



The Restriction Digest

G.S.A. Newsletter

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A Gal. A Plan. A Canal.

By Erika Gebel

The dawn sky was a puzzle: rain or shine. It was disheartening to think that our beautiful bike trip could be spoiled by a whim of nature. The threatened plan was to traverse a hefty portion of the C&O Canal trail, a 184 mile path that stretches from Cumberland, Maryland to Washington DC, over two days; we'd camp at a trailside site that night. Of course, 184 miles seemed a little steep for a weekend venture, so we pared it down to a nice round 100: Cumberland to Antietam. As the red sun crept up over Patterson Park, Bill, my roommate and local bike aficionado, was expertly disassembling our bicycles outside our rented rowhouse in order to squeeze them into the back of his khaki SUV or "Susie". That would get them to Cumberland. The third in our party was the affable Timo, a laidback type with an easy laugh and penchant for organic crops. He would drive a second car, with bike rack, to Antietam, which would allow us to shuttle back to Cumberland at the end of our ride. It had been Timo's idea in the first place to ride down the C&O trail; he had seen a documentary about it on PBS. And how could

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Restaurant Review

By Ian Kaplan

XS: Coffee – Sushi – Cocktails
1307 North Charles St

It's my impression, although I don't know much about culture or Baltimore, that the cultural landscape of this city is somewhat in its adolescence. Maybe what I'm trying to say is no neighborhood is really self-sufficient. No neighborhood has everything beyond the basic necessities. For example, why is the closest bagel shop outside of the city limits? There are places to purchase bagels, and some of them are pretty good, but doesn't the bagel deserve its own shop? Isn't it worthy of acclaim and varieties of toppings? By the way, if I'm wrong and you know of a place to get a great bagel in the city please don't hesitate to fill me in, and no, Dunkin Donuts does not count.

Now that I think about it, part of what makes a city the size of Baltimore charming is the accessibility of various neighborhoods and the ease with which we can bounce around to find what we need. If you know where to go you know which market has the spices or the fresh fish, when the Farmer's Market is around or where to get brunch without waiting forever. That being said, it is nice occasionally to have it all without the need for an extensive

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GSA Notes

By Kristina Krasnov

Congratulations to the student body! We have had a successful start to the academic year in terms of events. The GSA/PDA-sponsored Fall picnic took place on September 28th and was well attended by graduate students—new and old—and by the post-doctoral fellows. Though the weather signaled rain, we managed to remain dry and in good spirits. Also, in an attempt to introduce the new students to Baltimore, we held the annual outing to an Orioles baseball game and the Aquarium trip.

As Halloween approached, we had the Fells Point Ghost tour on Friday, October 27th, and, only a few days later, our lovely city celebrated the spooky holiday in the only way it knows how: dress up and drink up! Canton, Fells Point, and Federal Hill were full of creatively dressed ghosts, goblins, fairies, bunnies, chocolate boxes, and racier, um, objects... need I say more? If you have never ventured away from books and pipettes for Halloween in Baltimore, you are missing out.

On Friday, November 10th, we had a party at Hucka's Bar & Grill (which is located on Boston

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knowledge of shortcuts or bus routes.

Ladies and gentlemen, I present you with the Swiss Army Knife of the restaurant business, the ultimate urban eatery, a diner with flare and a side of trance music. It's a coffee shop morning, day or night. It's a place for breakfast, also all day. It's a sushi bar, although maybe not for breakfast. For the complete urban dining experience, where nothing separates you from passers by on a busy block of Charles Street, you can dine outside. Would you care for a cocktail and some seaweed salad before you hit the club? No rush, XS can be your lounge stop with nightly DJ sets.

The menu completely fits the décor and reads like any stylish eatery of its ilk should; interesting yet completely expected. None of the food is especially imaginative but it is all well executed, I would call it hip comfort food. The menu, beyond the full list of sushi and tempura, is dabbled with Japanese inspired touches like Wasabi Caesar Salad or Fried Oysters with Miso Vinagrette. If you are not in the mood for venturing quite so far east you can get a crisp Panini with anything from Italian, French or Southwestern flavors. Breakfasts are good and simple if you're like me and enjoy eggs all day. Everything, by the way, is very reasonably priced.

