

synapse

Millberry Union strives for profits

Nelder answers critics

By Paul Herron

San Francisco Supervisor Wendy Nelder believes "vested interests" of the medical and dental professions, the government and the business community have limited open debate on the safety and efficacy of fluoridated water.

Nelder recently has received widespread criticism — to the point of ridicule — over her attempt to revive the fluoridation debate. Her efforts are part of a largely unsuccessful antifluoridation movement. In a recent interview, she labeled the scientific community "closed minded."

"I firmly believe that if there is a possible toxic effect of fluoride at any level," said Nelder, "it ought to be your choice to drink it or eat it or put it in your pipe and smoke it."

Nelder raised questions regarding fluoride's effect on the immune system and possible toxic levels within the food chain. She stated that Canada as well as several American cities have outlawed its use. "Nobody knows all the answers," she said, comparing potential hidden dangers of fluoride with thalidomide, a tranquilizer once considered safe for pregnant women which caused thousands of birth defects. Nelder based her questions mainly on the studies of Dr. John Yiamouyiannis, an Ohio-based biochemist.

Ernest Newbrun, UCSF oral biologist and fluoride specialist, called these contentions "the standard antifluoridationist line." He noted a World Health Organization report which questioned the Yiamouyiannis studies' methodology.

There has not been a large-scale study on fluoride's effect on the immune system, and Newbrun said, "There is no basis for one." Fluoride is a naturally occurring element and does not cause a toxic build-up in the food chain.

As for the outlawing of fluoride in Canada, "Nelder is wrong," Newbrun

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Curtains up

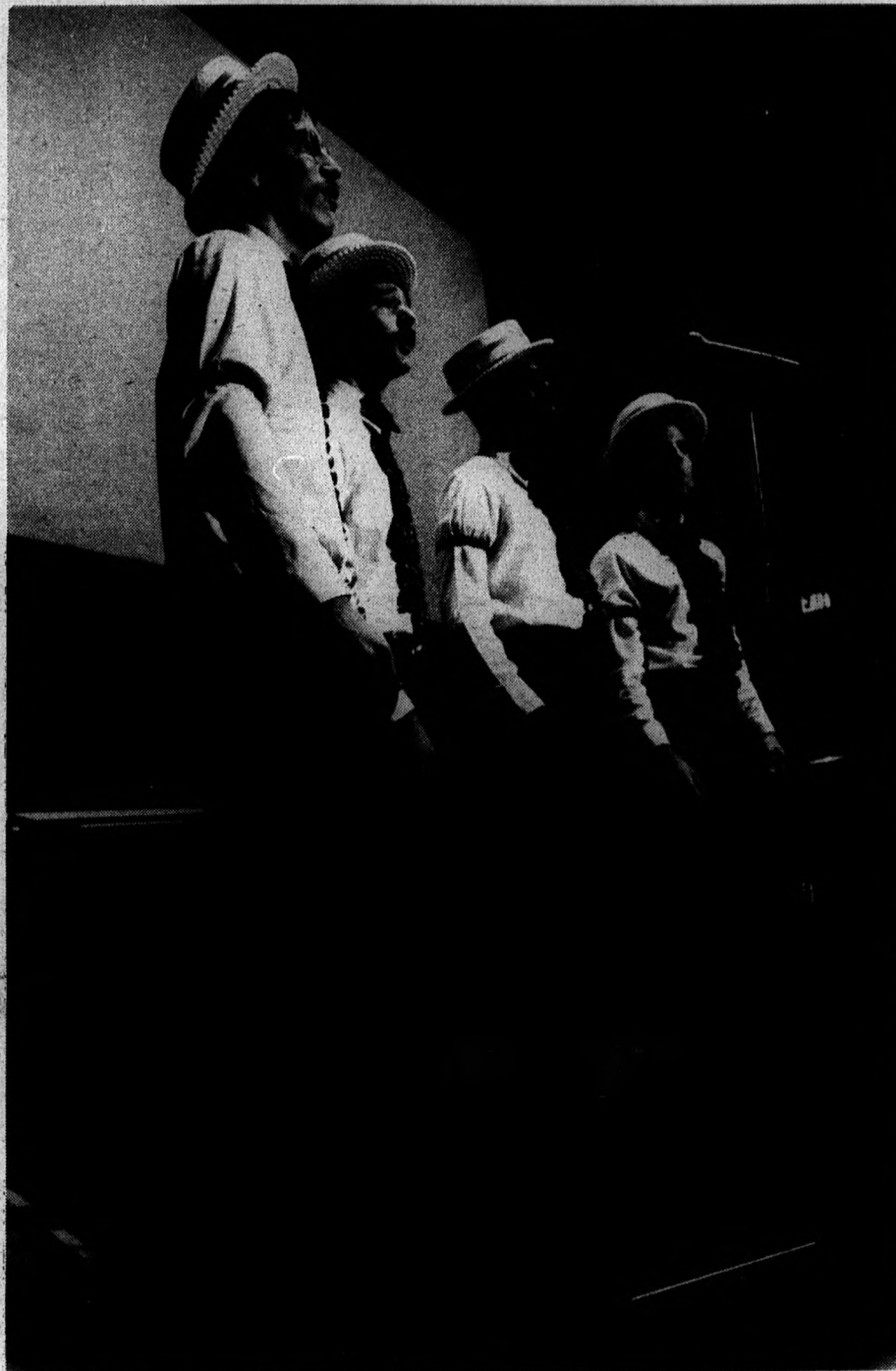


PHOTO BY RICH GUERRA

Second-year med hams Jonathan Pevsner, Harry Dennis, Mike Hughes and Jeff Drutman (left to right) were part of last week's "Medical School Burlesque." See page 3 for a review and more pictures.

By Charles Piller
Assistant Managing Editor

Anyone who has spent more than a year around UCSF has probably noticed the dramatic changes taking place at Millberry Union during the last few months. These include the fancy new Millberry Cafe, carved out of the old cafeteria, and the extensive cosmetic surgery performed on MU Bookstore.

According to recently appointed Director of Student Business Services Ruby Freeman, this is only the beginning. Major plans are underway to prop up the financially ailing enterprise.

"All the changes taking place in Millberry Union are positive changes," Freeman said. MU has been "one of the forgotten places too long." She called the union "a very positive force" for the campus.

