



# The Restriction Digest

The GSA Newsletter

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Johns Hopkins University School of Medicine

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## Tech Corner

By Jon Trow

The music industry has been dominated by a few major music labels for decades. If an artist wanted to make it big in the past, they needed the support of such a label to get them the proper exposure. With the advent of high speed internet, this model is starting to show its age. Not only are independent artists able to get their music out to the world via the Web; but, thanks to the ease of digital music downloads, but some big names are starting to turn away from traditional music labels as well.

For instance, Radiohead recently announced that their newest album would be distributed in a way never before tried by such a big name group. Their new project, *In Rainbows*, is available only on their website ([www.radiohead.com](http://www.radiohead.com)). It can be purchased as a box set, which will ship in early December, or as download only. But there is an interesting nuance here; for the download version of their album, you pay  
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## Far From Home

By Ishita Das

Recently, a commercial on television asked us to try and remember what we as kids dreamt of doing as adults. That reminded me of the time when I decided that I wanted to be a scientist. I somehow also knew then, that I would do my "research" in the US. I had heard of elder sisters and brothers going to the US, and how their younger siblings longed to do the same, because that is what had made their parents proud. Maybe that's why I decided that it had to be the US. That commercial also reminds me of a moment where I was standing in a line during an assembly, waiting to go back to my 8th grade classroom. It was then that I saw a plane (flying quite low) and I knew that one day I would be flying away too.

Very few people outside research actually understand what it is about. I was fortunate to have an aunt who was a professor in Biochemistry at one of the Medical Colleges in Delhi. The first picture of a cell that I saw had me hooked. I realized that I had to understand how things go on in these seemingly innocuous looking structures – those things that scientists, since Hooke first examined cells, have still not understood completely.

And here I am, a third year graduate student, and I wish to God I had gotten an engineering degree – which is considered to be more respectable in India, as engineers and doctors are perhaps more visible in a normal person's life than scientists. However, since Johns Hopkins is very well known in India,

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## An Evening at the Red Square *Strictly for the emotionally strong*

By Kedar Narayan

*I have to start with a disclaimer: The following write-up is very different from the usual columns which are educated critiques of restaurants or bars. This article is an account of a life-changing journey...*

I had heard about the Red Square previously, but decided to go the other day because a friend of mine said he knew the bartender well. Next thing I know, I'm in this quasi-dungeon that's barely lit. On either side of the door are bouncers with fists as big as my face. The restaurant is completely empty except for one table where there are a couple of men sitting in grey double breasted suits smoking cigars, with swarthy bald dudes built like tanks standing at their shoulder. By this time my insides are already beginning to turn to water because I've clearly walked into a meeting where these guys are either deciding how to smuggle Rolex watches or deciding whose knees to break next. I try a friendly wave but they ignore me and go back to discussing shattered patellae. I stagger over to the bar anyway, because by now I've decided to drink something at this place even if it costs me my life.

At the bar, there's one very worn out Slavic looking woman in high heels and a leather and fishnet kind of dress that strain to keep her fat rolls in check. She gives me a quick up-and-down, decides I have no money for whatever service she was going to offer, and goes back

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# Hopkins Running Club: A New Opportunity for Graduate Student Masochism

By Kim Walter

If you are a graduate student, you are a glutton for pain. Admit it! In your first year, you spent hours and days pouring over seemingly impossible genetics problem sets, drawing the B, D, and Z structures of DNA, and sketching the mechanisms of homologous and non-homologous recombination. In your second year, you took the oral exam, took more classes, and agonized over the decision of which lab to join for the next three to infinite number of years of your life. In your third year, you re-took the oral examination and tried 700 experiments which did not work. In your fourth year, you wondered if you had gone the longest period of time with absolutely no data whatsoever. In your fifth year, you changed your thesis topic. In your sixth year, well... I will let you see for yourself!

