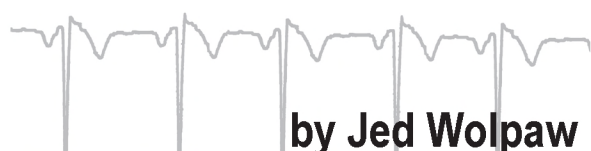


A - Fib

by Jed Wolpaw

Valentine's Day
2010 Cancelled

By Jed Wolpaw

In an unprecedented move, the Obama administration announced today that it was canceling Valentine's Day in 2010.

In an afternoon news conference, held ironically enough in the Rose Garden, the President and Treasury Secretary Geithner somberly explained their rational.

"The economy is in freefall and millions of Americans are in danger of losing their homes. We need people to focus and to spend money on the things that matter most, not on frivolous boxes of chocolates and superfluous bouquets of roses" said Geithner.

However, in a shocking snafu that is sure to make its way onto YouTube within thirty or forty seconds, Geithner later said to an aide, when he thought his microphone had been turned off, "Nobody's show-



Continued on page 6

*Single in the City Episode Nineteen*Single No More:
Engaged in the City!By Mark Anthony Maningas
Executive Editor

Just like Carrie, I thought I'd stay single forever. But I guess every man has his match.

I met Antoni while I was at Le Six Seven in Paris a few months ago while I was there for New Years. I was hanging out with my crew, and he was hanging out with his, and immediately, he stood out from the rest of his Italian mobster posse. Not necessarily because of his looks (though he's a definite looker), but because of his shirt; it read "Fiscally Republican, Socially Democrat, Sexually Liberal". I thought, "Hmm... an interesting fella, I gotta talk to that guy."

Like I've said before, my foreign language skills (not to mention my bravura) increases exponentially while in the liquored-up stage, and so we did, for what felt like hours. I learned that his name is Antoni Diamante, he's 24, and he's an Italian student studying architecture from Rome in Paris for the holidays. We danced a bit, he introduced me to his friends, and I did likewise. He asked if I wanted to go with him to Le Milliardaire, an after-hours club nearby, but I told him that I was with my friends, and I couldn't leave them (Kat and Frances know very little French). I gave him my French number, and I told him we could have lunch the next day.

I didn't expect him to call, but around 11 a.m. the next morning, he sent me a text, inviting me out to a late lunch at L'Ambassade d'Auvergne in

Continued on page 7

Mission Bay: The
Underwater Campus

Relapse Staff Report



Future operating room at Mission Bay Medical Center

A recent report that global warming could cause ocean levels along the California coast to rise by as much as five feet by the end of the century has profound implications for the Bay Area. Maps prepared by the U.S. Geological Survey showed large sections of the Bay Area, mostly filled-in marshlands, will be underwater in 2100.

Including Mission Bay.

Needless to say, this has caused UCSF leadership to put its collective thinking cap on, because it's a little controversial to pour billions of dollars into a new campus and medical center if the whole thing will be underwater in a few decades.

Continued on page 6

*Thoughtless Food*McDonald's Switches to
100% Grass-fed BeefBy Darya Pino
Science Editor

Fast food mega-chain McDonald's has just announced it will be making all its burgers from 100% grass-fed beef by the end of 2010.

McDonald's is the largest purchaser of beef in the United States, serving more than 47 million customers daily. Since the company was founded in 1940, their beef has been supplied by feedlot livestock raised predominantly on a diet of corn and soy. As the first major fast food chain to make the shift away from traditional corn-fed beef, McDonald's is hoping to be a leader in a new era of responsible fast food.

A spokesman for the company says the effort is motivated by consumer demand for safer, healthier products, as well as concern for the environment.

"The nation is ready for change and McDonald's wants to be a part of the solution, not part of the problem."

The new grass-fed cattle used by McDonald's will also be free of antibiotics, which are only necessarily when livestock are artificially fattened on grains. Grass-fed cows are healthier and do not produce as much toxic waste as cows reared on feedlots, but they also mature more slowly. As a result, more time and money are required to raise grass-fed cows. McDonald's acknowledges that this will result in a substantial 40% increase in the price of their burgers, but believes consumers are willing to pay for the added health and safety.

