

# Emergency Preparedness: Are You Ready?

By **Aprille Espinueva**  
Staff Writer

Imagine the “big one” has hit San Francisco. The power is out, the phone lines down and major buildings and structures are collapsing. Emergency services are overwhelmed and you’re left on your own until help can arrive. How can you prepare in the event of a disaster, and what can you do to help?

On January 29th, the Students for Interprofession-

al Learning and the IHI Open School held the first of a three-part seminar featuring panelists Erica Artereros (SFFD, NERT from the Medical Reserve Corps), John Brown (MD, MPA, FACEP, Medical Director of SF EMS Agency) and Chris Jones (RN, MS, Associate Director of Homeland Security and Emergency Management). The discussion covered topics such as the basic necessities needed for disaster preparedness, the chain of events that occurs in such a situ-

ation and various volunteer opportunities for civilians and health professionals. The dominant theme was personal preparedness, something that should be taken seriously, for yourself, your family and in the workplace.

A disaster doesn’t depend on the number of casualties or people. No matter where you are, a disaster can overwhelm the number of resources that can

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## Are You a Good Cholesterol or a Bad Cholesterol?

Ricky Martinez and Sarah T. Carrillo perform at the Red Dress Fashion Show. Photo by Justine Ung

# Red Dress Fashion Show Has Heart

By **Danielle Parmley**  
Contributing Writer

The Red Dress Fashion Show is a fundraiser that aims to educate the public about heart disease in women and to benefit the American Heart Association. The event took place on February 24, in Cole Hall. Guests enjoyed heart healthy refreshments and bought raffle tickets to support the American Heart Association before the show began.

At the beginning of the show, the audience was touched by the personal story of Alexis Trotter, an 18-year-old woman who has been battling

heart disease since the age of four. Her poise and dedication were inspiring to everybody and really defined the aura of the show’s true spirit. After Alexis’ speech, students and faculty from the School of Pharmacy as well as students from the medical and dental schools walked down the runway, helping educate the public about heart disease by acting out various facts pertaining to heart health during the lecture.

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## UCSF Celebrates

# National LGBTI Health Awareness Week

## Synapse Staff Report

The week of March 8-13 is LGBTI National Health Awareness Month, and UCSF will be taking part with a number of events. The schedule of events follows:

### TRANSGENDER HEALTH 101

Thursday, March 5, 5:30pm, Nursing 225

Join transgender physician Nick Gorton for a comprehensive overview of the health needs of transgender patients, viewed by many as “the most medically underserved in the U.S.”

### THE NATIONAL LESBIAN HEALTH SUMMIT

Friday, March 6 - Sunday, March 8, Medical Sciences Building (mostly).

Visit [www.lesbianhealthinfo.org](http://www.lesbianhealthinfo.org) for all the details.

### FIXING SEX: INTERSEX, MEDICAL AUTHORITY & LIVED EXPERIENCE

Tuesday, March 10, 12-1pm, HSW-302

What happens when a baby is born with “ambiguous” genitalia or a combination of “male” and “female” body parts? Join Stanford medical anthropologist Katrina Karkazis for a fascinating discussion of her acclaimed new book, *Fixing Sex: Intersex, Medical Authority & Lived Experience*, described as “a nuanced, compassionate picture of charged issues. . . the first book to examine contemporary controversies over the medical management of intersexuality in the United States from the multiple perspectives of those most intimately involved.”

### THE INS & OUTS OF GAY SEX: WHAT GBQ MEN & THEIR PROVIDERS NEED TO KNOW

Wednesday, March 11, 12-1pm, S-214

Join renowned gay surgeon Stephen Goldstone, MD, for a candid, information-packed, entertaining discussion of male-male sexuality and its health implications. Dr. Goldstone, medical director of [gayhealth.com](http://gayhealth.com), will discuss how gay/bi/queer men can maximize their pleasure while staying safe, what they need to watch out for, when pap smears

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# Dancing for a Cure 2009!

By **Karine Michaud**  
Contributing Writer

Spring Dance Inspiration – A Cure for Brain Tumors – is back! Join us for two days of passionate international dance showcase on Saturday, March 21 and Sunday, March 22 2009 at the Cowell Theater at Fort Mason Center in San Francisco.

Internationally recognized dancers as well as local Bay Area dancers will perform at the event. They will be donating their talents to help raise awareness of brain tumors and funds for the National Brain Tumor Society (NBTS)

Spring Dance Inspiration is an annual event in which San Francisco

Bay Area artists perform with their feet and their hearts to provide support for brain tumor patients and their families. Over the last two years, this dance showcase has raised over \$70,000 for the National Brain Tumor Foundation (NBTF).

Spring Dance Inspiration is produced by two individuals, Tomoko Ozawa M.D., Ph.D. and Kumiko Dews (TK Fundraising Productions, TKFP) whose mission is to produce high-quality cultural and artistic fundraising events for non-profit anti-cancer organizations. Ozawa practiced as a neurosurgeon in Japan before moving

to San Francisco to study the cause and treatment of brain tumors at the UCSF Brain Tumor Research Center. Since 1994, Ozawa has dedicated her professional efforts to identifying new therapies for improved outcomes for brain tumor patients. Dews holds a degree in design and has worked in commercial design in Japan before moving to the U.S. Also a flamenco dancer, Dews has studied at the Flamenco Festival de Jerez in Jerez, Spain, and performed in San Francisco.

