

# Chancellor Plans to Make UCSF More Efficient

## Synapse Staff Report

At a Town Hall meeting on May 18, Chancellor Susan Desmond-Hellmann outlined plans to streamline the way UCSF does business in a way to reduce budget deficits while maintaining the university's tradition of excellence.

The chancellor said at the outset that "I want UCSF to continually ask, Is there a better way of doing things?"

The chancellor said there had been progress during the period from February to May. In February, UCSF faced a deficit of between \$28 million and \$40 million. While cautioning "there's a lot of uncertainty about these numbers," the chancellor asserted that UCSF's budget deficit now is in the neighbor-

hood of \$18 million.

To reduce that deficit, the chancellor plans:

- to have Central Administration assume the largest burden of the savings, up to 50%. This will be achieved by regionalizing core services such as Human Resources, Information Technology and other areas.

- to have the Medical Center relinquish state funds, thus providing about \$6 million, which will provide about one-third of the needed solution to the cash shortfall

- to have the individual Schools shoulder the remaining burden.

One solution from the past will be discarded. In

answering a question about the university furlough's program, Desmond-Hellmann said firmly, "The furlough program will end in August 2010."

Efficiency remained the watchword. The chancellor pointed out that data from the College and University Professional Association suggested that for Human Resources, typically one person can handle 127 employees. At UCSF, the ratio is 1:81, suggesting there are more efficient ways of operating.

Reining in soaring coast will be a major challenge. Desmond-Hellmann pointed out that retiree and employee health costs for 2011 are expected to be \$17 million. By 2013, that figure will soar to \$52 million.

# Graduation *Love Dub* (THE FINALE) by Jed Wolpaw

After three years and 96 columns, the end has finally arrived. This, for better or for worse, is the final Love Dub column of all time. As you may know from reading the penultimate column, I am publishing my graduation speech below.

This speech was written for, and delivered at, the medical school commencement ceremony on May 14th. There are a few jokes that might not make a lot of sense to people outside of the medical school class of 2010, but I believe the overarching message applies to all of us, regardless of our school or profession.

Thanks for reading over the years, and best of luck in all of the journeys and adventures to come.

Chancellor Desmond-Hellmann, Dean Hawgood, Dr. Emmanuel, members of the faculty, parents, friends, and fellow members of the class of 2010, good morning. So, what to talk about?

It occurred to me that it is an exciting time in health care policy, and the speech



## Graduating Time

\*Tis the season for graduation here at UCSF. In this photo from the Graduate Division ceremony, Dean Patricia Calarco, left, and Chancellor Susan Desmond-Hellmann flank commencement speaker Congresswoman Jackie Speier.



## Single in the City Episode Nineteen:

# Single in the City Does Bay-to-Breakers!

By Mark Anthony Maningas  
Executive Editor

What does a responsible pharmacy student do after coming home from a debauchery-filled vacay in Miami (See Episode Twenty on Page 5)? Why attend Bay-to-Breakers the next day, of course! First day of acute care rotations be damned!

My friend Kat, his boyfriend Mark and a few of their co-workers and friends had decided weeks ago that we were all going to "participate" in Bay-to-Breakers. We ended up deciding that Jersey Shore would make a timely and appropriate theme for us to coordinate to. Kat and I decided that we were going to be "Snooki". As a preface, I have never watched a single episode of Jersey Shore nor do I intend to. But for the spirit of doing justice to Snooki, I researched a few photos/video clips of hers, and apparently, she's really into having her hair styled in what could only be described as a hideous camel-hump-like contraption, apparently called "the bump".

I got in late from Miami the night before, and so I didn't really have that much time to get supplies to make the "bump." I thought I had left over mousse/hair-spray/gel from when I used to have shorter hair; it may be hard to believe, but once upon a time, I did have shorter hair (and if you look at my driver's license photo, it's WAY shorter). Lacking the supplies, and the necessary things to tease my hair (flat iron and blow dryer; I forgot that I've always borrowed them from people), I decided that we were going to forgo the bump, and instead, to just wear something skimpy. That's still in line with Snooki's essence.