"Consumers are nervous about the increasingly dangerous problem of antibiotic-resistant bacteria that results when livestock are given large amounts of drugs, as they are on feedlots. By switching to grass-fed beef, we believe McDonald's can play a substantial role in reducing this risk."



The company is also aware of the positive impact this move may have on greenhouse gas emissions. It has been reported that nearly 20% of all greenhouse gases are produced by cattle, even more than are produced by automobiles and transport. They are hoping that their move away from corn-fed beef will encourage more environmentally friendly practices by the beef industry.

This new project is part of an ongoing effort by McDonald's to offer more high-quality, environmentally friendly items to consumers. McDonald's began serving organic milk in the U.K. in 2003 and premium coffee was added to the U.S. menu in 2006. But the switch to grass-fed beef is by far the most significant "green" change any fast food chain has made to date.

The shift has only been announced for U.S. restaurants, but insiders suggest grass-fed beef may reach global consumers by 2012.

Yep, It's All a Joke

By now, you have probably noticed something a little odd about this week's issue of *Synapse*. It's our annual April Fool's issue, *Relapse*. Anything appearing on Pages 1, 6-7 are just jokes – regular coverage begins on Page 3.

page two | upcoming events & more at ucsf

Announcements

Moffitt Café Announcements
Look out for a new sandwich selection!
-Please note that the sales tax rate increases to 9.5% on April 1st.
-Zuni Stew and Moroccan Chicken will be permanent menu items starting Monday, March 30th.
-Corned Beef will be featured

at the Carving Station starting Friday, April 10th.

E-Waste Drop-Off
Green Zebra invites you to drop off your e-waste (electronic waste) on March 28-29 from 9 a.m. - 3 p.m. at the Sports Basement Parking lot (610 Old Mason Road in the Presidio).

Universal Waste Management, a state approved collector and recycler, will take your old televisions, monitors, computers, VCRs, DVD players, fax, printing & copy machines. They will also accept cables, power cords, toner cartridges, cell phones, keyboards, mice, audio, visual and telephone equipment. Large

household appliances, batteries and fluorescent light bulbs will not be accepted; microwave ovens can be dropped off for a \$5 recycling fee. We will also be collecting winter jackets for One Warm Coat and non-perishable food items for the San Francisco Food Bank.
Sports Basement will reward all

e-waste recyclers with a coupon good for 10% off a one time purchase in their store. Donors will also be entered in a raffle to win a Squaw Valley Ski Resort package and Sports Basement gift certificate (total value = \$208). We will be selling Green Zebra guides at the event for a discounted rate of \$20 (\$5 off!).

Events

Diversity: Accomplishments, Challenges and Plans for the Future
Monday, April 13, Noon – 1:30, Cole Hall
Simulcast to Mission Bay – Byers Auditorium, Genentech Hall & Laurel Heights Auditorium

Please join Chancellor J. Michael Bishop and other campus leaders for a discussion of UCSF diversity initiatives. Do you have a diversity question you would like answered by the leadership panel? Send your questions to AcademicDiversity@ucsf.edu

UCSF Young Artists Recital
Sunday, April 26, 2 p.m.

We invite children of the UCSF community to participate in the 7th UCSF Young Artists Music Recital, to be held in Cole Hall Auditorium, 513 Parnassus. The concert, open to the general public, will also feature one or several outstanding, young artists from local music competitions. The afternoon promises to charm and inspire one and all.

UCSF Children's Hospital Tomorrow...A Better Today
Thursday, April 30, 12:15 p.m.
UCSF Children's Hospital is proud to present our second annual performance created and performed for teens by teens with chronic illness and hospitalization. This performance

piece highlights courage and fortitude, as well as the universal feeling of isolation teens often experience while hospitalized.

