

Helping Victims of Rape in South Africa

By Christie del Castillo

The Greater Nelspruit Rape Intervention Project (GRIP), a non-profit, community-based organization helping rape victims in South Africa, is seeking monetary donations or any other helpful resources.

As you may or may not know, there is a belief among many

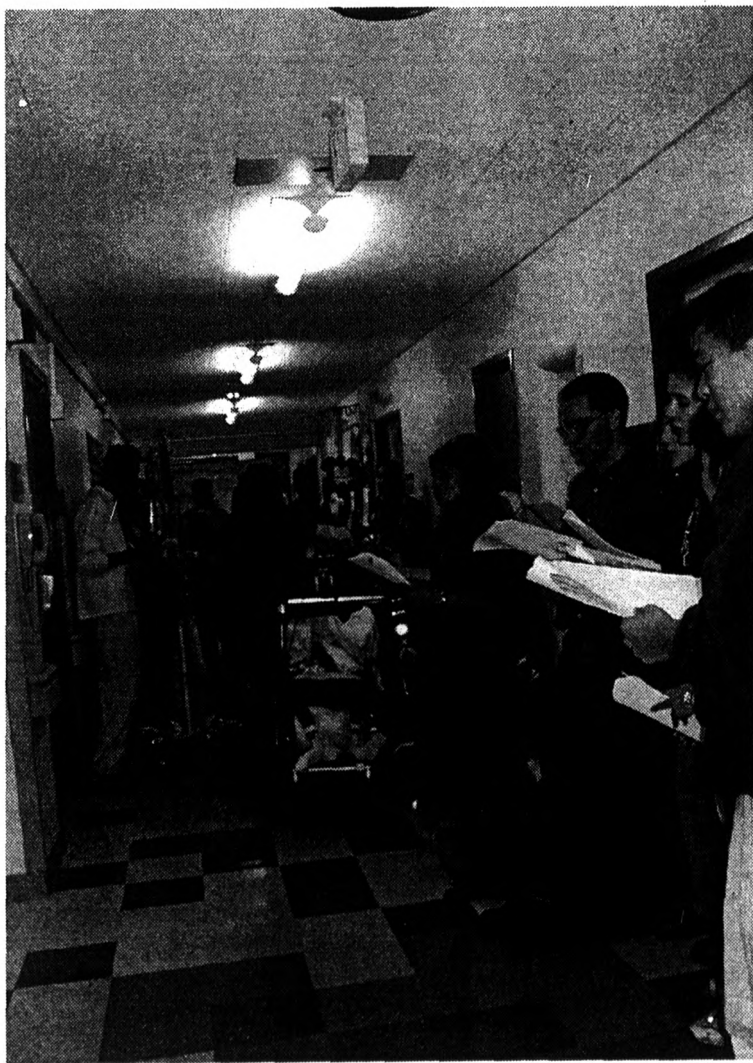
• GRIP has been involved in an ongoing lawsuit filed by the Government against GRIP for administering these vital drugs as part of their trauma intervention for survivors.

• A number of governmental doctors have either been fired, forced to resign or are facing dis-

Holiday Cheer

Before we forge ahead with the new year, we thought it worth taking a peek back at the just-passed holiday season. The UCSF student singing group Vocal Chords showed off their holiday spirit by performing on the children's ward at Moffitt-Long hospital shortly before the Christmas break.

Photos by Jennifer L. Lee



Almost half of the rapes in South Africa are committed against children under 10.

South African men that having sex with a virgin girl can clean them of AIDS. In addition, the South African government and president refuse to believe in the reality of HIV causing AIDS and has cracked down on organizations such as GRIP.

According to GRIP:

- A woman or child is raped every 20 seconds in South Africa
- Almost *half* the rapes in South Africa are committed against children under 10
- Anti-retroviral drug to help prevent HIV from infecting the rape survivors are not given to them by the South African government

ciplinary actions due to their ongoing support of the work GRIP is doing in their communities.

• South Africa's justice system is overwhelmed, the prisons are filled beyond capacity, some at as many as 300% and the primary health care system is in shambles. Often people sit for a day or more before they are examined and helped, if the clinic has the medications and capacity to give adequate care.

Prior to GRIP's intervention, rape survivors, particularly children, had little or no support or dignity. None of their rights were

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The Travel Doctor: How to Avoid Health Perils of Winter Vacationing

by Dr. Madlyn Stein

Each season has unique travel health risks. Winter is flu season in the Northern Hemisphere. Respiratory disease is more common. Long airplane flights with exposure to people coughing or incubating disease and dry air inside planes may contribute to an increased risk for the traveler. Drinking lots of water helps.

Winter is also the season of increased prevalence of enteric disease throughout the developing world. Infectious hepatitis is common throughout the year and especially troublesome during

winter rainy months. Outbreaks of cholera, typhoid and dysentery are reported every year at this time and are especially frequent in Africa and Asia. Winter rains raise the water table and flood fragile pit toilet drainage areas, sweeping bacteria and viruses into rivers and drinking water sources. This year, outbreaks have been reported in Ghana, Kenya, Angola, Uganda and Mozambique. Others years, outbreaks have sprung up in countries that formerly comprised the Soviet Union and the Indian subcontinent. When you travel to developing countries this time of

year, pay special attention to what you eat and drink, avoid raw vegetables, tap water and ice in drinks.

Mosquito-borne diseases peak after rains which can affect some parts of the world. The Caribbean region is particularly hard hit by dengue fever outbreaks during the hurricane season. At the moment, a dengue epidemic is brewing in Panama. Malaria generally peaks in August in West Africa following seasonal rains with a smaller peak in December and from May through October in Asia related to monsoon rains.

What is the traveler to do vacenewise?

There is good news in Hepatitis vaccine protection in that Glaxo's Trinrix Combined Hepatitis A and Hepatitis B vaccine is now available offering protection against both diseases with fewer injections and some cost saving for the total series of three shots.

