



# The Restriction Digest

## G.S.A. Newsletter

publication of the  
Graduate Student Association  
Johns Hopkins University School of Medicine

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### Falling Back In

Well, another academic year is upon us. Soon it will be time to bid the mosquitoes farewell and for the Orioles to finally stop losing as we grad students reset our sights on higher educational pursuits like finding out which journal clubs have the best free food. Yes, Fall is a special time of the year. It is time to meet the first year students and for upper classmen to suddenly realize that we are now fourth, fifth, sixth year students regardless of how much data we have.

It is an exciting time of year for the Grad Student Association as well. We recently approved funding and recognition for six student groups: the Indian Grad Students Association, the Chinese Student Scholars Association, the Hopkins Biotech Network, the Jewish Students Association, The Gertrude Stein Gay/Lesbian Society, and the Restriction Digest. All of these groups will be hosting open events throughout the year, so check them out.

The Grad Student Association is also working hard to provide ample opportunities for free food, free alcohol, and maybe even a chance to be outside. The first happy hour of the year will be Thursday August 25 in Restriction Courtyard. We'll be passing out free tickets to see the Orioles play the Red Sox on September 23. We'll have our annual cookout September 28 with lots of free food and beer. All the events are listed in the newsletter.

So as we prepare to embrace another year just remember these few helpful tips:

- 1- Journal club is more fun with a cookie in each hand
- 2- If your skin is lighter than your labcoat it is time to go outside
- 3- Thesis committee meetings go much more smoothly when you prepare by watching Rafael Palmiero's testimony before congress

Have a great year.  
Drew Watkins, President  
Graduate Student Association

### THE GSA NEWSLETTER

*The Restriction Digest*, named for the historic discovery made by Hamilton Smith at Johns Hopkins in 1970, has been publishing since 1990. This newsletter is meant to be an open forum for graduate students to express their opinions, share information, and address all aspects of graduate student life at Hopkins. Articles range from serious to comedic, with past issues featuring bioethical debates, restaurant reviews, and interviews with visiting scientists.

The newsletter currently does not have a permanent writing staff. Instead, all students are encouraged to e-mail submissions directly to the editors. As we strive for a diverse, informative, and entertaining publication, virtually every submission is gratefully accepted. We are currently looking for people to fill the following positions:

- Editor
- Interviewer of visiting lecturers
- Writer to cover GSA events
- Restaurant Critic
- Photographer

All of these positions have a minimal time commitment with a great deal of flexibility. In the next couple of months, we will be having an organizational meeting for all those who may be interested in working on the newsletter. In the meantime, students can feel free to e-mail any editor with questions, submissions, or suggestions.

We would like to take this opportunity to emphasize that we are a publication representing the student body, accepting submissions from students and publishing them without censorship except in extreme situations. We have always intended the newsletter to be an open forum where students can express themselves freely. Furthermore, the opinions of our student writers in no way reflect the views of the GSA or Johns Hopkins University.

We appreciate the readership of all students and faculty and gratefully accept any feedback. The success of the newsletter is directly related to the contributions of all of the graduate students. This is YOUR open forum. Come and express yourself!

**To All New Graduate Students:**

**Please join us for an informal welcome reception  
hosted by the  
School of Medicine Development and Alumni  
Relations Office and the  
Johns Hopkins Medical and Surgical Association**

**Thursday, September 15, 2005**

**4:00-6:00 p.m.**

**Greenhouse Café**

**Wine and light refreshments will be served**

**Please bring ID**

- Annual financial support of the Medical Student Society, the Graduate Student Association, the Johns Hopkins Postdoctoral Association and the House Staff Council
- Annual funding of student scholarships
- Sponsorship of 5 awards given at Young Investigators' Day
- The Biennial Meeting and Reunion Weekend
- Financial assistance for students, house staff and fellows using the Johns Hopkins Family Center

The JHM&SA is run by a volunteer council and is managed through the School of Medicine Development and Alumni Relations Office.

**Who is the School of Medicine Development and Alumni Relations Office?**

The School of Medicine Development and Alumni Relations Office's mission is to build lifelong relationships with our constituents, including students and alumni, in order to foster participation in and financial support of the institution's priorities for the continued growth and development of JHM as a world-renowned leader in research, teaching and patient care. Johns Hopkins' history and traditions inspire us to achieve excellence in all that we do and represent.

