

synapse

ASUC Board Reviews Health Referendum

By Jacque Slaughter

At the Jan. 4 meeting of the ASUC Executive Board, third-year medical student Brian Hoberman—a member of UCSF's Student Health Service Advisory Committee (SHSAC)—presented a preliminary draft of a student referendum planned for March, 1993. As part of the referendum process, the language of any proposal put to the student body for a vote must be approved by both the ASUC Board and the Graduate Students Association General Assembly.

The referendum, which was proposed by the SHSAC last year, will establish a system of funding "to provide a flexible mechanism to maintain and/or to improve the currently available health insurance benefits."

After a lengthy discussion, the Board tentatively approved the referendum language. Pending approval by the GSA General Assembly, the referendum will be mailed to each student. Passage requires a majority vote and at least 10% voter participation.

Synapse intends to cover issues related to the referendum in the weeks to come.

In other business...

In response to the ASUC's opposition to looming student fee increases and differential fees, Executive Board President Brian Shue received a letter from the Office of the President of the University of California. It said that the 1992-93 State Budget Act reduced the University's budget by \$255 million below the Governor's January budget. The budget cut will necessitate reductions in the workforce, limits on purchases of books and equipment, and an increase in student fees. The fee increases will offset about 25% of the total \$255 million.

The proposed \$1,000 differential fee increase for students enrolled in law, medicine, veterinary medicine, business administration and dentistry was not adopted by the Regents, who felt that additional study was needed. To compensate for the shortfall in projected differential fee income, the Regents approved an increase in the Educational Fee of \$55 in addition to the \$400 increase originally proposed. The Regents further approved a temporary fee surcharge of up to \$150 per year for five years to pay back a loan of up to \$70 million which is needed to help the University get through the 1992-93 fiscal year.

The ASUC office has recently increased its photocopy rates from three to five cents per copy. In the past, copies of three cents/page were subsidized by the ASUC. The ASUC copy machine was originally intended for ASUC business, including use by ASUC-sponsored Registered Campus Organizations, but the general student population has made increasing use of it. The ASUC has recently raised its rates to reflect the actual cost of copying.

The ASUC copier continues to be avail-

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Biotechnology lectures begin

At noon today—Thursday, Jan. 7—in HSW-301, an introductory talk by Harold Varmus, professor of Microbiology and Biochemistry, kicks off a 10-week "Biotechnology in Society" lecture series. New York University sociology professor Dorothy Nelkin will then discuss "Human Genetics in American popular culture." UCSF can take the lectures for one unit. In-depth seminars following each lecture can be taken for additional credit. Call 476-0694 for more information.

The bookstore's back...

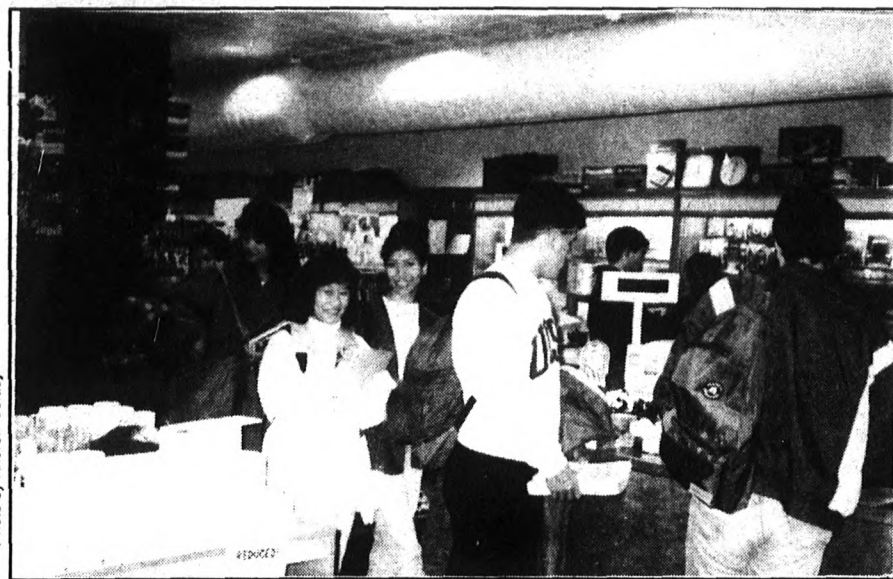


Photo by Andrew Softley

In Millberry Union, with more software, more medical instruments, better lighting, cozier heating and "an integrated point of sale with laser scanners" (faster checkout). These students stocking up for winter quarter seemed pleased with the refurbishing.

Third-year Journal

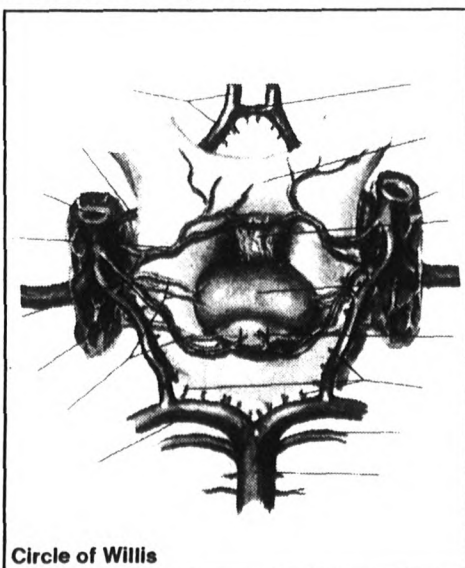
Neurology: Zebras and sadness

By Priya Bhatia

Medicine—my current rotation—is busy and satisfying. My neurology rotation seems but a distant memory. The most salient details are colored by the depressed mood I was in throughout that month.

I only saw the inpatient side of neurology in a tertiary-care, top-notch academic institution. This gave me a biased view. Instead of patients with simple, perhaps more treatable diseases, we got the zebras. (There's a saying in medicine: "When you hear hoofbeats, think horses." Only rarely do you find the zebras—strange, unexpected disease states.) Many patients deteriorated; their personalities were being slowly eroded by pathogens and processes we could only puzzle over and speculate about.

Our understanding of the brain is rudimentary. What is it that makes us unique and gives us our personalities? Are we nothing more than a collection of fragile synapses? When those connections between neurons disappear from trauma or ischemia (lack of blood supply), do our souls also disappear? With all these deep questions on my mind, no wonder I wore a lot of black during my neurology rotation and pondered what it would be like to hang out in cafes, smoke clove cigarettes, and recite from slim volumes of obscure poetry.



Circle of Willis

One of the patients on the service was a young man who had fallen on his forehead from 30 feet and had extensively damaged both his frontal lobes—the part of the brain responsible for inhibiting impulsive behavior. Before his fall, he had been taciturn. In stark contrast to his former self, he was transformed into a jovial fellow who talked to strangers in malls, laughed constantly, and told ribald joke after joke. He could not carry out a planned, complex activity without con-

stant reminders to keep his attention focused on the task at hand. His caring older brother structured his entire day for him. In a particularly poignant moment, the attending on our service asked about the patient's incessant laughter: "Do you ever laugh when you really feel sad inside?" Still giggling, but with what looked like a tear in his eye, the patient answered yes. The attending asked, "What makes you unhappy?" The patient's reply, in a quieter, troubled tone of voice, but still with a smile: "When I think of my sister who died."

The neurology ward abounded with tragic stories. One member of the team coped by joking about the patients: "I cry with them when I'm in their rooms, but afterwards, I have to laugh about them in order to maintain my sanity." I couldn't use that approach personally. I felt guilty when I laughed when someone called a difficult obese patient "Orca."

I felt so sorry for my patients. I could not imagine being the friendly, intelligent 40-year old man who had just had his second mild stroke and had to face the possibility that he could not work again because he had a slight right hemiparesis and could no longer write. To see what that would be like, I tried for one whole day to write with my left hand. It was nearly impossible. Only then did I begin to appreciate the devastation that complete paralysis of one side of the body could produce.