It was a bit nippy outside (a cool and crisp mid-50s was the high), especially when you are meagerly dressed, but when you're surrounded by throngs and throngs of people, it doesn't seem to be so bad. The EtOH doesn't hurt either.

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## upcoming events & more at ucsf

### Announcements

**UCSF Diabetes Teaching Center Patient Symposium**  
Saturday, June 5, 7:45 a.m. – 12:30 p.m.  
Genentech Hall, Mission Bay Campus  
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. \$25 per person; \$35 for two. Includes continental breakfast and syllabus. Surface lot parking - \$2.  
**STUDENTS ARE WELCOME TO ATTEND!**  
Public Info: 415-353-2266; [www.diabetes.ucsf.edu](http://www.diabetes.ucsf.edu)  
Contact: Lorraine Stiehl; [lstiehl@diabetes.ucsf.edu](mailto:lstiehl@diabetes.ucsf.edu)  
**UCSF Night at the Theatre: Peter Pan**  
Thursday, June 3  
7 p.m.  
Campus Life Services Arts & Events have a limited amount of tickets available for the threesixty production of *Peter Pan*. This innovative theatre performance, direct from London, is a first of its kind 360-degree presentation of the classic JM Barrie tale. For more information, call 476.2676 or visit [www.campuslifeservices.ucsf.edu/artsevents](http://www.campuslifeservices.ucsf.edu/artsevents) and look for

the order form in the “Forms and Downloads” section.  
Ferry Park on the Embarcadero, Admission: \$60 for Tier One seating (reg. \$80)  
**Global Health Sciences Lecture Series**  
Monday, June 7  
4 – 5:30 p.m.  
N-217  
Build It and They Will Not Come: New Data on Attended Deliveries in Africa and Asia  
with Dominic Montagu, DrPH, MBA, MPH  
Reducing the global burden of preventable maternal, neonatal and child deaths is a key development priority for the 2010 Group of Eight (G8) Summit. There is ongoing debate on the relative merits of delivering maternal health packages through scaled up health care facilities versus scaled up community-based approaches. Dominic Montagu is assistant professor of Epidemiology and Biostatistics, and lead for the GHS Global Health Group’s Health Systems Initiative. This lecture is free and open to the public; CME credit is available to healthcare professionals.

**UCSF & SFGH Family Day at Waterworld**  
Saturday, July 17  
10:30 a.m.- 6 p.m., Concord  
Escape the San Francisco fog for a day and enjoy the sun with friends and family! Campus Life Services Arts & Events invite the UCSF and SFGH community to a splashing good time at Waterworld! Purchase your tickets before June 30 and save some money! Proceeds from this fundraising event support the many programs produced by Campus Life Services Arts & Events. For more information, call 476.2676 or visit [www.campuslifeservices.ucsf.edu/artsevents](http://www.campuslifeservices.ucsf.edu/artsevents) and look for the order form in the “Forms and Downloads” section.  
Admission: \$35 if purchased before June 30! \$38 after June 30!  
Admission includes: All-you-can-eat buffet from 12:30- 2:30 p.m., private picnic pavilion, beach volleyball & games, a free return ticket good through 9/18/10, and free parking for every four tickets purchased! This is a \$95 value!

**Self-Care 101: A Crash Course in Self-Care**  
Has the stress of spring semester got you down? If so, Self-Care 101 (SC101) is a

crash course in physical and emotional wellness. It is a one time, one- hour long workshop designed to get you through the multiple stressors you face as you approach the end of the spring semester. The workshop incorporates cognitive behavioral techniques and educational tips you can use both at home and at school to get you through the rigors of the day. The workshop also orients you to the many wellness services offered through UCSF’s Student Health and Counseling.

The Self-Care 101 (SC101) Workshop is free, during the noon lunch hour.  
Lunch will be provided.  
REGISTER NOW via email at [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu)  
Parnassus: 2nd Wednesday of the month, noon  
Mission Bay: 2nd Friday of the month, noon

**LGBTQ Discussion Group**  
Are you an LGBTQ student? Do you want a space to meet other students and build community here at UCSF? Bent is a social/discussion group for LGBTQ students offered through Student Health Services, Mondays at

noon at Mission Bay. Please RSVP if you would like to attend: [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu)  
Lunch is provided.

