



The Beauty of Dance



The **AXIS Dance Company** provided the grand finale to Diversity Week at UCSF with a performance at Millberry Gym on October 26. The company, composed of people with disabilities, has been garnering acclaim since its founding in 1987. The ten-member ensemble is based in Oakland. Photos by Brad Morikawa.



Bioterrorism: A National Clear and Present Danger?

by Katherine Vo

Ever since the discovery of Iraq's biological weapons program, concern regarding the threat of biological warfare has increased. Anthrax immunizations; increased nuclear, biological, and chemical defense training; improved detection systems and protective gear; and increased vigilance have been instituted to protect the military. However, the military is not the only population at risk for biological attack. In fact, since the September 11 attack, bioterrorism is the number one topic of discussion for public health administrators across the nation.

On an epidemiological level, a biological agent is commonly portrayed as a genetically engineered organism resistant to all known vaccines and drugs, highly contagious, and able to harm thousands of people. However, in the past, attempts to pull off this kind of attack have rarely been successful. For example, the 1984 contamination of salad bars in The Dalles, Oregon by a religious cult involved a common *Salmonella* strain that was not lethal or contagious and was susceptible to antibiotics. Thus, there is no expected pattern for an attack to take place, depriving public health officials of established preventive measures in responding to the recent anthrax scare.

The disease anthrax is as old as mankind. The fifth plague in Exodus in the Bible is thought to

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My Stellar Vegas Vacation, or Waiting for the Stars to Come Out

by Allyson La Barbara

Las Vegas, the town for perpetual adult play, seemed like the perfect destination for my Fall Break. Exhausted from school, the plans for my mini-Vegas vacation consisted of sucking down free drinks the casinos offer to lubricate one's chip-holding hand, perfecting my (weak) craps skills, and increasing my relative risk for skin cancer while drinking poolside Pina Colodas. Being the star-struck loser that I am, though, my vacation agenda was restructured when I checked into the Aladdin and learned that the 3rd annual Radio Music

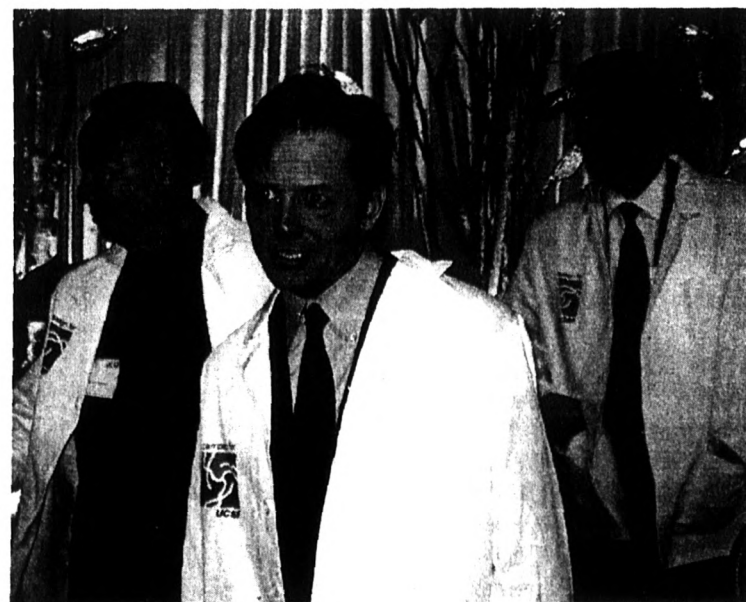
Awards were being held there that Friday. As soon as the perky hotel clerk told me that Mick Jagger, Mark McGrath, Lenny Kravitz, George Clooney and a cast of other twinkling celebs were staying in the hotel, I knew I had work to do.

There were whispers of sightings from the various hotel employees that I pumped for information — George Clooney had been at Starbucks, Elton John had been in the London Club signing autographs, Mick Jagger had been doing something some-

where — but I was largely empty handed until Thursday night.

On that fateful night I was poised with dice in hand at the craps table when a gangly kid from Oklahoma (who, incidentally, would call out "Winner Winner, Chicken Dinner!" when the point, a six or an eight was rolled) leaned over and cried out, "Hey y'all, there's Sugar Ray!" (Mark McGrath). It was a bittersweet moment for me. Of course, I was thrilled, but I felt a sickening dis-

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Fox at Fundraiser

Actor Michael J. Fox was among those at the UCSF fundraising dinner on October 24, held in a tent erected on Saunders Court for the occasion. The university is attempting to raise \$1.4 billion, about half of which has already been raised. Photo by Ann Lien

UCSF announcements

Financial Aid Announcements

Pharmacy Prescription Reimbursement is available to Option B-eligible students on financial aid. Eligible students who have exhausted their annual SHS pharmacy allowance can receive up to \$200 each school year. Prescription glasses/contacts and contraceptives are not covered. Students must complete the Fox Fund Pharmacy Prescription Reimbursement form at the Student Financial Services Office (SFSO), MU201, and attach original receipts. Receipts must be dated no earlier than July 1, 2001 and will be accepted through June 14, 2002. Scholarships: SFSO has "outside scholarship" binders in the reception area which all students are welcome to look through. Binders are separated by program/curriculum. Although deadlines have passed for the current school year for most scholarships, students can "get a jump" on next year by doing early research. Students can also to a free scholarship search on the web at: <http://www.finaid.org>. That site has links to four scholarship databases. SFSO is open Monday-Friday (MU201W, (415) 476-4181) to answer your financial aid questions.

Drop-in advisers are normally available throughout the day to see you. If your questions will take longer than five minutes, please call our office to schedule an appointment.

Child Care Resource

Looking for infant care? Need a pre-school? Have questions about care options? The UCSF Child Care Referral Service can help! This service is specifically designed to assist UCSF students, staff, and faculty with their child care needs and concerns. For more information, call (415) 476-2692.