Throughout this time, you have no doubt wondered to yourself, "I have become an expert at enduring mental pain and exhaustion. There must be some way I can experience an equivalent sort of pain and exhaustion on a physical level." And for this very purpose, we have formed the Hopkins Running Club! We meet every Sunday evening at 5:00pm for running of various distances, socializing, and basic group suffering (because, as you may recall from working on first-year genetics problem sets, suffering is always better in groups). And unlike the 17 hours you spent in the lab last weekend, this activity is guaranteed to produce results: you will be fast, you will be slightly less stressed out, and you will look good in tights. We also have a lot of fun, run local 5K races together, we are planning a race for charity, and we have funds! We have not figured out what to do with them yet, but we have them!

It has been said that doing a Ph.D. is like running a marathon... but I have personally done the calculations, and it turns out that doing a Ph.D. is about a thousand times harder than running a marathon (for the easily overlooked

but no so trivial reason that a marathon does in fact have a defined end point!). Therefore, if you can do a Ph.D., you will have no problem running with us on Sunday evenings. We run at all paces from 5-minute miles to 10-minute miles (okay, so only one of us runs at a 5-minute mile pace and it is not me!). So whether you are a beginning runner or a competitive racer, come out and join us. We are currently running at the NCR Trail, but our location changes every few months, so check out our blog at [www.jhuschoolofrunning.blogspot.com](http://www.jhuschoolofrunning.blogspot.com) or email Sonya Tang at [stang12@jhmi.edu](mailto:stang12@jhmi.edu) to join the email list and receive updates. Hopkins Running Club: Group suffering with a purpose.

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## Upcoming Events for the JHU Alumni Association!

by Jocelyn Lynch

There are several exciting events coming up that you are welcome to attend and participate in with the Johns Hopkins University's Alumni Association. Below are two free events for a limited number of students that the School of Medicine will sponsor! For more information on other events through the Alumni Association, please visit <http://alumni.jhu.edu/>.

### **The Baltimore Chapter of the Johns Hopkins Alumni Association invites you to Celebrate the Holidays at Homewood House Museum.**

Wednesday, December 12, 2007 4:00 PM – Baltimore, MD

Wednesday, December 19, 2007 4:00 PM – Baltimore, MD

Join an exclusive tour of Homewood House which will be decorated for the holiday season in period style. Afterwards, enjoy Madeira wine, a Carroll family favorite, at a reception in the wine cellar.

The School of Medicine will sponsor four students plus one guest per student at each tour! For more information or to register, please contact Jocelyn Lynch at 410.516.3803 or at [jlynch21@jhmi.edu](mailto:jlynch21@jhmi.edu).

### **The Washington, D.C. Chapter of the Johns Hopkins Alumni Association invites you to NSO Pops at the Kennedy Center.**

Sunday, December 16, 2007 7:00 PM – Washington, DC

Capture the spirit of the season with cheerful songs and time-honored classics, featuring a visit from Santa Claus and other special guests. The Washington Post has raved about this festive program where the "Concert Hall is festooned with seasonal decorations and young children watch the proceedings raptly." Our seats are in center orchestra. Following the concert, stop by the Israeli Lounge for festive refreshments.

The School of Medicine will sponsor two students plus one guest per student at this event! For more information or to register, please contact Jocelyn Lynch at 410.516.3803 or at [jlynch21@jhmi.edu](mailto:jlynch21@jhmi.edu).



Members of the Running Club  
*Photo courtesy of Sonya Tang*



# Restaurant Review: Kyodai

By Ahmad Sedaghat

"Welcome, welcome. Good to see you again." That would be Tony, manager of Kyodai Rotating Sushi Bar (1 W. Pennsylvania Ave., Towson, 410-339-7500), giving me his usual greeting when I walk into the restaurant. And like usual, the place is packed. Located in downtown Towson (right next to Towson Commons and AMC movie theater), Kyodai draws in a crowd every night that includes everyone from students to couples to families having dinner together. Yet no matter how busy it gets, the wait-staff is always welcoming and attentive. Most importantly, the sushi is always fresh and flavorful.