It's astonishing that one tiny clot lodged into one minuscule artery in the brain can have such profound consequences. And if the clogged artery is even larger—for example, if it's the middle cerebral on your left side—you can be paralyzed in your arms and upper body, and you could also lose your ability to form or comprehend language! It amazes me that a gray, gelatinous substance only 1/4 of an inch thick—the cerebral cortex—contains the flexible circuitry enabling us to process information, to form sentences, to reason mathematically, to move in a purposeful manner.

I've always been fascinated by the idea of "handedness" and left vs. right. I find it intriguing that one side of the brain becomes "dominant," and that in almost all right-handed people, language abilities lie on the left side, but in some left-handed people, language lies on the right. When I learned about Broca's and Wernicke's aphasias (aphasia means "without speech") during my first-year neuroanatomy course I called my father

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President Peltason pays us a visit

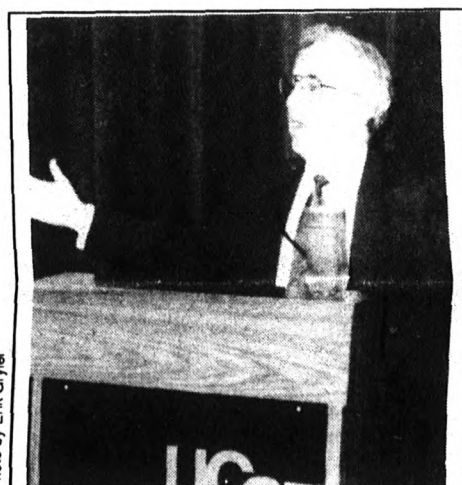
By Erik Gryler

The new president of the University of California system, Jack Peltason, made his first official visit to the San Francisco campus Dec. 14. Peltason, who is touring all nine UCs, was accompanied by Meredith Khachigan, Chair of the Board of Regents.

The day-long visit included meetings with students, staff and faculty, as well as special sessions with Senior Officers and the 21st Century Executive Committee. More than 100 members of the campus community attended a convocation in Cole Hall at noon.

Several themes ran through Peltason's comments at the various events. He stressed that the UC system has been through some hard times over the past few years, and that the situation will probably get worse before it gets better.

Peltason calls the current state a "temporary lull... not a retrenchment." The challenge, he said, is to maintain the quality and accessibility of UC until funding gets better. He credited people throughout the UC system for working harder and more efficiently to compensate for the cuts.



Peltason at Cole Hall

Peltason is confident that UC can sustain the current level of cuts in the short term without undermining quality, but that future cuts will cause real problems. State legislators are aware of UC's plight, Peltason claims, and it is more a matter of the state raising revenue than of citizens writing letters to representatives.

Peltason plans to spread the burden of the state funding shortfalls. The deficit will be made up by cutting programs and services, trimming faculty and staff, decreasing or freezing pay and increasing student fees. UC administration has already undergone two successive five percent reductions and the libraries and maintenance programs have been cut.

The future, according to Peltason, will see UC receiving fewer funds from taxpayers and more from students. For example, Peltason says that it appears that UC will not receive the 5.5% funding increase it requested from the state for the next fiscal year, despite this being "the smallest funding increase requested in modern times." In addition, student fees will likely continue to climb, but Peltason thinks that "a poorer quality education is a bigger disservice overall."

Peltason recognizes the increasing importance of financial aid as student fees increase, and points out that 29 cents of every additional dollar of student fees goes toward financial aid. Peltason is also supportive of Clinton's proposal that students be able to earn an education through public service in the national government.

During Peltason's meeting with student leaders, Brian Shue, executive director of the Associated Students, questioned the propriety of the high salaries earned by top UC

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Research Roundup

By Cynthia Corwin

Workplace bans induce smokers to quit

Workplace no-smoking policies reduce both the total number of cigarettes smoked by employees and the number of smokers among them, according to a study conducted by Stanton Glantz, professor of medicine, Tracey Woodruff, research fellow, and their coworkers. In workplaces with no restrictions on smoking, 21% of workers smoke; in offices where smoking is banned, only 14% of workers are smokers. In a random telephone survey, the researchers found that the total number of cigarettes consumed by employees decreases as smoking policies become more stringent. Existing restrictions have reduced the number of cigarettes smoked by people who work indoors by 28%. Glantz estimates that if all California workplaces were smoke-free, 41% fewer cigarettes would be smoked than if there were no restrictions, resulting in a loss to the tobacco industry of \$406 million.

Study links passive smoking to heart disease

Environmental tobacco smoke almost doubled the amount of fat deposited in animals' arteries in a 10-week study conducted by William Parmley, professor of medicine, and Glantz. In the study, rabbits were fed a high-fat diet to induce atherosclerosis and were placed in smoky enclosures for six hours per day. Some animals were exposed to doses of cigarette smoke two to 10 times the level in human environments, while other animals were given lower doses of smoke, which were about equal to a smoky human environment. Control rabbits were placed in a smoke-free room. At the end of the study, fatty deposits covered more than half the surface area of the aortas of the rabbits in the high-dose group, 35% of those of the low-dose group, and 30% of those of the control group. Similar amounts were found in the rabbits' pulmonary arteries. Environmental tobacco smoke also caused platelet activation in the animals. Platelets are involved in blood clotting and appear to play a role in atherosclerosis.

The researchers also reviewed recent epidemiological studies and found statistical evidence linking environmental tobacco smoke to heart disease, lung cancer, and other forms of cancer in humans.

Library cuts number of journals on hand

By Shobhit Arora

The UCSF library has cancelled its subscriptions to some 1,500 journals over the past two years, and more cuts are on the way, according to Glenda Vandegrift, the person in charge of library acquisitions. The cancellations are a direct result of UC budget cuts, Vandegrift told Synapse, "as well as soaring subscription rates, especially foreign journals."

The library collection budget was cut by some \$50,000 this year, following two previous years of budget cuts. The cost of journal subscriptions has increased 20-25% over the past year, with foreign subscriptions rising over 30%. To meet its budget, the library has had to reduce both the number of subscriptions to scientific journals and its acquisition of books.

How does the library decide which subscriptions should be cancelled? Last year, a study on the utilization of journals was conducted, and from this study, the library formed a provisional list of subscriptions to be discontinued. The proposed cancellations were made known to deans, department heads, and the student offices of the various UCSF schools. This list was also carried on MEDLINE. Based on feedback from faculty members, students, and other library patrons, a final list of subscription cancellations was made.

In order to access titles no longer held at the UCSF library, Vandegrift suggests that students, faculty and staff "utilize the interlibrary loan system that exists between all of the UC libraries." The interlibrary loan system will allow library patrons to retain access to nearly all of the journals that have been available in the past, albeit with a slight delay. The library would appreciate any input from library patrons regarding journal cancellations. A list of proposed journal cancellations is available at the library on MEDLINE.

Back Issues Needed

Little elves have made off with our office copies of the Sept. 24 and Oct. 15 issues of Synapse. If you have either of these issues, please call us at 476-2211.

Announcements

GSA Co-Chair Needed

The Graduate Student Association needs a co-chair of Nursing. \$150 stipend/quarter. Contact GSA at 476-2233.

Poets Wanted

UCSF students, staff, and faculty members are invited to participate in the first annual Black Heritage Month Poetry Reading scheduled for Feb. 9. Contact Denise Harvey at 476-5836 for more information.

Brown Bag Lectures

Bring your lunch to HSW-300 at noon each Wednesday for a one-hour program. Jan. 13: Sudarshan Kapoor on "Nonviolence as a way of life."

Blood Donation Day, Jan. 26

Donation sites will be in the MU conference center from 8 a.m. to 2 p.m. and the Nursing building mezzanine level from 11:30 a.m. to 5:30 p.m. Raffle prizes are a pair of gift certificates for \$50 each at the Washington Square Bar & Grill. Donors are asked to bring personal identification.

ASUC

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able for student and RCO use at the same five cent per page rate as the Quick Copy machine in the School of Nursing. The Quick Copy machine provides higher quality copies and services such as collating at the five cent rate. In March '93, the Quick Copy Center will move to the I level of Millberry Union and the ASUC copier will no longer be available for student use.