Despite an up-beat attitude, Freeman acknowledged that "Millberry Union has some very serious financial problems. That cannot be overstated." The problems have been building for years.

When asked about the financial health of each of three MU sections — bookstore; food service; programs, recreation and operations — she replied, "Poor, poor, poor."

"They are trying their best to hang in there," Freeman said. "Each manager has to be creative in producing revenue." She does not expect the student union to reach a break-even point for years.

Millberry has always been more difficult to fund than other campus departments. This is because these "auxiliary" areas don't qualify for state or federal funds, as do academic departments. The result has been serious spending deficits.

Until a few years ago, the bookstore made enough profit to offset losses in other MU services. But according to Freeman, when the School of Dentistry took over sales of dental instruments from the bookstore, a lion's share of the store's profits went with it.

Freeman explained that matters went from bad to worse when UC Systemwide Administration recently began charging interest on internal loans made to departments which ran-up deficits. And the bookstore, which formerly was able to sell strictly on consignment, is now required to own its inventory. Because purchases will be made over a period of years, interest alone will amount to approximately \$65,000 per year, she said.

Each of MU's three areas will be working toward long-term financial solvency — and cannot depend on each other to help out in the meantime. MU "will survive," Freeman said, because "Now the managers will pay attention to real management," using a combination of cutbacks and creativity instead of routine reliance on deficit spending.

Plan for profitability

The first step for revenue enhancement was the major bookstore remodeling, completed last spring with \$65,000 from MU's reserve fund. "I'm very comfortable with the progress" since then, said Freeman, although volume is not yet up significantly. She predicted profitability is "years down the road," given the huge debt the store is saddled with.

Before making other major changes, UCSF enlisted the UC Berkeley Survey Research Center to poll 1,400 members of the campus community for their opinions on campus auxiliary services. Some of the most consistently-expressed desires have been fulfilled, at least in part, by Millberry Cafe.

It's too soon to tell if the cafe will pull the food service out of its longstanding

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New light on infant mortality

By Barry Vinocur

Like most parents, Denise Maria had heard of Sudden Infant Death Syndrome (SIDS), but like most parents she believed her infant was immune. "Shortly after Jennifer was born, I was sitting there feeding her when a television show on SIDS came on. I remember thinking, that's really terrible, but it could never happen to us."

By definition, SIDS deaths occur in otherwise healthy babies and remain unexplained after a routine autopsy. SIDS is the leading cause of death among infants between one week and one year of age, claiming 6,500 to 8,000 a year. (It is rare in infants younger than one month or older than one year). According to the federal Health Services Administration, SIDS accounts for 40 percent of all infant mortalities in the United States.

Despite its mysterious nature, doctors have noticed a remarkable similarity in case histories. The infant dies in its sleep, and adults who were nearby report no unusual sounds or cries.

Denise Maria and her husband tell such a story. Their 2-month-old daughter

was at the home of a close friend who put Jennifer to bed for her nap. When she returned to check on her, the infant was dead.

Parents of SIDS victims share more than grief. They all wonder whether they did, or didn't do, something that caused their babies' deaths. They also often find that neighbors, friends and even health care professionals may suspect them of child abuse. "After all," one victim's mother said, "it's hard to understand how a perfectly normal baby could die so suddenly without any cause."

Victim's link

But researchers now believe SIDS victims are not perfectly normal. "Ten to 12 years ago, we thought these babies were totally normal, except for maybe a minor cold. But now we know that while they may not be 'sick' infants, in subtle ways they're not normal," explained Dr. Alfred Steinschneider, president of the Atlanta-based SIDS Institute.

The difference, these researchers believe, involves damage to the body's respiratory control center located in the brain stem. That damage, their evidence

suggests, occurs before birth as the result of a reduction in the amount of oxygen supplied to the fetus — a condition called fetal hypoxia.

The strongest evidence to date supporting this theory comes from work by Dr. Richard L. Naeye and his colleagues at the Pennsylvania State University School of Medicine, first reported on in 1982.

The group analyzed data from nearly 54,000 pregnancies and found 130 SIDS deaths. Looking for possible risk factors common to the SIDS victims, they identified five.

The first factor was something long associated with SIDS, though researchers do not think it is a cause: Most victims had a mild infection (usually of the upper respiratory tract) when they died. The other four factors occurred during the mother's pregnancy and all could have led to significant reductions in the amount of oxygen reaching the fetus. They include a big drop in the mother's blood pressure in the last three months of pregnancy,

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GSA**Register to vote**

A voter registration table will be set up in Saunder's Court during Women Voters Registration Week, September 24 to 28 from 11:30 a.m. to 1:30 p.m. Sponsored by GSA and the Women's Resource Center.

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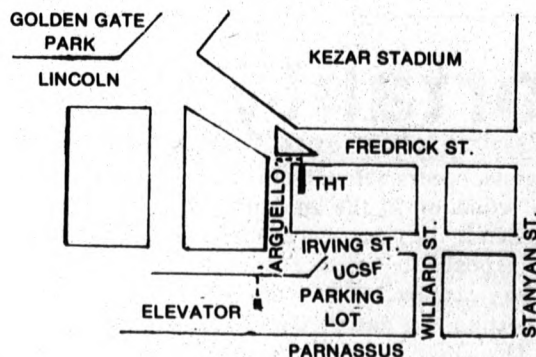
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Announcements**Study list filing**

Fall quarter study list filing will be October 1 to 4 in the Nurses' Lounge, third floor of the Nursing building. Study lists must be filled out and approved prior to filing. At the time of filing, students must present either an I.D. card with a current sticker for a fall quarter cash receipt.

Student I.D. pictures

The Registrar's office will be taking I.D. pictures during study list filing, October 1 to 3, in the Nurses' Lounge. There will be a \$3 replacement fee for lost cards. New students who have not yet received an I.D. card are not charged. The next date to have pictures taken is October 17, in the Registrar's office between 9 a.m. and 4 p.m.

'Fit To Be Untied'

"Fit To Be Untied" is playing at the Red Victorian, 1659 Haight St. on October 4, 1984 at 7:10 and 9:20 p.m. The Italian documentary, inspired by the Democratic Psychiatry movement, protests the institutionalization of mental patients and offers a perspective on the interplay of society, patient, and institution. Bruno Bossio, a representative of the filmmaking cooperative introduces and discusses each screening.