Kyodai is not a very large restaurant with most of its space occupied by the sushi bar in the middle complete with a conveyor belt carrying various sushi dishes around bar. While picking sushi off of a conveyor belt may not sound entirely appealing (my first reaction), rest assured that the turnover of dishes on the conveyor belt is actually quite fast. While somewhat novel in the States, the concept of a rotating sushi bar is not new as rotating sushi bars have been in existence in Japan since the 1970s. The color of the plate that contains the sushi indicates the price (ranging from \$2.25 to \$5.50), so make sure you pay attention as you get your sushi. Each plate carries either four pieces of maki (rolls) or two pieces of nigiri (hand formed sushi), which opens the possibility of experimenting with different kinds of sushi. No matter what you try, you will find that Kyodai easily offers some of Baltimore's freshest and best tasting sushi. Quite nicely, their sushi is affordably priced, with the average dinner for two costing between 30 and 40 dollars.

Kyodai offers all of the standard sushi rolls, including California, Spicy Tuna and Shrimp Tempura rolls. While Kyodai does not offer many specialized rolls on the menu compared to other sushi restaurants downtown, the ones they do offer are excellently made and the Sushi chefs are always willing to make any roll on request. For vegetarians, Kyodai offers a number of rolls including the standard avocado and cucumber rolls.

In general, I would highly recommend any roll with tuna at Kyodai, which I have found to be some of the best in Baltimore and by far the best at this price. The Spicy Tuna Roll and the Kyodai Ultimate Tuna Roll (spicy tuna and tempura crumbs on the inside and black pepper tuna with avocado on the outside) are consistently excellent. Two dishes not on the menu but highly recommended by this reviewer are the Tuna Tartar (mixed with avocado for a perfect taste and texture combination) and the calamari salad. I would also recommend the Maryland Roll (jumbo lump crabmeat and avocado with mayonnaise and Japanese seasoning) or the Chesapeake Roll (shrimp tempura and lump crab meat on the inside and avocado slices on the outside). Another tip: most of Kyodai's rolls are nicely complemented with "Bomb Sauce" (a mayonnaise based condiment made with spicy



Kyodai Rotating Sushi Bar

*Photo by Laura Koontz*

sriracha). Bomb sauce is not openly available but can be requested from the Sushi chefs or the wait staff. Finally, when you go to Kyodai, park in the Towson Commons Parking Garage (entrance off of Pennsylvania Ave, right next to Kyodai) and have your parking validated for up to two hours by Kyodai. In general, those who have already discovered Kyodai continue to go there. For those of you, however, who have yet to go there, give it a try — this reviewer is confident that you'll go back.

Kyodai is open for lunch Tuesday through Friday and dinner Tuesday through Sunday, but closed on Monday.

Join HopkinsLIFE (Leadership Initiative for the Environment) on November 10th for a picnic and an afternoon of hiking at nearby Patapsco State Park.

Bring your own brown bag lunch! Environmentally friendly carpooling from Hopkins (around 11AM) will be available as well.

Watch your email for more details!

# Adventures In the Soundgarden

By Greg Szeto

**2 used (\$7.99 each), 1 new album (\$12.99).**

Need to kill some time during an incubation? A personal favorite past-time is to hop down to the Soundgarden in Fells Point, visit my friend Geni if she is working, and pick up some music to help make the days in lab a bit more interesting for me and tortuous for everyone else in lab. Parking is free in the mini-lot between Saints and Sinners and the store, except after 5PM on Fridays and Saturdays.

I usually thumb through A-Z of the Used CD sections of Pop/Rock, Punk, Metal and Jazz as well as peruse the new releases and top sellers for the week. I try to balance 2 used CDs for every 1 new CD, to keep things budget conscious. If you don't feel adventurous, you can pop open new or used CDs and test em out at listening stations in the store.

But whatever you get, you just can't beat the prices here. Maybe online, but then the whole patience thing comes into play that I'm not really good with and also my whole anti-DRM ethos...