**Oakland A’s and San Francisco Giants Baseball Tickets**  
5/23/10: Oakland A’s vs SF Giants, 1:05 PM, Plaza Outfield, \$21, Oakland  
6/11/10: SF Giants vs Oakland A’s, 7:15pm, CF Bleachers, \$16, AT&T Park  
6/25/10: SF Giants vs Boston Red Sox, 7:15pm, View Reserve, \$28, AT&T Park  
6/27/10: SF Giants vs Boston Red Sox, 1:05pm, View Reserve, \$28, AT&T Park  
7/30/10: SF Giants vs LA Dodgers, 7:15pm, CF Bleachers, \$16, AT&T Park  
8/15/10: SF Giants vs SD Padres, 1:05pm, CF Bleachers, \$16, AT&T Park  
CLS Arts & Events have a limited amount of baseball tickets for select Oakland and San Francisco games. Orders will be filled on a first come, first served basis. You can download an order form or purchase from our online store at [www.campuslifeservices.ucsf.edu/artsevents](http://www.campuslifeservices.ucsf.edu/artsevents). Call 415.476.2675 for more information.

### Fitness and Recreation

**Fitness & Recreation Centers**  
[www.campuslifeservices.ucsf.edu/fitnessrecreation](http://www.campuslifeservices.ucsf.edu/fitnessrecreation)

**UCSF Sports Basement Shopping Spree**  
SAVE 15% on all purchases. AND for every \$100 you spend, enter a raffle to win \$100 Gift Certificate at Sports Basement. Bring your Fitness & Recreation Center membership card or UCSF ID to receive your discount. Call Jennifer Weeg at 415.502.6529 or e-mail [jennifer.weeg@ucsf.edu](mailto:jennifer.weeg@ucsf.edu) for more information.  
Thursday, June 10, 5:00-9:00pm  
1590 Bryant Street, San Francisco (Potrero store only)  
Free garage parking, enter on Florida Street

**Buddy Training with Personal Training**  
Workout with a personal trainer at half or a third of the cost. You bring the buddy and we take care of the rest! Try one or more of our many packages, designed with a semi-private focus, or create your own.  
**Strong Bones**  
If you have arthritis, osteoporosis, or osteopenia, this class is for you. Let one of our certified trainers show you

what is beneficial in your training regimen to keep your body safe and bones and joints strong. Learn various machine and free-weight exercises that will make you stronger.  
**Weight Loss**  
Shed some pounds and tone up while having fun. Our trainers are skilled in various weight loss techniques, and will incorporate total body and functional training exercises to help you maximize your results in a shorter period of time. These are just two suggestions. If you have your own goals, and are ready to get started, give us a call – we have a team of diverse trainers to accommodate you and your buddy’s training needs.  
For Mission Bay Leeane.Jensen@ucsf.edu 415.514.4540  
For Parnassus Tiffany.Gustafson@ucsf.edu 415.502.4398

**Massage at Millberry, Bakar**  
Pamper yourself from head to toe with a relaxing, soothing, therapeutic massage. Our professional staff is knowledgeable in a wide range of massage styles and will skillfully use them to help release pain,

stress and tension from your body. Call for an appointment today. Millberry Fitness & Recreation Center, 415.476.1115 or Bakar Fitness & Recreation Center, 415.514.4592.

**Outdoor Programs**  
Registration for Outdoor Programs is available online [www.outdoors.ucsf.edu](http://www.outdoors.ucsf.edu), by phone at 415.476.2078, or in person at the Millberry or Bakar Fitness & Recreation Centers.

**Big Sur Wellness Memorial Weekend**  
Spend a relaxing weekend on the pristine California Central Coast. We’ll hike through areas with stunning views of the Santa Lucia Mountains, and take in dramatic coastline vistas. Then, we’ll head back to a comfortable campsite to feast on healthy meals, while relaxing in style. We’ll also provide you interesting information on nutrition and health. Transportation not included.  
STUDENTS: Thanks to UCSF livewell, pay only \$50! Attach coupon when registering.  
F-M 5/28-5/31 9198.401  
Tu 5/25 Pre-trip meeting  
Yosemite \$210/250/295  
Registration is available online [www.outdoors.ucsf.edu](http://www.outdoors.ucsf.edu).