Plans are already underway for the 1993 Black and White Gala. The planning committee meets Thursday, Jan. 7 to finalize the size, date and cause the event will benefit.

Tentatively, the Gala will benefit an AIDS prevention group in the community, and may feature a guest appearance by Magic Johnson (depending on the date). The proposed date and site: April 16 at the Galleria (near the Design Center). The 1993 Black and White Gala will feature big band/swing music from 8-10 p.m., followed by a DJ from a local radio station. The Gala Committee is currently soliciting corporate sponsorship to help fund the project. Anyone interested in helping with this effort should contact Cristina Gruta in the ASUCSF Office, MU 110W.



Why is this student smiling? Maybe because she finally got to the front of the line at the Financial Aid Office during the back-to-school rush on Monday, Jan. 4.

A Celebration of Dr. Martin Luther King, Jr.

MONDAY, JANUARY 11

MLK Awards Ceremony. To honor all of the nominees plus award winners Rita Arriaga, physical therapy and James O'Donnell, ophthalmology (faculty co-recipients); Connie Bear-King, pathology and Elma Belenson, School of Pharmacy Dean's Office (staff employee co-recipients); and medical student Norris Turner. Toland Hall. Noon.

TUESDAY, JANUARY 12

Art as a Tool for Social Change. A Brown Bag Lecture with James Woods. Watts Community Housing Corporation & Anna Halprin. Tamalpa Institute-Dancer's Workshop. Herbst Hall. UCSF Mount Zion. Noon.

The Ponies. Performance by Native American band. Rm. 125. Mission Center Bldg. Noon.

SF Recreation & Park Dept. Youth Programs. Teen program coordinator Lorraine Lampkin. Rm. 7M30. SFGH Main Hospital Bldg. Noon.

WEDNESDAY, JANUARY 13

MLK 4th Annual Cultural Fair. Art, food & goods from a variety of cultures: debut of the UCSF MLK Gospel Choir with members Detra Davis and Tony Colvin, laboratory medicine: Ernestine Florence, Institute for Health Policy Studies: Cecilia Trotman, Millberry housing: Christine Sexton, Millberry recreation; Mary Roberts, development & training: Sharon Brown, psychiatry-SFGH. Plus Omulu Senzala (Afro-Brazilian capoeira group): UCSF Vietnamese Student Association fashion show and dance; Sanja Huayra (Andean music).

WHERE DO WE GO FROM HERE?



Nonviolence: Learning It, Living It, Teaching It

UC San Francisco January 11-15, 1993

WEDNESDAY, JANUARY 13 (CONT.)

State of the Art Gallery display. Featuring works of African-American and multicultural artists. Millberry Conference Center. 11 a.m. - 6 p.m.

Nonviolence: A Way of Life. Sudarshan Kapoor, peace and conflict studies, Cal State Fresno. HSW 300. Noon - 1 p.m.

THURSDAY, JANUARY 14

Bayview Opera House Community Choir. Herbst Hall. UCSF Mount Zion. Noon.

Gains & Losses for Women and Minorities. What women & minorities may experience in the coming years. Television journalist Belva Davis. KRON-TV. Channel 4. Toland Hall. Noon - 1 p.m.

Men's Work. Violence prevention educator Paul Kivel speaks on how to stop the violence that tears our lives apart. Rm. 2A6. SFGH Main Hospital Bldg. Noon.

FRIDAY, JANUARY 15

Creative Solutions to Preventing Violence. Panel discussion with Joe Marshall, Omega Boys Club: John La Vaele, Center for the Spirit: Concha Saucedo, Institute Familiar de la Raza: Sherry Tennyson, Delinquency Prevention Commission. Moderated by UCSF's Alma Sisco-Smith. Student Academic Service. Cole Hall. Noon.

1992-3 Martin Luther King, Jr. Commemoration Week Committee would like to thank Hotel Richelieu and Millberry Bookstore for helping to sponsor the week's activities.



Letters

Moffitt cappuccino defended

To the Editor:

I'd like to take this opportunity to reply to your article on coffee in the Nov. 19 issue of your paper. In particular, the Moffitt Cafeteria cappuccino you described is not the cappuccino we know and our customers are raving about! We are quite proud of our new cappuccino machine and take exception to your conclusion that, "the only reasons to go to Moffitt for cappuccino are the late hours and time pressure." We do not feel this fairly represents the product. While it's true that our cappuccino is not 1/3 foam and is a bit more like a latte than you might find in a local specialty coffee shop, we feel it has excellent flavor, a nice foam head, and is being received quite enthusiastically by our clientele. We are offering fresh ground Capricorn Coffee, which is a locally roasted espresso bean, both in regular and Swiss water process decaffeinated. We chose Capricorn Coffee over other, larger dealers, because of their superior bean, as well as the freshness of their product — we have fresh-roasted beans delivered twice a week! The vendor for our new machine recommended we offer a milder version of the cappuccino, based on their experience with a large diverse market not necessarily accustomed to the traditional cappuccino. Aside from your article, the overwhelming positive reaction confirms our decision. For those connoisseurs who prefer a stronger espresso, we offer a double cappuccino for the same price as the regular cappuccino.

As far as our French roast and house blend coffees, we stand behind them as a good regular cup of coffee. To have a truly top-of-the-line coffee, we would need to brew in much smaller batches, and more often than we currently do. Unfortunately, this is not possible given the lengthy hours of service and the large number of customers served. What we do offer is a good "middle road" cup of coffee, that is a compromise based on all of the comments we get from those who think our coffee is too strong and those who feel that it is too weak.

We would like your readers to know that we are quite proud of the products we serve

and that we take seriously any comments or suggestions about our products or service. We have also enclosed several coupons for another try at our cappuccino. This time try a double and let us know what you think!

If you'd like more information or a tour of our machine, ask for the manager or the supervisor on duty.

Marilyn Jacobson, Cafeteria Manager
Tim Dineen, JoAnn Florendo
Ken Smigelski, Supervisors

Erik Gryler replies: Thanks for the coupons. The Moffitt cappuccino isn't bad. Upon re-tasting, I found the double to have a good head of foam, although it could have been thicker and creamier. The taste was fine, but mild, and as we said in our original piece, the milk-to-espresso ratio was too high for a traditional cappuccino. Perhaps Synapse staffers like strong coffee more than other UCSFers. If the majority of your customers like the product, don't change it. The rest of us will have to search elsewhere.

Ostwald wins Royer Award

Dr. Peter F. Ostwald, professor of psychiatry, has won the 29th annual J. Elliot Royer Award, established to recognize significant contributions to the advancement of psychiatry and neurology by a physician practicing in San Francisco or the East Bay.

Ostwald has investigated the effects of emotion on speech and hearing. He pioneered the use of acoustic spectrographic methods ("voiceprints") for detecting abnormalities in the cries of human infants.

An accomplished violinist, Ostwald has written biographies of two emotionally troubled artists: German composer Robert Schumann and Russian dancer Vaslav Nijinsky. He is the founder and medical director of UCSF's Health Program for Performing Artists, which provides diagnosis and treatment of the illnesses affecting musicians, dancers, singers, actors, and other performing artists.

OPINION

The Care of The Soul

By Bryce Kellams

I made my decision to start a career in health care because, like many, I thought it combined science and people, my two favorite areas. I had heard there were changes brewing in medicine — a more humanistic system was in the works. I figured the diverse and progressive environment of UCSF was the place to be.

During my first quarter, I was pleased to see psychiatry offered. Much was said about the patient perspective, about understanding the patient. But there was still something missing. The course concerned itself too much with distilling the patient experience into memorizable lists and with substantiating any claims about the human experience with experimental data and psychological science. It managed to drain the human out of everything.

I soon realized that psychiatry was the only course in our curriculum that would seek to address the human side of medicine. Where was this new humanistic medicine?

The amount of patient contact in the first two years seemed essentially negligible, and I wondered when and how we were supposed to learn to deal with real people and their needs, and develop skills of communication and understanding before being thrown into the melee and medical hierarchy of the wards. Were we supposed to learn it on our own on the wards? I think the assumption that medical students will naturally pick up these skills without any format for learning or discussion is grossly false. This is perhaps the reason that our educational system keeps turning out doctors who are inept at communicating with people.