Demystifying the Grantwriting Process

Open to all UCSF students and postdocs, in this session you will learn the steps of putting together a winning grant proposal, section by section. Find out what review boards are looking for and how to present your research idea in its best light. Instructor: Sabrina Soracco, UC Berkeley Grant Proposal Advising Office
Friday, Nov. 9, noon-2 p.m., HSW301
Sponsored by Student Academic Enrichment Programs

grand rounds and seminars

Monday, November 5 Dept. of Microbiology and Immunology

HSW302, 5 p.m.
"Novel Biology of IgE-Mast Cell Interaction"
Toshiaki Kawakami
La Jolla Institute for Allergy & Immunology

Tuesday, November 6 Dept. of Obstetrics, Gynecology, and Reproductive Services

HSW300, 9-10 a.m.
"Estrogens and Atherosclerosis From the Laboratory to the Clinic"
Gautham Chauduri, MD, PhD
UCLA School of Medicine

Wednesday, November 7 Dept. of Surgery

Toland Hall, 7-8 a.m.
"Injury Control: From Simulators to Surveillance"
M. Margaret Knudson, MD

Dept. of Geriatrics

N729, 8-9 a.m.
"Regulating Nursing Home Quality: A Panel Discussion of a Recent Case Investigation"
Moderator: Elizabeth Lindberger, MD

Dept. of Endocrinology

Langley Porter Auditorium, (LPPI 190), 8:30 a.m.

"Diet, Adipocyte Hormones, Insulin Action, and Energy Homeostasis"
Peter Havel, DVM, Ph.D
Department of Nutrition, UC Davis

Thursday, November 8 DGIM Primary Care

400 Parnassus, 4th Floor, A455, 8-9 a.m.
"Obesity and Diabetes: Why, When, and Whom?"
Alka Kanaya, MD

Dept. of Pediatrics

N217, 8-9 a.m.
"Palliative Care"
Joanne Wolfe, MD
Dana Farber Cancer Institute, Harvard University

events & speakers

Second Annual Professional Development Conference

Tools for Transition: Get the Skills You Need to Build the Career You Want. Saturday, November 3, 9 a.m. – 4 p.m. Registration/Breakfast starts at 8 a.m., with reception to follow at 4 p.m. in the Medical Sciences Lobby. \$8 before October 19, \$12 onsite.
Spend a day with a group of dynamic women leaders who will guide you in examining your goals and exploring your career options.
For more information, call (415) 476-5222 or www.ucsf.edu/cge

LGBT Legal Issues

Noted gay attorney Frederick Hertz, author of *Legal Affairs: Essential Advice for Same-Sex Couples*, visits UCSF to provide an overview of the special legal concerns of LGBT people, with special attention to the recent California legislation expanding the legal rights of same-sex couples. Thursday, November 1, noon-1 p.m., HSW303. For information, contact UCSF LGBT Resources at (415) 502-5593 or ssnowdon@genderequity.ucsf.edu

Biological and Medical Informatics Seminar

Tuesday 11/6, noon-1 p.m., N217
John Mazziotta, professor of neurology, radiologic sciences and medical & molecular pharmacology, UCLA, and director, UCLA Brain Mapping Center, presents "International Consortium for Brain Mapping: A Probabilistic Atlas and Reference System for the Human Brain."

Patient Assessment Skills Practice – FREE!

Spend your evening reviewing techniques you may have already learned

but probably forgot how to do. Go over bandaging, splinting, rolling, clearing the spine, making a severe bleeding check, etc. November 7, 7-10 p.m. To sign-up or for more info call (415) 476-1469 or e-mail efenster@casmil.ucsf.edu.

Brown Bag Lecture: "Over the Counter and Through the Confusion"

How do consumers make wise self-care decisions about what drug is right for them? Come learn about how nonprescription and prescription drugs differ and what important questions consumers should ask their pharmacists.
Mary Anne Koda-Kimble, PharmD, Dean, UCSF School of Pharmacy, Wednesday, November 7, HSW300 noon-1 p.m.

Student Enrichment Series: Respect vs. Harassment

Have you ever wondered why someone would tolerate unacceptable behavior in a fellow student, co-worker or supervisor? Do you know what sexual harassment is? Why is it important for students, both men and women, to understand the expectations of personal and professional behavior? Get these questions answered by someone who knows the law, policies, and human behavior. Presenter: Joyce Hammel
Tuesday, November 6, N225, noon-1 p.m.

Afghanistan: Turning Crisis into Opportunity — A First-Hand Perspective on the Current Crisis

A Slide Show and Talk by Kevin Starr, MD
Wednesday, November 7, 6 p.m.

So You Want to Get Something Printed in Synapse ...

Synapse is pleased to print announcements about campus events. If you have an event you wish to publicize, you can email us at synapse@itsa.ucsf.edu or call us at (415) 476-2211.

Synapse comes out every Thursday during the school year. Because the paper is printed off campus, we must wrap up each week's production by Wednesday morning.

The earlier you get your announcement to us, the better your chances are of it getting into print. Page Two is put together on Fridays, with some additions being made on Monday. Tuesday is our proof-reading day. Announcements received after Monday do not have a chance of getting into Thursday's paper.

We want to accommodate any and all who wish to publicize their event in the paper. If you can get the information to us by the Friday before we publish, we'll do our level best to get news of your event into *Synapse*. Thanks!

San Francisco Medical Society
1409 Sutter Street (at Franklin), San Francisco
Please RSVP to (415) 561-0850, or via email: heilig@sfms.org
Kevin Starr, MD is a graduate of the UCSF School of Medicine and a lecturer in epidemiology/international health. He works as trustee and program director for the Mulago Foundation, which supports community-centered projects integrating health, conservation, and development. In 2000, he traveled extensively in Afghanistan. He thus has a first-hand perspective on health and other issues there.



arts & entertainment

Impact! Presents@ Visual Arts Club

First Friday FREE Video Screenings
Friday, November 2, 2001
noon-1 p.m.
513 Parnassus Avenue, S159
December 7
Bring your lunch and enjoy a free video screening every first Friday of the month. For more information, call (415) 476-2675.

Impact! Presents The Chancellor's Concert Series

Fall 2001 Season: Note changes to schedule
Thursdays, Oct. 4 through Dec. 13
Seating: Noon-12:15 p.m.
Concert: 12:15-12:45 p.m.
Cole Hall, 513 Parnassus Avenue

Admission is FREE.

