



The G.S.A. NEWSLETTER

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

VOLUME 8 NUMBER 2 OCTOBER 1998

Book Review

by Tara Riemer

To Boldly Go: A Practical Career Guide for Scientists

Authored by Peter S. Fiske; 1996
American Geophysical Union

Peter Fiske, a young geophysicist, strives to embolden young scientists to take charge of their destiny in this aptly aimed career guide written during his own postdoctoral years. *To Boldly Go* begins at the beginning, with a discussion of the history of careers in research science. The once endlessly expanding opportunities for funding and jobs have slowed to a trickle. Are there too many Ph.D.'s being trained? What is the future of young Ph.D. level scientists?

Fiske believes that scientists can and must look outside academia to explore career prospects, so he focuses on pursuing a career outside of the traditional academic sphere. However, he does not assume that you have already made the decision to take a "non-traditional" career path, and several chapters strive to convince you of your abilities in non-academic jobs. The book reads almost like a pep talk, encouraging you to take steps towards self-assessment, to explore many career options, to not be afraid to take some risks.

cont'd on page 3 -- Fiske

Restaurant Review

by Sarah Wheelan

A recent wave of restaurant openings has effectively doubled Baltimore's choices for Mexican fare. The newcomers challenge Nacho Mama's, Loco Hombre, and a couple of scattered others, and they actually come up quite well, although there is still nothing in Baltimore approaching authentic Mexican food.

I was very hesitant to approach Don Pablo's, which opened last summer in the newly built "Avenue" at White Marsh, at 8161 Honeygo Blvd., (410) 931-7966, just east of White Marsh Mall. Yes, it's a chain. Yes, it's huge and has somewhat tacky decor. BUT — the Prairie Fire Bean Dip, at \$3.19, was enough to immediately convince me that someone in the kitchen understands that it's not Mexican food if you don't sweat just a bit. The dip is not exactly attractive but it certainly fits its billing, with a just-perfect heat and a very robust flavor. Forget the floppy little tortillas that come with it and dig in with the excellent homemade tortilla chips, which are served at the start of every meal with a dish of decent salsa. Ask for the hot salsa and you'll get a treat.

The drink list includes the usual daiquiris and margaritas (DON'T order the "house margarita," but the "real margarita" is worth the price). The rest of the menu includes a very wide range of semi-

cont'd on page 5 -- Restaurant

Upcoming GSA Meeting November 10

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

Notes from the GSA

Dental Insurance

Look for an email from the GSA regarding our efforts to obtain dental insurance for JHUSOM graduate students.

New GSA Logo

Special thanks to the Art as Applied to Medicine Program for the new GSA Logo!

Upcoming Events

1998 GRO/GSA Career Symposium

PhD Career Choices: Taking Control

A series of workshops and panels relating to your post-graduation career path. At the Homewood campus this November. Check the fliers and the website for more info. Follow the link from the GSA webpage
<<http://www.med.jhu.edu/gsa>>

Flu Shots

Achoo!!
(Bless you!)

Flu season is just around the corner!

Flu shots will be given from October 26 through November 6, from 7:30 am until 5pm on Mondays through Fridays. Shots are given at the Occupational Health Clinic (Houck Building, Room 355). This service is free to all hospital and university faculty, staff, and students. Call 5-6211 for more information.

On the Wild Side...

A Quick Guide to the Outdoors

by Ed Hsiao

Looking for something to do outside? Consider some fall touring through nearby state and national parks. October is the best time to see local foliage turn from green to vibrant colors! There are many local escapes from the city - Patapsco State Park, Loch Raven Reservoir, Robert E. Lee Park, and Susquehanna State Park, to name a few.

One of the closest parks is Loch Raven Reservoir, just north of Towson on Loch Raven Drive. To get there, take the 695 Beltway to Dulaney Valley Road heading north. After passing the Pine Ridge Golf Course, Dulaney Valley curves to the right and passes over a portion of the reservoir. At the fork, take the right branch onto Loch Raven Road. When you approach Peerce's Plantation Restaurant, take the right fork to continue towards the water. There will be a parking area at the intersection of Loch Raven Road and Morgan Mill Road.