Cholera vaccine, formerly made by Wyeth against classical vibrio cholera seragroup 01 strain disease, is no longer manufactured and is not available in the United States. A new oral vaccine against classical and El Tor strains is available in Canada, the United Kingdom and Europe but rarely advised by travel health experts excepting use in long term visitors to remote areas (such as Medical or Peace Corps Volunteers) and for those with achlorhydria or low

levels or gastric acid. Among the reasons for low administration of cholera vaccine to travelers are a very low risk for the traveler, low efficacy of the vaccine (60% or less), no coverage at all for the 0139 strain common in India and Bangladesh since its onset in 1992, and, in the U.S., lack of availability.

Typhoid vaccine is available in three preparations: classical whole cell attenuated parenteral vaccine, Vi polysaccharide capsular vaccine (Typhim Vi by Aventis) and live oral typhoid vaccine made by Berna Products. Combinations of typhoid and hepatitis vaccines and typhoid and cholera vaccines are in development. All are generally more than 70% effective with a slight nod to the whole cell preparation, but the Vi or live oral vac-

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UCSF announcements

Financial Aid

Winter quarter financial aid: Aid checks were mailed, if requested, in late December IF you registered by December 11 and cleared all check holds. If needed materials or documents were received during our office closure, you'll have to pick your checks up in person. The satellite Accounting Office will have extended hours of 12:30-4 p.m. from January 3-11; regular hours are 1:30-4:30 p.m. Remember to bring proof of winter quarter registration and a picture ID when picking checks up in person. Aid checks are available to all students except Physical Therapy 2 students, who cannot receive aid checks until January 25.

Winter quarter vouchers:

Students who received fee vouchers for winter registration are reminded that their personal checks will be deposited on January 14. If you are expecting checks by mail and haven't received them by January 7, contact our office.

2002-03 financial aid

applications: Packets were mailed in early December to the address listed on the OAR website to all students currently on aid. If you are receiving financial aid and will be enrolled in 2002-03, but did not receive a packet, you can obtain one by either contacting the Student Financial Services Office or by downloading the application and instructions from our website (<http://saawwww.ucsf.edu/financial>). Students applying for Option B funds (UCSF grants and loans plus the Stafford loan) have a deadline of February 1 to submit the UCSF financial aid application to our office and submit the FAFSA to the government processor. Option A applicants (Stafford and minimum grant consideration) have a spring deadline.

Student Financial Services

Office hours are 8 a.m. to 5 p.m. Drop-in advisers are available for brief questions throughout the day. If you need more than five minutes with an adviser, please schedule an appointment. (MU 201, 415-476-4181)

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.

Surf the Web

You can earn a \$25 gift certificate for an hour of surfing the web. Participate in an online usability study, done on your own time. For more information, contact Jill D. Garland, Web Manager, School of Medicine at 415-502-4912 or at garlandj@medsch.ucsf.edu

Graduate Students' Association (GSA) Meeting

Join us at the next GSA meeting, Wednesday, January 9 at 5:00 p.m. in S-30 (Chancellor's Basement Conference Room). Dinner will be provided. For more information and to RSVP please call 415-476-2233 or e-mail gsa@itsa.ucsf.edu.

Teaching Awards

Since 1951, the San Francisco campus has annually recognized exceptional faculty members who have shown distinction in teaching. Governed by rules established in 1951, faculty who have been members of the Academic Senate for five years or less (from January 1997 to present) are eligible for this award. The Distinction in Teaching Award includes an honorarium of up to \$1,500, made available by the Chancellor since 1977. The "Distinction in Teaching Award Selection Committee", appointed by the Committee on Academic Personnel, consists of students and faculty from each School, considers all candidates and makes the final selection of the awardee(s). UCSF Students or faculty may make nominations for this prestigious award. A list of eligible faculty members is available from each department chair. Announcements will be published in *Synapse*, News-

break and *UCSF Today* and will also appear on the Academic Senate's Home Page. The Faculty member(s) selected will be honored at a celebration during Founder's Week and will be presented with their honorarium at the June 13, 2002 Academic Senate Division Meeting. **Nomination Process:** UCSF faculty or students may nominate any qualified Senate faculty. Letters of nomination should be sent to the candidate's department chair. The department chair must submit the following documentation to the Academic Senate Office, c/o Gretchen Gende, Box 0764 no later than FEBRUARY 1, 2002:

1. Nominating letter(s)
2. Current Curriculum Vitae for Nominee
3. No more than ten (10) Letters of Support from faculty and students. Letters of support should emphasize the nominee's most outstanding qualities, and, if applicable, also address the following:
 - Material taught – its relevance to the student(s) concerned and to their professional and academic needs.
 - Versatility – with respect to lecturing, seminar presentation, laboratory teaching, "bedside" or "chair-side" presentation.
 - Effectiveness – of organization of teaching material(s), clarity of presentation, and the responsiveness of students. (The degree to which the students are stimulated probably represents the ultimate criterion, although this is sometimes difficult to document.)
 - Availability – the candidate's willingness to make time available for personal contact with students.
 - Outstanding teaching aids – syllabi, tests, visual aids, and other techniques developed by the candidate.
 - Research – research into techniques for health science education is also pertinent.
 - Mentoring – outstanding activity as a mentor for students and junior faculty

grand rounds and seminars

Thursday, January 3 Dept. of Medicine

N225, noon-1 p.m.
"Clinical Crossroads: Cross-Cultural Health Care — Addressing Health Care Needs of Vietnamese"
Stephen McPhee, MD

Saturday, January 5 Dept. of Anesthesia and Perioperative Care

HSW301, 8-10 a.m.
"Traumatic Experiences at SFGH"
Shawn Lucas, MD, and Sue Carlisle, MD, PhD

