



## A Bridge Not Too Far

You may not have seen it much lately, but there's a world-class landmark out there in all the rain and fog. What with all the crummy weather we've been having, you may have forgotten what the Golden Gate Bridge looks like. As a public service, *Synapse* runs this recent photo as a reminder of what a non-rainy night looks like. Photo by Brad Morikawa.

## Learning About the Art of Healing

by Emily Baldwin

One of the first things I realized about medical school was that learning does not end when you leave the classroom or close the syllabus. In fact, it was quickly apparent to me that some of the hardest lessons—the moments that would keep me up at night—would take place outside of a structured learning environment. When I interviewed a young man with sickle cell anemia, exchanged emails with a person diagnosed with Huntington's disease, and assisted at the birth of a beautiful baby who died unexpectedly several days later, no amount of biochemical knowledge or mastery of renal physiology could have helped me to make sense of the experience.

Sometimes the day-to-day business of medical school is so consuming that it becomes easy to neglect these lessons. In fact, when I sat in a small group and heard myself saying, "I don't know...I don't know..." I started to wonder what I was doing in medical

school at all. It was easy to feel belittled by the sheer enormity of the tasks ahead and my own sense of ignorance. If only I had a better memory, if only I procrastinated less, if only I....the sense that I needed to be someone else in order to be a doctor was a tremendous struggle during my first quarters of medical school.

Without knowing what to expect from the course, I signed up for "The Healer's Art" last winter, and I suspect that this was the single most useful experience of my medical education to date. Dr. Rachel Remen, the nationally acclaimed author of "Kitchen Table Wisdom" and other books on healing, offers the course as a way to help medical students become more thoughtful and fulfilled practitioners. It was in this course that I was finally able to learn about and understand some of those deeper lessons and, in the process, to figure out what I might personally have to offer to the

medical field beyond my glaringly imperfect knowledge base.

Students in "The Healer's Art" have the opportunity to hear Dr. Remen and a cluster of highly trained physicians speak on topics that are not covered anywhere else in the medical school curriculum. And many of these talks discuss how to recognize and make full use of one's own strengths and weaknesses as a physician. I was completely unprepared for how much I would come to look forward to these evening class meetings at the Alumni House. For the first time, I was being trained to think about myself as a healer in the fullest sense of the word: rather than trying to fill my mind with more foreign words and obscure facts, I found myself identifying the moments in my life that had brought me to medicine, and the ways in which I had already used my own background to heal and care for others. It was a posi-

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## UCSF news

### Six Win Diversity Awards

from *UCSF Today*

Six campus members have been named winners of the 2002 Martin Luther King, Jr. award for their extraordinary efforts to promote diversity at UCSF. The winners of the annual MLK awards are:

- Jose A. Mirelez Jr., a fourth-year dental student;
- Fred Moore, a graduate student;
- Michael L. Penn Jr., PhD, a student in the Medical Scientist Training Program (joint MD/PhD program);
- A. Eugene Washington, MD, chair of the department of obstetrics, gynecology and reproductive sciences, and director of the Medical Effectiveness Research Center for Diverse Populations (MERC);

• Sheila Antrum, assistant director, Support Service Planning and Analysis, for the Medical Center, and;

• Ronald D. Nelson, chief of the UCSF Police Department.

They will be honored on Wednesday, January 23, at a ceremony, noon to 2 p.m., in Cole Hall. The ceremony is part of Martin Luther King Jr. Commemoration Week.

### Martin Luther King Week

The campus will celebrate its annual Martin Luther King, Jr. Commemoration Week with a series of events, Jan. 22-25. The theme for this year's celebration is "Celebrate Character, Teach Tolerance."

Here is the schedule of events organized by the campus MLK Commemoration Week Committee:

On Tuesday, January 22, Pulitzer Prize winner Leon F. Litwack will deliver the keynote address, "Trouble in Mind: African Americans and Race Rela-

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## health & science update

by Dustin Mark

### Might as well flip a coin

Most people who visit their doctor for a fever and a cough, runny nose, or sore throat expect to be given antibiotics, but only about half are. This is consistent with the belief that roughly 50% of patients presenting with these symptoms are infected with viruses, not bacteria, and are therefore not treatable with antibiotics. Some people may argue for the prophylactic benefit of taking antibiotics, since certain bacterial infections are known to follow viral infections (i.e. staphylococcal pneumonias following influenza infection). This may have been the old school of thought, but with the recognition of drug-resistant bacteria, physicians have increasingly pocketed their prescription pads and reached for free samples of Tylenol products instead.

In the end, the physician's clinical judgment must be relied upon in determining a viral or bacterial etiology. Throat and nasal cultures can always be taken, but these tests require days for a definitive answer.

So how good are physicians at making the diagnosis on the spot? A study in the *British Journal of General Practice* looked at the ability of a wide variety of physicians to make the right call in a cohort of 250 patients with a fever for less than a week and who also complained of hoarseness, runny nose, or sore throat. 167 of these patients were found to have a single infectious agent causing their symptoms. Of these, the physicians judged that 90 had a bacterial/atypical etiology, and 77 were infected with viruses. Using blood samples obtained during the office visit and four weeks later, the investigators conducted serological testing to confirm (or dispute) the physician's suspicions. The results: with respect to the ability to correctly determine a bacterial etiology, the physician's judgment had a positive predictive value of 50 percent and a negative predictive value of 60 percent. In other words, only half of the suspected bacterial infections turned out to be bacterial, and 40 percent of the suspected viral infections were actually bacterial.

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## UCSF announcements

### Student Academic Enrichment Programs

Now enrolling:  
Course #1: "Working with Data Using Excel and Visual Basic for Applications: A Task Oriented Approach for Efficient Analysis and Visualization of Data"  
Excel is a ubiquitous and useful program for doing data analysis of moderate scale. Excel can be programmed, using Visual Basic for Applications (VBA), to do repetitive and/or complex tasks very efficiently. The goal of this class is to learn several useful (and easily modifiable) programmed tasks for Excel to make data analysis, visualization, and tabulation more efficient and less error-prone.  
Wednesdays, February 6 – March 6 (five sessions)  
N735 (Nursing Computer Lab), 5:30-7:30 p.m.  
\$20 for Students, \$35 for Postdocs (similar courses outside UCSF can run over \$500!)