NBTS will be the beneficiary for this

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upcoming events & more at ucsf

Entertainment

**CLS Arts & Events**  
**For more information, call 476.2675**  
**artsandevents@ucsf.edu**  
**www.campuslifeservices.edu/artsevents**

**The Chancellor's Concert Series**  
Winter 2009 Season  
Thursdays  
Noon–12:15: seating  
12:15–12:45: concert time

Cole Hall, 513 Parnassus Avenue (unless otherwise noted). Free Please be considerate to the performers and fellow audience members! No taping. Silence beepers and cellular phones.

**March 5**  
Mozart: Fantasy k.396 c minor – Adagio  
Bartok: Fantasy 1 from Four

Pieces – andante, quasi Adagio  
Chopin: Fantasie Op. 49- Tempo di Marcia

**March 12**  
Dvorak: Piano Quartet no. 2 in E flat major, Op. 87

**Breast Cancer Awareness Night! LUNAFEST**  
Fri. March 13 6 p.m.  
Tickets are \$5; proceeds go to

benefit the Breast Cancer Fund. Brought to you by LunaBar, Center for Gender Equity, and produced by Arts & Events.

**UCSF'S Evening of Dance ODC/Dance Downtown 2009**  
All performances are held at the Novellus Theater, Yerba Buena Center of the Arts, 701 Mission Street, San Francisco. Tickets are \$18 (regularly \$45) Seats located

in the Orchestra level.  
Mar 11 7 p.m.  
Mar 13-14 8 p.m.  
Mar 18 7 p.m.

**Music In the Library The Royals**  
Wed March 18 Noon-1 p.m. (show starts at 12:10; drop-ins are welcome)  
Lange Reading Room, 5th Floor UCSF Library, 530 Parnassus  
This event is FREE.

Announcements

**GLBT Leadership Awards**  
The Chancellor's Office is requesting nominations for the Chancellor's Award for Gay, Lesbian, Bisexual and/ or Transgender (GLBT) Leadership. This award recognizes contributions to the advancement of the GLBT communities at UCSF. Three individuals—one faculty/ academic, one staff and one student/resident/postdoctoral scholar—will be selected to receive this award at a special ceremony on Wednesday, June 10. Individuals who meet one or more of the award criteria—whether or not they are gay, lesbian, bisexual or

transgender—are eligible to be nominated. Nominations must be returned by 5 p.m. on Monday, March 23, to the GLBT Leadership Award Committee, c/o Robin McCartney, either electronically via robin.mccartney@ucsf.edu, hard copy to Box 0402, or facsimile at 476-9634.

**National Lesbian Health Summit: March 6 - 8, 2009**  
Subtitled “Expanding Our Movement,” the Summit will offer presentations on a wide variety of topics related to the wellbeing of lesbians, bisexual women, queer women and transgender people. More

information on the 2009 National Lesbian Health Summit – including registration – can be found by going to <http://lesbianhealthinfo.org/nationalLesbianHealthSummit/>.

**Rail Discounts**  
Amtrak California invites UC faculty and staff to save 15% on Pacific Surfliner, San Joaquin, and Capitol Corridor trains and associated Thruway Motorcoach services. For reservations, routes and schedules visit Amtrak.com, Amtrakcalifornia.com, capitolcorridor.org or call 1-800-USA-RAIL and mention discount code V526.

Events

**Student Enrichment Series**  
Wednesday March 11  
Mardi Horowitz: A Course In Happiness  
noon-1 p.m., N225  
Using 40 years of experience as a psychiatrist, Dr. Horowitz has discovered that for adults, getting in touch with a sense of happiness is rarely simple. It seems what so many of us need is an education on the subject...a virtual Course in Happiness.

Presenter: Mardi Horowitz, Professor of Psychiatry in the UCSF SOM and Director of the Center on Stress and Personality at Langley Porter

**Towerball Tournament**  
Saturday, March 8, noon-4 p.m.  
Millberry Union Gym  
Free to Students! \$5/10/15  
For more info, call 415.476.0356 or email caroline.hernandez@ucsf.edu

**History of Health Science**  
2009 Chauncey D. Leake Lecture: “When the Famous Get Sick and the Sick Get Famous: What Celebrity Patients Teach Us.”  
Lange Reading Room, Parnassus Library, 5th Floor, 530 Parnassus. Light refreshments offered before the talk. Sponsored by Department of Anthropology, History and Social Medicine and Chauncey Leake Lecture Fund.

Mon Mar 9 12:00-1:30 pm  
**UCSF and Poetry Center**  
“The Poetics of Healing” series featuring Barbara and Dennis Tedlock, anthropologists and ethnographers studying women shamans, and trained diviners in the Kiche Maya tradition. Presented by the UCSF Medical Humanities Group.  
Thurs day, March 12, 5:30-7 p.m.

**Staff Appreciation Event**  
Friday, March 13, 11-12:30  
UCSF employees at Laurel Heights are invited to take part in the annual Staff Appreciation Party on March 13th at the View, Laurel Heights Campus. You must have a UCSF ID to enter.

mail, or hand delivery. Contact information is listed on the form.