November 1

Mack McCray, piano
Rachmaninoff, Schumann, Liszt

November 8

Julie Ann Giacobassi, English horn
Mark Volkert, violin
Geraldine Walther, viola
Jan Volkert, cello
Francaix: Quartet for English horn and strings

Impact! Presents Cole Hall Cinema

Fall 2001 Season
Admission: \$2-3.50
Located in the Medical Sciences Bldg., 513 Parnassus Avenue
\$1 Validated Parking in the UCSF Millberry Parking Garage
Tickets available at the door only.
Box office opens approximately 1/2 hr. before show time.
Note: All films subject to change
Call the cinema hotline at (415) 476-6932 before coming to the movie.
Open to the General Public!

Sing-a-long Friday Night!

GREASE (1978) o PG
Thurs. Nov. 1, 5:45 p.m. & 7:45 p.m.
Fri. Nov. 2 6:30 p.m. & 8:30 p.m.

Foreign Film Night!

THE KILLER (1989) o NR
Thurs. Nov. 8, 5:45 p.m. & 8 p.m.
Fri. Nov. 9, 6:30 p.m. & 8:45 p.m.

outdoors and recreation

Outdoors Unlimited General Info, (415) 476-2078

Thanksgiving in the Redwoods

Not sure what to do on Thanksgiving? Come with us and share a back-country feast and adventure in the beauty & splendor of the redwood forest. For experienced backpackers. Pre-trip: November 14, trip November 21-25. Cost: \$57/70/82. For more info call (415) 476-1469 or e-mail efenster@casmil.ucsf.edu.

Free Seminar – Light Backpacking

Stop lugging around that big ol' pack! Learn how to get your backpack down to 25 lbs or less, in order to take faster, longer journeys in the backcountry. David Worton, an OU volunteer for six years, will be teaching this seminar. November 15, 7-9 p.m. at 610 Parnassus. For more info call (415) 502-2121.

opinion

A Game That Can Be Pretty Base, All Right

by Anu Sinha

Once again, as the leaves change their colors, a young man's fancy turns from thoughts of procreation to those of watching a bunch of overweight, middle-aged men in tight pants chase a ball

"The Yankees are going to slaughter anyone they come up against, so instead of watching the game, let's get drunk."

Yes, the World Series is once again upon us. In case you are not familiar, this is the

What's that you say? You don't care a lick about baseball and think slug-chewing stands a better chance of being the national pastime? Well then you obviously don't see how baseball is a metaphor for life itself. As George Will put it, "In life, as in baseball, one must leave the on-deck circle of fear and venture forth into the batter's box of opportunity, adjust the protective cup of hope while swinging the bat of justice at the curveball of temptation, hoping that the groundball of fate passes by the shortstop of misfortune, while we run down the base-path of chance, knowing that every stride brings us closer to the groin pull of inadequacy and the face first fall onto the field of failure."

What?!?! You still say you don't understand baseball? Well, perhaps you need a

"Years of tobacco chewing has turned my brain into a prune."

The object of baseball is for the "pitcher" (or bowler if you're from England) to throw the "ball" into the "strike zone." This turns out to be a fruitless task since the dimensions of the strike zone is known only by the "umpire," who will not reveal it to anyone due to a decades-long disagreement with the player's union. On any given day, the strike zone may change location to anywhere in the stadium or even beyond. Currently, it is thought to reside somewhere near the Burkina Faso Disputed Zone. The umpire communicates the results of the pitch by making an assortment of random hand gestures and shouting something that sounds like, "THROOIE!!" (which again he refuses to explain).

Frustrated, the pitcher eventually throws the ball at the batter; evidently the strike zone moves onto the batter himself once an inning. This is a signal to all the other players sitting on both benches to run to the middle of the field and engage in an act similar to professional wrestling. The main difference is that in professional wrestling, the participants accidentally hit each other some of the time. Most baseball scrums involve a lot of yelling — perhaps the players are inviting each other over for dinner later?

Anyway, this goes on for nine "innings" at which time the team with the most "runs" wins. How a run occurs I can't tell you because for the most part I have been asleep. But at least I know that when I wake up, the Yankees will have won and have done it in that most American of ways: by buying all the players that no one else could afford.

This is the tournament to determine the baseball champion of the entire world, except the part that lies outside the United States and southeastern Canada.

around a large grass field. Many of them will argue endlessly on the merits of a left-handed pitcher starting on four days' rest in an away dome stadium on natural grass against a team with four vowels in their nickname and a form of waterfowl as their mascot. Others will defend the actions of a hotheaded pitcher who likes to throw at other people's heads but is too cowardly to bat himself. But here is where the beauty of baseball comes through, as everyone will eventually come to the same conclusion:

tournament to determine the baseball champion of the entire world, except the part that lies outside the United States and southeastern Canada. Not that it matters to a True American: baseball is our national pastime, even though we stopped paying attention after the Greater Santa Clara Mighty Venture Capitalists were admitted to the league. Gosh darn-it, if it weren't for baseball, mom, and apple pie, we'd all be communists right now.

refresher course on how the game is played today. The essence of the game is similar to the one Abner Doubleday (anagram: "A barely nude bod") invented over 150 years ago, with the team that scores the most points winning. The fielding team sends out nine players to assorted positions on the diamond while the other team, the "batting" team, sends out one player to hit and two former players (called "coaches") to touch themselves repeatedly in odd places in order to communicate the message:

Quack

by Melinda Burnett



synapse

Millberry Union 123 W • University of California, San Francisco • (415) 476-2211 • Fax 502-4537 • synapse@itsa.ucsf.edu

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Bioterrorism ...

from page 1

describe cutaneous anthrax. Wool-sorter's disease seen with goat- and sheep-herding has been described for hundreds of years. Anthrax as a biological warfare weapon was studied throughout the twentieth century, both offensively and defensively.