[outdoors.ucsf.edu](http://outdoors.ucsf.edu), by phone at 415.476.2078, or in person at the Millberry or Bakar Fitness & Recreation Centers. For more information, email [outdoors@ucsf.edu](mailto:outdoors@ucsf.edu) or visit [www.outdoors.ucsf.edu](http://www.outdoors.ucsf.edu).

**Beginning Surfing**  
Try your hand at surfing in this great beginner class. Lessons are held at Linda Mar Beach, a mile-long stretch in Pacifica that offers a perfect setting for those new to the sport. Classes will focus on ocean safety, fundamentals, and etiquette. The small group instruction helps create a fun, supportive atmosphere for learning this great sport. Price includes surfboard, wetsuit, and instruction.  
Su 5/23 8-10:30 a.m. 9551.401  
Pacifica \$69/79/89  
Registration is available online [www.outdoors.ucsf.edu](http://www.outdoors.ucsf.edu), by phone at 415.476.2078, or in person at the Millberry or Bakar Fitness & Recreation Centers. For more information, email [outdoors@ucsf.edu](mailto:outdoors@ucsf.edu) or visit [www.outdoors.ucsf.edu](http://www.outdoors.ucsf.edu).

### Entertainment

**The Chancellor’s Concert Series**  
Spring 2010 Season  
Thursdays, April 8 – May 27, 2010  
Seating: Noon to 12:15  
Concert: 12:15-12:45 p.m.  
Admission is FREE.

**May 27**  
Mission Bay Genentech Hall Atrium  
Tanya Tomkins, cello  
Bach: Suite 1 in G Major  
Bach: Suite 5 in C Minor  
Genentech Hall is located at 600 16th Street

**Mission Bay Art Show 2010**  
Thursday, May 20  
10 a.m.- 6 p.m.  
Come see the artistic work of the talented people who work and study at UCSF. This art exhibition will only be up for one day, so don’t miss out! For more information, call 476-2676.

Genentech Hall Atrium, Mission Bay  
600 16th Street  
This FREE event is sponsored by Performing Arts Fund.



Opinion

A Taxing Solution (Again)

By Tim Neagle

Here’s a surprise: California is having yet another budget shortfall! And Governor Schwarzenegger is, as usual, willing to balance California’s books on the backs of the state’s poor by cutting health and welfare programs, but is not willing to raise a penny in taxes.

Sigh. This isn’t so hard. To prove it, I offer the same advice I did last year, when we faced this same situation. Of course, instead of doing the sensible thing, Sacramento closed last year’s budget shortfall with spending cuts, borrowing and smoke-and-mirror accounting tricks.

Once again, there is an easier way – here’s how (all figures according to the *Los Angeles Times*):

- Increase tobacco tax by \$1.50/pack, which would raise \$1.2 billion annually.

Thirty-three states tax tobacco products at a higher rate than we do here in California. Since 2002, 44 other states and the District of Columbia have increased their cigarette taxes, but our Legislature (controlled by the Democrats, it seems worth noting) hasn’t changed the tobacco tax from 87 cents a pack since 1998.

In other words, Big Tobacco has a friend in Sacramento – lots of them.

And before you get all misty eyed about a hefty hike in tobacco taxes, let’s not forget something important about the Tobacco Industry: its products kill people. I don’t know about you, but I like to draw the line against giving tax breaks to industries that kill on a large scale. Apparently, this would make me odd man out in any gathering of California lawmakers.

- Increase the gasoline tax by 32 cents a gallon raising \$5.8 billion annually.

This is a win-win: good for the state budget, good for the environment. Climate change isn’t going to wait – we need to cut emissions, and we need to start now. Raising taxes on gasoline is a two-fer: it raises money for the state, and it gets people to drive less. This will benefit everyone and will be welcomed by all except the Flat Earthers who still think everything is peachy on the global-warming front.

- Finally, modestly raise the tax rates on the wealthy: for those earning \$300,000-\$600,000 annually, rates should go from 9.3% to 10%; for those earning over \$600,000 a year, rates should go from 9.3 to 11%. Revenue raised: \$5 billion.

