



# The Restriction Digest

## GSA Newsletter

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Johns Hopkins University School of Medicine

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### Go Paintballing with the GSA!

Sunday, Nov. 15th, 2 - 4 pm at  
the Route40 Paintball park.  
Please sign up by Nov. 9 with  
Eric in room 2-107 in the 1830  
building (2nd floor).  
\$10 students, \$15 guests.

### Soho meets Baltimore: The Wine Market

by Vasudev Bailey

Let's face it - as a graduate student, I have a limited budget but am still curious to taste the best food that Baltimore has to offer. What better way to do this than to take advantage of prix fixe menus that continue to be offered for dinners in the fancier Baltimore restaurants. So, for \$25 for 3-courses, I decided to sample a restaurant that several of friends recommended: The Wine Market, located in Federal Hill/LocustPoint. The dim lighting, pleasant non-fragrant tea light candles, and exposed brick definitely gave this classically designed restaurant a unique and charming ambience.

I gravitate towards red wine and was pleased to see a large selection of full-bodied Zinfandels. I ordered one with bright fruit, balanced acidity, and notes of blackberry, anise, and pepper. Warning though! Surprisingly, the wine market has no sommelier and since the menu does not include wine pairings, be prepared to know your wines or not be bothered by improperly matched food and

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### Biomedical Scholars in Action

by Sherri-Gae Scott

It's been a whirlwind of activities for BSA (Biomedical Scholars Association) since the start of the semester and it's only October! So far we have participated in numerous activity fairs, hosted happy hours, assisted in planning Baltimore Week (SOURCE) and hosted the first installment of our fall seminar series (Diverse Careers in Science).

November will also have a variety of activities with our most important (apart from our monthly meeting) being Operation Christmas Child. This is an annual charitable endeavor in which we gift wrap shoe boxes and stuff them with lots of goodies for children of all ages. The gifts are then sent to children all over the world and we cannot achieve this without your help. We are looking for donations in the form of shoe boxes, gift wrapping paper and small toys.

We will be setting up drop boxes for these items starting in early November on the 4th floor of BRB near the elevators and on the ground floor of PTCB near the cafeteria. If you plan on

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*The Wine Market, continued from page 1*

wines.

As with most prix fixe menu orders, I ordered three courses at one go. The menu is updated seasonally at the wine market and has a good selection even for people with a picky palate. I chose the Chestnut soup for my appetizer, Phyllo Crusted Chesapeake Fluke for my entrée, and a Basil Panna Cotta for dessert. Let me start by saying that there is no place for inedible garnishes in food. In fact, large inedible garnishes can completely ruin an entire meal. While the chestnut soup was thick, creamy, and wonderfully flavored with fresh sage and roasted apple cream, a large chunk of vinegar cured shaved fennel sat plunked in my soup occupying 33% of the entire soup volume. Safe to say, it continued to sit there after my meal along with the 7% of the rest of my soup that was attached to this monstrosity. Okay, I may seem to exaggerate how a garnish can affect a meal, but then my beautifully cooked fluke arrived sitting next to a large pickled shallot. The shallot was larger than a 5cm tumor and had off-putting texture that would prevent anyone from consuming it in its entirety. The Soubise Sauce and the Potato Confit were quite good, although I could have benefitted from a little more sauce. The dessert though was absolutely stunning and crafted perfectly (and no, they do not have a pastry chef either). A bite of my Basil Panna Cotta made me forget about all my troubles (in fact, it was so good that I will also not discuss the side garnish of pineapple tempura—needless to say, frying something as moist as a pineapple is a capital offense).

All in all, I left satisfied with a great taste in our mouth and a slightly lighter wallet. I will give the restaurant credit for getting all the right flavor profiles, and I do think the experience was right for the price I paid. However, unlike several critics on yelp and Baltimore Sun who glorify this place, I was maybe a little less impressed. Perhaps it was the fact that I had just eaten at Bastille in Virginia a few days ago (highly recommended) or perhaps it was because I was just annoyed at the imperfect accompaniments and garnishes. Nonetheless, for a night out in Baltimore with a great ambience, good selection of wine and well flavored food, The Wine Market is definitely still worth visiting.

