

Going Greener Program at UCSF Expands

Are you seeing blue and green everywhere you look? That's because Capital Programs and Facilities Management (CPFM) and Campus Life Services (CLS) have been working hard at making UCSF a more sustainable environment.

Recycling and composting programs aren't new at UCSF. CPFM's recycling coordinators, Kathryn Hyde and Susan Bluestone, launched a vendor kitchen composting program in April 2004, which greatly reduced the garbage collection in Millberry Union by sending the material out as compost instead.

Campus Life Services, Retail introduced the Going Greener campaign in the Millberry Union food court

in January 2008, in direct alignment with UCSF's broad environmental sustainability goals.

"The Going Greener program has been really successful," says Tamara Villarina, Retail Services Assistant Manager, "and we're happy that it's expanding to additional UCSF campus locations."

Recent expansion efforts are now bringing the program to Courtyard Caffe in the Nursing Building and The Pub at Mission Bay.

"The bins are working great," says Josh Porter, Assistant Food & Beverage Manager at The Pub. "People are taking the time to bus their own tables."

The following bins are available in all three loca-



tions—Millberry Union, the Courtyard Caffe, and The

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Deadline Nears for Special Election Voter Registration

Synapse Staff Report

Californians go to the polls on May 19 to ratify the budget deal reached by the state Legislature and Governor Schwarzenegger earlier this spring. Deadline to register to vote in this election is May 4.

There are six propositions on the state ballot, ranging from the budget, to education cuts, to pay raises for state officials. A summary of the propositions has been prepared by the League of Women Voters, and copies of the Easy Voter Guide are available at the Student Activity Center in Millberry Union, or online at easyvoter.org

The guide provides some background on the state's budget mess and a summary of the ballot measures, with arguments pro and con on each measure.

The measures on the ballot:

Proposition 1A – Strengthens the budget reserve, creates a new spending limit, extends tax increases by 1-2 years

Proposition 1B – Restores funding levels for K-12 schools and community colleges

Proposition 1C – Allows the state to borrow from future lottery profits

Proposition 1D – Uses special funds for child development to replace General Fund spending on services to children

Proposition 1E – Uses special funds for mental health to replace General Fund spending on mental health services

Proposition 1F – Stops state elected officials from getting pay raises when the state has a deficit

If the propositions pass, the budget deal is upheld; if not, the politicians in Sacramento go back to the drawing board.

Remember, if you are not registered to vote, deadline to register is May 4. Registration forms are available at any library or post office. Or you can register online at the website of the California Secretary of State: http://www.sos.ca.gov/elections/elections_vr.htm



The Topic is Health Insurance

State Senator Mark Leno spoke at UCSF on April 17 about his plan for single-payer health insurance. Photo by Justine Ung

Senator Leno Speaks at UCSF

By Tina Lee
Staff Writer

Typically, most UCSF students would scowl at the thought of spending their Friday afternoon listening to dry legislative issues. However on April 17, a large enthusiastic group of UCSF student pharmacists, practitioners, School of Pharmacy (SOP) faculty members and SOP alumni members gathered to hear Senator Mark Leno (D-San Francisco) advocate the Single Payer Universal Health Care Reform Bill (SB840). CVS Pharmacy/Caremark graciously sponsored the event held by the American Pharmacist Association of Associated Student Pharmacists

(APhA-ASP).

Leno began his political career by serving on the San Francisco Board of Supervisors from 1998-2002, then was elected to the state Assembly and served as the chair of the Assembly Appropriations Committee. In 2008, he was elected as the first openly gay state senator for district 13, encompassing the eastern portion of San Francisco, southern portion of Sonoma County and all of Marin County. Leno has opposed Prop 8 and authored the landmark Religious

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Artists Wanted for Spring Student and Faculty Art Show

By Tina Lee
Staff Writer

We know the dental students can seal your cavity, the pharmacy students can calculate your dose of vancomycin and the medical students can diagnose your cholecystitis. But it is about time you show your talents in the arts and potentially sell your beautiful artwork!!

In the past, the *Synapse* student newspaper has sponsored an annual publication of *Tabula*, an art and literary issue featuring the artwork, short stories

and poetry by UCSF health professional and graduate students. Since 2007, the *Tabula* staff has put on an annual art show at the Parnassus campus for the UCSF community to meet the artists and view the artwork in person. With the generous support from the UCSF Performing Arts Fund and *Synapse*, the *Tabula* art show has dramatically increased participation and interest of talented UCSF students in the arts.

Believe it or not, this is the first time that UCSF

Campus life Arts and Events is hosting a full scale art show in a premier gallery space, the Genentech Atrium on the Mission Bay campus. Also for the first time, the event will fully integrate the works of UCSF students and faculty for display. Photography, painting, sculptures, sketch drawings are all welcomed for

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page two | upcoming events & more at ucsf

Announcements

Giants Game

Friday, May 15, 7:15 p.m.
Arts & Events is selling Giants tickets—for schedule and prices please visit our website. All seats are located in the centerfield bleachers.

Free Adult Dental Screening

Mondays and Tuesdays through May 19th, 5:30 p.m.-6:30 p.m.,

UCSF School of Dentistry, 707 Parnassus Ave, San Francisco, 2nd floor reception area
The UCSF Dental Class of 2009 is looking for adult patients to participate in the state dental board examination on May 30 and 31 at UCSF. The board exam itself takes about 3-4 hours. If your teeth meet specific requirements, you can qualify

to receive FREE fillings and/or a FREE deep cleaning. All patients must be screened prior to the exam. The screening will include a limited oral evaluation and free x-rays. If you have any questions, please call 415-476-9600, and press 1 for Parnassus Screening.

Children's Summer Programs

Need information about day

camps and other SF summer activities for children? The campus Child Care Referral Service is currently distributing its 2009 Summer Programs guide to UCSF students, staff and faculty. To receive these free materials, please e-mail pauline.lee@ucsf.edu or call 476-2692.

Great Strides for Cystic Fibrosis

May 2
The UCSF Cystic Fibrosis Center for adults and children is sponsoring a team in a 10k-fundraising walk called Great Strides to support the Cystic Fibrosis (CF) Foundation on Saturday, May 2 in San Francisco. Free registration is available online at http://www.cff.org/Great_Strides/

Events

KAHPSA Korean Culture Show

Friday, April 24, 5:10 p.m. @ Millberry Conference Center
HEADLINES: Berkeley EGO Drumming, UCSF Tae Kwon Do, Comedian Nancy J Lee, Yummy Korean Food!
Brought to you by ASUC

The Native American Health Alliance Presents:

2009 Spring Cultural Event
Friday, April 24, noon-1 p.m., Saunders Court
Indian tacos and fry bread will be available (proceeds support NAHA outreach activities)

Student Enrichment Series Right Etiquette For Every Situation

Tuesday, April 28
noon - 1 p.m., N217, Parnassus (simulcast to Rock Hall Auditorium, Mission Bay)
Who wants to be the victim of a faux pas, indiscretion, blunder, gaffe or plain old mistake in social or professional settings? Not you! Maybe you don't need your momma's manners in this high-tech world, but up-to-date guidelines to appropriate behavior will make sure you are presenting yourself in the best possible way in every personal and professional situation.
Gain 21st century success

tips from our ultimate etiquette expert, Syndi Seid, as often seen on local and national TV and heard on talk radio.
Cosponsored with the Office of Career and Professional Development

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.