Diabetes Patient Education Program
UCSF's Diabetes Teaching Center is holding their annual "Diabetes Patient Symposium" on Saturday, April 4, 7:45 a.m. – 12:30 p.m., at the UCSF Laurel Heights Campus (3333 California Street). Adults with diabetes and their family members are invited to hear the latest news involving diabetes research and clinical care from respected UCSF-affiliated researchers and clinicians. For more information, call 415-353-2266.

Mission Bay Events

Global Health Sciences lecture
Remembering the forgotten: Invertebrate pathogens as new cures for neglected tropical roundworm diseases
Presenter: Dr. Raffi Aroian
Location: Mission Bay, Byers Hall 212
When: Monday, April 6, 4 – 5 p.m.
Raffi Aroian, PhD, Professor, Section of Cell and Developmental Biology, UCSD, will discuss a promising characterization of a new class of natural anthelmintics and the serendipitous discovery of how two different anthelmintic classes can be combined to express outstanding nematocidal properties.

1675 Owens Street
For more information visit <http://www.surgery.ucsf.edu/res/PUBLIC/RRD09.htm>

Planet Earth: Part IV
Thursday, April 2, Genentech Hall Auditorium, 6 p.m.
This popular series will amaze viewers with never before seen animal behaviors, startling views of locations captured by cameras, and unprecedented high-definition production techniques. This series is being shown to educate and entertain! Handouts will help the UCSF community reduce its environmental footprint.
Free and Open to All

Department of Surgery Resident Research Symposium
Friday, April 3, 9 a.m. – 5 p.m.
Keynote lecture "Pancreatic Islets: Development, Regeneration and Visualization" by J. Englebert Dunphy Visiting Professor, George Gittes, MD UCSF
Mission Bay, The Fisher Room,

Bagel Tuesday
April 7, 9:30 a.m.
Genentech Hall, 2nd Floor, Outside the Student Lounge
All Students please join us for bagels and coffee.
Sponsored by Student Academic Affairs

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

Want an Event Listed on Page Two?

If you have an event coming up and you would like to see it listed on this page, please send information to synapse@ucsf.edu

Please try to get the information to us a couple weeks before the event takes place. Our space is limited, but we try to get in all the events we can.

Entertainment

CLS Arts & Events
For more information, call 476.2675
artsandevents@ucsf.edu
www.campuslifetimeservices.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.

April 9
Cole Hall
Betty Woo, piano
All for the Birds

Henselt, Granados, Ravel, Messiaen, Liszt

Cole Hall Cinema
Winter 2009 Season
Admission Prices: \$2.50-4
Located in the Medical Sciences Bldg., 513 Parnassus Avenue
Tickets available at the door only.
Box office opens 1/2 hr. before show time. (One discounted ticket per I.D. only) Open to the

General Public! Cinema Hotline- 415.476.2675

Free Move Night!
Caramel (PG)
Thursday, April 16 6 p.m.
Genentech Hall, Mission Bay Campus
This delightful comedy inaugurates the first in the Foreign Cinema Series on the Mission Bay Campus.

Light refreshments will be served before the movie. Sponsored by Arts & Events.

Week of the Young Child!
Madagascar 2: Escape 2 Africa
SUN April 19 2 p.m.
This is a FREE movie and sponsored by The City of San Francisco

Fitness and Recreation

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

Pick-Up and Paddle Saturdays
Level: Easy
Bring your friends and family on this accessible and affordable kayaking tour of Mission Creek. Located near SBC Park, home of the San Francisco Giants, Mission Creek offers calm waters, easy access, and inspiring scenery. Supportive and encouraging guides, combined with stable sit- on-top kayaks, make this a perfect choice for first-time paddlers, families, and those seeking a quick getaway within the city. Children 8 and above must be accompanied by adults. Registration required. Confirm paddle date on registration form. Limited same-day registration at the Boathouse is available from 9:30-9:50 am only. Call for details.

