



The Restriction Digest

G.S.A Newsletter

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Johns Hopkins University School of Medicine

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GSA Notes

By Krishna Juluri

It's time for another quick update of some of the latest happenings at the GSA. The last couple of months were very exciting and busy for us and we had some great events. In addition to our regular happy hours, we had a number of large events. At the end of January, we had our **Ice Skating Trip** at the rink in Patterson Park. Despite the frigid weather, almost a hundred of you joined us out on the rink that night. This was our first time having this event, however, due to the extremely positive feedback, look for it to become a regular GSA event. In February we had the **Bordeaux Wines** event at ClubOne. At this event, co-sponsored by the Homewood GRO, Hopkins graduate students from both campuses and Public Health consumed about 200 bottles of wine and some managed to win some great prizes or find their Valentine's Day match. On the weekend of Valentine's Day, a number of graduate students helped out in a project with **Habitat for Humanity**, the first of many community service events we have planned (story on page 5).

The upcoming months promise to be equally if not more exciting as the GSA sponsors more fun-filled activities. The first of these events will be some time in early April, when we will sponsor a hiking trip to **Gunpowder Falls State**

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Restaurant Review

By Rebecca Alvania

Having lived in Baltimore for five years, all the while proudly upholding a life-long refusal to begin cooking for myself, I've made the circuit of Charm City restaurants many times over. So it's particularly exciting when a new establishment opens. Recently, myself and a friend, a heavyset fellow with the type of laughing eyes all too rare after five years in grad school, ventured out to **Saffron**, a new Indian-fusion restaurant in Mount Vernon.

Located in the space that used to be the Ruby Lounge, 802 N. Charles, Saffron was opened last summer by Tony Chemmanoor, the same man that brought us the **Bombay Grill** restaurants. Saffron is a more upscale venture, with cuisine that ties together Indian dishes with an array of other culinary influences, from North African to Latin and French. Sometimes this works, other times it borders on the bizarre, but all in all it provides for an interesting dining experience.

Upon arriving, we spent a little time at the bar at the front of the dining area. Two important things to know about Saffron's bar; first, they have the softest chairs I've ever drank in. If you've ever wanted to be out with your friends but feel like you're drinking in bed, this is the

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UPCOMING GSA EVENTS

Hiking Trip

Gunpowder Falls State Park
POSTPONED: Date and Time TBA

Friday, April 9, 2004

Pioneers in Science Lecture

James Rothman from
Memorial Sloan-Kettering

GRAD STUDENT APPRECIATION WEEK

April 26-30

co-sponsored by the Johns Hopkins
Medical and Surgical Assoc.

Monday, April 26, 2004

Movie Night

7:00 pm-9:30 pm

Mountcastle Auditorium

The Italian Job

free admission, popcorn, drinks,
and candy

Tuesday, April 27, 2004

Free Pizza Lunch

12:00 pm-2:00 pm

Location TBA

Wednesday, April 28, 2004

Coffee/Ice Cream Social

3:00-5:00 pm location TBA

Thursday, April 29, 2004

Beer Tasting at Kiss Cafe

Time TBA

Sunday, May 9, 2004

White water rafting trip to Lower Yough

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Park. We will provide transportation to the park. Bring a bag lunch and enjoy a great 4.2 mile trek through the scenic park. Hopefully the weather will cooperate. Look for an allgrad e-mail for details.

Next up in April will be the **Pioneers in Science** lecture on April 9th. This year's speaker is **Dr. James Rothman**, the Head of the Laboratory of Cellular Biochemistry at the Memorial Sloan-Kettering Cancer Center. Dr. Rothman has made major contributions to the field of cell biology and neuroscience, elucidating the mechanisms involved in vesicular trafficking and neurotransmitter release. For this work, he shared the Lasker Award in 2002 with Randy Schekman.

The last week of April is **Graduate Student Appreciation Week**, a national event to recognize the contributions of graduate students. In honor of the event, GSA and the Johns Hopkins Medical and Surgical Association will sponsor a week full of fun events including a free movie night, free pizza lunch, a coffee and ice cream social with a live band, and a beer tasting event. During the month of May, look for an exciting seminar by **Dr. King-Wai Yau**, the GSA Teacher of the Year (the GSA thanks you all for nominating and voting for faculty for this award). Also look for some more community service opportunities during this month and don't forget to attend the informative seminars hosted by Wendy Sanders and the **Professional Development Office**.