Here's what I dug out one particularly sweaty September afternoon during my Western washes:

## **The Pietasters *All Day* – 4/5 pies, ska, reggae, dub, rock, soul, funk (used 2007)**

I enter into this review with caution. The Pietasters are an old favorite of mine (my first show in DC way back when was to see these guys). They are multi-faceted international ska superstars, hometown heroes (MD/DC/VA boys) and put on some of the most fantastic shows I've ever seen. Where their early releases were much more heavily influenced by punk and rock, their latest releases have been soul-filled nuggets of goodness. This album continues the trend from *Turbo* (2002), albeit at lower production values. This is probably the most damaging aspect, as the recording quality really detracts from the songs...often they sound as if they are playing over a vacuum-tube radio. And not in that warm, good, classic jazz way but in the things get too muddy way. Jackson's voice has really aged well, and only gotten better over time. He's at his most soulful croon on this album. The dub and grooves are really strong as well. The lyrics are full of their light-hearted signature themes mixed with a healthy dose of romanticism. Favorites include the longing "Dream of You" and the lo-fi-tinged garage rock of "So Long." While it probably won't go down as my fave Pie album, it definitely holds its own. Worth checking out if you are a fan of soul, ska, or just plain quality tunes.

## **Darkest Hour *Deliver Us* – 2.5/5 hours, Gothenberg metal, metalcore (used 2007)**

When Darkest Hour dropped *Hidden Hands of a Sadist Nation* (2003) I was instantly a life-long fan. That album was absolutely stellar as a metal album, a rock album, as music.

All the while remaining one of the most accessible heavy albums I have in my collection. So when I saw this new album that I wasn't aware of, I jumped on it. There are some tracks that are just not good, such as "Sanctuary," mainly due to this growling singing shouting thing the lead singer has decided to pepper the album with. I really need him to pick one style and keep it for the verse or at least not try to fuse all three into some crap hybrid vocal style. To my pleasure, they introduced some of decent progressive metal soloing; nothing near the virtuosity of Dream Theater, but also nothing nearly as long and taxing. So it's a double-edged sword. "Stand and Receive Your Judgement," "Tunguska" and "Deliver Us" provide a needed mid-late album surge of quality. Every track before these is mediocre to bad. When you hear these tracks you realize what the band can actually do if they fuse their early sound with prog metal riffing - and it is some really good stuff. Gothenburg's heavy chugging leads perfectly into the soaring, mind-boggling scales and arpeggios of prog metal solos. The album's score is mainly on the merits of these three tracks. Without them, the album would probably be a .5 or 0. Here's hoping next time they lock it in. For now, I'll go back and listen to *Sadist*....

## **Iron and Wine *The Shepherd's Dog* - 3/5 iron wines, alt country, folk, jazz, Southern indie pop (new 2007)**

So this guy (technically its just Sam Beam with accompanying musicians) has been heavily loved upon. And I can see why, the folky tinged, atmospheric, multi-instrumental, alt-country indie rock is all the rage these days what with the success of the Shins, My Morning Jacket and the Decemberists. But there is still a disconnect for me with Iron and Wine. I recognize the album is good, musically sound and intricate. It's very effective at creating that floating in a cloud effect without being aloof. Distant and warm like an old lover. But honestly, nearly every track from the first half of the album feels forgettable. "House By the Sea" is the first really distinctive track for me, the captivating staccato delivery of each line, interlocking together and sounding like raindrops pelting a wooden roof. Beam's croon is pitch-perfect in play with all the other elements of the song. And you can't hate on the didgeridoo. "Wolves" and "Boy with a Coin" and "Peace Beneath the City" all benefit from an irresistible groove delivered through some mutated dub, acid jazz, psychedelic funk, prog rock gestalt. And the Southern, saloon-like ivory-tapping of "The Devil Never Sleeps" is immensely charming. But 4 out of 12 tracks does not a good album make.