*Biomedical Scholars, continued from page 1*

attending the Operation Christmas Child event, you can bring your donations along with you that day. Thank you all for your help and hope to see you at one of our November events!

### **Diverse Careers in Science Seminar: Science and Ethics**

Dr. LeManuel Lee Bitsóí,  
Assistant Professor  
O'Neill Institute for National & Global Health Law  
Georgetown University  
Wednesday, 11/11/09, 4:00 – 5:00 PM  
517 PCTB

### **November BSA Meeting**

Celebrating Native American Heritage Month  
Thursday, 11/12/09, 5:30 – 6:30 PM  
1830 Bldg, Room 2-108

### **Operation Christmas Child**

Thursday, 11/19/09, 6:30 – 8:00 PM  
1830 Bldg, Room 2-108

For more information check out our website:  
[www.hopkinsmedicine.org/dev/bsa](http://www.hopkinsmedicine.org/dev/bsa)

Email us at: [bsa@jhmi.edu](mailto:bsa@jhmi.edu)  
Friend us on Facebook: Biomedical Scholars  
Association



Image courtesy of [www.southbaltimore.com](http://www.southbaltimore.com)



## Recycling in Baltimore

by Hopkins LIFE  
(Leadership Initiative for the Environment)

Do you find yourself frustrated and asking, "What, where, when and how can I recycle in Baltimore?!?" Don't worry, LIFE is here to help!

Recycling in Baltimore is SINGLE STREAM. Huh? This means that all mixed recyclables including metal cans, paper (all colors), cardboard, plastic bottles and jars, glass bottles and jars can be collected in the same container on the same day.

*When is recycling picked up?*

- Once a week
- Check link for pickup days  
<http://www.baltimorecity.gov/government/dpw>

*Hmmm is this recyclable?? Well, actually YES!*

- Waxed Cartons (used for juices, milk or soups)
- Text Books
- Plastic drinking cups
- Prescription bottles (including lids and caps)
- Juice boxes
- Steel (beverage containers and food)
- Mail (envelopes with plastic windows)
- Yogurt and cottage tubs
- Tin (Cans and clean foil)
- Aluminum (pie pans)
- Empty aerosol cans

### *Big No-No's for curbside recycling*

- Paint and paint cans
- Plastic bags
- Wire hangers
- Waxed paper
- Carry out or deli food containers

Remember, you can recycle your plastic bags at your local grocery store AND they will accept other plastic bags such as dry cleaning bags.

Earth friendly tip: bring a traveler mug to work and help reduce paper, plastic, and solid waste! Each year in the United States 16 billion paper cups are used for coffee, which translates to about 6.5 million trees!!

### **Go GREEN for HALLOWEEN!**

- Buy organic pumpkins and compost them when Halloween is over
- Choose beeswax candles instead of petroleum-based ones
- Design a homemade Halloween costume or reuse an old costume!
- Carpool with friends to the Halloween party

Any questions please email  
[HopkinsLIFE@gmail.com](mailto:HopkinsLIFE@gmail.com)

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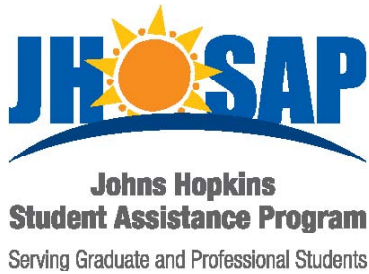
## The next newsletter submission deadline is December 15th!

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

Elizabeth Eyler ([ehuang11@jhmi.edu](mailto:ehuang11@jhmi.edu))  
Juliane Kellner ([jkellne2@jhmi.edu](mailto:jkellne2@jhmi.edu))  
Christina Fuentes ([cfuentes@jhmi.edu](mailto:cfuentes@jhmi.edu))  
Arwin Gouw ([arwingouw@gmail.com](mailto:arwingouw@gmail.com))  
Jeremy Rotty ([jrotty1@jhmi.edu](mailto:jrotty1@jhmi.edu))

We welcome any submissions - articles, interviews, restaurant reviews, cartoons, pictures, whatever you can think of!