Lastly, I would like to again encourage students to participate in GSA meetings. In the coming weeks we will begin the nomination and election process for **new officers** and representatives for the 2004-2005 academic year and we would like to welcome new members to participate (no experience necessary). This is a great opportunity for you all to participate in an organization that represents all of the SOM graduate students and is a great and rewarding way to build leadership experience. I would especially like to appeal to first and second year students to participate. This is now my third year as a GSA officer, and I have found each year to be progressively more and more rewarding. Each year I have seen a greater interest among students, increased attendance at meetings, and in return GSA events have become more varied and ambitious and I would like to see this trend continue. Whether or not your interests lie in graduate student life, academics, social events, or community service, GSA has something to offer you.

Upcoming Events in May 2004

Teacher of the Year Lecture: King-Wai Yau,
Department of Neuroscience

Graduate Student Poster Session

Call for Nominations and Elections for new
GSA Officers

Travel Essay

Science, Sun and Fun

Ronald P. Jean
Biomedical Engineering
Johns Hopkins University

For a graduate student, summer is the ideal time for research: no teaching, no courses, just uninterrupted time for benchwork. Unfortunately, as happens more often than not, experiments go wrong, the long summer days are spent in lab, and the monotony of tasks all put you in the doldrums (actually, this happens all year long, but it's felt most poignantly in the summer). Knowing well beforehand that I had to break up the tedium of my summer research, I signed up to attend a conference in late June. What a good decision.

The American Society of Mechanical Engineers (ASME) Summer Bioengineering Conference was held at the Sonesta Key Biscayne Resort, just south of Miami. As one would expect, the topics were of a broad biomechanical nature, including tissue engineering, cardiovascular mechanics, bone mechanics, and bio-MEMS. The number of attendees was around a thousand, so grabbing a meal or getting around was not as difficult as it would be at larger conferences. Sessions consisted mainly of talks, with posters reserved for the undergraduate, masters, and Ph.D.-level competitions (though it was possible for students to get a talk). Most of the research presented at the podium sessions was either published or presented before, so if you're in an established research area and have been to another conference in the past few months, you'll see the same cast of characters. However, most of the big names in each of these biomechanics subfields show up, and given the generous breaks, you can talk to them to get some excellent feedback on your research. These leading scientists are also very approachable here, probably due to the relaxed, tropical atmosphere.

Activities near the conference were abundant. For those who just wanted to stay at the resort, there was a spa, pool, and tennis court, not to mention the expansive beachfront touching the sparkling turquoise waters of the Atlantic Ocean. With Miami only 10-15 minutes away, those who wanted to visit the many shops, restaurants, and clubs of that chic city could easily do so. Of course, the true gems of southern Florida are its natural attractions, and those nature lovers willing to travel a few hours were grandly rewarded. To the west of Key Biscayne is the expansive Everglades national park where visitors can see alligators, rare birds, unique plants, and – if you're lucky – the endangered Florida panther. Heading southwest from Key Biscayne, one arrives at the Florida Keys, renowned for their underwater reefs, great fishing, and locals' carefree attitude.

The bottom line is that this was a great conference! The meeting site was a great location with many things to do both in and around Key Biscayne. There were ample opportunities to have interesting discussions with leading researchers – about your research! The best thing for me, though, was returning to the lab and not regretting my week of absence. Not at all.

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place for you. Secondly, the bartenders are not afraid to tell you when you're ordering something stupid. Something my charming companion found out when the bartendress made fake retching motions after hearing his order. Never one to be swayed by crude gestures from the fairer sex, he pressed on and demanded his vile concoction of cinnamon liqueur, vermouth, and olive juice. I watched him choke it down, and we quickly left to be seated.

Giddy with the excitement of eating we scanned the menu and settled on two appetizers. The scallops in cucumber cups with wasabi honey mustard were wonderful, the wasabi was very subtle and the honey mustard sauce complemented the scallops perfectly. A word of caution - don't try to jam an entire cucumber cup in your mouth. Trust me on this - they're bigger than they look. We also ordered the crab triangle pasty with cumin scented tomato coulis, which was good but so flaky it practically disintegrated when you touched it.

