



# The Restriction Digest

## G.S.A Newsletter

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Johns Hopkins University School of Medicine

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### GSA Notes

By Drew Watkins

I don't know about you, but it is now dark both when I leave for lab in the morning and when I get home in the evening. What ever happened to all the additional "daylight" we are supposedly "saving" this year? Yearly this decreased daylight signals the arrival of Autumn, a season in Baltimore that lasts about a week and a half and during which the public schools immediately begin canceling classes because "it might snow in a couple of months". You can never be too careful.

Well, while the public schools are closing, things at Hopkins are hopping. As grad students, we have officially oriented our new first year students. Our first happy hour of the year was a success, and by "success" I mean we set a new GSA record for the consumption of 12 cases of beer (37 minutes). We also passed out 100 free tickets to see the O's lose to the Red Sox in less than an hour. Another success was the first ever Fall Picnic co-hosted by the GSA and Postdoc Association- the first GSA event to feature kegs. Thanks so much

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### Cheap Eats

### Around Campus

By Ian Kaplan

### John's Express

**Don't judge this pizza and sub dive by its cover, they make spectacular Indian food.**

If you have ever watched an entire episode of the Antiques Roadshow you'll know that every episode they feature someone's undiscovered masterpiece. Just in case you don't know what I'm talking about, it basically goes like this; someone brings in a piece—which they probably found at a garage sale and bought for next to nothing 'just because they liked it'—meanwhile, the expert from Sotheby's can barely contain his enthusiasm as he begins regaling them with the story behind their hidden treasure. In the end we learn that this seemingly ordinary, long time mantle fixture is actually one of a kind and worth hundreds of thousands at auction.

I realize now that I was once that 'somebody' when I first walked into John's Express, but as the writer of this review I've transcended into the form of the 'expert' as I tell you the secret about

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### Leave a Message

By Rodrigo Ortiz-Meoz

### Away for two weeks: voicemail highlights

- 1- Rodrigo, its your mother, call me back please.
- 2- Hey, I know it's 4 A.M but I'm just leaving this party and I ran into a guy who said that he knows you. He says "what's up?" I don't remember his name. I'm drunk. Ok, bye.
- 3-Hello, this is a message for Amanda Hutchinson reminding you that you have an appointment at the District Attorney's office tomorrow at 9.00 am.
- 4- Rodrigo, you haven't called me back, I hope you are OK, I taped an Oprah I want you to see when you come visit.
- 5- Hey man, it's a good thing my life doesn't depend on whether or not you answer the phone. Whatever, call me back, even though you won't.
- 6- yo paul, I need to know about the trip man, because if you can't go, we need to know now and not like, you know, a day before the trip. Also, I've got to run that thing over with my dad, since he's paying for it and whatnot. All right, hit me back up soon.
- 7- Rodrigo, I hope you aren't dead, your brother says you aren't dead but these two kids went to Guatemala without telling their parents and they fell into a volcano and died, I hope you aren't in Guatemala.
- 8-Rodrigo, where are you?! Oh, wait, I think you are here, I see you.....no, its not you, just some guy who looks like you, where are you?

# Bitchin' Kitchen

By Renee Domergue

A call to all grad students: The madness must stop. No longer should you eat as if you were in college, eating ramen noodles in a foam cup. No longer should the TOC substitute as your “Sunday evening meal.” We are real people now. We deserve to eat real people food. That being said, if you are feeling as helpless in the kitchen as you do in the lab, I think I can help. In hopes of getting you to put down the easy mac and serve up some good grub, I am going to try to provide a recipe each month that is simple and tasty.

This first one will prove to be as hard as it will get. This is because I feel you should break down and spend some time with your kitchen, getting to know it at least half as well as your lab bench. Even so, we'll tackle the toughest meal of all this month, the “Sunday dinner.” Use this to impress a date, your parents, or hell, even yourself. As fall is upon us, I am hoping you will try to make this dish when in need of some warm comfort food. And with failed experiments facing you during the day, which one of us couldn't use some comfort? And I promise, it still won't be hard to do or require much precious time for food prep.

