



The G.S.A. NEWSLETTER

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Dental Services from the University of Maryland

By John Neely

The University of Maryland at Baltimore (UMAB) Dental School, at 666 W. Baltimore Street, has two departments that provide clinical dental services. The Advanced General Dentistry (AGD) Department offers services performed by first- and second-year dental residents, at costs that are about 30-40% less than the same services obtained through a private practice. These residents are in the final phases of their dental training, and will be starting their practices after graduation. The Undergraduate Department offers services provided by third- and fourth-year dental students, at about 50% less than private-practice costs. These students are post-college, dental school students that are doing their clinical clerkships in different aspects of dentistry. Both departments provide their services on a fee-for-service basis, with payment due at the time of the visit.

AGD, located in the basement, sees patients who request specific procedures as well as patients who enroll in their Comprehensive Care program. The Comprehensive Care program offers a complete dental examination and treatment plan for taking care of all of an individual's dental health care needs. The initial exam costs \$30; radiographs are performed at additional cost. The treatment program can be discontinued at the request of the patient, without further obligation. Patients who want only a specific procedure can receive treatment without enrolling in the Comprehensive Care program; however, requests for dental cleaning will only be handled as part of the Comprehensive

When is the right time for scientists to procreate?

By Nancy Jensen Biery

Although some readers may think that they do not relate to this article, a significant number of graduate students have thought about this subject to warrant some space in the Hopkins GSAN. Considering that I am a graduate student who has actually acted upon these thoughts, I decided to dive right in.

If you ask people when is the best time for a Ph.D.-hopeful to start a family, you are likely to get almost as many different answers as there are participants in your poll. Some may say that it's nice to get your family started early, such that you have more liberty to pursue your career later. Some might suggest that the only way to do it is to wait until you've got your career on cruise control on the road of your choice. (In reality, these are both over-simplifications — family and career will be in a constant battle for attention.) Others have been fortunate enough to time procreation perfectly with natural transition stages in their career development.

If we go along a timeline (academic being the presumed default), there are several possibilities: between undergraduate and graduate school; during graduate school (with several possibilities for timing therein); between graduate school and post-doc; during the post-doc (again varying opinions on the best timing); be-

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Upcoming GSA Meeting April 13

GSA Meetings are held on the 2nd Tuesday of each month at 4 pm in Hunterian Room G-3.

Notes from the GSA

Upcoming Events

Pioneers in Biology Lecture Series

Dr. Victor A. McKusick, SOM

Wednesday, March 31st!
3 pm

WBSB East Lecture Hall

GSA POSTER SESSION

Wednesday, May 5th, 1999.
Watch your email for more details.

ORIOLES TICKETS!

**Tuesday, June 22, 1999
7:35 pm**

Orioles vs. Boston Red Sox

@ Camden Yards

**Tickets will be available
starting June 1, 1999
Ticket prices to be
announced.**

Care program.

With AGD, a patient can also request treatment by a faculty member rather than a resident, although the cost of the service will be the same as that of a private practice. Appointments can usually be obtained within three to four weeks from the time of request. Individuals indicating an emergency condition, e.g. pain, swelling, or bleeding, can receive same-day treatment on a walk-in basis from the AGD emergency clinic from 8:15 am to 4:30 pm, Monday through Friday. To schedule an appointment for a specific procedure or to enroll in the Comprehensive Care program, call the AGD office at 410-706-2940, open from 8:00 am to 4:30 pm, Monday through Friday. For more information about AGD services, speak to Sharon Chenowith, the business manager.

The Undergraduate Department, located on the first floor, provides nonemergency dental services only as part of its comprehensive, Complete Care program. Unlike AGD, it does not handle requests for limited care, i.e. specific procedures. Treatment in the Undergraduate Department takes longer than treatment in AGD because the procedures in the undergraduate clinic are performed by students under faculty supervision. During the initial visit, which requires about 3 hours, the patient's medical history is obtained, and radiographs are performed.