Please visit us on the web at:  
<http://www.hopkins-medicine.org/gsa/newsletter/index.shtml>



## Stress Management – Enhancing Your Emotional Health

Stress is a normal part of life. It is the body's way of responding to the physical and emotional demands placed upon it. A certain amount of stress is actually a good thing. Stress keeps us focused and aware of all the things that need to be done. It can motivate you to study harder and complete assignments and projects on time.

But when your stress level becomes more than a motivating tool, or when pressures are too intense or last too long, you may be in stress overload.

*Signs of stress overload include:*

- Anxiety or panic attacks
- A feeling of being constantly pressured, hassled, and hurried
- Irritability and moodiness
- Physical symptoms, such as stomach problems, headaches, or even chest pain
- Allergic reactions, such as eczema or asthma
- Problems sleeping
- Drinking too much, smoking, overeating, or using drugs
- Sadness or depression

*Ways to Relieve Stress*

- Exercise. Regular exercise is one of the best ways to keep stress levels under control.
- Learn ways to relax your body through meditation, massage, and breathing exercises.
- Increase your Vitamin D. Take short walks in the sun. Studies show that Vitamin D increases a positive and focused mood.
- Make the best out of stressful circumstances - Be optimistic. Your outlook, attitude, and thoughts influence the way you see things. Is your cup half full or half empty?

- Ask for help. People who have a strong network of family and friends manage stress better.

*How to Prevent Stress*

- Treat your body right. Eat healthy foods, exercise regularly and get plenty of sleep.
- Don't overextend yourself. Learn ways to better manage your time. Follow a schedule and keep a prioritized "to-do" list.
- Practice mindfulness. Become aware and respond to the signs your body sends you via muscle tension, increased heart rate, shortness of breath, and unfocused thinking.
- Take action to solve problems as they crop up. Don't wait until a situation becomes too large to handle.
- See setbacks and problems as temporary and solvable. Don't get lost in the moment.
- Build strong relationships and keep commitments to family and friends.
- Have a support system and ask for help.
- Participate regularly in activities for relaxation and fun.

For Assistance, Call 443-287-7000  
or visit [www.jhsap.org](http://www.jhsap.org)

	3			4	1
					6
	4				
3				1	
		6	5		2

[www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

For the solution of this puzzle, please visit our website at  
<http://www.hopkins-medicine.org/gsa/newsletter/index.shtml>

## Financial Aid Office Information

### New Office Hours for Financial Aid

Please make note that beginning on *Monday, November 2*, the Financial Aid Office will close at 4:30 p.m. for the fall and winter seasons.

If you have scheduling difficulties in making an appointment during these hours and are unable to make our *normal walk-in-hours from 1 p.m. to 3 p.m. on Wednesdays*, please contact our office and we will schedule an alternate time.

**Regular 8:30 a.m.-5:00 p.m. office hours will resume in February.**

### Tips for Managing your Credit Credit card Benefits vs. Credit card Risks

Good credit can open doors to buying a home or a car, but credit can also come with some risks if you do not understand the specific terms and conditions or abuse your power to make purchases with credit.

Before you obtain a credit card it is extremely important to weigh the benefits and the risks to make sure it is in your best interest to do so.



#### Benefits

- Helps in emergencies
- Convenient
- Easy for internet purchases
- Required for car rental
- Safer than carrying cash
- Possible travel & cash back rewards

#### Risks

- High fees
- High interest rates
- Short or no grace period
- Leads to impulse purchases
- Bad credit if not used properly
- Confusing credit terms

## Scholarship Opportunities

### *The Paul & Daisy Soros Fellowships for New Americans*

About the Paul & Daisy Soros Fellowships for New Americans Program:

Paul & Daisy Soros, Hungarian immigrants and American philanthropists, established their fellowship program for New Americans in December of 1997 with a charitable trust of 50 million dollars.

#### Eligibility:

Candidates must:

- Be a “Green Card” holder or
- Naturalized citizen or
- Have two parents who are naturalized citizens as of the date of your application and;
- Not be older than 30 as of November 1, 2009.

#### Deadline:

November 1, 2009

Applications are available at: [www.pdsoros.org](http://www.pdsoros.org)

Contact Danny Teraguchi in Student Affairs for more information.

### “Clinical Skills”



by Beatriz Martin Villalba