

New Studies Underscore the Seriousness of Climate Change

Synapse Staff Report

Two reports issued on February 11-12 underlined the growing menace of climate change and the need for urgent action to combat it.

Nearly 2,000 climate scientists gathered in Denmark for a three-day conference to update a 2007 report by the Intergovernmental Panel on Climate Change (IPCC) before U.N. talks in December on a new global climate treaty to replace the Kyoto Accords.

In a statement, the scientists issued a stark warning: "The worst-case IPCC scenario trajectories (or even worse) are being realized. There is a significant risk that many of the trends will accelerate, leading to an increasing risk of abrupt or irreversible climat-

ic shifts. Recent observations show that societies are highly vulnerable to even modest levels of climate change with poor nations and communities particularly at risk."

The scientists pointed out that elected officials already have the means to mitigate climate change. "But they must be vigorously and widely implemented to achieve the societal transformation required to de-carbonize economies," the scientists' statement said.

The scientists predicted a sea level rise of 7 to 23 inches by the year 2100. Such an increase could flood low-lying areas and force millions to flee, the scientists said. But other, more recent research presented

at the conference suggested that melting glaciers and ice sheets could increase the sea level up at least 20 inches, and possibly as much as 39 inches.

Such an outcome would be disastrous for coastal California, the subject of the other study on global warming, this one by the state of California. The study was conducted by the internationally known Pacific Institute, a nonprofit research group in Oakland, and was paid for by the California Energy Commission, Caltrans and the state Ocean Protection Council.

The Institute said that water levels along the coast

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Ten Ways to Be Happy

By Jeyling Chou
Staff Writer

"As a psychoanalyst, people always ask me why I have a couch, and I don't tell them that it puts out healing rays, but I always want to say that," Dr. Martin Horowitz said before the official start of his lecture, A Course in Happiness, on February 12.

He continued as lecture attendees steadily filed in, preferring to choose seats towards the back of the auditorium and at the edge of the rows. "I put out happiness rays, so I think you should move in closer if you want to benefit from that." At that, several obedient souls moved to the second row.

"I encourage you to eat. Just don't suck lemons," he went on. And we unwrapped the foil from our burritos provided by the Student Activity Center and anticipated a lesson in happiness.

Horowitz is a professor of psychiatry in the UCSF School of Medicine and Director of the Center on Stress and Healing at the Langley Porter Psychiatric Hospital and Clinics. Also a graduate of the UCSF medical school, he has quite literally written the book on happiness.

"Happiness is a fairly long-term kind of contentment in the way I am approaching it," he said. "When we think of the current economic worldwide disasters and its cascading events, we're all facing very new circumstances. Happiness includes being able to metabolize those circumstances and to be able to change our narrative structure of who we are in the world."

Inherent in the pursuit of happiness, Horowitz said, is a groundedness in self and identity – only when we are comfortable with ourselves can we go out into the world and create the meaningful relationships that nourish happiness.

Horowitz's most recent book, and the inspiration for the lecture, is structured as a course in happiness (coincidentally also the book's title), which includes lessons and homework.

"I call the book a 'course' because I meant that there were lessons to take, but

I also called it a course because, as a person whose hobby is sailing, it's important to know what your compass bearing is and where you're heading so you don't drift aimlessly about," Horowitz said. "I'm talking about a life course."

Horowitz explained how the nature of psychological research has changed in the last 20 years. A paradigm shift occurred moving away from a focus on the symptoms, diagnosis and pathologies that might make people unhappy towards a positive psychology.

At the foundation of happiness, Horowitz said, is not a dizzying sense of euphoria, but rather rationality: Lasting happiness and an understanding of what makes you happy requires reason, planning and intention.

In the course of the lecture, Horowitz enumerated the top ten research proven keys to happiness. Drumroll please:

10) The gratification of senses and appetite.

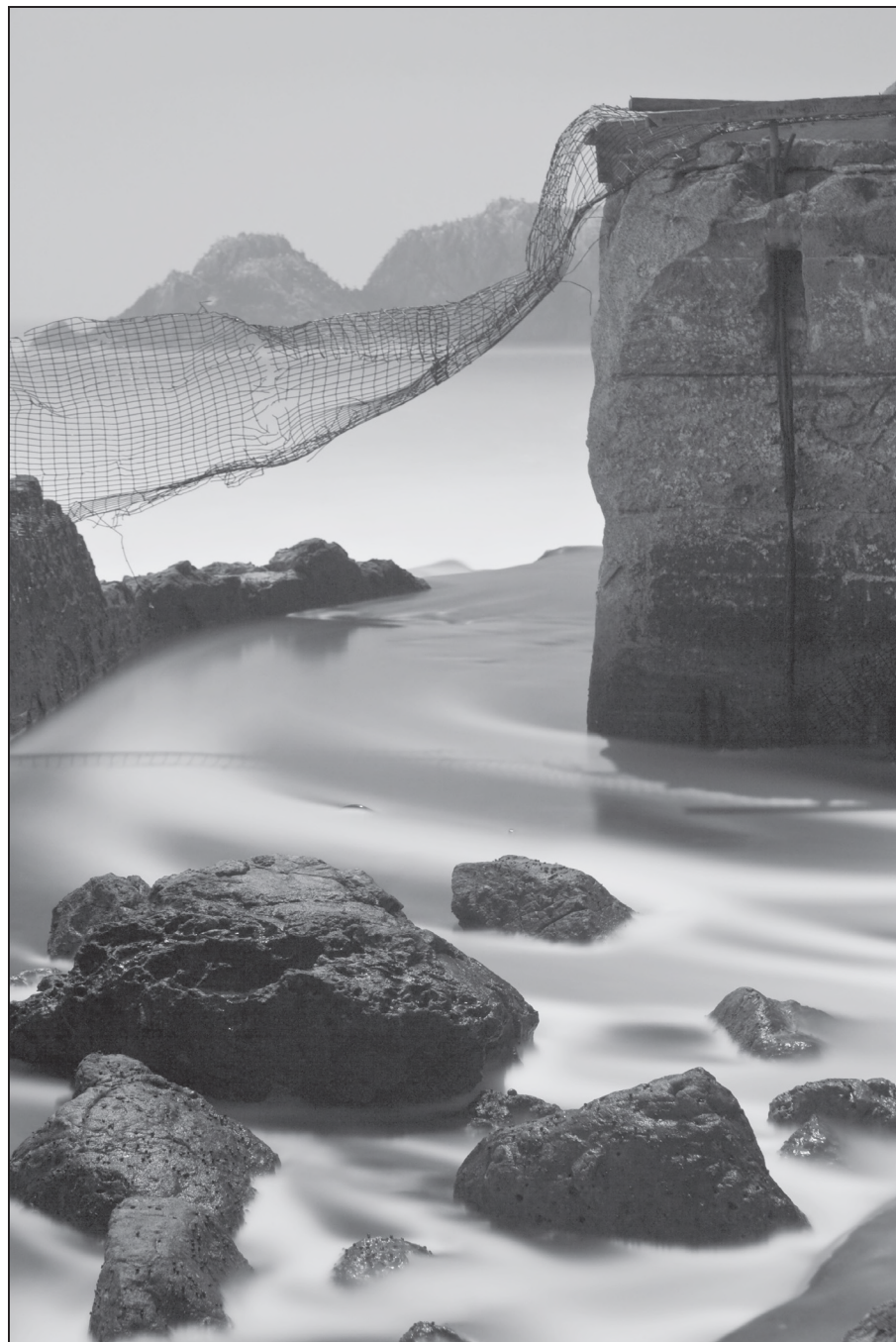
9) Group membership. "The disruptive obstacle to group membership is expecting it to be wonderful and ideal," Horowitz said as he explained how this could be found in unlikely places with a shift in perspective. "Even if you're sitting in Starbucks and don't know anyone, you're not in there just to have your coffee. You're in there to be a member of the coffee shop community."

