

SYNAPSE

WMSA retreat: source of support

By Daniela Carusi

The Women's Medical Students Association —also known as WMSA — held its annual retreat April 3-4 in the Marin Headlands. Approximately 60 students from UCSF and the UCB/UCSF Joint Medical Program were joined by senior students, physicians, and faculty for this informal get-together. The retreat allowed women who have entered a traditionally male field to find support and discuss issues relevant to their careers. Contrary to rumor, no secret rituals were performed, nor was this a formal outlet for man-bashing.

The WMSA retreat, first held 12 years ago, has become a UCSF tradition. Over the years, focused workshops and panels have been scheduled. This year, for example, physicians discussed scenarios in which women needing to assert themselves on the wards could do so effectively. In another workshop, a female neurologist and cardiothoracic surgeon shared their experiences in male-dominated specialties and their strategies for survival and success.

Other topics included multicultural aspects of medicine, spiritual issues, menopause, and clinical confrontation of domestic violence. There were also panels of fourth-year students and residents.

According to Jody Steinaur (Med I), who co-directed this year's retreat with Michele Basche (Med II), the goal was to give students a chance to hear people further along in

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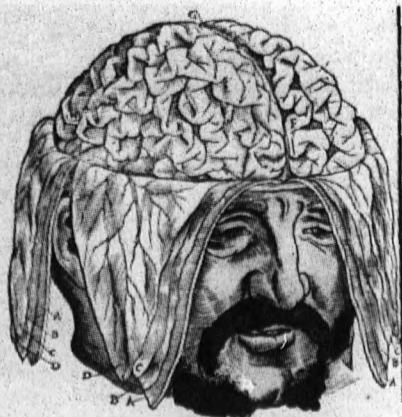
Martin gives overview on mapping the brain

By Christine Pham

Neuroscience is at a crossroads. The classical understanding of the brain is being integrated with the advances of the modern era to provide a better understanding of how the brain works. In the March 31 Brown Bag Lecture, Joseph B. Martin, MD, PhD, Dean of the School of Medicine and Chancellor-designate, discussed the future of neuroscience research.

Historically, Martin explained, scientists learned about the brain's functioning by observing the results of trauma, disease, and electrical stimulation of the brain. For example, by stimulating various areas of the cerebral cortices (the outermost layers of the brain) of patients in surgery, scientists discovered that the motor functions of body parts are topographically organized.

More recently, techniques utilizing computers and radio-isotopes have more or less confirmed what was suspected about the tight association of specific brain functions with certain areas of the cortex. One example of the new technology is the PET scan which allows visualization of cerebral blood flow.



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UCSF women register for the WMSA conference at the Marin Headlands Institute. Workshops were held in the former army barracks seen in background. PHOTO BY DANIELA CARUSI

Time, Trilobites, and Tuberculosis: Meeting my grandfathers

By Eddie Frothingham

"Both of my grandfathers were doctors." I always resisted saying that when interviewers asked if there were any physicians in my family — because the images the sentence evokes are all wrong. My childhood didn't include digging through my grandfathers' black bags to play with tuning forks and stethoscopes. I never peeked at gory pictures in their dusty medical books, never saw them called away from meals to deliver babies, never heard them describe dramatic cures and memorable patients. My childhood didn't include grandfathers at all— mine died in 1933 and 1941, when my mother and father were eight and eleven years old, respectively. My connection to them is limited to the hazy details of often-repeated family stories, distorted first by the childhood vantage point of my parents, distorted again by the passage of time and repeated retelling.

Because I never got a chance to speak to either of my grandfathers about medicine, the few medical stories I have heard about them have a particular importance for me. My maternal grandfather, an Englishman named Robin Mosse, was a medical missionary in Jinan, China. To examine an Italian priest who had just arrived in the country, he supposedly tried several languages without success, eventually taking a history in Latin. My paternal grandfather, Richard Frothingham, an otolaryngologist, is said to have developed a method of performing tonsillectomies on hemophiliacs at a time when tonsillectomy was required to enter the New York City public schools. I'm uncertain whether either of these stories is literally true, or even whether the flattering light they throw on their protagonists is accurate.

Aside from stories, there are scant traces of my grandfathers. My parents have both of their fathers' medical diplomas, and one of Robin Mosse's watercolors hangs in their living room. In my own living room sits a polished fossil he brought from China. Family legend says the stone was sold as a good-luck piece because the fossilized trilobites in it were thought to be bats, and bats brought good luck. None of my Chinese friends have ever heard of this belief or been able to decipher the characters scratched on the back of the stone.

Recently my father came across several articles my grandfathers had written for medical journals dating from 1896 to 1938. Seeing them has been an enlightening experience for me, shedding some light on these two men from my family's past and on the era in which they practiced.

What do they tell about my grandfathers? Richard Frothingham may have had a ten-

dency towards arrogance (is it hereditary?). How else can I explain a young doctor, only four years out of medical school, publishing "The Importance of an Understanding of Middle-Ear Disease by All Practitioners, With a Report of Some Cases in Which Inexcusable Errors Have Been Made"? In Robin Mosse's writing, I get a glimpse of the medical needs of the people he treated in China from an offhand comment: "In the tremendous rush of caring for many thousands of refugees, the lab work was inevitably somewhat meagre."

Reading Richard Frothingham's paper about middle-ear disease is disorienting. The page-long description of ear anatomy fits what I learned (or tried to learn) last year, and his descriptions of physicians misinterpreting the ear exam certainly fit my own frustrations in learning physical diagnosis. The writing style sounds quaint to a modern reader: "Her physician, a New York man, having a summer practice at one of the fashionable resorts..." However, the detail that conclusively dates the paper is one of omission: there is no mention of antibiotics, which would now be used to treat almost all the paper's cases, with a much different outcome than the misery, meningitis, and death described. Antibiotics would probably also have cured the pneumonia from which my grandfather himself died.

In Robin Mosse's 1938 article from the Chinese Medical Journal, "A Case of Rheumatic Fever Treated with Vitamin C," there is the same mix of the current and the quaint. On the one hand, I read about [Sydenham's] chorea, rheumatic nodules, pleurisy, mitral stenosis, and recognition of the connection between streptococcal infection and rheumatic heart disease. Entire paragraphs describing blood studies and physical examination could have come from this week's *New England Journal of Medicine*. The paper mentions animal studies vaguely connected to the topic, but there is certainly no polymerase chain reaction, radioimmune assay or DNA. Again, the writing style dates the paper: case reports no longer describe a patient as "sitting up in bed, his face wreathed in smiles." Too bad!

To what extent do these papers cloud and confuse my view of my grandfathers? My grandfather Mosse practiced during the Japanese occupation of China, and my family has always ascribed the tuberculosis which killed him to exhaustion from caring for refugees. Yet in his paper he describes treating refugees from flood, not war. Did I misunderstand the story, or did two stories merge? Did

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Deans cheer, jeer U.S. News survey

By Tao Le

The March 22 issue of *US News and World Report* ranks "America's Best Graduate Schools" and UCSF schools placed in the top 10 in biology, dentistry, medicine, nursing, and pharmacy.

But what do these rankings really mean? And what are the varied methodologies from which the rankings were derived? Synapse conducted its own poll of deans from the four schools and the chair of the Department of Biochemistry and Biophysics.

No. 9 in Biology

Ira Herskowitz, PhD., Chair of the Department of Biochemistry and Biophysics, contends that the biology rankings are misleading for two reasons. First, UCSF does not focus on all areas of biology. According to Herskowitz, the university excels in molecular biology, biochemistry, cell biology, molecular genetics, and neuroscience, but hardly offers ecology, evolution, agriculture, plant biology or plant pathology.

Second, the survey asked department heads and directors of graduate studies at participating schools to rate schools on a five-point scale according to their "reputation for scholarship, curriculum and quality of faculty and graduate students." Herskowitz comments, "These rankings are out of date. You can tell because Rockefeller (#7 in the survey) is up there. Rockefeller has a good reputation but it's not a good place to go to graduate school... If you want reputation then you go to a place like Harvard (#2) and Rockefeller, but then you have to ask, 'What is it like?' They have essentially no courses. The faculty have research empires and they don't pay attention to students; the students are just around. Here we really have coherent programs where the students are looked after very well."

What really counts, Herskowitz believes, is attracting top students. He told Synapse, "If you take a poll of the graduate students who are applying to molecular cell and developmental biology programs, they would rank UCSF and MIT number one. It's that simple... We admit about 40 graduate students to our program each year, and of the 40 we admit, half of them come to UCSF. And all of these students have been accepted everywhere like Berkeley, Stanford, Harvard,



MIT."

According to Herskowitz, "I'm not too disturbed by [the rankings]; we know where we stand." He believes that applying students do, too. Herskowitz notes, "They get the information from their advisors who know first hand; they [the advisors] don't get it from *US News and World Report*."

No. 7 in Dentistry

John C. Greene, DMD, Dean of the School of Dentistry, said he was "delighted, of

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April Meeting

ASUC Report

By Ikuko Ogihara

The main order of business at the April 5 ASUC meeting was approval of the budget. The ASUC operating budget currently shows a reserve balance of \$8100. Some of the money will be used to purchase a new photocopy machine for use by registered campus organizations (RCOs) and ASUC. The RCOs show a reserve balance of \$3,400, which is available for their use through the end of this school year.

The board 1993/94 budget approved by the board projects an income of \$198,000, expenditures of \$169,000 and a balance of \$29,000 to be carried forward.

Third-year medical student Tom Allogiamiento announced that the Student Grievance Survey compiled by the medical school is ready and will be distributed shortly to all current medical students and recent alumni. The survey is being sent to the dental and pharmacy schools so that the database can be expanded.

ASUC invites all students, staff, and faculty to the Black and White Gala. Ticket prices for staff and faculty have been reduced to \$12.

The University of California Student Association (UCSA) is seeking a motivated student to be UCSF's representative for the next academic year. UCSA is the systemwide association of campus student governments and is a forum through which students can address issues of concern to all. Past UCSA accomplishments include sponsoring legislation to allow students to pay fees in install-

Black & White Update

The Black & White Gala will be held on Friday, April 16, at the Showplace Galleria from 8 p.m. to 2 a.m. There will be partying and dancing to the music of The Rich Olsen Orchestra, a swing and motown band, and then to the sounds of the Close-Cut Productions (DJ club dance music). Complimentary finger-foods will be provided and the Galleria will set up no-host cocktail bars.

The event is by no means formal. You can be as dressed up or dressed down as you want (as long as you're dressed). No tuxes or dates are required. As Gala committee chair Gail Mametsuka says, "Just come and have a good time."