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.

15th Annual Bay Area Brain Tumor Walk

Saturday, May 2, registration 9-10 a.m.; program & activities 10

a.m. to 2 p.m.
Speedway Meadow in Golden Gate Park, 299 Transverse Drive
Free for ages 5 & under; \$25 for ages 6-17; \$50 for adults. The registration fee includes an event t-shirt, food & beverages, and full access to all event activities. All ages welcome. For information and to register online, visit www.BayAreaWalk.org or call toll-free at 1.866.455.3214.

Student Research Symposium

UCSF Clinical & Translational Science Institute
Pathways to Careers in Clinical & Translational Research (PACCTR) Fellowship Program
Funded by the NIH and the Doris Duke Charitable Foundation
Welcome address by Dr. Sam Hawgood, Dean UCSF School of Medicine
Tuesday, May 19th, 2009
10 a.m. - 3:30 p.m.
Millberry Union
Free and open to the public.
For more information and schedule of events go to: <http://ctsi.ucsf.edu/events/archive/1578> or contact Cecily Hunter, at cecily.hunter@ucsf.edu

Mission Bay Events

Mission Bay Art Show

Location: Mission Bay campus Genentech Hall Atrium
Date: May 20th, 2009
Time: 10 a.m.-6 p.m.
For questions, contact: Arts and Events event coordinator Amy Powell at

(415)-514-1610 See Page 1 article for more information.

Mission Bay Farmers' Market

Every Wednesday, beginning April 22
10:00 am- 3:00 pm
Gene Friend Way Plaza

body workout incorporating calisthenics, sport-specific drills, hand weights, resistance tubing, BOSU, and more. Enhance muscular strength, endurance and balance; improve agility and core stability, and manage weight loss. Small group class; limited to 10 participants.
M, W, 5/18-6/29, 6:15-7:10 a.m., 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, 6-6:55 p.m., 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 p.m., 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 EastCoast swing. No partner required. Beginners welcome.
F, 4/10-5/8, 7:30-8:30 p.m., Parnassus, Studio 2

Intro to Salsa and Merengue at Millberry

Let the rhythms of Salsa and Merengue whisk you away while you groove to the music with the classic steps of these dance styles. Includes a field trip to a local salsa club at the end of the session. No partner required. Beginners welcome.
Tu, 4/21-5/26, 9:05-10 p.m., Parnassus, Studio 1

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.
No partner required.
F, 4/24-5/15, 8-9 p.m., Parnassus, Studio 1
Open Instruction F, 9-9:45 p.m. Studio 1

to dance? Beginners—start here! Learn the basic steps of this exciting, syncopated Latin Rhythm dance.
No partner required.
F, 4/24-5/15, 8-9 p.m., Parnassus, Studio 1
Open Instruction F, 9-9:45 p.m. Studio 1

Yoga Hoop Dance at Millberry

Spin the hoop and feel the joy of movement! This exhilarating, total-body, low-impact workout is guaranteed to shake up your fitness routine. Reshape your waist, build power in your core, and get your heart pumping. Yoga stretches round out the class. Small group class; limited to 10 participants.
Tu, 5/5-6/2, 5:00-5:55 p.m., 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.campuslifeservices.ucsf.edu

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 AT&T 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 a.m. only. Call for details.
Dates: Every Saturday 4/4 through 6/27
Time: 10-noon
Location: Mission Bay

Cost: \$25/30/35

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 a.m., 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 p.m., Parnassus, Studio 2

Bootcamp for Peak Conditioning at Millberry

Take your conditioning to peak performance level in this full-

Judging Beauty

Ever heard of Susan Boyle? If not, take a few minutes and watch her at <http://www.youtube.com/watch?v=9lp0IWv8QZY>. She is a 47-year-old woman from Scotland who, on April 11th, appeared on the British version of *American Idol*, called *Britain's Got Talent*. In the first two minutes of that video much is revealed about how we judge other people and how we think about beauty.

Ms. Boyle is not an attractive woman. Overweight, with poorly combed frizzy gray hair and two chins, she is about as far from being a beauty queen as Sarah Palin is from being a Mensa member. And when she walks out on the stage and says her dream is to be a professional singer, the audience immediately starts to laugh and roll their eyes.

Simon Cowell, one of the judges and also a judge on *America Idol*, asks her how old she is. She says she is 47 and jokingly sways her hips and adds "and that's just one side of me" which brings on groans, rolling of the eyes, and even looks of disgust.

When Cowell asks what has kept her from her dream for so long she replies "I haven't been given a chance yet, but here's hoping that will change."

There is something so open in her demeanor, so completely devoid of resentment or anger, even in the face of sneers from the audience and judges that it is almost hard to watch. It is clear that she is not ashamed of who she is or what she looks like, she just wants a chance to sing.

She tells the audience that she is going to sing "I Dream a Dream" from *Les Misérables*. More snickers.

But by the end of the first line, the judges jaws have dropped, the audience member's eyes are wide, and it is clear that something significant just happened.

For three or four more minutes she goes on to bring the audience and judges nearly to tears with her heartbreakingly beautiful voice before bringing the song to a close and receiving a standing ovation.

The predominant feeling from the judges was shock. Why? Because they never thought that someone who looks like her could sing like that.

Do you think that if she looked like Mariah Carey or Britney Spears she would have had to wait 47 years for a chance to sing publicly? Not on your life. But on the show people were laughing at her before she ever started to sing. How many times, when she was younger, did she perhaps avoid a chance to sing in public for fear of exactly that kind of response?

The truth is, we judge people instantaneously from the moment we first see them. Our judgments, made long before we talk to, or know people, affect how we interact with them, how we treat them, and in turn affect how they interact with us and even who they are. In many ways we shape the people around us to fit the judgments we make about them. If our judgments turn out to be true, it is partly because we, and others, have made those judgments so many times that they have become true.

We can't stop ourselves from making snap judgments, they are often so automatic that we don't have time to stop them. But what we can do is try to be aware of when we are making these judgments and consciously defer them.