8) Embrace diversity

7) Calm solitude—a rare luxury in the modern world, Horowitz admitted. Not only is this limited by time constraint, but finding pleasure solitude is often blockaded by invading feelings of boredom, restlessness or loneliness. The ability to enjoy one's own undistracted company, however, is imperative to happiness.

"We don't let our med students get this at all if we can help it," he said. "As we reduce things to the 80 hour work

Continued on page 4



We've Got a Winner!

This is the winning entry from the UCSF Photography Interest Club's contest. The photo is entitled, Onward, Good Ocean and was taken by Josh Faguet, a UCSF medical student.

U.S. Issues Travel Warning About Mexico

Due to a recent increase in violence and crime in some parts of Mexico, especially cities near the U.S. border, the Department of State has extended a travel alert for Mexico for all travelers until August 20, 2009.

Anyone who has plans to go to Mexico is strongly advised to avoid travel or should take extra precautions while being in Mexico. For further information regarding this alert, please visit the Department of State's website at: http://travel.state.gov/travel/cis_pa_tw/pa/pa_3028.html

page two | upcoming events & more at ucsf

Announcements

Chancellor’s Awards for the Advancement of Women
The presentation ceremony for the Chancellor’s Award for the Advancement of Women will be held on Monday, March 30 from noon to 1 in Cole Hall. Chancellor Bishop will present awards to

three members of the campus community. The recipients are Claire Brindis, Dr.P.H., Professor in the Department of Pediatrics and Interim Director of the Philip R. Lee Institute for Health Policy Studies; Michael McGuire, Director of Operations for the Call

Center and Operator Services at the Ambulatory Care Center; and Sunita Puri, a third year student in the School of Medicine. Everyone is invited to attend this event and show support for these exceptional individuals. Light refreshments will be served

following the ceremony.

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

UCSF Student Survival Kit

Campus Life Services is ready to help students during finals in March. To ease the stress and anxiety during this time, several new activities will be available. Take advantage of them – when you feel better, you perform better in and out of the classroom.

Fitness Centers Open ‘til 1 a.m. March 16 - March 19
Reduce stress during finals with a late night workout after studying. Fitness centers at Parnassus and Mission Bay will stay open until 1 a.m.! Get your cardio fix, lift weights, swim laps or shoot

hoops and feel better.

Midnight Snack, 11 p.m.-1 a.m. March 16 and March 18
Got the late night munchies during finals?
Stop by for pancakes, fresh fruit, juice, and coffee. We’ll have the Wii set up for late night fun too. Yummy fun! Stop by the Millberry Union Game Room, J level.

\$1 Student Specials
March 16-20, during operating hours. Get your caffeine fix during finals and save! UCSF student ID required.

\$1 small fountain soda at: Subway, Carmelina’s Taqueria, and Café Bellini
\$1 small coffee at: Palio, University Express, Courtyard Caffé, and Terzetto Express Coffee Cart

Free \$25 Safeway Gift Card
We’re looking for 1st and 2nd year students to attend a 90-minute focus group to suggest ideas for campus programs. Light meal provided. Groups will be held: Parnassus - March 30-April 1, 6:30-8 p.m. Mission Bay – April 2, 6:30-8 p.m. tTo sign-up, email: liane.wong@ucsf.edu

Events

Seminar: Mental Health Issues facing Victims and Health-care Professionals during Public Emergency
Friday, March 20, HSW-301, noon-1 p.m.
Come listen to panelists speak about this important topic and grab free lunch while you’re at it! Sponsored by: Margaret Chan, Students for Interprofessional Learning, and IHI Open School (UCSF Chapter) Contact: margaret.chan@ucsf.edu, asma.shaikh@ucsf.edu or christine.lui@ucsf.edu for more information

UCSF’S Exclusive Red Hot Gala
Check us out at FACEBOOK! Dust off your dancing shoes and get ready for this bi-annual, festive party with fellow students, staff, and faculty! Tickets are on sale now: \$25 for UCSF students/postdocs; \$40 for UCSF Faculty/Staff. For more information, call 476.2675 or visit campuslifeservices.ucsf.edu/artsevents.
Sat, April 4
8:00 pm-1:00 am
The Great American Music Hall, 859 O’Farrell Street

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

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

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 26
Cole Hall
Laurel Ensemble
Ann Lavin, clarinet

Jenny Douglass, viola
Christina Mok, violin
Krisanthi Desby, cello
Lori Lack, piano
Prelude, Allegro and Pastorale for Clarinet and Viola.
Piano Trio for violin, cello and piano

March 26
Mission Bay
Dan Carlson, violin

Florin Parvaescu, violin
Katie Kadarauch, viola
Amos Yang, cello
Bartok: Quartet #3

Orbit Music Series
Classical Music in the ACC Lobby.
UCSF Ambulatory Care Center, 400 Parnassus.
FREE concert.
Tuesday, March 24, noon-1

UCSF Evening At The Theater: “Wicked” - May 28, 8 p.m.
Tickets go on sale March 11 and are first come, first served. Purchase tickets at the Millberry Union Central Desk, or visit our website to download order form. This is for one night only! Orpheum Theater, 1192 Market Street
Thurs. May 28 8:00 pm

Fitness and Recreation

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

Introduction to Climbing Package
Skill Level: Easy
Start here with a three-hour entry-level climbing class taught by friendly, experienced instructors. Learn and practice basic climbing skills, proper use of equipment, and belay techniques. We prepare you to take the Belay Test and Safety Orientation to become a registered climber on our wall. This package includes: Introductory climbing class, Belay test and safety orientation, and 5 equipment rentals (climbing shoes, harness, chalk bag and helmet)–a \$140 value! 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: Sat 3/21
Time: 9-noon
Location: Mission Bay
Cost: \$55 Students/ \$65 Members / \$75 General Public

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, 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

Specialty Intro Clinics - FREE
Learn the fundamentals of our martial arts and mind/body specialty programs. Meet the instructors, get your questions answered, and experience an actual workout. Each clinic is limited to 10 participants. Registration required; first come, first served. Check-in at the Service Desk on day of clinic. To sign up, call 415.476.1115.