Tickets are \$12 for all. Students and staff are encouraged to buy their tickets as soon as possible in order to provide the committee with a better projection of Gala attendance. Tables for 10 can be reserved through Friday, April 9. -Cristina Gruta

ments, protecting the Equal Opportunity Program and disabled student service programs from budget cuts, and extending the state law limiting fee increases. Given California's budget crisis and its adverse impact on UC campuses, the need for a systemwide student organization is heightened. UCSA representatives meet once a month to discuss pertinent issues and will receive a small stipend. Those interested in making a difference in UC should contact the ASUC office. Interviews for prospective candidates will be held on May 18.

Komaromy at harassment seminar

By Frederick Chen

More than 50 UCSF first- and second-year medical students attended a lunchtime seminar on April 1 with Miriam Komaromy, MD, on "Sexual harassment in medical training." Komaromy was the lead author of a paper published in the *New England Journal of Medicine* earlier this year revealing that over 70% of UCSF female medical residents had been sexually harassed during the course of their training. (See Synapse March 11)

Komaromy began by describing to the second-year students their pending transition into the clinical years. As the learning environment changes, she stated, there will be situations in which the behavior of attending physicians, residents, or colleagues may be considered unacceptable by some. She insisted that the point of unacceptability is defined by the person who is offended, not the offender. She recommended a careful yet firm confrontation as well as making a written record of each incident.

Attorney Cassandra Flipper addressed the question, "What is Sexual Harassment?" in legal terms. She defined it as "unwelcome behavior of a sexual nature." Participants were given legal definitions of harassment, sexism, and sex discrimination. Flipper also stressed the importance of keeping a written record of sexual harassment.

Diane Wara, MD, informed participants of the various campus resources for dealing with sexual harassment. MS II Josh Lee asked the speakers about the risk of receiving a poor evaluation if a student were to report a superior for sexual harassment. Dean Emilie Osborn, MD noted that no single person is responsible for a student's evaluation, but also stressed again the importance of documenting harassment incidents.

Anyone with questions or concerns about sexual harassment may contact Alma Sisco-Smith, Sexual Harassment Prevention Coordinator at 476-5186.

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Announcements

Financial Aid Exit Interviews Required

All 1993 graduating students who received a Stafford and/or Supplemental Loan while at UCSF are required by federal regulation to attend a Financial Aid Exit Interview before leaving school. Please plan to attend one of the following session in S-214: Thursday, April 8, 5 p.m. Wednesday, April 14, noon; Wednesday, April 14, 5 p.m.

A bank representative will answer specific questions regarding lender issues. Reservations are not required, however, your attendance will be certified during the session. Your diploma and/or transcripts can be held if you fail to attend a session.

Students who received campus-based aid are welcome to attend as valuable information is given during the sessions. Students with campus-based aid are required to make an appointment with the Student Accounting Office, 476-1348, for an exit interview through that office.

Spring Quarter Financial Aid Checks Cancelled Soon

Students should pick up Spring Quarter campus-based aid soon as checks may be cancelled after April 23. These checks are available in the satellite Student Accounting Office (MU, G level) from 2:30 to 4:30 pm on weekdays. If your checks are on hold, submit the needed information to the Financial Aid Office as soon as possible. If you are away from campus or find it difficult to make the satellite office hours, contact the main Student Accounting Office (476-1348) to make other arrangements. Students who have fee offsets against any type of loan should be aware that your signature is needed on a promissory note even if no check is received.

Parents' tax returns due for Financial Aid Applicants

A complete, signed copy of your parents' 1992 federal income tax return is due in the Financial Aid Office by April 16 for continuing students applying for 1993-94 campus-based aid for the first time or the Health Professions Student Loan (HPSL) applicants. The student's 1992 federal tax return was due in the Financial Aid Office on February 19. If you are planning to enroll for the summer it is very important for you to complete your file as soon as possible to insure adequate time for processing. Contact the Financial Aid Office (476-4181) if you have any questions.

Gospel Choir Rehearsal Schedule

All singers are welcome to join the UCSF Gospel Choir, which is preparing for a spring concert. Rehearsals start Tuesday April 13. There will be noontime rehearsals every Tuesday, at MCB, Room 3, and every Thursday on Parnassus in HSW-301.

Iranian New Year Celebration, April 9

The Iranian Cultural Organization is holding a celebration Friday, April 9, beginning at 7 p.m. in the MU Conference Center. Free appetizers and refreshments. Free for UCSF students/staff. \$5 for all others.

Norman Heatley discusses the early days of penicillin, April 13

Biochemist Norman Heatley—part of the Oxford University team that proved the healing powers of penicillin—will give a Regents' Lecture in HSW-303 at 3 p.m. on Tuesday, April 13. Heatley produced the compound in sufficient quantities to carry out the first clinical trials.

Brown Bag Lectures

Bring your lunch to HSW-300 at noon on Wednesdays for a one-hour program. April 14: Stu Silverstein, MD, will look at "the lighter side of medicine." His talk is entitled, "Take my call... Please."

Loan-related exit interviews for 1993 graduates

If you have taken out student loans other than GSL, SLS/PLUS, Stafford or HEALS while enrolled at UCSF, please call the Student Accounting Office at 476-1348 to schedule an exit interview appointment. Participation in this loan exit interview is required by federal law and university policy. Failure to comply will cause your transcript of records to be placed on hold.

Edilberto Rodriguez Award

Medical students of any class are eligible for this award, given in honor of Dr. "Eddie" Rodriguez, who was admitted to the UCSF School of Medicine in 1976 and remained an active member of the UCSF community for the following 11 years. The award recognizes compassionate service, commitment to excellence and dedication in the practice of medicine. Deadline for application is April 30. For more information and an application form, please contact the Student Affairs Office or Dr. Eliseo Pérez-Stable at 476-9933.

Justice Blackmun on Law & Medicine, April 14

Associate Justice Harry Blackmun—who had been general counsel of the Mayo Clinics for 10 years prior to his appointment to the U.S. Supreme Court—will give a UC Regents' Lecture in Cole Hall at 4 p.m. on Wednesday, April 14. His topic: "Law and Medicine, A Supreme Court Justice's View."

Calling all Poets

David Watts, MD, is organizing a program of readings that will begin May 14. All campus poets are invited to submit their work to be considered. Please send three to five poems and a bio to Poetry on Parnassus c/o Arts & Performances, Box 0234A.

Pinderhuges talks on Racial Violence, April 15

Howard Pinderhuges, a President's Postdoctoral Fellow from UC Berkeley's Institute for the Study of Social Change, will give a talk on "The Causes and Consequences of Racial Violence in New York City." Thursday, April 15, noon, in Toland Hall.

Blood Donation Day, April 20

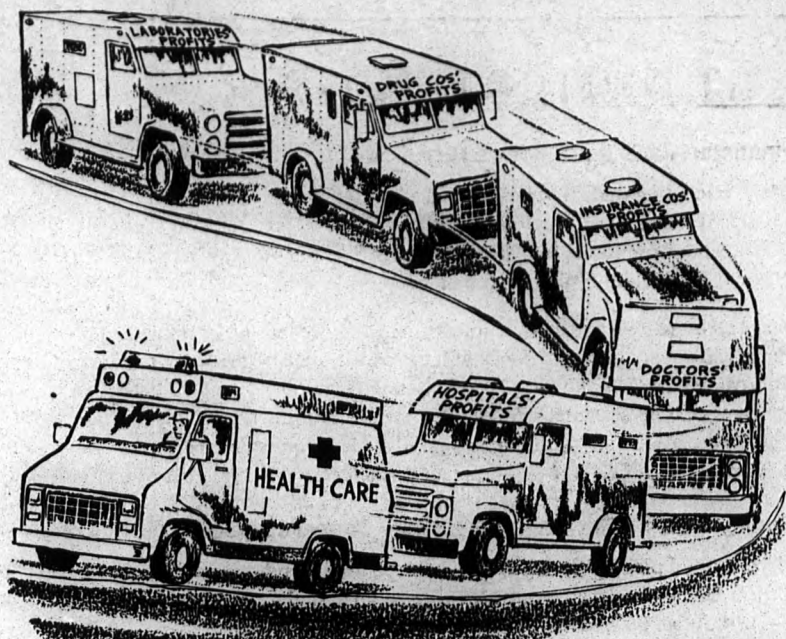
The next campus blood donation day is Tuesday, April 20. Sites are in the MU conference center from 8 a.m. to 2 p.m. and the mezzanine level, Nursing building, from 11:30 a.m. to 5:30 p.m. Donors qualify for a raffle in which the prizes are gift \$50 certificates to the Washington Square Bar & Grill.

Lederer on the history of "animal rights" conflicts, April 21

Susan Lederer will talk on "The Conflict over Animal Experimentation in California, 1920-1966," Wednesday, April 21, noon, in HSW-303. Lederer is with the Humanities Department at the Penn State College of Medicine.

Outdoors Unlimited Sale

Rental ski equipment will be sold at 40% below retail April 13-16; deeper discounts as the sale continues April 19-21. OU is at 633 Parnassus. Call 476-2078 for times.



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AMBULANCE CHASERS

Letters

More than enough?



To the Editors:

I have sent the following letter to Joseph B. Martin, MD:

I am totally flabbergasted and very disturbed at the \$243,300 "sabbatical" being granted to Dr. Krevans upon his retirement. As incoming Chancellor, I am writing to you to express my frustration and disappointment with the management of this University.

I have worked hard at UCSF for almost 10 years (all for Dr. Russell Laros). I began as a Secretary II and am now an Administrative Assistant III, and have been here through many years without merit or cost-of-living increases. The University of California management (at both state and campus levels) has gone out of its way to make crystal clear to all employees the tough economic times we are facing. In fact, times are so bad that we are now being threatened with an "across-the-board" 5% pay cut. It is irrational to ask all of us in the trenches to accept a pay cut while handing out \$250,000 to Dr. Krevans on his retirement. In my view, this is totally unjustifiable, and I must confess that these inconsistencies make it very difficult to believe anything that is said by University management in regard to budgets and the "tough road ahead." I'm not saying that the Chancellor hasn't done a good job; rather, he has worked hard to earn a good salary, generous pension and many accolades—that's more than enough in tight times!

Employees at UCSF have put up with nothing but bad budget news the past few years, and this sort of lavish and totally unproductive spending (not to mention poorly timed announcement) only rubs salt in the wounds. If you expect employees to meekly accept a pay cut while the retiring chancellor is pocketing a large portion of the difference, you are sorely mistaken.

