



The Restriction Digest

G.S.A. Newsletter

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GSA Notes

By Drew Watkins

Welcome to the Year
200...whatever

That's right another new year is upon us. A time to make resolutions about spending more time reading papers, getting to lab earlier, and spending less lab time on the interne...Ooh, I've got a new e-mail!

Now where was I, oh yeah, it's a new year. Of that we grad students are certain. Which particular new year it is remains an issue of larger debate. Personally, I'm pretty sure the free 1987 Invitrogen calendar by my bench is off by a few years. I imagine I fall in league with most of my fellow Grad Students who simply hope it has been less than a decade since they finished undergrad.

As the new year arrives it looks to be one bustling with activity. January began with our now annual Ice Skating trip to Patterson Park rink. February will host our first attempt at a GSA sponsored Ski trip on February 8. In March we're hoping for another great turn out for our March Madness Happy Hour (this year due to popular demand Duke fans will be charged an

admission fee).

The new year also boasts a number of new Hopkins Student Groups. The Science and Society Journal Club meets twice a month to discuss the ethical and societal implications of our science. The Johns Hopkins Business and Consulting Club also meets twice a month and provides an educational forum for those interested in careers in business and consulting fields. The Incentive Mentoring Program is a remarkable student lead tutoring program at Dunbar High School that weekly changes the lives of over 20 of the school's students. The Art as Applied to Medicine Student Art Showcase provides an elegant forum to showcase our students' outstanding work.

I have, of course, saved the best news for last. The official word is that the annual Grad Student salary will increase to \$25,200 this July- breaking the \$25,000 mark for the first time. Look for a little more cash in your paychecks beginning July 15.

What a great way to ring in the 90's.

Drew Watkins
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Where Are They Now?

By Jocelyn Lynch

One of the roles of the School of Medicine Development and Alumni Relations Office is to stay in touch with our alumni and to see where their career paths have taken them. Recently we caught up with Daniel Cohen, currently a post-doctoral fellow at the University of Pennsylvania. Daniel completed his PhD in April 2005, following a seven-year training period at Hopkins, which included serving as Vice-President of the Graduate Student Association from 2002-2003 and President from 2003-2004. Daniel has teamed up with several Hopkins alums at UPenn, having joined the Chen lab shortly after this research group relocated from Biomedical Engineering at Hopkins to the Penn School of Engineering. Daniel's research focuses on engineering cell fate decisions in bone-marrow derived mesenchymal stem cells. The long-term goal of his research is to manipulate stem cells into forming connective tissue that may someday serve as therapies for age-related tissue damage, such as osteoporosis.

Given Daniel's former role with the GSA, I asked him to speak on the importance of student involvement with this organization. "The GSA is a great way for the students to get out

Continued on page 2

Continued from page 1

Where Are They Now?

and have fun." He went on to say that, "There is a life balance issue that students don't always give sufficient weight. The research environment can be competitive and high pressure, which can adversely affect a student's productivity." Daniel added that one great thing about the GSA is that "It provides graduate students the chance to develop their basic leadership skills as well as social skills that are instrumental to success in biomedical research. In developing these skills, students learn how to engage other research scientists and generate interest in the work they are pursuing."

Involvement with the GSA also provided Daniel the opportunity to work closely with university administration. This is particularly a strong advantage for those grad students who are thinking of pursuing careers in academia. As president of the GSA, Daniel sat on several committees, including the Graduate Board, the Student Health Committee, and the Student Assistance Program Committee, which allowed him to see first hand how the administration works.

We closed the conversation by tapping into Daniel's experiences as an active member and president of the GSA, and having him pass along some of the wisdom that he gained over the years. Daniel expressed that Hopkins has strengths as a training environment that are often taken for granted. One such example is the outstanding seminar series in the School of Medicine that exposes attendees to diverse areas of scientific research. One of its greatest attributes is that there is widespread participation across multiple departments at SOM. This level of participation and diversity of audience members is not universal; at other institutions, seminar series can be highly cloistered and department-specific. Daniel also noted the scientific rigor of the training environment at Hopkins, and its competitive atmosphere, as a key factor that helps make Hopkins grad students accountable for an in-depth knowledge of their work. It is vital that students are able to express not only *that* their work is important, but *why* their work is important.