Loch Raven has a great collection of trails popular with both mountain bikers and hikers. The main trail starts on the right side of Morgan Mill Road, about 200 meters above the parking area. Although mountain bikes are restricted to fire roads, it is still a very challenging ride. The hiking trails also vary in difficulty from easy to moderate. In addition, a section of Loch Raven Road is closed to traffic on Saturdays and Sundays starting at 10 am, making the area very popular with runners, road bikers, and rollerbladers. Fishing is permitted further down

below the dam at the intersection of Loch Raven Road and Cromwell Bridge Road.

For the more adventurous, Catoctin Mountain Park and Cunningham Falls State Park are about an hour's drive away. To get to both parks, take I70 west towards Frederick. Exit onto Route 15 north towards Thurmont and follow the signs to the Catoctin Mountain Park Headquarters (off of Route 77 west).

Catoctin and Cunningham Falls offers spectacular scenery, particularly during the late summer and fall. A wide variety of activities are available, from easy to strenuous hiking trails, camping, swimming, fishing, horseback riding, sailing, and some rock climbing. Cross country skiing and snowshoeing are also available in the winter. Although Camp David (the Presidential retreat) is located within Catoctin, it is not open to the public.

For more information about these and other parks, check out the web sites at <<http://www.nps.gov>> and <<http://www.dnr.state.md.us>>. You can find foliage reports at <<http://www.digiges.com/links/autumn.html>>, or you can call the foliage hotlines listed below.

Happy Trails!

Foliage Hotlines:

Maryland:	800-532-8371
Delaware	800-441-8846
Pennsylvania	800-325-5467
Virginia:	
Shenandoah Natl. Park	540-999-3500
Blue Ridge Parkway	704-298-0398
West Virginia	800-225-5982

Hitch-hiker's Guide to Grad School, part 2:

Proper Shuttle Bus Riding Etiquette...

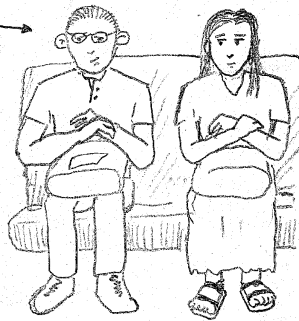
→ when waiting for the bus, form a very straight line.

→ If you are the first person on the bus, don't sit in the first seat... it just doesn't happen.

Avoid eye contact →

Note position of arms and legs. →

→ If you're the first person in the seat, do every thing within your means to make other people think that you really deserve both seats.



Maintain minimal distance of 4.5 inches.

Look out the window every now and then, and pretend to enjoy your view.

→ Do not speak to anyone you don't know, but if you do know someone, speak loud enough so that the rest of the bus can hear your conversation.

→ Sleeping is o.k., resting your head on your neighbor is not o.k.

→ No, Sony's walkman is not making a comeback.

→ When exiting: Do not stand until it is your turn to exit and always thank the bus driver even if he/she hit every pot-hole on the road.

The real strength of this book is the second half, a practical, nuts and bolts guide to taking action steps towards finding a job. You will learn what it means to network, and that you have probably already started networking without consciously realizing it. You will learn the differences between a CV and a resume, and walk through five case studies where scientists' good and bad CVs and resumes are rewritten for a variety of job options. The cover letter is demystified, and the key points of interviewing and job offer negotiation are discussed.

Fiske definitely did his homework before writing this book. He generously quotes large portions of other books and articles, and each chapter is concluded with an annotated list of suggestions for further reading. Many of these references are already owned by the GSA, and others are already on my list to purchase for the GSA library.

Several copies of *To Boldy Go* are available for check-out from the GSA library, located in Hunterian G-1. It is also available for purchase for \$19.00 from amazon.com <<http://www.amazon.com>> or the American Geophysical Union <<http://earth.agu.org/careerguide>>.