Baez film

"There But For Fortune," the story of Joan Baez' Latin American concert tour, a journey impeded by government interference kicks off the Images of Women of Color series on October 2. Every Tuesday in October another film is featured from noon to 1 p.m. in HSW-302. The series is sponsored by the Women's Resource Center and the Affirmative Action Office. Call 666-5836 for more information.

International folkdancing

An ongoing class emphasizing Greek, Israeli, Romanian, Bulgarian, Yugoslav and French dances meets every Tuesday, 1 to 2:15 p.m. in the Millberry Union Gymnasium. No partner needed. Instructor is Dean Linscott, x1660. \$1.50 donation.

Trygstad celebration

The campus community is invited to a reception honoring Thena Trygstad in her new post of vice chancellor, personnel and student services. Trygstad, who assumed the position in July, has responsibility for staff personnel, affirmative action, student health services, relations with students and staff organizations and student business services, including food service, bookstore, recreation, housing and the Child Care-Study Center. The reception is set for Tuesday, October 2, in the combined lounges of Millberry Union from 4 to 6 p.m.

Healing and Wholeness lectures

Paths of Healing and Wholeness is a campus organization which sponsors weekly lectures on topics related to all aspects of human health: emotional, mental, physical and spiritual. Lectures take place on Fridays, noon to 1 p.m. in N517.

On September 28 Barbara Findeisen presents "Therapeutic Implications of Prenatal Life." Findeisen is a psychotherapist who uses the STAR process, a regression technique.

On October 5 Richard Rainbow explains his approach to SHEN therapy during "Pain: Where the Physical and Emotional Interface." Rainbow offers a workshop in SHEN therapy on three Saturdays, October 13, November 3, and December 1. Call Margaret Child at x4414 to register.

Extraterrestrial extinctions

Nobel laureate Luis Alvarez, PhD., one of the originators of the theory that an asteroid or comet impact caused the extinction of the dinosaurs, will speak on "Mass Extinctions and Their Extraterrestrial Causes" at the ninth annual Gordon Tomkins Lecture and Concert on September 28, at 3 PM in Cole Hall. Preceding the lecture, celebrated pianist Charles Rosen will perform various classical piano pieces. Rosen is to perform later that evening with the San Francisco Symphony.

Wallerstein on psychiatry

Robert S. Wallerstein, chairman of the Department of Psychiatry here speaks October 1, 6 to 7:30 p.m. on "The Changing Nature of Psychiatry." The lecture will be held in the Langley Porter auditorium, and refreshments will be served.

Instructional improvement projects

The regents have made available a fund for instructional improvement projects to be completed during the 1984-85 academic year. Faculty and students are invited to submit proposals. Application forms can be requested from Academic Services, SSB, lower level, x2219. The deadline for proposal submissions is October 31, 1984.

Affirmative action awards

The faculty development awards are intended to provide support for talented junior faculty who hold ladder appointments, but may encounter unusual obstacles in developing the substantial records in research and creative work necessary for advancement to tenure. Contact Academic Services, SSB, lower level, x2218. October 31, 1984 is the deadline.

Women welcome women

The Women's Resource Center and the Chancellor's Advisory Committee on the Status of Women are sponsoring a reception for women at UCSF. The event will be held Wednesday, October 10, from 4 to 6 p.m. in the Faculty/Alumni House, 745 Parnassus Ave. Refreshments will be served. Resource information tables will be set up for organizations wishing to display information on the services they provide. The following day, Thursday, October 11, 1984, the Women's Resource Center is holding an open house at 1308-B Third Ave., from 11 a.m. to 1 p.m. Call 666-5836 for more information.

Black Student Health Dance

The Black Student Health Association presents its Annual Faculty/Student Dinner Dance on Friday, September 28. The event is being held at the Rainbow Lounge & Restaurant, 3737 Broadway in Oakland and starts at 7:30 p.m. Minimum donation: \$3. Contact Donna Hinman, 564-7906 for more information.

Tutorial services

The Health Sciences Special Services Program offers tutorial services for socio-economically disadvantaged students. If you need help with any subjects throughout the school year, tutors are available at the HSSSP Office. Contact Carol Stadum at x4373, 1322-3rd Ave.

Medical Burlesque is a smash hit

By William Meecham
Acting Editor in Chief

I enjoy being a student at UCSF, in part, because my classmates are so interesting. Dramatic evidence of their talent was last Friday's gala "Medical School Burlesque," which the second-year class presented to the incoming crew.

The good-humored and humorous nature of the show make it perilous to analyze the content, but it was interesting to notice how med students were, in general, portrayed as either "nerds," or "nerdbusters." Thus we see the "Haawrvard" graduate (Harry Dennis) nauseating his classmates, the superwoman with 17 kids and a Nobel Prize winner (Caroline Hellings) intimidating an "ordinary" colleague (Cliff Schmiesing).

Naturally our identification is with the underdogs and the harshest ridicule directed at the arrogant twits. Yet each of us had to act perfect in order to get accepted here, and who among us doesn't enjoy impressing our classmates?

The content of this play, and last year's too, suggests we share hidden doubts and fears, while rejecting the