There is a large amount of knowledge regarding the care of these diseases. The problem becomes rapid diagnosis, as those tests are still not highly developed or widely available. Much of our knowledge of a large human inhalation anthrax outbreak comes from the Russian experience in 1979. Many animal studies have also been performed to test the treatment with vaccines and antibiotics. All questions about anthrax have not been completely answered; however, there is a large amount of knowledge of how to treat and care for patients with anthrax.

Anthrax is an infectious disease, but is not a contagious disease, which means that there is little or no person-to-person transmission. When someone becomes ill with anthrax, how fast and how severely they become ill depends on the magnitude of their initial exposure. The term "weaponized" refers to whether the strain of anthrax has been genetically altered to make it more resistant to antibiotics (which has not been shown in the known current cases) or describe the quality of the anthrax spore preparation as far as the purity and dispersability of the anthrax product.

To give the specific site of production for an anthrax bioterrorism product is virtual-

ly impossible. To identify the strain is easier, and has been done in the three known locations. The strain appears to be similar to the Ames strain first isolated in Iowa more than 20 years ago. However, this strain is not used for anthrax research around the world, and is not traceable because of so many locations having access to the strain. The anthrax powder has been analyzed for the recipe used to produce the powder. The exact individual who produced the powder cannot be identified; however, the recipe can be identified as to the source as different state-sponsored offensive biological warfare programs use different recipes. Three countries use the recipe used in preparation of the current product.

The medical community has been seeking and receiving information from many sources. The Infectious Disease Society provides information on their website, as well as the Centers for Disease Control and the American Hospital Association. What doctors do every day with examining patients and making diagnoses has not changed. All doctors are doing now is learning the specifics of other diseases they have to consider as they see their patients. All of the diseases mentioned in discussions of bioterrorism are historic diseases about which a lot of knowledge has been accumulated, and treatments are understood. They're just diseases that have not been commonly seen in the U.S. for a number of years.

The American public should recognize that the public health system has been able to respond to the current threat. There are adequate antibiotics, and while a number of individuals have tragically been afflicted

this horrific attack, public health response has been able to protect many individuals who may have been exposed. At the present time, we know that there have been few fatal cases of this disease in the United States, and therefore we feel it doesn't warrant panic. Treatment for many forms of anthrax, particularly the cutaneous form, can be started after the infection begins with very good results. The inhalation form of the disease may or may not be helped by antibiotics.

According to the Department of Health and Human Services, improved awareness and readiness should a bioterrorism attack occur include education of all medical personnel, especially primary-care providers and emergency personnel, to recognize symptoms in patients affected by a biologi-

cal attack. As individuals in the health care profession, we ought to pay close attention to disease patterns. With a healthy respect for the threat of biological terrorism, potential problems can be discovered rapidly and actions can be taken to decrease the impact of disease, regardless of its origin.

If you suspect illness or disease from a bioterrorism event call the San Francisco

Department of Public Health IMMEDIATELY: (415) 554-2830 or Pager (415) 809-7839

[alternate pager (415) 809-7837]. More information on bioterrorism can be obtained from Dr. Geo Brooks' presentation at

<http://www.ucsf.edu/synapse/bioterrorism>.

Vegas ...

from page 1

appointment. I had hoped that I would bump into a star when I looked taller, thinner, and much, much cooler. Sure, I thought I looked very Vegas in my new outfit - which, for me is a pretty big deal since I generally have about zero fashion sense - but my hair was a mess from the club we had just been to, my smudged mascara made me look like a rabid raccoon, and let's just say that my blood alcohol was high enough that I wasn't going to be able to operate a car until sometime the next week. I felt about as smooth and suave as Bob Dole, a.k.a. the face of erectile dysfunction.

Taking a swig of my Heineken, I decided that even if I was a loser, I wanted to meet Mark. So, I sucked in my Rubenesque stomach, smoothed my hair, wiped my eyes, swiveled on my boot heel and set out for the nearby roulette table at which he had settled. Despite my stupor, I immediately noticed that he was considerably shorter than he looked on TV. Similarly, he was a little chubby and looked scraggly in his jeans and black T-shirt. Hmph...maybe I wasn't so uncool after all. Suddenly, however, I was jerked back to reality by the hard hand of my companion on my arm. He gently pulled me back to the table, looked sternly into my eyes and mouthed, "DON'T!" Deciding he was right, I made a mental notch on my star-sighting post and returned to losing my money.

The next morning, I was still disappointed, but eager to begin my gazing afresh. While we were seated in the hotel's coffee shop, a tall young woman with curly red hair floated in with two official looking people with beepers and cell phones. Everyone in the shop noticed her and whispered to each other. Of course, I perked up even though I had no idea who she was.

By a great twist of fate, she was seated right next to us. I proceeded to eavesdrop on their entire conversation - she ordered fruit for breakfast, wanted the lighting changed when she performed for the show that evening, and had had a wonderful, naughty night before at a club. I prolonged my breakfast as long as possible in order to try to figure out who she was, but the waiter was giving us dirty looks and her "people" were starting to get a little suspicious of

me (even though I think I'm quite the Magnum, P.I.). After leaving, I described her to a number of hotel employees, but none knew who she was (although they may have just been acting coy). So, I was frustrated again.

That night, I found redemption at Studio 54 in the MGM. There I was, happy as a little clam, dancing to the Jackson Five. Suddenly, a white man wearing a large fake black Afro and jeweled sunglasses appeared behind the head of my companion. He was tall, had a distinctive goatee, and was wearing a cape. I immediately recognized him as Tom Greene, who, believe it or not, I actually really like (yes, I found *Road Trip* funny). He floated past me and started dancing in his wacky way with the woman next to me. As he sauntered away, I asked her if she knew "that guy." I'm not sure what she heard, though, because her response was, "No, thank you. I'm not bi."

Convinced it was Tom, I grabbed my companion and positioned myself next to the caped figure, his bodyguard and friend. I leaned over to the bodyguard, and said coyly, "Hey, your friend looks like Tom Greene." The bodyguard looked at me like I was a total idiot, but Tom leaned over to me and put his finger to his mouth to make the universal "Shhhshhhh" sign. So I knew for sure it was him! Woohoo!