We may not be able to help thinking "she must be joking" when Ms. Boyle walks out on stage and shakes her hips, but what we can do is refuse to roll our eyes. Instead, we can watch and listen closely, lest we miss the beauty right before our eyes by convincing ourselves it can't possibly be there.

Questions/Comments: lifecordingtojed@gmail.com, www.lifecordingtojed.blogspot.com

**Got an Opinion?
Write for Synapse!**

synapse.ucsf.edu

Love Dub

by Jed Wolpaw



UCSF News Briefs

From UCSF Today

UCSF Offers WarnMe System

UCSF is implementing the WarnMe system – maintained by an outside firm, Wide Area Rapid Notification (WARN) – reflecting a national trend to inform members of a campus community as fast as possible about dangers or disasters, whether man-made or natural.

Those who self-register in the WarnMe system will know, for example, whether an active shooter is on the loose on campus or whether a fire erupts in a building. All members of the UCSF community are strongly encouraged to self-register for these timely messages through the new WarnMe website at <http://warnme.ucsf.edu>

The WarnMe system can send messages to individuals via text or voice to as many as eight devices, such as work and personal email accounts, work phone, home phone, cell phone, text messaging devices, pagers, TTY devices (for the hearing-impaired) or fax machines.

The system will be used only for emergency notifications and activation of specialized emergency response teams, such as those who report to the Emergency Operations Center, says UCSF Police Chief Pamela Roskowski.

"Timely warning of an eminent life-threatening event is the single most important factor in saving lives in a mass disaster," Roskowski says. "We are thrilled to bring this new technology to UCSF."

UCSF Professor Honored

Peter Walter, PhD, professor and chair of biochemistry and biophysics at UCSF, is one of just five recipients of the prestigious Gairdner International Award for 2009.

The award recognizes researchers who have made significant achievements in medical sciences. Many recipients have gone on to win a Nobel Prize.

In announcing the award, the Gairdner Foundation cited Walter "for the dissection and elucidation of a key pathway in the unfolded protein response which regulates protein folding in the cell."

The unfolded protein response is a biochemical mechanism used by cells to recover from a kind of stress that arises when they cannot keep up with the need to fold proteins into proper shape. If a cell cannot recover, it may be steered toward cellular suicide for the greater good. The events Walter studies take place largely in a component of the cell called the endoplasmic reticulum, or ER.

"Regulating how much ER you have is a fundamental process for cells, and it is a key determinant for any number of diseases," Walter says. "By understanding the details of this mechanism, we hope to make significant contributions to understanding many medically important pathologies."

– UCSF Today

Researchers Closer to Creating Embryonic-Like Stem Cells

A team of UCSF researchers has for the first time used tiny molecules called microRNAs to help turn adult mouse cells back to their embryonic state. These reprogrammed cells are pluripotent, meaning that, like embryonic stem cells, they have the capacity to become any cell type in the body.

The findings suggest that scientists will soon be able to replace retroviruses and even genes currently used in laboratory experiments to induce pluripotency in adult cells. This would make potential stem cell-based therapies safer by eliminating the risks posed to humans by these DNA-based methods, including alteration of the genome and risk of cancer.

"Using small molecules such as microRNAs to manipulate cells will play a major role in the future of stem cell biology," says senior author Robert Blelloch, MD, PhD, of the Eli and Edythe Broad Center for Regeneration Medicine and Stem Cell Research at UCSF.

Scientists are interested in reprogramming because it would offer a way to create cells that provide a genetic match for individual patients. A patient's skin cells could be reverted to pluripotent cells in the culture dish and then prompted to differentiate into adult cells, such as those of the heart, lung and brain. These cells could then be transplanted into patients, without the fear of rejection.

The study was first reported in the April 12, 2009 advanced online edition of the journal *Nature Biotechnology* and is scheduled for the May 8, 2009 print issue.

– Dept. of Public Affairs

synapse

Millberry Union 123 W • University of California, San Francisco • (415) 476-2211 • Fax 502-4537
Synapse@ucsf.edu • synapse.ucsf.edu

Editor: Arul Thangavel Executive Editor: Mark Anthony Maningas Associate Editors: Eisha Zaid, Alison Silvis Science Editor: Darya Pino
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At Large Editors: Justine Ung, Vida Vongvanith

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Vegetables, Nuts and Overall Healthy Diet Protect Against Heart Disease

By Darya Pino
Science Editor

Most scientists agree that diet plays an important role in heart disease, but until now there has been no comprehensive analysis of which dietary factors most strongly affect disease outcome. A new meta-analysis published in the *Archives of Internal Medicine* reviews six decades of research (1950-2007) to assess how different dietary factors affect heart disease. Vegetables, nuts, Mediterranean and high-quality dietary patterns are strongly protective, while trans-fat, foods with high glycemic index or load and a Western dietary pattern were shown to be harmful.

This new study is unique for several reasons. First, the authors were only interested in factors that influenced heart disease directly, not simply heart disease risk factors such as cholesterol levels. Also, emphasis was placed on high-quality studies designed to identify strong dietary associations (cohort studies and randomized controlled trials) with long periods of follow up (at least one year). They asked whether the studies they reviewed were consistent with other data such as epidemiological reports, and sought to establish a causal link between diet and heart disease outcomes. Another important goal of the analysis was to identify factors that lack sufficient evidence to be conclusive and require further research.

In addition to identifying vegetables, nuts, high-quality and Mediterranean dietary patterns as being strongly protective against heart disease, they also found monounsaturated fats (e.g. olive oil), dietary folate (e.g. whole grains, not supplements), dietary vitamins C and E (not supplements), alcohol consumption (in any form) and omega-3 fatty acids from fish (not plants, e.g. flax) to be moderately protective.

Factors that were not associated with heart disease in this study were dietary supplements (e.g. vitamins C and E), total fat, saturated fats, polyunsaturated fats (from plants), meat, eggs and milk. It is important to note, however, that negative findings in this analysis



are not necessarily indicative of a lack of causality. Rather, it may indicate insufficient data to observe a significant positive association.

The authors point out that only overall healthy dietary patterns are significantly associated

with coronary heart disease in the controlled trials, while evidence for most individual nutrients or foods is too modest to be conclusive. They suggest that the reason an association exists for dietary patterns and not individual nutrients is that patterns have the advantage of taking into account the complex interactions and cumulative effects of multiple nutrients within the entire diet. The authors recommend future trials test various dietary patterns for disease outcome, including cardiovascular disease and cancer.

