling collected. We have also organized a greener labs campaign which strives for energy efficiency in the lab. Each year we have an Earth Day Celebration where attendees can learn about these programs and other ways to live green. If you're interested in joining us, we meet on the 2nd Monday of each month at 1PM in the Graduate Student Lounge on the basement floor of WBSB. For more information, contact us at [hopkin-slif@gmail.com](mailto:hopkin-slif@gmail.com).



# Exploring Washington, D.C.

by Christina Fuentes

For the past three years I've commuted from DC to Baltimore. Originally my reason for living in DC was personal (my boyfriend works in Northern Virginia), but I quickly came to love the city and now can't imagine living anywhere else for the remainder of my time at Hopkins. With that said, I obviously highly endorse frequent visits to DC by Hopkins students living in or around Baltimore. Here is a by no means all-inclusive list of things to check out in DC:

## Smithsonian Museums:

<http://dc.about.com/cs/museums/a/Smithsonian.htm>

Entrance is free to all museums

My personal favorites:

*The Natural History Museum*

<http://www.mnh.si.edu>

The new Ocean Hall will be opening on September 27

*The National Museum of American History*

<http://americanhistory.si.edu>

Scheduled to reopen this fall after two years of renovations

*The National Zoo*

<http://nationalzoo.si.edu>

Part of the Smithsonian Institutions and worth visiting for more than just the pandas

*The National Portrait Gallery*

<http://www.npg.si.edu>

Descriptions of the portrayed people make the exhibits interesting combinations of art and history

## Monuments and Memorials:

<http://dc.about.com/cs/sightseeing/a/Monuments.htm>

My two favorite walks around memorials (probably everyone's favorites):

*Walk along the Reflecting Pool*

Vietnam War Memorial (north), the Lincoln Memorial (west), the Korean War Memorial (south), and the WWII Memorial (east)

*Walk around the Tidal Basin*

Jefferson and FDR Memorials (best to walk around counterclockwise so that you walk through the FDR Memorial from west to east, following the chronology of his presidency). And yes, this walking is enjoyable even when the cherry blossoms aren't in bloom (it's a lot less crowded and you'll appreciate the memorials more).

It's also worth mentioning that many people overlook the opportunity to go in the *Washington Monument* and enjoy the views from the top. Tickets are timed and free if picked up same-day at the Monument, but in the summer it's worth paying the \$1.50 reservation charge and ordering tickets in advance (<http://www.nps.gov/wamo/planyourvisit/feesandreservations.htm>)

## Miscellaneous Entertainment:

*Spy Museum*

<http://www.spymuseum.org>, \$18, timed entry

*Newseum*

<http://www.newseum.org>, \$20

*Nationals Park (Home of the Washington Nationals)*

[http://washington.nationals.mlb.com/schedule/index.jsp?c\\_id=was&m=8&y=2008](http://washington.nationals.mlb.com/schedule/index.jsp?c_id=was&m=8&y=2008)

*Verizon Center (Special Events, Concerts, etc.)*

<http://www.verizoncenter.com/events>

*Washington Wizards*

<http://www.nba.com/wizards/schedule>

*Washington Capitals*

<http://capitals.nhl.com/team/app?service=page&page=TeamSchedule>

*Kennedy Center (Concerts, Plays, Musicals, Orchestra and Opera Performances)*

<http://www.kennedy-center.org>

*National Opera*

<http://www.dc-opera.org>, student rush tickets available for \$25 in person after 6:00pm on the day of the show

*National Symphony*

<http://www.kennedy-center.org/nso>

*9:30 Club* (2-floor nightclub with nightly concerts)

<http://930.com>

Get on the mailing list to hear about upcoming concerts, and while you're at it check out the links to Merriweather Post Pavilion (in Columbia) and Sonar (in Baltimore)

## Dining guides:

<http://www.washingtonian.com/sections/restaurants/DiningGuides/index.html>

DC's great dining options are probably my favorite part of living here, so definitely don't waste a visit by eating at a chain restaurant.

For reservations: <http://opentable.com/start.aspx?m=9>

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# Career Connections

September 2008

A special supplement sponsored by JHMI Professional Development Office

Volume 1, Issue 1

## Breaking into science writing careers

by **Rajendrani Mukhopadhyay, Ph.D.**

Science writers spend their days turning scientific information into plain, everyday language that's accessible to a general audience. They usually are trained in science, medicine, and/or journalism. A wide range of places require their services: university and medical center media relations offices, industry, government labs, not-for-profit science organizations, journals and magazines, and science museums.