Persons with emergency conditions can receive treatment from the undergraduate department emergency clinic, which registers patients on a walk-in basis beginning at 7:30 am. The maximum number of patients allowed is usually reached within the first hour, and clinical procedures are performed beginning at 10:00 am. Patients visiting the undergraduate emergency clinic may have to wait all day to receive treatment. To schedule an appointment with the Undergraduate Department, call its Screening Department, at 410-706-7102. For more information about Undergraduate Department services, call the Patient Care Coordinator's Office, at 410-706-8127.

The UMAB Patient Care Coordinator's Office indicated that the AGD would be more appropriate than the Undergraduate Department for meeting the needs of members of the Hopkins student community. Unlike the Undergraduate Department, AGD accepts requests for specific procedures apart from its comprehensive care program.

GSA Web Page

Make sure you check out the GSA Web Page at <http://www.med.jhu.edu/gsa>.

You'll find everything from local happenings to GSA meeting minutes. Back issues of the GSA Newsletter can be found at <http://www.med.jhu.edu/gsa/news.html>.

The pen is mightier than the pipet...

Please send any poems, short stories, creative writing, photos, or black and white art to the GSA Newsletter! Submissions for the Graduation issue are due on April 30. Contact any editor for a copy of the 1998-99 Submission Guidelines!

On the Wild Side: The Cultured Outdoors Around Baltimore

By Ed Hsiao

As the last few snowflakes melt away, many people are itching to do something outside. The past few OTWS articles have featured near-by outdoor recreation areas, including Catoctin Mountain Park and Loch Raven Reservoir. While these are great places to enjoy the outdoors, there are also many cultivated gardens with great walks within an hour's drive of Hopkins.

For a short afternoon trip, the Cylburn Arboretum, located at 4915 Greenspring Ave., features marked trails, a rose garden, and an herb garden. It's a great place to go for a short "get away from the city" experience. Look out for the Baltimore Flower Sale located at the Arboretum on the Saturday before Mother's Day – this is an amazing Baltimore event where you can get great plants for very little money.

The more adventurous should head out to Brandywine Valley in Pennsylvania. Located just across the border from Wilmington, DE, this region features the Brandywine Museum, Longwood Gardens, and Winterthur Museum.

The Brandywine Museum (Junction of US 1 and SR 100; 610-388-2700) is the former home of the Wyeth family, and exhibits many works from the three generations of Wyeth artists. The museum grounds are also nicely landscaped with native plants and various statues.

Just up the road is Longwood Gardens (Junction of US 1 and SR 52; 1-800-737-5500). Previously home to Pierre duPont (of the duPont family), this huge 1,050 acre estate is famous for its elaborate gardens and fountains. There's also a 3.5 acre indoor conservatory that contains exotic plants from all over the world. During the summer, check out the evening concerts, fireworks, and fountain shows. Longwood is a great place to hang out and walk, and even pick up tips about plants and general gardening.

Winterthur Museum (Rte. 52 in Odessa, Delaware; 1-800-448-3883) is located in the Delaware portion of Brandywine Valley. The estate features one of the largest collections of American furniture. While those exhibits are indoors, the outdoor gardens are also a spectacular sight.

So whether you enjoy the rugged outdoors or the more cultivated garden, grab your antihistamine and enjoy the Spring! See you amongst the flowers!

Johns Hopkins Spring Blood Drive

Tuesday, March 30th
and

Wednesday, March 31st, 1999

Turner Concourse

7 a.m. - 7 p.m.



The 1999 Alicia Showalter Reynolds Memorial lecture was given by Dr. Beatrice Hahn (center), of the University of Alabama at Birmingham, to a capacity crowd. Dr. Hahn presented her lab's recent work on the origin of the human AIDS virus. Also shown are Mr. Harley Showalter (Alicia's father, left) and Dr. Bob Siliciano (right). Photo by C. Dann.

Procreation, cont'd from page 1

tween post-doc and first faculty position; after you get a faculty position; after your first grant; after your first student graduates; after you get tenure...etc.

While I have been informally gathering answers to this question (both unsolicited and solicited), I have to report that I probably heard slightly more "after..." advice. This probably reflects a trend seen in many careers, where people (especially women) wait until they have a 'real job' or when their careers are 'on track' before starting a family. Unfortunately for us, the academic scientist's career usually takes longer to get 'on track' than others.