Aikido: W, 4/1, 8:15-9:45 pm, Studio 1, Robert Toyama

Yoga Integrated: W, 4/1, 7:30-9 p.m. Studio 1, Barbara Wiechmann

Feldenkrais: Th, 4/2, 1:10-2:10 p.m., Studio 1, Karen Ingebrigtsen

Pilates Allegro: Th, 4/2, 6-7:10 p.m., Studio 2, Jessica Feeny

Tae Kwon Do: Th, 4/2, 8:45-10 p.m., Studio 2, Joe Burgard

Qi Gong: M, 4/6, 6-6:55 p.m., Studio 1, Angela Lee

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, 8-9 p.m., Parnassus, Studio 1

Place Your Own Oxygen Mask on First

By Jed Wolpaw

Remember a few weeks ago when we talked about how a long-term relationship is like a box of chocolates? To quote from the literary giants Beavis and Butthead “huhhuh huhhuh, that was cool.”

Well, even if you find yourself a box of chocolates you think you can live with and enjoy for the rest of your life, you may still face the greatest challenge of all to the survival of that box: Kids. No force of nature can mess up a nice box of chocolates quite like having kids.

Stephanie Coontz, a professor of history at Evergreen State College and the author of *Marriage: A History*, wrote an op-ed piece in the *New York Times* recently called “Till Children Do Us Part.” She notes that more than 25 separate studies have shown that marital quality plummets after kids come into the picture.

On closer look, these studies show that not all couples’ transitions are equal. The couples who became parents without planning it out first, or who were ambivalent about it, or who disagreed over whether to have kids at all, were much more likely to suffer. Couples who were able to think it through beforehand and establish good communication were much more likely to maintain a happy marriage.

The other factor that Coontz points out is time. She notes that married mothers in 2000 spend 20 percent more time with their children than mothers did in 1965 and married fathers spend more than twice as much time.

So time that, in the past, was often spent alone, or with friends, is now spent with the kids. Couples feel that this makes them better parents, but does it? Coontz cites the work of Ellen Galinsky, who has shown that children don’t actually want to spend as much time with their parents as parents think. What they really want is for their parents to be more relaxed when they are together.

And this certainly jives with what we have all experienced from time to time. No child enjoys spending time with angry, sullen, bickering, resentful, sad or withdrawn parents. And as much as people may think they can put on a fresh face for their kids, it is almost impossible to hide your inner emotions from those little guys. Kids are like emotional antennas, especially when it comes to their parents. If you’re feeling upset, no amount of fake smiling can hide it from your kids.

This all-consuming parenting is what leads to so many marriages breaking up with the “empty nest syndrome.” Once the demands of child rearing are gone, couples wake up one morning to realize they have spent 18 or more years losing the connection that made them decide to marry in the first place.

Some couples feel guilty planning a vacation just for the two of them, leaving the kids behind with relatives or a babysitter. But in truth, this kind of thing done regularly may be the best thing couples can do for themselves AND for their children.

Someone once told me that people start dating, and when they run out of things to talk about they get married because that gives them something new to talk about. Then, after a few years of marriage, they run out of things to talk about again so they have kids.

As I’ve argued before, marriage should never be a default option. It should be a well thought out, seriously debated choice. And this holds true, if anything more so, for having children.

If a couple decides to have kids, it should not be a spontaneous attempt to do something new. If couples don’t think it through and plan for how it will go and how they will communicate and adjust, they may well end up realizing, at the end, that they don’t even like the same kinds of chocolates anymore, and maybe even having forgotten what flavors they used to share together.

The solution, of course, is to keep eating those chocolates all along so that they never get stale. To make time for the two people to spend together and reject the



Love Dub

by Jed Wolpaw

Student Group Seeks Lower Prices on UC-Discovered Medicines

By Sarah Mitchell
Contributing Writer

On March 12, University of California student members of Universities Allied for Essential Medicines (UAEM) asked the university to adopt a policy within one year which would ensure that medicines discovered on UC campuses are accessible at low cost in developing countries.

In a presentation to the Technology Transfer Advisory Committee (TTAC) which oversees UC patenting and licensing policy, Connie Chen, a UCSF medical student and Jay Purcell, a Boalt Hall law student, put forth a vision of a future where UC-discovered medicines such as Fuzeon and the Hepatitis B vaccine would be readily available to the world’s indigent sick who today die regularly due to prohibitive drug prices. At present this access to medicines gap leads to the needless loss of 10 million lives each year.

The invitation to present to the TTAC came from UC President, Mark Yudof, after a UAEM presentation to the UC Regents, advocacy on individual UC campuses and a concerted letter and email campaign. Two thousand statements of support were sent to President Yudof from across California, the United States and Europe and as far away as South Africa, Uganda and Thailand.

Also in attendance to answer TTAC questions were UCSF medical student Michael Lin, UC Hastings law student Aimee Kelley, and UCLA-Caltech MD-PhD student Jacob Apetkar.

“It was clear to me that there is a great interest in implementing a global access licensing policy in the UC and we expect to hear back within a month on the path forward,” said Jay Purcell. “We strongly believe that the UC, given its huge importance in the research world, can be a game changer and bring universities across the world on board with improving access to medicines discovered on their campuses.”

While there was great support for the concept among the committee of 25, a few committee members expressed concern over whether pharmaceutical companies would go along with global access licensing and whether increased treatment of the poor would only serve to increase drug resistance.

“Despite a few lingering concerns, I strongly believe that at the end of the day everyone will come to recognize that as a non-profit body concerned with the creation and dissemination of knowledge for the public good, the UC has an obligation to put its public service mission squarely at the center of its policies,” said Connie Chen. “Universities that are very successful at getting their technologies into the world such as Cal and UBC have shown that global access licensing is possible. Even companies such as Gilead and Tibotec license their discoveries to generic manufacturers in developing countries. It is time for the UC to act.”

Universities Allied for Essential Medicines (UAEM) is a coalition of students at over 40 top research institutions across the United States, Canada, Germany and the United Kingdom. UAEM’s mission is to promote access to medicines for people in developing countries by changing norms and practices around university patenting and licensing, ensuring that university medical research meets the needs of the majority of the world’s population and by empowering students to respond to the access and innovation crisis.

The University of California chapter of UAEM are asking the UC to implement a policy which will ensure that every relevant university technology is licensed as part of an effective and transparent strategy to make afford-

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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:

- _____
- _____
- _____

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.

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synapse

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Michelle Obama Brings Healthy Eating to the White House

By Darya Pino
Science Editor

You can agree or disagree with Barack Obama’s stimulus package, but despite our nation’s economic troubles Michelle Obama is doing everything right.

Most voters that stepped into the booth on November 4, 2008, probably did not consider the impact of the White House kitchen on American eating values. It was a concern to me of course, but I am painfully aware of the status food gets on the American political scene and did not expect much to come of it. Yet somewhere in the back of my mind I maintained a hope that Michael Pollan’s landmark letter to the future president elect, Farmer In Chief, would become a campaign trail talking point. I was not surprised that it didn’t, however.

Unimaginably strong powers are involved in supporting the American “standard of living” that for some reason involves consuming twice as many calories as we should (that’s a conservative estimate of how much we are overeating). If you are curious, ask yourself why dairy gets nearly 25% of the USDA pyramid calorie allowance when most of the data suggests we should be largely avoiding milk in our diets.