Being the go-getter I sometimes pretend to be, I swooshed over to him and started dancing. He touched my hair, danced with me a bit (probably to placate me), and then turned to maul some pretty girls next to me.

Unfortunately, his bodyguard soon noticed that I had stalker potential and whisked Tom away into the relative safety of the large, gyrating crowd.

Satisfied with my time with Tom, I went to bed happy and never watched the televised awards. Perhaps I was sated by my brush with fame, or perhaps I just didn't want to see all the stars who had slipped between my fingers. Either way, I was happy with my hunting and I'm making my reservations to go next year for the fourth annual awards. If anyone is interested doing the star dragnet with me, let me know. Oh, but please, amateurs, need not apply, I fancy myself quite a pro now.

(Obviously, please know that I'm kidding - lest I sink in the estimation of any more readers!)

FUNGUS INFECTED TOENAILS??????

VOLUNTEERS NEEDED FOR A STUDY TESTING AN EXPERIMENTAL TOPICAL TREATMENT FOR FUNGUS INFECTED TOENAILS. PAYMENT PROVIDED IF YOU ARE ELIGIBLE AND ENROLL IN THE STUDY.

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ASUCSF Corner

by Mariam Pajouhi, Vice President of Community Relations, ASUCSF

Hello, everyone! I will be writing monthly reports on the happenings of ASUCSF. For those of you new to UCSF, you may be wondering what is ASUCSF? The Associate Students of UCSF is a collective board of students representing the dental, medical, and pharmacy schools. We attend monthly board meetings with other campus leaders including Registered Campus Organization (RCO) representatives to discuss issues we feel are pertinent to students here at UCSF.

During our first meeting in October, we discussed a variety of topics. First, housing was a priority issue. We believe that UCSF should provide students with affordable housing. Second, we want to provide students with dental and/or vision insurance. Currently, health insurance through Student Health is the only insurance provided by UCSF through registration fees. Third, we want to establish an on-line voting system for next year's elections of the ASUCSF board members. If you are interested in being part of a committee regarding these issues, have suggestions, or have any questions regarding issues you feel need to be addressed, please contact me at ps00474@itsa.ucsf.edu

Announcements from ASUCSF:

We have an opening for an ASUCSF Executive board member: Vice President of External Affairs. The description is as follows:

Shall be the official representative to the University of California Student Association (UCSA).

Shall serve on campus committees pertaining to fees and financial assistance.

Shall make recommendations to the ASUCSF President for appointments to all University system-wide committees.

Shall be responsible for keeping ASUCSF members informed of germane issues that include but are not limited to: fees and financial aid, enrollment of underrepresented groups, the Student Regent selection process, and University funding matters relating to fees, instruction, and services.

Shall attend the UCSA meetings held on the following dates: November 3-4, January 13-14, February 9-10, March 9-10, April 13-14, and May 4-5.

If you are interested, please write a letter detailing why you want the position, what you can bring to the board, and why we should select you. Please send your essay to Ann Lien at the email address alien@itsa.ucsf.edu or drop off a copy at the Student Activity Center located in Millberry Union. The deadline for submissions is November 12, 2001.

GSA News

Pizza Day (cosponsored by the GSA and ASUCSF)

Get free pizza and beverages with your UCSF student ID on November 14, 12-1pm in Saunders Court.

Mission Bay Housing Information

Mission Bay Housing will be located on Block 20 of Mission Bay between 3rd and 4th Streets on the north side of the plaza and also adjacent to the 3rd Street Light Rail Station. Currently, 380-390 units are being planned to accommodate the needs of UCSF students and post-docs. The final layout of these units is still being refined but will be a mix of studios, 1, 2, 3, and 4-bedroom units. Parking will be available to residents for a fee. Have you filled in the Student Housing Survey? Please do, as we are using this info to assess your needs! You can find survey forms in the lobby of the Medical Sciences Building, on the first floor of the Nursing Building (close to the staircase), and on the third floor of the Health Sciences West (HSW) building.

Direct Deposit

Do you receive a departmental stipend (not financial aid)? If so, you may now receive it via direct deposit! If you have not heard about this great service, contact your program administrator to obtain information and forms.

Switch to PubMed

The University of California health sciences libraries and the California Digital Library (CDL) are changing the UC-wide MEDLINE search interface from the CDL MEDLINE/HealthSTAR service to the National Library of Medicine's PubMed service. The CDL MEDLINE system will be discontinued on December 9, 2001. How will this affect you? If you are a regular user of PubMed, not very much! However, many MEDLINE users are currently experiencing anxiety over the change. The UCSF library offers free introduction to PubMed@UCSF during the Fall quarter. Consult the schedule at <http://www.library.ucsf.edu/ed/class/one-hourclass.html> and free yourself of PubMed anxiety!

The next GSA meeting will be on November 28, 5 p.m. in S118 (Chancellor's Conference Room).

Legal help is just a phone call away.



Currently registered as a UCSF student? Then you are automatically enrolled in Signature LegalCare, a legal insurance plan free to all UCSF students and tailored to meet your traditional legal needs. And we know you'll like just one of the many benefits of this plan – free unlimited telephone advice.

A comprehensive brochure will be mailed to all registered students by early November, and will explain in detail legal coverage and how to access services. (Brochures are also available at the Office of Student Relations, MU-126 West.) There are no membership fees or any other out-of-pocket expenses for covered legal services except for administrative items such as court costs, filing fees, photocopies, etc. Legal Coverage includes:

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Hagiwara 16MB Flash Memory SpringBoard Module

by Wender Hwang

URL: <http://www.hscus.com/>

Quick Review: Seamless integration with no performance loss. Greatly increased the number of programs and databases loaded on the Visor at one time. Price is a minor, but notable, obstacle.

Requirements: Handspring Visor

Retail Price: Commercial – \$115 (16MB), \$65 (8MB)

Category: Memory

Review Date: 11/1/01

So you took your brand new Palm out of the box and wondered, "Wow, what am I going to do with 8MB? That's so much memory!" And then after one week of downloading games and beaming programs from your friends, you hit the 8MB barrier. You had promised yourself that you would use it for all those medical databases and your PDA is full before you get a chance to load some. What to do? If you have a Handspring Visor, you can just buy more memory to plug into the SpringBoard expansion slot. The best memory expansion module that I have found for the Visor is the SpringBoard Flash Module by Hagiwara.