**Group Fitness at Millberry Fitness & Recreation Center at UCSF Parnassus**  
For more information call: 415.476.1115 or e-mail bonnie.boka@ucsf.edu campuslifeservices.ucsf.edu

**Intro to Cha-Cha at Millberry**  
Thinking about learning how to dance? Beginners–start here! Learn the basic steps of this exciting, syncopated Latin Rhythm dance. You'll forget all about those two left feet! No partner required.  
F, 3/6-4/3, 8:00-9:00 pm, Parnassus, Studio 1  
Open Instruction: 9:00-9:45 pm

**Yoga Workshop: Twists at Millberry**  
Tone the internal organs, aid in healthy functioning of the intestines, increase mobility in the back, shoulders, and neck. All levels welcome.  
Sa, 3/21, 2:15-4:15 p.m., Parnassus, Studio 2

Fitness and Recreation

**Outdoor Programs For more information call 476.2078, e-mail outdoors@ucsf.edu or visit outdoors.ucsf.edu**

**Mission Creek Morning Paddle Skill Level; Easy**  
Join us on a beginner kayaking adventure – perfect for families and those interested in exploring the sport of kayaking. This course is open to children ages 8 and up, if accompanied by an adult. Staged at our custom boathouse on Mission Creek, a 10-minute walk from the Mission Bay UCSF campus, you will be introduced to a variety of kayaks, paddling accessories, ad safety equipment. You will then be geared up and taught basic paddle strokes and maneuvers before exploring Mission Creek, historic bridges, and AT&T Park. Children ages 8-2 receive \$10 off the adult price. There is a maximum of one child registration per adult registration. To register, turn in a registration form to Millberry or Bakar Fitness & Recreation Centers via fax, mail, or hand delivery. Contact information is listed on the form.

For more information call 415.476.2078, e-mail outdoors@ucsf.edu, or visit www.outdoors.ucsf.edu.  
Date: Su 3/15  
Time: 10 a.m.-noon  
Location: Mission Creek Park  
Cost: \$29/35/49

**Yosemite Springfest Students Only**  
Skill Level: Easy  
Celebrate spring in Yosemite with UCSF students from all schools. In addition, we will welcome friends and family to experience meadows, waterfalls, and snow-topped granite peaks coming into spring. Don't be fooled though, winter will still keep us busy with activities of hiking, snowshoeing, and skating. Price includes two nights lodging in heated tent cabins, two breakfasts, two dinners, snowshoe rentals, guides, and permits.  
F-Su, 3/27-3/29  
Pretrip Meeting: Tu 3/24 7-9 p.m.  
\$195 / \$215 / \$255  
To register, turn in a registration form to Millberry or Bakar Fitness & Recreation Centers via fax,

Mission Bay Events

**Planet Earth Part IV: Great Plains, Jungles**  
Thursday, March 12, 6 p.m., Genentech Hall Auditorium  
This series amazes viewers with never-before-seen animal behaviors, startling views of locations captured by cameras for the first time, and unprecedented high definition production techniques.

**Breath, Stretch, Relax**  
Wednesdays, noon-1, SHS MB &

Thursdays, 12-1pm, S-176  
Weekly noontime retreat. Yoga clothes not required. Susan Rosen, MD.

**Drop-In Midday Meditation**  
Thursdays, 12:10-12:50pm, Gen-S202 & Mondays, 12:10-12:50pm, MU-111  
Weekly drop-in guided mindfulness meditation sessions.  
Neesha Patel, PhD

Classifieds

**DENTAL PLAN**  
SMILE CHOICE DENTAL PLAN  
(includes cosmetic) \$74.50 per year. SAVE 30 - 60%  
Call 1 – 800 – 655 – 3225 or [www.studentdental.com](http://www.studentdental.com)

**LIVE – WORK EXCHANGE**  
Female Homecare Assistant needed to provide supervision and companionship to older adult with memory loss. Bedroom and private bathroom in home in SF near SFSU provided in exchange for 15 hours per week of work. Must be compassionate and reliable and able to assist with

household duties, food preparation and transportation errands. References required. Call to apply between 9 am – 5pm.  
Colleen: 3424 – 9218.

**PART TIME WORKERS**  
Person needed to pass out

flyers at UCSF campus from Monday through Friday (11am – 2pm). Compensation to be discussed. Call (415) 797 – 0144.

Part-time help needed for office work: filing, organizing, and computer help. Flexible hours, cash paid. For nformation call (415) 797 – 0144.

**SEEKING EGG DONOR**  
Help a local couple have a child - \$8,000 compensation. Prefer a woman w/ qualities similar to mother-to-be: medium- tall, blond, blue eyes, slender, college education, artistic, active/fit, down to earth, and warm hearted. Please contact us at : [doctorgreg@sbcglobal.net](mailto:doctorgreg@sbcglobal.net)

**WOODEN FURNITURE**  
Solid Wood Furniture  
Bookcases, Dressers, TV Stands, Custom Sizes and Finishing Available. STUMASA.  
515 Frederick Street  
(415) 759 – 1234

More Announcements Online

More and more people are taking advantage of the FREE announcements we run here on Page Two. Unfortunately, there's only so much room on a page, so we aren't always able to print all the announcements we receive. HOWEVER!

If you go to our website, [synapse.ucsf.edu](http://synapse.ucsf.edu) and check out the Page Two section, you will find all the announcements that were sent in, both those that we were able to get in the paper and the overflow.

If you have an event and would like to publicize it on Page Two, please email the information to [synapse@ucsf.edu](mailto:synapse@ucsf.edu)

Deadline is the Monday before publication (we publish every Thursday).



# Till (blank) Do Us Part

By **Jed Wolpaw**

"Mawigge, Mawigge is what bwings us togedah today."

You know it's gonna be a good column when you start off with a quote from *The Princess Bride*. And just wait, it gets better, if you stick with it till the end I'll finish with an analogy to Rodents Of Unusual Size (ROUS).