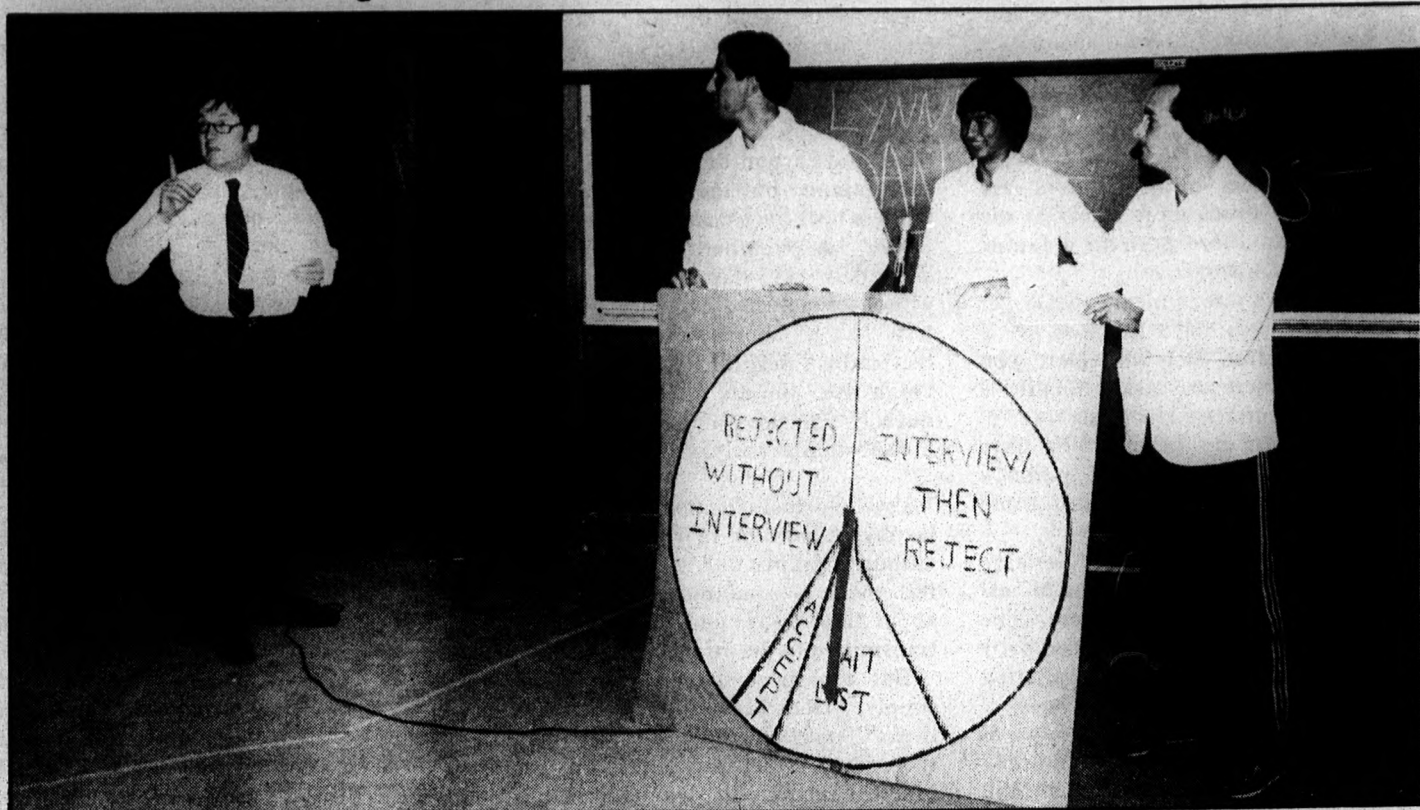


PHOTO BY RICH GUERRA

A familiar scene to medical students, the Admissions Committee with Dean Al Jones.

Theater Review

facades we sport daily by necessity. This may be pressing what was fantastic fun for more symbolic meaning than is warranted, but then, at best, psychocomedy is an imperfect science.

The pieces were written by many of the performers, and was produced by Matt Eisenberg, Dan Gunther, Lynn Pappas and Jonathan Pevsner.

Although grappling with such difficult topics as how to "whine your way to alienation" and "skate your way to regularity," the production managed to avoid excessive melodrama.

The dean's lectures presented by Eisenberg set the tone, proving that even liver lobules can be fun. David Begert's deadpan portrayal of Mr. Rogers in med school ("Can you say perpetual fog?") was delightful, and reflected, perhaps, how some of us feel as UC med tells us what to do and when to do it.

Clint McClanahan convincingly enacted the experience many med students have, as they find themselves irresistibly attracting scores of attractive potential mates, in the face of school responsibilities.

Karen Ragland beautifully sang a poignant ode to the loss of our leisure time: "Don't Get Around Much Anymore." Kevin Walsh aroused the crowd as Alan Luddin racing to the stage for Interview Password, a gameshow im-

mortalized by Mark Melberg's performance as a man in control of his brain.

A tribute to Dr. J. DeGroot was the penultimate skit of the first semester, and was followed by "Nerdbusters," sung impressively by Conrad Smith.

In the second act Marti Welman performed as the "anatomy nanny" with overwhelmed med student Ric Sletten in "Flexor Digitorum Superficialiosis." Where was my anatomy nanny last year? Jonathan Pevsner, with his highly skilled voice, sang "I Left My Heart in San Francisco" from the perspective of a lab cadaver.

"Thriller" stole the show as the most applicable popular song, with Furman Wells portraying Michael Jackson in the 13th floor laboratory. Pappas and Gunther sang with professional talent a duet, "Studying Is All That I Do," which, along with Gunther's "Shut Up and Suffer," gave voice to our frustration with the med school experience.

John Foster reminded us that drug studies can be enjoyed as well as pay for our education. Finally "La Freak Out," by the ensemble, was extremely upbeat and bursting with the enthusiasm of a cast that excelled.

Without doubt, Andy Gardner and Bill Detmer earned the prize for the most hilarious outfits ever worn in a lecture hall.

There is not enough space for me to praise individually all who deserve it, so let me emphasize that every minute of the play was a joy, and all who contributed should feel impressed with themselves. As for those of us who didn't contribute . . . Well, at least we are in the same class.



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On guard against SIDS

Parents of the SIDS victims must ultimately face the question of whether or not to have another child.

Unfortunately, they have reason to fear the nightmare might recur. If one child has died of SIDS or had a "near-SIDS" episode, other children are seven to 10 times more likely to die from it than those born to a family with no such history.

This does not mean SIDS is hereditary, says SIDS Institute president Dr. Alfred Steinschneider, who thinks the increased risk probably is due to environmental factors.

Researchers do believe they have something which may ease parent's fears and might save at least some potential SIDS victims' lives.

For just over 10 years, doctors have been monitoring the breathing of certain selected infants at home. The monitor sounds an alarm if the baby fails to breathe within an allotted time, usually 20 seconds.

But the practice raises a number of questions: Who should be monitored? Will home monitoring save lives? Will it have harmful psychological effects on the infant and parents? How long should monitoring last?

Doctors agree that monitoring every newborn is not justified, but the central question of just which infant to monitor remains.