Monday, January 7 Dept. of Microbiology and Immunology

HSW301, 5 p.m.
"Genetic Dissection of the T Cell Antigen Receptor"
Bernard Malissen
Centre d'Immunologie INSERM-CNRS de Marseille Luminy, France

Tuesday, January 8 Dept. of Obstetrics, Gynecology and Reproductive Sciences

N217, 9:00-10:00 a.m.
"New Development in Steroidal Contraceptives"
Daniel Mishell, Jr., M.D., Professor & Chair
Dept. of Obstetrics & Gynecology
Keck School of Medicine, University of Southern California

Wednesday, January 9

Dept. of Surgery
Toland Hall, 7-8 a.m.
"Saints and Surgery"
Nancy L. Ascher, MD, PhD
Thursday, January 10

Dept. of Medicine

N225, noon-1 p.m.
"Why Internists Should Care About Occupational Disease"
Carrie Redlich, MD, MPH
Yale University School of Medicine



events, speakers, etc.

Brown Bag Lunch

Wednesday, January 9, HSW300, noon-1 p.m.
"Psyching Out Stress"
Terrorist attacks cause highly charged emotional responses. Come and learn about the range of stress responses, risk factors for developing problematic stress responses, physiologic changes that accompany stress responses, and current approaches to treatment.
Frank B. Schoenfeld, MD, Clinical Professor, Psychiatry, UCSF; Director, Post Traumatic Stress Disorder Clinic, VAMC

Student Enrichment Series

Tuesday, January 22, Cole Hall, noon-1 p.m.
Martin Luther King Week Celebration — Keynote Address
Professor Leon Litwack is a Pulitzer Prize winner and an expert on the historic struggles of African Ameri-

cans. He fully understands and convincingly portrays the harsh realities of our shameful past in "Been in the Storm So Long." His talk at UCSF will address the legacy of Jim Crow and American race relations up to the present. He will remind us that the recent calls for unity and uncritical support of efforts to root out terrorism should not permit us to walk away from the problems that persist at home — poverty, injustice and racism.
Sponsored by the MLK Committee

Spanish Conversation

Learn the basics of how to converse of Spanish in this fun-filled supportive atmosphere. Topics include family, food and travel. Beginners welcome.
Thursdays Jan 1-Mar 14, 6:30-8:30 p.m.
For more information call (415) 476-1115

Wines of Italy

Explore the exciting wine styles and traditions of Italy. Culinary and local travel tips are also included. Must be 21 years of age.
Wednesdays, Jan 1-Feb 6, 7:00-9:00 p.m. For more information call (415) 476-1115

Entrepreneurs Meeting

The UCSF Entrepreneurs Discussion Group (EDG) meets every Wednesday from 6:30-7:30 p.m. in S174. EDG is a brainstorming meeting where the latest innovations in biotech and related fields are discussed and refined in roundtable format, with an eye towards potential commercialization of those ideas. Everyone is welcome to attend. Contact KT Moortgat at edg@mika-i.com, Peter Mui, 510 540 8318, pmui@home.com

outdoors & entertainment

Outdoors Unlimited General Info, 415-476-2078

Tahoe Snow Cabins on Sale
Rentals for the Tahoe cabins are ongoing at the OU center. Visit during open hours (Mon-Fri 5-8 p.m.). We have lots of mid-week availability. Mid-week means less traffic, less crowded slopes & even better prices! For more information or availability call the rental center during open hours. 415-476-2078.
Empact! Presents©
General Info, 415-476-2675
Blues Orbit

UCSF's Winter Blues Series Featuring Bobby Webb and Band

Thursday, January 24, 2002, noon, Cole Hall, 513 Parnassus Avenue
Admission is FREE.
Don't miss your chance to see world class saxophone player, Bobbie Webb at UCSF's Blue's Orbit Series. Webb has thrilled thousands of fans, from the Monterey Blues and Jazz festivals to local clubs. This January concert is part of UCSF's week-long Dr. Martin Luther King Jr. celebration. For more information, call Empact! at 415-476-2675.

An Open and Shut Case of Laziness

by Corey Long

There are very few things that I know to be certain. Two cars coming to a stop sign at the same time will hesitate clumsily, both start, and then stop again in the same awkward manner that typifies face-to-face hallway encounters. Hiccuping while holding a beer in your hand leaves you with the credibility of O.J. describing his tireless search for the "real" killers. Most visible in everyday life, however, is the fact that people are really lazy.

This is, of course, no staggering surprise. A great deal of American industry depends on our collective lack of initiative. After all, what would happen to companies that make products like the Clapper and electric rotating tie racks if people suddenly realized that they could just do these small things

hands out of their pockets or off a cell phone. This, my friends, is an absolute joke. This is actually wasting valuable *Seinfeld* time. I'll concede that pulling a door open may, in fact, approach the maximum possible torque that some 45 lb. researchers can generate, but to press the button when all that is required is a simple push out? I suspect these are the same people who wait 25 minutes for the Moffitt elevator, if only to descend one floor.

The next logical step to this progression is coming soon to a shopping mall or department store near you. Walking through all of those aisles beginning to be a bit of a chore? Why not take advantage of the free scooters some of these establishments offer? No longer for the physically

Our desire to be able to watch an additional 20 minutes of *Seinfeld* was part of the impetus for innovations like the microwave, which has been like a mother to me, providing much needed food, warmth and ionizing radiation.

themselves? QVC and the Home Shopping Network would be tragically forced into Chapter 11. Granted, these products suck, but our desire to be able to watch an additional 20 minutes of *Seinfeld* was part of the impetus for innovations like the microwave, which has been like a mother to me, providing much needed food, warmth, and ionizing radiation.

Most great innovations, in contrast, are born of genuine need. Would you like to keep warm at night, and maybe eat food not teeming with *Salmonella*? Let's make a fire. Want to sail around, pillaging small villages? Here, use this boat. In related fashion, the Americans with Disabilities Act of 1990 dictated that, among other things, government and employers must make reasonable efforts to ensure accessibility to public and private buildings for the disabled. This is how ramps, lifts, and automatic doors became commonplace.