Note: Peter Fiske participated in the GSA/PDA career symposium at the School of Medicine in October 1996 during his stint as a White House Fellow. Fiske is now a planetary physicist at Lawrence Livermore National Laboratory. He will be returning to Hopkins as a speaker at the GRO/GSA career symposium on November 4th at the Homewood campus.

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>>.

Bookmark it!

GSA Newsletter Editors

Jutta Beneken	jbeneken
Edward Hsiao	ehsiao
Nancy Biery	njensen
Alan Meeker	ameeker

fax 614-8839
attn. Jutta Beneken,
snail mail: Jutta Beneken,
GSA Newsletter
WBSB 713, 725 N. Wolfe St.
Baltimore, MD 21205

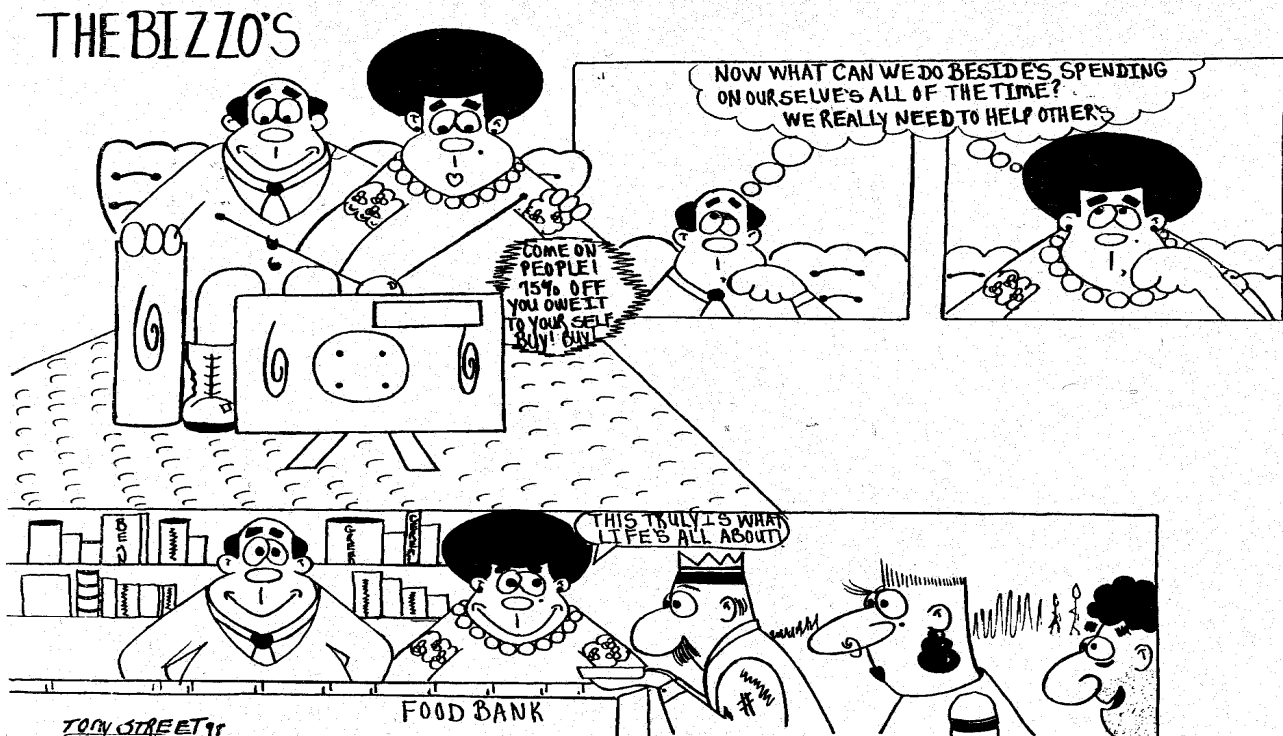
Johns Hopkins Blood Drives

Look out for the December Blood Drives!
Call 4-0913 for an appointment.