Got something to submit to *The Restriction Digest*? Send it to an editor! Our next submission deadline is **December 10th!**

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Ovehear something you want to share? Send it to Greg Szeto for our new *Overheard* section! (gszeto@gmail.com)



(Red Square; continued from p. 1)

to smoking what smelled to me like old sweaty feet. Behind the bar, there are three more Russians, and one has what looks like a barely concealed holster. I try not to stare, but they're friendly so I start chatting a bit. Turns out their names are Vladimir, Oleg and Leon (I'm not making this up) and they have a total of twenty teeth among them. I try shaking Leon's hand, but he apologizes and says he can't, and he shows me his swollen fist. "Fight", he says. I gulp, but mistaking my anxious look for worry about his well-being, he adds "You should haff seen ze other guy!", and all three guffaw in unison. To further drive home his masculinity (as if this were necessary), Leon shows me some of his scars. He has a 6 inch gash on his jaw from a knife fight in Uzbekistan. I show him the half inch scar on my thumb from making a glider in 7th grade, but only got a half-hearted grunt of appreciation in return. I order this Russian crepe called bliny, desperately trying to change the topic to something less testosterone. After he yells out the order in Russian to the Slavic woman (so I guess she waits tables too) Vlad realizes I need a drink, so he asks me "Vot beer you vant? Ve haf zigz beers", and he points to a row of bottles dutifully named "Beer No.1", "Beer No.2" all the way to "Beer No.6". Since I'm a little scared to ask too many questions, I ask for No.6. and get a half liter bottle of what actually turned out to be a pretty decent porter. It tasted like it was about 20% alcohol, so I know I am heading for a killer hangover, but at least it soothed my frazzled nerves a bit. I notice Leon is looking at me expectantly, so I take another swig, try not to wince, and mumble something appreciatively.

But Leon wasn't done. In a very lets-cut-the-crap-and-see-if-you're-a-real-man kind of tone, he asks me "Ssso you vont zome REEYAL Russian drinkz?" and I think I nodded. So he puts down a shot glass, reaches under the bar, and pulls out a glass AK-47 and actually "shoots" me a gigantic vodka shot - no kidding. I got served a 100 mL shot from a gun. I must've turned white (I'm not sure what this means for Indian people - maybe a biscuit colour) because they all chortle. Now I'm all incensed because they're making fun of me. So, as the ambassador of 1 Billion people, I take a deep breath and down the drink. What followed is pretty indescribable, but the closest I can get is that it felt like someone tied a pound of garlic and a dead sewer rat to a cactus, set it on fire, and shoved it down my throat.

But I'm proud to tell you that it stayed down. Sure I coughed and hacked and burped fire. My nose was running and my ears were ringing, but the drink stayed down. I looked at Vlad in semi-disbelief and suppressed agony, through bleary eyes I saw his gap-toothed grin.

"Garlic vodka."

I stuff my face with bliny (which actually tastes quite good) to save my esophagus from certain annihilation, and decide that I had had enough Russian cultural education for the day. So I pay up (the beers run at 8 bucks, and so do the shots) and stagger out of the bar, smashed but proud that I had passed the Man Test. So if you want to taste some pretty good Russian beer/vodka and want to have a story to tell at your other drab hangout, this is definitely the place to go on

a weeknight.

PS: ALL my bodily secretions smelled of garlic the next couple of days.

The Red Square is on Charles St., in the basement of The Belvedere.

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## Pumpkin Soup!

by Laura Koontz

The other day I found myself knitting a scarf quite unexpectedly. I also noticed that even though it was a 90 degree Indian Summer day, I had refused to wear a tshirt. Instead, I sat roasting in an unreasonably warm hoodie. I make sacrifices for my love of fall. Every year at this time, I succumb to strange urges and one more: I feel compelled to make soup.

As a graduate student, I'm always short on two things: time and cash. I like to think of soup making as investment cooking - I can cook up a big pot of the stuff while I'm doing laundry on the weekend and then eat it all week, or all winter long (if I freeze it, which I often do). I'm going to share a soup recipe I made recently that contains a lot of the yummy seasonal foods I love during fall - pumpkins, apples, thyme.