The highlight of the evening was the goat cheese stuffed tandoor smoked baby aubergine. There was a slight sweetness to it, but not overwhelmingly so, and the goat cheese and aubergine were excellent. This was the only point in the evening when I considered forking my friend's hand if he reached for one more bite. I'll share a lot of things, but not my stuffed aubergine.

As entrees we settled on the filet mignon and the swordfish. The filet was perfect. I'm a firm believer in the "make mine so rare it'll walk itself to the table" tenet of meat eatin' and apparently Saffron concurs. It was cooked with a honey ginger and almond crust, which gave it additional flavor but didn't overtake the filet. The swordfish was seasoned with tamarind and ginger and was also good, although a little dry in the center.

At this point my companion made his one complaint of the evening. As a man of large appetites, he was upset that he was not yet gluttonously full. Not once had they offered to super-size his swordfish, leaving him to subsist on portions only the size of his hand, rather than his entire head. So we demanded the dessert menu and thank god we did. The crème brûlée was incredible; it's their signature dessert and they do it well. We also ordered the frozen coconut rice pudding, which I think almost made my friend cry; it was so good. I never realized that freezing rice pudding was even an option, let alone that it would be so much better that way.

Overall, Saffron is definitely a welcome addition to Baltimore's restaurant community, and it seems to be gaining popularity. The only downside was the some-

what spotty service, likely something that will improve over time. From the viewpoint of an impoverished grad student, this is not the place you'll be heading to every Friday night; prices for appetizers range from \$7-15 and the entrees are anywhere from \$18-30. But if there's someone in your life that likes to take you out to dinner to watch your eyes light up at the thought of eating a protein-rich meal, this is a good place to check out. Just repeat this little mantra to yourself, "you might be pushing 30, but there's no need to start pushing away free meals." Now go call your parents or your employed younger sibling.

*The graduating class of the
Department of Art as Applied to Medicine
invites you to the*
**2004 Medical and Biological Art
Exhibition**

May 15-May 28

Opening Reception:

Wednesday May 19, 2004 4:00-7:00 pm

Houck Lobby of the Phipps Building

*Sponsored by the Department of Art as Applied
to Medicine and the Johns Hopkins Medical School
Graduate Student Association.*

**Upcoming Events for the
Professional Development
Office**

Careers/Internships in Tech Transfer

Tuesday, April 20, 2004, 4 p.m.

West Lecture Hall

Wood Basic Science Building

*Heather Bakalyar with the JHU Office of Technology
Licensing and Dr. Baladrishnan from the NIH will discuss
career/internship opportunities in tech transfer.*

Grant Writing Workshop

Thursday & Friday, April 22 & 23, 2004

Mountcastle Auditorium

Pre Clinical Teaching Building

Spring Career Fair

May 10, 2004

1 p.m. - 5 p.m.

Turner Concourse

SAP CORNER

The Importance of Being Mentored

Deborah Hillard, Psy.D.

Student Assistance Program (SAP)

As we steadily progress through the 2004 academic year, some of you will be concluding another year of your education, while others of you will be eagerly awaiting graduation. Regardless of where you are in your educational time line, it is always important to reflect on your academic and professional achievements over the past year, as well as the people involved in helping you progress forward. This article will address the importance of establishing and maintaining effective mentoring relationships since mentors play an extremely important role in your academic and professional development.

What is a mentor?

By definition, a mentor is a tutor or coach. Having a mentor is more than having a favorite professor or good academic advisor. A mentoring relationship typically extends beyond the boundaries of a particular course into other aspects of your educational experience. A strong mentor serves as a guide for your professional development and challenges you to take advantage of important professional opportunities. A mentor is the first person you think of when you need a letter of recommendation, when you need to consult with someone regarding an academic or employment decision, or when you need direction on a research project. Once the relationship has been established, mentors console you during times of disappointment and celebrate with you during times of success. Thus, in addition to being a teacher or coach, a mentor may be more appropriately defined as a model, a problem solver, an advocate, and an investor (of time and energy).

What are the benefits of having a mentor?

There are numerous benefits of having a mentor. Some benefits include:

- ❖ Access to experienced researchers

- ❖ Assistance with developing and expounding research ideas
- ❖ The sharing of personal and professional experiences
- ❖ Receiving relevant and up-to-date information about new research methods
- ❖ Establishing collaborative associations with colleagues within and outside JHU
- ❖ Assistance in the development of a long-term research and writing plan

How do I establish a mentoring relationship?

