



The Restriction Digest

G.S.A. Newsletter

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Graduate Student Association
Johns Hopkins University School of Medicine

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GSA Notes

By Drew Watkins

Olympic Dreams

I don't know about you, but I'm still catching up on all the sleep I missed because I stayed up late watching the Winter Olympics. As a graduate student it was inspiring to see people achieve Olympic Gold in a matter of minutes or even seconds- little more than the time it takes to change the wash solution on my western blots.

Inspired with Olympic fervor, the GSA decided to sponsor our first ever ski trip. We had over sixty people attend and less than sixty broken bones so we are deeming the activity a "success".

In fact, the Olympics inspired me to make some significant changes in my entire approach to grad school. Here are a few you might want to adopt:

1- From cross country skiing- start measuring your time in grad school in kilometers for a greater sense of accomplishment ("I'm a 1,460,938 kmer" sounds far more impressive than "I'm a fourth year".)

2- From speed skating- trade in your bulky lab coat for one of those spandex suits so you can get around the lab faster.

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Fun with Numbers

One of the responsibilities of the School of Medicine Alumni Office is keeping track of the whereabouts of our graduates. We do this so that we can provide our constituents with the best possible resources for staying in touch with us as well as with each other.

Check out these numbers:

- 738:** Number of Ph.D. and Master's candidates currently enrolled at the Johns Hopkins School of Medicine
- 1,425:** Number of Ph.D. and Master's graduates of the Johns Hopkins School of Medicine
- 49:** Number of states, including Puerto Rico, in which Hopkins Ph.D. and Master's graduates reside
- 20:** Number of countries in which Hopkins Ph.D. and Master's graduates reside
- 54:** The approximate number of countries in which current Ph.D. and Master's candidates have citizenship according to a survey conducted by the Graduate Student Affairs Office
- 426:** Number of Ph.D. and Master's graduates who settled in Maryland after graduation
- 69:** Percent of the 1,425 Ph.D. and Master's graduates who live in the states of MD, NY, CA, MA and PA
- 380:** The number of male Ph.D. candidates currently enrolled at the Johns Hopkins School of Medicine
- 330:** The number of female Ph.D. candidates currently enrolled at the Johns Hopkins School of Medicine
- 5:** The number of male M.A. candidates currently enrolled at the Johns Hopkins School of Medicine
- 8:** The number of female M.A. candidates currently enrolled at the Johns Hopkins School of Medicine

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Bitchin' Kitchen

By Renee Domergue

I am cursed with an insatiable sweet tooth. I can never turn down a cookie or some candy. I have no willpower. And as a confession, I admit that I work out at the gym solely to rationalize eating more sugar. For those of you who can go without sweets, I envy you. But at the same time, I can't imagine my life without the moments dotted with an incredible sweet treat. It's pure food nostalgia. I know from experience, however, that there are others like me out there. This is for you. When a bag of Soft Batch cookies won't cut it, or your candy drawer has gone dry, this is the easiest homemade cookie recipe I have ever tried. I filched this from 'Food and Wine' magazine a few years ago, and I use it all of the time. It doesn't even require a mixer.

Easiest Peanut Butter Cookies Ever... Really

1 cup smooth peanut butter
1 cup sugar
1 teaspoon baking soda
1 egg
(1/4 cup chocolate chips- optional)

Preheat oven to 350° and put the two racks in the middle two levels of your oven (or you can bake one pan at a time). In a medium bowl, mix first four ingredients with a large spoon. If using chocolate chips, mix these in after the dough is thoroughly together. Roll small balls of the dough and place on cookie sheet (about 12 to a sheet). To make the traditional (fancy pants) patterns on the top of your cookies, use the back of a fork and make a cross-hatch pattern. But of course, the pattern is not required. Bake cookies for 15 minutes, switching the two pans, top to bottom, midway through cooking. Cool on a wire rack, if you have one.

Tips: One of my absolute favorite kitchen gadgets is a cookie dough scoop. It's shaped like a small ice cream scoop and is the perfect size for cookies. It makes life easier for cookie-aholics like me.