One key piece of advice Daniel passes on to all graduate students is to start preparing for post-doctoral fellowships at the end of their graduate training. "It is never too early to start thinking of your fellowships," he says. It's difficult to get jobs in academia if a student cannot show he or she is capable of receiving grants. He also strongly recommends that students use the Professional Development

Office (PDO) as a resource at the very beginning stages of this process. They can assist with resume writing, grant writing, and collecting letters of recommendation. Students will find it a lot easier to take care of all these things before they complete their program, while such resources are readily available.

Travel Essay

By Sika Zheng

The Society for Neuroscience Annual Meeting 2005 was held in Washington, DC from November 12 to 16. This was more than just a meeting. It was a gala for the neuroscience community with about 34,000 attendees this year. This meeting was overwhelming with 24 featured lectures, dozens of symposiums and workshops, and over 15 thousand slide or poster presentations, not to mention hundreds of social events, satellites and company exhibits. What makes it less interesting compared to Gordon, Keystone or CSHL conferences is that usually only published results are presented. In other words, it will not be directly beneficial to your research if you have been following the literature in your field. Then why did I go?

The meeting was not helpful for adding depth to my current research, but it helped to broaden the spectrum of my understanding of neuroscience through the presentation of diverse and interesting topics, many of which may not be available on campus in the near future. For instance,

Continued on page 3

Upcoming GSA Events

Ski for \$10 at Liberty Mountain Resort!

Date: February 8, 2006, 5-10pm

Location: <http://www.skiliberty.com/>

Includes: lift ticket, AND ski or snowboard rental

Transportation: provide your own, but GSA will help arrange carpools

Pricing Details: Anyone with student ID gets lift ticket AND rental for a total of \$20 (not just JHMI students) JHMI PhD students can submit receipt to GSA by 2/17/06 to receive an additional \$10 off

All other non-student guests are \$32/lift ticket + \$30/skis or \$34/snowboard = \$62-\$66 total

March Madness Happy Hour

Date: March 16, 2006, 2-5pm

WBSB Student Lounge

Bitchin' Kitchen

By Renee Domergue

So you still haven't gotten better acquainted with your kitchen, huh? Yeah, and I'm sure you have a great excuse; "My oven is missing a knob. I only have a microwave. I'm afraid of the flames." Other than wondering about your sterile technique, I also ask if you think these excuses give you the right to neglect your culinary talent? Hardly. The wonderful invention of the microwave is nearly as capable of producing gourmet goods as the beloved oven. There are four "mother" or "classic" sauces in French cuisine, and the basis of this recipe is a Béchamel sauce—in my opinion, the best of all. So while the French may cringe that I've adapted it for microwave use, once you've mastered this version, you will have the base for many other great recipes. For this one in particular, feel free to experiment with the ingredients to get the best combination for you. Move over Campbells.

Microwave-only Potato and Cheese Soup

2 small red potatoes- washed and cut into small dice (or if really pressed for time, 1 can whole white potatoes, rinsed, diced, and warmed for a minute in microwave)

1 can chicken or veggie broth

1/2 cup light beer/white wine/extra broth

2-3 chopped spring onions

3 Tbsp butter

1/4 cup flour

1 cup milk (or cream-either works)

4oz (1 cup) shredded cheddar

Seasonings of your choice: salt, pepper, cayenne, hot sauce, paprika, dry mustard

Protocol:

In a large microwaveable bowl, put in potatoes, cover with water, and microwave about 10 min, until you can stick a fork through the potatoes. Drain, and add broth, beer and spring onions to potatoes to warm liquids through. In another large microwaveable bowl, add the butter, micro about 1 min, until butter is melted. Whisk in (or quickly mix with fork) the flour until a pasty consistency is formed. Micro for 45 sec. Slowly and gradually (and I mean it here) add the milk to the flour/butter mixture, mixing briskly the whole time, so that there are very few lumps. Micro 2 minutes, until milk is hot. (If you'd stop here, this would be a Béchamel sauce- great for thickening things) Add the shredded cheese and seasonings,

microwave around 3 minutes. Whisk/stir until the mixture is smooth and thick (if not thick, add another minute or two micro time). Add this cheese mixture to your potatoes/broth and mix thoroughly. Micro each bowl if it needs to be warmer.