Science writers are different from technical editors. Technical editors tend to work on scientific texts (like papers or grants written by scientists) to make them easier to read and understand. Science writers start with an idea and a blank page. From interviews with experts, literature searches, conference proceedings, and other sources, they gather enough information to craft stories about fascinating scientific or medical goals that researchers are pursuing.

Two criteria make a great science writer: a love for language and an enthusiasm for science, medicine, and technology. If you can demonstrate a passion for words and science, you have the makings of a good science writer. Keep in mind that science writing isn't limited to English. If you are proficient in another language, you can write for foreign news outlets

### Tips for making the "Scientist" to "Science writer" transition

- Write, write, write. Read, read, read. You don't have to restrict yourself to writing only about science—maintain a blog on your favorite sport, contribute restaurant reviews to the graduate student or neighborhood newsletter, write short pieces of fiction. Read widely and critically. Sources of good science and medical journalism include the *New Yorker* magazine, *The Washington Post*, and *The New York Times*. Analyze how the writer conveys information in each story.

- Take creative writing and/or journalism classes. Adult education programs often offer writing classes in the evenings.
- Get in touch with science writers and ask them how they got started in their careers. See if they are willing to mentor you.
- Contact local magazine editors to see if they need writers to contribute articles. University media relations offices are also good places to ask for writing gigs.
- Apply to internship/fellowship programs at newspapers or magazines.

### Resources

National Association of Science Writers (NASW)

[www.nasw.org](http://www.nasw.org)

*Membership benefits include information on job openings and freelance opportunities, online discussion group, annual professional meeting, and mentoring program*

*A Field Guide for Science Writers*, 2<sup>nd</sup> edition, editors: Deborah Blum, Mary Knudson, Robin Marantz Henig, Oxford University Press 2006

*An excellent book for both science writers and people wanting to know more about the field. Available at NASW and Amazon.com*

Rajendrani (Raj) Mukhopadhyay is a senior associate editor of *Analytical Chemistry's* News and Features at the American Chemical Society in Washington D.C. She graduated from the Hopkins BCMB program in 2004 and embarked on a career in science writing, editing, and podcasting. In the course of her career so far, she has covered topics such as the influence of World War II on analytical instrumentation, counterfeit medicines, catching doping athletes, and the 1976 Viking mission to Mars.

## Alumni Spotlight

Interview with Onikepe Adegbola, M.D., Ph.D., Associate Director, Oncology Biomarkers and Imaging at Novartis Pharmaceuticals Corporation

### You obtained your Ph.D. in Pathobiology from Hopkins in 2005. How did you make the transition to management at one of the world's largest pharmaceutical companies?

I sort of fell into it. I was actually considering an academic position, but at the end of my residency my program director told me a friend of his in pharma was looking for someone for that position. I got the job, decided to try it for a year and loved it. I guess it could be called networking.

### What is your specific role in the drug development process?

My responsibilities in oncology clinical trials include developing the imaging biomarker strategy, writing imaging protocols, implementing the imaging strategy, analyzing imaging data, correlating with laboratory biomarkers and presenting results to clinical teams and senior management to guide the drug development process.

### Success in your current position is measured by...

offering innovative and creative solutions to help the clinical teams answer questions in drug development, helping the clinical teams make decisions based on imaging biomarker data (in conjunction with other data), ability to lead and manage a team to complete projects on time and within budget

### What is the most rewarding aspect of your job?

The job is challenging and you get to work with very smart people in a team environment.

### What advice would you give to a student or postdoc interested in working for big pharma?

Get a sense of what life is like in pharma. It's very different from academia, so seek an internship in a pharma company, network with alums in pharma. Also attend industry events to network; although some are expensive, they sometimes give exhibit passes for free. Novartis recruits at ASCO and ASH. Emphasize your skills in your resume. Positions for PhDs are not only in research, but also in many aspects of clinical development, medical affairs and regulatory affairs.