Restaurant Review

By Ian Kaplan

Iggie's – New Pizza Joint in Mt Vernon 818 N Calvert St

In case you're wondering, yes, I am aware that pizza seems like a mundane type of cuisine to review, but I think I can justify it. I'm going to go out on a limb here and say that I spent my formative years in an area known for good pizza. At the time there was nothing to worry about, pizza was pizza and it was almost always tasty. I don't mean to be overly proud but the New York Metropolitan area has great pizza—New Jersey counts and as evidence I cite a pizza place in Southern California aptly named Hoboken. It should come as no surprise that New York has such great pizza since the island of Manhattan is home to America's first pizzeria, founded by Gennaro Lombardi, an Italian immigrant in 1905. Nearly 20 years passed before nearby Coney Island had its own pizzeria and another 19 for the pizza pie to reach the West Coast.

True, there are other regions of the country with their own styles for making pizza but in my own biased opinion there is absolutely nothing like a slice of New York pizza. I'll give credit to other foods around the country: cheesesteaks in Philly, calamari in Rhode Island, fish tacos in Southern California, anything with an avocado on it anywhere in California, gumbo in Louisiana.... The list goes on and on and I'm sure that anyone around the globe could launch a similar tirade about a food type or style that they are accustomed to from their home region. I'm even more sure that the same individual, after ordering their favorite local cuisine somewhere even slightly foreign, promptly made a comment to the tune of, "well, this cheese hat tastes nothing like the cheese hats in Wisconsin."

I will say this Baltimore, you might have crab cakes but if you think you have pizza fuh-get about it. In my Mt Vernon neighborhood there are three pizzerias on one corner and it's a wonder that they stay in business at all. I never knew that pizza could be so bland, so oily and so... I don't know, squishy? Pizza should taste zesty and fresh and be crisp both in flavor and texture.

When Iggie's opened I was skeptical. On first glance the space looks trendy; there is no greater waste of a paycheck than dining in a restaurant where the interior design received more attention than the menu. Ouch, pizza should be fun but there is no need for a pizza place to be pretentious. Plus, it's pizza and this is Baltimore. So I challenged Iggie's to a duel of the senses. Not out loud of course. First of all I'd look silly actually saying that and more importantly I feel that any self-respecting food critic from the Restriction Digest should travel incognito. I mean, the name itself is a science joke, they totally wouldn't even crack a smile. But I digress, let's eat.

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- 3- From skiing- start keeping track of your "personal best times" for all timed experiments.
- 4- From snowboarding- make sure you include at least one half-flakie reverse wim-wam with a heel back spiral in your next Journal Club talk.
- 5- From skeleton- hurtling headfirst down an icy track at 100mph might be a nice sensible back-up if that postdoc position doesn't work out.
- 6- From figure skating- require your thesis committee to evaluate you using the new figure skating scoring system that takes thousands of unknown variables into account and in the end produces a seemingly random result (oh wait, that IS the current system thesis committees use).
- 7- From bobsledding- hire play-by-play commentators to comment on your every move in the lab- those guys can make anything sound exciting.
- 8- From biathlon- walk around the lab with a rifle strapped to your back just in case you need to stop what you are doing and shoot something.
- 9- From the gold medalists- stop and play your national anthem every time you get good data.
- 10- Try not to think about the fact that you'll probably still be in grad school for the 2010 Winter Olympics.

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- 9: The number of male M.S. candidates currently enrolled at the Johns Hopkins School of Medicine
- 6: The number of female M.S. candidates currently enrolled at the Johns Hopkins School of Medicine

Another reason for keeping track of our constituents is so that we can invite them back for the Johns Hopkins Medical and Surgical Association Biennial Meeting and School of Medicine Reunion Weekend. The weekend consists of departmental programs, award and portrait presentations and a continuous stream of breakfasts, lunches and dinners.

The Biennial Meeting is FREE for all SoM students. So save the dates of June 1-2, 2007 and look for more information in the fall!

For more information, e-mail us at JHMalumni@jhmi.edu or call us at 410-516-0776.

SAP CORNER

Alcohol use in graduate school: How much is too much?