Located off-campus on the second floor of One Charles Center, at the corner of Charles and Fayette Streets, the School of Medicine Alumni Office can be reached at 410-516-0776, toll free at 888-546-1336 or by email at [JHMalumni@jhmi.edu](mailto:JHMalumni@jhmi.edu).

**Who is the Johns Hopkins Medical and Surgical Association (JHM&SA)?**

The JHM&SA is the alumni organization for all graduates of the School of Medicine as well as all current and former fellows, house staff and faculty. The Association is supported entirely by its membership base through an annual dues campaign and focuses on projects that enrich both predoctoral and postdoctoral life at Johns Hopkins. Some of its activities include:

**THE GERTRUDE STEIN SOCIETY**

The Gertrude Stein Society is an organization for lesbian, gay, bisexual and transgender members of the Johns Hopkins Medical Institutions, including the Schools of Medicine, Nursing and Public Health.

Gertrude Stein, the well known lesbian writer and intellectual, was a medical student at Johns Hopkins near the turn of the century, and the Gertrude Stein Society seeks to maintain her legacy of active gay, lesbian and bisexual presence and involvement in the affairs of JHMI today. We are dedicated to maintaining and developing an even more accepting environment for diversity at the Johns Hopkins Medical Institutions.

Our members believe that gays and lesbians enrich the diverse environment we all enjoy at Johns Hopkins and in the health professions. We aim to provide a supportive environment for the gay community at Hopkins while offering an array of educational and social events for all interested individuals. Over the years, we have hosted exciting speakers series featuring prominent gay community experts in medicine, politics and the gay civil rights movement. We also regularly host a wide variety of social events.

# Science and Skiing

By Edel Hyland

From March 31<sup>st</sup> to April 5<sup>th</sup> I attended the “chromatin modification pathways” Keystone meeting located in the Snowbird ski resort, Utah, high in the Rocky Mountains. Although I arrived back in Baltimore significantly bruised and sun burnt from my attempts on the slopes, I was definitely fully charged and motivated to instigate new experiments at the bench based on all the scientific input at an excellent forum such as the Keystone meeting.

Fortunately my former roommate and classmate Rocio Montes de Oca had also registered for the same meeting, so I had a companion both for the flight and at the hotel. On arriving at Salt Lake City airport we caught our first glimpse of the spectacular mountains, and were almost envious of all the other “regular” people bustling around the airport, who had, in place of our awkward poster holders, ski carriers, heading off for a week skiing. Our flight provided us with just enough time to check in, register and make our way to the great ballroom for the keynote address that night. This was delivered by Dr Richard Young of the Whitehead institute for biomedical research, an insightful note on the human genome histone occupancy profile. Indeed a quick glance at the line up of speakers for the upcoming four days indicated that this was a taste of things to come as it seemed most of the leaders in chromatin regulation were invited including David Allis, Thomas Jenuwein, and Genevieve Almouzni to name but a few. Personally, I was at an unaccustomed point in my PhD work, where I was beginning to generate some interesting data, and I was excited about how I could relate my findings to other studies and see where it all fit in the big picture. The benefit of attending a focused meeting such as Keystone meant that the vast majority of talks were pertinent to my work – in addition to ensuring my comprehension of most of the scientific details!

Friday morning at 9am the talks began. The first speaker’s abstract was enticing although in the end he presented on a topic unrelated to that of his written preview, for the added “surprise-factor” I suspect. I was certainly surprised, as

his data included some results that were a feature of my poster – the meeting was definitely getting off to an interesting start! One stellar talk followed another seamlessly and fortunately most of the data presented was unpublished, and therefore very exciting. One of the highlights of the meeting included the revelation that histone tails are substrates for yet another class of enzymes, proline isomerases, whereby a critical bond in the tail of histone H3 at least, can undergo an isomerization, flipping the whole tail in the opposite direction with obvious chromatin structure implications. Poster sessions were well attended and with wine free flowing, an interactive environment was established! At the end of each day it became routine for many of the attendees to continue their discussions in the 10<sup>th</sup> floor bar, which by Utah drinking laws, we were all obliged to become exclusive members of. In my opinion I learnt more about the field of chromatin regulation in this informal setting.

Of course another function of Keystone meetings is to introduce scientists to the joys of skiing – me included. On Saturday afternoon I took to the bunny slope accompanied by my “expert” friend Rocio, but unfortunately I did not achieve any great feats. Due to my inability to stop I succeeded mainly in frightening the 5 year olds present as I uncontrollably skied down the slope while simultaneously screaming for help. The next free afternoon I swallowed my pride and about \$75, and took a skiing lesson, and I can proudly say that I mastered the bunny slope! Hopefully at my next Keystone meeting I may actually venture up the mountains.