Taking this further, most dietary factors that were shown to be protective when consumed as part of a healthy diet were not protective when taken in supplement form. This finding bolsters the argument that overall diet rather than individual foods or nutrients are the best strategy for protecting against heart disease. The authors conclude that their findings suggest investigating dietary patterns in cohort studies and randomized controlled trials for common and complex chronic diseases such as coronary heart disease.

Based on their analysis, the dietary pattern that best protects against heart disease is rich in vegetables, nuts, fish, healthy fats, whole grains and fruit. Likewise, the worst dietary pattern consists of refined carbohydrates and artificial trans-fats. The lesson: the best diet consists of plants, fish and whole foods, while processed foods contribute to heart disease.

What about red meat and saturated fat?

Interestingly, there was insufficient data to conclude that red meat or saturated fats are harmful for the heart. This is not terribly surprising, since the data has always been inconsistent. However, I would point out that many studies have looked at the role of red meat and saturated fat in coronary risk and the outcome always shows either harm or no result. And as explained above, no result can be indicative of a lack of statistical power rather than lack of causation. Importantly however, I cannot recall a single study suggesting that red meat and saturated fat is actually good for you.

From this the best we can conclude is that red meat or saturated fat may be involved in promoting heart disease, but if they are the effect is likely to be less harmful than a diet of processed foods. Practically this means small doses of saturated fat may not do much harm when eaten as a part of an overall healthy diet. This is a fairly compelling argument for exercising moderation.

Before you run out and order a ribeye, keep in mind that heart disease is not the only debilitating chronic disease that plagues our culture. Red meat is also associated with several kinds of cancer. Likewise, refined carbohydrates are highly correlated with type 2 diabetes. Vegetables and whole grains are protective against these other diseases as well, and fish may play a role in protecting against neurodegenerative diseases.

The take home lesson is that both diet and disease are complex systems that involve innumerable factors in several different regions of the body. When choosing what to eat it is important that you consider the context of your overall diet and do not get caught up in single foods or a single disease threat.

Please share your thoughts and ask questions at the SummerTomato.com

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SYNAPSE RESTAURANT REVIEW "I RECEIVED SOMETHING LIKE NIRVANA IN A PAPER SACK" OCTOBER 2005

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Synapse is YOUR paper. Come join us!

Teachers Honored

The Essential Core Teaching Award (ECTA) recipients were honored for their contributions to medical student education during the Class of 2011 Essential Core Teaching Awards Ceremony on April 14. Recipients are selected by UCSF medical students solely on the basis of student nominations, which provide students with an opportunity to acknowledge, thank and help those teachers that have made such a difference in their medical education. Awards and nominations are not just a personal honor, but are also taken into consideration in tenure and promotion decisions. The Class of 2011 Essential Core Teaching Award Recipients included:

Excellence in Small Group Teaching- Richard M.Locksley, MD
 Excellence in Small Group Teaching- Joan E.Etzell, MD
 Excellence in Small Group Teaching- Elizabeth Robbins, MD
 Outstanding Foundations of Care Preceptor- Lisa U. Pascual, MD
 Outstanding Foundations of Care Preceptor- Philip J.O'Keefe, MD
 Outstanding Lecture- Daniel H.Ciccarone, MD
 Outstanding Lecture Series- James H.McKerrow, MD, PhD
 Innovative Teaching- Peter H.Sayre, MD
 Inspirational Teacher- Peter V.Chin-Hong, MD, MAS
 Outstanding Contribution to an Elective- Aubrey Gilbert, PhD, MS3
 Commitment to Teaching- Elizabeth A.Donegan, MD



Back Row, left to right- Richard M.Locksley, MD, Peter V.Chin-Hong, MD, MAS, Elizabeth A.Donegan, MD, Elizabeth Robbins, MD, Daniel H.Ciccarone, MD, Peter H.Sayre, MD **Front Row, left to right-** Aubrey Gilbert, PhD, MS3, James H.McKerrow, MD, PhD, Lisa U.Pascual, MD, Joan E.Etzell, MD
 Photo by Eisha Zaid

Community of Scholars Provides Look at Nursing Research

By Christina Purpora and Alyssa J. Abraham
 Contributing Writers

On May 1st, 2009 the School of Nursing (SON) and Social and Behavioral Sciences (SBS) will hold an event that is sure to invigorate you as well as inform you about the excellent research happening in the SON and SBS.

What is this event all about?

The Community of Scholars is an event co-sponsored by the Doctoral Program Council and the Alpha Eta Chapter of Sigma Theta Tau International, (Sigma Theta Tau is the International Honor Society in Nursing).

Community of Scholars is a student-coordinated event that began years ago, as a result of the efforts of students who sat on the UCSF School of Nursing Doctoral Program Council. They wanted opportunities available to them to gain skills in presenting research (podium and poster presentations) in a

supportive environment, prior to graduation. That concern has evolved into an annual call for SON and SBS students to submit abstracts of their research. A committee of doctoral students reviews the abstracts, scores them and invites the applicants to present at the podium and/or present posters. It always proves to be a stimulating and affirming avenue of scholarship. Post Doctoral Fellows from all disciplines support our research presenters by providing feedback on the posters, a wonderful way to cross collaborate and bring the UCSF community together.

This exciting event is open to all members of the UCSF community, whether from the SON, SBS, Medical School, Dentistry, Basic Sciences, and beyond.

The School of Nursing will hold the annual Helen Nahm Research Award presentation from 10 to noon in HSW 301. This event honors the career of a nurs-

ing faculty member or graduate, and is followed by a reception from noon to 1 p.m. in the Millberry Union Conference Center.

The COS program will follow from 2 to 4 p.m. in N225 and will include, in addition to the oral podium presentations, an awarding of a Nursing Policy Paper Award. Poster presentations and a light reception will then be held on the Nursing Mezzanine from 4 to 5 pm.

Join us for the annual student coordinated Community of Scholars event where you'll experience doctoral students presenting and sharing their research.

Come be a part of the excitement on May 1!

Christina Purpora, RN, MSN, is a second-year doctoral student in the School of Nursing; Alyssa J. Abraham, RN, MSN, is a first-year doctoral student in the SON.

VOLUNTEERS NEEDED

Athlete's Foot? Itchy, Scaly Feet?

Researchers in the Department of Dermatology at UCSF are doing a study using an investigational topical treatment for athlete's foot. Subjects (age 12 and older) who currently have athlete's foot are needed.

Participants will receive either a medicated cream or a cream without any medication in it to put on their feet.

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 Itchy, Scaly Groin Area?

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Participants will receive either a medicated cream or a cream without any medication in it to put on their affected groin area.