The Vestigial Lawnmower-Starting Muscle

I mention this because, without fail, every single time I approach one of the doors coupled to an automatic-open button, particularly that of the Medical Science building, someone pushes it, waits the 30 seconds it takes to fully open, and then enters or exits the building. There are even people who will stand inside, waiting patiently for the endless stream of students entering, so that they may exit by the magic door, lest they be forced into taking their

hindered and elderly! Widespread use could revolutionize shopping, increasing speed and minimizing fatigue, though I suspect the number of shopping-related casualties would certainly increase. Now, this slope may be a bit slippery, but the two are really not as distant as that inadvertent gasp you let out, upon seeing a 14-year-old roll on by, may lead you to believe. I can imagine, 20 years from now, telling my kids about how, in the good ole' days, we actually had to use our hands to write, rather than doing it telepathically.

Ideologically Proactive

I admit that I feel a bit conflicted writing about this; I would be a high first-round draft pick onto Team Lazy. The mere possibility of losing my remote control, the consequence of which would be perma-channel 3 for the rest of my television's natural life, occasionally keeps me awake at night. But there exist things that people can not afford to be lazy about, whether by virtue of principle, effects on others, or unacceptable outcome: showering and deodorant are not optional, the book is never as good as the movie, take off your hat during the Star Spangled Banner (no matter how little hair you have left, Mr. Comb-over), and if you do not normally consider yourself disabled, then damnit, stop using such devices.

Then again, if the door is already open...

Short Takes for a New Year

by Tim Neagle

At the start of the new year, let's get some kudos and condemnations off our chest ...

BART Goes to the Dogs

For those of us who ride BART, the news that the transit agency is now patrolling the trains with drug-sniffing dogs to find people carrying marijuana on board is a bit puzzling, at least in terms of priorities.

In terms of the average rider, I'd say it would be better for BART to fix things like the perennial backup outside the West Oakland and Embarcadero stations; or having more than one entry gate open at rush hour to accommodate the long lines of commuters; or get the escalator to be moving in the proper direction at the Rockridge station (nothing more maddening than to be stuck in a huge line on the stairs while the empty escalator whirs in the opposite direction), or any of the other myriad problems that makes the daily commute on BART so frustrating.

But people carrying pot? This has to rank at the very bottom of BART priorities. What about people with AIDS or cancer who have picked up some marijuana at a clinic and are going home to alleviate their pain? What possible good does it do BART to bust these people? And, personally, I'd rather have a stoned person riding mass transit that sitting behind the wheel of a car.

So come off it, BART. Leave the pot-heads alone, and try to get the trains to run on time.

Has "Everything Changed?"

After September 11, it became fashionable to say that "everything has changed." Alas, it appears that is not true — at least not where American politics is concerned.

One would think that Americans would feel compelled to take their democracy more seriously in the wake of the terror attacks, but such is not the case. A runoff election for San Francisco City Attorney attracted a whopping 15 percent of the electorate.

On the national scene, our commander-in-chief, despite much hosanna-ing in the mainstream media about his performance since September 11, seems to be effortlessly sliding back to the guy he was on September 10. President Bush's recent agenda — pursuing more tax breaks for corporations and wealthy Americans, scrapping the ABM Treaty, continuing to push for oil drilling in protected Arctic areas — is suspiciously similar to the hard right platform the president was offering before the terror attacks.

What's more, the hectoring partisan tone is rapidly re-appearing in our political discourse. One has to look no farther than Attorney General Ashcroft's assertion that those who are concerned about the administration's draconian assault on civil liberties were doing little more than aiding terrorism. That brought this enlightened response from liberal columnist Richard Reeves: "Well screw you, buddy."

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D'oh!

by Anu Sinha



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text

Jack: A Life Like No Other

By Geoffrey Perret

400 pages

Random House

by Tim Neagle

Nearly forty years after his death, John F. Kennedy continues to fascinate us. The latest in a tidal wave of books about him (a wave that shows no signs of abating) is Geoffrey Perret's *Jack: A Life Like No Other*. The book, which bills itself as the first "comprehensive" one-volume life of JFK, stumbles on a dilemma that will continue to plague would-be chroniclers of the 35th president's life: How can you adequately document the serious side of Kennedy's career without getting caught up in the gaudy private life? Despite its pretense to cover all aspects of Kennedy's career, *Jack* eventually succumbs to the gaudiness.

It's hard not to: Kennedy's private life was one of breathtaking recklessness. Whether it was his all-out sexual pursuit of every attractive woman he met, or his shocking willingness to be injected with any kind of drug to relieve the brutal pain he lived with daily, there is no doubt that JFK lived a life that would have destroyed him politically had his secrets been made public.

Foremost among his secrets, as Perret makes clear, are the many lies he told about his health. Despite his image as a vigorous young man who could get the country moving again, Kennedy was a lifelong invalid. From the raging fevers and myriad allergies of his childhood, to the horrific back problems that plagued him for decades, to the Irritable Bowel Syndrome that landed him repeatedly in the Mayo Clinic, to the well-guarded secret of his Addison's Disease, Kennedy was probably the least healthy man ever to hold the office of president. Were it not for the timely discovery of cortisone to treat his Addison's (and his family's wealth that enabled him to receive the then-rare medication), Kennedy would almost certainly have died in the late 1940s. Indeed, JFK received the last rites of the Catholic Church on at least two occasions before Oswald finally finished his life in 1963.