## **Herbed Potatoes and Sausage**

1 lb kielbasa/sausages (preferably sage flavored- I'm not talking breakfast sausages here)  
4 large baking potatoes  
1 can chicken broth (approx 14oz)  
4-5 slices of bacon  
1 onion  
1 packet/bunch of fresh sage (or the poultry mix packet of sage, rosemary, and thyme)

Protocol:

Preheat oven to 350<sup>o</sup> (that's Fahrenheit, not Celsius- I said get out of the lab!). Slice onion and bacon into small pieces. Add about a tablespoon of oil to a large skillet (about two turns around the pan) and fry up the bacon and onion over medium-medium high heat for about 5 minutes. Meanwhile, rinse the potatoes and cut them into 1/4 inch wide slices and layer them in a 13x9in dish. You are allowed, nay, encouraged to leave the skins on to save time. Put the bacon and onion on top of the potatoes when finished cooking. Add the whole sausages to the pan and turn every minute or two, just until the

outside is lightly browned. Chop up about a small palmful of the herbs and sprinkle over the potatoes. Then put the sausage on top and pour the can of broth over the whole thing. Cover in foil and cook this at 350 for about 50-60 minutes or until you can stick a fork through the potatoes. Serve in a bowl with the luscious broth and enjoy.

Tips:

If you can't find sage sausage or want to cut the fat, chicken sausage is a good alternative as it is lower in fat and precooked. Use a flavor like applewood bacon. Mild Italian sausage will also work in a pinch.

In upcoming issues: Microwave -only meals, desserts in a dash, and vegetarian dishes that won't leave you missing meat.

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### *John's Express*

John's Express. Ready for it? This seemingly ordinary, 'why did I eat that' inducing, East Baltimore Sub and Pizza joint serves unbelievable, fresh Indian Food. Seriously, this is no joke.

The chicken saag I ordered was among the best I've ever had. A creamy blend of spinach and spices, this dish, which was served in an aluminum to-go-container, was more flavorful than the saag at a lot of the sit down Indian eatery's I have been to. Not to mention that all Indian dishes are served with steamy naan and basmati rice—did I taste cardamom in that rice? With entrees ranging from \$9.99-12.99 John's certainly isn't the cheapest place around campus but it might be the best kept secret. And hey, with all that food you might just end up with lunch and then some. This is probably a good time to let you know that they have funky hours (1pm-2am), for all you early lunch eaters plan accordingly. The good news for anyone on campus late—especially if you're not up for a walk to Washington and Orleans at night—is that they deliver.

If you do head down there don't forget your quarters and a pal because they even have Street Fighter II and Ms. Pac Man arcade machines, which is nice because the Indian Cuisine takes a few minutes. In my opinion, that is just another testament to the fact that they make it fresh. Trust me; this place is worth the trip.

# Technology Corner

By Jonathon Trow

## Podcasts

So you have an ipod or other mp3 player, and you listen to music while you workout or maybe even throughout the day. But are you really getting everything out of your portable music player that you could be? If you aren't listening to podcasts, then I would contend that you aren't making full use of it.

First, what is a podcast? Podcasts are like downloadable radio shows in mp3 format so they are playable on your portable music player or computer. Some are actual radio programs; in fact NPR puts out a number of their shows in this format (the audio portion of some TV shows are available also- try out Ebert & Roper or Meet the Press). However, independent individuals with an interest or hobby publish most podcasts. They cover virtually any topic you can think of: religion, food, wine, video games, politics, fantasy sports, offbeat news, indie music, science, talk radio, audio tours for museums, there are even podcast novels. The odds are good that you can find a podcast to cover any subject you are interested in. The great thing about this medium is that you can use software (such as iTunes) to subscribe to podcasts you like. When you are subscribed to a show, iTunes will automatically download it whenever a new one comes out (usually either daily or once a week) and will mark shows that you have not listened to. So with a quick glance at your podcast subscription list you can tell which ones have a new show out.