A friend once told me that he believes marriage should never be assumed to be permanent. He believes it should be a state of constant negotiation. As long as both people feel happy and supported and find challenge and growth in the relationship, the marriage should continue. But if at any point they decide that they have grown apart and that their interests now lie in different directions, they should be free to go their own way without feeling that they have broken a promise or done something hurtful towards another person who didn't deserve it.

Another friend asked me recently why I thought so many marriages end when they face the empty nest syndrome (when the final kid leaves the house and the couple is left alone together). He asked if I thought it made sense, now that women and men are able to support themselves equally and people are living so much longer, to have a traditional concept of marriage. Wouldn't it make more sense, he asked, to have the potential for a new partner for each new stage of your life?

On the other hand, Soren Kierkegaard believes that true love can only exist as an unbreakable promise between two people, a promise binding them together for life. Let's be honest here, you have to think twice before messing with anyone whose first name is Soren (with two dots over the 'o' no less) and whose last name has two a's in a row.

So this whole "my two friends versus Soren with two dots thing" got me thinking. And who better to think about marriage than someone with such a healthy distance between he and it? A distance from which to be able to objectively evaluate the pros (few though they may be) and the cons (though they be too numerous to enumerate)?

The old arguments for marriage really hold very little water these days. Women don't need a man to bring home the bacon (to those vegetarians, vegans, and fruitarians in the audience think "bring home the soyrizo") anymore. A "traditional family unit" is no more a guarantee of a healthy environment than a non-traditional family unit (or even a non-existent unit for that matter).

Some people say they want someone to grow old with, someone to take care of them and whom they can take care of, someone to watch *Days Of Our Lives* reruns with. But lately stories are making it into the news of elderly women and men with no romantic connection living together and supporting each other in self-created communities that can be at least as sustaining and fulfilling as a marriage.

Does this mean marriage is always a mistake? By no means. But it does mean that marriage doesn't have to be the default option, the automatic "right choice." Not getting married is a choice, not a failure. And if you do decide to get married, it should be a conscious decision, not a destination arrived at by autopilot.

My friend who asks about different partners for different stages is right, some people would be better off this way. In fact, we do it all the time. We make different friends during different stages of our lives. If you want it that way romantically, you can have it, as long as you don't get married. Getting married says you are giving up your chance for new partners in the future. If you don't want to give that up, don't walk down the aisle.

I won't go quite as far as Soren. There are times when even the promise of marriage has to be broken, as in instances of abuse. And one could argue about his equating the promise with love. But basically, and barring extreme circumstances, Kierkegaard was right. There's no point in marriage if the promise isn't (almost) ironclad.

As for my friend's plan to have marriage be in constant flux, always open to minute-by-minute renegotiation, it can't work that way. Part of the reason we have a divorce rate of 50% in this country is that people use divorce as a go-to option



## Love Dub

by **Jed Wolpaw**

# Obama May Overturn a Second Bush Abortion Policy

By **Alison Silvis**

*Associate Editor*

Last Friday, President Obama took steps to reverse a second Bush policy related to abortion, dubbed the "conscience rule" in the press. The rule, which took effect on the former President Bush's last day in office, provided more stringent protection for individuals to refuse to provide services broadly related to abortion.

The interpretation of the "conscience" rule was so broad, however, that even a pharmacy cashier could refuse to provide birth control pills to a customer if s/he had an objection to them. In essence, every person in contact with a patient would have the opportunity to obstruct a patient's access to health services – ranging from end-of-life care to infertility treatment – on the grounds of personal beliefs. Any clinic or hospital that does not comply with the rule would be denied funding from the Department of Health & Human Services.

California joined six other states in filing lawsuits against the Bush rule, on the grounds that it prioritizes health-care workers' personal beliefs above the health of patients. The right to refuse to offer personally objectionable services is protected under federal law, although providers should refer patients to a provider who will provide the desired care. The American College of Obstetricians & Gynecologists also opposed Bush's rule.

Seeking compromise with anti-abortion rights groups, President Obama opened a 30-day comment period before altering the policy. "We believe that this is a complex issue that requires a thoughtful process where all voices are heard," said an official at the Department of Health & Human Services to the Washington Post last Friday, speaking on the condition of anonymity. The administration is expected to make the rule more specific to abortion.

In January, just days after being sworn in, President Obama reversed the "Global Gag Rule" that banned the allocation of USAID funding to international groups that offered information about pregnancy termination. Both moves send a strong message that the Obama administration is supportive of abortion rights. However, the quiet nature in which these actions were announced indicates that President Obama is cognizant of the divisive nature of abortion rights.

*Alison Silvis is a second-year medical student.*

## Correction

An article on the front page of the February 26 issue of *Synapse* on health tours in Peru gave an incorrect first name of the owner of Lemon Tree Tours. Her name is Amy Adler. *Synapse* regrets the error.

Student Passport to Wellness: Complete and redeem for one stamp at the Student Activity Center, MU108W, Parnassus or Pam, S227A, Genentech Hall, Mission Bay

Date: \_\_\_\_\_

Three things I am grateful for today:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

For information on the efficacy of gratitude in health and wellbeing, check out the Healthy Pleasures DVD from 11.6.08 at the SAC, MU108W, Parnassus.

## Like to Take Pictures? How Would You Like Getting Paid for It?

*Synapse* pays \$10 for photographs from students that run in the paper. We also pay our photo editor a monthly stipend.