For additional interviews, please visit the *Career Center* section of the PDO's website, [www.hopkinsmedicine.org/pdo](http://www.hopkinsmedicine.org/pdo)

# Tales of a faculty bio blogger

by Derek Haseltine

Operating under the blog name, JuniorProf, an associate professor at a basic sciences department at the University of Arizona explores issues related to research in pain management as well as the professional concerns he faces as a junior faculty member. In this feature he shares his blogging experiences with Derek Haseltine, Assistant Director of the Professional Development Office.

## What motivated you to enter the world of blogging?

I started following DrugMonkey and Physioprof's blog called DrugMonkey (<http://scienceblogs.com/drugmonkey/>) about 1.5 yrs ago when I was transitioning out of my postdoc position toward a tenure track job. I was out interviewing at the time and it so happened that they were posting on advice for postdocs entering the job market. I got some really useful advice from their blog concerning the interview process and grantsmanship. I was also influenced heavily by Alex Palazzo's blog called the Daily Transcript (<http://scienceblogs.com/transcript/>) and Abelparmboy's blog called Terra Sigillata (<http://scienceblogs.com/terrasig/>). After many months of commenting on their blogs they all urged me to start my own blog so I took the plunge. I've tried to create my own niche by covering topics related to my expertise (pain research) and topics of interest to other postdocs on the verge of starting their own labs.

## What do you hope regular readers of your blog come away with?

I hope they learn a bit about pain research and why pain research is so important. We're struggling for funding (like everyone else) right now and I'd like to play some small part in helping people remember why this type of research is so critical. I'd also like them to learn about what a biomedical research career is really like. I think a lot of people think that being a scientist is some sort of magical dream world job where you do whatever you fancy without a care in the world. Okay that's an exaggeration, but in all seriousness, biomedical science is a job like any other. I would like for readers to understand how approaching a science career in a very workmanship oriented way can play a key role in helping you achieve success. I'm an excellent example, I'm not a genius by any measure, yet I've carved out a path to success at a fairly young age. Hard work, effective networking and a good deal of planning for the future can go a long way in this profession, just like in any other. I've been lucky enough to have had excel-

lent mentors along the way who have taught me about the intangibles that can positively influence your career. I'd like to think that the blog is an excellent forum for passing these bits of wisdom onto others.

## Has this experience enhanced your own professional development in any way?

Sure. Again, the advice I've gotten from DrugMonkey and Physioprof (which is available for all on their blog) has been absolutely fantastic. In terms of my blog and my career development, it hasn't had an impact yet but I am currently trying to compile a set of pain-oriented posts for general public consumption. I hope that these posts can eventually turn into a useful resource for patients or other people just wanting to know more about pain research. Most of the other members of my Dept know about the blog and they get a kick out of it. We'll see if it eventually ends up as part of my tenure application. You never know...

## What is the most interesting thing that has happened to you as a direct result of this project?

We've had some nice exchanges on the blog about a variety of issues. I've had the opportunity to virtually-meet a number of interesting people via the blog. I've never been much for chat rooms or IM so its been an interesting experience to have virtual-friends. What makes it even more interesting is that I generally have no idea who any of these people are. Something about that always strikes me as surreal. I suppose if I was 18 it would be normal, that generational gap in what constitutes friendship is quite interesting to me and something that I have considered a lot since getting into the blogging thing.

## Do you think bloggers should abide by a code of ethics?

Yes. I am quite put off by a number of the more popular so-called science bloggers. Bloggers should show some modicum of respect for others, even if they don't show it back. Many of the blogs that I used to read have been dumped from my bookmarks because I find their current discourse completely disgusting.

## What advice would you give to aspiring bloggers?

That is a good question. The hardest part for me was starting so I suppose it would be just get going, stop fretting.

For more info: [JuniorProf.wordpress.com](http://JuniorProf.wordpress.com)

*"a lot of people  
think that being a scientist is  
some sort of magical  
dream world job..."*

## Career development activities for JHMI graduate students and postdocs:

Confidential career consultations  
Introductory courses in funding, writing and presenting  
Panels and speakers covering a wide range of scientific career paths  
CV/resume, interviewing and networking workshops  
Annual biomedical career fair (March 24, 2009)

Stop by or contact us:

1830 E. Monument Street, Suite 2-107  
410-502-2804 • [jhmipdo@jhmi.edu](mailto:jhmipdo@jhmi.edu)  
[www.hopkinsmedicine.org/pdo](http://www.hopkinsmedicine.org/pdo)