Most researchers agree that "high risk" infants should be watched —

brothers and sisters of SIDS and "near-SIDS" victims, those who have had "near-SIDS" episodes, and premature infants who show problems with breathing in the nursery.

It's possible to study the sleep patterns and carbon dioxide response of such infants, but the predictive value of these tests have been questioned.

Dr. M. Heather Bryan of the University of Toronto says that without conclusive evidence that the tests have such value the only reasonable position is to monitor "high risk" infants whose parents request it. She also points out that there are substantial costs involved.

Psychological questions are another factor. A monitor in the home, one authority points out, makes parents feel there is something "not right" about their baby, and that feeling is transmitted to the infant.

But the most telling question is simply, "Does home monitoring save lives?" And the simple answer is that there is no evidence it does. Harvard Medical School's Dr. Daniel Shannon says, "That may not be something that is provable. Our goal is to avoid deaths, and we believe monitors help to do that. Otherwise, we wouldn't be doing so much of it."

—Barry Vinocur

Pacific News Service

Infant deaths

continued from page 1

maternal anemia or an elevated level of red blood cells, cigarette smoking and premature delivery.

Naeye and others emphasize it still is too early to say these factors cause SIDS. Even so, they are enthusiastic because this is the first time researchers have found any one group of factors that share a common theme.

Role of hypoxia

If fetal hypoxia is the common thread researchers have been seeking, by what mechanism might it act? According to SIDS researchers, the damage to the brain stem from decreased levels of oxygen affects the infant's breathing ability by making its brain less sensitive to levels of carbon dioxide in the blood.

Dr. Daniel C. Shannon, associate professor of pediatrics at Harvard Medical School, explains: "One of the signals which triggers a breath is a rise in the level of carbon dioxide in the blood. If cells in the brain stem were damaged as a result of fetal hypoxia, they might not react normally and the infant wouldn't breathe on cue. The level of carbon dioxide would continue rising even higher and that would further depress breathing — the final result would be death."

Shannon and others emphasize, however, that this explanation is only one of many possibilities. But it is supported by the observation that some infants who survived SIDS-like episodes and some who were studied before they died showed decreased sensitivity to carbon

dioxide.

There are other elements in the equation. Steinschneider points out that SIDS occurs most often between two and four or five months of age, "when an infant's sleep patterns are changing dramatically. And we know this change figures prominently in the puzzle."

The puzzle is more perplexing, Naeye comments, because SIDS is "a disease where the first sign that something is wrong is often death."

"Pursuing SIDS is a lot like peeling an onion," he warns. "You go through one layer after another and never seem to get to the center." Still, he feels that fetal hypoxia "represents the best lead we've had so far."

Though it is possible to say that certain pre-natal events predispose infants to SIDS, not all infants who experience those events become SIDS victims. Steinschneider thinks some environmental factor "probably tips the scale."

Reaching for prevention

Despite the improved understanding of the underlying causes of many SIDS deaths, prevention is yet another matter. Anemia can be prevented, Steinschneider notes, and expectant mothers should stop smoking. But other factors may not be so easy to deal with. Researchers also emphasize that SIDS may not have a single cause.

"What we have found is a common theme, and that is something we are very excited about and we are all vigorously pursuing it," says Dr. Dorothy Kelly, assistant professor of Pediatrics at Harvard Medical School. "However, it would be wrong to create the impression that SIDS is due to only one thing."

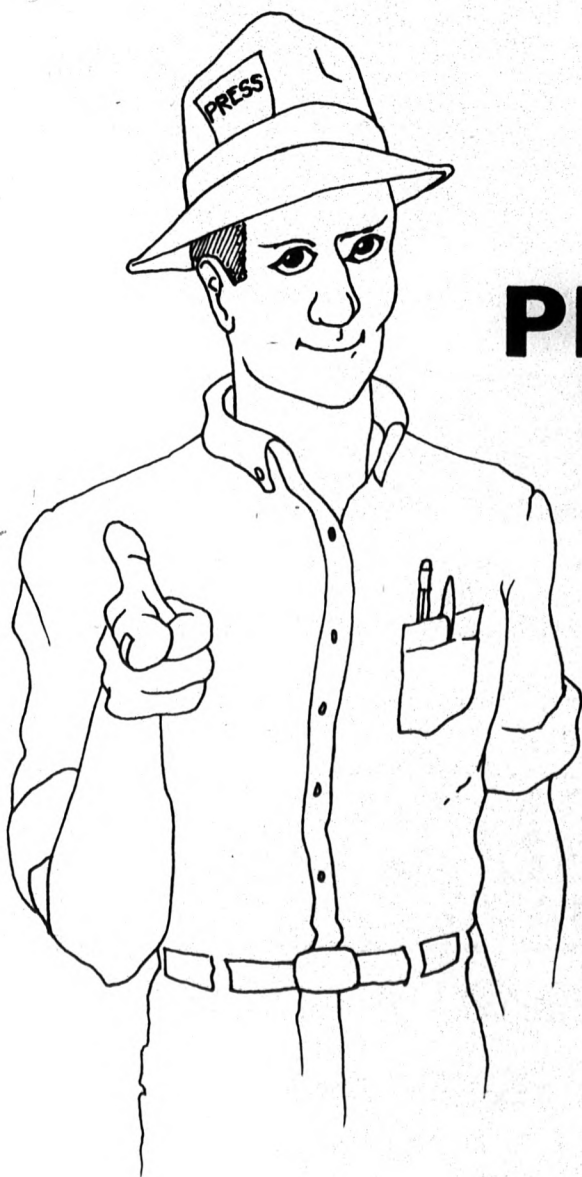
Naeye echoes Kelly's comments. "Control of breathing problems probably accounts for about 60 percent of SIDS deaths. The other 40 percent remain an enigma."

As to prevention, Naeye observes, "The dream is that someday we'll be able to come up with a simple and inexpensive way to screen all infants to determine whether they might be potential SIDS victims." But, he adds, turning that dream into reality is likely to be a very formidable task.