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Dental Outreach Team Visits S.F. High Schools

By Christina Tran
Contributing Writer

During the Fall quarter, outreach coordinators and committee members of the American Dental Education Association (ADEA) Student Chapter at UCSF were busy planning outreach visits to high schools in San Francisco. This year, ADEA visited five high schools with a student population that is under-privileged, under-served, and/or that has a unique and diverse background: Philip and Sala Burton Academic High School, John O'Connell High School, Thurgood Marshall Traditional High School, Raoul Wallenberg High School and Balboa High School.

First- and second-year dental students visited these selected sites and spoke with the high school students on a personal level. The student dentists shared with sophomore and junior classes their personal pathway into dentistry, hoping to motivate the high school students to attend college and pursue higher education. The student relayed the need for multi-lingual health-care workers in order to improve access to care, a hot topic in dentistry today.

Students also introduced the multiple careers in dentistry: lab technicians, hygienists, assistants, general practitioners and dental specialists, and explained that the more education a career requires, the better the fi-

nancial security. One dental student volunteer shared, "The high school students were intrigued by the dental specialties. Many of them didn't know that prosthodontists can create prosthetic ears and noses for injured patients." The informative section of the visit was wrapped up with some college advising on the types of courses to take in high school, with the plan of entering a health career in the future.

At the end of the visits, all high school students were invited to High School Outreach Conference at UCSF, a student-run, student-organized inter-disciplinary outreach conference. This is the sixth year of the conference, which has been rapidly gaining popularity and a great reputation in San Francisco.

The attending high school students will get hands-on experience not only with dentistry, but also learn and explore the fields of graduate studies, medicine, nursing, pharmacy and physical therapy. High School Outreach Conference will be held on Saturday, April 25 in the Medical Sciences building.

Christina Tran is the ADEA Community Outreach Chair and a third-year dental student.



Student Expo Day

On April 16, 2009, ASDASF held their highly anticipated vendor fair, newly dubbed 'Student Expo Day 2009.' This year, registered student organizations and student chapters of national organizations, were allowed to table and recruit new membership. Among those participating included, ADEA UCSF Student Chapter, Academy of General Dentistry UCSF Student Chapter, dental fraternities, and special interest groups including Ortho Club and Perio Club. The event was a huge success with record attendance. ASDASF Expo Day committee members and ASDA Pre-dental volunteers, Rejine Romingquet and Ryan Paulus (University of Dominican CA), are shown here. Photo by Virginia Pham

Movie Review

State of Play: DC/Newspaper Thriller Is Largely Hit or Miss

By Tim Neagle

There seems to be two unwritten laws for movies about newspapers:

- 1) There's never a slow news day
- 2) Everybody misses deadline.

At least *State of Play*, the new thriller starring Russell Crowe, Ben Affleck, Rachel McAdams and Helen Mirren, skips the hoary tradition of newspaper movies that has an editor racing into a roaring pressroom, yelling, "Stop the presses!" and I bless them for that. But cliché and a nonsensical finish ultimately spoil this movie,

which in the end is too labyrinthine for its own good.

Crowe plays Cal McAffrey, a veteran reporter for the *Washington Globe*, whose best friend is a crusading congressman played by Affleck. When the congressman's top researcher (and secret lover) falls or is pushed to her death on the Washington Metro subway, the thrill ride begins.

Affleck is out to get an evil corporation called PointCorp (a thinly veiled fictitious version of Halliburton). But the bad guys take advantage of his as-

stant's death to make the congressman's affair with his aide public, largely destroying his reputation.

Crowe's character tries to walk a delicate tightrope between pursuing a story and defending his friend. He tries to manage this while being teamed with Della Frye (McAdams), a blogger from the *Globe's* online operation. Sparks fly, although they are generational, not romantic (and good for the movie for avoiding

Continued on page 11

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Come support UCSF's School of Pharmacy at the 2009 Spring Auction

Spring Auction is an event organized by all the professional organizations in the School of Pharmacy to raise money for their *community outreach programs*.



The *silent auction* will be from **5pm-8pm** in HSW 300 and the *live auction* will be from **6pm-8pm** in HSW 301 on **May 7th**.

Online bidding at UCSFSpringAuction.org begins **April 27th at 12pm** and ends **May 6th at 11:59pm**

Food and refreshments will be served in the HSW lobby.

Register online at UCSFSpringAuction.org

Please contact UCSFspringauction@gmail.com for further questions.

Fitness

Your Body Is Your Most Important Possession

By Sarah Delaney
Contributing Writer

I was listening to a radio program yesterday about medicine. It was a comedy show discussing all the advances and ancient techniques for healing and helping. It was extremely funny and I found myself laughing out loud on the treadmill as I listened to it. There was one thing in particular that struck me and that I haven't been able to get out of my head. One of the men on the show said,

"People treat their plasma TV's better than they treat their own bodies."

And we do! I live with a man and a plasma TV and I have the evidence. My BF, whom I love and who is probably reading this, is constantly telling me to stop touching the screen of the TV.

"Sarah, don't touch the screen, you'll get finger prints on it and it might get scratched."

This is the same man who goes kite surfing even though he has a bad back. The kite surfing is doing to his back what my fingernail is doing to the TV screen. Ouch!

There is a man who lives down the street from me who owns a gorgeous vintage Rolls Royce. I see him all the time polishing his car with a pristine white cloth. He lovingly makes sure every inch of his baby is sparkling. He makes sure to drive the beauty a couple times a week to keep her in tip-top shape. He even has a little hand-held vacuum cleaner just for her. I don't know this man at all. I only say hi to him as I pass by while walking my dog, but I always

ponder whether or not he takes care of himself just as well.

I am pretty good to me but even I am not that loving to me all the time. I pick at my nails, I eat too much sodium, I let stress get the best of me and I of-

If you just paid \$10 million for your body, would you drink soda for breakfast or tell yourself you're not good enough?

ten don't get enough sleep.

Now I am the queen of moderation so I don't expect you to treat yourselves like a vintage Rolls Royce all the time, but when it comes to our health I think we could all try a little harder.

Everyone close your eyes and imagine that you are an expensive work of art (you are, by the way). Imagine that you just bid \$10 million for yourself in a Sotheby's auction (in this dream you have an extra ten million so please don't let this sum stress you out) and you won. The Auctioneer presents you with your body and soul all wrapped up in tissue paper and silk and sends you on your way. So how do you treat your parcel? Do you sit on the sofa all day eat-

ing Cheetos? Do you smoke? Are you negative and self deprecating? Or would you take your body on walks because you know that exercise is good for you, drink water to flush out the toxins, sleep more in order to refresh your cells? Would you do things that make you feel good inside and out? Would you make sure to have regular doctor visits and once in awhile a massage? If you just paid \$10 million for your body would you drink soda for breakfast or tell yourself you're not good enough? Hell no! You would do everything the instruction manual says. You would eat well, exercise, send your brain cells positive messages, smile, take vitamins, forgive, love, laugh, sleep and the list goes on and on. You would take care of yourself the same way my neighbor takes care

of his Rolls Royce and the same way my boyfriend takes care of his TV. You would treat yourself like \$10 million.