I hear you saying "This sounds really cool, it must cost a ton right?" No my friend, the vast majority of podcasts are 100% free! Now you are probably asking "How can I get started using this incredibly exciting media?" Well, I'm glad you asked. An easy way is to go to podcast listings, which will allow you to search through a database of podcasts by keyword to find those you might be interested in; they also have top 10 lists so you can see what other people are listening to. iTunes is a good place to start, other good podlists include: podcast alley, podcast pickle, and the podsafemusic alliance, all of which can be found easily via Google.

There are a couple of new utilities that will help with

finding podcasts in line with your interests. Loomia.com is a website that allows you to rate podcasts you like and then based on how your ratings match up to those of other users it recommends new shows you might enjoy. Podscope.com is another cool site where you can search the actual content of a podcast for a given word or phrase. This search engine is still in beta but expect to see podcasts be fully searchable in the very near future. I'll leave you with a few shows you may want to search for in iTunes as a starting point for your podcast subscription list: ESPN (daily sports news), Coverville (cover songs), Next Big Hit (podsafemusic), Podfinder (reviews other podcasts), DiggNation (tech and culture news), and check out the top 20 list on the iTunes podcast site (can be accessed by clicking on the "podcast" link on the left-hand side of the music store).

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#### *GSA Notes*

to everyone who came out for each of these events.

While it has been great fun planning these activities, our most important activity this fall was and is one that took us and so many others by surprise. For weeks now we have been flooded with images of suffering that we are not used to seeing within the borders of the US, as so many lives have been devastated by Hurricanes Katrina and Rita. In response, the GSA has offered additional support to the efforts that were started by many of your fellow students. The first year CMM students have organized a drive to gather items, and KC Kent has organized a canned food drive and volunteer dates at the Maryland food Bank. The best news is it that it is not too late to get involved. This is a great opportunity to show that Grad Students can mobilize en masse for something more (yes more) significant than free alcohol. Get involved.

#### *Contacts:*

Food Drive Donations and Volunteer Times:  
KC Kent: kckent@jhmi.edu

CMM Care Packages:

Will Hendricks: whendric@gmail.com

# SAP CORNER

## Beating the Blues: Feeling Crummy or Feeling Depressed?

Jefferey Cameron  
Management and Community Organization Intern  
Student Assistance Program

Each academic year brings new challenges and experiences. Although exciting, these new challenges may create stress, tension, and feelings of sadness. All of us have felt “down” or discouraged at various times in our lives, when perhaps, things were not going well. There are normal variations in our moods over time and even day-to-day. It becomes problematic when “being down in the dumps” last for weeks, which in turn may negatively impact our academic performance and social interactions. When an individual reaches this point, it is fair to say that they may be experiencing symptoms of depression, a very common and frequently unrecognized illness.

### WHAT IS DEPRESSION?

Clinical depression affects your mood, thoughts, behavior, and body. It can change how you think and feel about things, your eating habits, your ability to work or complete school assignments, and how you interact with your professors, friends and others.

Depression is not a fleeting mood, an indication of personal weakness, or a state that can be willed away. Clinically depressed people cannot usually “pull themselves together” and get better.

### SYMPTOMS OF DEPRESSION

- Sadness, “empty” feelings, or anxiety
- Decreased energy and fatigue
- Lack of interest in usual activities
- Problems sleeping (insomnia, oversleeping, or waking much earlier than usual)
- Changes in appetite and weight changes (either loss or gain)
- Feelings of hopelessness, guilt, and worthlessness
- Thoughts of death or suicide
- Difficulty concentrating or remembering things
- Irritability or excessive crying

### HOW TO RECOGNIZE DEPRESSION

In order to overcome depression the first step is to recognize it. Everyone will have some signs of depression some of the time.

However when you can experience five or more of the above symptoms that have lasted for two weeks or longer it is time to seek professional assistance, as determined by the National Institute of Mental Health. If you do not seek treatment, notable changes in usual performance will likely be noticed by all.

### HOW DID I BECOME DEPRESSED?

Sometimes stress builds up in our lives and overwhelms our ability to cope. You may have lost someone you love, had a baby, or been too busy for too long. Ongoing stress like coping on a low income, facing rising debt, or feeling like your grades aren’t up to par can lead to depression. Sometimes people get depressed for no obvious reason; the heavy feelings just seem to come out of the blue. This sometimes happens when people come from families who seem more vulnerable to becoming depressed after relatively mild stress. No matter how you became depressed, the effects are harmful and will affect your studies if left untreated.