It is important to keep in mind that although there are many possibilities, almost every person asked will feel that he or she did it at the *right* time. Only you can evaluate all of the considerations in starting a family, and only one of those considerations is your career. The best time is whenever YOU feel it's right!! And perhaps most importantly, remember that things don't always go according to plan - much like a thesis, biological processes don't always occur as planned or predicted!!

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Restaurant Review

By Sarah Wheelan

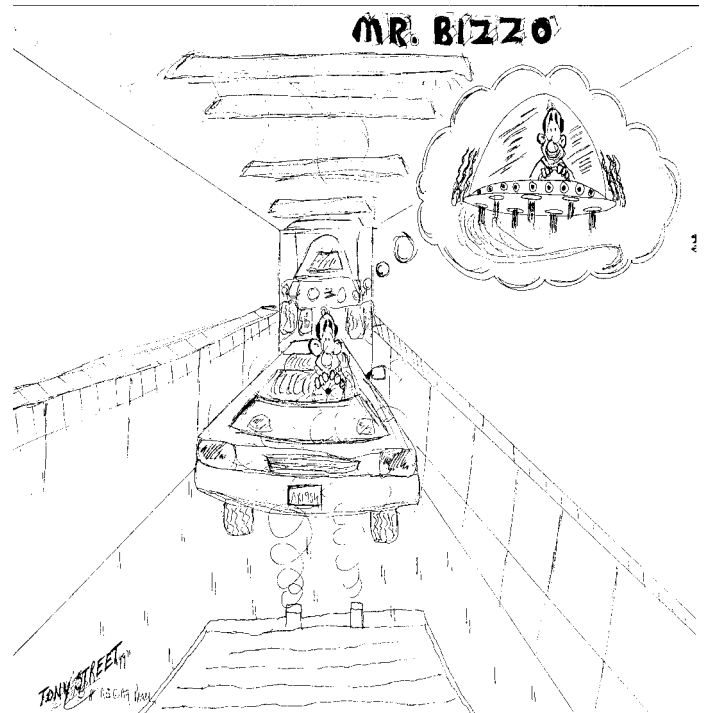
I never thought I would find good sushi in Baltimore, after being spoiled by some top-notch places in Colorado and Bethesda. I have tried several sushi restaurants and have been disappointed; none seems to have the right combination of strong flavors and delicate textures. There's a new hope, though: Sushi Hana recently opened in Towson.

Located on 6 East Pennsylvania Avenue (kind of behind Hudson Trail Outfitters) (410-823-0372), Sushi Hana has excellent, tasteful decor, and a very comfortable atmosphere. It's also across the street from probably the only parking lot in Towson, which is yet another reason to flock there.

The food is even better than the decor promises, and the prices are quite reasonable. We've enjoyed several tempura appetizers (shrimp, vegetable, and fish) for about \$5.95 each. The Shu Mai (a steamed shrimp dumpling), for \$3.95, is perfectly tender and subtle, as it should be. If you order a sushi or sashimi dinner you get miso soup and a green salad. The soup is so strong and smoky that we wondered if someone had found a way to make miso from ham rather than the traditional bean paste, but the owner revealed that he actually sears the bean paste a little before making the soup. The salad is also good, with mostly greens in a strong peanut dressing.

We highly recommend the roll combination, for \$11.95. It includes a tuna roll, a yellowtail roll, and a California roll as well as the soup and salad. I didn't know I could ever get full from sushi! The rolls are near-perfect: the seaweed is tender, not at all chewy, and the rice is just exactly sticky enough. The horseradish on the side is surprisingly flavorful (and more powerful than most!). Other favorite dinners have been the seafood tempura, for \$14.95, and the tuna teriyaki, for \$13.95.

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Both were tender and perfectly flavored.

You can also order dozens of varieties of sushi and sashimi *a-la-carte*, for prices ranging from \$3.00 to \$8.00 for the most elaborate rolls. We haven't found anything yet we didn't like.

For dessert we have really enjoyed both the green tea ice cream and the ice cream tempura (sort of a Japanese version of deep-fried ice cream). The service, all three times we have visited, has been perfect.