Registration Deadline: Friday, February 1, or until course is full.

For information on who should take this course and course prerequisites, see <http://saawwww.ucsf.edu/enrich>  
To register: contact Jenny Phelps at [jenny@saa.ucsf.edu](mailto:jenny@saa.ucsf.edu)

Course #2: "Practical Strategies for Organizing and Writing Your Thesis"

This four-hour workshop covers essential "nuts and bolts" topics such as:

- Where to begin your thesis and how to keep going
- How to move from research to writing, to revising, to finishing
- Practical advice on organizing, outlining, and setting realistic goals
- How to develop effective relations with faculty evaluators

Saturday, January 26, HSW303, 9 a.m. – 1 p.m.

FREE

Registration Deadline: Friday, January 25

For information on who should take this course, see

<http://saawwww.ucsf.edu/enrich>

To register: contact Dan Judd at [dan@saa.ucsf.edu](mailto:dan@saa.ucsf.edu)

### Child Care Resource

Looking for infant care? Need a preschool? 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](mailto:garlandj@medsch.ucsf.edu)

## grand rounds and seminars

Wednesday, January 16

Dept. of Endocrinology

Langley Porter Auditorium (LPPA 190), 8:15 a.m.

"Insulin, Mineralcorticoids, and the Link Between Diabetes and Hypertension"

David Pearce, MD

Thursday, January 17

DGIM Primary Care

400 Parnassus — 4th Floor, A455, 8-9 a.m.

"Cross-Cultural Issues in the End of Life Care"

Tung Nguyen, MD

Dept. of Pediatrics

N217, 8-9 a.m.

"Poison Control"

Kent Olson, MD

Dept. of Medicine

N225, noon-1 p.m.

"Updates in General Internal Medicine"

Eliseo Perez-Stable, MD

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

Monday, January 14

Dept. of Microbiology and Immunology

HSW301, 5 p.m.

"Signal Transduction During Natural Killer Cell Activation: Inside the Mind of a Killer"

Paul Leibson, MD, PhD

Mayo Clinic

Tuesday, January 15

Dept. of Obstetrics, Gynecology and Reproductive Sciences

N-217, 9-10 a.m.

"Ovarian Masses: Using Doppler Effectively"

Roy A. Filly, MD

## events, speakers, etc.

Empact! Presents©

General Info, 415-476-2675

### Blues Orbit

UCSF's Winter Blues Series Featuring Bobby Webb and Band  
Thursday, January 24, 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.

### Brown Bag Lunch

Wednesday, January 16, HSW300, noon-1 p.m.

What You Need to Know About Bioterrorism

An historic overview of bioterrorism, discussion of how the current anthrax outbreak and an exploration of ways that institutions and individuals can be prepared. George W. Rutherford, MD

### Student Enrichment Series

Tuesday, January 22, Cole Hall, noon-1 p.m.

Martin Luther King, Jr. Week Celebration — Keynote Address

Professor Leon Litwack is a Pulitzer Prize winner and an expert on the historic struggles of African Americans. He fully understands and con-

vincingly 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 in 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 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 476-1115

### Entrepreneurs Meeting

The UCSF Entrepreneurs Discussion Group (EDG) meets every Wednesday from 6:30-7:30 p.m. in S20. 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.

Contacts:

KT Moortgat at [edg@mika-i.com](mailto:edg@mika-i.com)

Peter Mui, 510 540 8318,

[pmui@home.com](mailto: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.

**Have an event you want listed on Page Two? The deadline for each week is the preceding Friday: we publish every Thursday throughout the school year.**

**Questions? Email [synapse@itsa.ucsf.edu](mailto:synapse@itsa.ucsf.edu) or phone 476-2211.**



## opinion

# Of Beers, Showers, and Canadians

by Corey Long

As a student, going home for the holidays makes me continually realize there are still some things that I do very poorly when left to my own devices. Having a kitchen floor with movie theater-quality stickiness is not the way to go. It turns out that it is actually possible to keep a plant alive longer than the time it took to get it home from the store. But most glaringly, I can't cook a meal worth the weak aluminum my "silverware" is made of. There is, however, a price to pay for this most disappointing, yet sultry, lesson: two weeks of home-cookin' seems to have way more calories than two weeks of ramen and burritos.

Like it or not, most students return from break with more than another sweater they won't wear. This invariably means a trip down to Milberry for some reps, the park for a run, or the local jai alai gym for some jai alai-ing. Accordingly, after all of that hard work, sweating and puffing, you deserve a reward that goes beyond the harsh jets of steamy water which invariably await your smelly, tired butt. Enter beer.

## Requiem for Innocence

I can't remember my first fight, and my high school graduation is a bit of a blur, but I will never, ever, forget the day I popped my shower-beer cherry.

*It was a chilly October night, one permeated with a profound, gelatinous sense of excitement and accomplishment (or was it relief?) for the hundreds of young scholars who had just taken their first step toward the official fulfillment, albeit distant and fraught with encumbrance, of the Organic Chemistry requisite. Research-oriented, pre-medical, masochistic, and those students soon forced to retreat to a degree concentration of Psychology or Communications, all rallied, extolling their triumph against ghastly, sadistic, administratively-imposed odds meant to tear them apart. Engagements were made to express and celebrate the student solidarity; plans of a more appropriate place, a more appropriate time, under the solemn glow of neon beverage signs, with the stapes and uncus shaken this way and that by the exquisite vibrations of Snoop and his acquaintances.*

An athletic event between the test and party necessitated my showering. My roommate, both in the same class and heading to the same party, suggested that a bottle of Labatt's, located conveniently in the omnipresent dorm-style fridge, might hit the spot while shampoo-rinse-repeating. And so we showered (separately), enjoying a cold, weak beer from the Great White North in the process. I was reborn, and subsequently took back all of the jokes I had ever made about Canadians, save those directed at Mounties or Quebec.