I began hearing grumblings from others in the class along these same lines and discovered that a few folks were talking about starting up an elective of their own. It was then that I first heard Rachel Naomi Remen speak. She is a physician and medical director of the Commonweal cancer retreat center in Marin. She spoke that night of the impact illness has on people's lives, about the meaning illness has for people. She talked about a

spiritual dialogue between physician and patient, of a mutual healing process. She read inspirational poetry written by her cancer patients. I was floored.

Remen calls herself a "physician recovering from medical school." She understood what we as med students were going through; that medical education is dry and grueling and can rob you of your own caring and humanity, of your ability to relate to patients as people. In a series of discussions with Remen, we've designed this first-of-its-kind elective. It will explore the human aspects of being a patient and being a physician, and will underscore the importance of remembering the spirit in medical practice. It will emphasize the things that brought many of us into the healthcare field in the first place — people, caring, healing, spirit.

The course is organized into four areas: cancer, heart disease, women's health and AIDS. Remen will kick off the course Jan. 14 with a lecture about the meaning of spirit, drawing on some of her experience as a doctor and as a patient. For Remen, spirituality transcends morality, ethics, psyche, religion and culture. It is common to everyone and is experienced at all times, whether or not we realize it.

Other Bay Area physicians specializing in the fields listed above will give talks on the importance of spirit in their practice and on the meaning ascribed by their patients to these particular illnesses. Some will bring in patients to share their experiences and insights. Because of the personal nature of this course, two Wednesday evening seminars will be held to provide small-group forums for discussion of the daily experience of spirit and about death and dying.

The lectures will be offered on Thursdays at noon in HSW 300 beginning on Jan. 14. For more information, contact either Freddy Chen (566-1483) or Bryce Kellams (664-1341). Hope you will join us.

Bryce Kellams is a second-year medical student.

Late Night Thoughts in Rainy Dallas

By Mark Wilson

Monday, December 14. Dallas. Rainy and cold. Just caught the end of Northern Exposure. Got me thinking.

Who am I? My name is Mark, but a name is just a convenient label to throw on a constantly changing entity. I know who I am at this instant, but what about when I was eight? I remember the time I picked up a dirty screw from the road, and, pondering the philosophical implications of the discovery, screwed the screw into my nostril. Am I really this same person?

Biologically the answer is yes and no. My skin cells are not the same. My teeth are not the same. My hair has been replaced. But all of my cells come from the same DNA, so they are fundamentally the same. Besides, the most important cells of my body, the cells that make me me, my neurons, are exactly the same... but not really. Actually, many of my neurons have died without replacement; have I died with them? Even more neurons have changed as I have changed, so I am different. Yes, I am not the same person.

Philosophically, the answer is also yes and no. On the one hand, I no longer think of my nose when I have a screw (I mean... you know what I mean), so I am different. But how come I get that same damn feeling every time I fall in love? As a kid it was Beth, the girl that snuck me kisses because I was too shy to kiss her. Each afternoon I played that catchy Blondie tune "Call Me" and waited by the phone. These days Blondie's out, I don't hide from women, but I get that same Woody Allen-meets-John Cusack type of feeling — you know, the feeling that makes every

lecturer's voice fade into oblivion. I feel, therefore I am. I am the same person.

So it's settled. My emotions have remained the same, so it follows that I am the same. Well, that's a bunch of bologna! Am I trying to say that as a two-year old baby, I knew the complexities of emotions, of love? Did I know then that I could say that I love my mother but she bothers the hell out of me at the same time? Did I know then that even the most arbitrary and superficial aspects of the world — skin color, eye shape, religious preference — could take my idealistic view of love and shove it in my face? Emotions do not exist in a vacuum. If they did, if they were divorced from political and religious and egoistic propaganda, there would be no racism, no sex-based or religious discrimination, no homophobia. If emotions were truly isolated, the Irish would not condemn their female citizens to death if the child they are bearing threatens their life. Emotions do change, and so must I.

Hence, I am not me. The me of old had a name similar to mine, in fact, exactly the same as mine, but the entity that now carries that name is entirely different. There, I said it. Wait a minute. The me of exactly now is different from the me of ten seconds ago. What does it mean to be constantly changing? Does it mean that every instant, every experience creates a new me? Do I die and arise every instant of my life? Or am I like a souped-up old car, the kind with most of its parts replaced? I am changed every instant, biologically and philosophically, and my identity evolves with these changes, but like the

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Synapse is a student-run weekly with offices in MU-106W. It appears on Thursdays during the academic year and monthly during the summer. All UCSF students are invited to contribute to the paper; our pages are also open to faculty and staff members. Announcements and letters should be submitted six days before publication and can be sent to Box 0376, UCSF, San Francisco CA 94143. All material submitted, including letters, is subject to editing. Subscriptions cost \$20 per year (\$40 outside the U.S.).

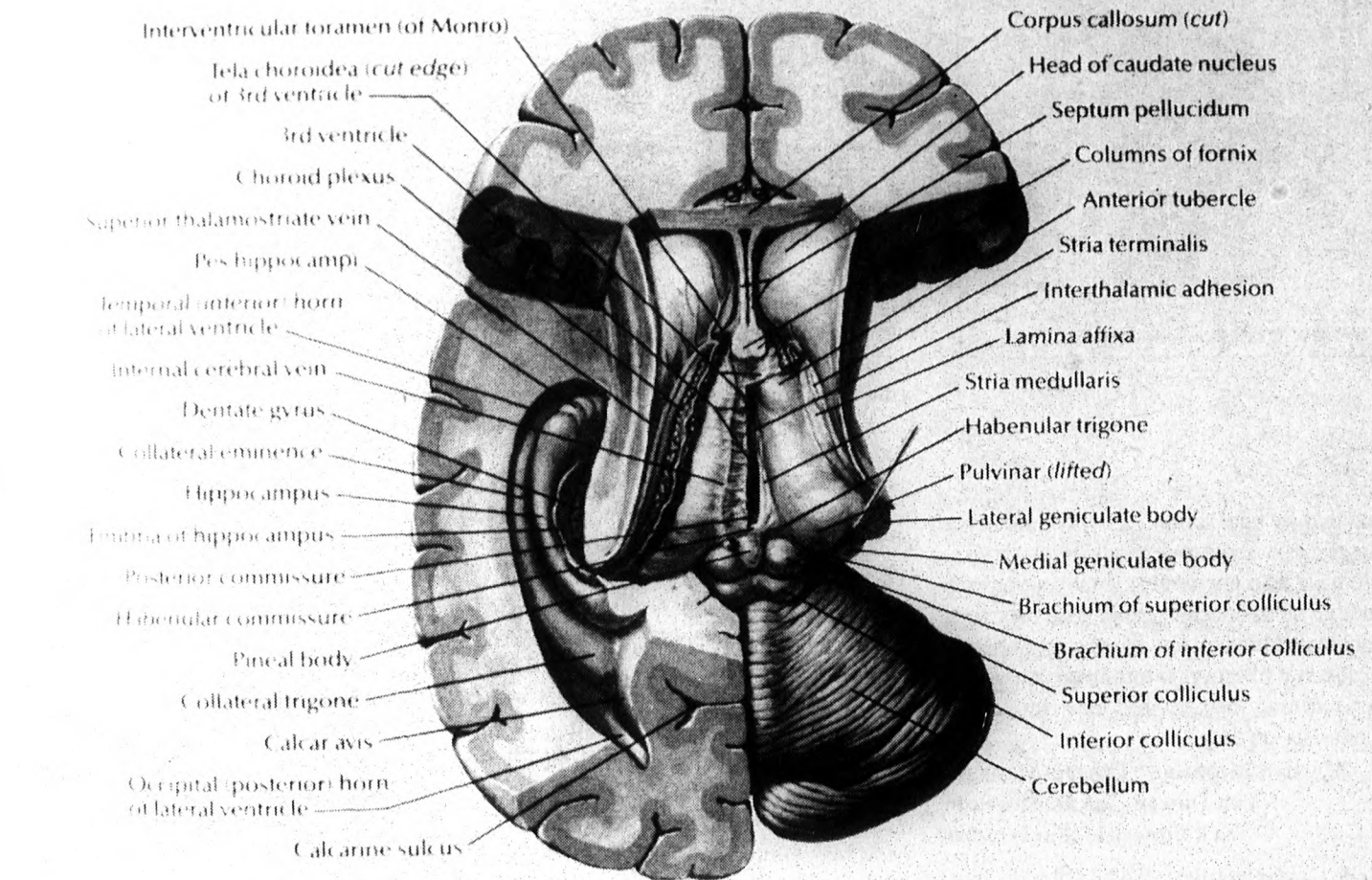
Synapse seeks to act as a forum for the campus community. Articles and columns represent the views of the author and not necessarily those of the editors. Unsigned editorials reflect the majority view of the editors and not necessarily that of the Board of Publications or the University of California.