Dates: Every Saturday 4/4 through 6/27
Time: 10-noon
Location: Mission Bay
Cost: \$25/30/35

Yosemite Waterfalls Weekend
Level: Easy
Come see why the waterfalls of Yosemite are some of the most famous in the world. Spring in Yosemite Valley is the best time to experience countless blooming wild flowers, majestic flowing rivers, and awe-inspiring waterfalls. From our campsite we will day hike to some of Yosemite's most stunning waterfalls, searching for the most dramatic views. No experience necessary—our guides will teach you everything you'll need to know about comfortable camping and hiking.
Dates: F-Su 4/10-4/12
Pre-Trip Meeting: Tu 4/7
Location: Yosemite
Cost: \$139/155/175

Bootcamp for Peak Conditioning at Millberry
Take your conditioning to peak performance level in this full-body workout incorporating calisthenics, sport-specific drills, hand weights, resistance tubing, BOSU, and more. Small group class; limited to 10 participants.
M, W, 4/6-5/13, 6:15-7:10 am, Parnassus, Studio 2

Tae Kwon Do at Millberry
Levels I, II, III
Increase focus, physical condition, dexterity, flexibility, and centeredness in a supportive, non-competitive environment. Open instruction (optional) on Sundays from 2:00-5:00 pm in Studio 1 is included.
Tu, Th, 4/7-6/30, 8:45-10:00 pm, Parnassus, Studio 2

Bootcamp for Ultimate Cardio and Core Conditioning at

Millberry
Test your limits with circuit and interval training challenges using Spinning® bikes, heavy bags, jump ropes, steps, sport-specific drills, and more. Small group class; limited to 10 participants.
Tu, F, 4/7-5/15, 6:00-6:55 am, Parnassus, Studio 2

Spinning® Eight-Week Weight Loss Program at Millberry
Experience progressive training, Healthy Habits nutrition information, coaching, camaraderie, and calorie-burning Spinning® rides in this small group class; limited to 10 participants.
Tu, 4/7-6/2, 6:00-6:55, pm, Parnassus Studio 3

Aikido at Millberry
Levels I and II
Learn effective techniques for self-defense in this nonviolent martial arts discipline. Improve core strength, posture, flexibility,

reflexes, and mind-body coordination while reducing stress. Open instruction (optional) on Sundays from 11:00 am-1:00 pm is included.
W, 4/8-6/24, 8:15-9:45 pm, Parnassus, Studio 1

Intro to Swing Dancing at Millberry
Get into the swing of things and kick up your heels to classic Big Band music. Get a great workout, have fun, and learn the easy moves of East Coast swing. No partner required. Beginners welcome.
F, 4/10-5/8, 7:30-8:30 pm, Parnassus, Studio 2

Bakar Fitness & Recreation Center at Mission Bay
For more information, contact Adrienne Chambers at 415.514.4538 or adrienne.chambers@ucsf.edu. www.campuslifetimeservices.ucsf.edu.

UCSF News Briefs: Budget Challenge, New Dean Named

Sam Hawgood, interim dean of the UCSF School of Medicine, recently updated the campus community on the many financial challenges facing the top-rated medical school.

Hawgood said that unless sufficient cost-saving steps are taken, the projected overall impact of budget cuts and increased expenses "would lead to a combined loss of almost \$50 million on a \$1.3 billion operating budget and a reduction in the school's net assets of almost 11 percent" in Fiscal Year 2010 (FY10.)

In an email letter sent on March 26, he noted: "In aggregate, the School of Medicine will experience significant cuts in revenue in FY10: state funding is projected to be cut by \$7.2 mil-

lion;

SFGH contract revenue is projected to be cut by \$4.3 million;

endowment income is projected to be cut by \$2.5 million; and STIP revenue is expected to be reduced as fund balances decline.

Fortunately, we project sponsored research and clinical income to increase modestly, 3.45 percent and 2 percent respectively. Indeed, one measure of our core strength released since my last communication shows the School was ranked number 2 in the country in [National Institutes of Health] NIH funding in 2008, an improvement from number 3 in 2007 and number 4 in 2006."