- ~6 cups of roasted pumpkin (3 15 oz. cans or a 5 lb. cooking pumpkin, roasted and pulp scooped out)
- 4 T. butter
- 2 medium onions, chopped
- 5 cloves of minced garlic
- 2 T. hot Hungarian paprika
- 2 t. ground cumin
- 2 t. cayenne pepper
- 2 medium granny smith apples, peeled, cored, chopped
- 1 qt. vegetable stock
- 1 cup water
- 1.5 cups half and half
- fresh or dried thyme to taste (I used about a teaspoon of the fresh stuff)
- salt and pepper to taste

1. Melt butter in a 4 qt. saucepan (also called a dutch oven, by my mom at least). Sweat the onions, garlic, and thyme until soft - about 4 minutes. Add the paprika, cayenne, and cumin. Stir for a minute longer.

2. Add chopped apple, pumpkin puree, broth and water. Mix well. Season with a little salt and pepper. Bring to a boil, reduce heat and then simmer, partially covered, for 20 minutes until the apples are cooked through.

3. Puree the soup with an immersion blender. If you don't have an immersion blender, consider buying one. It is my very favorite kitchen appliance. Ever. For now, transfer the soup in small batches to a blender or food processor. Blend until smooth. Be careful during this step - hot soup can be messy and painful if splattered.

4. Return the soup to the saucepan once you are done. Slowly whisk in the half and half. Add salt, and adjust other seasonings to taste. (Makes 8 bowl size servings).

5. Grab a big piece of crusty bread, an Oktoberfest Märzen, and enjoy your fall!

*(Far From Home; continued from p. 1)*

everyone back home is extremely proud; although, most of them have no idea of what I do.

In the second year of college I was disappointed in my chosen field (Biochemistry) and wondered if I should have at least considered becoming an engineer. I almost shelved my dream of pursuing research in the US. It took a summer internship to make me realize that I was in the right field. That is when I also realized that a good mentor can change your entire life. I understood what a human “God” was (“Human God” is an expression used by some of my friends to describe brilliant mentors, who aren’t necessarily professors).

So, I went for my Masters to a place in India which is prestigious enough to only accept eight out of two thousand applicants. It was a lovely place, quite literally, with woods over a hundred years old. But proteins lost their luster because I never could purify any of my mutants. And my interests shifted toward organisms as a whole. As I struggled with my imminently doomed Masters project, I wished to see for myself, the place(s) of origin of Nature papers. How did the “other” half of the world work? Why was it that only “they” seemed to be doing anything productive? These were recurring questions as I waited for an elusive protein to elute till the wee hours...

While actively preparing for the GRE, I realized how long I had actually been mentally preparing myself for it. For years, every time I saw a word I didn’t know, I would look it up in the dictionary thinking it a potential GRE question. My friends dreamt of word-lists and talked in synonyms and antonyms. Most of those friends also got better scores. It took several letters to professors and several rejections from other universities until I was finally accepted here. It was the last place that I had applied to, and the only place I really wanted to go to.

I started preparing for the trip here - dozens of lists containing hundreds of things I should bring with me from India. To alleviate some of the confusion, I joined the Yahoo group for Indians coming to JHU, started by the Indian Graduate Student Association here. I got many patient and helpful replies. Getting the visa was quite straightforward for someone admitted to Hopkins.

British Airways allows three suitcases with a weight limit of 64lbs each. Believe me, I actually did carry 3X64 lbs of things. I would like to say that most of it was books, but that’s not true. My dad was worried about small details: Would I be able to carry the suitcases on my own? Who was coming to pick me up? Where was the bank I could deposit the money I would be carrying? Where was I going to live? Luckily, that was decided a month before I came - Reed Hall opened up a small room for me, which was quite large by Indian dorm room standards.