Since my return to Baltimore I have spent time sending various yeast strains and plasmids to people I met at the conference, and have even received some reagents for myself. This scientific exchange, I feel, is a true indication of the success of the meeting. I definitely consider conferences to be one of the major, more enjoyable, aspects of being a scientist and I am certainly looking forward to the next one. In fact, a chromatin meeting is scheduled next year in the Bahamas so I’m keeping my fingers crossed that the lab gods will behave and I may actually have interesting results by then to justify my attendance.

# SAP CORNER

## Safety in the City

Deborah Hillard, Psy.D.

### Student Assistance Program

*As we begin yet another academic year, it is important for us to think about personal safety, both on and off campus. Many of us live, attend classes, and commute through the city on a daily basis, often times taking for granted our personal safety. We may even naively adopt an “It won’t happen to me” mentality, which inherently, places us at a greater risk of being victimized. With the hustle of trying to manage our academic careers, it can become easy to forget about the ways to maintain personal safety.*

*Although Johns Hopkins University is fully committed to maintaining a safe campus environment by providing comprehensive and state of the art security systems, you must also play an active role in maintaining personal safety. Several crime prevention strategies may be useful for students to consider. The following safety tips are adapted from the Johns Hopkins Security Department websites:*

#### **Safety at Home:**

- Secure dorm rooms and apartments to protect your property. Lock your doors and windows and place valuables out of plain view.
- Never give your keys or your student id/keycard to anyone, even if they are your best friend.
- Be aware of your surroundings and report suspicious activity.

#### **Car Safety:**

- Always lock your car and remember to place valuables under your seat, in your trunk, or somewhere else out of sight.

- As you approach your car, be aware of your surroundings. If you see someone loitering near your car, do not go to it; instead, walk to an area where there are other people and seek assistance.
- Have your car keys ready. Make sure you don’t have to stand by your car fumbling for your keys.
- Before you enter your car, look inside to make sure there is no intruder in the car.

#### **Campus Safety:**

- Wear your identification badge visibly, displayed at all times. Replace it immediately if it is lost or stolen.
- Never leave your personal property unattended even if you’re going to be gone for just a minute.
- Walk in a group, try not to walk alone.
- Be aware of your surroundings; walk in well-lit areas at night.
- Keep your head up. Do not look down or away and make brief eye contact with all people you meet.
- Use public walkways and avoid shortcuts, especially at night.
- Be aware of places along your path of travel that could conceal a criminal (shrubbery, buildings recesses, etc...). Avoid or keep a distance from these areas whenever possible.
- Make sure someone knows when you leave and when to expect you back.
- Carry a “disposable” wallet/purse with a small amount of money in it. If an assailant attempts to rob you, turn it over without hesitation.
- Know the location of campus emergency phones and don’t hesitate to use them.
- Use Security Escort Services (van or walking)
  - **East Baltimore Campus: 410-955-5585 (24-hour service)**
  - **Homewood Campus: 410-516-8700 (operating from 5pm to 3am)**
- If you think someone is following you, cross the street, head for a well-populated and well-lit area at night.

- Wear clothing that will allow you maximum mobility if it is necessary to run. Be prepared to drop your valuables (heavy books, packages), since these can slow you down.
- Carry a whistle or personal panic alarm with you.
- Report suspicious activity immediately to the Security Department or Police, don't be embarrassed to make the call:
  - o **Non Emergency Numbers:**
    - § **East Baltimore/Medical Campus: 410-955-5585**
    - § **Homewood Campus: 410-516-4600**
  - o **Emergency Numbers:**
    - § **East Baltimore/Medical Campus: 410-955-5585**
    - § **Homewood Campus: 410-516-7777**
    - § **Baltimore City Police: 911**
- Use the campus shuttle when commuting across campuses.
  - o A shuttle service operates year round between the Homewood Campus and the Johns Hopkins Medical Institute, with stops in the Charles Village area and Peabody.
  - o An Eastern Campus shuttle operates weekdays between the Eastern and Homewood campuses along with another shuttle, which runs between the Eastern Campus and the medical institution.
  - o The Colltown shuttle runs between Hopkins and Goucher College, with stops in the Towson area.