Assistant Graduate Division Dean Named

Dr. Peter Taylor has agreed to take the position of Assistant Dean of Academic Affairs in the Graduate Division, Dean Patricia Calarco has announced.

Taylor has previously served as Assistant Director of Graduate Admissions at Brandeis and as Associate Director of Admissions at Northeastern University School of Law.

He holds a Ph.D. in English and American Literature from Brandeis University and has taught most recently at Florida Memorial University; he has also held faculty positions at Santa Clara University and Virginia Tech.

Fitness

Your Body Can Use Some Spring Cleaning, Too

By Sarah Delaney
Contributing Writer

This weekend my boyfriend and I took on the glorious task of spring cleaning. We rearranged furniture, picked through overcrowded file cabinets and dusted behind our dresser. We even bought a miniature vacuum cleaner, for those hard to reach areas; I love it. I also love the way our home looks now. It's not insanely different, I mean we didn't buy any new furniture, we just moved the old stuff. The same art is on the walls, it's just placed differently. It feels as if there is so much more space and yet the things we tossed out weren't that big. We have been recently talking about moving into a new apartment but now we both feel pretty comfortable right where we are.

It's so interesting that a good scrub and a little rearranging have given us an entirely new outlook on our living situation. I think that the same rules can be applied to our health and our ideas of health.

There are so many "health tips" that could use a good spring-cleaning.

Make a list of all the things you think about your health, fitness, body, mind and soul. Now make a list of the same things, but rearrange them. Make them more suited to how you feel, not how you think.

Here is a mini list to get you started. Borrow some of these if you like, throw out the others and add a few of your own.

- Exercise three times a week for 30 minutes.
- Drink 8 glasses of water.
- Pasta is fattening.
- Cover your mouth with your hand when you cough.
- Fat is bad.
- Three sets of 15 reps, always.
- Just relax.
- Salad is the healthiest option.



UCSF Gets Red Hot!

UCSF's Exclusive Red Hot Gala takes place Saturday April 4 at the Great American Music Hall. Call 476-2675 or visit campuslifeservices.ucsf.edu/artsevents for ticket information. Photo by Gordon Lai

- No pain, no gain.
- Yoga is for flexible girls.
- BMI is a valuable number for assessing healthy weight.

My reorganized list:

- Move every day.
- Drink water.
- Pasta rocks once in awhile.
- Cough into the crook of your elbow.
- Avocados and olive oil and almonds rock!

- Three sets of 15 sometimes and other times, something else. Maybe 5 sets of 5?
- Just breathe
- Salad is one healthy option.
- No pain, no pain.
- Yoga is for everyone
- BMI is an archaic assessment tool that only makes people feel bad.

Wow, it's amazing how much better I feel

Continued on page 5

ASUC Candidate Statements

The Associated Students of UCSF represents students in the schools of Medicine, Pharmacy and Dentistry. Opinions expressed are the candidates’ alone. 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

**Find more
candidate
statements
online at
synapse.ucsf.edu**

Book Review

American Lion Portrays Jackson’s Roaring Presidency

By Tim Neagle

Few presidents provide a biographer with more colorful material than Andrew Jackson. Jon Meacham is the latest to benefit from Old Hickory’s uproarious career with his fine new account of Jackson in the White House, *American Lion*.

Jackson was already famous when he was elected president in 1828; indeed, he had been the most famous person in America ever since his great victory over the British at the Battle of New Orleans in 1815. But this book covers in a couple of chapters Jackson’s pre-presidential career, which was chockfull with duels, brutal Indian wars and headstrong actions, such as kicking the Spanish out of Florida without authorization from anyone in Washington. How many other presidents carried two bullets in their body from gunfights?

Jackson’s presidential career began in 1824, when he led the pack of candidates in the popular and electoral votes, but did not command a majority. The election was thrown into the House of Representatives, where John Quincy Adams emerged victorious after rival candidate Henry Clay threw his support to Adams. In return, Adams made Clay Secretary of State, a move denounced by furious Jackson supporters as a “corrupt bargain.”