If you don't have a mentor, it's time to get one! This can seem like a daunting task but you need to consider only a few issues. Besides having similar academic interests, it would be wise to assess if the potential mentor is someone you can really see yourself working with. When considering potential mentors, it is important to assess if the potential mentor is approachable, has good **personal and communication skills**, has good **technical skills**, and is able to provide you with needed **support**. Asking other students about their experiences when working with a particular mentor could give you important information. You can also ask your faculty advisor about potential mentors.

Next, it would be helpful to consider faculty members who are conducting research in your area of **research interest**. Develop a list of at least six faculty members whose research interests match yours. This is not to say that you have to be perfectly matched. For instance, your department might not have a faculty member working on something that you are interested in or, as first or second year students, you might not yet have a defined area of interest. Be open to being mentored by someone outside your scope of interest because many times, after working closely with a mentor, you may develop a new area of interest.

Once you have identified someone you think would act as an appropriate mentor, approach that person. The key is to develop a professional connection outside of the classroom. Such activities might include asking to work in the professor's research lab, offering assistance on a current research project, or simply making an appointment to discuss research interests or career development issues.

The most effective mentors:

- Welcome newcomers into the profession and take a personal interest in their career development and well-being

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- Want to share their knowledge, materials, skill and experience with those they mentor
- Offer support, challenge, patience and enthusiasm while they guide others to new levels of competence
- Expose the recipients of their mentoring to new ideas, perspectives and standards, and to the values and norms of the profession
- Are more expert in terms of knowledge but view themselves as equal to those they mentor

How do I make the most of a mentoring relationship?

Effective mentoring is a two way street. Both the mentor and mentee need to be respectful of one another and dedicated to the relationships. Once you have established a mentoring relationship, it is important to maintain regular contact. Meeting at least once a month would be a nice way to keep on open line of communication. If you begin collaborating with a mentor on a research project or other professional project, it is important to be reliable and dependable. If you commit to a project, follow-through with it and if you run into trouble, communicate this immediately to your mentor. However, a mentee should not feel obligated to accept all opportunities offered by the mentor. Likely, the mentor you have chosen will collaborate with you on papers, presentations, and other professional activities. This can feel overwhelming given academic demands and the need for self-care. The key is communicating with your mentor. Remember, your mentor is your advocate!

In many ways, mentors can impact the course of your professional career so don't forget to say thanks every now and then. A simple note expressing your appreciation and gratitude is a nice way to communicate your feelings. Let your mentor know what you find to be most helpful or inspiring. This feedback is important to mentors who take this role seriously. There is a good chance you will likely remember, and in many cases, remain in contact with your mentor long after graduation!

A Good Day's Work

Community Service at Hopkins by Megan E. Lindsay

On a chilly but unseasonably pleasant Saturday morning, a group of nine graduate students looked forward to a day of refreshing manual labor— outside of lab, that is.

Living in Baltimore, we are all aware of the city's housing crisis. It is difficult not to notice the large number of abandoned homes, many on the verge of collapse, that litter the area. As Baltimore real estate increases in value, it is becoming more difficult for low-income citizens to buy a home. To add to the problem, estimates of the number of abandoned homes in Baltimore range from 15,000 to over 40,000.

For these reasons, the Baltimore Habitat for Humanity program works to rehabilitate these houses and make them affordable for working class individuals. Habitat for Humanity is an international, nonprofit organization dedicated to providing housing to those in need. While most Habitat programs in the United States are established in rural areas, Baltimore was the first urban program and served as a model for Habitat initiatives in other major cities. For more information, go to www.habitat.org.

The Baltimore Habitat for Humanity program works mainly in an area called Pen Lucy—a small, blue-collar neighborhood in Northeast Baltimore. Driving through Pen Lucy, it seems as if at least two homes on every block are abandoned and desperately needing repair. Baltimore Habitat buys these homes and, though the considerable effort of a small staff and many volunteers, restores them to almost new. Habitat then sells the houses at the appraised market value (anywhere from \$40,000-\$70,000 in Pen Lucy) with a no interest loan to an individual or family in need. Since the program is far more forgiving than a bank, it provides a real opportunity for people who might otherwise be unable to afford a home. The interiors of the remodeled homes are left with simple, white walls, enabling the buyer to decorate as they see fit. This particular aspect, the ability to make a house their own, brings a great

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deal of joy to the homeowner.