The two big advantages to the Hagiwara SpringBoard Flash Module are low power consumption and seamless operation. When I tested out a competing memory standard (CompactFlash Adapter), it drained my batteries within a week of normal operation, regardless of how often I used it. On the other hand, I have not noticed any decrease in battery life with the SpringBoard Flash Module. Moreover, the operation of the SpringBoard Flash Module is seamless. I use the regular program Launcher that comes standard with the PalmOS, I can beam programs and files directly from the Flash Module, and there is no delay when loading a program from the Flash Module. In stark contrast, the CompactFlash Adapter requires a special program to run files directly from the expanded memory and there are significant delays when running programs directly.

The only deficiency associated with the SpringBoard Flash Module is that it is read-only. Meaning, files that are moved onto the Flash Module cannot be edited or updated; they must be first moved into the internal

memory (or just kept there) first. With most medical databases, this is not much of a problem, as they are basically unchanging electronic encyclopedias. Additionally, text files and other documents that you may update regularly are often small and the memory savings from saving them to the expansion memory is trivial. However, some programs like Vindigo or ePocrates have files that are constantly updated and edited. If these files are loaded into the Flash Module, the Visor crashes when you try to run the program (just do a reboot and move the file back into internal memory).

In general, you can move program files to the SpringBoard module because they are not edited or appended. Most games and applications fall under this category. For example, ePocrates qRx and qID both have lots of little files that are edited everytime you sync or run the program. These files cannot be moved to the SpringBoard module. However, these programs have 144kB and 125kB program files that are never updated and can thus be moved into the SpringBoard module, saving you 260kB of memory for other programs. Basically, you should move most of the program files into the SpringBoard module and then run them individually. If the PDA crashes, then that file should be moved back into Internal memory.

Then there are those programs where none of the files can be moved into the SpringBoard module. Fortunately, these are few in number. The only significant program that has this incompatibility issue is Vindigo. It has one large file and a few very small files. The large file is updated each

time you sync (it's the main database) and the small files keep track of your preferences.

Despite the tedious trial and error in moving files to the SpringBoard module, the end savings in memory is considerable. I have 24MB of total memory on my Visor, 8MB built-in internal and 16MB SpringBoard Module. Currently, I have 4MB internal and 2MB SpringBoard memory free. The table lists a number of programs that I have loaded onto the SpringBoard module. To keep from embarrassing myself, I have excluded the name and number of all the games that I have on my Visor. Needless to say, my Visor is an all-purpose machine: a medical information warehouse and a handheld Gameboy.

The Hagiwara Flash Memory Module is very versatile and easy to use. But the biggest obstacle to more widespread use is the price. You can expect to purchase a 8MB Module for \$65 (retail), and a 16MB Module for \$115 (retail). Handspring offers their own versions of the Flash Memory Modules (which have the identical capabilities and deficiencies) at a slightly higher price. There is little incentive in waiting to purchase these expansion modules. Unlike the prices of PDAs, there has been little change in the price of SpringBoard Modules like the Flash Memory Module. If you need more memory or think you will need it, you should go ahead and buy it. This is in contrast to individual PDA units where you should wait until you really need one before purchasing, as prices are constantly dropping as newer, faster, better models have been introduced.

InnoPocket FlashPlus CF Memory Adapter for the Visor

by Wender Hwang

URL: <http://www.innopocket.com>

Quick Review: Greatly expandable to 128MB, infinitely upgradeable by software, stores and reads Palm DOC files, but of only marginal utility.

Requirements: Handspring Visor

Retail Price: Commercial – \$49.90

Category: Memory

Review Date: 11/1/01

A large proportion of students at UCSF have PalmOS PDAs with 8 megabytes of memory (i.e., Visor Deluxe, Palm Vx, etc). Although we first believed that the 8MB would be more than sufficient for all our medical databases, in actuality, 8MB is not enough for more than:

Vindigo (SF – 625kB)

Avantgo (CNN, Yahoo, Synapse Mobile, and WSJ – 700kB)

And then your choice of one or two medical databases,

ePocrates Rx – 1117kB

ePocrates qID – 431kB

5 Minute Clinical Consult – 3MB

Lexidrugs – 3MB

Interact (Drug interaction checker) – 700kB

You may think my math is wrong, but if you add up all the other programs you probably use on your PDA (like address book, date book, e-mail, document reader/writer, etc), it leaves very little space for the medical databases. This may satisfy some of you, but wouldn't it be nice to load additional databases without sync'ing or deleting existing information on your handheld?

Handspring makes their own proprietary memory module, but it sells at \$75 for 8MB. The Handspring memory upgrade is nearly transparent, you load all programs and databases onto the module and run them directly from the memory module.

However, programs cannot write directly to them expansion memory, they can only write to the internal memory. This doesn't pose much of a problem since these are usually small configuration files; the large data-

The module is plug-and-play compatible, built-in applications automatically install themselves when you plug in the FlashPlus adapter. Included applications are:

FAUtil – A utility to identify, format, and repair CF memory cards

FA FileMover – A program akin to Windows Explorer, but for browsing the CF card

CSpotRun – A Palm DOC reader that reads DOC files directly from the CF card

A major drawback of FlashPlus and other current compact flash adapters for

between the CF and the Visor. This means that you can make multiple subdirectories for each backup that you make by creating a new directory on the CF card and then copying all the Visor files onto the CF card. Sounds complicated? Kinda. It's a bummer there isn't a built-in backup application that will backup your Visor files with one click. Maybe that'll come with the next software release.

Unfortunately, the available CF adapters for the Visor only work with storage CF cards. CF modems, scanners, and other non-memory cards will not work. Moreover, these adapters are supposedly temperamental and do not work with all CF memory cards. For some reason or another, Lexar media cards are not compatible. I tested the FlashPlus module using a 128MB Viking CF memory card that I purchased from Amazon. It seemed to work just fine for me.