John Waldman
Administrative Assistant
Dept. of Obstetrics, Gynecology, and
Reproductive Sciences

Letter policy


All letters submitted for publication must be signed. Names will be withheld upon request, and anonymity will be rigorously protected.

It was a Joke

The April 1 Synapse story, "Girls Scouts Arrested Outside Millberry Union," was an April Fool's joke. Our apologies to those who were misled by the realistic tone.

Apologies, also, to our dear reader(s) who thought that the editor of Synapse was indeed defacing the city with graffiti. One reader was so upset she told us, "Ruffians do that!"

A Synapse writer had noticed graffiti by a ruffian with the same first name as the editor. It seemed funny at the time...



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OPINION

Guest Editorial

What kind of health insurance should we get?

The passage of the student health referendum could signal the beginning of a new era in healthcare for students at UCSF because it provides us with a real voice in determining what type of health benefits we receive and at what cost. Students can now make choices about the level and scope of our health insurance coverage. Previously, students have had a negligible voice in determining our health benefits due to a bureaucratic tendency to maintain the status quo. Increases in insurance premiums, either to maintain current coverage or to fund expansions in coverage, could not be funded by increasing the Student Health Service fee because the fee was fixed at \$168 in 1988. Thus, changes in premiums became dependent on the allocation of registration fee monies. Unfortunately, due to competing priorities and dwindling resources, the Registration Fee Committee has historically been unable to allocate monies to fund increases in insurance premiums.

The consequence has been that regardless of the level and scope of coverage that students have desired, there has not been an effective mechanism to fund increases in insurance premiums. In the face of rising healthcare costs, it has been difficult to simply maintain our current coverage to assure adequate health insurance. Until now, expanding benefits has not seemed even remotely feasible. However, with the passage of the referendum, the student health fee is no longer fixed. The fee is flexible and solely dedicated to the purchase of health insurance. (Fee = insurance premium.) Students now can review the level and scope of our health benefits and have meaningful input into the process of determining our insurance coverage and setting the Student Health Insurance Fee.

With freedom of choice comes the burden of responsibility. If students opt to expand coverage, we must weigh the increased health benefits against the rising costs of insurance premiums and our Student Health Insurance Fee. There is concern that the fee will escalate out of control because the referendum does not place a cap on annual increases. A check in the system was established by making all changes in the Student Health Insurance Fee subject to approval by the ASUC Executive Committee and the GSA General Assembly. *But the effectiveness of this check will depend on the level of student involvement in the process.*

As students in the health sciences, many of us have a keen interest in and understanding of the healthcare industry. This interest and knowledge is extremely valuable. For those that are interested in reviewing current coverage, a pamphlet published by the Student Health Service is available. The pamphlet is mailed to each student with their registration information every fall, and additional copies are available at the Student Health Service in U-380. Students who would like to be involved in determining future Student Health Insurance Fees and insurance coverage have two options. One, they can add their input personally by attending Student Health Service Advisory Committee Meetings. The SHSAC is composed of students, faculty, and staff and is responsible for recommending changes in the Student Health Insurance Fee. The next meeting is Wednesday, April 14 at 5:15 p.m. in room S-30. For more information, contact the Office of Student Relations at 476-4318. Aside from attending the SHSAC meetings, students may also rely on our democratic process and speak to their student representatives on the SHSAC. Student reps are: Michelle Byrne, Monica Casper, Kevin, Ebbink, Brian Hoberman, Brian Pierce, Anne Pollack, Cheryl Reilly, Bamdad Shivale, Ken Truong, and yours truly, —Renée Williard

Associated Students seeking officers

By Brian Shue

At the end of spring quarter, five students will become executive officers of the Associated Students of UCSF. They will shape the future of student organizations and activities for the 1993-94 academic year. You'd think that given the responsibility and rewards each office will bring, more students would commit to becoming a candidate.

In the past three ASUC elections, 13 out of the 15 positions went to students who ran unopposed. One year the official candidate statement (published in Synapse) from the student running for Executive Director, the highest position on the Board, consisted of three words: "vote for me." The person was unopposed (fortunately, the person was well-qualified). Last year, no candidates came forth for this position until after the deadline passed. The same was true for the position of Vice-President of Community Health.

Why is there such a lack of interest in student government? Students may think that they do not have enough time to devote to this year-long endeavor. On the contrary! The benefits outweigh the few drawbacks. One can easily develop the necessary time management skills. The interaction with students from all the UCSF schools is thoroughly rewarding. The ability to influence decisions that affect all students should not be taken lightly. And the overall experience may prove relevant to one's professional career.

The Executive Director is the official voice of the Associated Students, the official representative to the public and administration of the campus, and CEO of the monthly ASUC Board meetings. The office includes a spectacular view of the Golden Gate Bridge (an oil painting) and two of the nicest and most effective administrative assistants I have ever worked with (U.S. Government office workers do not even come close).

The Executive Vice President coordinates all offices and activities of the board, is the financial officer and parliamentarian, and oversees the ASUC elections. Responsibilities include keeping the Board abreast of its cur-

rent financial status and serving as student representative to the Black and White Gala planning committee.

The Vice President of Academic Affairs attends and represents the student body at the meetings of both the Academic Senate and the UC Regents. The Vice President also makes student nominations to the UCSF Academic Senate Committee, handles initiation of new course issues, and is involved in teacher and curriculum evaluation.

The Vice President of Student Affairs represents the Board in areas of student concern, such as student housing, minority relations, financial aid issues, Millberry Union representation, and the summer preceptor program for entering minority students. This person will play a continuing important role in the effort to keep 24-hour computer access available to the students.

The Vice President of Community Health coordinates the annual ASUC health fair. S/he is responsible for student relations with house staff and faculty, as well as students' general health issues. S/he is also liaison to the hospitals and community clinics.

Candidate petitions are available at the ASUC office, MU-110W. A candidate must be a current student of UCSF, and must have attended this school for the past two quarters (which just about includes everyone who is not graduating this June). An application with a petition for candidacy must be turned in by April 16. The petition must have the name, student ID card #, and the signature of 25 currently registered and enrolled UCSF students. All expenses incurred during the grueling campaign will be reimbursed. (My campaign expenses amounted to a grand total of \$19).

Official candidate statements and photographs will be included in the Synapse issue prior to the elections. This year there may be absentee voting in an attempt to duplicate the involvement level achieved by the Student Health Fee Referendum.

synapse

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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.



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Survey

from page 1

course, that we're ranked among the top schools by our fellow deans...We certainly have first class faculty and staff and students. And the quality of our research is borne out by the latest figures from the NIH last year. UCSF received the most NIH peer-reviewed grant funds of any dental school in the country last year (30 awards totalling \$5.7 million)."

But, like Herskowitz, Greene believes that the survey's dependence on reputation does not represent the true caliber of the dental school. The survey asked deans, top administrators, and senior faculty of accredited schools to rank dental schools according to their reputation for scholarship, curriculum, faculty, and graduate students. (This same methodology was also used in questionnaires sent to nursing and pharmacy schools.) "In my opinion, there is no dental school any better than UCSF," says Greene, "We've come a long way in the last few years and it's taken a while for our reputation to catch up with reality." Greene also points to another survey, the Gourman Report, that currently ranks UCSF as the top public dental school and second overall.

No. 3 in Medicine

For purposes of the *US News* survey, medical schools were divided into two categories—research schools and comprehensive schools ("whose chief mission is training primary-care doctors"). Classified as a research school, UCSF was ranked ahead of all others except Harvard and Johns Hopkins. UCSF was also rated in five different categories: reputation by academics (#2), reputation by intern-residency directors (#10), student selectivity (#1), faculty resources (#19), and research activity (#11). The overall ranking was derived from differential weighing of the five categories.

Despite the complicated methodology, "it's still a popularity contest," says Joseph B. Martin, MD, PhD, Dean of the School of Medicine. "It's done by asking people to give opinions of their assessment of these schools. It's not scientific. There's no way we ever learn about who actually is contacted in the opinion survey."

Nevertheless, Martin, who will become chancellor in July, told Synapse, "I sure am glad we're in the top 10, because I think it does indicate how we're viewed out there. We're the only public school in the top 10 which tells me that we're doing something right." Martin noted UCSF's number one ranking in student selectivity as an indication of UCSF's ability to attract the brightest medical students in the country. "I think students do know [about the rankings] and I certainly keep bumping into this data over and over again as I go through my other duties nationwide. People do look at these rankings."

Martin does not believe that UCSF's classification as a research school as opposed to a comprehensive school makes the school less attractive to applicants interested in primary care. He explains, "I think what they've tried to do in the comprehensive schools is to bring a group of schools that couldn't compete otherwise into a ranking. The comprehensive schools are those that don't have research as their first strength... When I meet

with second-year students, more than half of them are interested in primary care. So I don't think the fact that we're research intense has changed the awareness on the part of students who come here that we're also very interested in primary care."

No. 1 in Nursing

Zina Mirsky, EDD, Associate Dean for Administration, was exultant. "We are very proud and very happy about the whole thing," she says. "Internally, it gives us a way of saying thanks to the faculty for being the people that they are, for doing their research and for the excellent teaching and making our students as good as they are, and thanking the students for being out there in the world so that other people from other schools in other parts of the country chose to rank us [as number one]. And they do that because they recognize our graduates and our faculty."

Mirsky hailed the new health professions survey—*US News* had ranked only medical schools in previous years—as recognition of the growing importance of health professional schools such as nursing. Mirsky remarks, "What it means to the general public is almost as important as what it means to the people in the school. It's an acclamation when a national magazine that has ranked graduate programs for four years has also chosen to look at health care and health professional schools."

Mirsky believes that the number one ranking will boost the nursing school's reputation and its ability to recruit. She remarks, "If we are able to say, 'Look at us and how we compare to all of the graduate schools of nursing in the country,' it certainly will be a good selling point for us."

Like the other deans, Mirsky also finds the methodology problematic. She concedes, "It's probably not the best that we'd ever want to see, but I'm certainly not going to pick at the results."

No. 1 in Pharmacy

Robert Day, PharmD, Associate Dean of the School of Pharmacy, comments, "We're delighted to be rated so highly by our peers."

But the top ranking was not unexpected. Day explains, "There was a similar study done 20 years ago in an academic magazine called *Change* which ranked us number one." According to Day, the results of the study were questioned, so the study was redone two years later with the same results. "And since then we've only grown better."

Despite the survey's reliance on reputation, Day remarks, "It's not a popularity contest. Schools of pharmacy don't give out praise easily. But it's not ironclad either."