Please direct *Connections* inquiries to Derek Haseltine,  
[dhaseitne@jhmi.edu](mailto:dhaseitne@jhmi.edu)



## Shopping and Nightlife:

### Georgetown

<http://dc.about.com/od/neighborhoodprofiles/p/Georgetown.htm>

Basically a shopping mall during the day, but once the stores close fine dining and an assortment of bars take over the scene. Use the Georgetown shuttle to get to the area from nearby metro stops:

<http://www.georgetowndc.com/getting-here/shuttle>

### Dupont Circle

<http://dc.about.com/od/neighborhoodprofiles/p/DupontCircle.htm>

Some neat shops (e.g., Kramerbooks and Afterwords Café, <http://www.kramers.com>), a full range of dining options, and a few clubs and bars

### Adams Morgan

<http://dc.about.com/od/neighborhoodprofiles/p/AdamsMorgan.htm>

Best known for its often rowdy nightlife

### Gallery Place

<http://dc.about.com/od/shopping/a/GalleryPlace.htm>

Right by the Verizon Center and Chinatown, lots of shopping and dining options, including many chain restaurants, a Regal Cinema, and a bowling alley.

For information on a ton of free things I didn't get to highlight, this link is useful: <http://dc.about.com/od/touristattractions/tp/FreeDCAAttractions.htm>

## Transportation information:

### Amtrak

[http://www.amtrak.com/servlet/](http://www.amtrak.com/servlet/ContentServer?pagename=Amtrak/HomePage)

[ContentServer?pagename=Amtrak/HomePage](http://www.amtrak.com/servlet/ContentServer?pagename=Amtrak/HomePage)

### MARC Train

[http://www.mtmaryland.com/services/marc/serviceInformation/Schedules\\_and\\_System\\_%20Maps.cfm](http://www.mtmaryland.com/services/marc/serviceInformation/Schedules_and_System_%20Maps.cfm)

Much cheaper than Amtrak, but only runs Monday through Friday

### Official DC Metro map

<http://www.wmata.com/metrorail/systemmap.cfm>

More useful metro/google map mash-up: <http://dcist.com/map>

## Women of Hopkins!

“All of the Above” is back.

Last year, several women at Johns Hopkins wrote or performed monologues about their lives, ideas, and thoughts. The result was an exciting, moving performance that raised \$1500 for My Sister's Circle, a Baltimore non-profit organization supporting the education of young women.

We want to bring this type of performance to the stage again. Please join us in celebrating the strength of our women, and submit a monologue with your story. Authorship can be kept anonymous.

Not a writer? Volunteer! Directors, stagehands, actors, technical crew—there are positions open for every type of personality or time commitment

Please direct any questions or comments to the AOTA Coordinators at [jh.alloftheabove@gmail.com](mailto:jh.alloftheabove@gmail.com).



Hopkins graduate students rafting at Ohiopyle, PA during a GSA-sponsored event in June (picture by Julia Drewes)



Egyptian pieces to 19th century portraits. Museum hours are from 10:00 a.m.-5:00 p.m., Wednesday to Sunday. General admission to the permanent collection is free, and with a Hopkins ID, admission to the special collections is free as well. [www.thewalters.org](http://www.thewalters.org) According to their mission statement, the **American Visionary Art Museum** located at 800 Key Highway exhibits “art produced by self-taught individuals...whose works arise from an innate personal vision that revels foremost in the creative act itself.” Any time you visit, you are in for a unique experience. Museum hours are from 10:00 a.m.-6:00 p.m., Tuesday to Sunday and admission is \$8 for students. The AVAM also hosts the annual Kinetic Sculpture Race in the spring, where human-powered feats of artistry and engineering travel over land, through the mud, and into the Harbor in a free all-day event. [www.avam.org](http://www.avam.org) **The Baltimore Museum of Art** at 10 Art Museum Drive is located close to the Homewood campus and includes a renowned modern art collection as well as an extensive sculpture garden. The BMA is open from 11:00 a.m.-5:00 p.m., Wednesday to Friday and from 11:00 a.m.-6:00 p.m. on Saturday and Sunday. Like the Walters, general admission to this museum is free. [www.artbma.org](http://www.artbma.org)