## The First Rule of the Shower-Beer is, You Don't Talk About the Shower-Beer

Now, my shower-beer recommendation comes to you, my people, not unconditionally. First, the shower-beer is not a morning-beer. Certainly, this seems a tempting prospect *prima facie*, but the consequences to body, mind, social standing, and personal hygiene are too dangerous to duel with. This is an especially important point should you have a job, say, as an air-traffic controller; authority figures, from what I understand, frown upon "eye-openers" (unless you live in France, in which case it's mandatory.) Thus, unless a hopelessly lateriser, the shower in which the shower-beer is partaken should be, at least, the second of the day.

Personal preferences vary widely, but selection of the intoxicant with which to enliven your shower and broaden your horizons should be taken as seriously as the name of your first born child, unless you are simply planning on naming the child after yourself, in which case you have the imagination and sense of decency of a Fig Newton. Some prefer dark canned beers, still others actually imbibe wine, while I remain loyal to my sentimental favorite, the pale bottled beer. Temperature is also of critical importance; ice-cold beer in a hot shower can bring to your very bathroom a microcosm of the pleasure experienced by a short romp in the snow, followed by the swift return to the jacuzzi.

Finally, the enjoyment achieved from a shower-beer is directly proportional to your current state of exhaustion, anticipation, or relaxation. Please, no angry shower-beers; there are programs, inherent to which are a multitude of small paces, also called "steps," the enrollment in which may be necessitated for habitual offenders of this edict.

## Don't Be That Guy

We all have that friend who won't try sushi simply because he doesn't like the idea of eating raw fish...nobody likes that guy. I was once naïve, a bit intimidated and repulsed by the idea of actually drinking while cleansing. I'm not at all religious, but I thought there was something decidedly evil about the whole thing, like God would backhand me should he mistakenly gaze upon my shower rather than that of the sorority girls down the hall. Cool, foamy heads thankfully prevailed. Remember, everything is new the first time you do it. So, hit the showers, and if you're anything like me, you may want to consider a cup holder for the shower wall. C'mon, life is short, and with that in mind, I'm taking back my promise: I mean, Canada is pretty much just asking for it. Eh?

# It's a Bird, It's a Plane, IT's Totally Lame!

by Anu Sinha

A couple of years ago, a rumor was spread on the Internet. This wasn't your typical Internet rumor about some five-year-old with a rare disease whose final wish was to jam the world's e-mail servers with mass chain mails, this rumor was of a new product that would change the way the world would function. This product was known by the code names "Ginger," or simply, "IT." Only a select few knew what this product was; Apple CEO Steve "I need a" Jobs was one of them. According to him, IT would be bigger than the PC and would fundamentally change the way human civilization functioned. What was this miraculous invention? For a while, no one knew.

Sometime late in 2000, a picture of the invention was made public by the United States Patent Office; it looked to be a girl riding a scooter. But wait, this invention was supposed to change the universe, maybe it floated through the air or used water for power. For about a year, people postulated and theorized as to what it actually was. Then finally late last year, the invention was finally revealed by Segway Enterprises.

First a little history: Segway is the brainchild of inventor Dean Kamen. Kamen first achieved fame in college by inventing a device that can automatically dose and dispense medication, a device that in its newer incarnation is in use by every hospital in the world and has likely saved many lives. See-

ing this first bit of success, he dropped out of college and became a full-time inventor. Perhaps the most famous of his 100+ patents is a portable dialysis machine and IBOT, a wheelchair that can run over sleet, snow, freezing rain, ice, and climb stairs. Interestingly, the IBOT could not be knocked over, which, along with the notion that cars were not the best method of getting from A to B, was the inspiration for IT.

Like most inventors, Kamen is quite the eccentric. With the riches he's made from his assorted inventions, he bought an island off the East Coast of the United States and had it declared a separate country. One unit of currency in his country equals 3.1415 ( $\pi$ ) U.S. dollars, and he even had President George Bush, Sr. sign a mutual non-aggression pact.

So what exactly is IT (an invention that cost over \$100 million to develop)? What was the magnanimous invention that looked like a scooter but promised to change the world forever? Well, it was released about a month ago, and behold in all its glory, it was an electric scooter.

Perhaps calling it an electric version of the Razor is a little harsh. It claims to have a gyroscope that makes it impossible to knock over. I'd like to try that going down Mt. Parnassus. On second thought, that's probably a bad idea, as I'm likely to run into

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# Quack

by Melinda Barnett



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## music

# Experimental Music Benefit for KUSF at the Great American Music Hall

by Dylan Bartley

It was an evening of men dressed in see-through evening gowns, pale painted faces, burning candles in the audience, the good old Satan hand sign, women in corsets and masks, a lecture on the big sleep disorder of Crab Narcolepsy, and a display of some of the best experimental Bay Area musicians.

Sleepytime Gorilla Museum, Mark Growden's Electric Piñata, The Splatter Trio, and Faun Fables all showed up recently to support the University of San Francisco's radio station. I suppose praising another institution's radio station goes

describes their haphazard explorations in music, reminding one of jazz, funk, and rock at various times. They each played at their own pace, fooling around with their instruments to create a dissonant, arrhythmic music that came together occasionally. And when it did mesh, it made me thankful I didn't step outside for some fresh air. Boisen describes their live show as a chance "to see us creating our art in front of you rather than offering prepackaged musical experiences."

Mark Growden's Electric Piñata was the most rockin' band of the evening. They put

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Although four bands graced the stage, it seemed like it was one big group of musicians taking turns to play with each other.