As other biographers before him have concluded, Perret notes that had he lived, Kennedy's back would almost certainly have confined him to a wheelchair in any second term. Indeed, his back troubles were legendary, requiring several major surgeries, but the origin of his ailment is still murky. Kennedy himself at various times ascribed it to either an old football injury or an injury sustained in World War II. Other writers have insisted the back problems date from his childhood, that he was born with spinal problems. Perret traces the origin to the late 1930s, when JFK was trying to push his car off a sandy beach in Europe. Whatever the origin, there is no doubt that Kennedy was in excruciating pain virtually every day of his adult life.

This pain would lead to such astonishing scenes as Kennedy being injected with a mixture of amphetamines and painkillers just before his summit with Soviet leader Nikita Khrushchev in Vienna in 1961. (Kennedy's drug consumption was not a secret to all — at JFK's inauguration, observing the new president's sweaty face on a famously cold day, President Eisenhower's physician, Major General Howard Snyder, remarked, "Look at him — he's all hopped up.") In addition, he was taking heavy doses of cortisone to combat his

Addison's Disease. The effect of all the drugs swirling around his system on Kennedy's judgment can only be wondered about. All of this has been known for some time, of course, but it is still stunning to contemplate that at the crisis-filled height of the Cold War, the president of the United States was often in no fit state to be making life-and-death decisions.

Similarly, JFK's wild sex life has enthralled biographers and readers ever since the revelations about his affairs — numbering in the hundreds — began leaking out in the years after his death. Perret documents them in excruciating detail, and the sheer salaciousness of it all overwhelms the book in the end.

The attention paid to Kennedy's private life is understandable, but unfortunate because it increasingly overshadows the fact that he was a very important president, a key political figure who changed America in a way his more respectable successors did not. He was the one who launched Medicare and the Peace Corps, he was the one who fought harder than any previous president (and most subsequent ones) for civil rights for African Americans, he was the one, who in Perret's words, "cared more about the Third World than any president before or since." He was the one who rallied Berlin in its darkest hour with his famous "Ich bin ein Berliner" speech, and he was the one who faced the Russians down in the Cuban Missile Crisis of 1962. On the debit side, he was also the president who irrevocably deepened America's role in Vietnam (despite many private doubts), presided over the Bay of Pigs disaster and the subsequent shameful assassination attempts against Fidel Castro. He was also the one who failed to get most of his programs through a Congress controlled by his own Democratic Party (it would be his successor, Lyndon Johnson, who would push

through Medicare and civil rights legislation). For a man who was president for not quite three years, that is an astonishing legacy for both good or ill, one which ought to outweigh our prurient interest in his sex life.

Of course, it probably never will. It is far more interesting to read of him smoking marijuana in the Lincoln Bedroom with one of his mistresses than to follow the arcane details of his nuclear policy. And, after all, it is JFK's own fault that his political legacy has been forever clouded by his personal recklessness.

Certainly, Perret succumbs to the allure of the recklessness. He tends to skate past the events of JFK's presidency, while never missing a chance to examine Kennedy in the bedroom. (For such a renowned sexual swordsman, according to Perret, Kennedy was not very good in bed — one of his conquests, actress Angie Dickinson, called her tryst with the president "the happiest 15 seconds of my life.") Perret's failure to get beyond the personal and to put the private life in perspective to the public career is the main failure of the book.

There are other failures, including many factual errors that are minor but irritating nonetheless. Perret has JFK flirting with the then-Princess Elizabeth in England in the 1930s. Elizabeth was all of 11 when this alleged encounter took place. Kennedy was fascinated with football, and Perret has him in the early 1950s admiring quarterback Y.A. Tittle of the New York Giants. As any old 49er fan could tell you, Tittle played in San Francisco throughout the '50s. Perret claims Kennedy dyed his hair, yet other authors have pointed out that Addison's Disease affects its victims' hair, keeping it thick and glossy. There are other mistakes, trivial in themselves, but enough add up to cause the reader to doubt many of Perret's assertions; a writer who is wrong on so many little things is hard to trust on the big ones.

On the positive side, Perret is good in demonstrating that ill health made Kennedy a man in a hurry, convinced he would not live to a ripe old age, determined to experience all life had to offer in the years that he had. Perret also convincingly shoots down a couple of myths. Kennedy never had VD, he argues, saying others have confused urethritis for gonorrhea and pointing out that Jacqueline Kennedy never had VD, despite her worries that her wandering husband would infect her. He also is rightfully scornful of the alleged ties Kennedy's overweening father Joe had with organized crime. Why would Joe need money from mobsters, Perret asks, when he was so much richer than all of them? Finally, *Jack* is very good at painting the relationship JFK had with his older brother Joe Jr., the adored center of his father's universe. Joe Jr.'s death in World War II, argues Perret, finally allowed Jack to break out of his older brother's overwhelming shadow.

In the end, JFK remains elusive to Perret, as he has been to so many others. And yet this seminal figure deserves better. To many of us old enough to remember him — the intelligence, the grace, the wit, the overwhelming Irish charm, the undoubted physical courage — all who have followed Kennedy in the White House have been somehow wanting. For all his flaws, and they were many and towering, JFK remains in America's memory as a leader nonpareil, a man who appealed to our idealism and launched the country in a new and better direction. He deserves a biography worthy of a notable life. Alas, his legacy continues to await a better book than the pedestrian *Jack*.

It is far more interesting to read of JFK smoking marijuana in the Lincoln Bedroom with one of his mistresses than to follow the arcane details of his nuclear policy.



food

Avenue 9: A Pleasant Stop in the Neighborhood

by Allyson La Barbara

Avenue 9 is a cozy little restaurant nicely insulated from the hustle and bustle of 9th Avenue. Owned, staffed and operated by its gifted chef, it is a pleasant place for an evening or afternoon meal.

Avenue 9 has a wonderful selection of meat, vegetable, pasta and fish dishes, making it a wonderful choice for a group with mixed tastes. For starters, it offers a variety reasonably priced of soups and salads (ranging from \$5 to \$9). One can also sample more unique starters like chopped Sonoma duck livers on toasted pumpkin brioche with greens (\$8) or flatbread with caramelized onion, roasted garlic, fried sage and parmesan (\$8).