The draw on the battery was noticeable, but not significant. I did notice that the module draws power even when you are not actively using it; therefore make sure you unplug your module when you aren't using it. If I left the module in, I noticed that my battery lasted only about 10 days (16 days is my normal battery life).

Conclusion

The theory is great, use an industry standard memory to deliver a cheap memory upgrade for Visor handhelds. However in practice, the current offerings are unwieldy and offer very limited functionality. Until the modules can run programs directly from the CF card, the best bet for a transparent memory upgrade for all our medical databases is the proprietary Handspring 8MB Flash Memory Module (retail \$75). Because of the huge price differential (\$1 per MB for CF), this CF technology should be watched closely. I'll let you know when the technology is ready for prime time! Until then, I find the FlashPlus (and other available CF adapters) of only marginal utility (for storing and reading DOC files only) and the price not worth the current limited functionality.

The price for compact flash goes for about \$1 per megabyte.

This is a clear example of why competition is good

and monopoly, bad.

bases and program files are usually not altered.

I spent the past month testing out InnoPocket's FlashPlus compact flash adapter for the Handspring Visor (Basic, Deluxe, Platinum, Edge, Prism). Compact flash (CF) memory is an industry standard made by numerous companies for cameras, MP3 players, laptops, and many other tech gadgets. The price for compact flash goes for about \$1 per megabyte. This is a clear example of why competition is good and monopoly, bad.

CF cards use a directory structure similar to the PC file structure. You can create subdirectories within subdirectories, and if you purchase a CF Reader for your desktop PC or MAC, you can copy files directly back and forth between your computer and the CF card. No longer do you have to "install" files onto your Palm, just click and drag it onto the CF card.

Visor handhelds (MemPlug and MatchBookDrive) is that you cannot run programs directly from the CF card; you have to copy them into the regular Visor 8MB memory first. The software developers are working hard to create a way to run programs directly from the CF card. The FlashPlus manufacturers were far-sighted enough to allow the module to be upgraded by downloading and installing software updates. This means that any new developments or new releases can be incorporated into the FlashPlus module; your current module will not go obsolete.

Although you can't run programs directly from the CF card, you can directly read Palm DOC files using the CSpotRun plug-in. To read the DOC files, just open FileMover, click on the specific DOC file you want to read, and select "CSpotRun" on the menu.

FileMover browses the file structure of the CF card and allows you to copy files

food

Masala

by Julian Asher

As the summer winds into fall and fog creeps in over the Sunset, you may well find yourself with a craving for some inner warmth to match the exterior warmth of your Polartec pullover — presenting the perfect excuse to visit Masala at 1220 9th Avenue (between Lincoln and Irving). The door opens into an airy interior whose whitewashed walls and blonde wood floor form a stark contrast to the richly colored decor of most Indian restaurants. White wooden chairs with natural woven seats are tucked up against the white tablecloths draping the tables, on which float candles in bud vases. The pale interior serves to highlight the deep blue tiles set in columns and the vibrant neon blue outline of a god overlooking the dining room. A surprising number of people can pack into the space, but the tall plate glass windows looking out onto Ninth Avenue help make the effect more cozy than crowded.

The decor may not appear Indian at first sight, but one whiff of the scents wafting

light curry sauce, \$10.95) accompanied by traditional basmati rice cooked with whole spices (\$2.00). The small, nicely seasoned lamb morsels were moist and succulent, though somewhat lost in the bed of spinach. The spinach itself was finely chopped and soft without being overly mushy, though it lost some of its resilience as the dish cooled.

The highlight of the evening was the Chilean seabass, a tender, flaky fish accompanied by a flavourful curry sauce which complemented the fish without overwhelming it. Many curries are overpowering, but this one was light and almost delicate, leaving the faintest of tingles in the mouth. Some people, however, may find the curry a bit runny. The fish itself was the most remarkable aspect of the dish, as too many fish dishes in other Indian restaurants result in fish which is either mushy or tough. Like the lamb, the only flaw was the high ratio of sauce to fish.

The basmati rice formed a fitting complement, a bit more flavourful than most

The decor may not appear Indian at first sight,
but one whiff of the scents wafting from the kitchen
leaves no doubt that this is an Indian establishment.

from the kitchen leaves no doubt that this is an Indian establishment. We started our meal with an order of samosas, crispy puffs stuffed with potatoes and green peas (\$3.95). They arrive quickly, the oil still sizzling faintly along their surface. But once they had cooled enough to eat, they proved to be a disappointment. Though the potatoes were light and fluffy and the peas had a nice bright flavor, the slightly soggy, overly oily dough dominated the dish.

The samosas were followed by two varieties of bread fresh from the Tandoori oven, kabuli nan (stuffed with nuts and raisins, \$2.95) and poori (deep fried whole wheat bread, \$2.25). Bread, nuts, and raisins are a common combination, but Masala's kabuli nan does so with an unusual grace. The sweetness of the raisins complemented by the rich earthiness of the nuts and the warm, moist bread make a wonderful combination. The oily poori was considerably less successful — fried dishes are not Masala's strength.

Our main dishes consisted of lamb palak (lamb cooked with fresh pureed spinach, \$9.95) and fish masala (Chilean seabass in a

but not overwhelmingly so. One disappointment was the high cost of the rice (\$2.00), which is provided at a minimal cost or gratis at most Indian restaurants.

Smooth, refreshing mango lassis (yogurt drink, \$3.95) soothed the spices.

Dessert was kheer (rice pudding flavoured by cardamon, \$2.95) and mango ice cream (\$2.95). The mango ice cream, while refreshing with little chunks of mango, is nothing extraordinary; if one has room for only one dessert, it is best foregone in favour of the kheer. The pudding was smooth and substantial without being lumpy or grainy; it soothed the remaining tingle from the curry, leaving an echo of cardamon.

Service was consistently friendly and fast, and we neither waited overly long nor felt rushed when we lingered over our lassis at the end. The next time you feel the craving for some spice in your life, head down to Ninth Avenue for a visit to Masala. Namaste!