Jeffrey Cameron, BA (social work student)
and Deborah Hillard, Psy.D
Student Assistance Program

It isn't uncommon for graduate students to be consumers of alcohol, especially during social events. Alcohol use in moderation is not considered harmful, but sometimes it is difficult to determine how to define "moderate" use. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) states that "moderate alcohol use—up to two alcoholic beverages per day for men and one alcoholic drink per day for women and older people—is not harmful for most adults", especially if there isn't a family history of substance abuse or dependence. This would define a normal use pattern. However, when the amount and frequency of alcohol use increases, there is cause for attention. In addition, binge drinking, defined by the NIAAA as the consumption of 5 or more drinks of alcoholic beverages on at least one occasion during the past month, can lead to serious health, legal, interpersonal, and academic consequences. Binge drinking is considered alcohol abuse and thus should not just be seen as a "regular" behavior.

IS MY DRINKING A PROBLEM?

The first step in assessing if your alcohol consumption is a problem is to gain an understanding of your drinking patterns. For example, when do you typically drink alcohol, how much do you typically drink in one sitting, and what types of alcohol do you consume? After answering these questions about your use pattern, you may realize that your use of alcohol exceeds moderate use. You might want to obtain assistance if you or someone close to you:

- Drinks alcohol to calm nerves, forget worries, or reduce depression.
- Binge drinks.
- Frequently consumes more than two drinks a day.
(A standard drink is one 12-ounce bottle or can of beer or a wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.)
- Lies about drinking habits.
- Hurts oneself, or someone else, while intoxicated.
- Needs more alcohol to get desired effect, in other

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Tech Corner

By Jonathon Trow

If you are a user of Apple computers you probably noticed that last June Apple announced they would start shipping their computers with Intel processors to replace the PowerPC chips (G3, G4, G5) they had been using. It has now been over half a year and roughly half of Apple's product lines are shipping with new Intel processors. Apple has said that by the end of 2007 (and maybe earlier) they will no longer be making any systems with the PowerPC processors. So I hear you asking: "What does this mean to me, the end user?" Well, I'm glad you asked. If you have recently purchased a new Apple this probably has very little bearing on you since you won't be upgrading any time soon (unless you are much richer than I am). However, if you are in the market for a new computer these developments add a few new variables to the decision-making equation.

First of all, the Intel chips are more energy efficient and faster than their PowerPC predecessors. Apple claims the new chips give a 2.5-5x performance boost; independent benchmarks indicate that Apple is being rather optimistic in this assessment, but the new chips are still significantly faster. The Apple products that now possess these speedy new chips are the iMac (no price difference from previous versions), MacBook Pro (replaces the Powerbook line) and Mac mini. Each has essentially the same external form factor and runs the familiar Mac OS X, they simply have a new processor. So now I hear you asking: "If I am thinking of getting a new computer in the near(ish) future, how does this new information affect my buying decision?" Once again, an excellent question.

First of all, if you are in the market for one of the systems which is not yet running an Intel processor, such as the iBook, you may want to wait a while. If you absolutely must have a new system very soon, then by all means go ahead and get one. However, if you can wait for these systems to come out with Intel chips you'll get a better deal. All the upgrades so far have been the same or just a bit more in price but give you significant performance benefits-who wouldn't want their system to run twice as fast at the same price? On the other hand there is a caveat to getting the new systems.

Apple had to rewrite OS X in order for it to run on the new processors. This does not affect how you use it at all, (it is identical from a user interface standpoint) the OS simply interacts with the processor differently. This means that programs written for the PowerPC version of OS X will not run on the new version. Apple has partially fixed this problem with a program called Rosetta. It allows you to run "all" old OS X programs on the new version. However,

since these programs are not running natively they run more slowly, usually at about 50% of the normal speed. The performance difference can vary from unnoticeable to unusable depending on the specific program. The companies that write the software you use can fix this problem by releasing a patch or upgrade to allow their programs to run natively on the new version of OS X. In fact, a lot of companies already have new versions of their software that don't need to run under Rosetta. Still, a number of notable companies do not, including Microsoft (Word, Powerpoint, etc.) and Adobe (Photoshop). However, if your old system had a 1 Ghz processor and your new one runs at 2 Ghz, you probably won't notice a 50% performance drop on these programs-they will run as they always have. That is until they are patched to run natively on the new system at which time performance will drastically increase.