Neurosurgery from page 1

up to explain the concept to him. If you somehow injure Broca's expressive speech area, which lies anterior to Wernicke's area, you can fully comprehend what people say and write, but you cannot form language in order to express yourself. With Broca's sapha-

what was happening, but was trapped inside her body unable to cry out, "Leave me alone!" I resolved to make sure I drew up a living will in the event that my body would persist long after my brain had lost touch with the outside world.

though we had neurosurgery rounds with world-famous neurosurgeons twice a week and saw patients on 10 Moffitt with shaven heads and black eyes after their surgeries. On epilepsy patients, the neurosurgeons often do awake craniotomies, carefully eradicat-



sia, you can follow simple commands, you can understand perfectly well, yet you are completely cut off verbally, to the point where you couldn't even repeat anything. That would be my worst nightmare. If, on the other hand, you have an isolated lesion in Wernicke's receptive area, you can babble incessantly, but you lose all ability to comprehend language—you cannot follow commands or repeat words spoken to you. And if you lesion the *arcuate fasciculus* connecting Broca's and Wernicke's areas, then you could understand and comprehend reasonably well, but you could not repeat things.

Neurology is an intrinsically fascinating subject, but my neurology rotation was not. Instead of dealing with far-out intellectual concepts, I was dealing with people who had lost their intellects and normal brain function. All our knowledge did not enable us to do anything for many of them other than to provide supportive care.

I had two particularly sad stroke patients admitted on two consecutive on-call nights. Their families told us they had been feisty, vivacious elderly women until they had either an occluded artery or decreased perfusion to their brains from other causes. We learned in our basic sciences courses that in order to fall into a coma, one of two conditions must be present: involvement of both cerebral hemispheres or involvement of the RAS, a fiber pathway in the brainstem. When neurons die from lack of oxygen, as in a stroke, a local swelling reaction occurs as the blood-brain barrier breaks down. The swelling leads to an increase in the pressure inside the skull, an unyielding box that usually protects the brain from trauma. Since the skull cannot expand, the pressure causes compression of the soft brain tissue, causing even more damage and neuronal death, and eventually squeezing at lower and lower levels, finally resulting in "herniation" of the brain tissue under a fold of dura, or covering membranes, thereby compressing the RAS. I never saw either of these women when they were animated and aware—they were utterly unresponsive on admission. As I drew blood for the laboratory from Mrs. B's thin arms with their loose, papery, baggy skin and fragile, easily collapsible veins, I was struck by the fact there was no response—she did not flinch, her pulse did not rise, she emitted no sounds and made no spontaneous movements. I wondered if she was at all aware of

In addition to stroke patients and mysterious cases such as the man with an unexplained tremor and paralysis of the muscles that move his eyes (who ended up on mechanical ventilation in the Neuro Intensive Care Unit), patients with epilepsy made up the bulk of the service and would be admitted in droves on Mondays. An obese, unhappy patient of mine with grand mal epilepsy—not fully controllable by drugs and compounded by numerous social problems—claimed she had strange "staring spells" that were never witnessed by anyone but her daughter and her mother, who thought she might be faking them. The patient was admitted to the hospital for telemetry, or constant EEG and video camera monitoring, to better characterize her seizures. Were the seizures real or were they pseudoseizures which were faked, consciously or unconsciously, for the benefit of being in "the sick role" and the decreased responsibility to which the sick role entitles a person? Did the seizures originate from one particular focus in the brain that could perhaps be eliminated surgically, or were there multiple foci (making the seizure unamenable to neurosurgical treatment)? In order to answer these questions, electrodes were placed on her scalp and in her sphenoid sinuses (no showers were allowed until she had several clearly-recorded seizures). She was tapered off the medications that helped to control her seizures (anti-epileptic medications have side effects ranging from excess hair growth to protruding gums to decreased cognitive function to liver failure to life-threatening bone marrow failure), and was placed under constant video observation (no privacy). It must be extremely stressful to be watched incessantly and to actually hope that you get a seizure, when you have spent all your life trying to control your seizures. My patient finally had two seizures, one grand mal and one "staring spell" with objective electrical spike activity of a bona fide seizure to match the video record. I felt so guilty for judging this poor woman a "faker" after I saw her suddenly stare off into space, emit a low cry, stare straight ahead, drool over herself, rock rhythmically back and forth, and then undergo full-body spasms. Afterwards, she was confused for a some time, and her body ached, her tongue was lacerated from her bite, and her clothes drenched in spit and sweat.

I never did get to see an operation, al-

though we had neurosurgery rounds with world-famous neurosurgeons twice a week and saw patients on 10 Moffitt with shaven heads and black eyes after their surgeries. On epilepsy patients, the neurosurgeons often do awake craniotomies, carefully eradicat-

ing epileptic foci while trying to preserve functional tissue. The patient lies on an operating table with only local anesthesia (the brain tissue itself has no pain receptors, but the meningeal coverings of the brain and spinal cord can sense pain.) The patient must be extremely disciplined and cooperative—if he or she even moves a bit to get rid of a cramp during a several-hour long operation, the results could be disastrous. Areas of the brain are stimulated with electrodes, and the patient is asked to do certain tasks before and during electrode stimulation. It seems like it would be a nerve-racking procedure to undergo, but some patients who have tried medical treatments for many years without success are willing to take the risks involved.

Although the brain remains a mystery, most of the neurologists I've encountered have faith in the field. They're convinced that major advances will happen in their lifetimes and that our current understanding of brain function will look primitive. A number of therapeutic advances are said to be on the horizon. I hope so.

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Peltason from page 1

administrators in the current budget climate. Peltason countered that financial incentives are part of the package needed to attract the best in the field.

Also during the meeting with student representatives, Peltason stated that "There is a high probability that differential fees will be imposed... Almost everyone who looked at it at other schools says it's a good idea." (At the last Regents meeting, however, differential fees were sent back for study, largely at the urging of the Student Regent, Alex Wong.) Tom Alloggiamento, president of the Associated Students, School of Medicine, said that differential student fees were unfair and would establish a precedent that could be extended, for example, to undergraduate engineering students. Peltason replied "The notion of a free education is quickly disappearing" and defended differential fees as an appropriate way of raising much needed revenue.

On several separate occasions, Peltason was asked to comment on a graphic in the San Francisco *Chronicle* indicating that UC was in fact one of the most expensive public schools in the country. Peltason claimed the graphic was deceiving, with much of the higher cost attributable to California's higher cost of living, and that actual student fees are more middle of the road.

Throughout the day, Peltason propounded his plan for increasing the rate and volume of conversion of discoveries coming out of UC research into marketable products. UCSF, Peltason said, is already a leader in this area. At present, \$29 million per year is earned from bringing UC discoveries to market and only 10% of UC's 600 yearly disclosures are developed. Peltason claims that over \$200 million is possible by the year 2000, and that the statewide economic impact would be on the order of \$6 billion annually. He emphasizes that "This is not a research and development effort. It is not meant to divert faculty and teaching" but rather to "make better use of what is already being discovered." Peltason thinks that with the revenue earned in this way "We can add the icing to the cake, but the cake already has to be made."