No one likes to pay more taxes, but it should be pointed out that these increases are less than 1% for the first group and less than 2% for the second. Considering what these people are worth, this is a modest increase that will not cause any hardship.

So we’ve only been at this for a few paragraphs and already we have raised \$12 billion annually, just by raising tobacco and gas taxes, and slightly raising tax rates on the top 1% of the populace.

That’s already a lot better than Arnold and the Legislature managed to do. Under my scenario, cuts would still be required, but to willfully ignore these tax proposals, as the politicians in Sacramento have done, is just ridiculous. Let’s not forget who our elected representatives are busy protecting, at the expense of ordinary citizens in California: the merchants of death in the Tobacco Industry and Big Oil.

The above was written as an article for *Synapse* in 2009. Note I didn’t even get into closing corporate loopholes which cost the state of California an estimated \$50 billion annually.

Not to seem cynical, but I suspect I will be hauling out these proposals again in 2011.

Got an Opinion?  
Write for Synapse!  
: : : : :  
synapse.ucsf.edu

Letter to the Editor

Dear Synapse:

Thanks for printing the article “Taking Precautions Against Lyme Disease” in the May 6 edition. As a Lyme patient and advocate, I would like to add some comments:

Lyme disease and co-infections can happen for any person or outdoor pet, since ticks are randomly found in vegetation and on wood, with a random number being infected. We know of five people so far who contracted Lyme disease and co-infections in San Francisco. Locations are Crissy Field, the Marina, Golden Gate Park at MLK and 19th Ave, a backyard in the west of Twin Peaks area, and Diamond Hgts Park.

Co-infections such as babesia, bartonella and ehrlichia can also be transmitted by ticks. The Golden Gate Park person got Lyme disease and all three of these co-infections from two tick bites. The backyard person got Lyme and babesia.

Plus ticks can be found everywhere now, wherever we go. Nymphal ticks are active spring and summer, and adult ticks are out November through June, so this is a year-round health issue.

Ticks are very small, about the size of a poppy seed, thus we may not see the tick or ticks that bite us. Also, we usually never feel a tick bite.

This means we all need to exercise caution when outside and also with our indoor/outdoor pets. I believe the most important protection is to have good tick repellent on. I prefer nontoxic tick repellent, such as Orange Guard (sold in stores) or TKO Orange concentrate (www.organicoranget-kocal.com), from oranges. Put a little in a spray bottle, fill up with water and spray on clothing, camping area and lightly rub/mist on cat/dog fur. Other essential oils can be used for skin, like Herbal Armor, Biteblocker, etc. See your vet and pet stores for pet tick repellents.

Other protective measures include wearing shoes and socks when outdoors, as ticks can also be in leaf litter. Check yourself and pets for ticks during and after being outside. After being outside, take a hot shower and put clothes in a very hot dryer to kill any ticks on them. Check your bedding for three days after being outside, as nymphal ticks may feed and drop off after a couple days.

If you have overhanging vegetation in your area, including grassblades, it’s best to trim all back, since ticks are usually found questing on the edge of vegetation. www.wildflower-seed.com offers long-handled cutters which can help prevent contact with any bugs on cut vegetation.

Unfortunately, testing for Lyme disease and co-infections is not perfect. The ELISA screening test misses half of those with Lyme. The IgM and IgG Western blot antibody tests, even done through a very good lab, like IGeneX (www.IGeneX.com) still only shows 60-70% positive for those who have Lyme. There are 27 reasons for seronegativity for Lyme, listed at www.canlyme.com/seronegreasons.htm. Thus the disease is diagnosed clinically, by history and symptoms.

It’s very important to go to an experienced Lyme-treating physician. They are generally affiliated with ILADS (www.ILADS.org; International Lyme and Associated Diseases Society). Referrals can be obtained through www.lymedisease.org and www.lymenet.org/flashdiscussion/seeking-adoctor. For an acute exposure, it’s necessary to go on a sufficiently high dose and duration of antibiotics to knock out an incipient Lyme infection. Since people don’t always show symptoms right away, it’s not a bad idea to also do so for a known tick bite. And for chronic infection, effective treatment requires a lot of medical knowledge and experience.