I frequent XS because the food is good, affordable and the variety is pleasing to almost anyone. I do however have one major gripe which was actually my inspiration for writing this review, terrible service. I realized it was time to speak my mind after reading an interview with Danny Meyer, a prominent New York restaurateur (yes, I am name dropping but I will openly admit that I just learned who he is), in a recent issue of the New York Times Magazine. After being asked to predict the next big food trend Meyer replied, 'the only ingredient that does not go out of style is hospitality'.

You see, Mr. Meyer believes that the secret to the success of his restaurants is in the positive manner he treats everyone involved in the business. He doesn't mean it in the karmic sense, rather by being hospitable to his employees, customers, investors and so on they will all react positively in turn. XS is built into your typical Baltimore building, which basically means that in order to make space you have to build up. With the kitchen and sushi chefs on the first floor, servers are forced to hike their orders up and down 3 flights of stairs all day and night.

Part of me wonders if the experience of dining at XS would be more pleasant if the servers were not quite so exhausted. I could be wrong. Who knows why but I have had enough negative experiences there to sour my opinion of the place. The fact that I still go back is truly a testament to the food. I leave it up to you to you for the final word.

SAP CORNER

The Importance of Being Mentored

By Deborah Hillard, Psy.D.
Student Assistance Program (SAP)

As we steadily progress through the 2006 academic year, some of you have just begun your graduate school education, others are moving ahead through another year of your education, while others of you will be eagerly awaiting and preparing for graduation. Regardless of where you are in your educational time line, it is always important to reflect on your academic and professional achievements as well as the people involved in helping you progress forward. This article will address the importance of establishing and maintaining effective mentoring relationships because mentors can 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 establishing a mentoring relationship?

If you don't have a mentor, its 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 asses 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 appoint-

ment 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
- 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 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!

Why Recycle?

(Just in Case You Forgot)

By Daniel A. Lee

Recycling is essential to the future of our planet. It offers a practical solution to a critical environmental problem. Fortunately, recycling is easy to do and everyone can make an important contribution.

Here's what you can recycle to help out:

Mixed Paper and Cardboard

- Copy paper, colored paper, newspaper, magazines, catalogs, books, envelopes, junk mail and paper board.
- Recycle clean paper only.
- The following can not be recycled: Pizza boxes, tissues, candy and gum wrappers or paper cups.

Food and Beverage Containers (cans and bottles only)

- Aluminum Cans, Tin/Steel Cans, Glass Bottles and Plastic Bottles #1 and #2.
- These items do not have to be separated from one another.

All of these items are recycled at Hopkins!
At the School of Medicine, the recycling of paper and cardboard alone cause the following benefits:

Paper and Cardboard Recycled 67.6 Tons

Trees Saved 1,149.2 Trees

Landfill Space Saved 202.8 Cubic Yards

Water Use Avoided 473,200 Gallons

Oil Saved 46,171 Gallons

Energy Saved 283,920 Kilowatt Hours

Air Pollution Averted 4,056 Lbs.

Recycling at Home:

Not only can you recycle at Hopkins, but you can recycle at home. The City of Baltimore offers a recycling program.

To find out more information, visit <http://www.ci.baltimore.md.us/government/dpw/recycle.html>.

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Street en-route to Canton). To mark the season of giving and caring, this event featured a fundraiser to benefit the Maryland Food Bank—so for once, getting away from work will benefit not only you but also others!

At yet-to-be-determined dates this winter, we will have volunteering opportunities, a museum trip, and bowling night. Watch your e-mail! The fun is just beginning...

For the New Year and months beyond, we plan to have the 3rd annual ice skating event and (hopefully!) the 2nd annual skiing trip. In other news, we have invited Dr. Connie Cepko (who studies cell fate in retinal development) to give the Alicia Showalter Reynolds Memorial lectureship on Thursday, January 25th. Also, Dr. Martin Markowitz (who investigates HIV integrase inhibitors) has been scheduled for Tuesday, April 17th, to give the Pioneers in Science lectureship.

As always, please let us know (gsa-g@jhmi.edu) if you'd like to see other events, have an urge to volunteer for GSA activities, and if you have questions/comments. Hope to see you at the next GSA meeting!