Another important point is that programs that run under "Classic" in the old OS X version will not run at all under this version, neither will programs that require a G4 or G5 processor. That's right, you can't run programs written for OS 9, so if you use programs like that a lot (kickin' it old school) you should find out if the company has any plans to re-release it or else stick to a PowerPC based system. If you need to upgrade there are still systems running on a G5 that you can get, but they won't be around forever so don't wait too long to upgrade if you really need to run software under Classic. Overall the change to Intel is a good move for Apple, it will just take a few years to make all our favorite programs completely compatible.

Johns Hopkins Film Society

Presents:

Subversive Sinema Screenings

The Devil Music Ensemble playing to "The Cabinet of Dr. Caligari" - March 28th, 8pm. \$6 w/J-card, \$10 w/o

A State of Mind - April 6th, 8pm

The Beyond - TBA

All events held in Shriver Auditorium on the Homewood Campus and, unless otherwise noted, admission prices are \$3 with J-card and \$6 without. For more information, see <http://www.hopkinsfilmfest.com/>.

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The first thing I noticed about Iggie's—from the inside now—was the atmosphere, or the ambiance as we say in the business. It feels fresh and crisp—coincidentally both things I happen to enjoy about good pizza. Upon ordering I learned that the owners decided to do something novel with the service... there is none. Basically, you order at the counter, leave your name and they call you as your food is ready. This actually did something quite interesting for the whole dining experience as everyone from the person taking your order to the person handing you your food knows your name and refers to you personally. Next, you set and clear your own table, everything from napkins to wine glasses and water are your responsibility. In lieu of a tip they ask that you give the money you would leave a server for them to donate to a charity. They even have a communal table large enough for a few separate groups of diners to sit. Note: that wine glass part is very important because this establishment is BYO!

All these elements combined to make me feel like I was at some sort of grown-up pizza party. The necessity to get up and grab your food and place settings provide a unique opportunity to pass around the restaurant and peek at the assortment of food, wine and people throughout. Plus, it's so light in there, I felt like I was really able to absorb all of my surroundings. Iggie's isn't a spot for a romantic interlude as much as it is a place to go out and be part of a communal dining experience. I liked that a lot--a very un-Baltimore vibe indeed.

Where are my manners? I haven't even said a word about the food yet. Iggie's serves up something that isn't exactly the pizza of my youth but I thoroughly enjoyed it anyway. The Neapolitan crusts are thin and crisp but not in a fragile way, more so that each bite packs a delightful crunch. They also provide a variety of topping combinations available on 14 or 8 inch pies with prices in the neighborhood of \$13 and \$7.50 for the large and small, respectively. I have to admit that I quite enjoyed even reading the list of topping combos with ingredients including mushroom ragu, goat cheese, blue cheese, asparagus and duck confit as well as the usual pesto, mozzarella, basil and so on. If they don't have a combination that fits your style or mood you can also build your own.

The salads were also quite inviting and made me feel like I had to try one—ok, two—before pizza time. The Spring Mix (\$4.95) was topped with roasted vegetables and pumpkin seeds with some kind of balsamic vinegar dressing. The Iggie's Salad (\$6.95) was also a great mix of spinach, goat cheese and these tender little mushroom pieces. Those, including Caesar Salad, are it for salad options but the unique combinations were enough to make me wonder if more options would just leave me unable to make a salad decision at all.

Needless to say, I thoroughly enjoyed the entire dining experience at Iggie's and was in the end forced to eat my words. I felt that they really succeeded in making a fun

and creative restaurant in a way that felt welcoming in a community sort of way. A wonderful accomplishment since pizza was originally a food for the lay-person in Naples before it was served to Queen Margherita in 1889. Iggie's really does something special in finding a balance between inventive food and a familiar atmosphere.

Be sure to remember to bring your wine and a friendly attitude.

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words, has developed a higher tolerance.

- Is unpleasant when not drinking alcohol.
- Has had medical, social, academic, or financial problems due to drinking alcohol.

DIFFERENCE BETWEEN ALCOHOL ABUSE AND ALCOHOL DEPENDENCE

Remember, not all individuals who drink regularly have a drinking problem, and not all problem drinkers drink every day. Alcohol abuse is different from alcohol dependence in that dependency is characterized by either increased tolerance and/or withdrawal symptoms. Alcoholism, also referred to as alcohol dependence, is described as a manifestation of physical addiction to alcohol, an increase in tolerance, a strong need to drink and the inability to stop at one or two drinks. Alcohol abuse is the precursor to dependence and carries the same physical, mental and legal risks as alcohol dependence.