Though Day is happy with the accolade, he does not believe that the top ranking will affect recruiting. He notes, "Pharmacy students are less mobile than, say, medical students. Ninety percent of our students are in state—mostly from the L.A. area, Northern California and around here in the Bay Region." Thus, the choices for pharmacy schools tend to be limited to the three schools in California: UCSF, University of the Pacific and USC. Ranking or no ranking, the choice remains obvious to Day: "Anybody with a calculator can figure out that UCSF is by far the best deal [lowest tuition] of the three."

Grandfathers

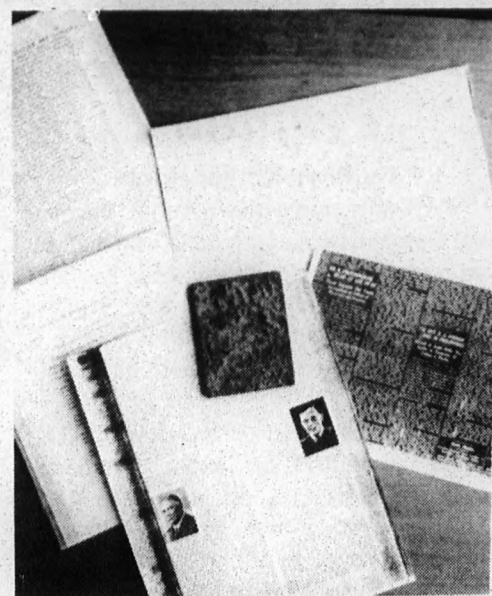
from page 1

my grandfather Frothingham really invent a new technique for tonsillectomy? If so, why wasn't it published? Did he decline to publish the technique to protect his livelihood as a specialist? (One of his papers mentions the reluctance of family practitioners to refer patients.) Or did he invent no such procedure? Even if he did, is the family legend true that the New York public schools stopped requiring tonsillectomy soon after my grandfather invented his procedure? Should I be glad that these unnecessary surgeries were curtailed, or be sorry about my grandfather's lost opportunities?

What connections are there between me and my grandfathers, between the medicine of their time and mine? In their papers I can perceive an understanding of the biopsychosocial aspects of illness. Robin Mosse notes that dietary vitamin C deficiency in China resulted from poverty, and one of Richard Frothingham's papers describes cases of "functional aphonia" which could have come from our psychiatry course's lecture on somatoform conversion disorders. (The paper also describes curing aphonia with sham treatment, but there is no discussion of any ethical dilemma in choosing this therapy.)

The world of medicine has changed a great deal since my grandfathers' time, but there are similarities, too. Infectious disease again threatens physicians; my worries about contracting tuberculosis from my patients would certainly be familiar to them. A few months ago, a surgeon writing in *JAMA* proposed a return to surgical resection for treating drug-resistant tuberculosis; my grandfather Mosse died of complications following this operation. (According to my family, he chose surgery over sanatorium treatment in order to be able to return to China more quickly. Pearl Harbor was attacked the day after he died, so a return to Japanese-occupied China would have been impossible in any case.)

One of Richard Frothingham's papers makes a reference to the recent establishment of a four-year course of medical training. Medical school is still four years long, but



Frothingham family mementos include journal articles and fossil trilobites from China.

much else about it has changed.

What would my grandfathers think of UCSF in 1993? I'm sure my class looks a lot different than the ones they studied with, but I doubt they'd object. In Robin Mosse's obituary, he is described as a "physician at the Cheloo Christian University at Shantung, in North China. Here for 20 years Mosse trained young Chinese men and women—'A picked group of the finest students in the world,' he called them. He counted himself 'the happiest man in Asia' to be allowed to serve them, and he worked with them in refugee camps in times of flood and famine, as well as the lecture halls and wards of Cheloo Hospital." Could my grandfather be connected with me by training the grandparents of some of my classmates? It's a big planet, but sometimes it's a very small world.

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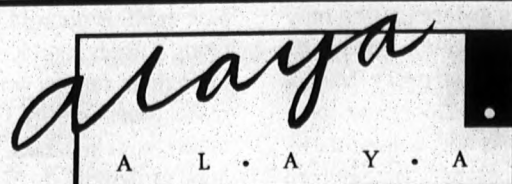
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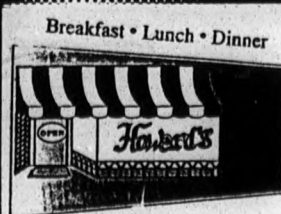
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Iranian students welcome the new year... and celebrate their culture

Encountering Prejudice

By Roya Koutchekinia

I will never forget the first time I encountered prejudice. As an Iranian who had just immigrated to the United States at the age of 12, my head was filled with idealistic views about freedom and democracy in America. It was shortly thereafter that such notions were dispelled.

A few weeks after our arrival in the U.S., in the fall of 1979, the Iranian government took the American hostages. At first, the hostility of the American people towards Iranians was subtle and, to a certain extent, understandable. When I'd tell someone where I was from, they would become quiet and uncomfortable. Later, the hostility became more open and cruel. When I heard my classmates chant "Bomb Iran," all I could think about was my family—and millions of other innocent people who had no hand in the hostage crisis. It turned out that the abuse my Iranian classmates and I bore here in liberal California was relatively mild: in the south, a few Iranians were murdered. (The media chose to ignore these hate crimes.)

The hatred and prejudice towards Middle Easterners was resumed during "Operation Desert Storm." The media rejoiced over the murder of thousands of innocent Iraqi civilians who had no control over their government's invasion of Kuwait. In my eyes, the overwhelming approval of Bush's policies towards Iraq by the American people paralleled Germany's genocidal attitude towards the Jewish people in World War II.

It wasn't until recently, after the terrorist attack on the World Trade Center, that I was grimly reminded that Middle Easterners in this country are threatened by hate crimes. Although I could not possibly condone any terrorist act, I became afraid of backlash from the uneducated public. Unfortunately, the media plays a large role in stereotyping all Middle Easterners as "terrorists" and "religious fanatics." The many Middle Easterners, religious or not, who are law-abiding and peaceful are lumped together with the very few extremist elements. A large fraction of the public perceives any Middle Easterner or any Moslem as a possible "fanatic terrorist."

Being married to a black man, I have observed first hand the prejudice and racism directed towards African-Americans here. However, unlike the hostility towards African-Americans, the anti-Middle Eastern bias is openly condoned by the media and by the general public. Thus it is acceptable, and even popular, to stereotype and discriminate against Middle Easterners. Recently my younger sister's high school teacher jokingly referred to her and her Libyan friend as "Moslem terrorists." Such remarks would not be tolerated by African-Americans.

Until the Middle Eastern community decides to actively fight such stereotypes and prejudice, we will be victims of blatant racism. Meanwhile, the American people should look inwardly and be skeptical about the way the media misrepresents Middle Eastern people.

Roya Koutchekinia is a second-year pharmacy student.

Iran? Loved It! Hated It!

By Henry Chen

"Salaam." "Khoda-a-fes." Farsi for hello and goodbye. These two words describe the mixed feelings I have for my adopted home of almost nine years. I do not know whether I miss the country or would rather put the whole experience behind me.

I lived in the capital city of Tehran from 1974 to 1983. I went to an international school and studied in English. I hung out almost exclusively with friends from the Chinese community. I listened to American music and watched American movies. I only learned a smattering of Persian words and phrases in order to get by. I did not try very hard to make Iranian friends or to learn more about their language and culture; I was just too comfortable with where I was at the time.

In retrospect, I really regret my apathetic approach to the place where I spent most of my formative years.

Before the revolution in 1979, life was quite good for people who had money. Everything was available in large quantities. You could smoke Winstons and drink Smirnoff Vodka. Radio played the BeeGees, and Starsky and Hutch was on once a week. Undubbed American movies were being shown. I was too young at the time to indulge in too many vices, but I remember that the people had many freedoms and rights.

After the Islamic Revolution of 1979, changes were made that affected all facets of life. Those who did not conform to Islam either left the country or faced the wrath of the Islamic Guards.

Things did not change overnight. One day you realized that your favorite record store no longer carried the latest Bob Seger tape (but only tapes containing Islamic preachings). Then there were no more American imports or films. No more Kojak or disco music, but lots of news and 'educational' programs and 'revolutionary' movies.

As the Revolution progressed into the 1980s, food began to get scarce. Rationing was introduced. I remember standing in line at six or seven in the morning with a bunch of antsy housewives ready to fight over our weekly allotment of two pounds of beef. There were lines for everything: meat, rice, cigarettes, kerosene for heating, etc.

It was ironic that our lives in the Chinese community seemed better after the Revolution. Because we were still being paid in U.S. dollars, we were able to convert to a lot more Iranian currency due to the exorbitant black-market exchange rates. To make up for the food shortages, we were able to get almost anything through the black market. And much to my joy, my favorite underground record store reopened above an appliance shop.

You may wonder why we did not just pack up and leave when things got tough. The answers are many. First of all, we chose to stay and so we did not complain too loudly or too much. My father had a good job, and we felt safe from harassment and bodily harm. Also, we led relatively comfortable lives compared to the Iranian populace. They are the ones who have the most right to gripe. They embraced the Revolution because they wanted better lives for their families. What they ended up with were food shortages, continuing poverty, and the loss of their sons to the futile war with Iraq.

I do not regret what my family has been through. We could have packed up and left any time. It is the Iranian in the street I feel sorry for: destined to continue suffering because of the unkept promises of his religious leaders.

Henry Chen is a second-year pharmacy student.

New Year In Spring

By Roya Koutchekinia

The Iranian New Year is marked by the vernal equinox (March 20). Spring seems a logical choice for the new year, as it represents the renewal and rebirth of nature. For this reason, the first day of spring is often referred to as "no ruz" which literally means "new day."

Several days before the "no ruz," Iranian families anticipate the arrival of the new year by extensive spring cleaning and buying new clothes. The Tuesday night before the new year, people kindle rows of bonfires and leap over them, chanting "My yellowness to you, your redness to me." Red in this verse is a symbol of good fortune and health being given to the people by the fire, whereas yellow represents illness and misfortune, which is cast into the fire by the people.

A few days before the new year, all Iranians set up the *haft seen* arrangement. *Haft* is the Persian word for seven and *seen* stands for the letter *s*; thus *haft seen* literally translates to "seven Ss." The seven items on the *haft seen* are symbolic representations of the happiness and good fortune that everyone hopes to attain during the new year. Traditionally, the seven items of *haft seen* are: *sabzi* (sprouting green shoots of vegetables or herbs symbolizing fertility), *sekeh* (coins), *sonbol* (hyacinth flower), *seer* (garlic), *senjed* (a tiny dried fruit from an Asian deciduous tree), *samanu* (a sweet wheat pudding), and *serkeh* (vinegar, to ward off bitterness). Other items which can be substituted are *sib* (apple) and *sulmagh* (sumac).