Jackson began running for president in 1828 from the moment of his defeat in 1824. In his single-minded pursuit of the presidency, Jackson resembles a later president, Ronald Reagan, a figure who provides many parallels with Jackson. Bolstered by many states adopting universal manhood suffrage in the years between the elections, Jackson galloped to an easy victory over incumbent Adams in 1828, kicking off a memorable two terms in the White House.

He quickly proved to be the most powerful presi-

dent in the brief history of the republic. His unprecedented use of patronage and the presidential veto were among the tools Jackson used to build his presidency. Critics howled about the reign of “King Andrew I,” but Jackson remained extremely popular with ordinary Americans.

His administration was, for both good and ill, one of the most eventful in American history. Under Jackson:

- thousands of Cherokee Indians were forced to leave their Georgia homeland and re-settle beyond the Mississippi River; many died on the infamous “Trail of Tears”
- South Carolina claimed the power to nullify laws of the federal government of which it didn’t approve. Jackson famously faced down the nullifiers, threatening to hang them from the nearest tree, while at the same time reducing the tariff that brought about the crisis in the first place
- the mails were purged of anti-slavery material sent to the South by abolitionists, a blatantly unconstitutional move on Jackson’s part. The president, Meacham notes repeatedly, was a staunch defender of slavery and a stern master to his own slaves
- American settlers in the Mexican province of Tejas were encouraged by Jackson to revolt. Jackson’s protégée, James K. Polk, would bring the Republic of Texas into the Union a decade later
- most famously of all, Jackson killed the Bank of the United States, at the time the central clearinghouse of American finance. Unfortunately, Jackson didn’t replace the bank with any adequate financial system, bringing on the Panic of 1837, which led to a decade-long depression.

These and other aspects of Jackson’s two terms in office are thoroughly examined in Meacham’s book.

Unfortunately, so is the contretemps that dominated much of Jackson’s first term, the imbroglio over Margaret Eaton, the new bride of Secretary of War John Eaton. In that strictly puritanical time, Mrs. Eaton was widely considered to be a woman of easy virtue before her marriage to Eaton, whom she was accused of co-habiting with before the marriage. Other wives of Cabinet members refused to have anything to do with Mrs. Eaton, a snub that infuriated Jackson. Meacham covers this controversy at great and wearying length. When the Eatons finally leave Washington near the end of Jackson’s first term, it is as large a relief to the reader as it must have been to the ladies of Washington at the time.

Meacham is good at re-staging such scenes as Jackson’s famous toast at a Jefferson Day banquet. Led by Vice President John Calhoun, nullifiers and their allies had delivered a series of toasts supporting South Carolina. When it came to be Jackson’s turn, he stared directly at Calhoun and gave his toast: “The Union. *It must be preserved.*” Accounts of the night say Calhoun was shaken to his core, and his glass trembled so much that he spilled some of his wine. But the Vice President stuck to his guns; his toast in reply to Jackson’s was, “The Union, *next* to our liberty, the most dear.”

American Lion has its flaws. Meacham’s book sometimes suffers from Meacham’s occasionally purple prose: “He lived for power. Take that away, or threaten to, and the mask would fall revealing a vulnerable, often violent man torn between tenderness and wrath.”

But on the whole, this is a fine account of one of our more interesting presidents. As Old Hickory himself might have said, By the Eternal, you should read this book!

Spring Cleaning...

from page 3

about my health when I look at the second list. How easy it will be to drink water and move. I might even have pasta this week and next time I feel obligated to order salad, I think I will get the lamb. Who knows?

The whole point is that we have ideas in our heads (just like I have furniture in my house) about our health. We make decisions about what’s good for us

and what we have to do to be healthy. But if we aren’t doing or enjoying those healthy decisions than they are just like too much dusty furniture. This week I would like you to take a look at the clutter in your mind and see if it would help you to do some spring-cleaning. Dust off your musts, shoulds and have tos, because a fresh outlook on an existing health regime

makes all the difference in the world.

Be Good to your Body, it’s where you Live.