GETTING HELP

Do some of these warning signs set off an alarm in your head? Do you think you or someone close to you might have a problem with alcohol use, abuse, or dependency? If so, it is time to speak with a mental health professional to evaluate your concerns. If you are hesitant or anxious about an appointment, you might consider bringing a friend; a friend can help in voicing how the alcohol abuse might appear from an outsider's view. Don't shy away because you are wondering what others will think. Do what is best for you, and your family and friends will most likely understand more than you think they might. They will probably applaud your move to feel better. For more information or to make an appointment to speak to a professional about this issue, you may contact the Student Assistance Program (SAP) at 443-287-7000. You may also contact a local community resource such as Alcoholics Anonymous, Baltimore chapter: 410 663-1922 or visit <http://www.niaaa.nih.gov/>.

Travel Essay

by Haiyin Chen

This past November, I attended the annual Society for Neuroscience (SfN) conference held in Washington, D.C. through the support of the GSA. Even though this was the sixth time I attended this meeting, it was as exciting as ever to me. Part of the excitement stemmed from presenting a poster on an interesting discovery I made in the oculomotor system. Along with my advisers David Zee and Reza Shadmehr, and colleagues Wilssan Joiner and Maurice Smith in the Biomedical Engineering department, we found that with certain experimental manipulation of visual targets, we can induce curvature into saccadic eye movements, which normally are assumed to be straight and ballistic movements. Our results suggest that under the motor adaptation process created in the experiment, there may be much internal monitoring and feedback control of eye movements by the brain, thus rendering these saccades not so 'ballistic' as we previously thought.

Other than presenting my poster, it was simply exciting to be at SfN '05. This year's SfN meeting was the 35th since its inception and the largest ever – over 34,000 people attended the five-day conference, which consisted of nearly 17,000 presentations, 14 special lectures, 28 symposia and 27 mini-symposia. Amid this colossal program, three events stood out in my mind that set this year's meeting apart from all previous ones I've attended. First, the Society launched a lecture series "Dialogue between Neuroscience and Society", and invited the Dalai Lama as the inaugural speaker. The intention of the lecture series is to "feature leaders from fields outside of neuroscience whose work relates to subjects of interest to neuroscientists." The Dalai Lama had collaborated with neuroscientists to investigate the science of meditation and its contribution to compassion. In his talk, he compared the Buddhism and contemporary science, called for fruitful engagement between the two disciplines, and appealed that scientists bring to their professional work the "fundamental ethical principles we all share as human beings."

If you have taken any introductory neuroscience class at the School of Medicine (SOM), you probably have heard about or had the good fortune to be taught by Dr. Solomon Snyder in the Department of Neuroscience. This year at SfN, Dr. Snyder delivered the Albert and Ellen Grass Foundation lecture. Coming from a psychophysics/system neuroscience background, I had to really "strain my ears" to understand Dr. Snyder's lecture on the role of neurotransmitters and other messenger molecules on cell death and cytoprotective actions. But it was fascinating to learn about the intricate signaling pathways that could lead to neurodegenerative disease such as Huntington's disease and hear about potential mechanisms for pharmacological

treatment for the disease which to this day has no cure. These public lectures have always been one of my favorite parts of attending the annual SfN meeting, as normally I rarely go to talks covering topics unrelated to my own research. These lectures provide a great forum for people to learn about developments in other branches of neuroscience in a manner that is both elegant and "digestible".

Because of a scheduling conflict, I was not able to attend the third event that I thought held special significance for the Hopkins community. The SfN held a one-day symposium at SOM — "Discovery and Hope: A Celebration of Brain Science at Johns Hopkins" — to recognize the strong tradition of neuroscience research and education at our school, including honoring the 25th anniversary of the founding of the Department of Neuroscience and its leadership by Dr. Solomon Snyder, commemorating the 35th anniversary of the Department of Neurology as well as recognizing the department of Psychiatry and Neurosurgery. Go Hopkins neuroscience!

Upcoming GSA Events

Graduate Student Poster Session

April 18

Turner Concourse

2-4pm

GSA Meeting

April 25

Room 2-108, 1830 Building

3-4pm

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Next Deadline: May 1