Wishful thinking aside, there was not much talk of food during the campaign. Maybe one or two articles I came across mentioned something about Michelle Obama being interested in organic food (or that folks



from Iowa have a distaste for arugula), but nothing ever led me to believe there was any commitment by the Obamas to change the eating habits of Americans.

I could never have imagined that within weeks of being in the White House, the First Lady would openly assert herself as an advocate of healthy, fresh and local foods. According to an inspiring article published recently in the *New York Times*,

“[Mrs. Obama] has praised community vegetable gardens, opened up her own kitchen to show off the White House chefs’ prowess with vegetables and told stories about feeding less fattening foods to her daughters.”

What better way to encourage Americans to adopt healthy eating patterns than holding the First Family up as a shining example? Even more amazing is that she directly addresses the common misconception that fresh, healthy foods are a privilege only available to the wealthy. She has praised community vegetable gardens and helped or-

ganize efforts to get fresh food donations into homeless shelters.

She has also taken this opportunity to show parents it is critical for children to get proper nutrition through healthy foods. She explains how important it is to make vegetables appealing to kids, so that they are more likely to eat them.

“And when you’re dealing with kids, for example, you want to get them to try that carrot. Well, if it tastes like a real carrot and it’s really sweet, they’re going to think that it’s a piece of candy. So my kids are more inclined to try different vegetables if they’re fresh and local and delicious.”

The wonderful thing is, there is no question that the Obama’s eating habits are attainable by all families. They are not making sacrifices when it comes to foods they enjoy. Though she spends a good amount of time praising the talents of the White House chefs to make healthy meals she proudly says,

“They can also make a mean batch of French fries when you want it done.”

I couldn’t have said it better myself, Michelle. If you need any more evidence that she is on to something, just take a look at her!

Questions and comments are welcome at the Thought for Food blog: summertomato.blogspot.com.

Open Invitation to UCSF Founders Day Banquet

All members of the UCSF community are cordially invited to the 2009 Founders Day Banquet to be held on Wednesday, April 15 at the Ritz-Carlton Hotel in San Francisco. The cost for this black tie optional event is \$100 per person. For more information about the banquet or to request an invitation, please contact Debi Ham at dham@support.ucsf.edu or at 502-4337.

At the banquet, the UCSF Medal will be presented to four distinguished individuals:

Dorothy F. Bainton, M.D. – former UCSF Vice Chancellor of Academic Affairs, first woman chair of a department in the School of Medicine, and Professor Emeritus of Pathology;

William K. Bowes, Jr., M.B.A. – Founding Partner of U.S. Venture Partners and renowned Bay Area philanthropist;

Dolores Huerta – Co-founder and First Vice President Emeritus of the United Farm Workers of America and President of the Dolores Huerta Foundation; and

Robert S. Langer, Sc.D. – Institute Professor at the Massachusetts Institute of Technology and innovator in chemical and biomedical engineering

In addition, the UCSF Faculty Research Lecturer,

Distinguished Clinical Research Lecturer, Distinction in Teaching Award and Distinction in Mentoring Award recipients will be recognized:

Faculty Research Lecturer:

Elizabeth H. Blackburn, Ph.D.

Morris Herzstein Professor of Biology and Physiology

Department of Biochemistry and Biophysics

School of Medicine

The designation Faculty Research Lecturer ascribes to a member of the faculty the Academic Senate’s foremost recognition of scientific achievement.

Distinguished Clinical Research Lecturer:

Bernard Lo, M.D.

Professor

Department of Medicine

Director, Program in Medical Ethics

Co-director, Policy and Ethics Core of the Center for AIDS Prevention Studies

School of Medicine

The designation Distinguished Clinical Research Lecturer ascribes to a member of the faculty the Academic Senate’s foremost recognition of outstanding clinical research.

Distinction in Teaching Award Recipients:

At UCSF Five Years or Fewer:

Conan MacDougall, Pharm.D., M.A.S., BCPS

Assistant Professor

Department of Clinical Pharmacy

School of Pharmacy

At UCSF More Than Five Years:

Barbara J. Drew, RN, Ph.D., FAAN

Professor

Department of Physiological Nursing

School of Nursing

The recipients of this Academic Senate award are selected by students and faculty in recognition of outstanding accomplishments in teaching.

Distinction in Mentoring Award Recipients:

Rank of Assistant to Associate Professor:

Priscilla Y. Hsue, M.D.

Assistant Adjunct Professor

Department of Medicine

School of Medicine

Rank of Full Professor:

Lisa A. Bero, Ph.D.

Professor

Department of Clinical Pharmacy

School of Pharmacy

The recipients of this Academic Senate award are selected by faculty in recognition of outstanding accomplishments in faculty mentoring.

C’mon Get Happy...

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week from the 120 hour work week, we should go down to the 60 hour work week and give people time for this type of satisfaction. They’ll make fewer mistakes.”

6) Appreciation (as opposed to jealousy and envy) of the achievements of other people

5) Appreciation of your own achievements

4) Excitation and mastery. This, Horowitz explained, is attained by trying new things and having adventures. Happiness can be found anywhere along the spectrum of sky diving and bungee jumping to traveling to a foreign country and helping with the health problems there.

3) Soul and spirit. “These speak for themselves,” Horowitz said.

2) Changing the world for the better

1) Enjoying the flow of generations. This somewhat enigmatic number one is actually engrained in the human experience. This, he said, is enjoying ones parents and a sense of ancestry and previous generations.

“This is enjoying your own children, but not just that,” Horowitz said. A flowing generation also includes “people you’re teaching, people you’re supervising, people you’re leaving a legacy for in terms of the work you do,” he said.



Cartoon by Martin Horowitz, MD

The Associated Students of the School of Pharmacy (ASSP) created the “Rx Alumni Mentoring for Pharmacy Students (RAMPS)” Program. The goal of the RAMPS is to provide students a professional mentoring relationship with a practicing pharmacist and allow them to broaden their knowledge about various pharmacy fields.

He’s Always Walking Really Fast!

By Emily Min

Third-Year Pharmacy Student

Whenever I mention having Dr. David Quan as my RAMPS mentor to pharmacy colleagues, they always comment on how quickly he moves. Seeing Dr. Quan’s work firsthand, I understand why he is in perpetual motion. As a trusted clinician and a popular instructor, Dr. Quan wears many hats. I witnessed the constant juggling act that his position requires him to perform throughout my RAMPS experience.

Dr. Quan is the pharmacist on the liver transplant service and has a huge body of specialty knowledge on keeping transplant patients healthy throughout their hospital stay and after discharge. He makes the rounds with the liver transplant team daily. During rounds, his physician colleagues seek his opinion on many different issues. Their respect for his expertise is very evident. While Dr. Quan is serving as a consultant to physicians during rounds, he is

also fielding constant questions from the pharmacy students and residents he precepts. Dr. Quan’s liver service is a popular rotation because of his well-deserved reputation as a kind person and patient instructor.