Habitat for Humanity is a non-profit organization, just barely making enough money from the mortgage payments it receives to buy more houses and the materials needed to restore them. Habitat also pays a small number of trained construction personnel to work with the volunteers. In addition, Habitat has a few full-time volunteers working through the Americorps program.

Habitat works on as many as 10 homes at a time and workers are found at the various sites Tuesday through Saturday. It was on one such Saturday that a group of Hopkins representatives arrived at their work site and were, predictably, soon mistaken for medical students. The organizer of the outing, Rebekah Zinn, hastily impressed upon the site supervisor that if someone whacked a nail through their hand there was nothing anyone could do about it.

The house where the students would be working did not have a roof or stairs, and the first floor room at the back of the house was bulldozed away during the course of the workday. Mainly, the group worked on framing the upstairs (reached via ladder) and putting up the roof joists (reached via extremely rickety scaffolding). This of course involved operating power tools, much to the students' delight. The table saw and circular saw were big favorites; unfortunately, there was no nail gun. A couple of brave graduate students learned the art of toe-nailing, a process whereby one braces a vertical board with one's foot while hammering a nail at a downward angle on the other side. I'm happy to report that all students left the site with feet and toes intact.

At one point, when the hammering and demolition were becoming particularly tiresome, someone suggested channeling the frustrations of all those failed experiments into the nail or board in question. This approach was very successful and several students commented that construction was actually quite good therapy.

When asked why they did it, some wanted to give back to old B'more, some wanted to learn more about construction, maybe a few just needed an excuse not to go into lab on a Saturday. In any case, everyone had a good time making a small but tangible contribution to our city, and hopefully such programs will continue to garner interest among students.



Wilsaan Mychal Joiner, Rebekah Zinn, Faisal Kamali, Lauren Berryman, Rodrigue Spinette, Divya Sharma, Megan Lindsay, Amanda Behr, and Sarah White admire their work at the end of the day.



Becky Zinn nails in some of the final supports for the upstairs framework.



The crew takes a break.

More pictures on page 8

Food for Thought

By Joe Ayoob

You know those late nights in lab when you are waiting to finish an experiment, you are the only one in the lab and boy, are you hungry. For me, when I am waiting for that timer to go off and my belly's a achin' and grumblin', my mind usually wanders and I often think about what things in the lab would taste like. Come on, we've all done it. Who hasn't wondered if DMEM tastes like Kool-Aid or if agarose is as delicious as Jell-O? Who hasn't pondered how long they could survive on the lab stock of powdered milk if they, by some unforeseen natural or unnatural disaster, were to be trapped in the lab with no chance of escape for an extended period of time? Well, I sure have. A lot. So, if you find yourself stuck in the lab and need some food to keep you going, here are a few of the recipes that I have cooked up over the past few years in grad school.

Drinks

Dulbecco Dacquiri: Mix 3 parts Dulbecco's minimal essential medium (high glucose) with one part ultrapure EtOH over small ice particles. Serve in a chilled 500ml beaker salted with low grade, bulk NaCl. Fashion an umbrella from Kim-wipes and toothpicks to dress up your cocktail and whisk yourself away to paradise!

LB Cappuccino: Start a bacterial culture (from a single colony, mind you) in LB and shake at 37°C until proper consistency is reached, an overnight culture works well. Use extra aeration and agitation for that creamy frothy topping. Sprinkle with tryptone or peptone and serve immediately. The perfect morning pick-me-up!

Main Courses

Multi-Species Haggis Surprise: Per serving, stuff one rat stomach with one mouse stomach stuffed with 5-10 fly fore-, mid- and hind-guts. Mix fly guts with a dash of Dri-rite chips or one pellet sodium hydroxide for that special surprise! Arrange on foil sheet greased with mineral oil and autoclave on wrapped goods for 20 min with no drying cycle. Slice and serve on a weigh boat decorated with lines of yeast paste and vacuum grease. Garnish with used mouse bedding. Perfect for that low carb diet! As an appetizer alternative prepare as a soup in LB broth.