We're also looking for writers, cartoonists and editors. Stop by the *Synapse* office at 123 Millberry Union west for our weekly planning meetings, held every Thursday at noon.

***synapse***

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# White House Internship Applications Available

## Synapse Staff Report

The White House has announced an Internship Program and announced that applications are currently being accepted for the summer of 2009. Those selected to participate in the program will gain valuable job experience and an inside look at the White House.

“This program will mentor and cultivate young leaders of today and tomorrow and I’m proud that they will have this opportunity to serve,” said President Obama.

“I look forward to working with those that are selected to participate and I want to commend all who apply for their desire to help through public service to forge a brighter future for our country.”

The 2009 Summer Internship program runs from May 22 to August 14, and the submission deadline is March 22.

Those interested in applying must be:

- United States citizens
  - Eighteen years of age on or before the first day of the internship.
  - Enrolled in a college or university (2-4 year institution) or must have graduated from college in the past two years.
- More information on the White House Internship Program, including application instructions, can be found at: [www.whitehouse.gov/about/internships](http://www.whitehouse.gov/about/internships).

# Emergency...

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help those in need. The US Geological Survey predicts there is a 67% chance that the Bay Area will be struck by a major earthquake within 30 years. It takes 3-7 days to bring in adequate resources for an earthquake. An interesting fact is that less than 30% of people in San Francisco have all three of the basic supplies needed for a disaster: a flashlight, food and a radio. Without these, you basically become a victim and soak up the resources that others need.

What exactly happens in the case of an emergency? For emergencies in the Bay Area, a multidisciplinary team (about 250 people in the Bay Area) get an automatic page and meets at an assembly point at a facility (such as an airport) and are deployed to the place of emergency. For city-wide emergencies, San Francisco has a duty officer who activates the Emergency Operation Center on Turk Street which alerts the whole city. For localized emergencies, the SF Fire Department gets involved. If overwhelmed, the SF Fire Department actually pulls back their resources, and prioritizes emergencies. They can also bring in additional resources from emergency operating centers if needed and can call for assistance from the city. However, if the city gets overwhelmed, non-governmental organizations like

the Red Cross are called in to help. For emergencies at UCSF, there are 97 people on campus trained to meet when the Emergency Operation System is activated.

The best thing you can do to prepare for an emergency is to pre-affiliate yourself with an organization to help streamline the emergency process. As seen with the San Francisco oil spill in 1997, the overwhelming amount of volunteers along with the lack of affiliation and credentials made it difficult to verify if certain volunteers had the required training to perform certain tasks. This made the delegation of responsibilities challenging, causing disorganization and the delay of progress. The bottom line is you should be part of a local team if you want to help.

The Neighborhood Emergency Response Team (NERT) volunteer training is one of the ways one can prepare for a natural disaster or even a terrorist attack. According to NERT, volunteer participation is vital to making communities work and vital to San Francisco’s recovery after a disaster. Training takes approximately 20 hours to complete and provides skills to help emergency responders save lives and protect property through a series of drills and exercises. NERT teams also help develop neighbor-

hood emergency plans, preparedness outreach, fire safety education, and workplace safety. More information can be found at [www.sfgov.org/sffd/nert](http://www.sfgov.org/sffd/nert) or by calling 415-970-2002

In addition to volunteering for an organized team, one should also understand the chain of command in an incident, and become familiar with the FEMA website which offers a 2-3 hour course on disaster language and nomenclature for emergency response. For UCSF, there is an online training course in disaster preparedness, and also a mid-December one day training seminar that is offered. Other suggestions are training in first aid and basic life support courses.

There are many volunteer opportunities for local, state, and national state emergencies. Volunteer organizations include UCSF, the SF Fire Department Fire Reserve, NERT, Medical Reserve Corp, Red Cross, the US Public Health Service Commission Corp (for health professionals) and much more. An extensive list of volunteer opportunities can be found at [www.police.ucsf.edu/emergency.htm](http://www.police.ucsf.edu/emergency.htm).

Be an advocate for disaster preparedness. The second seminar was held on February 27; the final seminar will be on March 20th from noon-1 p.m. in HSW 301.



# Welcome to our Mission Bay neighborhood

SEE MISSION BAY IN A NEW LIGHT



## MOVE IN NOW!

Bosa Development and Radiance welcome you to the city's fastest growing neighborhood. With its safe and quiet personality, its easy access to Downtown, and pedestrian-friendly design, Mission Bay will soon be the sought-after community in San Francisco. The brand new, waterside homes at Radiance are luxurious, and the development offers incredible amenities including an expansive rooftop with barbecue area and fire pit, fitness center, social lounge, and huge indoor/outdoor entertaining area.





BosaDev.com

### RADIANCE MODEL HOMES & SALES CENTER

330 Mission Bay Blvd. North  
T: 415-626-6734  
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[RadianceSanFran.com](http://RadianceSanFran.com)

All references to square footage or floor area are approximate and are based upon the gross square footage of the residential units shown on the architectural drawings. Prices are subject to change without notice.



# Change – and Elections – Are in the Air

By Jay Choi

ASUC-VP of Community Relations

## Change is in the Air

ASUCSF has been sponsoring "Ideas for Change," which allows students to directly impact their experience at UCSF. The first round winners have been named. A list of complete ideas can be found at <http://asuc.ucsf.edu/change.html>. The winning suggestions are bolded. Work is in progress to resolve the issues raised.

## ASUCSF Elections

Inspired by the awesome events hosted by ASUC? Want to get involved in the student governing body? Intrigued by the prospect of working with students from other professional schools?