### **Historical attractions:**

Baltimore was founded in the late 1700's, and has seen a fair share of this country's history. Perhaps the most notable site in the area is **Fort McHenry**, where Francis Scott Key was inspired to write what is now our National Anthem. The grounds are open daily from 8:00 a.m.-5:00 p.m, with daily flag changes at 9:30 a.m. and 4:20 p.m. Admission to the Fort McHenry National Monument and Historic Shrine is \$7 for adults aged 16 and older and is free for children. Entrance receipts are good for seven days. [www.nps.gov/fomc/](http://www.nps.gov/fomc/) In addition to being the birthplace of the Star Spangled Banner, Baltimore is also the final resting place for author Edgar Allan Poe. The annual Poe birthday celebrations held in late January at the small **Poe House and Museum** will be particularly elaborate this year, in honor of the 200th anniversary of Poe's birth. The Poe House is located at 203 Amity Street and is open from April to November, Wednesday to Saturday, from noon to 3:30 p.m. Tours of the **Westminster Burying grounds and catacombs** where Poe is buried, including a special annual tour held on Halloween night, take place from Westminster Hall, on the corner of Fayette and Greene streets. <http://www.eapoe.org/>

### **Classical concerts:**

Baltimore is home to the world-renowned Peabody Institute, and the musical talent in the city reflects that relationship. A wealth of high quality performances are scheduled throughout the year by groups including the Concert Artists of Baltimore, the Baltimore Choral Arts Society, the Baltimore Chamber Orchestra, and the Shriver Concert series at the Homewood campus. In addition to all of these, the **Meyerhoff Symphony Hall** at 1212 Cathedral St hosts regular concerts by the Baltimore Symphony Orchestra, and attracts notable solo performers throughout the year. Recently the BSO began reserving 70% of its subscription seats for only \$25—half the price of the premium orchestra and box seats. For some even more inexpensive options, the BSO offers \$15 unreserved seats (best available seats on the day of the concert) and \$10 student rush tickets. A “5 for \$40” choose-your-own student pass is also available, excluding special presentation and premium concerts. [www.bsomusic.org](http://www.bsomusic.org).

### **Movies:**

The **Charles Theatre** at 1711 N. Charles Street is an independent movie theater that features first-run indie and art films, foreign releases, and classic cinema in a charming, historic structure. Matinee shows before 6:00 p.m. are only \$6 and evening shows are \$8. Some movies are shown for only a week, so keep yourself up to date on their offerings. The Charles also hosts the Cinema Sundays film series, which includes brunch, a film screening, and a post-film discussion led by an invited guest speaker. Parking is available in the garage across the street for only \$2. [www.thecharles.com](http://www.thecharles.com) For a slightly different movie-going experience, head out to 3417 Eastern Boulevard and check out the **Bengies Drive-In Theatre**. Yes, Bengies is a real drive-in, and it's been around since 1956! They are very strict about their house rules, and require a \$7 permit for outside food and beverages, but they sell a reasonable quantity of food on-site that isn't bad and isn't too expensive. Overall it's a fun experience and a much better deal than most movie theaters. Adult tickets are \$5-8 depending on the season. Showings for the week and start times are updated on Wednesdays, and your ticket grants you admission to all three features on Friday and Saturday, and to both features Sunday to Thursday. Admission is \$3-4 if you only show up for the last feature. [www.bengies.com](http://www.bengies.com)



social and educational events throughout the year. Thus far, our vice president/events chair Christine Nwosu has planned a trip to the National Aquarium, a duckpin bowling outing, and a Monday Night Football party to cheer on the Ravens. We hope to see you at some of the events, and we are certainly open to hearing any suggestions that you have for future events. The GSA also sponsors various student groups that we hope you take the time to contact after the student activities fair.

Academically, the GSA sponsors a poster session where senior graduate students have an opportunity to share their research with other graduate students and faculty members. We host various lectures through the year as well. Last year's lectures included a Teacher of the Year lecture by Jon Lorsch, Investigator's Reflections by Barbara Migeon, and an invited lecture from Cynthia Morton from Harvard Medical School. We are always looking for suggestions for invited lectureships as well as outstanding internal lectures.