Infected pets generally present with lethargy, loss of appetite, lameness, etc. Vets are trained to recognize symptoms and to treat.

Further info, discussion, referrals to support groups and doctors can be found at www.lymedisease.org and www.lymenet.org. Local SF contact: sf\_seal@sbcglobal.net (San Francisco Support, Education & Advocacy for Lyme, affiliated with CALDA, the California Lyme Disease Association, www.lymedisease.org)

Sincerely,  
Robin Krop  
Lyme patient/advocate

synapse

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# Synapse is YOUR paper. Join us!



Single in the City Episode Twenty:

# Bienvenidos a Miami!

By Mark Anthony Maningas  
Executive Editor

It’s been a trip that I’ve been looking forward to for weeks, the light at the end of (actually it’s more an 1/8th) the rotations tunnel. I’ve never been to Miami, much less Florida, and I was beyond stoked when we finally settled on Miami as our break destination. I have a friend who lives in West Palm Beach, but she was going to be in Tampa the same week, so I wasn’t going to be able to meet up with her.

**The Company**  
Aside from me, Krystal and Nikolai (also known as Krystolai), Sara Nik, Amy and Walter, Jeremiah, Francis (Jeremiah’s friend), Trevor, Devon (Trevor’s friend), and Kirtan (Devon’s friend from NY) made up our liver-wrecking crew as we hit Miami Beach by storm! We haven’t seen each other, at least all of us, since we went our separate ways for rotations.

**The Accommodation**  
We wanted to have a reasonably affordable hotel and, at the same time, be as close to the “South Beach” scene as possible, and so we settled on Hotel Shelley, which wasn’t a bad choice at all. Sure, the hallways smell a lot like urine, the showers don’t have a door and every time you take a shower, you create a mini-puddle. True, the rooms were a bit small, especially when you’re cramming in 4-5 people to a room, but it wasn’t too bad. Hotel Shelley is an Art-Deco building close enough to all the hotspots in SoBe. But the best part about Hotel Shelley, aside from its convenient location? Open Bar from 7-8 every night, which we took full advantage of. We immediately bonded with JC, the 40-year-old bartender (who looks like he’s in his late 20s/early 30s) and father of two (22 and 17 years old) and Gladys, who also bartends across the way at Lily’s.

**The Food**  
Apparently, Miami Beach is known for its burgers! Actually, they were not, but it would seem that

way, since I’m pretty sure I ate a burger (or four) a day while I was there; Krystal even brought some FatBurgers on the plane ride home. But the best burger EVER (yes, even better than In n Out – I know, sacrilegious!) has to be Five Guys Burgers and Fries! The meat is delicious, plus you get to put a lot of good toppings (grilled mushrooms, grilled onions, jalapeño peppers, and others) for free, and the fries were amazing!

We only really ate out as a group twice, once when we got lunch at a pita place (which was awesome) the day after we got in, and the other time was when we went to Sushi Samba Dromo. Coordinating feeding time with eleven people is a bit hard, especially when you wake up at different times of the day. That and achieving steady state of inebriation throughout the day was apparently higher on the agenda for the week.

**The Leisurely Activities**  
The weather was quite balmy, mostly in the mid 80’s, with a relaxing breeze from time to time keeping things nice and cozy. My only slight complaint was that, at times, it was a bit cloudy. But for the most part, it was perfect beach weather. Relaxing in the afternoon while soaking up the rays, with a cold brewsky and checking out the scenery: a guy can get used to this.

And speaking of the scenery, man, was it a sight. There wouldn’t be such a thing called a “South Beach Diet” for nothing, right? Like my friend said, when you live in a beautiful beach town like Miami Beach, there’s that internal and external pressure to look your best, whereas if you live in a colder area, evolutionarily speaking, you’re probably more inclined to have “insulation.” But what a beautiful sight! There are guys showing off in the pull up bars doing god knows how many pull ups to impress the adoring crowd. Not that I’m the one to complain.