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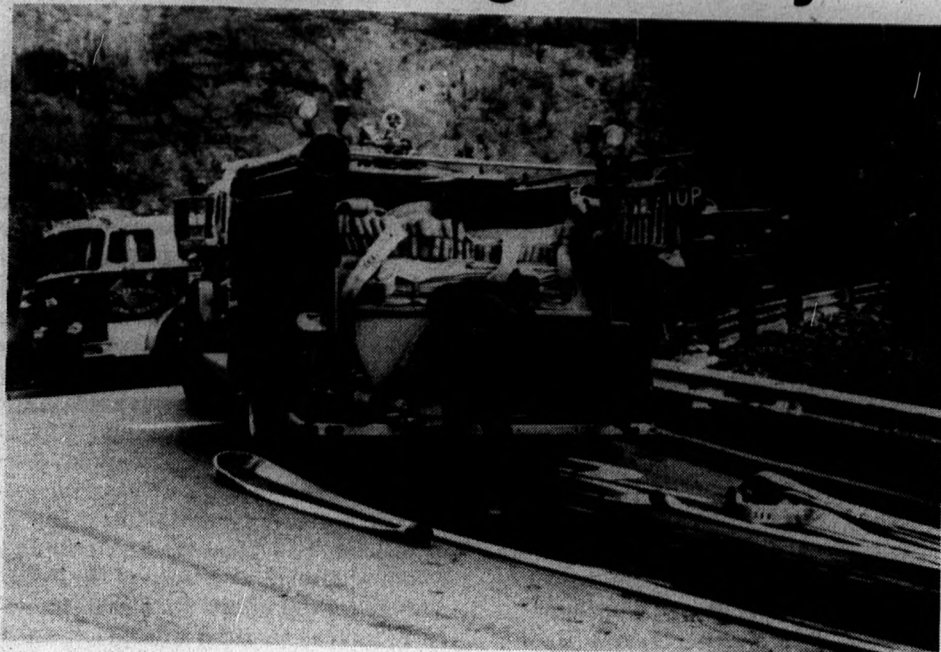


PHOTO BY PAULA ABEND

Fire trucks rushed to campus September 24, responding to an 8:30 a.m. call from the Laundry/Storehouse building adjacent to Health Sciences East. The flames spread through air vents after a dryer overheated, causing property damage. Firefighters spent 45 minutes fighting the blaze, according to Battalion Chief Gregory Abell.



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News Update

Medi-Cal cutbacks hurt indigents

Medi-Cal funding cuts implemented in 1982 by the state legislature have had a significantly adverse effect on medically indigent adults whose benefits were terminated, according to a UCLA study. The general health of 186 medically indigent adults was compared to that of a similar group still receiving Medi-Cal benefits in a six-month period following the cutbacks. Results of the study, funded by the Robert Wood Johnson Foundation Clinical Scholars Program, were recently published in the *New England Journal of Medicine*.

Hospice facing financial crisis

Disputed Medicare payments to the San Francisco Hospice may force the home nursing service for the terminally ill to close. The federal Health Care Financing Agency plans to collect \$275,000 it retroactively decided was incorrectly paid by withholding 20 percent of the hospice's payments beginning in October.

In dispute are charges for nursing services rendered between 1981 and 1983. Auditors say the hospice failed to prove the necessity of some skilled nursing visits and that its records failed to differentiate between skilled nursing services and other services, such as housekeeping and grief counseling for the dying, which are not covered.

Medical students need liberal arts

A stronger emphasis in the humanities, social sciences and other liberal arts fields is needed to make health care professionals more caring individuals, concluded a 48-page study by leading educators. The report, entitled "*Physicians for the 21st Century*," was produced by an 18-member panel chaired by Steven Muller, president of John Hopkins University. Among the report's recommendations were:

- Less reliance on standardized tests for admittance into medical school;
- Fewer lectures and more independent study;
- More scholarships for minority and needy students.

Protest ticks off UCD researchers

The Animal Liberation Front, opponents of research, has struck again, this time in the Davis, Calif., area. According to UC Davis' *California Aggie*, several homes and businesses were evacuated after the group left two ticking boxes near the homes of two researchers. Targets of the attack were UCD Primate Center Director Charles Cornelius and Assistant Director Andrew Hendricks.

A shoebox-sized box left on the porch of Hendricks' home contained the mechanism from a wind-up alarm clock, crumpled newspaper and a copy of *Animal Liberation* by Peter Singer. A similar box was left with one of Cornelius' neighbors in an apparent address mixup. Officials later declared the packages harmless.

Research snag for Stanford

A September 18 article in the *San Jose Mercury News* has got medical educators buzzing. The article zeroed in a "crisis of confidence" Stanford University's School of Medicine is having because of its heavy emphasis on research as opposed to clinical training. Stanford is searching for a dean for the med school, who must face problems associated with:

- A decrease in available grant money;
- Greater reliance on patient fees as a source of income coupled with a reluctance on the part of insurers to underwrite the kind of high-tech medicine Stanford specializes in;
- Pressure on professors to choose research over caring for the sick.

Paperless aliens face higher fees

UC Regents have decided to comply with an attorney general's opinion that undocumented aliens should be charged non-resident fees. The California State University system and community colleges already follow this policy.

Several regents, however, expressed support for five Latino students who are suing the university, claiming the non-resident fee violates the equal protection provision of the state constitution.



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The thought of getting up at 5:30 in the morning is enough to make most people gasp. But for the hardy souls of AM Challenge, UCSF's 6:30 a.m. aerobics class, that's the whole point. Gasping for air, sweating with exertion and stretching the limits of endurance — the earlier the better — are what it's all about.

And if you think it's surprising that so many people would roll out of bed and into a gym by the light of dawn, then you might be surprised that so many AM fans are men.

Ever since the aerobics craze caught on, participants have been associated with color-coordinated sweats and curving, if slim, figures. But if last quarter's enrollment is any indication (13 men and 18 women), men and aerobics are a good match.

"The men seem to add spirit to the class," said Gail Onishi. "They're the most enthusiastic."

Enthusiasm, humor and human interest. One of AM's most avid men, Elmer Latimore, may say "The thing I like best is the abusive exercises." But, for Elmer, the health benefits and friendly competition with classmate Luigi Licari added a new dimension for the whole class.

Doctor's orders prompted Latimore to take on the AM challenge in an effort to lose weight and control a dangerously high blood pressure. Luigi Licari, who lives near campus, but works in the East Bay, found that the 6:30 class was just about the only way to fit more exercise into his busy schedule.