Feel free to play around with the veggies and cheese as you want. Broccoli is a good substitution for the potatoes (cook frozen according to package directions) and pepper jack is a great cheese

Tips:

- For the carnivores, bacon is a fabulous addition- microwave slices between paper towels for about half as many minutes as there are strips of bacon.
- Or add a little less milk to your cheese sauce and add to pasta to make mac and cheese that would make kraft jealous.
- Add parmesan instead of cheddar, you have an alfredo-like sauce

Continued from page 2

Travel Essay

working on cellular and molecular neuroscience, I would never have known how a barn owl teaches neuroscientists to understand the computations and adaptive plasticity in the auditory system. Similarly, I would have never appreciated the dissociation of sleep behavior and circadian rhythm. The neuroscience meeting is a gigantic buffet serving what I have tasted and what I have not tasted, and it reminded me that there are some other interesting foods out there.

Wherever there are people, there are socialities. This is especially true for a meeting of 34,000 people. It is a great time to meet college mates and old friends even though you might not share the same research interests. It is also a great time to meet with collaborators as well as competitors. You may have been wondering for a long time what these guys look like. Lots of people meet with their former bosses as well as their future bosses. It is also a time to see lots of famous scientists or even non-scientists (for instance, the Dalai Lama). There are lots of organized social events but they tend to have less positive feedback.

D.C. is nothing new to a Baltimorean. Besides, I had to commute between Baltimore and D.C., which took up 2 hours of driving every day. However, I did have a good time dining out with friends on the way back home. We did it so often that we felt the meeting might be just an excuse for us to get out of lab together and have some nice food.

SAP CORNER

Time Management: Strategies for Academic Success 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 is 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 your best study/work time is. 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 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 you 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.

References:

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

Restaurant Review

By Sarah Kolitz and Sarah Mitchell

Pazo

You've probably heard about the hip, new(ish) tapas place Pazo, located at 1425 Aliceanna St., between Little Italy and Fells Point. So had we, but despite being urged to go there for months, worries about the cost had kept us away. Having been told by our P.I. (who knows how much we make) that it was something we could afford we decided to investigate, and we're really glad we did.

Before going to Pazo you should know a few things. Reservations are a good idea; you'll need them a week in advance for weekends. The door says "Proper Attire Required" but the guy next to us was wearing a T-shirt and jeans. The entire restaurant is non-smoking, including the super-glam bar and lounge area (fabulous orange couches!). It's also fairly dark; you may find yourself maneuvering your menu into a small pool of candlelight as you try to decide. Pazo is housed in what appears to be a renovated warehouse, but the interior is far more Venetian palace than Baltimore warehouse. The crowd is decidedly yuppiesque, but you'll see a few lucky grad students here and there.

We could see how a meal at Pazo could turn into an expensive endeavor, but we have a few tips that will help keep the bill grad-student friendly. Leave plenty of time for dinner, not because the servers are not incredibly attentive (they are) but because you'll need the time to savor your meal. Starting out with one of their house-baked breads and a dip or cheese is affordable and filling, and will keep you from bolting down more delicate (and smaller) dishes later. We couldn't resist trying the rustic bread of purgatory (\$3), four large slices of bread as bread should be crispy on the outside, soft and warm on the inside. We ordered a cold, smoky eggplant dip (\$4) and tomme de

grandmère, a sharp, pungent, delectable goat cheese (\$5) to go with the bread. Either of these dishes would have been plenty as a starter; as it was, we were unable to finish the dip.