In addition to rounding, Dr. Quan also invests a lot of time on medication reconciliation, both on admission and discharge. Most patients enter the liver transplant service very ill. They are on multiple medications to manage the symptoms of their advanced liver disease. After transplant, their health improves dramatically. They feel better and even look better as their skin tone returns to normal and their edema subsides. However, the heavy medication burden they entered the hospital with persists on discharge because they must ward off organ rejection. Dr. Quan helps to ensure continuity of medication therapy upon admission. Upon discharge,

he carefully counsels patients on their new regimens and makes sure that the right medications are waiting for them at their home pharmacies.

Given the many responsibilities Dr. Quan carries on a daily basis, I was very curious about how he finds time to prepare the lectures he gives to pharmacy students. I came to realize that many faculty members like Dr. Quan get no “time off” to be involved in student life and learning. They do it on their own time because they care about students and the next generation of pharmacists.

I came away from my RAMPS experience appreciating the huge wealth of knowledge Dr. Quan carries with him and his ability to convey that information to a student like myself in an effective and clear way. I hope to one day have the opportunity to invest in students in the way that volunteer faculty like Dr. Quan do everyday.

Sports + Pharmacy = A Match Made in Heaven

By Elizabeth Keesey

Second-year Pharmacy Student

What excites me about the profession of pharmacy is there are so many different opportunities to serve patients. Some pharmacists thrive in the community setting, others in the hospital, and still others practice in unique “non-traditional” settings. Through the RAMPS program I have been able to explore an area of pharmacy that I otherwise probably would not have had a chance to experience.

Having been an athlete throughout high school and college I could not have been more excited to find out my RAMPS mentor was going to be Dr. Peter Ambrose. Dr. Ambrose is a Professor of Clinical Pharmacy at UCSF and his specialties include Clinical Pharmacokinetics and Doping Control. In addition, he is the Program Director for the Long Beach rotation site where he created a Sports Pharmacy APPE for fourth-year pharmacy students. Even though he primarily works in Los Angeles his excitement about his job and being a mentor has been abundantly clear.

While we have only been able to meet briefly in person during his short trips up to UCSF, Dr. Ambrose has been available via email at anytime to answer my questions. We discussed his role in drug testing of NCAA athletes and also his trip to the Beijing Olympics as a Doping Control Officer. He has sent me several interesting articles about doping control and drug use in sports.

Also we were able to talk about some issues that bridge all pharmacy practice settings. Through my Summer Internship my eyes were opened to the reality that pharmacy is a business, and because of that most are out to make a profit. It was hard for me to navigate the pressure of “making money” and the compassionate side that truly advocates for healing a sick patient. It was nice to have his perspective on these struggles, and he offered to help me fine tune my career goals.

Overall I’m so thankful for the RAMPS Program because now I am even more excited to be a Pharmacist. I never thought that I could combine my love of sports and pharmacy into a career. Although this is an emerging area and not many jobs are available people like Dr. Ambrose prove that anything is possible! Hopefully I will be able to rotate through the Sport Pharmacy during my third or fourth year and experience firsthand all the exciting possibilities in this field of pharmacy.

Kids’ Play: An Inside Look At Pediatric Clinical Pharmacy

By Becky Ngu

Second-Year Pharmacy Student

My RAMPS advisor was Dr. Lisa Englert, a pediatric clinical pharmacist at UCSF Long Hospital. Not only does she dedicate a full-time week at UCSF, she also consults for a small pharmaceutical company.

I wasn’t introduced into the world of clinical pharmacy until the Spring quarter of my first year. I was given the opportunity to shadow Dr. Englert in pediatrics, and I really didn’t know what to expect.

Dr. Englert practices in many different fields of pediatric pharmacy including ICU, and oncology where she specializes in Bone Marrow Transplantation. When I walked through the halls of Long Hospital on my first day of shadowing I was very excited, but definitely apprehensive about visiting pediatric patients in such serious health conditions.

Observing Dr. Englert interact with her patients and their parents definitely put me at ease. I discovered that most of the pediatric patients were quite mature for their age and had a very good understanding of the circumstance they were in. I met patients ranging from the age of a few months to 20 years old, and despite their serious conditions most of them had a very positive outlook on life.

Dr. Englert expressed to me that these children were very sick, but at the end of the day they were still just normal children with normal needs. I noticed that every time she had the chance, she would joke, laugh, and chit-chat with her patients. She taught me a very important lesson: no matter how serious life gets, you don’t need to act too seriously.

I finished shadowing Dr. Englert in June, and fortunately through the RAMPS program I was able to continue my relationship with her. She has truly opened my eyes to a new and interesting field in pharmacy. She is a great person and wonderful mentor to have, and I am really grateful that I met her at my time at UCSF.

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LoveDub...

from page 3

idea that good parents sacrifice all of their own time for their kids. Kids will be happier and healthier if they get to spend time with happy parents. Better to have slightly less, but happy, time than a great quantity of time tainted by negativity.

Coontz quotes the psychologist Joshua Coleman in saying that the airline warning to put the oxygen mask on yourself before putting it on your child is true in marriage as well. Well said.

Questions/comments: lifefollowingtojed@gmail.com, www.lifefollowingtojed.blogspot.com

ASUC Candidate Statements

The Associated Students of UCSF represents students in the schools of Medicine, Pharmacy and Dentistry. Opinions expressed are the candidates’ alone. We will be running the candidates’ statements in the next few issues of *Synapse*. Voting online will occur March 30 to April 10. Results will be printed in the April 16 issue of *Synapse*.

Marnie Noel, President



The job description for the ASUC President states that the President “shall be the official voice of the Associated Students of the University of California, San Francisco.” I know the job is broader than just a voice, but those of you who know me can tell you that I have a voice – a loud voice. I use this voice not for intimidation or confrontation but to work with others with the intention of creating the best outcome.

As the current Vice President of the first-year pharmacy class, I have experience in working with other officers and faculty members to ensure that the voice of our class is heard. We have already accomplished much – schedule changes for midterms to avoid multiple exams in one week, a class website to avoid having to access a website for every course, and social activities to keep class morale high, to list our major accomplishments.

If elected, I will try to address accumulated needs as well as encourage new ideas. One of my goals is to have the board and faculty ensure a more integrated and enriching experience for the students of the pharmacy, dental and medical schools.

What is an “integrated and enriching experience?” Right now there aren’t enough inter-professional activities at UCSF. Other than a couple of events each quarter, the pharmacy, medical and dental schools are still separate and far apart. One of the few times there is interaction between schools is through the RCOs (Registered Campus Organizations). The main purpose of the ASUC is to develop, promote and regulate the RCOs and professional student government activities. As President, I will encourage the student governments of pharmacy, dentistry and medicine to organize more inter-professional social activities to unite us as “UCSF students,” not “UCSF pharmacy/medical/dental students.” I will also work with the executive Vice President on properly distributing funds to the RCOs so that more integrated health fairs, clinics and events can be planned for the upcoming year to further enhance the pharmacist-physician-dentist relationship that is so crucial to the health-care field.

I also intend on collaborating with the Graduate Students’ Association on projects that will connect the pharmacy, medical and dental students with the physical therapy, nursing and life/social/behavioral science students.