It didn't take long for Latimore and Licari to compare waistlines and agree to a contest to see who could lose the most inches by the end of summer.

Working out with three-pound weights in his hand, Licari managed to shed four and a half inches off his then 41-inch middle. Latimore, just as intense, took off 20 pounds and edged Licari out of the waist-trimming match, bringing his 44-inch waist down to 37 inches.

"My goal is a 28-inch waist," cracked the hefty Latimore. "Yeah, we call him 28 in the locker room," said fellow aerobicizer Matt Eisenberg.

The women of AM Challenge seem to agree that the men add a special something. "The men are great. They're inspiring," said Mary Ann Gholson, a SFGH researcher who joined the class looking for a tough workout.

Onishi tailors her class to the higher-than-average male enrollment and the fact that many of the women are athletic. "I don't have a lot of dance movements, so it's easier for the guys," said Onishi who packs her class with a combination of stretching,



aerobic and floor repetitions.

"You know we're working if the guys are sweating," said Latimore, who manages to soak through two hospital fatigue tops in a session.

"It's always challenging," agreed Gholson. "You can always do the exercises harder or faster."

The men, for their part, have a healthy respect for the women in the class, even though their presence can take some getting used to. "I'd always get in the front row," said Latimore, "so I wouldn't be attracted . . . I mean distracted . . . by all the 36-28-36s in the class."

Onishi said there's a lot of social bonding that takes place in the class that tends to reinforce everybody's motivation. "The biggest challenge to AM Challenge is getting out of bed."

But once the AM bug bites, early-morning exercise fever sets in. "The first two weeks were very hard," said Licari, "but after a while it becomes routine. Now I get up at 6 o'clock every morning and get into work early."

For his part, Latimore wouldn't miss a class, even though he lives in Oakland. "When I'm late I ride my Harley Davidson," he said. "I once made it to a class from Sacramento in one and a half hours on the bike."

So, if you think all those classes you've enrolled in won't leave you time to get into shape, take a deep breath and set your alarm clock.

—Paula Abend

Registration for AM Challenge and other Millberry Union recreation classes begins next Wednesday. See the Recreation Calendar on page 8 or call 666-1800 for details.

Nelder

continued from page 1

said. He stated that 35 percent of Canadian drinking is fluoridated. In the United States, to date, every court decision banning fluoride has been overturned by a higher court. There is one case still pending. "No court of last resort has ever rendered an opinion adverse to fluoridation on the grounds of safety, efficacy, or constitutionality."

Should fluoride be compared to thalidomide? Hal Holbrook, an assistant research physiologist in UCSF's Department of Obstetrics and Gynecology said no. Thalidomide never passed the rigorous testing of the U.S. Federal Drug Administration and was used on a very small patient population. Since fluoride use is wide-spread, "birth defects would have shown quickly," according to Holbrook. The San Francisco water supply has been fluoridated since 1952.

While, privately, many doctors scoffed at Nelder's recent fluoride statements, there is evidence that the antifluoridationist campaign is no joke.

An article in the September 1984 issue of *American Baby* magazine contends that public referenda are "the most successful strategy to date," according to the article.

Unable to pass critical scientific review, with their few court victories overturned, the fluoride foes are taking their case to the people. "Anything goes in the political arena where the very fact of a referendum seems to legitimize any

question of safety."

In 1983 a measure to add fluoride to the drinking water in Springfield, Mass., was voted down by a more than 2-1 margin. The pro-fluoride campaign was mounted by doctors and dentists and supported by local newspapers and businesses as well as the WHO, the League of Women Voters and the AFL-CIO. The antifluoridation force raised only \$3,000, had no organizational support and used data, the article contends, that "was replete with factual errors and information taken out of context. But the misinformation apparently worked."

Will Wendy Nelder pursue a referendum on fluoride? To date, she is undecided but this is a David-and-Goliath fight she seems to relish. Nelder authored Proposition P, which created an ordinance limiting workplace smoking, and sees its passage as a victory of public awareness over the tobacco industry. She considers San Francisco a "health-conscious" electorate and believes her concerns will be vindicated when all the fluoride information is before the public.

Though a measure banning use of fluoride would, most certainly, be opposed by the same medical community which supported her Proposition P efforts, Nelder is undeterred. "Since (the 'vested interests') have all said that fluoride is okay," she asked, "what are the rest of us supposed to do? Roll over and play dead?"

Paul Herron is a staff employee at UCSF.

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—David E. Reiser, M.D.
from *Patient Interviewing:
The Human Dimension*

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■ **The Richmond**
Presidio Middle School
29th and Clement
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■ **North Beach**
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666 Filbert at Columbus
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■ **West Portal School**
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■ **James Lick Middle School**
Noe at 25th St.
M & W 5:45 & 7 pm

■ **Mercury Athletic Club**
404 Clement at 5th Ave., 2nd floor
Sat 9 am; 10 am entry level class

■ **Francisco Middle School gym**
annex on Francisco near Stockton
M & W 5:45-6:45 & 7-8 pm

■ **The Marina**
S.F. Community School
Beach & Divisadero Sts.
T & Th 5:30-6:30 & 6:45-7:45 pm

■ **Star of the Sea lower gym**
8th Ave. near Clement
T & Th 5:45-6:45 & 7-8 pm
Sat 9:30-10:30 and 10:45-11:45 am

■ **Telegraph Hill Recreation Center**
555 Chestnut at Mason
Sat 9:30-10:30 am & Sun 10-11 am

CALL 921-0477 FOR BROCHURE AND SCHEDULE

Millberry Union

continued from page 1

financial morass, according to Freeman. But campus officials clearly have high hopes for the venture. The \$150,000 renovation and equipment cost was borne by the Chancellor's office, with no direct MU funding, according to Trent Spaulding of UCSF's budget office.

Also at the top of the survey respondents' wish list was enhanced recreation and entertainment of the variety now provided by the Program, Recreation and Operations (PRO) department.

But unlike the food service face-lift, the PRO will not receive an injection of funds to beef-up its services. According to department manager Al Minvielle, the \$1.2 million dollar budget he oversees may have to shrink to make ends meet.

Ironically, one place these cuts could happen is in the Committee for Arts and Lectures (CAL), despite the fact that the kind of entertainment it sponsors topped the survey results.