To supplement your academics, the GSA also works closely with the Professional Development Office (PDO) and the Student Assistance Program (SAP). The PDO offers many programs throughout the year to aid in your development as a scientist as well as to expose you to many different career opportunities outside of academia should you choose to pursue them. SAP is here to help you through any issues that you may encounter as a graduate student from mentoring difficulties to stress to work/life balance. We hope that you will keep these two offices in mind in the future and use them, as they are both fantastic resources.

As you enter into your senior years, we hope that you will take advantage of the travel awards that the GSA sponsors in order to present your research in a larger forum. The GSA sponsors a listserv through which we communicate events and important deadlines for travel awards and student group recognition and funding. It is also used to inform you of any policy changes that affect the graduate student body. We use it to conduct a survey annually to assess living expenses and issues that concern the graduate student population. Recently, it has helped us to lobby for increases to the student. In addition, the listserv is also a conduit through which you can request reagents and/or equipment from other students. Along the technology vein, we are hoping to overhaul our website this year to include more information and networking opportunities. Remember, we

are here to represent you, the graduate student body. If you ever have a concern or question, please feel free to contact us at gsa-g@jhmi.edu or one of the officers or representatives. We cannot do our jobs properly if we are unaware of the needs and desires of the student body.

Again, welcome to Hopkins. We hope the experience is everything you dreamed it would be.

Sincerely,

Meghan Seltzer

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## GSA Fall Events Calendar

### **Orientation Social**

August 21

Location: Restriction Courtyard/Greenhouse

Time: 3:00-5:00pm (subject to change)

Come mingle with your fellow graduate students while enjoying free drinks and snacks!

### **Night at the Aquarium**

September 19

Location: National Aquarium in Inner Harbor

Time: 5pm-close

Free admission for 1st years

### **Monday Night Football**

Baltimore Ravens vs. Pittsburgh Steelers

September 29

Location: WBSB student lounge

Time: 8pm Game starts 8:30pm

Join us in cheering for the local team! Pizza and drinks provided!

### **Duckpin Bowling**

October 18th

Location: Patterson Bowling Center

2105 Eastern ave.

Time: 2pm-5pm

Drinks and Snacks will be provided!

### **Annual Pioneers in Science Lecture**

November 17th

Eric Davidson of Cal Tech

Location and time TBA

return. Once identified, prioritize time to concentrate your work on those items with the greatest reward. For example, you may want to categorize items into high, medium and low priorities and focus on high priorities first. Flagging items with a deadline is another idea for helping you stick to your priorities.

*Develop a to-do list:* Some students thrive using a daily To-Do list while others prefer a “running” list, which is continuously updated. Experiment and find what works best for you.

*Be flexible:* Not every moment of the day needs to be planned! Allow time for interruptions and distractions and remember, assignments/studying/experiments usually take longer than you anticipate – set reasonable schedules and goals.

*Avoid being a perfectionist:* When writing a paper, for example, it is more important to finish than worry about each sentence being perfect. Get the job done and you can revise later. Paying unnecessary attention to detail, can be a form of procrastination. Divide large tasks into several smaller parts because this will make a big project feel more manageable.

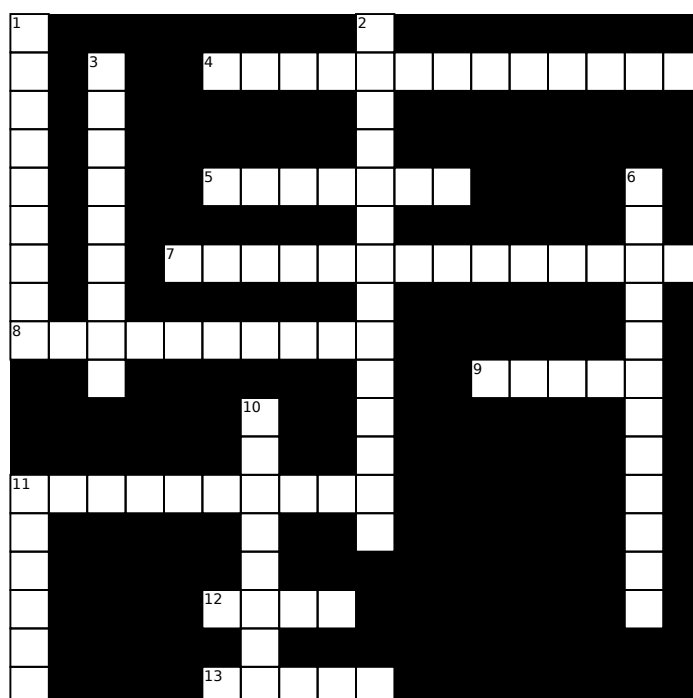
*Reward yourself:* For example, record a favorite TV show, and only let yourself watch it when your finish your study/work assignments. Promise yourself a reward for completing each task, or finishing the total job. Rewards can make getting on task easier. Make time to take care of yourself. Proper sleep, exercise and nutrition help you stay physically fit and mentally alert.