Sarah Delaney is a personal trainer at Millberry Fitness and Recreation. She also leads the walking program at Parnassus and Laurel Heights.


Discover the benefits of membership:

- 77 branches throughout California
- More than 270 free Golden 1 ATMs plus free access to more than 28,000 network ATMs nationwide
- Competitive loan rates and savings yields
- Free home banking and Bill Payment service with Golden 1 OnlineSM


UCSF Office:

500 Parnassus Avenue
Millberry Union Building, Level I

golden1.com • 1-877-GOLDEN 1
(1-877-465-3361)



Better Banking. Proven Service.SM



This credit union is federally insured by the National Credit Union Administration.

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. _____

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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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Mischievous Balloons on the Rise at Mission Bay

MISSION BAY- In a recent turn of “events,” rogue balloons have been found to be wandering the Rutter Community Center at UCSF’s Mission Bay Campus. These balloons have been seen to be hanging out “in the hood” as well as attacking well know CLSFM and Transportation Director, Jon Gledhill. “I didn’t know where it came from,” says Gledhill, “All that I know is that it appeared suddenly in the hallway, looking calm and floating along. The next thing I knew it had bounced over to attack.”

The balloons have been known to “get a rise” out of controlled substances such as helium, and are being found more and more often at UCSF events. The UCSF police have warned the public that reports of the balloons may be inflated. The balloons are not felt to be a threat, but the police advise the public to be prepared. Always travel in groups, especially at night. Also, it may be advisable to keep thumb tacks on hand in the event that you should be approached by a balloon coming off of a helium “high.”



Aquatic Campus...

from page 1

Fortunately, there are already some great ideas to cope with a flooded Mission Bay:

- Teaming up with Steinhart Aquarium to make the new medical center a combination aquarium (lower floors)/ hospital (upper floors.) “The fish are going to be floating through anyhow,” one UCSF insider told *Relapse*. “We might as well make them an attraction.”
- Surgical scuba gear. This one is still in the talking stages, since there is some doubt a surgeon could see through his scuba mask well enough to perform an actual operation. There is also the nasty question of keeping salt water out of open wounds.
- Building the Third Street Ridge. “Part of the problem – hell, all of the problem is the terrain down there,” our insider confides. “If only it weren’t so damn flat ... well, anyway, the thought is we could use landfill to build up Third Street to form a protective ridge to keep the bay away from the campus.” Added

bonus: the new ridge could act as a place for climbers to practice on days when the Climbing Wall is too crowded.

- The Campus Housing Fishing Hole. Since the bottom few floors of student housing will be unlivable, why not take advantage of the situation to create fun activities for students? What are now housing units will become in the 22nd century a well-stocked trout farm! After a tough day of sloshing around the lab, students can come back to their apartments, grab their fishing poles, and ride down the elevator to the Fishing Hole!
- Expand UCSF’s scientific mission to include oceanography. “We’d still be a health/science campus on Parnassus,” said our insider. “But at Mission Bay, since the damn fish will already be there – in great numbers, apparently – we might as all go with the flow, if you will. What could be more conducive to a great oceanographic university than an underwater campus?”

A-Fib...

from page 1

in’ me any love, now we’ll see how they like it. Bam!”

When asked for his opinion, Chief Justice John Roberts said, “Valentine’s Day? That’s what it’s called? And all this time I thought it was Day of Valentines.” Neurologists at the University of California at San Francisco are working on a grant application for funding to study this apparently new form of aphasia that they are, for now, calling “Wordordernosia.”

The reaction across the country was mixed. The weird kid in Mrs. Turner’s first grade class who never gets any Valentine’s Day cards despite the fact that Mrs. Turner makes it mandatory to give one to everyone, was reportedly thrilled. When asked why he was so happy he re-

sponded simply by eating some of his own boogers.

The CEO of Cadbury Chocolates International was reportedly undergoing a series of premature ventricular contractions when he heard the news until he was reminded by his secretary that Cadbury cream eggs are sold on Easter, not Valentine’s Day, and that nobody buys any of the rest of Cadbury’s chocolate anyway. At that point his cardiologist reports that he spontaneously re-entered normal sinus rhythm.