Although CAL has never been expected to be a money maker, Freeman said it has a \$16,000 deficit projection for the current year. If other PRO sections cannot subsidize CAL, "we will have to look at other alternatives," Freeman said. "Cuts are likely."

As for recreation itself, non-student membership fees have increased substantially. Minvielle said this reflects UCSF's unique situation: a small student base and no academic physical education courses which could qualify for state funding.

He said MU is the only student union in the UC system that provides athletic facilities. Because deficits must be curtailed, Minvielle added, the recreation program must be self-supporting.

"Our objective is to maintain our current level of services with no noticeable cuts," said Minvielle. If cuts are necessary, he said, they will be in programs that are neither self-supporting nor paid for by student registration fees.

For example, the campus golf and tennis tournaments and the Mount Sutro Run are in serious jeopardy. CAL could become a nine-month program, ending summer activities, when fewer students are around to take advantage of them.

Freeman said there are a number of plans underway to augment overall revenues. The first of these — one of the highest priorities indicated in the survey — is the installation of an automated teller machine, replacing the human check-cashing service adjacent MU's central desk.

At this point the machine may be a mixed blessing. It is displacing two check cashing jobs (although one of the two employees has found a new job in the bookstore) and resulted in remodeling which has cut into an already meager student game room.

On the positive side, anyone on campus, regardless of which bank they patronize, will be able to use the machine for a small service charge. More ATMs are on the way, Freeman said, and should eventually bring in a healthy rental fee.

Freeman also plans to increase sales of magazines and convenience goods at various locations around campus. New retail shops may be added to augment the flower kiosk on MU Plaza.

Amid all the hustle and bustle to turn MU red ink into black, however, the facility most preferred by survey respondents — no money-maker — was excluded from current plans: a quiet space for reading or meditation. That essential part of university life, contemplation, must take a back seat to economic realities for now.



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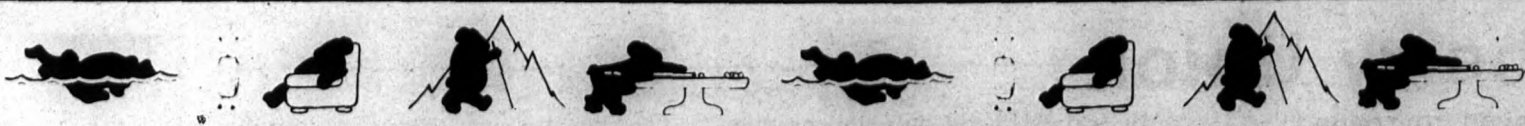
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Millberry Union Calendar



CAL Calendar

Thursday, September 27
FILM: "La Traviata." Director Zeffirelli's version of the classic opera, the affair between the consumptive courtesan Violetta and her lover Alfredo, played by the famed Placido Domingo. Cole Hall Auditorium. 5:45 p.m. ONLY. \$1.50/\$2/\$2.50.

Friday, September 28
FILM: "La Traviata." See Thursday, September 27 for location, description and prices 6:30 and 8:30 p.m.

Tuesday, October 2
WELCOME BACK. A special celebration hosted by Millberry Union. Millberry Union central plaza. Noon to 1 p.m. FREE.

Friday, October 5
Film: "Romancing The Stone." The fast-paced comedy-adventure set in New York and tropical Columbia with Kathleen Turner "Body Heat" and Michael Douglas. Cole Hall Auditorium 6:30 and 8:30 p.m. \$1.50/\$2./\$2.50.

Winners of the Millberry Union Welcome Back Raffle for students are: Estela Garcia, a \$10 gift certificate at You See Flowers; Melissa Blount, two tickets to the Blue Flame String Band Concert; Thomas Thomas, an individual weight training session at Millberry Union; Jeff Nebenzahl, a \$12.50 credit for equipment rental at Outdoors Unlimited; Kathy Roskos, a \$12.50 credit for equipment rental at Outdoors Unlimited; Kevin Lee, complete dinner at the Millberry Cafe; Winnie Zing, a free Millberry Union locker for the year; Amy Beckman, a free pass for two to the movie of her choice at Cole Hall Cinema; Phil Ohlson, two nights lodging on a cross-country ski trip sponsored by Outdoors Unlimited; Sue Broadway, two tickets to the CAL special presentation of the Mark Naftalin Blues Explosion; Dennis Lindeberg and Steve Waite, a stethoscope from the Millberry Union Bookstore; Wai Lau, Margaret Warrick, Tom Chen and Chris Ippolito, a bag of Almost Heaven popcorn.

Winners may collect their prizes by phoning Mara Goldberg at x2541. All prizes must be collected no later than October 10, 1984.

Wednesday, October 10
TWILIGHT CONCERT: Pipin's Pocket Opera Our first Twilight concert of the '84-'85 season presents an especially light-hearted program of Offenbach, Sondheim and other Broadway composers. Millberry Union Lounges, Reception 5 p.m., Concert 5:45 to 7 p.m. \$3 UCSF Students/Seniors/MU Members; \$4 General, available at Millberry Union Central Desk, 666-2571.

Recreation Calendar

Wednesday, October 3
MILLBERRY UNION FALL REGISTRATION: Registration for fall recreation classes, events and special activities at Millberry Union begins Wednesday, October 3, for M.U. members and students; Thursday, October 4, for Children's programs; Friday, October 5, for the general public. Register at Millberry Union's Central Desk, 8 a.m. to 2 p.m. and 4 to 7 p.m.

Great Escapes

September 29-October 13
SAILING CLASSES: Beginning Sailing, Fee \$115/\$125; Intermediate Sailing, Fee \$115/\$125.

September 30
SAIL OUTING: S.F. Bay, Fee \$26/\$30.

October 6
SAILING CLASS: S.F. Bay, Level 1, Fee \$89/\$95

Register for the above activities at the Athletic Control Desk Millberry Union.

Outdoors Unlimited

September 29
BENEFIT BOOGIE: Tenth Anniversary Benefit Boogie. Dance to BAMMY award winner Ron Thompson and the Resistors. Millberry Union, 500 Parnassus ave. Donation \$4.50 includes refreshments. \$500 in raffle prizes, tickets \$1.00 at O.U. or at the door.



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