Meat and fish dishes come in very small portions but are huge on flavor if savored, just a few of these will be enough to satisfy. The involtini di tonno (\$6), sushi-grade tuna pounded flat, wrapped around a blend of ground raisins and capers, and seared, was the best thing we've tasted ever (and S. doesn't even like raisins or capers). (If you are lucky enough to have Nick S. as your server, listen to his recommendations. Seriously.) A flank steak (\$7) served with diced tomatoes and slivered almonds was both unusual and tasty. The menu also offers many vegetarian options. We tried the zucchini involtini (\$4), cold slices of grilled zucchini stuffed with tomato flavored ricotta, which was good but a bit bland. The cauliflower cakes (\$4), deep fried with chickpea batter and served with a lemon garlic butter, were delicious but so heavy that we wished we had more people to split them with.

For dessert we first tried the cajeta mousse cake (\$6), a layered sponge-cake and mousse affair flavored with cinnamon and caramel, delicate in both taste and construction and better than any other mousse cakes we've had, hands down. We finished with a sheep's milk yogurt (\$6) served with honey, toasted almonds, and pomegranate seeds, a gorgeous combination of flavors.

While Pazo's recommendation is 3-5 small plates per person, we found that by starting with filling choices, three plates and one dessert for each of us left us overstuffed (but happy). The whole meal (plus a glass of Pazo's house Sauvignon Blanc (\$5.50)) ran us \$50 before tip; if we had eaten enough to be satisfied and not overfull, we would have kept it in the \$30 range. We recommend that you take your family, your date, yourself, and anyone else you'd like to impress to Pazo. And eat slowly.

Tech Corner

By Jonathan Trow

RSS Feeds

I assume by now that all of you have subscribed to a couple dozen podcasts (see last issue), and are ready to integrate the web into your life to yet another degree (come on, nerdy is the new cool). Enter RSS feeds. First things first, what are they? An RSS feed (also called RSS stream, webfeed, or XML) is a format for syndicating news, blogs, and other content right to your desktop (Incidentally, this is the same basic technology used to subscribe to podcasts). They provide a short description of a given news item and then offer a link to the full article at the parent website. In other words, you can subscribe to news websites or blogs and they will alert you when new content is added throughout the day. You can quickly scan the headlines and then click to read the full article if anything strikes your fancy. Most major news sites such as CNN, BBC, CNET, and The New York Times offer this function. Second things second, how do you subscribe to feeds? You use a program called a news aggregator. There are a number of stand-alone programs as well as plug-ins for browsers that are freely available. There are even websites which will allow you to use them as your aggregator or will send you the links in an email. A nice list of aggregator options is available at: http://en.wikipedia.org/wiki/List_of_news_aggregators

However, the functionality extends beyond simple news updates. Anything that can be broken down into discrete units can be broadcast via RSS. My favorite application of this technology is with PubMed. You can perform a search on PubMed and turn the result into an RSS feed so that it will be continually updated in your reader. So instead of doing the same search every couple of days, you can just check your reader and see, at a glance, which new publications have come out that fit your search criteria. I have half a dozen PubMed feeds that I look over each morning to see what has been added in my field. To set this up, simply enter your search terms and click “go” or hit enter as you normally would. When your search results come up, look under the text entry box, there you will see the tabs for “limits, preview/index,” etc. and directly under those are 4 drop down menus. The menu on the far right says “send to,” click it and a list of options will appear, including “RSS Feed.” This will link you to a short options page where you can decide how many items you want to come up in your feed at a time and what to name it; I usually leave these options unchanged. After making any changes you want to the options, click the “create feed” button. This will take you to a page with your feed title next to a rectangular, orange icon that says “XML.” This icon links to your RSS feed page. You can either drag it into your reader, or

click on it and copy the URL address, then paste that into the subscribe box in your aggregator. Now you are subscribed. No more repetitive searches for you.