Kristina Krasnov, GSA President

PBS lead us astray?

During the drive, the clouds chose to coalesce and rain began to fall, lightly at first. But by the time we reached Cumberland the weather was cold, rainy, and piercingly gray. A colorful wiener shop located off the quaint main drag promised temporary relief. While waiting for our food, we heard a tinny weather report from a radio behind the lunch counter— rain and more rain. After resignedly consuming a thin pale dog slathered with a meaty “Coney Island sauce”, a small white paper plate’s worth of crinkle-cut french fries, and a Styrofoam cup of coffee, we paid our refreshingly small bill and reluctantly entered into the damp mountain air.

Under the shelter of an overpass, we pried the bicycles from the belly of Susie and began the task of their reassembly. It was then that we made a few comfort-enhancing alterations to our plans. The idea of riding in the rain, then laying down, muddy, upon gritty and soiled camping gear was too much. We decided to splurge on a motel room when we reached Hancock that evening, a town we figured to be about half-way between Cumberland and Antietam. However, just as we began our ride, a sunbeam broke free of the clouds and glinted brilliantly off our rain speckled bicycles. Hallelujah, the rain had stopped.

The bike trail is often referred to as the “C&O tow path” because it is where mules would walk to pull boats through the locks. The Potomac runs thickly along one side of the path and the canal sits along the other. The canal was built so that boat traffic could bring natural resources down the unnavigable Potomac and into the east. When the more efficient C&O railroad was built in the late 1800s, the canal went out of commission, but because of its natural beauty and historical significance it was preserved as a national park. A highlight of the trip was passing through a mountain in Paw Paw tunnel, which is a mile long and pitch dark. After Paw Paw, we gasped at our watches; just over an hour of daylight left and 30 miles to go. The trail was muddy from the rain and had slowed us more than we’d thought.

The three of us decided to aim for Little New Orleans, a town only 15 miles away. By the time we arrived, an hour later, we were sore, out of water, and night was falling fast. A man waiting by the vehicle access point asked if we were going to the lodge. At first we reveled in our luck, but then we realized he was waiting for some riders *with reservations*. When asked if he had any rooms left, the man shook his bulbous head

and drawled “You guys got yourselves into a whole heap a’ trouble”. The first available room was still 15 miles away. The rotund man did offer a glimmer of hope when he informed us that in five miles the trail would become paved, not the pock- marked pudding we’d been riding on thus far. There was a water hand pump at the trailside so we quickly filled our bottles with a reddish particulate liquid and sped off to Hancock like the devil was on our tails.

Just as the last bit of light seeped out of the sky, we arrived at glorious blacktop. Soon, however, the forest closed in upon us and we rode on in pure blackness. This gave one the terrifying sensation of disembodiment; though we pedaled hard, our eyes registered only an endless unmoving abyss. It was during this part of the trip that I entered a rather unusual mental state. My adrenaline was pumping and a kind of determined euphoria seized me. I began to sing, babble, and narrate the story of our journey out loud to my companions in the third person. Because I could not see, I felt the need to make noise. Bill and Timo were mostly quiet, conserving energy for basic life functions no doubt, but after some time they began to express the dread that somehow we had passed Hancock and would have to ride on indefinitely. I, however, remained bubbly and optimistic and deranged. Filthy with encrusted mud and practically hallucinating from exhaustion, we rejoiced at the sight of electric lights through the trees. We’d made it. Our motel room in Hancock was near as were the simple joys of a shower, food, and a warm bed.

The next morning was perfectly clear and warm. For breakfast we ate the remainder of the pizza we had ordered in excess the night before in a state of delusional hunger. We only had forty more miles to go, so we took our time and enjoyed the sites along the way. The trail is unnavigable at one point, so we took a detour along the bucolic country roads of western Maryland, which smelled of freshly mown grass and instilled within us serenity. When we finally arrived at Timo’s car we felt blessed by our adventure and the fact of our survival. I’d definitely do the ride again, maybe even the whole thing, though not without a bike lamp and flawless sunny weather. And besides, I don’t think Timo and Bill could handle my manic rendition of “We’re off to see the Wizard” again.