So, I’ve left home twice: once for my Masters, and once to come here. When I was leaving for my Masters, I felt in my heart that I was actually leaving home for good, that whatever I come back to wasn’t going to be the same “home”. Thankfully, that didn’t really happen. I still think of home as

where my parents are, even if I’ve hardly been there in the last five years. I know that in a foreign country it is so easy to forget where you come from. When you suddenly think that you might not belong anywhere anymore, it is good to know where your roots lie.

When I was leaving India to come here, it was assumed what I was moving on to greener pastures, never to return to a country which Indians call their “Mother”, not just their mother-land. After all, there are greater opportunities for biological research here. I would probably be paid better as well.

I had said in absolute terms that I was coming back to India, though I doubt many people believed me. Family friends, now settled in the US, said that I would change my mind like they had. Are those people me - 20 years from now? That question has probably cropped up in the minds of every Indian here, who came with the certainty of returning, but is told the same thing by all others who stayed. It is too hard to re-adapt to India, they say. I wonder, if that indeed is the case. Am I (and others like me) destined to stay here - far from home, forever?

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## Helping a Friend: Giving Appropriate Advice

By Rodney Orders, LCSW-C  
Student Assistance Program

We have all had experiences with friends who are going through emotional distress and have been called upon to give advice or support. Most often, we do respond to these challenges, and in many ways, this is what helps sustain and build relationships. How would you respond if your friend was going through a more serious problem, say, a medical condition, or mental illness, or marital issue, or an addiction? How would you respond if this friend repeatedly asked you for help, but did not define specific concerns? What if this friend could not take the initiative to carry out any of your suggestions or constantly comes to talk to you about the same problem

During your time here at Hopkins you may be concerned about a friend and have good intentions to help, but due to its uniqueness or seriousness, you may not be able to handle the concern on your own. In those instances being a friend may mean referring them for professional assistance. Situations in which a referral to SAP would be appropriate:

- 1) In class, other activities, or in personal interactions, your friend behaves in ways which you find disturbing, or other students come to you with concerns about your friend.
- 2) Your friend talks/writes explicitly about hopelessness or suicide.
- 3) You notice yourself feeling angry, helpless, mystified, or frightened with regard to your friend.
- 4) Your friend lets you know that he/she has a psychological disability or disorder, and you are unsure of how to respond.

### How to Refer a Friend to SAP?

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(Tech Corner; Continued from p. 1)

what you want. That's right, it's a donation based business model. Only time will tell how well this model pays off for them, but the initial response from fans seems to be overwhelmingly positive. Upon the announcement, their website was flooded with so many visitors trying to pre-order the album that the server crashed.

Another recent announcement came from Trent Reznor of Nine Inch Nails (NIN). He announced on their website that NIN "is a totally free agent, free of any recording contract with any label." There is no news about what exactly this will mean for him in the future, but a failure to re-sign with a major label isn't totally surprising. Reznor has shown distaste for them before, going so far as to encourage fans to steal his music because the cost of the CDs was so high.

Although 2 major groups do not a mass exodus make, the music labels should be wary. In today's digital age, why shouldn't a band release their own music online? The cost of a digital release is relatively low and the profit margin is undoubtedly higher since they cut out the middle man and hence receive all the profit from the fruits of their labor. Furthermore, it is largely the music labels that push for onerous Digital Rights Management (DRM, access control to prevent copying/sharing of music) on music files. Consumers have demonstrated that they want DRM-free music that they can use on any player and that they are free to backup and use as they see fit. The market has responded, as we have seen a recent move by Apple to start offering some DRM-free tracks on their iTunes music store. Likewise, Amazon.com has started selling digital music in the DRM-free mp3 format on their website. Some of the labels are still holding out, hanging tenaciously to their sadly outdated business model. The market is speaking, and those who listen will cash in. Those who don't will become obsolete, an anachronism in an online world.