It's time you took a look at all the things you treat well in your life; the dog, the kids, the TV, the car, the jewelry, the laptop, the heirlooms from Grandma or the Franklin Mint Princess Diana collector's doll and try to treat yourself a little more like the precious gift you are.

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 weekly wellness walks on Parnassus and Laurel Heights.



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McCartney Tops Another Fabulous Coachella Festival

By Rebecca Gayle
Contributing Writer

There is one word that inspires music obsessives like myself to drop everything in order to spend one weekend sweltering on barren polo fields in the desert heat: Coachella. This year's Coachella Valley Music & Arts Festival, held this past weekend in Indio, Calif., marked the annual festival's tenth anniversary of providing music lovers with multiple days of solid lineups with performers of epic proportions.

What started as a two-day celebration of music and art in 1999 has since exploded into a three-day extravaganza that attracts fans from across the globe and acts as an initiation into stardom for many up-and-coming indie rock groups. Since 1999, Coachella has booked artists of epic proportions – artists like Prince, Madonna, Beck, Roger Waters, Radiohead and the Pixies – that have inspired vast changes in the landscapes of their respective genres and the entire history of rock music. This year marked yet another impressive assembly of incredibly influential artists, most notably Paul McCartney and the Cure, that certainly solidifies Coachella as an unparalleled event that all music fanatics should endeavor to attend at least once in their lifetime.

After attending Coachella for the first time last year and seeing Roger Waters of Pink Floyd fame and Prince of single-name-and-symbol-recognition fame, I was not so sure that Coachella's Goldenvoice promoters could top things this year. To everyone's delight, they once again managed to top the incredible lineups of previous years by booking Paul McCartney, the Killers and the Cure as headliners, not to mention other highly regarded musicians like Morrissey (lead singer of the Smiths), Leonard Cohen (of "Hallelujah" fame), Franz Ferdinand and the Yeah Yeah Yeahs, as well as up-and-coming groups that have been garnering widespread acclaim from the music press, such as the Black Keys, Silversun Pick-

ups, Girl Talk, TV on the Radio and Fleet Foxes.

This year's festival also reinforced the observation that impressed me the most about Coachella: All the bands that make up the entire three-day lineup shine with talent and can, without a doubt, be classified as "good," high-quality music, making Coachella a prime place not only to see rock legends in the flesh, but also to scope out bands that are quickly coming out of the underground woodwork

in the flesh on Friday night was a highlight – dare I say religious experience – for many Coachella-goers. McCartney's set alone, all fame aside, certainly solidified why he and the Beatles have so profoundly affected the world of music and why he continues to attract an enormous fan base. During his set, McCartney performed a mix of his own solo work and his work with the Beatles – including "Hey Jude," "Eleanor Rigby," "Let It Be," "I Got a Feeling," "Back in the USSR," John Lennon's "Give Peace a Chance" and closing with my personal favorite, "Sgt. Pepper's Lonely Hearts Club Band." McCartney's endlessly entertaining performance – complete with two encores – and incredible talent did not fail to capture the heart of all his listeners and prove why the 66-year-old is – and will continue to be – the reigning king of rock 'n' roll.

Preceding McCartney on the main Coachella Stage was Morrissey, who could have sold out Friday passes even without the Beatle's help. Morrissey performed several songs he collaborated on with the Smiths, including "Some Girls Are Bigger Than Others," "Girlfriend in a Coma" and "How Soon Is Now?", alongside his solo work. During his set, Morrissey not only managed to strip off his button-up shirt and toss it to the crowd, but he also made his stance on animal rights clear when he walked off set and returned, complaining about the barbecue tent by declaring, "The smell of burning animals is making me sick. I just couldn't bear it."

Saturday marked another highly entertaining day of music that featured highly acclaimed Fleet Foxes and TV on the Radio before showcasing the main headliners, the Killers. Fleet Foxes and TV on the Radio did not fail to showcase their distinct sounds

The mere sight of Paul McCartney in the flesh on Friday night was a highlight – dare I say religious experience – for many Coachella-goers.

and making a name for themselves. Even the bands whose genre or sound I did not particularly care for had a clear passion and talent for their art, which is entertaining and truly inspiring, especially for a music fan like myself.

As for the highlights of the weekend, there were far too many to name. With over 110 bands placed in five tents at set times ranging from noon to 1:30 the next morning, transcribing every memorable part of the weekend would be impossible to do, especially because multiple acts overlap. I will attempt to share my personal highlights of the weekend in this limited space, but, to truly appreciate their magnitude, you just have to check Coachella out yourself.

It is no mystery that the highlight of Friday and the entire weekend was the man who, along with the rest of the Beatles, changed the face of rock forever: Paul McCartney. The mere sight of Paul McCartney

Continued on page 11



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Fascination of the Abomination: The Circus that is Britney

By Vida Vongvanith
Editor-at-Large

As everyone headed to Indio for the Coachella music festival (see review on previous page), I was headed to Anaheim for the Britney Spears' concert. And I'm a little bit surprised to find myself saying that I'm not the least bit embarrassed to admit that it was a damn good show. To a capacity crowd of about 17,000, Britney Spears proved why she is a staple of American pop culture.

Her relevance transcends the tweens and the teens – the beer line was as long as the tour merchandise line and although there might have been a couple mothers in the crowd, they definitely weren't chaperoning their kids for the night. The crowd came dressed to party – tight black dresses and stiletto heels, fedoras and wifebeaters, shirts that read "Rock out with your...out" (I'll let you figure the rest out) and somewhere in the mix there was even a school girl outfit or two.

The show opened with The Pussycat Dolls who got the crowd revved up with a surprisingly live 35-minute set featuring their hits Stick Wit U, When I Grow Up, Buttons and Jai Ho. The dancing and sing-

ing were on point for all the girls, but it was obviously a Nicole Scherzinger show – it seemed her backup dancers just happened to have microphone procs.

After a quick break by the opening act, the Circus began with a slew of amazing acts – acrobats and contortionists – unicyclists and clowns – faux martial arts and ribbon gymnastics. The crowd was in awe (the screaming variety of awe) and the feats were comparable to one of the Cirque du Soleil shows or the ridiculously awesome nightclubs in Cancun (particularly CocoBongo). When the performers finished to a round of applause, it was like the entire crowd realized at the same time that they weren't there for the Circus, they were there for the Ringleader. The shrill screaming and palpable excitement was both comical and downright awesome as Britney Spears appeared from the rafters to begin her rendition of "Circus."