December 1-2, 7am to 7pm
Turner Concourse

December 31, 8am to 2pm
Location to be announced

If you would like to be a volunteer coordinator, contact Gebrette Stamp at 955-0780



Restaurants -- cont'd from page 1

Mexican items, all from \$6 to \$13. Most entrees are close to \$7 and with the beans and rice on the side are plenty for dinner and leftovers the next day. The vegetable fajitas were passable, with several kinds of under-cooked vegetables spiced reasonably; the chicken fajitas were significantly better. As for enchiladas and burritos, it's mix-and-match as every possible combination of beef, chicken, beans, and cheese is offered. The bean enchiladas were done fairly well, smothered in a smoky red sauce and served steaming hot. Pass over the chimichangas and go for either a taco or a quesadilla — both are flavorful and well-spiced for very reasonable prices.

Skip dessert here. The sopapillas were a disappointing mess of honey butter and soggy pastry, and the ice cream nachos were melted beyond recognition. There are several excellent cafes and pastry shops within walking distance on The Avenue, so treat yourself to one of those instead.

In spite of some of its failings, I would certainly visit Don Pablo's again. Where else can you feed people for \$10 apiece and make everyone happy?

One of the other recent newcomers on the Mexican-style front is Little Havana, at 1325 Key Highway in Federal Hill (410) 931-7966. They serve Mexican/Cuban-style food out on a deck overlooking the harbor.

The only disappointment here was the service. In two visits we had several different problems with the waiters — one never seemed to be able to remember what it was that we ordered (and asked us what we would like for dessert about 30 sec-

onds after serving appetizers), and the other not only never did serve us our drinks (we had to go get them ourselves at the bar) but he also managed to charge us for meals we never ordered, and was extremely rude when we tried to point that out . . .

Apart from the strangeness of the help, the food and atmosphere were excellent. Order a Cuban beer and relax (forget your strange waiter) out on the water or inside in one of the oversized booths. We started off with salpicon de mariscos, a spiced-up version of bruschetta — shrimp, scallops, capers, and fish over toasted bread. Also enjoyable were the black bean cakes, which, although fried, were very light and quite spicy.

If you are a soup-lover at all, you must try the black bean soup here. It's enough for a meal, especially if you order a salad, and at \$3.75 it's by far the cheapest thing on the menu (most appetizers start around \$6.50, sandwiches at \$6, and entrees are \$8 to \$13). The soup is exceptionally thick and has just the right mix of whole and blended black beans. It's not too spicy, although it does have a steady low heat.

The sandwiches (lunch only) are served on a Mexican-style foccacia bread and include chicken, crab meat and avocado, beef, and veal. All that we tried were quite good.

The entrees also cover a wide range, from chicken wings, beef, and pork to crab and blackened fish. Again, everything we tried was worth its price.

Once again, skip dessert.

1998 - 1999 GSA Officers

President	Kellie Cummings	kbc@jhmi.edu
Vice Presidents	Charles Dann	cdann@jhmi.edu
	Jutta Beneken	jbeneken@jhmi.edu
Secretary	Carlos Aizenman	aizenman@welchlink.welch.jhu.edu
Treasurer	Tara Riemer	triermer@bme.jhu.edu

GSA Department Representatives 1998-1999

Art as Applied to Medicine	Jennifer Fairman
BCMB	Tina Tenenhaus
Biological Chemistry	Jason Hoffert/John Neely
Biomedical Engineering (BME)	Ryon K. Frisch/John Tan
Biophysics	Lesley Brown
Cell Biology	Debbie Kuehn/Adam Haberman
CMM	John Neely
Human Genetics	Eileen Emison/Jessa Jones
Immunology	Marie Mancini/Ted Pierson
Inter-campus Program in Molecular	Biophysics (IPMB):
	Nicholas Goffeney
MBG	Matt Wallenfang
Neuroscience	Radhika Reddy/Donna Jaworsky
Pharmacology	Alan Meeker

GSA Committee Representatives

Medical School Council:	Kellie Cummings
	Tara Riemer
M.A. Ph.D. Committee	Nicholas Goffeney
	John Neely
Graduate Board	Jessa Jones
University Health Services	Nicholas Goffeney
Parking	Holly Berkovits