The Johns Hopkins Security Department works in concert with the students, faculty, and staff toward ensuring our security throughout the campus and neighboring communities. Members of the department work closely with Baltimore Police and community representatives in crime prevention and investigations in keeping with Hopkins' community outreach initiatives. Detailed information about the security departments, including a daily incident report, may be found on the following websites: [www.jhu.edu/~security](http://www.jhu.edu/~security) and [www.hopkinsmedicine.org/security](http://www.hopkinsmedicine.org/security).

In summary, a college campus is a great place to learn and grow. But a college campus, like any other community, has its share of accidents, crimes and injuries. You need to take an active role in crime prevention, including the realization that you might be the next crime victim. Victims of crime are encouraged to seek assistance from the security department and confidential counseling from the Student Assistance Program (SAP). For more information about this topic, please feel free to contact the Student Assistance Program (SAP) at (443) 287-7000 or visit our website at [www.jhu.edu/sap](http://www.jhu.edu/sap).

The Student Assistance Program (SAP) provides free and confidential services to all registered Johns Hopkins University School of Medicine students and their immediate family members. The SAP offers preventive and educational sessions, support and discussion groups, identification and assessment of personal, family and school/work-related issues, brief counseling and consultation, and referrals to appropriate and accessible services and resources. There may be fees associated with other services and resources to which individuals may be referred. Offices are located in East Baltimore (550 N. Broadway) and at Johns Hopkins at Eastern (1101 East 33<sup>rd</sup> Street, Suite C-100). To schedule an appointment, call (443) 287-7000 / (443) 997-7000, or for more information, visit our Website at [www.jhu.edu/sap](http://www.jhu.edu/sap).

## **INDIAN GRADUATE STUDENTS ASSOCIATION**

IGSA or the 'Indian Graduate Students Association' is a non-profit association established with the purpose of promoting awareness of Indian culture, providing opportunities for social interactions and to showcase India as a nation. It has been put together to encourage programs of special interest to the Indian community and to promote healthy interaction between the different communities and members of Johns Hopkins University.

IGSA organizes get-togethers as well as celebrations of some Indian festivals. In addition, it plans on organizing bus trips to places of common interests. Apart from the aforementioned activities, IGSA arranges pick-ups and temporary accommodations for the new Indian graduate students. IGSA is also actively involved in generating funds and aid in emergency situations and for the needy. It is committed to the welfare of Indian students and in fostering socio-cultural and educational exchange amongst those who have an interest in exploring the Indian culture. The mission is to celebrate the radiant spirit of India and share it with the diverse student bodies at Hopkins.

IGSA looks forward to your help, support and participation towards attaining the goals outlined above.

## **THE JEWISH STUDENT ASSOCIATION**

The JSA was started approximately 9 years ago and is a student run group that exists to address the needs of the graduate Jewish community at Johns Hopkins University by promoting cultural, religious, social, educational and political programming. We seek to present awareness of Judaism and encourage interaction between graduate and medical students from the Schools of Medicine, Public Health and Hygiene, Nursing and the Homewood campus.

Over the last several years, we have made a significant effort to broaden the type and quality of programming our organization offered at the JHMI campus. Programs we have hosted in previous years include a lecture series ranging on topics such as effects of terrorism on public health, academic boycotts and medical ethics.

The JSA consists of students from each of the schools listed above and post-docs frequently participate in our programs. Any student from Johns Hopkins University is welcome at our events, though we tailor the advertising to the post-undergraduate crowd specifically. Students interested in joining are encouraged to email David Wasserman ([dwasser2@jhmi.edu](mailto:dwasser2@jhmi.edu))

## **THE CHINESE STUDENT and SCHOLAR ASSOCIATION**

The Chinese Student and Scholar Association at Johns Hopkins Medical Institutions (JHMI-CSSA) was established in 1990. The goals of our organization are to provide a culture-characteristic social network to the students and scholars at JHMI, to promote communications between the Chinese community and other school-wide student groups at JHMI and to help the students and scholars accommodate to and develop their career in a multi-cultural environment. JHMI-CSSA as a group has no potential overlaps with other student group at JHMI.

Each year, JHMI-CSSA holds two big on-stage performance celebration parties, one for the Moon Festival and National Day in early September, and another for the traditional Chinese New Year (the Spring Festival) in February. In addition, there are a lot of other activities along the year, such as picnics, seminars, outdoor activities, sports activities, movie and culture shows, etc.