Many families set up an arrangement which includes, in addition to the *haft seen*, such items as a bowl with goldfish, candles, a mirror, decorated boiled eggs, and sweets. These items also symbolize hope, happiness, and good fortune for the new year.

The *haft seen* custom is at least 2,000 years old. Originally, it was called *haft sheen* (the seven shs), but the custom gradually



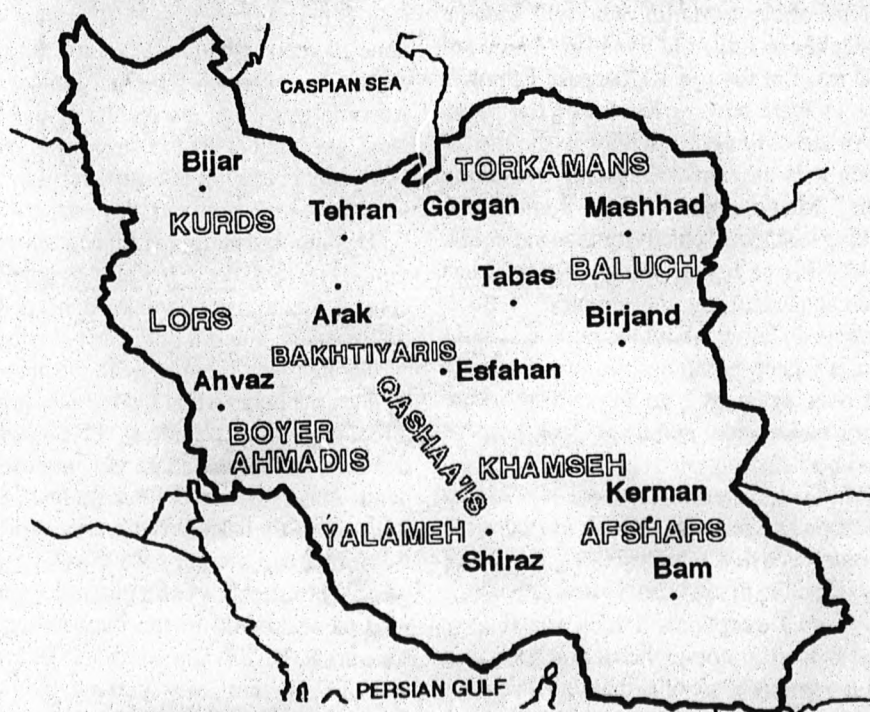
changed during the period when most Iranians converted from Zoroastrianism to Islam (from approximately 750 to 950 A.D.). It is speculated that wine, or *sharab*, was originally part of the *haft sheen* arrangement, which posed a problem for the religion of Islam.

About an hour or so before the vernal equinox, the family gathers around the *haft seen* to await the exact moment of the new year—in much the same way that Americans wait for the clock to strike midnight on New Year's Eve. The ensuing celebration lasts 13 days, during which time it is customary to pay visits to elders, family, and friends, and to bestow presents (usually fresh bills) on the younger people. On the final day of the celebration, families go on picnics, taking along the *sabzi*, which are usually tossed into a stream. It is considered bad luck to stay at home on *sizdeh bedar* (the thirteenth day after the new year), and the tossing of the *sabzi* symbolizes the casting away of bad luck associated with the number 13.

This year, the Iranian New Year fell on Saturday, March 20, at 6:41 a.m. UCSF's Iranian Cultural Organization plans to celebrate *no ruz* on Friday, April 9, at MU Conference Center beginning at 7 p.m. There will be live music and Persian ballet, and appetizers and refreshments will be served. In addition, a *haft seen* arrangement will be set up for viewing.

Roya Koutchekinia is a second-year pharmacy student.

Persian Rugs..... Persian Pride



By Neshat Rezal

Persian carpets are both heir to and part of a tradition that started long before the days of Alexander the Great. At that time they were woven solely for kings' palaces, using only the finest gold warp (filaments). Today you see Persian rugs in almost every Iranian house. Iranians cover their floors and some even decorate their walls with beautiful carpets. Their unique colors and designs give warmth to the rooms.

Carpet or *qali* weaving is not the specialty of a certain class of people (although the quaint belief persists that most Persian carpets are woven by village girls with small hands). Carpets are woven on migrations, in villages, towns and cities, and in fields, yards, private homes, and large factories.

The major carpet weaving areas in Iran are generally referred to by the names of the major cities and provinces. The rugs from

each province have distinctive characteristics, including the quality of the wool and the design. Some of these designs have familiar names: Tabriz, Nain, Yazd, Qom, Kashan, and Kerman.

Persian carpets generally feature representational motifs. One group uses elements from historical monuments, while another depicts the arch shape which is built into the wall of the mosque. The most familiar motif is the arabesque design. The arabesque is a bifurcated shape extending out to form a curving stem. Other familiar patterns include paisley and various geometrical designs.

In an Iranian household, Persian rugs are not only an investment, but are the single most important works of art and pieces of furniture. They are a source of pride for Iranians everywhere.

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Persian Art on display

Hourian Fine Art Galleries
1843 Union Street, 346-6400
By Sharmin Khajavi

If you're an art lover or just a bit curious about Middle Eastern art, you should pay a visit to Hourian Fine Art Galleries on Union Street (between Laguna and Octavia). This little gallery is owned and operated by Mohammad Hourian, an Iranian artist whose work is also on display as part of the permanent collection at the far end of the gallery. Hourian's style follows those of prominent miniature artists and incorporates his own ideas onto the paintings.

Miniature painting is often referred to as book painting. Initially, it was used for illustration in books of poetry and later it emerged into an art by itself. As its name implies, miniature painting is finely detailed artwork done on a very small scale. Originating in Iran, it has been practiced for almost 3,000 years. The style became popular in China, and over time Oriental features and other Chinese influences could be seen in Iranian works.

Hourian prefers to work in acrylic and watercolor—with added touches of gold pigment—on paper and, occasionally, on wood. He uses many symbols in his paintings, such as the horse (freedom) and the deer (innocence).

Other areas of the gallery display more contemporary styles by Iranian artists such as Ovissi and Zamani. There is also pen and ink calligraphy of poetry and prose on exhibit. Calligraphy



Layli and Majnun by Hourian

is taken seriously in much of the Middle East and is considered to be an artistic craft.

Past exhibits have included international art such as "Women of Nicaragua," and "Meditations on the Arabesque," presenting work inspired by Sufism and Islamic Art from Kuwait. If you sign up on the guest list, you'll be notified of upcoming shows and even receive an invitation to the opening receptions (including a chance to talk to the artists in person). Although prices of the art work do not fit a student's budget, there are prints from the originals available at more reasonable prices. Custom framing is available and postcards of some of the art work can be bought.

Current Exhibit: Recent works by Mohammad Hourian through April 16.

Sharmin Khajavi is a second year Pharmacy student.

Three first-rate restaurants

Maykadeh Persian Cuisine
470 Green Street
362-8286

Yas Cafe
822 Irving Street
664-5113

By Kaveh Barjesteh

There are only a handful of Persian restaurants in San Francisco, but the two you ought to know about are Maykadeh and Yas Cafe. Maykadeh probably serves the best Persian food in town, while Yas Cafe serves great food and is near campus. Both restaurants are friendly and comfortable, with Persian-motif artwork on the walls that can bring tears to the eyes of homesick Iranians.

Maykadeh has acquired an outstanding reputation within the Persian community and the menu provides a good introduction to Persian food. There is something for both the timid and the daring. Salad *Shirazi* and *masto-o-khiar*, a homemade yogurt and cucumber mix, are traditional starters with wide appeal. *Aash* is a traditional thick vegetable soup with *kashk* (a yogurt derivative) that won't scare newcomers away. It's great on a cold evening. The *torshee* (pickled vegetables) is not for the faint of heart. Somewhat more exotic is the eggplant-based *kashke-bademjan* or the *kabab-maghz* (mesquite broiled brains; mmm-mmm good).

They serve great *chello-kabab* at Maykadeh, and ordering the Soltani combo version lets you try two kinds in one dish.

Kasra Persian Cuisine
349 Clement (at 5th Ave.)

By Fojan Haeri

Have you ever tried Persian food? Regardless of your answer, you have got to try the food at Kasra.

Enchanting Persian music and beautiful artwork provide a warm atmosphere for dining. When you are seated, you will be served *nan* (pita bread), *panir* (Persian feta cheese) and *sabzi* (basil and mint). Additional tasty appetizers can be chosen from the menu. Among these are *mirza ghassemi* (a traditional North Persian appetizer prepared with broiled eggplant mixed with eggs, fresh chunks of garlic and spices, served hot) and *masto khiar* (a tasty seasoned Persian side dish made with homemade yogurt, cucumbers and spices).

For your main dish, if you are the adventurous type, you can try the authentic dishes such as *ghormeh sabzi* (an aromatic, herb-based dish with tender meat and kidney beans)

Make sure to order *sabzi* (greens) and *tah-digh* (burnt rice from the "bottom of the pot") with the kababs. Sprinkle the dish generously with the *sumak* spice, add an egg yolk or butter to your rice if you feel like it, and wash it all down with a glass of *doogh*—a yogurt drink—for an authentic and complete Persian kabab experience.

Maykadeh's prices are reasonable although not cheap, but the North Beach location is a parking nightmare. They do provide valet parking for an additional fee—probably worth it if you don't want to spend half the evening stowing your car.

If you don't want to deal with the North Beach parking hassles, try Yas Cafe on 9th Ave. off Irving. It offers a creative hybrid of Persian and Western cuisine. There aren't many restaurants where you'll see Persian salads and *chello-kabab* on the same menu with Gaelic pork chops and cheeseburgers.

Yas Cafe has developed a small Irish following (the Gaelic pork chops come courtesy of three Irish kitchen workers). I'm also told that Yas serves some of the best mushroom cheeseburgers in San Francisco. They're huge—reminiscent of the massive burgers they serve in South Texas diners. The Persian food at Yas is good, too, and the quantities are ample. The Persian salad, for example, is a small mountain of diced cucumbers, tomatoes and onion in vinegar that is almost a meal in itself.

Yas has the additional advantage of being relatively cheap. Check it out.

Kaveh Barjesteh is a second-year pharmacy student.

or *fesenjun* (a traditional sweet and sour dish prepared from chicken, walnuts, and pomegranate paste, served with steamed rice). If you want to play it safe, you can try the tasty kabob (skewers of tender filet mignon or mixed ground beef and lamb). Kabob is served with long-grain rice topped with saffron and grilled tomatoes.