In an online environment where artists release their own music for download on their personal websites, true fans will pay to support the groups that they like. They will share DRM-free music and solicit new fans. There will likely be a trend away from the mega-bands, the artists who command multiple millions of copies in sales. But the payoff is that there will be a greater number of artists, catering to a much larger range of tastes (and frankly, how often are the most profitable artists the most talented?). When all profits from album sales go directly to the artist instead of being funneled through a label that takes a huge cut, bands will be able to survive with fewer fans.

It will be difficult for groups to fly completely solo as they will still need help with setting up concert tours, for instance. But they may begin to follow Madonna's lead. It was recently reported that she has dumped the record companies and instead signed with an L.A. based concert promotion firm. The times, they are-a-changin', so don't be surprised in a couple of years if all your favorite bands are independent, and you find out about the new song they have for download when the lead singer posts a thread on the website message board.

(Appropriate Advice; continued from p. 6)

### 1) Share your **CONCERN**.

Let your friend know you are concerned. For example, you could say "I know this is a concern for you and it is worrying you. You need to talk about this...this is just the sort of thing a counselor would be good to talk with about." Another example: "I am really worried about your drinking, and I hope you won't just blow me off, or think I am just putting you down...I don't want to wreck our friendship..."

### 2) **LISTEN** actively to what your friend says.

Listening "actively" does not require that you necessarily agree or disagree with your friend. The important part is that you accurately hear what your friend is saying, so he or she feels heard and understood. One way to communicate that you are listening and understand is to paraphrase what your friend says, from their point of view, and to then to restate your observations and recommendations.

### 3) Offer your **RECOMMENDATIONS**.

"I really wish you would go talk to someone about this problem...see if you do have a problem. I think you should talk with a counselor at SAP... I'll go with you if you like...The services are free and they are on campus."

For more information about this topic, or to set up an appointment, please contact the Student Assistance Program (SAP) at 443.287.7000 or visit our website at [www.jhu.edu/sap](http://www.jhu.edu/sap).

References: Hsiung, Robert (2007) <http://CCvillage.buffalo.edu/vpc.html>

## Upcoming GSA Sponsored Events

### Monday Night Football Party Ravens vs. Steelers

November 5th at 8:00 PM, Student Lounge in Wood Basic Science

### Duckpin Bowling

November 17th, 3 - 6 PM, Patterson Lanes on Eastern Ave.



### GSA Winter Fundraiser for Toys for Tots

December 13th, 9 - 11 PM, The Lodge Bar at Power Plant Live.

Watch your email for more details!



# Upcoming events around Hopkins and Baltimore

## November

				1	2	3
4 Day Light Savings time ends	5 GSA Monday Night Football Party; 8:30PM	6 Election Day	7	8	9	10 Hike with HopkinsLIFE at Patapsco
11	12 HopkinsLIFE Meeting, 5pm 113 PCTB	13	14	15	16	17 GSA Duckpin Bowling, Patterson Lanes 3-6 PM
18	19	20 GSA Meeting, 3 PM 2-108 1830 Bldg	21	22 Thanksgiving	23	24
25	26	27	28	29	30	

## December

						1
2	3	4 Hanukkah begins at Sundown	5	6 Resume/CV Workshop with PDO, 5PM (Registration Required)	7	8
9	10 HopkinsLIFE meeting, 5pm 113 PCTB	11 HopkinsLIFE film screening and panel discussion, 6PM	12	13 Toys for Tots Fundraiser; Lodge Bar, 9 -11PM	14	15
16	17	18 GSA Meeting, 3 PM 2-108 1830 Bldg	19	20	21	22
23 30	24 31 New Year's Eve	25 Christmas	26 Kwanzaa begins	27	28	29

To have your organization's events listed in the calendar, please contact an editor.

Pictures from the GSA's Brewery Tour and Tasting at Clipper City!

Photos courtesy of Becca Sheng

For more pictures from the GSA Clipper City Beer Tasting, please visit our website at [www.hopkinsmedicine.edu/gsa/newsletter/index.html](http://www.hopkinsmedicine.edu/gsa/newsletter/index.html)