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against all that school spirit, rah rah stuff, but seeing as how we don't *have* any student radio station to brag about, I'm going to say thank you to KUSF 90.3 FM for putting together a great benefit concert. As an independent college radio station, they have some great programming which has been opening ears to good new music since 1977. But like all non-commercial radio organizations, they have been struggling with funding, particularly in 2001 when their transmitter broke down. So what greater way to raise funds than keeping the focus on the music by getting together some local bands at the Great American Music Hall, an intimate venue with class and character?

Although four bands graced the stage, it seemed like it was one big group of musicians taking turns to play with each other. Many of them play in each others' bands and have two or three side projects aside from their main focus. Lead singer of Sleepytime Gorilla Museum, Nils Frykdahl, said one of the songs played was the product of an event where they got together for an entire day and wrote 20 songs each and then shared them at the end of the day, a sort of forced musical creativity. So, although the music of the evening spanned a variety of genres, there was a cohesiveness about it all.

If I had to choose two adjective to describe the whole thing ... dark and complex. If I had three, I would throw in talented. But I don't.

Faun Fables was the first group to take the stage, led by veteran folk storytelling mistress Dawn McCarthy, and Frykdahl. McCarthy lulled us with her powerful and sweet voice, singing songs from their musical, which is on schedule to be completed and performed in a small theater or somebody's living room by September. They sing a dark fairytale style of folk music with classical guitars, autoharps and pennywhistles.

Next was The Splatter Trio with Myles Boisen on double necked guitar (which he fully utilized in ways I had never imagined), Dave Barrett on saxophone, and Gino Robair on drums. Their name very well

together some passionate and cleverly written songs about old girlfriends and Satan. Boisen remained on stage playing a collection of more listenable guitar riffs to accompany Growden's furious accordion sounds. His voice was a surprise which echoed out of the dark hall purely and full of emotion. Also of note was their percussionist who played, among other odds and ends, a set of keys and cymbals that kept falling apart.

It became obvious, however, that most of the hipster goth crowd were there for the headliner, Sleepytime Gorilla Museum. I had been told by a friend that I must go see this band live, although when I heard their CD, I wasn't impressed. But the word on the street was true; a Sleepytime live show is not to be missed. Their music was pure performance, with actors from the dance company Inkboat helping out to fill the stage with eye candy, while the band staged narcoleptic episodes. Their music is heavy and industrial with lots of screaming and hitting things like rotary saw blades, lead pipes, and metal pans to accompany their drum set. But they also rose above your typical industrial noise to provide melodic and sweet interludes with electric violin, autoharp and soft voice. So if you ever see the name Sleepytime Gorilla Museum on the marquee and are ready for a show which may frighten and hypnotize at any moment, buy a ticket. Dylan Bartley is a first year Physical Therapy student.

## 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.



## food

# Empress Garden: Bargain Bistro

by Rita Ng

Having traveled throughout the Far East on numerous adventures, I must admit that I am a bit critical of the authenticity of "Chinese" restaurants in America. Growing up in a small town where my family was the entire population of the Asian community, the only Chinese restaurants consisted of three items on the menu: fried rice, egg rolls, and fortune cookies for dessert. Thus, moving to the bustling city of San Francisco was as much a culture shock for its vast array of culinary offerings as for its crowded streets and skyscrapers. There is probably no better place in the world – other than China itself – to experience the culinary delights of traditional Chinese cuisine.

Nestled on the corner of 9th and Judah, Empress Garden reminded me of a casual little hangout where friends gather for a meal at the end of a long week to catch up – only with an Asian flair. Noisy without being disruptive, we could hear the clangs of the pots in the kitchen and smell the savory aromas. We were seated immediately and the waitress brought out "gook poh" tea per our request, a fragrant tea charac-

terized by little white flowers. As a group, we decided on ordering a "Woa-Choi." This is a family style meal that is not supposed to be a fancy banquet, but rather served as a daily dinner. The menu is already pre-set by the restaurant for a bargain price and it normally consists of three, four, or five dishes along with a soup and dessert, depending on how many people are in your family. Although there were five of us dining, we ordered the \$28 menu (other options included a \$18, \$48, \$78, and more

pricey banquet menus) which consisted of 5 main courses, soup, and dessert. We began our meal with a steaming West Lake Beef Soup, a popular dish in China. This consisted of a delicious blend of dried scallops, whisked egg whites, tofu, and ground beef that was topped with fresh green cilantro. Particularly since it was a cold and rainy evening, the hot soup was perfect to quell our appetites until the main dishes arrived.

We did not have to wait long as our first dish of steamed chicken in wine sauce was brought to our table. The chicken was well presented surrounded by a circle of baby bok choy and ginger dip. While tender, the chicken seemed a bit bland and was not braised long enough to absorb the flavors of the wine. The house special – pork spareribs – was the next item on the menu. The spare ribs were placed in an egg flour mixture, deep fried, then coated in a sweet and sour marinade. Tangy and crispy, the pork was a delicious combination of flavors. The third dish we had was a cold plate of jellyfish served on top of fresh shredded lettuce and tomatoes. Seasoned with sesame oil, sesame

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**All in all, the dining experience at Empress Garden was a terrific bargain for the price, quantity, and quality of food.**

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seeds, soy sauce, and mild spices, the jellyfish was crisp and the fresh vegetables added a nice balance to the heavier meat dishes. The fourth dish consisted of sautéed seafood with vegetables. It had a beautiful presentation and was probably the most delicious entrée of the "Woa-Choi." Fresh celery, carrots, button mushrooms, and onions were stir-fried with three selections of seafood (squid, shrimp, and flounder). The stir-fried vegetables blended nicely with the seafood and provided a nice texture contrast.

Unfortunately, the last dish was not particularly desirable – which we rather expected given the name of the entrée: "Fried beef with mayonnaise sauce." However, since the dish was already part of the pre-set menu, we had no choice. The deep fried beef was coated in a white mayo sauce and combined with red and green peppers. The one redeeming quality about the dish was the crunchy pine nuts sprinkled on top of the dish which were tasty and fragrant.