Peltason is a strong proponent of building a tenth UC campus when the funds become available. He states that, throughout UC history, every time a new campus has been proposed, some people resist. But in the long run, says Peltason, everyone appreciates the added capacity. Peltason sees the tenth campus as playing a crucial role in keeping pace with the growing California populace as well as ensuring diversity by "providing a place for all qualified applicants of all ethnic groups."

During the Academic Senate meeting, the search for Julius Krevans's successor as Chancellor of UCSF was discussed. (Krevans retires July 1.) Peltason explained that a committee composed of several regents, representatives of the Academic Senate, alumni, staff and students is conducting a worldwide search for the next Chancellor. The goal is to have an appointee by April.

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Buried Treasures

River of Gold: Precolumbian Treasures From Sitio Conte at the California Academy of Sciences through April 2
Admission \$6 adults (\$3 with student i.d.)

By Cynthia Corwin

In about 1900, the Rio Grande de Cocle in central Panama changed its course. From the reddish mud of the river's old bed, pieces of gold emerged —objects from a burial site which had been used around A.D.700-900. The Spaniards who arrived in Central America in the 16th century had plundered many grave sites for their gold, but this location was no longer in use as a burial ground at that time and was not discovered. A team from the University of Pennsylvania carried out an archaeological excavation of the area in 1940. Artifacts from the site, which contained many individuals and an impressive array of gold, are now on display at the California Academy of Sciences.

The exhibit includes embossed gold plaques, bead necklaces, pendants, ear and nose decorations, and bracelets. Many of the objects are decorated with composite crea-

depletion gilding to selectively strip away copper from the surface, leaving only gold behind and giving the objects a golden appearance. Parts of animal figures carved from resin or ivory were decorated with very thin sheets of gold. Mineral specimens from the Academy's geology collection supplement the exhibit.

Pottery, as well as jewelry, was buried in the grave site. Plates bear human-animal images similar to those on the plaques and vases represent humans or specific animals. Most of the plates were found in shards (perhaps because smashing of pottery was part of the burial ritual) and have been pieced together.

A videotape describes the archaeological expedition using original film footage shot to record the excavation's progress. The site is especially valuable because it was discovered largely intact —allowing archaeologists to make inferences about the society that used the cemetery. This is important because many precolumbian artifacts from the region have been removed without regard for the context from which they came.

Evidence from the burial pit and many others nearby indicates that the society had different classes. A chieftain and a small elite held power over common people and slaves. One of the individuals in the burial site was found with a vast amount of gold, far more

than any of the others, and is believed to have been a chieftain. The grave had three levels, and people of different classes were buried on different levels.

The meaning of the animal figures depicted on the gold pieces is not known for certain. It is possible that chieftains selected animals as emblems for use in battle. The figures may also reflect myths about ancestral origins, with particular animals identifying different lineages.

While it is small, the exhibit is visually impressive—the chieftain, when decked out in his full golden regalia, must have been quite a striking sight. The animal imagery is fascinating, and the accompanying text and illustrations show how the locations of bones and artifacts in the site provide clues about the society of the region. Even if the Academy of Sciences wasn't so close to UCSF, this exhibit would be well worth a visit.



Gold medallion used as chest plate.

tures which have animal and human characteristics or features of many different animals. Some of the plaques, which were probably worn by chieftains, bear powerful images in which snakelike appendages with lizard heads emerge from human waists. Others depict pairs of fearsome bird-human creatures. Pendants in the shape of tiny bats have fierce reptilian heads on their wings. The most elaborate piece is an ornate double-tongued animal with bulging eyes and an upturned snout; its back is set with a very large emerald.

Gold is abundant in Central America, and the metalworkers of the region were able to achieve sophisticated effects with simple tools. Small, highly detailed pieces were cast by the lost-wax technique, in which clay is formed around a wax model and the wax is melted away to leave a mold. The artisans preferred to shape the pieces from a mixture of copper and gold, but this alloy has a reddish color. They used a technique called

Our Drug of Choice

America's Favorite Drug:
Coffee and Your Health

By Bonnie Edwards, RN
Odonian Press, Berkeley, 1992,
111 pages, \$5

By Deepa Setty

Americans drink more than 400 million cups of coffee daily, according to author Bonnie Edwards, who DOES WHAT AT UCSF. More than half the population drinks at least two cups a day. Some 25% of coffee drinkers consume about five cups daily and another 25% drink 10 or more cups daily! Coffee has become a part of our social life and it isn't just a drink, it is a drug. Edwards says that more people in the United States are addicted to coffee than to any other drug; it is more popular than alcohol, tobacco or marijuana.

Coffee contains more caffeine than tea or colas. It also contains literally hundreds of other chemicals that are not found in teas or colas. Some of these chemicals are known carcinogens.

In this short paperback, Edwards reviews how coffee affects you and how it can damage and, in some cases, even improve your health. She covers a wide array of topics including anxiety, cancer, cholesterol, exercise, headaches, pregnancy, heart disease, premenstrual syndrome and infertility. Each chapter describes a potential health concern, reviews findings about the effects of coffee, and concludes with suggestions of things you can do to minimize your risk.

The book is concise, easy-to-read and inexpensive. Edwards gives well researched presentations of facts and controversies regarding coffee. She discusses how to quit or cut down; which decaffeinated method is the best; how to avoid the symptoms of withdrawal; and how pesticides banned in the United States can still be found in our coffee.

I was surprised by some of the research. For instance, some evidence suggests that coffee may provide some protection against a few types of cancers. Caffeine has been shown to slow or inhibit tumor growth in the thyroid, breast, colon and rectum by an unknown mechanism. One study found coffee to be just as effective as theophylline in relieving asthma symptoms. It has been suggested that in an emergency situation where asthma drugs are not available, two to three cups of strong coffee may serve the same purpose. However, theophylline and coffee taken together can cause stomach upset, severe nervousness, sleep disturbances and, in severe cases, seizures.

Several studies have linked caffeine consumption to a higher incidence of PMS symptoms. Edwards also talks about studies done at Stanford and Kaiser Permanente in California which have found that coffee drinking raises cholesterol levels. In one Norwegian study involving 14,500 people, those who drank one to four cups a day had a 5% higher level of cholesterol than those who didn't drink at all. And those who drank 9 or more cups a day had 14% higher cholesterol levels.

If you consume more than five cups per day —Edwards's criterion for a heavy drinker— and are predisposed to health problems, I would highly recommend this book. As a future health professional, I found it enlightening and educational. The effects of coffee consumption may be clinically relevant, but may never be taught in my classes. I agree with the endorsement of Drs. Mark Wexman and Karen Wexman: "What we eat and drink contributes significantly to our health. This book provides a basis for moving from addiction and habit to conscious choice in determining your coffee consumption."

Add local angle... In addition to being an author, Edwards works at UCSF as a nurse and ultrasound technologist for prenatal diagnosis. She is a health educator too, teaching childbirth education, early pregnancy and infant care classes for the Ob/Gyn group.



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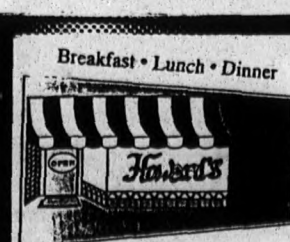
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Leap of Faith
With Steve Martin
and Debra Winger
Directed By Richard Pearce
At the Regency II, Sutter & Van
Ness 776-8054

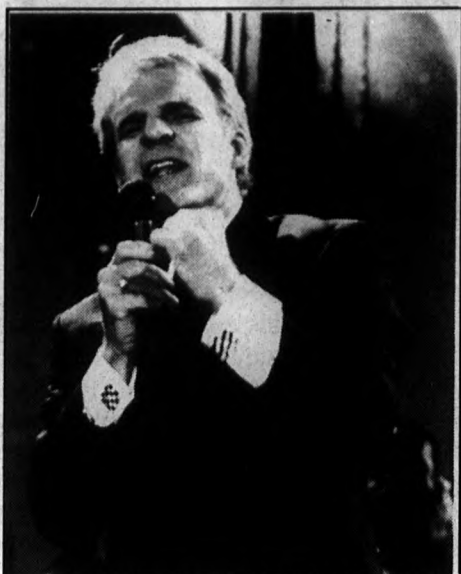
By Sonia Nagy

The previews present *Leap of Faith* as a silly portrait of an evangelist who stages a tent show for susceptible people in small towns across America. You cannot appreciate, however, the intricacies of the story and the complexities of the main character until you see this highly entertaining film.