Whether you are the safe or adventurous type, make sure to save room for desert. The ice cream is an exotic, savory blend of milk, eggs, cream, pistachio, rose water and saffron and is referred to as "*Akbar Mashti*." If you think that San Francisco is too cold for ice cream, you can have the freshly brewed Persian tea with delectable sweets such as *baklava* (golden brown traditional Middle Eastern pastry) or *bamieh* (a tasty Persian desert filled with syrup). The prices are reasonable; a wonderful meal can be enjoyed even on a student budget.

Fojan Haeri is a third-year pharmacy student



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The Brain

from page 1

High blood flow to a certain region indicates a high level of neural activity in that area. Using PET scans, scientists have confirmed that the occipital lobe is vital for vision, the temporal lobe for comprehension of language, and the frontal lobe for the production of speech.

The brain map which results from such research can then be used to help understand conditions such as Alzheimer's disease. In 1906, Dr. Alzheimer described a syndrome which afflicts the elderly, resulting in an inability to incorporate recent memory, with all the other neural functions relatively intact in the early stages of the disease.

Martin explained how our current understanding of the brain and its map has helped us correlate the symptoms observed in Alzheimer disease with the structural changes in the brain. The brains of Alzheimer's patients show the most severe degenerative changes in the hippocampal cortex, an area which research has found to be important in memory function. In this way, the brain map helps to explain why Alzheimer patients demonstrate specific deficits.

Unlike Alzheimer's, Huntington's disease devastates the deep structures of the brain, which deal primarily with motor reflexes. Specifically, the striatum, composed of the caudate and putamen nuclei, degenerate, sometimes almost disappearing altogether. Predictably, patients exhibit movement problems, or chorea. Huntington's chorea is an autosomal dominant disease which is usually silent until the fourth decade of life.

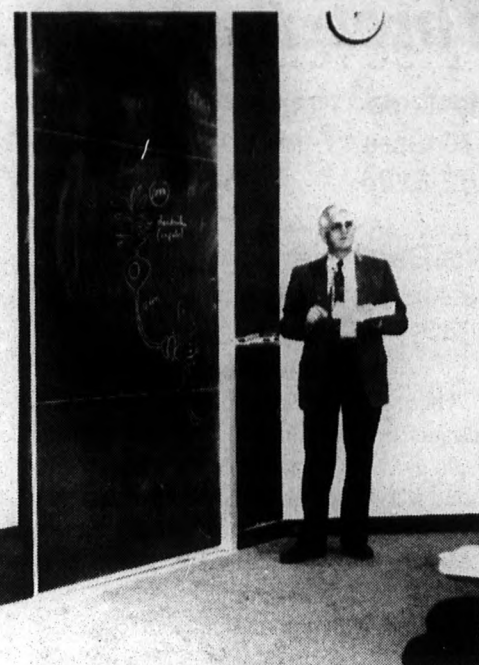
Investigators have long been searching for the gene responsible for Huntington's disease, and recently it was identified. This discovery, said Martin, will permit the isolation of the defective gene product, or protein. With this information in hand, scientists will then be able to map the distribution of this protein in the brain and assess correlation with structural changes and symptoms seen in Huntington's disease.

WMSA

from page 1

their careers share experiences, survival skills, and ideas of what to expect. It was a unique opportunity for students to meet with some of their women instructors in a non-academic context and learn how they created a place for themselves in academia and health care. Practical advice was given on finding mentors, confronting harassment, seeking and using resources, and generally succeeding as a female student and physician.

Women at the retreat found physical as well as mental outlets for their energy. The students were joined on Friday night by Yes Maya, a group of four women from Santa



Martin describes an exploding field.

On a more general note, Martin commented that the field of neuroscience is currently exploding with new information and findings. At least 20,000 neuroscientists are currently investigating the brain and its functions, and hundreds of neuroscience journals are churning out the resultant data. In 1989, a government committee headed by Martin was formed with the express purpose of organizing this wealth of neuroscience information into a computer database. A specific goal of the committee was the "development of 3-D computerized maps and models of structures, functions, connectivity, pharmacology, and molecular biology of human, rats, and monkey brains across all developmental stages, reflecting both normal and abnormal states." Achievement of this goal required cooperation between many separate labs.

In conclusion, Martin predicted that the future of neuroscience lies in more comprehensive, concerted, and perhaps international efforts. Such an approach is crucial, considering the astronomical task facing us in our attempt to understand the organ that makes us human.

Cruz who run hand drumming workshops. In addition to dancing to the African rhythms, the participants were provided with instruments and taught the art of drumming. Saturday morning began with a yoga class. Massage workshops were offered during the day.

The event was open to all UCSF women students. Reasonable accommodations and meals were provided with the help of a grant from the Chancellor's Endowment Fund and contributions from the Associated Students. Free child care was also available, thanks to three first-year male students.

Mid-American Spring Break —Fun While Building the CV

By Chris Wood

What does a dead-tired first year nursing doctoral student do for spring break? Go to Florida for some sun and fun? Hide from the world and catch up on sleep? Finish some long delayed projects to continue the process of enlarging one's CV?

I was able to combine two of these options by stopping in St. Louis to visit my best friend from nursing school before attending the American Society on Aging (ASA) Annual Conference in Chicago.

I had submitted two abstracts to ASA last summer, and once they were accepted, I was faced with two problems, namely, financing the trip and converting the abstracts into lecture format for 45-minute talks to audiences of unknown size. Not to worry... GSA responded positively to my request for funds, so half the financial battle was covered. And sometimes being a nun comes in really handy—like when one needs housing far from home. One of the sisters with whom I live knew of a convent in Chicago that was an easy commute to the ASA meeting site. One phone call was all it took to confirm that I could stay there.

The original plan was to leave San Francisco with both talks completed, including stapled handouts and overhead transparencies. Unfortunately, my winter quarter schedule did not cooperate. The week before leaving for the Midwest I had to prepare for a statistics final that required five hours and write two papers worth most of the grade for the other two classes I was taking. Thus, only outlines of the talks traveled to the Midwest, while the rest was inside my head where my subconscious worked feverishly on them.

I was thrilled to see Emma, my nursing school classmate, at the St. Louis airport (after spending the entire day on a plane because it was cheaper to fly via Chicago). Having become a happy procrastinator in graduate school, I decided not to take any of the visiting time I had in St. Louis for the mundane task of finishing the ASA talks. Instead, I took the ride to the top of the Arch and toured the Busch Brewery. Bissinger chocolate was as good as I had been told, and the St. Louis Botanical Gardens were a great change of pace. Since we did not have tickets, my friend, her husband, and I sadly watched the demise of UC Berkeley's NCAA title hopes in the game against Kansas. Instead of catching up on my sleep, Emma and I caught up on our lives over the five years since we had seen each other.

Once in Chicago, it was time to get serious. As soon as I was settled at St. Thomas convent in the Hyde Park area, I took off for Kinko's, some three blocks away. Unfortunately, it was Friday afternoon and there was a huge line for the Macs. Again, not to worry...I reserved a Mac for 8 a.m. Saturday,

figuring no one else would be up. On the way back to St. Thomas, I wandered in and out of several shops, among them the 57th Street Book Store, the oldest in Chicago. Little did I know that this and the bus rides along Lake Michigan would be my only tourist activities while in Chicago.

Saturday morning was spent at Kinko's, and by noon I was back at the convent with two talks written, handouts completed, and all transparencies ready to go. Then absolute fatigue hit me and I did what worked when I was a kid—I took a nap—for three hours! For the first time in a while, I actually felt rested and ready to go for the ASA meeting.

The bus trip to the Chicago Hilton was a breeze. Several sisters at the convent were veteran commuters and they gave me great and detailed instructions for negotiating the one transfer required. In contrast to what I sometimes find in San Francisco, the bus drivers were friendly and very helpful.

The ASA meeting was attended by thousands, including health care professionals, gerontologists, students, and interested lay persons. There were more than 600 talks scheduled for the conference, in addition to pre- and post conference sessions. My first talk was scheduled as the last of a set of three, so I had to sit at the front of the presentation room and be polite through the first two speakers. By the time I was ready to launch into my discussion of how to set up a gerontological residency to mutually benefit the clinical setting and the student, I was also ready to jump out of my skin. Once into the talk, however, I was able to relax and to enjoy the opportunity for interchange.

My other talk—on recruitment of nuns as research subjects—was scheduled as the second of two, but I was able to go first, since the other presenter's slide projector hadn't arrived. It was gratifying to hear attendees say that they came to this session to find out about the logistics of recruiting nuns for aging research. I appreciated the opportunity to network with others in graduate studies involving my population of interest.

After a hurried lunch with one of the presenters from my first lecture session, it was into the Airport and off to O'Hare for the flight back to San Francisco. The ASA meeting was actually continuing for one more day, but I had the first day of spring quarter classes calling me home. I arrived at SFO grateful for the experiences of spring break, tired, but secure in the knowledge that my trusty tape recorder would provide great backup for this jet lagged student-traveler....

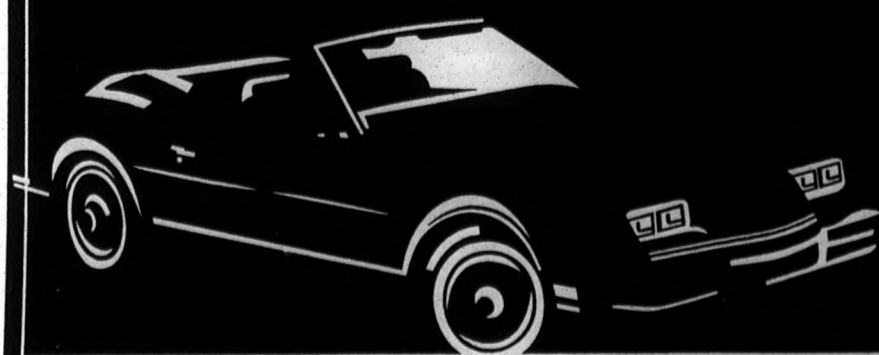
Would I do this again? Definitely yes, with a resolution not to procrastinate, so future trips could include more tourist time.