### HOW TO BEAT DEPRESSION

Try to maintain these healthy habits when you are well, to reduce the risk of becoming depressed or slipping further into depression.

- Try to eat a balanced diet containing plenty of fruit and fresh vegetables. Treat yourself occasionally to foods you enjoy.
- Try to reduce alcohol or other drug use. Although they may seem to help at the time, they often have a hangover effect, which adds to depression.
- Try to get some physical exercise each day. Although this might be the last thing you feel like doing, pushing yourself to do some regular exercise really does help.
- Avoid sleeping during the day. This is often tempting, but won’t help your depression and may mean you don’t sleep well at night.
- Avoid drinking tea, coffee or any caffeinated drink in the evening.
- Don’t lie awake in bed for more than 30 minutes. Get up and do something relaxing, like listening to music or watching TV. Try not to worry about not sleeping – sleep will evade you even more.

### GRADUATE SCHOOL AND DEPRESSION

Being a graduate student at a top university isn’t easy. Academic demands are greater; you may be living alone or in a new city; family dynamics maybe changing and new financial responsibilities may be creating added stress. Your social life is evolving due to exposure to new people, ideas and temptations. Graduate school is a new challenge that will evoke a great deal of emotions. If however, you begin to experience depressive symptoms speak with a mental health professional to evaluate your concerns. If you are hesitant or anxious about setting up an appointment, bring a friend, they can always help voice how the depression might be visible from an outsiders view. Don’t shy away because you are

wondering what others will think. Do what is best for you and get help. Your family and friends will understand and applaud your move to feel better. For more information or to make an appointment contact the Student Assistance Program (SAP) at 443-287-7000 or you may contact a local treatment provider for additional services.

Reference: National Institute of Health ([www.NIMH.gov](http://www.NIMH.gov))

## **Service Opportunity**

### **The Incentive Mentoring Program at Dunbar High School**

The Incentive Mentoring Program at Paul Laurence Dunbar High School utilizes volunteering to improve the mental, social, and physical health of inner city Baltimore high school students and Johns Hopkins School of Medicine students.

A founding goal of IMP is to offer an empowering program that benefits the participating Hopkins students by creating a bonding experience with their peers and the community, in addition to providing an invaluable teaching experience outside of the typical scientific arena. Unlike other short-term events, IMP provides an enjoyable avenue through which students can participate in a philanthropic activity on a consistent, convenient, organized, and efficient basis.

The Incentive Mentoring Program fosters the academic and social growth of students at Dunbar High School. Volunteers provide after-school tutoring for the students and, in turn, the students design and participate in monthly community service projects to benefit others. IMP meets weekly from 3:15pm - 6pm and dinner is provided for the students and volunteers. For more information, please email [DunbarIMP@jhmi.edu](mailto:DunbarIMP@jhmi.edu) or sign up to help at [www.dunbar-imp.org](http://www.dunbar-imp.org).

## **PROGRAMS JUST FOR YOU**

We hope you're saving lots of money with the ever-so-popular discount cards that you recently received. As you may know, the School of Medicine Alumni Office and the Johns Hopkins Medical and Surgical Association partner with the JHU Alumni Association to bring valuable programs and services, such as the discount cards, to students. Highlighted below are two more of these programs.

Each year the JHU Alumni Association hands out over \$40,000 in support of student programs at all eight University divisions through its Student Services and Community Service Grant Programs. Applications for either of these two grants are accepted in both the spring (November 1 deadline) and the fall (March 1 deadline). Although grant applications are submitted directly to JHU's Central Alumni Office up at Homewood, either Sheri Kurman or Cheryl Glab in the SOM Alumni Office is happy to review any application prior to submission.

If you are interested in learning more about the grants or downloading an application, visit [www.alumni.jhu.edu](http://www.alumni.jhu.edu) and click on "Services for Students."