- The Life Lessons Learned**
- Be careful of your belongings – South Beach can be particularly treacherous when it comes to belongings. Case-in-point: someone from my group got their purse stolen, while another lost their phone while cavorting around the beach at night.
  - The best way to cure a hangover is to drink another drink – hahaha
  - Though to prevent wicked hangovers, it is probably wise to eat something beforehand, and especially avoid anything longer than a 12-hour fasting period.
  - Having things open until 5 a.m. can be a life-saver
  - Along the same topics of a lifesaver, don’t underestimate the life-saving power of a floatie
  - Sometimes, the best conversations you’ll have with your friend is while eating questionable Cuban food at the airport.
  - It doesn’t matter where you are – Miami Beach or Beaver Meadow, PA, as long as you surround yourself with good company, you’re bound to have a good time.
  - What happens in SoBe, stays in SoBe, except if you took photos/videos. Those ridiculous photos/videos will live on in digital format forever in ignominy.
  - I live for the nights that I can’t remember with the friends that I will never forget

Can’t wait until our next week break in August. Did anyone say EuroTrip?

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

Voices from the Nursing School

# The Need for Healthy Food

By Keri Rannachan

We continually tell children that they need to eat healthy foods, but their school lunches consist of pizza, hamburgers and hot dogs. When healthy options are added to the list, they are often unappealing to children. How are our children going to learn how to make healthy choices when schools are not leading by example? For years, our children have become increasingly unhealthy and even obese. According to the CDC, between 2000 and 2006, childhood obesity increased from 5.0% to 17.6% for children aged 12-19 years old. It is time that we make healthy eating convenient and affordable for everyone, regardless of economic or social status. There have been many recent attempts to punish or tax unhealthy behaviors, but the reality is that healthy lifestyles are formed by encouraging the right habits during the childhood years.

Collaboration with school leadership, school nurses and a nutritionist will facilitate healthy and appealing meals for children. Proactive planning – such as bulk purchasing, filtered water instead of so-

da, and health education for the students – can all address this issue without drastically raising costs. Especially as health professionals, we need to be facilitating and encouraging health education and improvement within our schools. By addressing community health at the school level, we are also having a positive impact on later generations. Early health education and habits could potentially prevent adolescents from trying that first cigarette. Instead of placing extra taxes on cigarettes, soda and tanning beds we can teach children the benefits and risks of dangerous activities, and therefore facilitate independent informed decision making.

Are these extra taxes even an attempt to help our society become healthier, or is a façade that allows the government to make more money off of an unhealthy nation. In addition, smoking is much more prevalent among those living in poverty. Without adequate support and medical care, it is often nearly impossible to stop smoking, and therefore adding tax-

es to these items only causes them to fall deeper into poverty. In 2000, the CDC stated that patients covered by Medicaid had a 50% higher prevalence of smoking. Alternatively, I support the mandate for restaurants to post the calorie content on all of their menus, because this increases the awareness of the public and provides them with the information to make a better decision. Offering information that encourages healthy decisions is a much better tactic than punishing those who have fallen into bad habits.

As community nurses, physicians and leaders, we need to be thinking “upstream.” Primary prevention of an unhealthy society is often the most cost effective method and also improves the quality of life of our citizens. Although targeting the schools will not address all health issues, it has a great potential to decrease the prevalence of many prominent health consequences. We must actively lead by example and put in the extra effort and concern to educate and care for our youth.