Meanwhile, lovers across the nation were outraged. A love organization known as AOL (American Organization for Love) is taking time away from their ongoing copyright lawsuit with America On-Line to organize a “kisses across America” protest. The idea is that a chain of Americans will form a human bridge from San Francisco to Washington DC with every person kissing the

person on their right and on their left.

When it was explained to the organizers that it would be extremely difficult, if not outright impossible, for a person to simultaneously kiss two people on either side of him, they responded by turning up the volume on their megaphones and shouting “One Two Three Four, We will kiss and kiss some more!”

And, at AIG headquarters, plans that had been underway to give next year’s bonuses in the form of chocolate covered thousand dollar bills on Valentine’s Day were rapidly being scrapped. No new plan has been settled on yet, but an inside source says the leading contender right now is diamond-studded backpacks for “take your kid to work day.”

If you have ideas for how to spend your newly freed up V-Day, post them on [lifeaccordingtojed.blogspot.com](#).



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Not-So-Single...

from page 1

the Marais. I said yes, figuring it was safe enough. Dinner is definitely a date and breakfast is definitely just breakfast, but lunch? Now, that's up for debate.

One of the millions of things Parisians do best is eating; they've got it down to a science. Aperitifs, then salads, cheese, appetizer, entrée, dessert, more cheese, and bottles and bottles of wine; before you know it, you've spent four hours in a restaurant. In those four hours, Antoni and I basically talked about everything under the sun. One of the things that I like about him is that I could talk to him about virtually anything, from the inane to the intense, and every shade in between. He's funny to boot. Not the beer-bong-slapstick-comedy kind of funny, but more of the I-read-a-lot-funny variety. Rule Broken # 1: No relationships with people I've met in clubs/bars.

For the next few days, we played tourists in Paris together until Kat, Frances, and I left for Prague. Antoni and I kept in contact, mostly emails, and on some occasions, video chat, but I thought nothing of it. After all, I don't do long distance relationships.

Then came spring break; I think it all came too fast, my head is still adjusting. He had mentioned a couple of times that he wanted to visit California; he even asked for my address, but I brushed it off aside, thinking that he's not really going to come. To my surprise, when I got home, he was sitting in my couch next to my mom and my nephews and nieces. I

couldn't believe it at first, but I guess he was the surprise that my mother was talking about; I thought it was my auntie from Vancouver whom I haven't seen in awhile that's visiting.

We spent the next few days together. I took him around my favorite spots in San Diego: South Carlsbad Beach. SeaWorld (and of course, the requisite beer pairing sessions courtesy of Anheuser-Busch). La Jolla Cliffs. Blacks Beach in La Jolla. Mount Soledad. Mission Beach/Ocean Beach. San Ysidro Outlet Mall.

On Thursday, while we were enjoying the sunset at the cliffs, out of nowhere, he dropped to one knee (I know, how traditional of him), revealed this beautiful bracelet (because he knows I'm not a big fan of rings), asked for my hand and said "I'm yours forever, will you be mine?"

I've learned from some people that there's no preparing anyone for "the moment," but when it happens, you'll know. And in this instance, I did. Rule Broken #2: No long-distance relationships.

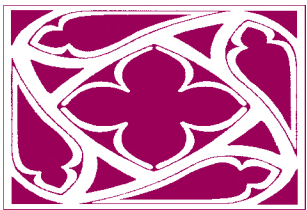
Luckily, Prop 8 didn't pass, and so we can get married. He's still has a few months before finishing his degree in architecture, and I still have a couple of years until I'm finished, so we're in no rush. He's trying to get a job out here in California, but with the way the economy's tanking like Arizona's performance against Louisville on the Sweet Six-



teen this year, prospects are a bit gloomy.

Mark Anthony Diamante. That has a good ring to it.

Comments, ideas, suggestions, hate mail? Send them to: single.in.the.city@live.com or check out my blog @ RUsingleinthecity.blogspot.com



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