Another restaurant worth a look is The Black Olive, at 814 S. Bond Street in Fells Point (410-276-7141). It's a very unusual little Greek restaurant, serving mostly fresh fish cooked with very sparing touches of seasoning. Make sure you call for reservations because it's quite small, and the owner likes to take every group on a personal tour through the fish selection of the day, so he carefully staggers the meals. It's worth trying just to hear the owner's description of the fish: "A very ugly guy, but tastes great," "Kind of a fishy fish." He is more than happy to answer any question about his fish, and clearly enjoys getting the best fish from only the best sources. Many of the fish he sells are not available anywhere else on this side of the pond, such as St. John's fish (from somewhere in the northern Mediterranean), Dover Sole (from Dover, that's right), and several other fish from European waters.

We tried three different fish as well as the fisherman's stew, which was a tasteful combination of shrimp, scallops, lobster, and other fish meat. All of the fish were grilled with minimal seasoning, and all were quite good. We also tried the melitzanasalata, a garlicky dip made with eggplant and capers. Reminiscent of humus, it was impressively good, but make sure that everyone at the table tries it or someone will be suffering from garlic odor overload all evening.

Each fish was presented with a different side dish; the sides included polenta, couscous, and salad; each perfectly complemented its respective fish.

For dessert we tried the fruit plate (excellent) as well as a chocolate cake (very good, but almost too strong). The Turkish coffee was just as thick and powerful as any. Prices here range from \$12 to \$30 for a dinner, but are all very fair for the selection and quality available.

Quick note: for those few of you who haven't yet tried The Helmand, an Afghan restaurant on Charles Street, go!

Dessert Review: Bonjour - 2 chocolate chips

By Melissa J. Landrum

I should have done my thesis on dessert. This often seems like a much more important issue than my actual thesis topic. Think about it - where do you go for good dessert in Baltimore? Vaccarro's is a standard answer, and a good one - I'd never turn down their Baci gelato or cannoli. But is that the whole dessert story? Three friends and I have spent the last 5 years researching dessert in Baltimore. At the risk of labeling ourselves dessert snobs, we've developed highly refined opinions of Baltimore's dessert options, with Spike and Charlie's at the top of the scale (four chocolate chips) and Bertucci's at the bottom (one chocolate chip; but you should still go to Bertucci's for pizza and calzones). Our latest foray was to Bonjour, a new bakery in Mount Washington (6070 Falls Road). It was highly recommended by both the Baltimore Sun and a friend who rated their almond croissants the best she'd ever had. I hear their bread is great too, but that's not dessert so we couldn't be bothered.

The fruit tart's pastry shell had a slight hint of almond and was painted with chocolate on the bottom - a nice touch. It was filled with a sweet pastry cream and topped with glazed grapes, strawberries, blueberries, mango, and kiwi. "Better than your average fruit tart" was the general consensus. The Paris bresse was an éclair-like pastry but was filled with "praline butter cream." This description lured two of us to order it, but it left something to be desired - like praline flavor, or butter cream. The pastry was a little chewy and the uninspiring butter cream was more like a custard. Needless to say, this wasn't the dessert highlight.

The day we visited Bonjour, the chocolate croissant was the *only* individual size chocolate dessert available, which is a fast way to lose points with chocolate purists. Despite this, we all agreed that the chocolate croissants contained "real chocolate," "good, dark, and bitter." However, there was a slight dispute as to whether there should have been more of it... The almond croissant was a unanimous favorite. It was more moist than a typical flaky croissant with a lightly flavored filling (with actual almonds) and toasted almonds on top. Even our die-hard chocophile thought it was "very good - for something without chocolate."

Although none of the desserts really knocked us out, Bonjour's interest in good service did. I received really prompt service and friendly, detailed descriptions of at least four things listed on the menu but not in the case. In addition, several desserts are listed in the menu as entire cakes or tarts, and when I asked about individual sizes of these, the server told me they could custom make almost any dessert as a smaller size, say, for four people. *And* I even got an understanding reaction when I returned ten minutes after buying my own dessert to buy two (or three) more - for the group, of course.

UPCOMING TRAVEL AWARD DEADLINE!

Want to go to that fall meeting in San Jose?

Need extra money?

Apply for a GSA Travel Award!

The next deadline is April 1, 1999.

All info is available on the web at

<http://www.med.jhu.edu/gsa/travel.html>