Kung Pao Kitty Reanime: Check refrigerators for someone's old, dried out Taste of China remains. Compile all you can in an autoclave-safe container. Add 20 ml Tris Buffered Saline with 0.1% Tween per 100 g of TOC (including rice). Cover with aluminum foil, label with radioactive tape and autoclave on liquid cycle for 10 min. Uncover, stir with pipet chop sticks and purr with delight as you enjoy this delicacy, again. It's the cat's meow!

Desserts

Agarose Covered Drosophila: Mix 1 gram agarose in 100 ml dH₂O. Heat in microwave until dissolved. Set aside to cool. Anesthetize several thousand Drosophila. Fill each well of a 96-well plate 3/4 of the way with anesthetized flies. Fill wells with cooled but not solid 1.0% agarose prepared previously. Remember, the cooler the agarose, the crispier the exoskeletons. Allow to set. Turn over and twist plate for high throughput satisfaction!

Glazed Food Pellets: Soak rodent food pellets for 10-20 min. in water to soften and moisten. Roll in sucrose until covered completely. Torch with Bunsen burner to melt sucrose for that nice shiny glaze. Take care not to burn sugar or set fire to bench or self. Allow to cool and enjoy a tasty energizing snack with a furry friend!

Grad Student Budget Western S'mores: Soak any absorbent material, e.g. cotton balls, cheese cloth, crumpled paper towels or Kim-wipes in a dissolved solution of sucrose and agarose. Shape into a spherical-like form and allow to congeal. Meanwhile, search lab-mates drawers for their hidden chocolate stashes. Impale "marshmallow" with a glass pipet or other sharp object. Torch over Bunsen burner until desired color or pyro-maniacal cravings are satisfied. Sandwich charred blob and stolen chocolate between 2 sheets of Whatman filter paper and/or nitrocellulose membrane. Keep your burner lit and the lights off for that real campfire feel!

Bon Appetite!

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www.hopkinsmedicine.org/
gsa/news.html](http://www.hopkinsmedicine.org/gsa/news.html)

Next Deadline: May 15, 2004

Community Science Day- Volunteers Needed!

Dear Members of the Basic Science Departments,

Our annual **Community Science Day** is fast approaching. The day this year is **Tuesday April 20** and we will be hosting **The Thomas G. Hayes Elementary School fifth graders**. This school is just west of the outpatient center.

For those not familiar with this event, this is a day where we give back to the community we work in by teaching science to the students in our neighborhood. We divide the students into small groups (5-7 students) for four half-hour workshops, they are the fed lunch, and treated to a **science show** put on by graduate students and post-docs. The past three years the day has been a great success and the schools that participated have very much wanted to do it again. In an effort to be equitable to all the neighborhood schools we are inviting a different neighborhood school each year until we have given all the schools an opportunity.

We hope you will be willing to participate in this year's program. We are looking for labs who will run four identical half-hour workshops for the students from 10:00-12:00. These workshops can be directly related to the kind of science you do in your lab or to a more general science topic. In past years we have had workshops on separation (paper chromatography and ball columns); smell receptors, nervous system and the brain; DNA and RNA gels, structures); looking at worms, cells, and blood in microscopes; membranes; visual illusions; purple cabbage juice and pH; "Cool" and Crayola science; and African sleeping sickness. If you would like to do a workshop but do not know what to do, I have lots of resources and ideas.

We are also looking for chaperones that can commit the morning to taking the students from workshop to workshop and join them for lunch. The afternoon Science Show is always a hit and we need graduate students and post-docs who love doing colorful, explosive and amusing experiments in front of kids.

Please help us spread enthusiasm for Science and give the students a chance to understand some of what goes on in the buildings that shadow their neighborhood.

If you are willing to participate, please e-mail me soon at bamann1@jhmi.edu. If you can do a workshop, please also include the location of the workshop, general title of workshop if you know it, and contact name.

Thanks,

Barbara Amann
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714 WBSB

P.S. This will be my last year running this day and I have really enjoyed the fun. Anyone who is interested in taking it over, please let me know.

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Sarah White operates the table saw.



Divya Sharma secures a roof joist.



Faisal and Wilsaan worked for several hours on a particularly complicated section of framework.



Megan Lindsay peers down from her precarious perch above the open stairwell.

Photography by Amanda Behr