The show never lost momentum as writhing male dancers, acrobats and Britney Spears herself dominated the three-ring stage. There was pyrotechnics, a magic show, a Bollywood-esque take on her hit "Me Against the Music," and countless spectacular dance

routines and costume changes. Although the concert was definitely fun to watch and experience, there was very little crowd interaction and I'm sure there were some die-hard fans in the stands who yearned for a little more unscripted Britney.

With her recent drama being played out in the form of documentaries and headline-news, Britney Spears remains an enigma. A pop princess turned queen, an innocent schoolgirl turned mother of two, an international superstar turned train-wreck. Everyone always seems interested in the freak show that is her life but if you're looking to find answers (or live singing) at the show, you will be sorely disappointed. A tiny glimpse into her soul came with the song "Piece of Me" where Spears was carted around in a gilded cage.

Maybe it was poignant – or maybe it was just a shiny prop, but one thing's for certain: her recent tabloid-fodder drama is a thing of the past and America's fascination with her goes beyond the need to rub-berneck. Or at least here's hoping.

Art Show...

from page 1

submission in the first annual Mission Bay student and faculty art show that will be held on May 20th, 2009.

Hope to see you all there!

First Annual Mission Bay Art Show

Location: Mission Bay campus Genentech Hall Atrium

Date: May 20th, 2009

Time: 10 a.m.–6 p.m.

For questions, contact:

Arts and Events event coordinator

Amy Powell at 1-(415)-514-1610

Applications available online: http://www.campusliveservices.ucsf.edu/artsevents/forms/artist_application_MBartshow2009.pdf

Applications and a photo of artwork due Wednesday, April 29th, 2009, by 4 p.m. to amy.powell@ucsf.edu

Greening...

from page 1

Pub at Mission Bay:

- Composting for food, paper, paper plates, napkins, milk and juice cartons, paper cups, tea bags, and coffee grounds

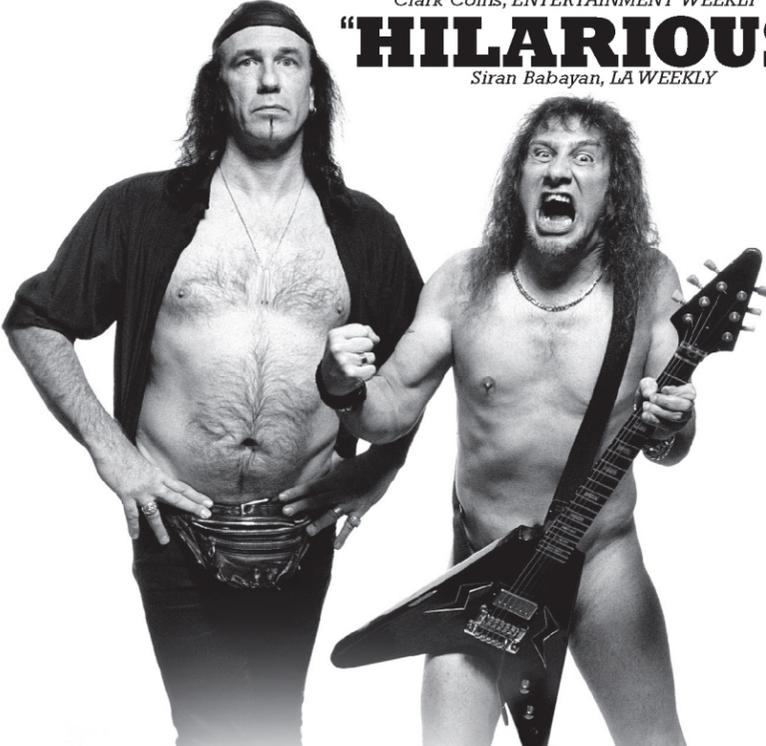
- Commingled recycling for plastic bottles and containers, soda cans, aluminum cans, foil, glass bottles, jars, all-rigid plastic and CDs

- Garbage for styrofoam, straws,

chip and snack bags, plastic bags, condiment packages, and plastic wrap. "Signs are hanging above each bin, if you have any questions about which receptacle to use," says Villarina.

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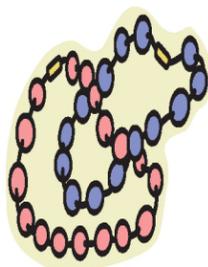
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Leno Visit...

from page 1

Freedom and Civil Marriage Protection Act, the first state bill recognizing gay and lesbian marriages to be passed by both houses of a state legislature.

Leno began his keynote address by describing the rift in partisanship dividing the legislative floor on health-care reform. Republican representatives arrive with the perspective that health care should be a privilege for those who can afford it, he said, while Democrats view health care as a basic human right. This fundamental difference in ethical belief is at the crux of why this issue will not be solved any time soon (similar to disagreement over whether sex serves the purpose of recreation vs. procreation underlying the ambivalence in America to legalize abortion). Let us not forget well-versed, knowledgeable health insurance company lobbyists throw gifts and paid trips to legislators on a daily basis to tip this scale in favor of opposing SB840.

However, Leno does plan on reintroducing this bill in time for the November ballot in 2012. Why does Leno think that this time will be any different? Well, for one thing, Governor Arnold Schwarzenegger vetoed the bill for the reason that he does not support "socialized medicine." Leno intends on clarifying to the governor that SB840 is not socialized medicine but a public-private partnership to ensure all California citizens. The private sector still provides the care; the public sector provides the payment. SB840 does not deny you the doctor that you want to see but does change how your health care is paid for.

The question is how can California provide health care for all but cannot even sustain MediCal, which is hemorrhaging money at a rate requiring the state to deny coverage and cut benefits in the next few years? First, understand the current model of how the insurance industry profits is by collecting premiums from the healthy and denying care to sick patients who pose a financial risk. As a result, these 47

million mostly low-income, employed, underinsured patients end up in emergency care for hospitalization, and the cost is handed down to the taxpayers (i.e. you and me). Second, consider that one-third of every health-care dollar is expended on these administrative costs.

Leno intends on clarifying to the governor that SB840 is not socialized medicine but a public-private partnership...

Leno proposes a SB840 addresses this ethical dilemma and the current need for fiscal conservatism by using savings from streamlining insurance administrative costs into a single system to provide coverage for all California citizens. The employer and employee both contribute to a minimal-cost premium that contributes into a state trust fund to pay for health care. Single payer addresses the unregulated cost of the profit driven pharmaceutical and biotech industry. Under a single formulary, the state can leverage state-wide membership to negotiate to obtain medical equipment and pharmaceuticals at lower costs (providing an estimated \$10 billion in savings). Eliminating the extra claim adjusters and utilization reviewers required for our current complicated multi-payer system can save an estimated \$6 billion. Another provision of the bill is shared responsibility.