In addition to the five dishes included in the "Woa-Choi," we also ordered an additional dish of beef tripe with black beans (\$3.75), a rich blend of tripe, black-bean sauce, onions, tomatoes, bell peppers, garlic, and spicy green peppers. Dessert was a sweet and syrupy soup that provided a nice

ending to the meal. We were presented with the traditional red bean soup, a great blend of soft beans in a creamy sugar base.

All in all, the dining experience at Empress Garden was a terrific bargain for the price, quantity, and quality of food. The restaurant offered generous portions and the "Woa-Choi" was definitely enough to feed our entire group. For the most part, the dishes were well presented and prepared. I would definitely recommend the bargain "Woi-Choi" meals and complement the meal by ordering other individual dishes. While not authentic enough to compare to the restaurants I have frequented in China, Empress Garden definitely has more than fried rice, egg rolls, and fortune cookies.

## Empress Garden

1386 9th Avenue

(415) 731-2388

food: ★★

ambience: ★★

cost: \$



**Empress Garden is easy on a student's budget.**

**Photo by Rita Ng.**

## Segway ...

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a double parked car and fall head first into an oncoming N-Judah. The IT is powered by a battery that can fully charge in two hours and can propel the scooter for a little over an hour while on flat land. Of course San Francisco is about as flat as the surface of the moon, so naturally you'd be screwed right? Well not exactly. The scooter can recharge while going downhill, but of course, it takes twice as much energy to go uphill.

So what does one do with an 80-lb., \$8,000 scooter that has a range of maybe 20 miles? Well, your average Joe probably has little use for one, though the Post Office and Forest Service have both ordered some ITs to test out. According to Kamen, a 60-lb. version that costs \$3,000 will be available late this year that will be more to the liking of the everyday citizen. Kamen admits that currently designed cities may be difficult to navigate with the IT, but says that the glory

days of IT will be seen in the planning of new cities in the developing world. Yeah sure, like Joe Third-Worlder has \$3,000 to spend on a scooter.

Perhaps more incredible is Kamen's claim that he envisions Special Operations Troops in the future to use these to navigate the battlefield and strike fear into the enemy. I can see it now: Osama Bin Laden running in fear as a bunch of Marines dash across the Afghan desert on a two-wheeled scooter. Perhaps he and his al Qaeda friends would die of laughter. (Please note, at the time of writing Osama Bin Laden was still on the run, if he is caught by the time you read this, please insert the name of your favorite dictator in his place.)

IT has some nice technologies but a world-changing, paradigm-shifting invention it is not. In its current form, it is big, bulky, expensive and thus impractical for anyone to use. What about the future? IT may go the way of Pokemon and fade into obscurity, or it may go the way of the airplane, an invention that was initially laughed at but now defines the modern world.

## Childcare Survey at UCSF

In April 2001 Chancellor Bishop appointed a committee to oversee implementation of campus childcare policy, particularly as it relates to recruitment, retention, and productivity of UCSF faculty, staff, and students.

In order to plan for future UCSF childcare facilities, the Chancellor's Advisory Committee on Childcare is launching a campus-wide survey to collect current data on the childcare needs of all UCSF faculty, staff, students, residents, graduate and research fellows. This is your opportunity to share your childcare needs and experiences. The results of the survey will be shared with Chancellor Bishop. The data will be used to develop short and long term plans to accommodate appropriate numbers of infants and children in UCSF childcare facilities and to address the unique needs of the UCSF campus community.

Surveys will be available via campus mail and at this website <http://128.218.117.224/wsveys/s/1348-cdgw/>

Please take the time to complete a survey. Your thoughtful responses will make a difference.



## sports

# An Idea That Could Bowl Over College Football

by Alan Huang

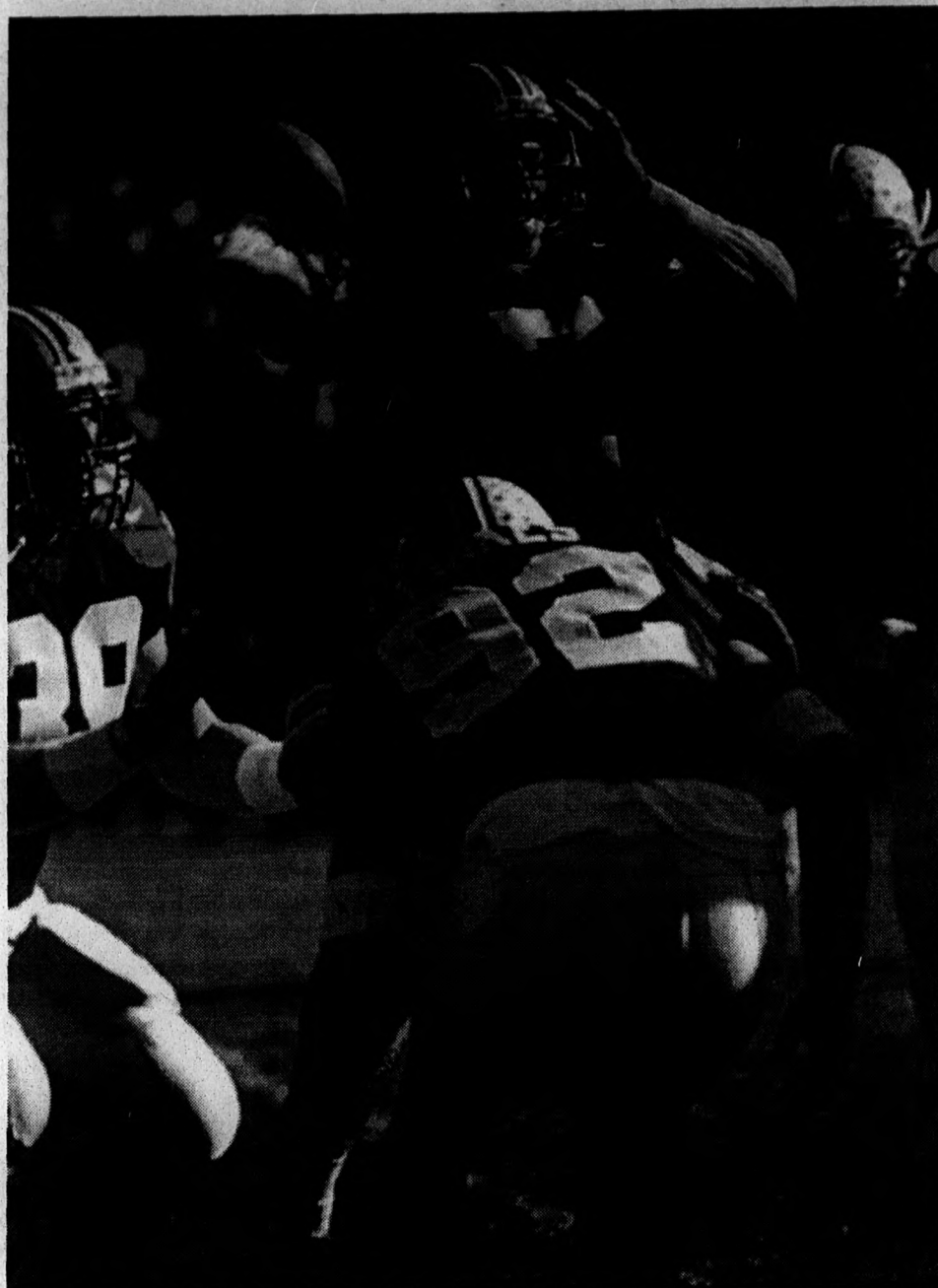
Could somebody please tell me the personal addresses of the computer mastermind(s) who have worked so hard this off-season to finally perfect those algorithms that determine our college football national rankings? Why, you ask? Well, I want to send them each my handwritten, heartfelt congratulations. You see, they're clearly doing a helluva job. I don't know about you, but my adrenaline was pumping and my palms were sweaty as the suspense was becoming unbearable last Thursday night. Sure, Miami had drawn first blood, struggling to take a 34-0 lead in the first few minutes of the game. But I just knew deep down that America's team, those beloved Cornhuskers of Nebraska, would soon make a comeback. I mean, it would only make logical sense given that these two teams were so closely matched according to those infallibly objective computers.