While hungry, the starter servings seemed large, so we opted to enjoy two wonderful (and reasonably priced) white wines with the complementary flatbread and tasty garlic tomato chutney. Enjoying our bread and wine, we noted that it was quite pleasant to wait for our meal amid the warmly painted walls that were softly lit by Venetian glass fixtures. The sizzles and crackles coming from the open kitchen which runs along the restaurant's side wall filled us with anticipation for the treats we were soon to receive.

We weren't disappointed by the large and beautifully presented meals. I had selected the bronzed chicken breast stuffed with goat cheese, applewood bacon and chard with potato gratin, green beans, caramelized onions and hazelnuts (\$14). The chicken was lean, tender and moist, while the potato gratin was light and subtly flavored with cheese (a nice twist on the greasy, fattening gratin that one usually receives in restaurants). The chicken stuffing was warm and perfectly complemented each bite of chicken.

The other dish we sampled was the grilled salmon with celery root puree, sautéed brussel sprouts and bacon, and citrus herb beurre blanc (\$15). The salmon was crumbly, moist and very light (the butter and bacon didn't make it greasy). While

the piece of salmon was large and very tasty, it would have been nice if it had been accompanied by vegetables, rice or a potato.

Another dish that I would have like to have sampled (if not so full!) was the whole roasted sweet dumpling squash filled with a ragout of root vegetables, toasted almonds and fried leeks (\$14). My dining buddy really wanted to try the Thai style stew of aquagem clams, fox island mussels, and Monterey calamari with potatoes, julienne vegetables, lemongrass, ginger and coconut (\$13). Both dishes seemed so unique and masterfully prepared (we had watched the chefs whip these up in the kitchen while we had been waiting) that we were dying to know how they tasted!

While too full for desert, we noticed that a number of diners were opting for Avenue 9's caloric treats. The stunningly presented profiteroles looked delicious, as did the variety of cakes and pastries delivered to tables around us. We promised ourselves that we would sample these treats on our next stop at Avenue 9!

Avenue 9 is located on 9th Avenue between Irving and Lincoln. It is open for lunch and dinner and has recently begun offering early bird specials (reduced rates) on a number of their dishes. Avenue 9 does accept reservations.

Avenue 9
1243 9th Avenue,
San Francisco
(415) 664-6999

Rape ...

from page 1

observed and they had no one to turn to for assistance or comfort, in the aftermath of rape. There were no interventions in place to avoid HIV, no assistance, either from the police, hospital or court. No one was educating women and children on what to do if raped and where to seek help.

Here's an excerpt from an email from Barb Kenyon, Founder of GRIP:

"...Just got back from Rob Ferreira [local government hospital]. A little girl of 10 was brutally raped by a 25 year old Technician [college] LAW student "for the hell of it"... Little Charlotte's face is so lopsided by blows to her face with his closed fists. Her fanny [vagina] and rectum are so badly torn; she was in surgery for one and a half hours this evening... She remained stoic and brave through out her treatment and was so grateful for the care pack [a package given to children after they are raped] and teddy... She has had a GRIP Friend with her, and we were also able to be of support to the Mother (who is raw from crying) ..."

Since March 2000, GRIP has opened three Rape Crisis centers in the region. GRIP has supported 197 child rape cases and 135 adult cases in court. It supports on average about 50 women and children with their month-long therapy after a rape. GRIP offers follow-up services and support to survivors. GRIP supplies rape care packages, which include teddy bears, soap, face cloth, toothpaste, toothbrush, new panty/underpants, tissues, a sanitary pad and clothes.

How can we at UCSF help?

You can send a donation of any amount to: South Africa Development Fund, 555 Amory Street, Boston, MA 02130. Please make checks out to GRIP so that your check is earmarked for that organization. All proceeds go to GRIP directly through the South Africa Development Fund, meaning that none of your money goes toward administration and transport.

Email cdelcas@itsa.ucsf.edu regarding this and any other questions you may have about this organization.

Christie del Castillo is a third-year med student.

Upcoming Library Classes

Free PubMed@UCSF Classes

Now that PubMed@UCSF is the official way to search MEDLINE at UCSF, you may be looking for ways to familiarize yourself with the new system. The Library is offering several options to assist you with the transition. Online help guides and the schedule for free introductions to PubMed@UCSF are available at <http://www.library.ucsf.edu/db/pubmed/>.

These free one-hour classes take place on selected Tuesdays and Fridays, from 11:00 a.m.-noon. Check the online schedule to confirm the following dates and locations. Please email classes@library.ucsf.edu to reserve a space.

Library 222, Parnassus:

January 4, 15, 29; February 1, 5, 12

Medical Sciences S165, Parnassus:

January 8, 11, 18, 25; February 19

Barnett-Briggs Medical Library, SFGH:

January 4, 22; February 26

For assistance with PubMed@UCSF, you may also email ref@library.ucsf.edu or call (415) 476-2337.

Upcoming Informatics Seminars

The Library offers two-to-three hour seminars on a regular basis. Please see <http://www.library.ucsf.edu/ed/class> for the full schedule, fees, and registration information.

PowerPoint Presentations (Office 2000)

Wednesday, January 16, 1-4 p.m.

Library 222, Parnassus

Using EndNote 4 (for Windows)

Thursday, January 23, 10 a.m.-12 noon

Library 222, Parnassus

CINAHL and Beyond: Information Resources for Nurses

Thursday, February 7, 5-7 p.m.

Library 222, Parnassus

Using EndNote 5 (for Mac)

Wednesday, February 13, 10 a.m.-12 noon

Medical Sciences S165, Parnassus

Travel MD ...

from page 1

cine are favored because of reduced side effects. Typhoid vaccine is generally recommended for most travelers to developing countries in Asia, Africa and South America for visits longer than one month. Protection lasts two to five years depending on the preparation given.