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Pier 23:

Salsa and Reggae By The Bay

By Hugo Gilgoff and Jorge Perez

Whether it's live salsa or reggae, the moon or the sea, a sweaty dance floor or a mellow table for two, Pier 23 is the place to be on the weekend. Located on the shore of the bay, this club is about 20 minutes from UCSF. From the outside it doesn't look that impressive, resembling an old cannery. A reasonable \$5 cover charge is collected at the front, but instead of going straight inside, you're directed around to the side entrance. Unfortunately, you're greeted by such sights as the kitchen dumpster and two porta-potties. But don't get discouraged; you have to go through the bad and the smelly to get to the good.

As you enter, you're torn between two destinations: the patio and the dance floor. The spacious outdoor patio has a great view of the bay. There are plenty of tables and a bar that is less crowded than the one inside. However, the outdoor deck is more than an

escape from the crowded dance floor; it provides an atmosphere more conducive to conversation with friends or new acquaintances.

The bands are loud, intense, and top quality. Whether it's the salsa on Friday or the reggae on Saturday, the dance floor and the adjacent bar are always packed and the energy of the band is contagious. The crowd is culturally diverse and varies greatly in age, from mid-twenties to late thirties, yet they're all wearing the same smiles and having a good time. The people here are really friendly and approachable. In fact, the problem is not finding someone to dance with but rather the lack of space on the dance floor.

Very few people leave Pier 23 unsatisfied. The crowded bar and dance floor are potentially frustrating, but you can always find relief outside. The bands are well worth the cover, and the view of the moonlit bay is an added bonus.

Recycled Laughter



(Left to right) Benjamin Zook (Peter), Biff Rickard (Bobby), and Patrick Towne (Greg) in *The Real Live Brady Bunch*.

remember ever laughing at the show when I saw it on TV, and the stage version relies on the same stale scripts, but somehow seeing the Bradys live on stage, you can't help but laugh. Scary, but true.

The Real Live Brady Bunch began in Chicago, then moved to New York and Los Angeles; in all three cities it has consistently performed to sold-out houses. Also on the bill is a comic curtain raiser *The Real Live Game Show*, where audience members come up on stage to compete for fabulous prizes. Hosted by Wayne Waddell, the game show was even fun-

The Real Live Brady Bunch

Through April 11 (may be extended)

At the Alcazar Theatre

650 Geary 776-1999

By Mark Silverberg

Yes folks, for better or for worse, the '70s are here again. Dance clubs are raging with retro-'70s nights, bell-bottoms are chic, and now, to cap it off, the Brady Bunch is back and live on stage.

Created by Chicago sisters Faith and Jill Soloway, *The Real Live Brady Bunch* is a hysterical trip back through the re-runs we've all seen countless times. Every other week is a different episode, complete with Brady theme music, canned-laugh track, and outrageous '70s outfits. The episode I caught was "When its time to change" (in which Peter reaches puberty and his voice changes, thereby threatening the blossoming musical career of the Brady kids).

The cast does a superb job at recreating the roles. Jan (Carrie B. Aizley) is the same whiney immature teenager we all loved (not) and Cindy (Nora Laudani) is unchanged as the goofy lisping youngest daughter. Also stellar was Alice (Kathleen M. Jensen) as the Brady's maid who is, yes, still wearing that blue dress with the white apron.

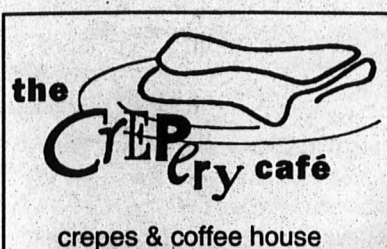
Who doesn't remember coming home from school and catching a Brady re-run or two (hey, there was nothing else on)? I can't

nier than the Brady Bunch as audience members performed various absurdities in front of the crowd.

The Alcazar theater itself is noteworthy. It is a wonderful building with wild mosque-like decor. The balcony overlooking Geary Boulevard is a great place to hang out during intermission to people-watch.

The combined performances of the Bradys and *The Real Live Game Show* make for a great night on the town with some friends. Don't take the parents to this one when they're in town, they may be lost. I saw one middle-aged couple after the show with quizzical looks on their faces that seemed to express wonder at how we could think this '70s stuff is so great.

Tragedy plus time equals comedy.



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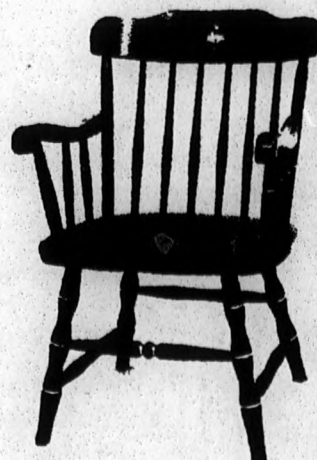
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A Farewell to our Cadaver

By David Anick

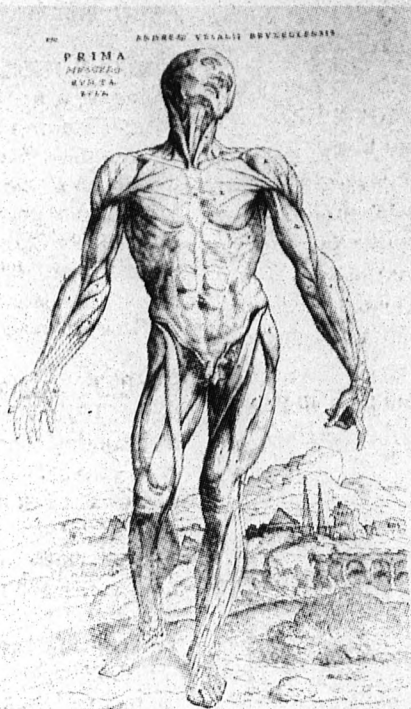
How grateful we felt that you offered your body,
Once home of your soul, as an object of study.
How cautiously, first, we stepped up to inspect you,
Knowing that somehow we had to dissect you.

With great expectations we made that first cut.
I thought you would look like the diagrams, but
No, dissection's a subtle and delicate skill.
Several frustrating hours, but then came the thrill:
Yes, lateral does less, and medial more, as expected
When pec major and minor are properly reflected.

But enough about us — what about you?
What were the things that you most liked to do
With pec major and minor? Were you one to send
Baseballs through space at great speed? Or pretend
For your children to flap like some wacky bird?
Sometimes the process just seemed so absurd:
We learned where each tendon, nerve, artery went
But never could ask you what really it meant.

I held your heart in my hand —now that was profound.
This muscle, once king of lub-dub, gave no sound.
For two billion beats had strong systoles followed
Faithfully after each filling phase. Hollowed
Of blood, was this small inert sinewy blob
Your true heart? I'd understood hearts could break and could throb.
Was your heart known to others as generous, or cold,
Or tender? "Find the chordae tendineae," we were told.
"Find the fossa ovalis, and that valve and this,
Sinuatrial node, and the bundle of His!"
Our game "Spin the Heart" was for students amusing;
But somehow I found the whole experience confusing.

Then on to your gut, that kiln of activity
Which folks still connect with well-being and longevity.
"Explore the omentum. Dig for those villi!"
I wondered, was all of this totally silly?
Which foods did you love, and which made you howl
With disgust? Could you cook? Had you regular bowels?
How would I sort through these two sorts of good questions
Regarding your large and your small intestines?



Next up was your pelvis, your bladder and rectum.
To view these we had a Med Two hemisect 'em.
How did you relate to your intimate parts?
Could you share with your partner the truth in your heart?
When young were you confused by that puberty stuff?
As a male adolescent did you have to act tough?
Those memories belong to a decade long bygone.
Yes, we saw cavernous corpus and trigone,
Felt valves of Houston and traced your vas deferens;
But we could only guess at your sexual preference.
What a small part of your story your body can tell!
We knew you so poorly, though we studied you so well.

And on I could go —, legs, arms, face, feet, and hands.
Why does med school impose such one-sided demands?
Your love of ballet — they called that extraneous.
"Just know how Achilles inserts on calcaneus."
The lilt in your step? "Know semimembranosus."
The warmth of your touch? "Palmar aponeurosis."
Was your skill at piano uncannily dextrous?
"Never mind that, learn the brachial plexus
And recall it all in two minutes or less."
No wonder we students experience stress!

And at last to your brain, the seat of your mind.
Within your calvarium, what would we find?
Your brain by the end, being true to the rumors,
Had become but a garden for cream-colored tumors.
We saw masses everywhere during our probe:
Calcarine, caudate, and temporal lobe.
How sad to imagine your last year or two
As the crab known as cancer took over and grew.
You went cortically blind, suffered change of personality,
Had uncontrolled tremors, lost touch with reality.
How gratefully you must have welcomed death's peace:
The end of the struggle, and final release.

So, thanks again for your body! Now that we've thoroughly seen it
You can feel more confident we really mean it.
And I add: without doubt you accomplished your mission
Of helping to make me a finer physician.

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Father Knows Best

Jack The Bear
With Danny DeVito
At the Galaxy Theater
Van Ness and Sutter 474-8700
By Joe Hewett

Danny DeVito plays John Leary, the single father of two young boys, Jack (Robert J. Steinmiller, Jr.) and Dylan (Miko Hughes). They have all recently moved from New York to California, where John has found a job hosting a late night horror cinema on a local television station. *Jack The Bear* depicts the trials and tribulations of the Leary family —not very convincingly.

Although the acting is superb, the plot development goes nowhere. The film focuses on the problems associated with a single father trying to raise a family by himself. Short glimpses of John's drinking problems, Jack's adolescent woes, and the relationships between the father and his sons are never developed enough to make the film a complete story. Yes, it's true that you can take simple, everyday occurrences

and make wonderful movies out of them; but *Jack the Bear* doesn't provide a strong enough story line on which to hang the "slices of life."

Nevertheless, I would still recommend it to anyone who enjoys a movie steeped in quality character development and drama. The soul of *Jack the Bear* lies in its blend of comedy and pathos, and its long-term and immediate character transformations.



Danny DeVito and Miko Hughes.

John Leary is irrepressible as he confronts the obstacles to child-rearing raised by nosy grandparents, questionable neighbors, and a heavy burden of grief. There is an exuberance, a rough-and-tumble spirit to the Leary

household which John cultivates with undying enthusiasm. He walks a fragile tight rope between humor and sadness as he brings laughter to a household which is still recovering from the loss of a wife and mother. The split in the Leary household stands as a strong metaphor for the '60s.

At one point in the film John says to Jack, "We're at a crossroads. Can you feel it?" John is commenting on that point in life when you must choose between two paths— one leading to surrender and defeat, the other leading forward into the future. For John Leary, it is ultimately his personal strengths which give him direction. The crossroads for John is the crossroads for a whole generation of Americans as well.