*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).

#### Reference:

Kelman, E., & Straker, K. (2000). Study without stress. Sage Publications: Thousand Oaks.

## Get To Know Hopkins!



#### Across

- 4 On campus workout facility
- 5 Surname of famous father and son Hopkins scientists
- 7 Monument street restaurant: Delicious food at affordable prices
- 8 Care hangout, 'effect' of heat-trapping atmospheric gasses
- 9 Diminutive biomolecule, major player in developmental regulation
- 11 Carol Greider's Christmas Day discovery
- 12 One of the most recent Hopkins Nobel Laureates
- 13 An iconic statue, a symbol of the Hopkins Hospital

#### Down

- 1 New York head honcho, has eponymous School of Public Health
- 2 2008-09 GSA prez
- 3 Biochemistry guru, famous for mitochondrial research
- 6 County of Johns Hopkins' birth
- 10 Institute that directs its scientific endeavors through the Department of Embryology
- 11 The 'hands' behind the revolutionary 'blue baby' procedure

Hint: Remember spaces between words!

Check out our website (below) for the answers!

## The next newsletter submission deadline is October 15th!

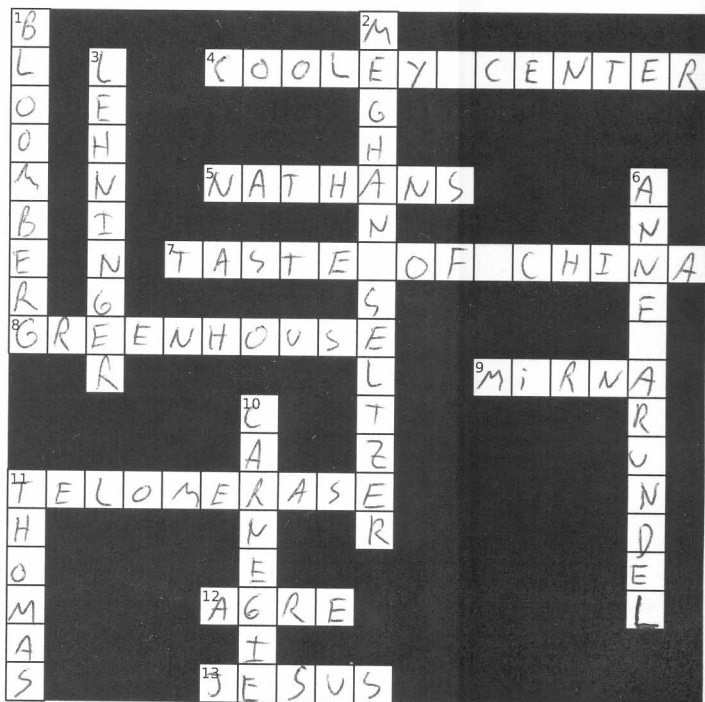
If you would like to have your work published in The Restriction Digest, please contact an editor:

Laura Koontz ([lkoontz1@jhmi.edu](mailto:lkoontz1@jhmi.edu))  
 Christina Fuentes ([cfuentes@jhmi.edu](mailto:cfuentes@jhmi.edu))  
 Elizabeth Huang ([ehuang11@jhmi.edu](mailto:ehuang11@jhmi.edu))  
 Juliane Kellner ([jkellne2@jhmi.edu](mailto:jkellne2@jhmi.edu))  
 Sarah Park ([spark72@jhmi.edu](mailto:spark72@jhmi.edu))  
 Jeremy Rotty ([jrotty1@jhmi.edu](mailto:jrotty1@jhmi.edu))

Please visit us on the web at:

<http://www.hopkins-medicine.org/gsa/newsletter/index.shtml>

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