Look for those small orange XML icons at your favorite websites; RSS is becoming very popular and more and more sites are adding feeds. Science, Nature, and Cell all have feeds that dispense the newest science news and allow you to peruse the latest articles from their journals. For lazy individuals such as myself, it’s easier to stay current when they send the content right to your computer. Looking for an RSS feed directory or search engine? Try starting at www.rssmad.com and www.feedpark.com. Syndicated content is the wave of the future—surf’s up.

Road Rager

By Ted Wright

It’s 5:30 pm on Monday; I’m driving west on Madison. I am finished work for the night and am on my way home. As I reach the jail, the dreaded line of traffic is waiting at Greenmount Avenue, continuing to the I-83 North ramp. As I inch along in the right lane, I see people flying by me on the left. In my head they are all guilty. As I see the turn in sight, more cars race down the left lane with their blinker flashing, driving me insane. I keep my foot on the gas and don’t leave any space between the car in front and myself. These a*****s are not getting in front of me tonight. I see a car in the left lane making a double turn onto the ramp, pushing their way into a space that doesn’t exist. The cars in front slam on their brakes. This infuriates me, and I push on dangerously close to the car in front of me so as not to let anyone else in. I waited, and now they should wait. I know the law. I know what is courteous. These people know this line exists, and they choose to cut it because they just can’t wait their turn. These thoughts flood my mind as I push on with the enemy right beside me. This person must be trying to cut in front of me. No one gets in front of me. I am driving so close to the car in front that I wonder if I would be able to stop if they did. I turn, and the person next to me drives straight through the light. On the ramp, I slow down and add distance from the car that I just tailgated for a block. Was it worth the risk to keep those assholes from breaking the line? That last car went straight, but it must be because I didn’t let them in. Victory is mine! My name is Ted Wright and I have road rage.

San Fran Science And Good Eats

By Cory Dunn

In mid-December, I attended the 45th annual meeting for the American Society for Cell Biology (ASCB). This meeting was held at the Moscone Center in San Francisco, which is by far the most tolerable city in California. ASCB meetings tend to touch on a myriad of subjects. In this article, I will discuss a few of the lectures that were the most interesting.

The most exciting lecture was by Tom Rapoport of Harvard University, who described the discovery of proteins required to maintain the tubular structure of the endoplasmic reticulum (ER). How different organelles maintain their characteristic shapes, such as the tubular shapes of the ER and mitochondria, is largely unknown. Dr. Rapoport's lab took a biochemical approach to identify factors that might be involved in maintaining ER structure. Their lab found that by incubating vesicles isolated from frog eggs in the presence of GTP, a tubular membrane network of ER could be generated. Interestingly, no soluble cytosolic factors were required for this reconstitution of ER tubules. The reaction was sensitive to reducing agents, and Dr. Rapoport's group used an elegant approach using sulfhydryl-reactive crosslinkers to identify the abundant integral membrane proteins called "reticulons," particularly Reticulon 4a, as important for obtaining tubular ER structure. Antibodies to a reticulon inhibited reconstitution of ER tubules in an *in vitro* reaction, and these same reticulons were localized only to tubular sections of the peripheral ER and not to the contiguous nuclear membrane nor to ER sheets. Furthermore, overexpression of Reticulon 4a in cells noticeably extended the cell's ER into longer, thinner tubules than normal, and these tubules were so thin that ER luminal contents were pushed back towards the nuclear membrane. Finally, yeast homologues of the reticulons also exist, and Rapoport demonstrated that a double mutant lacking a reticulon together with a reticulon-interacting protein exhibited disrupted peripheral ER shape.

Three large questions remained after Dr. Rapoport's lecture. First, what is the role for GTPase activity in the *in vitro* ER reconstitution reaction? Second, Reticulon 4a is better known to the neuroscience community as NogoA, a protein that might play a role in regulation of neurite outgrowth after injury. So, how does one reconcile the two apparently different roles assigned to this protein? Third, is ER tubular structure only a secondary byproduct of the cellular processes occurring there, or is the ER shape important for function? Perhaps these

questions will be addressed when this exciting work is finally published.