Steve Martin gives his best performance to date as the Reverend Jonas Nightengale, ringleader of the traveling revivalist ministry which he created and sustains with his energy and con-man charisma. Martin is thoroughly believable right from the beginning of the film, when he cons a highway patrolman out of writing speeding tickets for his entourage of tour buses and 18-wheelers. Martin's Jonas Nightengale has an uncanny talent for perceiving peoples' troubles and weak spots and for knowing when to narrow in for the kill, or more precisely, the wallet.

One of the trucks belonging to the revivalist ministry develops mechanical problems and the troupe is forced to stop for repairs in a small town in Kansas. Although the poor, simple, drought-stricken citizens do not fit the profile of the ministry's preferred victims, Jonas decides to try to turn a profit and the group sets up for a few shows.

From the first scene in which Jonas and his indispensable manager Jane (Debra Winger) approach the skeptical Sheriff for a permit, until the last show in this sleepy backwater town, the audience is drawn into the music, the "miraculous" trickery, the intricate technical backup provided by the crew and the incredible showmanship of the fast-talking Jonas Nightengale. Writer Janus Cercone has taken meticulous care to elaborate the methods used by the crew to perform their hocus-pocus miracles. Precise timing, practiced coordination and a little help from modern technology make it look absolutely



Steve Martin as Rev. Jonas Nightengale

real. The movie isn't simply a long look at the circus, however. During the days before the evening revivals, Jonas and Jane (and we in the audience) become involved in the lives of the discouraged citizens of Rustwater and they cease to be mere victims. At times you despise Jonas and his callous, careless greed; at times you sympathize with him; in the end you understand him a little better. As Jonas says in the movie: "Up in New York City they've got Broadway shows that cost \$65 a pop just to walk in the door. Maybe you like the show and leave humming a tune, maybe you don't and kick yourself. I give my people a good show, plenty of music, worthwhile sentiments, and most of 'em go home feeling like they've got some hope in their lives that wasn't there before." Don't get me wrong: I'm not advocating the swindling of poor, sincere, God-fearing individuals; but this movie definitely makes you think about the subject.

I don't want to give away more specifics about the plot: the story is touching, very entertaining and well worth an evening out. In addition, the acting is great; Steve Martin in particular portrays a complex character surprisingly well. The soundtrack is also fantastic. The Angels of Mercy, Jonas Nightengale's choir, consists of real gospel singers who belt out some great songs which will definitely make your toes start tapping.



IN THE ATTIC

Toys
With Robin Williams
Directed by Barry Levinson
United Artists, Geary & Arguello
752-4400

By Chris Silvey

Toys represents another successful director's attempt to resurrect an early pet project. Much as Francis Ford Coppola did with *One From The Heart*, Levinson (following his Oscar-winning *Rainman* and *Bugsy*) employs many stars to create a visually stunning film that ultimately comes off as rather empty and simplistic.

Toys emerged from a 12-year-old story idea of Levinson's about the coming-of-age of the eccentric Zevo family and their toymaking "kingdom." The fairy-tale plot alludes to the eternal conflicts between young and old, doves and hawks, and order and chaos.

The talent involved in the making of this film is impressive. Production designer Ferdinando Scarfiotti's credits include an Oscar for *The Last Emperor*. Choreographer Anthony Thomas won an MTV award for Janet Jackson's *Rhythm Nation* video. Academy-nominated composer Hans Zimmer brought in friends Thomas Dolby and Trevor Horn. The actors include Robin Williams as Leslie Zevo, Joan Cusack, rap star L. L. Cool J, and Michael Gambon as the film's "heavy."

The sets seem designed to be the true stars of this film. Scarfiotti and illustrator Jack Johnson use elements of French Surrealism, Russian Constructivism, Dadaism, Playskool and Pink Floyd to conjure an unearthly tableau. Huge concrete elephants spew snow over emerald green expanses. A life-size doll house pops up out of a hillside. As the opening credits roll, one sees a children's Christmas musical with a set featuring a scale model of Manhattan, Santa piloting a yellow plane, and guitarist Wendy Melvoin (of

Wendy and Lisa) singing out of the top of a Christmas tree. After this beginning, I expected anything.

Unfortunately, about a half hour into the picture, after all the sets were introduced, I realized that not much was happening. The plot does not say anything more than "get in touch with your inner child" (the same message that was conveyed in Spielberg's *Hook* last year) with ominous techno-militarist overtones (these were virtually summed-up by Williams' toss-off about Zevo Toys be-

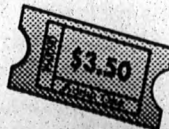


Robin Williams, Robin Wright, Joan Cusack and elephant.

coming "F.A.O. Schwartzkopf"). What acting there is becomes lost in increasingly facile and derivative imagery. Most of the last half of the picture reminded me of a mix between *Hook*, Pink Floyd's *The Wall* and *Aliens*. A wierd mix to say the least, especially when the film that I thought of most while watching *Toys*, in terms of what its target audience appeared to be, was *Willy Wonka And The Chocolate Factory*.

While addressing essentially the same issues, *Willie Wonka* had a better, more complex plot and stronger acting; the sets were just as spectacular and extravagant, without any high-tech mumbo jumbo.

Maybe it's time for Robin Williams to play some villains. Think how he would be as Dracula or the Penguin. Williams' comedy is too multi-faceted for him to keep playing the symbolic knight in shining armor. Even Charlie Chaplin was willing to stretch himself as Monsieur Verdoux.



Union Yes!

Hoffa
With Jack Nicholson
and Danny DeVito
Directed by Danny DeVito
Written by David Mamet
At the Kabuki, Post at Fillmore
431-9800

By Sonia Nagy

Danny DeVito's new movie is a compelling, fast-paced look at the role of Jimmy Hoffa in building the International Brotherhood of Teamsters. The movie chroniclesevents spanning five decades, from the '30s through the '70s, depicting Hoffa's efforts as an organizer, the difficulties he faced, his involvement with the mob and his mysterious death.

The versatile Jack Nicholson seems to actually become the character he plays. With the help of excellent makeup and costumes, Nicholson brings Hoffa to life and draws you into the story, making you experience Hoffa's dedication to creating a united organization of working individuals. (Nicholson also appears currently in Rob Reiner's *A Few Good Men*, playing a very different yet equally strong character.)

Danny DeVito both acts in and directs *Hoffa*. His character, Bobby Ciaro, is a fictional amalgamation of many of the personalities who surrounded Hoffa during his involvement with the Teamsters. This simplification is helpful because the film jumps back and forth continuously between

decades. The presence of a single, loyal friend to Hoffa also helps to portray the Teamster boss as a more sympathetic, less remote character. He reveals his thoughts and feelings to Bobby throughout the film, thus the audience is able to glimpse a more personal side of the man.

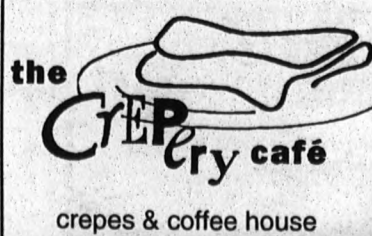
As the director of *Hoffa*, DeVito (who also directed *War of the Roses* and some episodes of the television series *Taxi*) once again demonstrates his keen sense of what works on film. The cross-cutting between different time periods in Hoffa's life is potentially disruptive; but DeVito's use of the camera actually advances the flow of the movie, so that the net effect is not at all disjointed. Credit should also be given to screenwriter David Mamet.