If so, ASUC is a great way to get involved with

school and student life. Students can now pick up candidate packets from the ASUCSF Office located in Millberry Union 108W. The deadline for applications is Friday, March 13, 2009 at 5 p.m.

Students are invited to attend an informational session in S-178 on Monday, March 9, to hear current officers describe their positions as well as answer questions. Lunch will be provided.

Positions available on the executive board include President, Executive VP, VP Academic Affairs, VP Community Health, VP Community Relations, VP External Affairs, and VP Student Affairs. For more information, visit <http://asuc.ucsf.edu/>.

Just as a reminder, the purpose of ASUC is to de-

## ASUCSF Elections Info Meeting

Monday, March 9

S-178

Lunch provided

velop, promote and regulate professional student governments and activities. ASUC functions as a resource for funding and assists in the coordination of activities and events sponsored by RCOs. It also sponsors a variety of social, cultural and educational events throughout the year.

## Review

# Swan Lake: A Beautiful Evening of Ballet

By Patrick Tokuyama

Staff Writer

I saw the *Swan Lake* ballet put on by the San Francisco Ballet last Thursday and it was everything I thought it would be and more.

The costumes, the story, and the performance easily captured the essence of ballet. It makes a big difference sitting up close, as last time I sat in the elevated middle section (Grand Dress Circle I think) and this time I was in the Orchestra. What a difference. There is so much more humanity when you sit up front. You can see the dancers faces and although the dance formations don't look as cool as they do from above, they

still look very cool, especially for this production. You also get a better view of the costumes and the music is in your face as the orchestra is literally 30 feet from you (depending on where you sit).

The story is fairly paced and there weren't many redundant or slow scenes; everything flowed very nicely. The scene at the actual lake I thought was a bit strange, and looked more like a scene on some planet in outer space than a lake in the woods. Given the long running time of 2 hours and 45 minutes, this ballet will not put you to sleep. I felt more sleepy with the Nut-

cracker than this, and after it ended I was surprised how fast the time flew!

They send out \$25 discounts for other ballets after you go see one, for promotional purposes. This is how they got me to see *Swan Lake*, except only after I decided I wanted to see it did I realize the discount did not apply! Anyway, it was very worth it, if you see any ballet at all, or like to see stories expressed in dance, go see *Swan Lake*! [www.sfballet.org](http://www.sfballet.org)

Patrick Tokuyama is a third-year pharmacy student.



**Darya Pino is on vacation.**

**Thought for Food will return next week.**

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## LGBTI Health...

from page 1

are recommended, how to solve common problems, and much, much more. Dr. Goldstone, a Fellow of the American College of Surgeons, is on the faculty of Mt. Sinai School of Medicine and authored the gay bestseller *The Ins and Outs of Gay Sex*.

For more information: UCSF LGBT Resource Center | [lgbt@ucsf.edu](mailto:lgbt@ucsf.edu) | 415.502.5593

## Red Dress...

from page 1

A myriad of wonderful prizes donated by UCSF faculty, students and the community at large were raffled off and first-year pharmacy student Renee Riley awed the crowd with a stunning musical performance. By the end of the show, we had earned over \$2,400 in proceeds for the American Heart Association!

The Women's Health Organization ladies, Lauren Gold, Liza Leontiev, Sara Niknezhad, Danielle Parmley and our fabulous co-host, Mr. Pharmacy 2009, Jesse Wisniewski, would like to thank everyone who contributed their time, effort, artistic abilities and funds to help make the show a smashing success! We couldn't have done it without you! Thanks for everything!

## VOLUNTEERS NEEDED Athlete's Foot? Itchy, Scaly Feet?

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Single in the City Episode Seventeen:

25 Things about Mark Anthony

By Mark Anthony Maningas  
Executive Editor

Yes, I know, everyone and their mothers have done one of these on Facebook. But at least I have a reason. After all, I just turned 25 last Tuesday, so what's a better way to celebrate my quarter-century existence? The only real good thing about turning 25 is that I get to rent a car without that extra under-25-fee. And really, let's face it, after 25, the only other milestone left to look forward to is the Senior Meal Menu at Deny's.

So here it goes:

1. I have lots of energy, even in the morning. Someone asked me what I was like on caffeine. I found the answer to this question the hard way; studying for my PharmChem midterm, feeling the need to stay up as long as possible to cover the test material, I drank 4 cups of coffee and was unable to sleep. I must've lain in bed for four hours with my eyes wide open.
2. When I tell people that my name is Mark Anthony, surprisingly, I get the "as-in-the-Roman" question more often than the "as-in-J-Lo's-husband" variety.
3. I run on Filipino time (at least 30 minutes late), though this is something that I'm constantly working on. It's not so much that I plan to be late, but that I get distracted so easily.
4. It may not seem like it, but I'm really shy when it comes to talking to people that I'm really attracted to. That's about the only thing that will shut me up. Hahaha...
5. For the most part, I don't remember my dreams; the one that I remember is the dream where I get chased by a murderer and I hide down in the sewers. Every single time, I always get killed; I'm not sure what that means. The other recurrent dream that I have is of me winning the lottery. Somehow, in this dream, my winnings are always \$42 million, split two ways; I've bought two lotto tickets with the same winning numbers, one paid in lump sum, and the other paid in 26 annual payments. Maybe the latter is more daydreaming more than anything else.
6. I have never broken a bone (crossing my fingers on this one).
7. I used to play the oboe in middle school, up until freshman year of high school, but I quit because I didn't like my orchestra teacher. Ten years after, as a birthday present for myself, I recently decided to try to pick up playing oboe again; I bought a used oboe, and I've tried playing it several times. I've forgotten how difficult it is to play the oboe (the embouchure is quite hard to get right at first), but hopefully, with more practice, I'll get better and not sound like a duck that's about to be slaughtered.
8. I was looking through my 7th grade portfolio (yeah, exactly...) and when I looked at my future goals, I listed that by the time I'm 35,