This is only the beginning of what I hope to achieve if elected President of the ASUC executive board. It will be your responsibility as students to provide me with feedback – both positive and negative – so I can best serve you. I may have a voice, but I also have good ears for listening. In addition to these senses, I have a ton of energy, a strong work ethic and a passion for getting things done.

I would welcome the opportunity to serve you as President of the ASUC executive board and ask you to vote for me – Marnie Noel. Together we can make our school and our learning experience better for all of us.

Sarah Anne Marshall, President



Fellow Students,

Last year, I applied to 16 sixteen medical schools. Most places rejected me outright. Some interviewers made derisive comments. UCSF was the only place that believed in me, a transgender student.

To me, UCSF is more than just a school. It is a symbol of hope, a reminder that anyone’s dreams can still come true in America. As students, we have inherited a tradition of research, patient care and innovation of which we can all be proud.

Unfortunately, 2009 has brought unprecedented fiscal and environmental challenges, hardships that will reveal our true character. We need new leadership that can promote and sustain diversity across campus, protect and enhance the quality of our health care, and fight climate change. When the going gets tough, I get tougher.

I am running for president to make sure UCSF is a place where people from ALL backgrounds can flourish, whether they are black, gay, low-income, parenting, from another country, speak another language, or just march to the beat of their own drum. I will reach out to members of all three professional schools on ways to recruit underrepresented applicants, and dedicate funding to these initiatives. Supporting organizations such as the Asian Health Caucus and the Latin American Campus Association will be an ongoing priority.

None of us can care effectively for our patients when our own basic needs are not being met. I have already asked members of the Student Health Advisory Committee to make sure LGBTI students have access to appropriate services, and will continue to do so. As president, I will not approve any insurance plan that is unfair or discriminatory towards any student with a so-called “preexisting condition.”

Because our planet is special, I will also fight to conserve precious natural resources and reduce environmental impact at UCSF. I would increase the availability and variety of recycling containers across campus and replace incandescent lighting wherever possible. I would ask police to enforce policy that prohibits smoking and littering on campus.

I believe ASUCSF should be a force for good in the world. Together, we can voice our support for universal health care and affordable medications across California and beyond. With certainty in our ideals and the strength of common purpose, no challenge can elude us. The arc of history may bend toward justice, but that doesn’t mean we can’t bend it a little faster.

Student government shall be transparent and accessible like never before. You will be encouraged to participate at every level, your concerns heard and your ideas supported. With your satisfaction as the first priority, ASUCSF shall truly be clay in your hands.

Oh, one more thing. San Francisco is a great city and having fun is important! If you elect me, you will get to experience more nature hikes, gaming nights, free plays, speed dates, concerts, clubbing, sports, movies and culture than ever before!

Say “yes” to the experienced choice. Say “yes” to a student government that works for you. Keep our future bright and vote for Sarah!

Sincerely,
Sarah Anne Marshall
SMarshall@UCSF.edu
School of Medicine

Vote
March 30 - April 10

Melissa Shive, Vice President of Academic Affairs



From the time I set foot on the UCSF campus, one of my goals has been to help create a cohesive interprofessional community. I'm running for the VP of Academic Affairs in order to further advance that vision. In this position, I would be representing students from all schools and serve as a faculty-student liaison and advocate for what students want concerning issues like registration, course lists, elections, classroom access, and course instruction.

I am eager to work with students from all schools and support an open forum of communication on these important topics. As VP of Academic Affairs, I would continue to spearhead and improve the new ASUCSF Ideas for Change campaign, designed to uncover pressing issues within the UCSF community and craft effective changes. I would also be open to whatever suggestions students may have about their academic experience and work to develop new solutions or initiatives as appropriate.

My interprofessional leadership experience here at UCSF includes handling funding for the school-wide World AIDS Day Rally and dinner, co-founding and organizing the Photography Interest Club and subsequent photowalk, and coordinating the spring elective on Public Policy Advocacy. Within my own school, I am also the UCSF delegate for the American Medical Association, a Homeless Clinic coordinator, and an organizer for the Accepted Students Weekend Student Activities Fair.

In addition to that, I check my e-mail compulsively, am easy to reach, and am really approachable and friendly. UCSF has such a wonderful community of engaged and interested faculty and students, and I want to help grow that community by actively reaching out to solicit feedback and ideas. Want to send me a random e-mail? Definitely! What to sit down and chat about something on your mind? Just let me know! Simply put, I love the UCSF community, and I am dedicated to improving the university and ensuring that all students have an active voice. In the end, my responsibility is to YOU – the students at UCSF – and it would be a privilege to serve as YOUR VP of Academic Affairs.

Kevin Phung and Quynh-Anh Vo, Vice Presidents for Student Affairs



Hi UCSFer's! We are Kevin Phung and Quynh-Anh Vo from the School of Medicine and Pharmacy and we are striving to be next year's ASUCSF Co-VPs of Student Affairs.

We'll keep this short and sweet. There are several wonderful professional schools here at UCSF, but unfortunately, we rarely get the chance to interact with one another. As future health professionals, this interaction is not only important, but essential to the healthy outcomes of our patients. And we want to foster those ties and relationships early on, which is why we're here. We are a ticket of unity representing hundreds of students in both the Schools of Medicine and Pharmacy. We hope to help bridge the divide between the different professional schools by holding interprofessional events throughout the year.

Here are some of our ideas:

1) For interprofessional unity, we want to organize a UCSF-wide "Family Picnic" encompassing a day of food, competitive outdoor activities and camaraderie! Teams would be formed from students of each school and would compete for gifts and prizes! We believe that one of the best ways to build friendship and trust is to sweat and toil together... to learn to rely on one another... and to get dragged through the mud together. Literally. (Tug-o-war, anyone?)

2) To foster friendly competition amongst schools, we want to organize a "UCSF Bartending Night for Charity," where each school will volunteer classmates to become novice bartenders for the night. All tips will go to a charity, and the school that collects the most donations will be pronounced the winner and will win a special prize for their school (including bragging rights).

But we aren't done yet! If we are elected, we will continue to brainstorm ideas on how to improve campus-wide relations. And we will make sure your suggestions and concerns are always heard.

OK, now we're done. Thanks for reading and we hope we have the privilege to serve as your VPs of Student Affairs for the 2009-2010 school year. Cheers!

Samuel Pitak, Executive Vice President



Hello UCSF, my name is Samuel Pitak, and I am running for Executive Vice President of ASUC. I am a first-year pharmacy student, and I am dedicated to doing whatever needs to be done to best serve UCSF's distinguished professional schools of Medicine, Dentistry and Pharmacy. Being a student at UCSF affords all of us the unique privilege to be constantly surrounded by students and fac-

ulty from all of the major disciplines of the health sciences.

This presents an amazing opportunity for us to interact with one another in order to promote the idea of interdisciplinary professionalism. I think that we would all agree that interdisciplinary unity will ultimately lead to the highest level of care we can provide to our patients in the future. With that in mind, I say, why not get a head start while we are all providers-in-training?