Movigoers who have enjoyed Danny DeVito's work in such films as *Twins* and *Romancing the Stone* should love him in this film. His role combines elements of comedy, satire, and drama, and shows off his rich and varied talent. The performances by Steinmiller and Hughes also add depth.



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Intramural Athlete of the Quarter

Lisa Britton

Team: Screaming Trees

Sport: Towerball

School: Medicine I



Usually in sports we find that the squeaky wheel gets the grease: Charles Barkley, Rickey Henderson, etc.. Therefore, it is our extreme pleasure to award the 1993 Winter Intramural Athlete of the Quarter to Lisa Britton. She is the type of player that her team counts on week after week to "come to play." A great athlete with amazing court sense, she is able to apply her skills as a softball and basketball player to Towerball, making her a dominant force in the games. More importantly, Lisa demonstrates a great attitude toward her teammates as well as her opponents. On the court or as a spectator, Lisa has never criticized an opponent, her teammates, or the officials.

Congratulations, Lisa! Stop by the Intramural/Club Sports Office and pick up your \$60 gift certificate to On The Run.

A special congratulations also goes out to the following 1993 Winter Intramural Champions:

Indoor Soccer: Marrakech

Towerball: Screaming Trees

Basketball: (Alpha) Neurons, (Beta-Closed) Below the Rim, (Beta-Open) Primary Docs, (Beta-Sunday) Van Gogh's Regenerated Ear

Volleyball: (A-League) Smithereens, (BB-League) FICUS Benamina, (B-League) DEFUW

UCSF Chess Competition, April 13

All interested students, staff and faculty are invited to participate in the first ever UCSF chess competition, Tuesday, April 13, in the MU Conference Center. Registration ends at 6 p.m. Applications can be picked up at the medical students' lounge, or call Dr. Ladi Sorunke at 476-5608. There is no fee for registration. Everyone is encouraged to bring a chess set and chess clock. Volunteers are needed to serve as officials.

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Friday, April 16

8 pm - 2 am

Showplace Galleria

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Recreation

SPRING '93 SNEAK PREVIEW

There's a couple of new classes happening this Spring at Millberry Fitness Center! Rollerdance workout - a fun and challenging dance exercise class on roller-skates, and Carnival Funk - a calorie burning workout which includes Brazilian carnival movements and contemporary street dancing. Come take a free introductory class on April 11. Call 476-1115 for more information.

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Neighborhood Notes

Auf Wiedersehn, Heidi's

By Fred Gardner

On Saturday, April 10, Heidi's German Bakery ends a 20-year run on Irving Street. Hans Graeb, the owner/baker, has a bad back, which is made worse by all the bending and pressing and lifting inherent in his work. Graeb, who is in his mid-50s, works a 14-hour day. He usually gets to the bakery at 5 a.m. and leaves at 7 p.m.; on Saturdays he arrives around 1 a.m.

"We couldn't afford another union baker," explains Hans's wife Martha, the cheerful, efficient woman who runs the storefront. The baker employed by Hans, Marlin Madole, is a member of the Bakers' Union. He is in his mid-60s and makes around \$14 an hour and gets benefits. "We could have hired somebody for five dollars an hour," Martha says, "but..." She shakes her head disapprovingly.

Heidi's lease has been bought by Noah's Bagels. They will revamp the operation and open for business in May.

Hello, Lisa. What can I get for you?

Heidi's customers have been streaming through to make their final purchases and to thank the proprietors. Many express a sense of direct, personal loss, as in: "Where am I going to get my *challah*?" "Where am I going to get my pumpernickel?"

All wish Hans well. Some give Martha medical advice to relay to him. "The doctors from UCSF," she reports, "all say, 'Be sure to get a second opinion.'" Others recommend rest instead of surgery.

Martha estimates that some 200 people come through the door every day—more on Friday and Saturday. Europeans who buy their bread at Heidi's (some 40% of the customers) are taking the closing particularly hard. Bread is the staff of life, after all, and the material essence of a culture. Nowadays, not too many people bake bread at home for their families. Heidi's has enabled many to maintain a semblance of the old-world lifestyle.

How are you, Jeffrey?

Jeffrey Stein-Larson, a mechanic at the Seventh Avenue garage, has been patronizing Heidi's "as long as they've been here." He says, "I'm going to die when they leave. I come here six days a week." He gets the apple strudel and a rye bread.

Jeffrey tells Martha that she and Hans ought to write a bread book. Martha is skeptical. "A bread book? Like Hans says, 'It's with two hands.' He makes it from fresh. You can buy mixes today—bread mixes, cake mixes. It can be a helper for big outfits, but not for us. We don't want that. It cannot be the same."

Danke schoen. Auf Wiedersehn.

"I like my job, my little shop here," says Martha. "I like the customers. It was never

fancy or beautiful looking. But it's always clean. You can do only so much. A clean store, friendly service and a good, good product. That's it. It's hard work but it's rewarding. The people come in and they're happy, or they bring in a compliment..."

Entering Martha's "little shop," a customer walks past glass cases displaying European candies and baking ingredients (Zweiback, Bahlens wafers, Riccola cough drops, English toffee, Droste's chocolate, etc.) and, of course, the cakes and cookies. The walls are a flamingo orange lined with Lufthansa and German Republic tourist posters. Martha and Joanne Cordellos stand behind a counter parallel to the back wall. Behind them are the breads made that day, and a slicer.

Joanne has been at Heidi's for three and a half years. "It's hard work," she says matter of factly, "especially around holidays. But there's nothing like working in a bakery, because people come in in a mood to treat themselves." Joanne, too, has a strong sense of loss: it's unlikely she'll find a comparable job. "Hans and Martha are wonderful people," she says.



Hans Graeb makes loaves of pumpernickel from a large mound of dough (left). Each loaf is weighed on the scale before it is formed.

PHOTO BY ANDREW SOFTLEY

Hans's domain, which the customer doesn't see, is about three times deeper than the storefront. It is clean, high-ceilinged, uncramped, and efficiently laid out. The lighting is fairly good, but it was better before they had to close off the leaky skylight. There are two large worktables (one for preparing dough for bread, one for pastry). A handsome, white-enamel 12-pan rotating oven built by the Chubbick company of Emeryville in the 1940s. A proof box with 20 racks (proofing is the step in which the dough rises prior to baking). A marble-surfaced table. Refrigerators. Mixers, including an 80-quart Hobart. A sheeter. Trays; and racks for moving them about the bakery. A hood for donuts (which they don't make). A striking ring-shaped gas range with a copper tureen used primarily for melting chocolate. A two-compartment stainless steel sink at which a potwasher toils. And shelves full of whisks and funnels for the application of icing.

All the equipment will be auctioned off prior to Noah's revamping. "We won't get much," says Martha matter-of-factly. A section of the front wall will have to be knocked out so that the oven can be removed.

What can I do for you?

Hans makes five different kinds of bread every day (three different kinds of rye—Roggeschrotbrot, Kommissbrot, and Bauernbrot—white; and wheat). On Fridays, additionally, he makes challah and raisin bread. On Saturdays he makes hard rolls and pretzels. Every day there are Danish, muffins, coffeecakes, strudels, cookies and a variety of cakes. Easter, of course, is the season for hot cross buns.



Martha Graeb is in doorway at left. Joanne Cordellos serves a customer. The shelves, normally full of fresh-baked bread, are depleted due to a run on the bakery in its final days.

PHOTO BY ANDREW SOFTLEY

Hans trained as a baker in Germany in the early '50s, working for different bakeries as a helper. (He had wanted to be an optician, but the opportunity wasn't there.) He came to America in '57 to visit a sister who lived in Salinas. "He wanted to see the world," Marthe says, "but he didn't have the money."

He worked in a bread factory near Salinas, then moved to San Francisco and worked for Wirtz Bakery on Geary for 15 years; at the Sugar Bowl on Balboa for seven years; and at Petrini's for two years—always full time, for

known. A year later they got married (back in Germany) and she emigrated. They lived in the Richmond District.

Hans was working for Wirtz at the time. Martha went to school to learn English and soon got a job for Bank of America as an input/output data clerk. "I was so proud that I could adapt," she says. "But it was a struggle. They would talk about people having 100 shares, 200 shares. I said 'Who has 200 chairs at home?' Then the supervisor told me about my salary and I thought she was saying 'celery.' And I told Hans, 'People are always trying to sell me salad.' But they were saying 'Thanks a lot.' Later on you can look back and laugh. But then, in a whole sentence, you understand only three or four words."

When the Graebes took over Heidi's in 1980, Martha says, "the big deal was croissants. We still make them but only one kind. Then the next thing was oat bran. Everybody wants oat bran. Oatbran muffins, oatbran bread. Now the trend is bagels. People ask for bagels."

The neighborhood has changed, too, since 1980. Back then the competition was sparse. Now there's Tart to Tart, Just Desserts, the bakery next door, and several Chinese bakeries. "I was worried when they opened the Boulangerie next door," Martha acknowledges. "For six weeks people went in there to see. But Hans told me, 'You can only do so much. People will decide what they want.' If the cook is good you go always to a restaurant."

Hans was right: the business didn't slump.

"An authentic European bakery is irreplaceable," says Roger Gok, a manager at Express Photo a block away. He favors the Danish pastries.

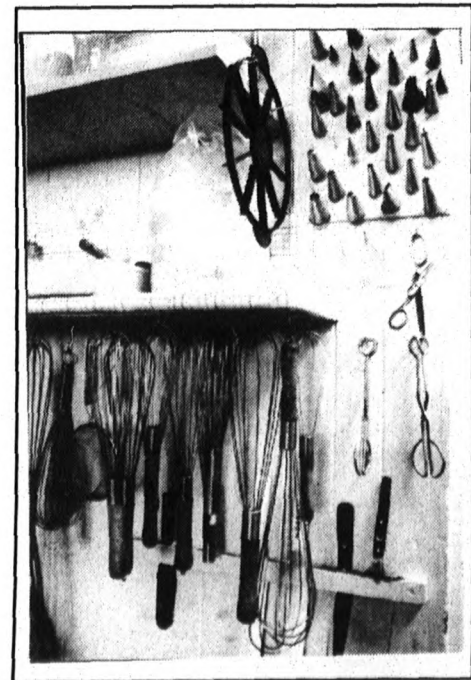
Hello, Blanche. How are you today?

Blanche asks about a German couple in their 80s—how did they take the news that the bakery is closing? Martha says, "Oh God, I've been afraid to tell them. It's their routine to come every week."

Blanche buys her Danish and orders a cake.

Danke schoen.

Danke schoen. From all of us.



Tools of the trade: whisks and funnels.

PHOTO BY ANDREW SOFTLEY

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