But as the game wore on and I watched Nebraska's Tim "Heismann" Crouch run option after option, running play after running play, I found myself wishing that this pathetic, overmatched, one-dimensional offense would exit stage left and be replaced with Joey Harrington and his mighty Ducks. Don't get me wrong, I'm not angry that Nebraska got a chance to play Miami after they were drubbed 62-36 by Colorado just a few weeks ago. In my mind they deserve a shot. I'm only mad that Oregon did not get their shot, too. After an exciting regular season of football, are we willing to settle for this perfunctory conclusion? Not me. I want to know if Miami can take on Oregon too. Hell, throw Florida into the mix. Texas for good measure. Okay, there is a good chance that Miami would have whupped them all too, but just ease my curious mind, for goodness sake. The college football season as it stands is like cutting short an intimate, passionate evening by saying, "Honey, I'm gonna go study

anatomy now." Exactly, ANTI-CLIMATIC!

Despite the failings of the current system, it is actually an upgrade compared to the system of just a few years back. Prior to the 1998 college football season, national rankings were tallied in two polls: the Associated Press poll and the Coaches' poll. Postseason play consisted of bowl games played on or near New Year's Day that would help to determine the national champions. The problem was that the organizers of some of these bowl games had discretion over what teams they could invite, and some of the bowl games were restricted to specific conference champions (i.e. Rose Bowl pitted the Pac-10 champ and the Big Ten champ). This created a scenario in which the #1 team, as voted by the media and the coaches, would most often end up NOT playing the #2 team because of both the flexibility and restrictions of the Bowl system. Controversy arose nearly every year, as well as the somehow unsatisfying crowning of "co-champions" as the Associated Press and coaches would occasionally disagree on who was the strongest team in the country. Clearly, something had to be done. Enter... the Bowl Championship Series, or BCS.

It's clear that the BCS has been a great improvement over the system of old, my earlier hostility was merely a product of watching bowl games this year with an average margin of victory of 22.7 pts/game. The BCS incorporates the aforementioned AP and coaches poll, as well as 8 other computer averages that take into account strength of schedule, margin of victory, "quality wins," etc. to determine the rankings. The good thing about the BCS is that the #1 and #2 teams according to the computer are guaranteed to meet in the national championship game. In the four years of its existence, at least one season (1999-



2000) ended in which sports fans across the nation clearly got to see the two best teams, Florida State and Virginia Tech play an electrifying title game. However, in other years, at least one or two teams had a legitimate beef for being excluded from the title game. Last year it was Miami, a couple of years back Kansas State, this year Oregon. One out of four years is not too bad, but there's clearly a better option. It's not like it hasn't been mentioned before. It's not as if it would be tough to implement. It's a play-off.

March Madness is the most exciting three weeks in sports each year. For those of you unfamiliar with that term, it is the time when college basketball's national champ is crowned. We can infuse some of that excitement into college football. Except for the 64 teams part. Unless we want to make the

players play on two days rest (not a good idea) or take two months to finish the play-offs, we'll have to limit the field to eight teams. True, there may be some grumbling from the #9 team and higher, but that's clearly something that people can learn to live with. Make an East and a West Region, rotating stadiums each year. We can even keep the silly names like "Chick-Fil-A Peach Bowl." Send four teams to each region with appropriate seedings, have an awesome showdown, end up with two remaining teams and play for the undisputed, undeniable, hands-down championship game in venerable Kezar Stadium, with free tickets for UCSF students, faculty, and staff. Long-standing debate over, climax recovered.

Alan Huang is a first-year medical student.