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UCSF news

The Southern California Cancer Pain Initiative presented their 2001 Award of Excellence in Pain Management to Dr. Robert Brody, UCSF Clinical Professor of Medicine and Community Medicine, who also serves as Chief of the Pain Consultation Clinic, Chair of Ethics Committee and Director of the Ethics Service at San Francisco General Hospital. He was honored at a gala held in Pasadena, for his contributions to relieve the pain and suffering of cancer patients.

Dr. Brody donated his services as an expert witness for the plaintiffs in the landmark lawsuit, Bergman vs. Chin. The case

was the first to assert that under-treatment of pain in an elderly patient constitutes elder abuse. An Alameda County jury awarded \$1.5 million to the family of a man dying from cancer.

In addition, Dr. Brody testified before two standing committees in support of Assembly Bill 487. The bill, recently signed into law, will require physicians to complete continuing education in pain management for licensure.

Dr. Brody serves on the board of Compassion in Dying, which is a non-profit organization dedicated to improving choices at the end of life. Compassion in Dying provides free client services to the terminally ill, legal advocacy and legislative reform.

Where to Get Flu Shots

Flu shots are here! There are a couple of ways to conveniently get your flu shot.

Flu shots are available to students only at the cost of \$5.00. Many of you have already made reservations. Reservations will be honored until November 8, 2001. All unreserved vaccines will be available on a first come, first serve basis.

Listed below are the times and locations to receive your flu shot:

Evening Hours — Student Health Services, Millberry Union, H-Level, Room 5

Thursday, November 1, 5 p.m.-6:45 p.m.

Lunch Hours — Medical Science Building, S182, Thursday, November 8, 10:30 a.m.-1:30 p.m.

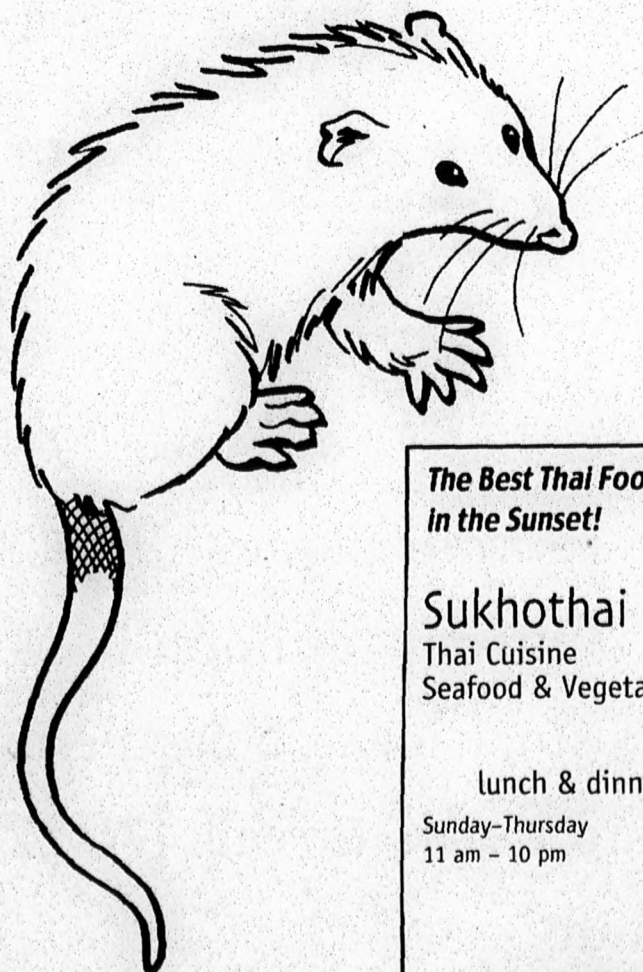
Flu shot event sponsored in collaboration with Operation Immunization

If you are unable to make it to the flu shot clinics, stop by Student Health Service between 8:30 a.m.-4:30 p.m., Monday-Friday.

Please bring your student ID with registration sticker and \$5.00 fee. To make your flu shot fast and convenient, wear a short sleeved shirt.

Information on other Flu Shot Clinics conducted by the San Francisco Department of Public Health is listed on:

<http://www.dph.sf.ca.us/Services/Flu-VacClinics01-02.htm>



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Masala: 1220 9th Ave.

Food: ★★★★★ Overall a notch above the competition, though uneven in places.

Decor/Atmosphere: ★★★★★ Atypical decor serves as an interesting background for the food; cozy but not crowded.

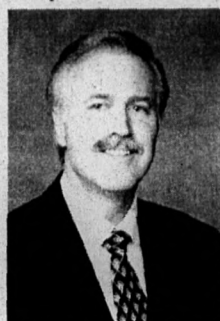
Service: ★★★★★ 1/2 Friendly and fast.

Expense: \$\$ Of note, it is possible to get 50% off the less expensive of two entrees with a coupon from the take-away menu (valid for dining in only).



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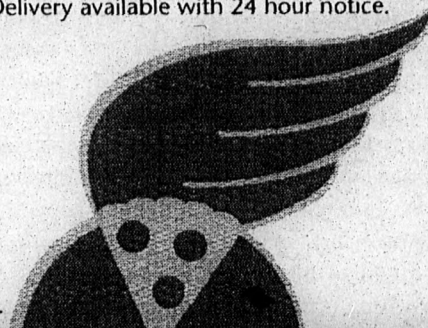
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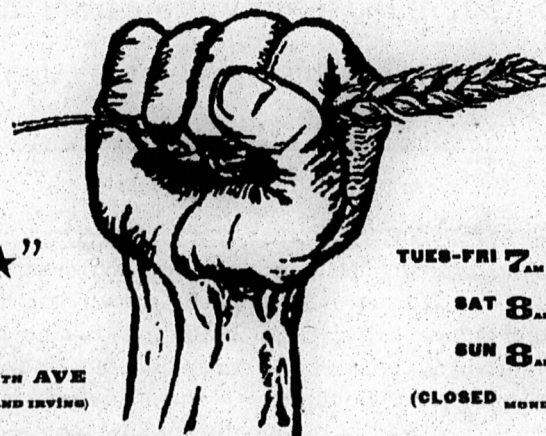
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