The scenes depicting the McClellan hearings, during which Hoffa and Senator Robert Kennedy (Kevin Anderson) first clash over Hoffa's reputed mob involvement and usage of the Teamsters' Pension Fund, are particularly well done. DeVito heightens the tension with rapidly alternating close-up shots revealing only partial profiles of the characters.

Although *Hoffa* is a very compelling film, don't go see it in hopes of discovering the details of Jimmy Hoffa's mob involvements and the events leading to his death. The emphasis is on his efforts to create an enduring organization for working people.



Jack Nicholson as Jimmy Hoffa



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How to stay fit in '93

By Gary Tom

Now that the holidays are over and the new year is here, most of us have made that yearly "get in better shape and exercise more" resolution. We all know how well that turns out. Maybe the solution is to start off with some of the programs offered by the Millberry Union.

MU is offering many of the same classes as last quarter to meet your needs as well as new ones such as Step/Combo Aerobics; Stretch With Yoga; Abs, Buns, and Thighs; to name just a few. Information about each of the programs can be found in the Schedule of Classes, but don't wait too long to decide, since many of these classes fill up fast.

Another program that may help you meet your goal for a healthier '93 is Personal Best. This one-on-one fitness training program sets up a daily routine according to your preferences. There are many advantages to this program, especially if your schedule changes from day-to-day. Unlike the classes, which meet at a regular time, the personal training sessions can be arranged for any time of the day, so you can't use that "I was too busy to work out today" excuse to put off exercising. To set up a preliminary appointment or to find out more about Personal Best, contact Liane Wong at 476-3588.

Besides the numerous fitness programs being offered through the Millberry Union, intramurals may also help you stick to your resolution. Last quarter was extremely competitive as most of the leagues' champions

were not decided until the final week of play. Offered again this winter are the four basketball five-on-five leagues, A, BB, and B Volleyball, Towerball, and Indoor Soccer. Due to the lack of necessary equipment, the long-awaited debut of Wallyball has been postponed to a later date. Most of the games only take about an hour of your time and they provide a great way to improve your skills. Get in touch with Alan Tower or Jennifer Beauchamp (476-0356) for more information.

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- Towerball: Stumblebums (6-1)
- Volleyball: (A League) Smithereens (6-0) (BB League) T-Shirt (6-1) (B League) DEFWU (7-0)
- Flag Football: Cartel (7-0)

*In Beta Open Basketball, Threepeat (4-1) is the champion over the Dental Drillers (5-1) because Threepeat was assigned two byes during the season and the Dental Drillers only had one and Threepeat beat the Dental Drillers in regular season play. (Way to go Threepeat... or is it now "Fourpeat?")

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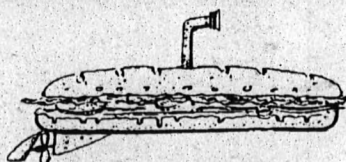
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Late Night from page 3

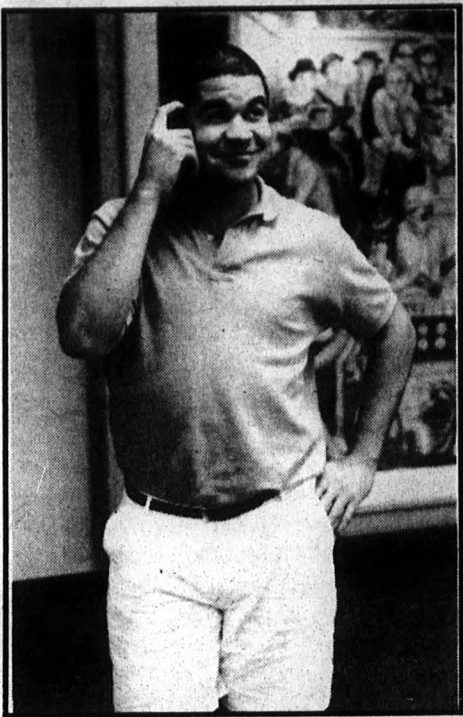
souped-up car that still has the gum stuck under the driver's seat, some of me is still the me of my past.

In essence, then, the me of now is a different me. I may have some of the old me, but to deny change is to accept instinct, reflex, automaticity, primitivity as the rule. I am not the 18-month old kid who ate hotdogs instead of baby food. I am not the seven-year old who threw up in my neighbor's station wagon because she forced me to eat the McDonald's hamburger with all those greasy little onions. I am the Mark of now, as you are the you of now, and with the new year finally here, realize that change is not a possibility, it is an inevitability. Try all you might, but even the trying will change you, existing will change you. Change is not inherently a positive or negative thing; it is a fact.

So use every new year, every day, every moment to redefine yourself. If you don't do it yourself, you are doing it anyway. Robert F. McMurphy said, "...the only transcendent value is life itself," so why wait for heaven? This life is yours, don't throw it away. Don't suffocate under the barriers you build; is loneliness so desirable? Don't stifle in your prejudices and your generalizations; is your knowledge so perfect? Don't explore life by staring at a map; is your passion so weak? Don't spend your life searching without leaving your home; is your path so complete? Don't dismiss the unknown which offers so much; does your heart deserve so little? Any life, no matter how great or how abysmal, is enhanced with real relationships. Like a falling tree in an empty forest, can anyone hear your pain? Only if we are together.

The Question Person
Your New Year's resolutions?

By Andrew Softley



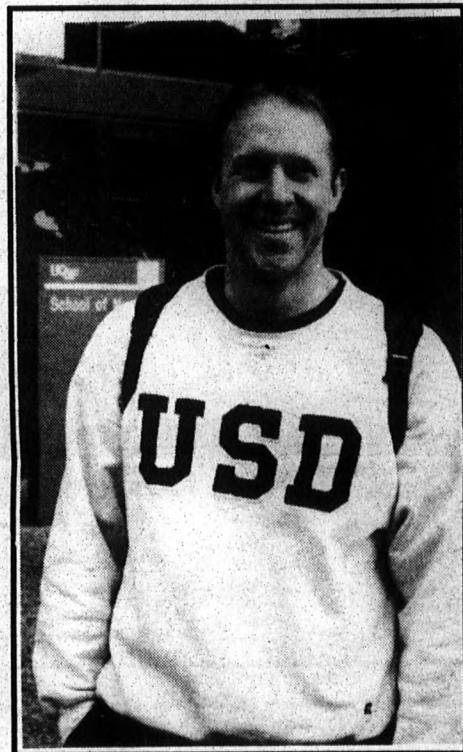
"To be in the best shape—physically and mentally."
Ballan Tuck,
1st year dentistry



"No more procrastination."
Felines Hornilla,
1st year dentistry



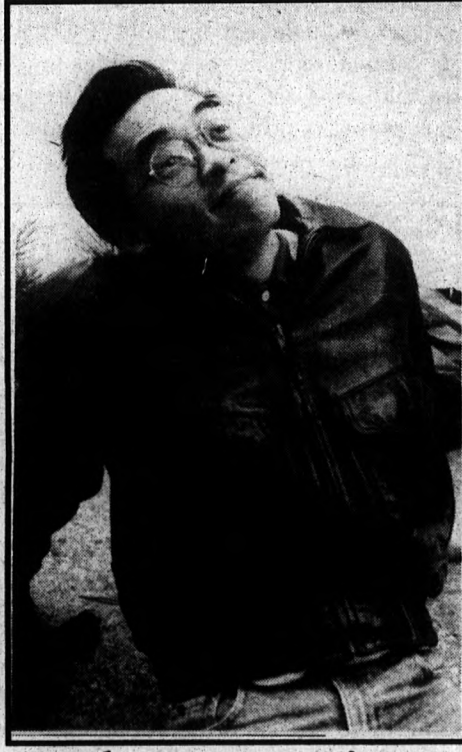
"To be an expert pool player by graduation."
Wayne Sankey,
1st year dentistry



"Ask more questions during lecture."
J.R. "Tim" Miller,
1st year dentistry



"To study less and play more."
Patty Sing,
1st year dentistry



"To ask as many questions as J.R."
Hai Va,
1st year dentistry

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