## UCSF Innovation Accelerator Presents:

### WRITING A WINNING EXECUTIVE SUMMARY

**DATE:** Tuesday, January 15, 2002 6:00 – 8:00pm  
**FEATURED SPEAKERS:** Robert Kim, MD, Earlybird  
 Reinhard Oesterle, PhD, Walden International Ventures

**LOCATION:** UCSF Parnassus Campus, Rm N-217

Writing an effective executive summary is an important step in creating a successful business plan. Whether you are submitting a business plan to a local competition or are a budding entrepreneur, this workshop will provide you with the tools you need to write that winning executive summary.

The UCSF Innovation Accelerator (UCSF-IA, <http://bird.ucsf.edu/ia/index.html>) is an exciting new program aimed at engaging and educating the UCSF community in entrepreneurial ventures. This integrated program originated from the Office of Industry and Research Development and is being led by UCSF students, post-docs and staff. UCSF-IA provides a forum for UCSF scientists/entrepreneurs to:

1. Build a community of Bay Area scientists and business professionals interested in life science innovation;
2. Develop ideas and innovations into fundable business plans through networking and training activities;
3. Gain an understanding of the business of science.

UCSF IA programs include:

- **Entrepreneurs Discussion Group** (Wednesdays, 6:30-7:30 PM, S174): Informally moderated discussions that give budding entrepreneurs a chance to present their innovations and questions to peers.
- **Innovation Workshops:** A series of seminars with life sciences-focus educate UCSF scientists/entrepreneurs on how to start up new life science companies.
- **Team formation and mentoring:** UCSF-IA enables the formation of teams for business plan competitions, and provides experienced professionals as mentors to teams that register with IA.
- **Executive Summary Awards and Team Recognition Dinner:** UCSF-IA will host an annual dinner to recognize UCSF business plan teams, and offer them an opportunity to network with venture capitalists and other business professionals.

Register on the IA email list to get the latest information and announcements about UCSF-IA events. In an email to [listserv@listserv.ucsf.edu](mailto:listserv@listserv.ucsf.edu), write: subscribe ucsf-ia <your first name> <your last name>

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<b>TRAINING DAY • R</b>	Th Jan. 17 5:45 & 8:00 pm
	F Jan. 18 6:30 & 8:45 pm
<b>THE CELLULOID CLOSET • NR</b>	Th Jan. 24 5:45 & 7:45 pm
	F Jan. 25 6:30 & 8:30 pm
<b>GHOST WORLD • R</b>	Th Jan. 31 5:45 & 8:00 pm
	F Feb. 1 6:30 & 8:45 pm
<b>TBA</b>	Th Feb. 7
	F Feb. 8
<b>TBA</b>	Th Feb. 14
	F Feb. 15
<b>HARRY POTTER AND THE SORCERER'S STONE* • PG</b>	Th Feb. 21 5:45 & 8:30 pm
	F Feb. 22 6:30 & 9:15 pm
<b>SPY GAME* • R</b>	Th Feb. 28 5:45 & 8:15 pm
	F March 1 6:30 & 8:45 pm
<b>MONSTERS INC. • G</b>	Th March 7 5:45 & 7:45 pm
	F March 8 6:00 & 8:00 pm

\*pending producer approval. Note all films are subject to change.

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## Art of Healing ...

from page 1

tive reminder that I was here for a reason, and that I, like each of my classmates, had a purpose in the pursuit of medicine that went far beyond the classroom.

While this may sound simple, "The Healer's Art" is not simply a course to help medical students feel better about themselves (although in the rainy dark of January this is certainly an added bonus.) In even broader terms, it was the first course in which I started to really think about why it is that medical students (and, I suspect, practicing physicians) so often feel "small" or "belittled" by their experiences in class and on the wards. The fact is that it is never comfortable to feel confused or lost. Yet, this is an inevitable part of the art of medicine and one that extends far beyond the mastery of any of the basic sciences. When a baby dies, or when a person struggles with daily pain and chronic disease, the questions of "why" and "what does it mean" are not merely scientific. They are, in fact, questions that point to our very understanding of what life means and what it means to heal. We are confronted with such questions on a regular basis, yet medical school itself offers few opportunities to grapple with them in a meaningful way.

Dr. Remen has worked extensively with people diagnosed with terminal disease, and through her stories the class began to talk about medicine and health in a way that allowed for more awe and more respect for the mystery of the human body. For me, this was a tremendous paradigm shift; rather than feeling small and belittled by my own incompetence in the face of an enormous task, I began to take pleasure from the vast world of medicine. Increasingly, I realized that I would never "know it all" and that this is not, in fact, the sole aim of medical school. Trying to master the unmasterable had been exhausting me, but when I allowed myself to step back and take a look at all the things in medicine that remain unexplained, all the puzzles that appear to have no solution, I realized that my struggle was both self-imposed and ridiculous. Medicine is not an opponent to conquer. It is, rather, one of the most powerful ways to witness the very best and worst that humanity has to offer. From such a perspective, Dr. Remen helped us to build strong and supportive groups of classmates and physicians — people to whom we could turn when the

human spectacle seemed overwhelming — and, most of all, people who could help us to become the very best witnesses possible. The specific lessons we took from the class were as varied as our personalities, but I know that each one of us felt braver, stronger, and more confident as a result.

I certainly would not say that the second year of medical school is "easy", but I do know that I am more confident of my own abilities. I no longer spend so much time questioning why I am here, and more than anything I find that I am able to enjoy this amazing world of healing that is being opened up to us. It is a shift in perspective that I will take with me through my career and it has been a crucial step in my own understanding of my role as a healer.

Emily Baldwin is a second year med student.

The Healer's Art course begins on Wednesday, January 16, 7 p.m., at the Faculty/Alumni House, 745 Parnassus.

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## UCSF News ...

from page 1

tions in the Twentieth Century," noon to 1 p.m., in N217.

The Dr. Martin Luther King Jr. Awards Ceremony will be held on Wednesday, January 22, noon to 2 p.m., in Cole Hall. (see above item).

On Thursday, January 24, Blues Orbit, a concert featuring world-class saxophonist Bobbie Webb and his band, will be held from noon to 1 p.m., in Cole Hall.