Another valuable service for students is HopkinsNet™ which is a searchable online directory. You can look up alumni by name, city, state, country, and year of graduation, as well as by company and professional field. The alumni in this directory have identified themselves as resources for career networking, so they're looking forward to hearing from you!

The directory is password protected, but all you need to create an account is your name and social security number. This service is free of charge and can also be accessed from [www.alumni.jhu.edu](http://www.alumni.jhu.edu).

If you have questions about these or any other program, feel free to contact Sheri or Cheryl at (410) 516-3797 or [JHMalumni@jhmi.edu](mailto:JHMalumni@jhmi.edu).

For submission information, contact an editor:

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

Next Deadline: January 15

# A Successful Event for the Chinese Students and Scholars Association (CSSA)

Johns Hopkins Chinese students and scholars held a welcome reception party for Chinese new students and scholars on September 2, 2005. We didn't expect such a wonderful turnout. Originally we thought less than 70 people would be interested in attending the reception and movie show. To our surprise, more than 260 people joined the party. A lot of senior students and scholars said that this was the first time ever that so many Chinese fellows gathered together to share their life and study experience in Hopkins. The number of people who came was much more than expected which led to a shortage of Chinese food. The huge attendance also left an overwhelming burden on the JHMI-CSSA committee team. 20 extra large pizzas were ordered so thankfully nobody was left hungry.

The whole Chinese community in Hopkins deeply appreciates the kind funding support from the Johns Hopkins Graduate Student Association. Also we would like to offer our thanks to the Office of Academic Affairs, especially to Philip Creswell for all the arrangements and to Bruce Hornick for the technical support in the past several years.

JHMI-CSSA greatly thanks all the people who participated in the event. We are committed to organizing similar events in the future.

## List of Links

### By Issel Lim

Presenting a list of links and various sites-to-see on the World Wide Web. If you have stuff to share, please send them to [links@restrictiondigest.com](mailto:links@restrictiondigest.com)

### Academic

The NCBI Bookshelf

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=Books>

(Find free online texts for various biotechnological books.)

### Cultural

Omniglot: Cantonese

<http://www.omniglot.com/writing/cantonese.htm>

(A guide to various aspects of Cantonese.)

### Entertainment

Sheet Music Archive

<http://www.sheetmusicarchive.net/>

(Download free sheet music, from classical composers.)

### The Big Lebowski Random Quote Generator

<http://www.dymphna.net/randomquotage/lebowskiquotes.shtml>

### Interactive

"Someone keeps stealing my letters..."

<http://web.okaygo.co.uk/apps/letters/Flashcom/index.htm>

(An interactive browser-based game with miscellaneous alphabet pieces.)

**ELISA** - a friend you could never have before

<http://www.ai.ijs.si/eliza/eliza.html>

(Artificial intelligence at its most basic, mostly psychological conversation via questions.)

### Videos

Album: Ninja video

<http://abum.com/show/168/66044133722.wmv>

(Ninjas, wushu, gymnastics, and bloopers)

## Upcoming GSA Events

### October

GSA Meeting

Date: Tuesday, October 18

Location: Room 2-108 1830 Bldg

Time: 3-4pm

Masquerade Ball with Med Students

Date: Friday, October 28

Location: Carriage House of the Evergreen House

Time: 9pm-1am

Cost: TBA

### November

Pioneers in Science Lecture

Mike Greenberg, Harvard University

Date: Tuesday, November 22

Location and time: TBA

### December

Free Ice Skating for All Grad Students and Guests

Location: Patterson Park Ice Rink

Date and time: TBA

### Community Service: Hurricane Relief

Sort and pack donations at the MD Food Bank

Contacts: [kckent@jhmi.edu](mailto:kckent@jhmi.edu) or [gsa-g@jhmi.edu](mailto:gsa-g@jhmi.edu)

Date: Wednesday, October 19

Time: 5-8pm ( meet outside BRB at 5)

Date: Saturday, October 22

Time: 8am-12pm ( meet outside BRB at 8)

Date: Monday, November 21

Time: 2:30-6pm ( meet outside BRB at 2:30)