If a traveler goes to an area with increased risk of mosquito-borne disease, a consultation can help to select the best anti-malarial medication for the individual and prophylactic use of insect repellent, permethrin impregnated bed nets and wearing of long sleeved shirts and long pants during biting hours (daytime for dengue and nighttime for malaria) are helpful.

Winter months are wonderful times to enjoy skiing in northern regions, and the migration in East Africa. By January the malaria risk is lower in East and Southern Africa.

Locations in the Southern Hemisphere are also appealing. There is a small window of time in December and January when weather permits to visit Patagonia and Antarctica and enjoy the beautiful scenery and wildlife. Chile, Argentina, Uruguay, the African Cape region and Australia are having summer, the beaches and mountains are beautiful and health risks are low. Few travel shots are needed.

In general, in Asia, the risk of the serious mosquito-borne disease Japanese B Encephalitis is low from January until May. In India, malaria transmission ceases in winter and need for prophylaxis is reduced.

Short Takes ...

from page 3

Maybe everything did change on September 11. But it seems to be all changing back again.

Uplifting Experience

Who can not applaud the construction now under way to provide more elevators at UCSF, including, *mirabile dictu*, express elevators. In the not-too-distant future, the muttering crowds staring impatiently at unresponsive elevator doors on Irving Street will be replaced by the vision of UCSF students, visitors, and employees being whisked up to Parnassus with a minimum of muss and fuss.

To which we all say, thank the elevator gods! I've always viewed the elevator ride as the last and most difficult part of the morning commute. I know the virtuous among us manfully (and womanfully) climb the hill to Parnassus, and I admire these people, mainly because they don't clog the already crowded elevators. But for the slothful majority, faster and easier elevator service will brighten our morning. We thank the Powers That Be who came up with this plan, and we wish the elevator workers god-speed in their noble work.

GSA update

By Joyce Tung

1. UCSF services that you may not know about:

- a. MOVIE TIX
- b. ELDER CARE
- c. DENTAL CARE

2. Library services at Mission Bay

3. Upcoming science-related what-am-I-going-to-with-the-rest-of-my-life events!

The Details:

1a. Movie Tickets

Empact! Presents offers UCSF students a lot of discounts, including discounted movie passes to AMC, Loews (Metreon), and UA theaters for \$6. To find out how to get tickets and what other discounts EMPACT! offers, check out their web page at <http://www.empact.ucsf.edu>

1b. Elder care

It seems like everyone talks about the tough it is to get good child care, but what isn't discussed as often is taking care of aging parents or other relatives. Elder care specialists from the Goldman Institute on Aging in partnership with UCSF Child and Elder Care Services can discuss different care options with you and let you know what services are available. This valuable service is available at NO COST to UCSF students. For more information, call (415) 750-4192.

1c. Dental care

For those of you who are disenchanted with the long hours at the dental school and hidden charges at Smilesaver and Golden West dentists, there is another option. The Buchanan Clinic is a UCSF based clinic located in the lower Haight, at 100 Buchanan and Herman, where you'll be seen by dental residents. The UCSF shuttle

does stop and pick up there; however, you should ask the shuttle driver to stop. The costs are anywhere from 30-50% less than an outside dentist, (except for cleanings, which for some reason runs around \$60, about the same as an outside dentist). If you bring a valid ID, you'll get 10% off of the price (although you need to pay in full at that time), and in general you won't get nicked and dined on procedures, plus getting your teeth cleaned won't take 9 hours over 3 visits. The phone # to make an appointment is 476-5608. Patient charts are transferable between the dental school and Buchanan as they are both UCSF based.

2. Library services at Mission Bay?

So what kind of library services are being planned for Mission Bay? While it appears that the main library will remain at the Parnassus campus, some library services will be available right from the beginning in Building 24, such as computers to access online information and a small number of journals. After one year, a medium sized library will be opened in the community center with more textbooks and journals. Articles and chapters not available at Mission Bay may be ordered from the main library. There may be long term plans for a full size library but there's no concrete information on that right now.

3. Career planning events!

Is there life after your thesis and your post-doc? Keep these dates in mind for these upcoming events:

- a. Feb. 22, 2002 — UCSF Night at the MOMA
 - b. Feb. 27, 2002 — Career & Research Day
 - c. Feb. 28, 2002 — Biotech Industry Day
- Remember, if you have any concerns, ideas, or comments that you would like brought up at the next GSA meeting (January 9, 5:00pm, S-30 (basement), dinner provided), don't hesitate to contact the GSA (gsa@itsa.ucsf.edu).

Chancellor's Award for Public Service

The chancellor's office is seeking nominees for the 2002 Chancellor's Award for Public Service.

This annual award recognizes three individuals — one faculty/academic, one staff and one student/resident/postdoc — for outstanding public service in an off-campus community setting. Each recipient of the award will receive \$2,000.

Nomination forms are available at the chancellor's website,

<http://chancellor.ucsf.edu/> under

Chancellor's Awards. Nominations must be submitted 5 p.m. on Friday, February 1, 2002. The awards will be presented at a luncheon for the winners as part of Founder's Day festivities on April 24, 2002.

Synapse Needs Writers!

Synapse is your paper. All UCSF students are invited to our free lunch every Thursday at noon in MU 123W. Eat, meet fellow students, kick around story ideas. No experience or expertise needed!

**Come to lunch, or call (415) 476-2211
or contact synapse@itsa.ucsf.edu for more info.**

UCSF news

From UCSF Today

Vice Dean for Research Appointed for School of Medicine

Longtime UCSF faculty member Keith Yamamoto, PhD, chair of cellular and molecular pharmacology, has been named to the newly created position of vice dean for research in the UCSF School of Medicine.