The innovation of SB840 is potentially reaping the largest savings from investing in low-cost preventative medicine rather than costly emergency care services. The emphasis is on providing each citizen

a consistent primary care provider. An example of primary care services Leno noted was the Ashville project, an outpatient ambulatory care diabetes clinic in North Carolina comprised of pharmacists and other physicians. A study demonstrated its success by showing the program provided cost-savings and cost-benefits by providing preventative and primary care for patients.

Another concern about single-payer is whether the state can regulate inefficiencies in health care provision. A member of the audience provided an example of a family member being admitted into a skilled nursing facility for \$9,000 a week and received nothing but your garden-variety oral narcotic painkiller (hydrocodone) and an over-the-counter stool softener (docusate Sodium). Leno addressed this concern with another underlying principle in the bill, known as the "Health Home." A provision in SB840 allows a state health care commission to take measures to redesign the current system to increase operational efficiency. In layman's terms, the commission would ensure the most cost-effective treatment is provided when necessary.

Change is needed when considering the United States spends more per capital than any other nation (17.1% of national GDP) on health-care costs but ranks 37th internationally in terms of health-care quality provided. "If the majority of California have said that we're done [with this current multi-payer system]," says Leno, "we'll have done it." Health care reform is more feasible than ever under the Obama administration which has called for comprehensive overhaul of the system. We certainly need to align our ethical beliefs with Health Home, shared responsibility and basic health care rights before the majority of Californians will support a single-payer system.

Tina Lee is a third-year pharmacy student.

Cinco de Mayo Fiesta Day



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State of Play...

from page 6

that pitfall: the spectacle in movies of men in their 50s dating women in their 20s is one that Hollywood should dispense with now and forever). The movie tries to portray the two reporters as practitioners of old and new journalism, and stages a few debates on that topic in the movie. The dice are loaded, however, and the blogger never wins an argument in this movie (rather the opposite of real life).

Helen Mirren is on hand as the *Globe's* top editor, trying to cope with new corporate ownership and plunging circulation. She gives a fine performance, but the problem with the movie is that too many of the characters verge on cliché: the foulmouthed editor, the evil politician, the dewy-eyed kid reporter,

the cynical old journalist showing her the tricks of the trade It all feels like we've seen all these people before, in other movies.

Similarly, the plot suffers from familiarity, even as it unwinds at a breakneck pace. Yes, once again we have the evil, omnipotent corporation, capable of killing at will and thwarting all efforts to bring it to heel. It makes you wonder, if the people running corporations are so smart, why are all of them broke right now?

The movie does score points in its portrayal of human frailty. All the characters are compromised in some ways. The crusading congressman has a chest full of dirty secrets, Russell Crowe's character routinely violates journalistic ethics to protect his friend,

and his protege/blogger lets him do it because she is ambitious to get ahead with her career. Ironically, the movie is at its sharpest when it portrays gray areas.

But the viewer eventually wearies of all the twists and turns in the plot, and the final twist is just absurd. But apparently, the filmmakers felt the need for one more plot gyration, which has the added bonus of making Russell Crowe's character miss deadline.

State of Play's heart is in the right place, and it is all brought off with a professional sheen, but it is ultimately unsatisfying. If you want to see a movie about some real Washington journalism, why not rent *All the President's Men*? The newspapermen are still the heroes, and the outcome is a lot more believable.

Coachella...

from page 8

during their sets, making it clear why they have been receiving much attention from music critics across the nation. The Killers took the main stage at 10:25 p.m. and performed an immensely entertaining set that had lead singer Brandon Flowers dramatically fist-pumping his microphone stand into the air, standing atop amps, and welcoming crowd participation during songs including "Mr. Brightside," "Somebody Told Me," "Sam's Town," "All These Things I've Done" and "Human." Although the Killers were not as big-name headliners as Paul McCartney and the Cure, their showmanship and musicianship certainly proved why Flowers believes he can get away with unabashedly bragging about how epically influential he and his band are.

Closing the music-filled weekend was a strong line-up on the main Coachella Stage, consisting of the Yeah Yeah Yeahs, followed by My Bloody Val-

entine and the Cure. The Yeah Yeah Yeahs put on an amazing performance, which featured a gold sequined Karen O entertaining the crowd with her infectious enthusiasm for performing, which took the form of high-energy, jump-inspired dancing, dramatic gesturing, and microphone lassoing. The band's stage props, which consisted of a giant eyeball surrounded by glittering concentric rings and beach balls designed to be smaller eyes that were thrown to the crowd, accentuated Karen O's ability to captivate her audience and really tie the entire performance – props and all – together. As for My Bloody Valentine, the quartet managed to capture the entire Sunday crowd's attention with an impressive, 15-minute-long noise bath of suspended notes and reverberations that explained why the festival offered free earplugs to Sunday's concertgoers. Finally, wrapping up Sunday's lineup was the Cure,

who played an impressive, rocking set that solidified their presence in the rock Hall of Fame while still managing to freak people out with their Goth-inspired appearance.

Overall, this year's lineup made it clear that the Coachella Valley Music & Arts Festival has not survived ten years without reason. Furthermore, Coachella proved why it could still draw a sold-out Friday crowd, as well as attract a high turnout for both Saturday and Sunday, even in the midst of the current economy. My two Coachella experiences have made me increasingly reluctant to depart the polo fields of Indio and return to a post-Coachella world, but increasingly hopeful that I can be in attendance each year to witness the rock legends of the past and the indie rock legends of the future.

Rebecca Gayle is a first-year pharmacy student.

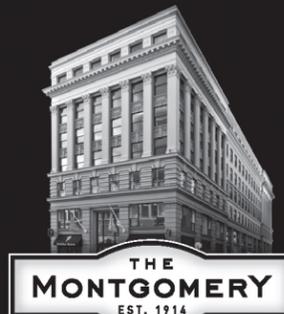
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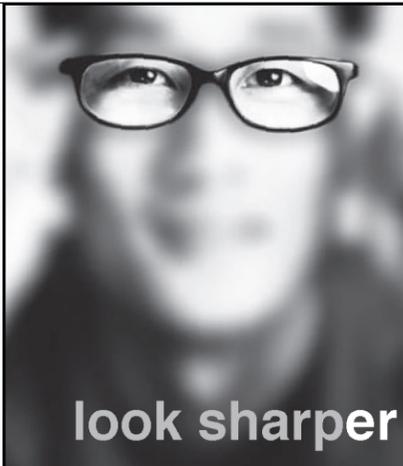
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