In my brief time here so far at UCSF, I have not had many opportunities to interact with students of the schools of Medicine or Dentistry. One of the best events I attended during my first weeks here at UCSF was the new student mixer that was sponsored by ASUC. I got to meet several of my future colleagues from Medicine and Dentistry, as well as from Physical Therapy and Nursing.

Acting as the Chief Financial Officer of ASUC, I will make sure that these types of events continue, and that we can find other creative ways to bring students together. In order to achieve this, I will work towards supporting these efforts by allocating the proper funding and by minimizing the occurrence of ideas not coming to fruition

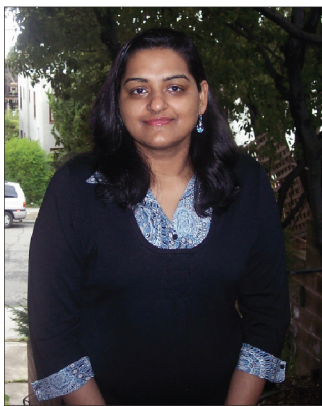
simply because of funding. Support for events and organizations that promote interdisciplinary interaction will be a priority for the newly elected Executive Board, and I look forward to working with all of them in order to achieve this, and each of its other goals.

My experiences as president of a student organization during my undergraduate studies have given me an understanding and appreciation for the importance of teamwork, collaboration and compromise, especially when undertaking a task as significant as that which is entrusted to ASUC.

While I will take the specific responsibilities of Executive Vice President very seriously and execute them to the best of my abilities, I also feel that it will be imperative that I do not just stop there. I will always strive to be at the service of the other members of the Executive Board in order that we accomplish our goals effectively and efficiently.

Thank you for taking the time to learn more about all of the potential members of next year's Executive Board. All I ask is that you take the time to vote. ASUC is here to represent you and your best interests. So ultimately, no matter who is elected, you will undoubtedly be represented well.

Shaily Arora, Vice President of
Community Health



Hello everyone! My name is Shaily Arora (P1) and I am running for ASUCSF Vice President of Community Health. ASUCSF is a student body government comprised

of seven elected representatives from the schools of Pharmacy, Dentistry and Medicine. As the Vice President of Community Health, I will serve as your representative to the Student Health Service Advisory Committee and will monitor all aspects related to Student Health. I plan to be the liaison between the students and Student Health Services by identifying and advocating the concerns of the student body to ensure the best health-care facilities. The reason that I am interested in running for this position is my personal experience with the insurance and the health-care system. I was diagnosed with a chronic disease during my sophomore year in college and was prescribed a variety of medications. As a financially struggling student, I was faced with the challenge of paying for my treatment and realized the importance of steady, reliable and affordable access to health care services. I was surprised to find that our Student Health Insurance Plan has a prescription limit of \$4500 per policy year and no provisions are available to help students who require prescription coverage

beyond this limit. I want to ensure fair and equal treatment of all students and as a representative to the Student Health Service Advisory Committee, I would have the opportunity to voice the interests, concerns and recommendations of the student body to the committee and help assemble a health-care plan for the 2009-10 academic year that meets the needs of students. In addition, I will oversee all ASUCSF sponsored health fairs and respond to public and campus wide inquiries for assistance with community health. My experience of participating in health fairs and working with students from medicine, nursing and dentistry have elucidated the need for collaborative effort to effectively serve the underserved. Thank you for reading my statement. I will be honored to be your ASUCSF Vice President of Community Health and promise to do the best I can with the resources available to me. I thank you for your continued support and encouragement.

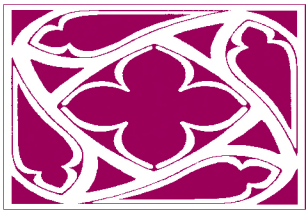
Daniel Luu and Manjeet Singh
Vice Presidents, External Affairs



Hello UCSF! We are Daniel Luu and Manjeet Singh, first-year students in Pharmacy and Dentistry respectively, running to be ASUCSF Vice Presi-

dents of External Affairs. As Vice Presidents of External Affairs, our purpose is to represent UCSF at University of California Student Association meetings. UCSA is the official voice of UC students to the Regents, the legislature, the office of the Governor, and the Office of the President. Representatives from each UC campus meet monthly to discuss important issues that may arise from their respective universities. At these monthly meetings, we collaborate with students from other schools to develop solutions to these issues. Our role is to bring your concerns about funding, university services, and student enrollment and enact change on the state level! We are well aware that at UCSF, we are surrounded by students who care deeply about the direction of the university and of California. We are eager to work with students from all disciplines at UCSF. We're not only Pharmacy and Dentistry students; we're UCSF students. Let us be your voice! Vote for us, Daniel and Manjeet for ASUCSF Vice Presidents of External Affairs!

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FOOD – TO – GO

UCSF Receives \$125 Million for New Medical Center

By Robin Hindery
UCSF Today

UCSF has received one of the largest gifts in its 145-year history – \$125 million – as the lead funding for a state-of-the-art medical center at the Mission Bay campus.

The transformative donation injects a shot of adrenaline into an ambitious project that will not only improve patient care and enhance the environment in which UCSF students, faculty and staff work and learn, but also will set a new global standard among academic medical centers.

“The new medical center at Mission Bay is critical to the future of UCSF as a world-class health sciences institution, as well as to the health care professionals and scientists we train and the patients we serve,” said UCSF Chancellor J. Michael Bishop, MD.

The gift comes from longtime UCSF supporter Charles F. Feeney through the foundation he created, The Atlantic Philanthropies. It is the largest grant Feeney or the foundation has ever given, and brings the foundation’s total commitment to the Mission Bay campus to \$270 million.

With its innovative design and world-class staff, the UCSF Medical Center at Mission Bay will help the University realize its vision of a fully integrated health sciences campus where clinicians, scientists and industry professionals interact and collaborate on a daily basis.

This environment is aimed at promoting the suc-

cessful and swift translation of scientific discoveries into medical therapies – a top priority of UCSF’s first-ever strategic plan, unveiled in June 2007.

Although Mission Bay is already home to several thriving UCSF research institutions – such as the California Institute for Quantitative Biosciences

The 289-bed medical center at Mission Bay ... will consist of specialty hospitals for children, women and cancer patients.

(QB3) and the UCSF-affiliated J. David Gladstone Institutes – and is located in close proximity to major players in the biotechnology and pharmaceutical industries, the addition of the medical center is essential to achieving that goal, University officials say.

“To be a modern academic health center, Mission Bay needs to be a place where life sciences companies are adjacent not just to academic researchers, but to a hospital,” said Regis Kelly, PhD, director of QB3. “Mission Bay lacks a hospital, and The Atlantic Philanthropies recognized that the vision was still incomplete.”

The 289-bed medical center at Mission Bay, slated for completion in 2014, will consist of specialty hospitals for children, women and cancer patients.

The Atlantic Philanthropies gift brings the total capital raised so far to just over \$205 million – roughly 12 percent of the project’s estimated \$1.68 billion cost. By requiring a 100 percent match, the gift aims to encourage support from other philanthropists.