A leader in the medical school and campus at large, Yamamoto served a critical role during the exhaustive deliberations on planning for research laboratories and deciding who would be the first researchers to move to Mission Bay.

Haile Debas, dean of the UCSF School of Medicine and vice chair of medical affairs, appointed Yamamoto to the new post so he could guide the school's growing research enterprise, particularly two new clinical research initiatives and the relocation of basic science faculty to Mission Bay.

As vice dean for research, he will serve as administrator, program developer, and primary liaison between the School of Medicine and the campus Office of Research Affairs, other UCSF schools and universities.

New Chief of Pediatric Cardiothoracic Surgery

Tom R. Karl, MD, a specialist in surgical treatments for highly complex heart problems in newborns and children, has joined the UCSF School of Medicine and UCSF

Children's Hospital as chief of pediatric cardiothoracic surgery.

"We are delighted to welcome Dr. Karl. He leads the surgical team of Northern California's largest and most respected program for diagnosis, treatment and repair of children's heart defects," said Mark Laret, CEO of UCSF Medical Center.

Karl spent six years as director and ten years on the faculty of the cardiac surgical unit of Royal Children's Hospital, affiliated with the University of Melbourne, Australia. One of the largest and most prestigious pediatric cardiac surgical programs in the world, this hospital is a main referral center for children with serious heart defects from all of Australia, and its heart program's results in patient survival are among the best in the world. Karl returned to the United States in 1999 to join the cardiac surgery faculty at Children's Hospital of Philadelphia, and comes to UCSF from there.

A native of Buffalo, N.Y., Karl received his medical and surgical training at SUNY Stonybrook, Yale and in the United Kingdom.

Before joining the faculty in Melbourne, he came to know San Francisco and UCSF well during five years as a leading pediatric cardiothoracic surgeon at Kaiser Permanente Medical Center here.

Physiology and Neurology Professor Wins Award

Fen-Biao Gao, PhD, assistant investigator at the Gladstone Institute of Neurological Disease and UCSF assistant professor of physiology and neurology, is one of six sci-

entists selected to receive a \$300,000 award from the McKnight Endowment Fund for Neuroscience.

McKnight's Neuroscience of Brain Disorders Awards go to scientists who are working toward strategies to prevent, diagnose, and treat diseases of the brain and nervous system.

Gao received the award for the project titled, "Genetic Dissection of Fragile X Mental Retardation in Drosophila." Fragile X syndrome is the most common inherited form of mental retardation.

Patients' nerve cells have abnormal dendritic spines. Gao will use fruit flies as a model to analyze a gene known to be associated with Fragile X syndrome. He hopes to find out what controls the growth and branching of dendrites — outgrowths of the nerve cells that carry information — and what causes defects. He also will try to identify and characterize proteins and RNA targets with which the gene interacts, and which may suggest potential drug therapies in the future.

"We also hope to find other genes that function in this pathway," Gao says. These studies and related projects in the lab might offer clues to additional developmental neurological disorders and age-related neurodegeneration.

The McKnight Endowment Fund for Neuroscience is an independent organization funded solely by The McKnight Foundation of Minneapolis, Minnesota, and led by a board of prominent neuroscientists from around the country.

For daily updates on news about UCSF, see UCSF Today at www.ucsf.edu/today

Call for Abstracts!

CAREER & RESEARCH DAY

February 27, 2002 (Wednesday)

Submit an abstract for the poster session!

Show your hard work to your peers and the

campus community. All students whose abstracts are accepted will receive a \$50 award and lunch. The student poster session will be held from 12-1:00 pm, Millberry Union Conference Center.

Abstracts due: January 20 (email only)

For more information contact:

Graduate Students' Association, MU-108W

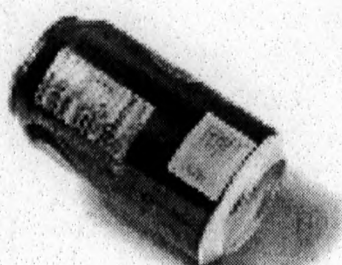
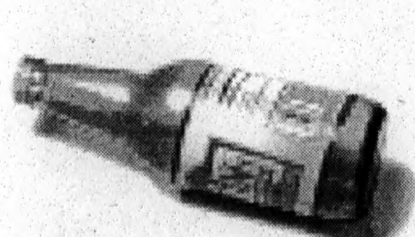
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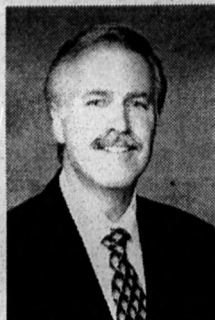
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Osteoarthritis of the Knee Research Study at San Francisco General Hospital

1. Have you been diagnosed with Osteoarthritis of the Knee?
2. Do you suffer from knee pain?
3. Are you 40 years of age or older?

If so, you may be eligible to participate in a research study using the dietary supplements, Glucosamine and Chondroitin Sulfate as investigational medication.

Free disease evaluations, physical exams, study medications
and up to \$220 reimbursement upon completion.

For More Information please call (415) 206-8644

Visual Development Studies at Smith-Kettlewell

Scientists and eye physicians at The Smith-Kettlewell Eye Research Institute are studying visual development in adults and children. People with amblyopia, sometimes referred to as "lazy eye," and people with strabismus (misaligned eyes) may be eligible to participate in the study. The research is being conducted by Dr. William Good and Dr. Anthony M. Norcia. Participation is totally voluntary and involves measuring visual function by placing sensors on the back of the head (Visual Evoked Potential). This test is not invasive and measures the brain's response to visual targets. In another study, you may be asked to tell us when you see certain visual targets. We pay research subjects \$20.00 per hour for their participation in these studies to help compensate for travel-related expenses.

If you wish to participate you may contact Lisa Young at 345-2075. Smith-Kettlewell is located at 2318 Fillmore St., San Francisco 94115.



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