- I would have had a JD, MD, and an MBA. I chuckled a bit afterwards... I guess, if I substituted PharmD for MD, this is still doable; the question of desire, on the other hand, that's still up for grabs.
9. From middle school 'til sophomore year of high school, I had long hair then I decided to chop it off and had a faux hawk for awhile; now I'm back to the long hair. I guess it's true what they say about fashion: it goes in cycles.
  10. I took nine AP tests in high school, and passed them all; I was already considered a sophomore in college before even stepping into UCSD.
  11. In high school, I had to resign as editor-in-chief of my high school paper for a Valentines-Day prank gone awry; at the time, I thought it was freaking hilarious, but it almost got me suspended and kicked out of school. This probably had something to do with why I got black-listed when I applied for Yearbook Staff my senior year.
  12. I used to play Boggle a lot when I was little. I used to play with my uncle who I swore was making up words while we were playing; not once did I beat him. See, this is why I kick your butt at Scramble, Kamal.
  13. I used to read encyclopedias when I was in grade school; this is probably why I know a lot of random things. Vulcanized rubber, vas deferens, Vatican City, Vietnam War... (for all of my "Friends" fanatic readers )
  14. Along those lines, one of my favorite things to do is go on Wikipedia. It's amazing how much time I spend looking up stuff on there.
  15. Another favorite past time of mine is looking up flights, trying to figure out the cheapest way to get places. For this summer, I saw a San Francisco-Buenos Aires and Lima-San Francisco flight for \$635 total; almost makes me want to quit my job so I can go travel this summer.
  16. I like traveling by myself. It's really hard to find people to travel with; I can probably count on one hand the number of people I can be travel buddies with.
  17. Throughout the years, I have come to a conclusion that I, like many others, vastly improve on my foreign language speaking skills during inebriated states. Once, I was able to carry on an involved conversation with some native Barcelonans in Spanish about the Sagrada Familia in a Barcelona bar no less, but had no recollection of it the next morning.
  18. If I had to point out a time period where I have grown and evolved the most as a human being, it would have to be my last two years of college, more specifically, my I-house experience. Late-night talks, late morning brunches, afternoon walks, cliff-side chilling at dusk and

- partying until dawn have all made an indelible mark on my development as a person. Sure, there were mishaps and misadventures along the way, but as someone has noted: "Life's not a journey to the grave with the intention of arriving in a pretty and well preserved body, but rather, to skid in, broadside, thoroughly used up, totally worn out, and loudly proclaiming: "Wow, what a ride."
19. I'm pretty good at telling when someone likes one of my friends, but when it involves me, I'm Cher Horowitz.
  20. I love meeting new people; it's my designer drug!
  21. I'm horrible at keeping in contact. If it were not for Facebook, I wouldn't be in touch with friends from high school, college and random people from different paths.
  22. Another designer drug: buying stuff on sale! Thanks ebates.com, slickdeals.net, retailmenot.com and other godsend websites for saving me all this money that I've used to buy more stuff!
  23. I bake when I'm trying to procrastinate (I procrastinate-bake!). Favorite thing to make: brownies!
  24. I like reading books that I've picked out for myself (and not the textbooks/syllabus that I HAVE to read for school); last book read: *Persepolis*. Current book: *East of New York, West of Kabul*. Side note: my new best friend: San Francisco Public Library.
  25. I like art (and secretly wish that I had any artistic inclination, but to no avail). Favorite artists: Van Gogh, Monet, Manet, Miro, Canaletto. Favorite period: Impressionist/Post-Impressionists

Because I'm not afraid to be different, I'm listing one more! (hey, it's my column!)

26. I try to live my life with as little regret as possible; not saying that I don't have any regrets, but if there's something that I want to do (traveling, for example), and it's within reasonable reach, I go for it. Money can be made, but the desire and the opportunity to do something may only come once.

As a thank you for getting this far, I'm offering a \$5 Bear Hugs gift certificate to the person that satisfactorily completes the following task:

Unscramble the not-so-hidden clues that I've embedded throughout this column. (hint, it spells my full name)

What episode of "Friends" was I talking about in #13? (Give me the full title of the episode.)

First person to email me with the correct responses wins!

Comments, ideas, suggestions, hate mail? Send them to: [single.in.the.city@live.com](mailto:single.in.the.city@live.com) or check out my blog @ [RUsingleinthecity.blogspot.com](http://RUsingleinthecity.blogspot.com)



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FOOD - TO - GO



Restaurant Review

# Not a Typical Mexican Restaurant – Unfortunately

By Nolan Caldwell  
Staff Writer

Always the burrito lover, I headed to the Mission to try a burrito at Puerto Alegre. Upon initial evaluation, this restaurant was quite different from what I was expecting. When I think of the Mission and food, I think of dingy Mexican restaurants with delicious, diabetes-inducing food. Puerto Alegre, however, had what appeared to be a maitre'd, who took our party's number and after a 15-minute wait directed us to our table.