Thursday evening, Cole Hall Cinema will feature the film "Celluloid Closet" and a forum, 5:45 and 7:45 p.m., in Cole Hall.

This documentary explores sexual myths and how our attitudes about homosexuality and sex roles have evolved through the century. A short discussion will be held prior to the first showing. Admission: \$2.20 to \$4.

Finally, on Friday, January 25, Films on Parnassus will present at noon to 1 p.m., in HSW303, "All God's Children," a documentary about the Black Church embracing African American lesbians and gay men as dedicated members of its spiritual family.

"Coming Out, Coming Home" features excerpts from a film about Asian and Pacific Islander families with lesbian, gay, bisexual and transgender children, produced by UCSF's Trinity Ordon.

### Research Poster Session

The 15th Annual Medical Student Research Poster Session and Presentation of the Dean's Prize in Student Research will be held Wednesday, Jan. 23. The poster session will be held at noon in the Millberry Union Gym.

At 1 p.m., Haile T. Debas will present this year's Dean's Prize in Research to:

- Tamiko Katsumoto, fourth-year medical student, whose research is titled "The Role of GM-CSF in Hematopoietic Engraftment." Sponsor: Kevin M. Shannon MD, professor of pediatrics.

- Christopher Kagay, second-year medical student, "Modeling the Impact of HIV Adherence Interventions: Viral Load Suppression, Immunologic Preservation, Disease Progression, Death, and Cost-Effectiveness." Sponsor: David Bangsberg, MD, MPH, assistant adjunct professor of Medicine.

For daily updates of news about UCSF, see UCSF Today at [www.ucsf.edu/today](http://www.ucsf.edu/today)

## Health and Science ...

from page 1

The authors concluded that a physician's ability to correctly determine a viral or bacterial etiology was, "no more reliable than tossing a coin."

### The heart of the matter

Roughly 1.5 million people experience myocardial infarction every year in the United States. If cardiac myocytes are deprived of blood flow (ischemia) for extended periods of time, thus starving the cells for nutrients and oxygen, they undergo necrosis, i.e. cell death. Ultimately this dead tissue is replaced by scar tissue, rendering that part of the heart non-functional.

Current medical knowledge assumes that damaged cardiac tissue reverts to scar formation following ischemic damage because it lacks the potential for regeneration. Accordingly, cardiac myocytes are considered to be permanent cells, along with neurons and germ cells of the ovary, meaning that these cells are irreplaceable by natural processes.

However, other animals, such as amphibians, are capable of regenerating heart tissue. It has also recently been shown in the laboratory that endothelial cells from mouse hearts can transform into myocytes

following heart damage. Furthermore, researchers have begun to hint at the existence of previously undiscovered neuronal stem cells in the brain. All of these findings challenge the present day conception of permanent cells.

Now, in what has been called "incontrovertible evidence," researchers report that the human heart may possess mechanisms for the regeneration of myocytes after all.

The study, published in the January 3rd issue of the *New England Journal of Medicine*, analyzed tissues from female donor hearts that were given to male recipient cardiac transplant patients. In short, the team found that 7-10 percent of the myocytes and vascular cells had Y chromosomes, suggesting that these cells originated in the male recipient and had integrated themselves into the donor heart. They also found a higher proportion of cells bearing stem cell markers, such as c-kit, MDR1, or Sca-1, in the transplanted hearts as compared to normal control hearts, and that 12-16% of these cells had Y chromosomes in the transplant hearts.

The researchers concluded that large numbers of primitive stem-cell like cells migrated into the heart, and while these types of cells were also present in control hearts, they were more numerous in the transplanted hearts. This difference might represent a response to the damage incurred during transplantation.

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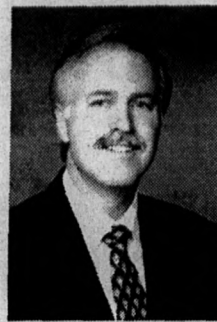
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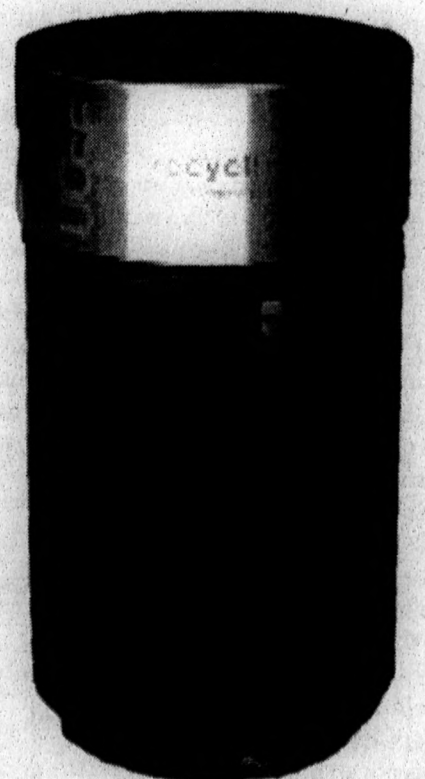
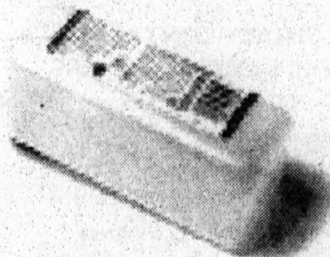
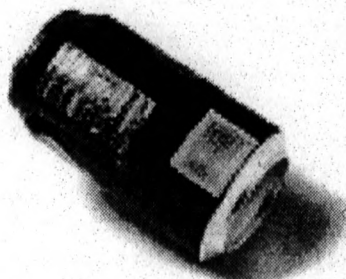
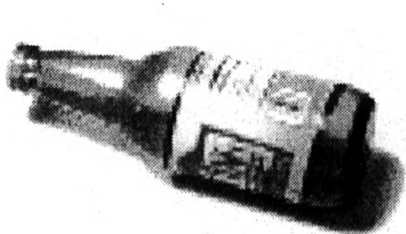
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