For more information, check out:
<http://www.bikewashington.org/canal/>.

Sweet on Salt

By Erika Gebel

Tightly packed rows of hanging lamps cast an otherworldly green glow at Salt, the 2006 recipient of the Citypaper's "Best New Restaurant" distinction. Located on a quaint corner in Butcher's Hill, Salt is the epitome of the hip urban bistro, but manages, miraculously, to make even the un-hippest of diners feel welcome. On a Thursday night, Salt was full enough that I imagined pure chaos must reign on weekend evenings. Everyone there was chattering away, appearing to have a good time, and drowning out the jazz that my friend wished were a bit louder. The walls of Salt are adorned with canvas paintings that are rich in earthy pink, blue, and green hues, containing abstract themes including, I believe, science; I spotted what looked like neurons and dividing cells amongst the imagery. Like I said, "un-hippest of diners"...

We were greeted at the door by a lean host wearing tight denim pants, whose eyes hid somewhere behind shaggy strands of black hair. Despite his veneer of aloof coolness, he was extraordinarily concerned about our comfort. Although a table directly next to the door was vacant when we walked in, the host offered a more pleasantly situated table further from the door that was about to become available, which we thankfully accepted and were soon seated.

When the server arrived my dining companion and I ordered wine by the glass, her being a white wine girl and me red, which was tasty and generously poured. Our waitress had an air of competence and was attentive without being overbearing. In other words, the perfect server. The menu was succinct, but diverse enough for almost every palate. A warning though, Salt is fairly pricey; entrees range between 18 and 25 dollars. To start with, we ordered a lobster spring roll. It arrived soon after, piping hot and with a light soy dipping sauce. The roll was crispy, without being too greasy, and filled with large pieces of succulent lobster and soft tangy carrot slivers. While the roll was good alone, we did make use of the sauce, my friend saying of it "I wouldn't have not dipped". Thoroughly pleased with the appetizer, we excitedly awaited our main courses.

Choosing an entrée had been a difficult decision, but I settled on the braised lamb wild mushroom stroganoff and my friend on the ginger honey glazed chicken with string beans and mashed butternut squash. As a stroganoff aficionado, I was somewhat alarmed when my dish arrived. The broth was thinner and browner than I was used to, not containing the sour cream component that I thought essential to stroganoff. However, as soon as I tasted it, I forgot about my preconceptions; the stroganoff was delicious. The lamb and mushrooms were tender, juicy and flavorful, the noodles chewy. My

friend's chicken was gorgeous, the glaze shiny and inviting. But the star of her plate was the butternut squash, which my friend said was the best she'd ever had. I thought the chicken was wonderful, but she would have preferred an increase in the honey to ginger ratio. It should be noted however that her nickname is "Honey Bee" in light of her extreme tendencies toward sweet foods. The beans were simple, fresh, and without flaw.

I was quite full by the time I finished the stroganoff, but Honey Bee wanted dessert, so we listened as our server described an unbelievably inviting list of endings. Throughout dinner, we were enticed by a parade of servers going to virtually every table carrying a specially designed metallic device used to serve a trio of mini ice cream cones. When the time came, we instead opted for the undeniable flourless chocolate lava cake, the lava being a thick molten chocolate core, and another glass of wine. The cake arrived suspiciously quickly and our fears that it had been sitting around the kitchen were solidified by a crown of vanilla bean flavored foam that we believe had previously been a small scoop of ice cream. It also came with an unadvertised raspberry syrup swirl on top. These complaints seem somewhat ridiculous considering the extreme delight we both took consuming this treasure.

As long as diners are willing to expect the unexpected from Salt's personal takes on classic dishes, they're sure to thoroughly enjoy a meal at this fantastic addition to Baltimore's restaurant scene. And for the single cats, we thought Salt would be a perfect date spot. Full, tipsy, and completely satisfied, we paid our 100 dollar bill without regret and departed Salt, vowing to return as soon as finances would allow.

Upcoming GSA Events

Check out our calendar on www.hopkinsmedicine.org/gsa for upcoming events.

For submission information, contact an editor:

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

Next Deadline: December 15