When I noticed the fully stocked bar with two girls mixing drinks in Coyote Ugly fashion I had to question, is this a REAL Mexican restaurant? My friends told me the restaurant was packed on the weekends and there are huge lines, so the food must be amazing.. right? There was chips and salsa at the table, although it felt more like an appetizer you might order at the Sizzler instead of the chips I am used to stuffing my face with at most Mexican joints.

When our two burritos arrived (one chicken and one beef = \$8.95 each...Expensive), they were smothered with a red sauce I was not expecting. Upon biting into this mild-sized meal I understood that the sauce is to make up for the incredibly dry and flavorless filling. The chicken burrito tasted exactly like the beef: horrible. No seasoning, flavor, or any semblance of ethnic "flare" was left on my taste buds from this drab sustenance.

The service was not as bad as the food, although I got the feeling our waitress did not like us very much as she overheard my disdain for the meal. I couldn't help but ask my friend who was with me, "Why do people ever come here instead of El Farolito's?" He shrugged his shoulder, but together we looked around the room at the other patrons and tried to make sense of this mystery. Thick rim glasses... mohawk... black clothes... Large Gauge earrings... AHA! This establish-

ment may be a "Mexican Restaurant" but in reality it is simply a trendy, and I guess hip, hang-out location.

In addition to the "cool" attire of the patrons, most were drinking one of Puerto Alegre's margaritas, which we did not sample. Maybe it is the drinks that brings all the boys to the yard, because it certainly is not the food.

In summary, if you are looking for a trendy "Daria meets Speedy Gonzales" establishment this place is for you. If you are looking for an amazing Mexican burrito, stick to El Farolito.

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## Dancing for a Cure...

from page 1

2009 event. NBTS was formed in 2008 by the merger of two leading organizations that had served the brain tumor community: the NBTF and the Brain Tumor Society. Both legacy organizations had been formed in the 1980s by parents of patients and other concerned individuals who were committed to increasing both research funding and access to resources specific to brain tumors.

NBTS invests strategically across the brain tumor research spectrum, seeking new therapeutic targets and improving existing treatments, which will ultimately lead to a cure. They encourage research that directly applies to patient care and enhances quality of life for all brain tumor patients. NBTS also offers top-notch resources and caring support for everyone affected by brain tumors. By providing education and information, NBTS helps patients, families and caregivers make informed decisions and develop strong support systems during every stage of the journey—from diagnosis through treatment to end of care and survivorship. In 2008, the two legacy organizations gave more than \$4.5 million to brain tumor research across North America.

Approximately 40 000 new incidents of brain cancer

are reported annually in the United States. Although brain cancer is a relatively rare disease, it is almost always fatal and the consequences on quality of life and financial status are great both for the patients and their families. The median survival time of glioblastoma, the most common adult primary brain tumor, is approximately 14 months with standard treatments. Therefore it is easy to understand how research, both clinical and pre-clinical, is absolutely imperative to improve outcome. Also, facing such a devastating disease, patients and their caregivers need the support of organization such as NBTS and TKFP who are dedicated to help raise money for them.

The featured dancers who will be performing this year include: Fanny Ara (Flamenco artist), Bobby Bernstein-Bonvin (Classical ballet artist), Christian Bonvin (Concert pianist), Oreet (Middle-Eastern artist), Seaton Stylist (Seaton Style Salsa/Mambo artist) and Shreelata Suresh (South Indian artist).

Along with the performing artists, invited speakers from the brain tumor field will be sharing their expertise with us in the evening. Susan M.Chang, M.D., Professor in Residence and Vice Chair of Neurological Surgery at UCSF and C. David James, Ph.D.,

Professor of Neurological Surgery and Associate Director of Brain Tumor Research Center will introduce the latest developments in brain tumor treatment research. Mary Lovely, R.N., Ph.D., Associate Director of Research/Medical Information Specialist at NBTS will introduce the services offered to patients through the organization..

Many of the volunteers involved in this fundraiser work at UCSF. From the Neurological Surgery Department, Raquel Santos, Janina De La Torre, Ashani Chand, Shoich Shimamoto, Samuel Rose, Laura Server and myself act as TKFP staff members. Dr. Heejay A Chung from School of Dentistry and Dr. Vinuta Rau from Department of Anesthesiology will contribute their talents for the Classical Ballet piece.

With this high-quality program, we certainly hope to raise even more funds than the previous years. Please visit the organization website at [www.tkfproductions.org](http://www.tkfproductions.org) for tickets or donations information. General advanced adult tickets are \$38 but there is a range of prices and discounts for patients, students, seniors. All donations are tax deductible.

*Karine Michaud, MD, is a physician in the Department of Neurological Surgery.*

## LoveDub...

from page 3

whenever things get rough. There has to be more of a backbone to a marriage or it will never last. And entering into a promise that can't be kept is no less of a lie for being slow in coming.

So if you choose to get married, think it through and give the "anti-nuptial" option its fair consideration. And if you decide to go forward, know that you will stick it out through thick and thin.

Or, to put it another way, in the great fire swamp of marriage there are ROUSs lurking around every corner

and unexpected jets of flame popping up from previously safe-looking ground. If you want to make it through in one piece you'd better hold on tight to your Dread Pirate Roberts and not let go at the first sign of trouble. And whatever you do, don't forget your iocane powder.

Questions/Comments: [lifeaccordingtojed@gmail.com](mailto:lifeaccordingtojed@gmail.com), [www.lifeaccordingtojed.blogspot.com](http://www.lifeaccordingtojed.blogspot.com).



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