Membership is open to all students and scholars at JHMI. Currently, we have more than 600 members and among them, about 250 graduate students in the School of Medicine. We own an email list ([cssa\\_l@jhsp.h.edu](mailto:cssa_l@jhsp.h.edu)) for our members to exchange useful information and discuss specific issues. To join, simply send an email to [JHMICSSAlistmanager@yahoo.com](mailto:JHMICSSAlistmanager@yahoo.com). Our website is <http://www.jhu.edu/~cssa/>.



## **Welcome to the Hopkins Biotech Network!**

2005 – 2006 is shaping up to be the most exciting year for HBN yet. The group has undergone rapid growth to nearly 1,500 members since its founding in April 2003.

HBN is a student run organization that promotes education, career development, and networking in the field of biotechnology. We facilitate communication and build relationships between our members and the biotech industry.

Membership is free and open to everyone. Commit as much or as little time as you wish.

Joining is easy. Just visit our new and improved website:

[www.hopkinsbiotechnetwork.org](http://www.hopkinsbiotechnetwork.org)

Services and member benefits include:

- The HBN seminar series, featuring a wide variety of leaders in the life science domain
- Monthly technology and company profiles posted on website
- Calendar of events in the region including lectures, career fairs, and social outings
- The latest biotechnology news
- Opportunity to interact with alumni, faculty and industry professionals
- Membership-only access to career information and job postings
- Monthly alumni interviews relating to possible career paths in bioscience related fields

- Professional and social communication via HBN message boards

We're going to build upon the success and momentum established from the final event of last year, which featured a distinguished panel of speakers who discussed the harmony between academic research and entrepreneurship.

Seminars take place on all of Hopkins campuses and include a range of topics. This year, we'll feature speakers discussing anything from the exciting prospects of the new biotech park being established next to the East Baltimore campus, to academic vs. industry career choices, to the increasing role of generics in the pharmaceutical space.

Our first event of the year will be on August 30<sup>th</sup> on the East Baltimore campus. A panel of speakers representing Hopkins, NIH, the pharmaceutical industry, and the non-profit sector will lead a discussion on the successes and challenges for women within today's corporate climate.

Other plans for the year include the establishment of a mentorship program for members and a HBN business plan competition. We'll also be featuring several social events and happy hours for networking opportunities among our members and advisory board.

HBN is an organization run by and run for students. Your input and participation is what drives our success. Again, membership is free and open to all. Join today and help shape our upcoming year.

Visit the HBN website for complete organization information: [www.hopkinsbiotechnetwork.org](http://www.hopkinsbiotechnetwork.org).

## Upcoming GSA Events:

### **August 25, 2005**

Event: Big Sib/Little Sib Happy Hour

Location: Restriction Courtyard

Time: 2:45-4:30 pm

Come meet the 1st years while enjoying free beer, soda, and snacks!

### **September 20, 2005**

Event: GSA Council Meeting

Location: 1830 Bldg, room 2-108

Time: 3:00-4:00 pm

Learn what we do and enjoy free pizza and soda!

### **September 23, 2005**

Event: Orioles vs. Red Sox

Location: Camden Yards

Time: 7:35 pm

One FREE ticket and one \$5 guest per student. Watch your e-mail for details.

### **September 28, 2005**

Event: Fall Picnic

Location: Restriction Courtyard

Time: 4:00-6:00 pm

Come enjoy free food and drinks with your fellow grad students and post-docs.

### **October 14, 2005**

Event: Aquarium Trip for First Year Students

Location: National Aquarium in Inner Harbor

Time: 5:30 pm

Free trip to the Baltimore Aquarium for all first year students (Guests \$5)

RSVP to [awatkin6@jhmi.edu](mailto:awatkin6@jhmi.edu)

### **October 18, 2005**

Event: GSA Council Meeting

Location: 1830 Bldg, room 2-108

Time: 3:00-4:00 pm

Learn what we do and enjoy free pizza and soda!

### **Late October**

We will join with the Med Students for another Masquerade Ball. Details are forthcoming.

**For submission information, contact an editor:**

**Megan Lindsay ([mlindsay@jhmi.edu](mailto:mlindsay@jhmi.edu)), Jaime Cheah ([jcheah@jhmi.edu](mailto:jcheah@jhmi.edu)) or Lai Hock Tay ([ltay@bme.jhu.edu](mailto:ltay@bme.jhu.edu))**

**<http://www.hopkinsmedicine.org/gsa/news.html>**

**Next Deadline: October 15, 2005**