“We’re hopeful this is a gift that inspires others to give as well,” said Mark Laret, chief executive officer of UCSF Medical Center. “Our current [hospital facilities] have saved and improved the lives of thousands of people, and Chuck’s gift is really a statement that even in hard times, it’s worth giving to something truly important.”

What Feeney believes – and what Laret hopes other potential donors will realize – is that investing in the University means contributing to a force for positive change on a global scale, he said.

“Chuck believes in investing in big things – big things that advance the health of people around the world,” Laret said. “With the clinical facilities and the research [at Mission Bay], we’ll do things that benefit mankind. That’s nothing new for UCSF.”

The eventual transfer of faculty, staff and services to the new medical center will allow for expansion.

Continued on page 10

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UCSF Mission Bay Campus



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- Student manuals will be provided and are yours to keep
- Water and light refreshments will be provided
- Please wear comfortable gym attire

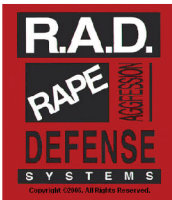
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Wayne Hancock Takes His Juke-Joint Revival on the Road

By Phil Reser
Contributing Writer

Wayne “The Train” Hancock is a Texas musician who has been steadily working the honky-tonk and juke joint scene for more than a decade. He plays the real country music you won’t hear on commercial radio.

He and his band routinely tour 200-plus days a year in his trusty Swing van, bringing his traveling juke-joint revival to towns all over the United States.

As he puts it, "Our music sounds like country music did in the '40s, before everything had to be so perfect, and we give it a real hard slap-bass sound that makes it jump like a rockabilly band. I do a broad range of stuff. We usually start out with a little Ernest Tubb, and then we go into a whole thing of jump blues. We've started playing some hard-core Memphis rock and roll and big band, and a lot of swing. For now I'm just calling it "juke joint swing."

A tough ex-Marine, Hancock has likened himself to a stab wound in the Nashville fabric of country music. The very subject of Nashville is distasteful to him; he lives in Austin, Texas, musical melting pot, which has produced artists as diverse as The Fabu-

lous Thunderbirds, Joe Ely and Teisco Del Rey.

“Actually, I’m not from Austin, originally. I’m from the oil fields of northeast Texas, around Kilgore,” he says. “That’s where I spent life from 12 on up to 25 or so. That’s where I got introduced to Hank Williams and the blues and everything else.”

"After years of drifting around aimlessly, I did a six-year hitch in the Marines. I got out and did the traditional pilgrimage to Nashville, and I found out real fast that wasn't it, you know? I drifted all over the place for another two years, and then by a stroke of fate I hitched a ride to Austin, and I never went back."

Hancock has been adored for some time by fans of real country music because he reaches that place that none of the current pretty boys in tall hats can reach. He speaks the truth, in his lyrics and in conversation.

Even though many compare his musical style to Hank Williams, Sr., he has just as much Bob Wills in him as he does Williams.

Although he flies pretty low under the radar of

so-called commercial country music, he garnered enough attention with his 1996 debut, *Thunderstorms and Neon Signs*, to get exposure on NPR's *Prairie Home Companion* and the prestigious PBS showcase *Austin City Limits*. There's no one word to describe what Hancock does. It resembles music from another era, but don't make the mistake of calling it retro. To Hancock, it's simply American music.

"It seems to be making me a living and a following," he says. "I think a lot of it has to do with the sound and the upbeat songs. Me being an ex-alcoholic, I used to get very depressed. To get out of that depression I'd write upbeat songs. I heard that Bob Wills used to tell his band members to never let him hear them singing a sad song. Even if the subject is sad, sing it with a smile on your face. I love that. I may have just lost everything, but I've got a smile. That's the kind of spirit I give my songs."

Check out the country swing music of Wayne Hancock
at: <http://www.myspace.com/waynehancock>

Medical Center...

from page 9

sion and modernization throughout UCSF's other campuses and affiliated sites, Laret said. That, in turn, will benefit all four of the UCSF health sciences schools – dentistry, medicine, nursing and pharmacy – for which those sites serve as a training ground.

UCSF Children's Hospital often operates at full capacity, but has no room to grow at its current location at the medical center at Parnassus Heights, Laret said. What's more, he said, the current facility was "never designed to meet the needs of today's medicine," in-

cluding the now-common practice of parents' staying overnight with their children in the hospital.

In addition, shifting some of UCSF's cancer research and patient care to Mission Bay will allow for seismic retrofitting and other upgrades at the Mount Zion campus, where the University's cancer research program is currently housed, Laret said. The new cancer hospital at Mission Bay will be strategically located in close proximity to the Helen Diller Family Cancer Research Building, scheduled to open in

mid-2009.

A less quantifiable but equally important byproduct of the new medical center and the changes it will set in motion at UCSF is the inspiration it will offer other academic, research and health care institutions, Kelly said.

"We have a vision of where we want to go with the University – and it's different; it's novel," he said. "And if this vision succeeds, it's something that should be replicated around the world."

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Discounted Medicines...

from page 3

able versions available in quantity in developing countries. Such a policy would embody the following five principles:

1. Access to medicines and health-related technologies for all is the primary purpose of technology transfer of health-related innovations.
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4. Proactive licensing provisions are essential to ensure that follow-on patents and data exclusivity cannot be used to block generic production. Other barriers may need to be addressed for the licensing of biologics.
5. University licensing should be systematic in its approach, sufficiently transparent to verify its effectiveness, and based on explicit metrics that measure the success of technology transfer by its impact on access and continued innovation.

Sarah Mitchell is a first-year medical student.

Climate...

from page 1

could rise by as much as five feet by the end of the century, with catastrophic consequences for California. Such flooding would affect nearly half a million people and \$100 billion in property, the study found.

The Institute proposed several far-reaching proposals, including:

- limit coastal development in areas at risk from rising seas
- * consider phased abandonment of certain areas
- * halt federally subsidized insurance for property likely to be inundated
- * require coastal structures to be built to adapt to climate change.

"Immediate action is needed," Linda Adams, California's secretary for environmental protection told the *Los Angeles Times*. "It will cost significantly less to combat climate change than it will to maintain a business-as-usual approach."



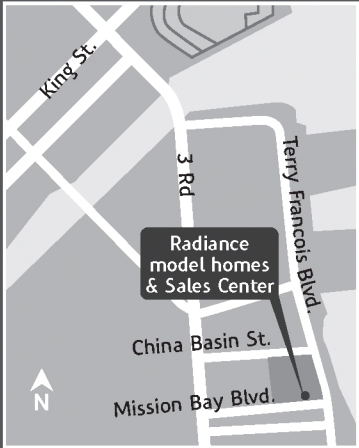
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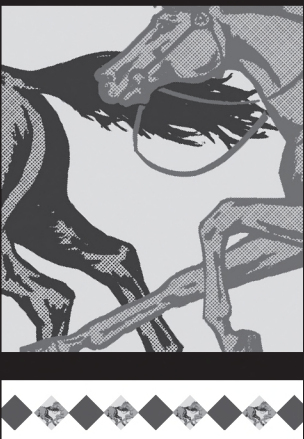
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