In another great talk, Garry Nolan of Stanford discussed his laboratory's work characterizing the signaling networks involved in cancer. Dr. Nolan believes that assaying the signaling status of different cancers in their basal state is insufficiently informative if one wishes to find out what makes one cancer different than another. In other words, cancers are best "classed" or "clustered" into different groups - with different treatment potential - when the one assays the protein levels/phosphorylation states of tens of cellular proteins in a cell *at the same time* under *many* differing conditions. Dr. Nolan's lab uses acute myeloid leukemia as a model to study differences between different cancers. After using flow-cytometry to examine the phosphorylation state of a number of proteins in isolated patient cells, Dr. Nolan's lab was able to cluster patients together based upon similar signaling profiles obtained when their cells were treated with different ligands. Intriguingly, the separate patient clusters corresponding to differing signal transduction profiles could be roughly correlated with the outcome of their chemotherapy treatment. If this approach were refined enough, patients identified as having a low likelihood of success with a particular chemotherapeutic agent could be identified with a high level of certainty. These patients could perhaps use a different drug that is more appropriate to their cancer signaling profile, or if they so choose, forego miserable rounds of a cancer drug that statistically has a very low probability of curing their cancer.

By multiple perturbations of the signaling pathways of many thousands of cells from many patients, Nolan's group generates quite a bit of data. At the end of his talk, he explained that one can use computers to generate Bayesian networks that are fairly successful in predicting interactions between various signaling proteins and cascades. How this mathematical approach is performed is definitely beyond the boundaries of my understanding, but I predict that human scientists who work on cellular signaling will have to compete with these evil genius Bayesian networks someday. Some human seminar speakers are already dry and robotic - I can't imagine what it will be like in ten years when they wheel in the HAL9000 to give noon seminar.

I'll discuss one more talk that I thought was quite interesting. Bacteria are known to take on a number of different shapes, such as rods, spheres, and spirals, although it is not clear why they take on these geom-

Continued on page 8



Chinatown, San Francisco

Continued from page 7

Science in San Francisco

etries. Dr. Christine Jacobs-Wagner of Yale University discussed her laboratory's discovery of an intermediate-filament-like protein called "crescentin" (CreS) that mediates the spiral shape of the bacteria *Caulobacter crescentus*. Like intermediate filaments, this coiled-coil protein forms filaments *in vitro* without a requirement for energy, and when expressed in cells, CreS localizes to the inner radius of curvature. Knocking out the gene for crescentin turns spiral bacteria into rods, and overexpression of crescentin clearly increases the normal

curvature of cells. Dr. Jacobs-Wagner discussed an association of crescentin with a bacterial actin orthologue called MreB. Crescentin binds to MreB, and MreB is required for proper crescentin localization. It was fascinating to hear that bacteria are now thought to contain orthologues of all three cytoskeletal proteins known in eukaryotes – actin filaments (for example, MreB), tubulin (FtsZ), and as described at ASCB by Dr. Jacobs-Wagner, intermediate filaments (CreS).

There was a lot of great science at ASCB, of which I have described just a tiny bit, but meetings also offer an opportunity to kick back with old friends from the past. The number of restaurants in San Francisco is staggering, and contrary to the city of Baltimore, one can walk long distances to those restaurants without police escort and a Kevlar vest. One great restaurant that we visited was called "The Stinking Rose", where the cuisine is centered firmly on dishes that contain garlic. In fact, one appetizer consisted of concentrated, eight molar garlic spread. Overall, the meal was really nice, but I had to refuse the garlic ice cream dessert. The unfortunate poster presenters that I spoke to at the meeting throughout the next morning likely thought that I had some sort of metabolic disease, since no normal human being should have such flagrant, fragrant breath. By the next evening, my breath had returned to its basal level of freshness, and we visited a Peruvian cafe called "Fresca". I had never gorged on Peruvian food before, but it was extremely tasty, and I recommend it. Moreover, the restaurant was pleasant and the service was friendly. "Big ups" to Peruvian grub.

Thanks to the Graduate Student Association for providing funding, so that students have the opportunity to travel cross-country and attend meetings like ASCB.

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Next Deadline: March 1