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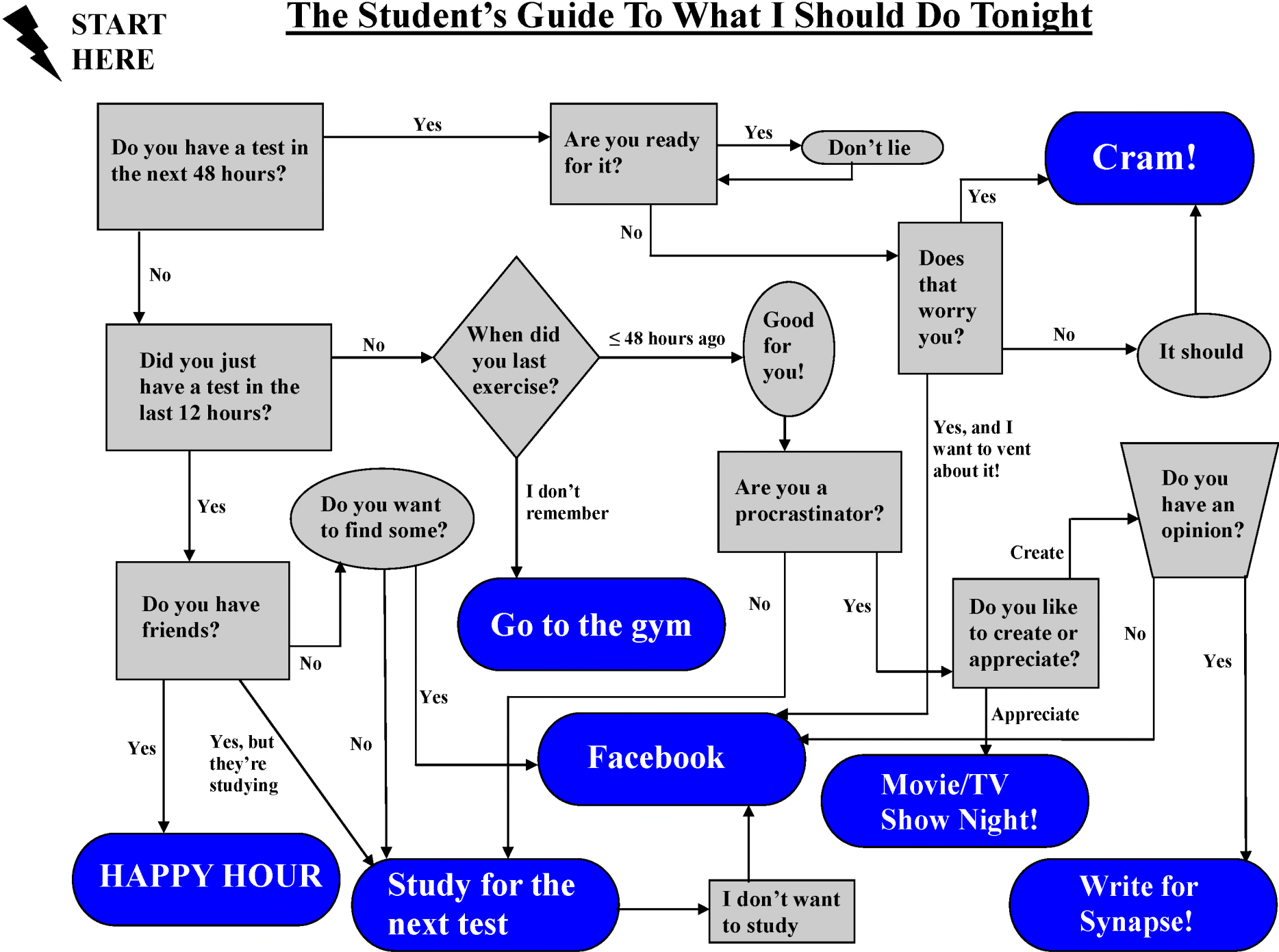
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## B2B...

from page 1

Seeing that I lived a half a block near the parade turn on Divisadero and Hayes, I decided that I was going to join our crew at this juncture. I wasn't about to wake up at the crack of dawn to make it in time to Embacardero by 7:15. Also, the Hayes Hill can be quite unforgiving (at its steepest, it's about an 11% grade), though I have been always amazed as to how the gigantic floats (which are pulled up-hill manually by equally inebriated fellows) make it up the hill without rolling back and smashing the sloshed people behind it.

You had your staple costumes: the pirates, the lifeguards, the cross-dressers and the naked men, though I would have to say, I only saw five of them (which is a bit lower compared to previous years in my experience). There were a couple of stand-

outs for me. I really liked the bikers in their Elvis-like get up, though I would have to say that my favorite costume/theme was the shuttercock/badminton group; it's so random and well put together.

In my years of doing Bay-to-Breakers, I had never gone past JFK and Conservatory West Drive in Golden Gate Park, and as I found out, there was a good reason why; the floats exit the parade here. When you're walking that far, aside from the EtOH, the thing that keeps me going is the music coming from these floats. It's like a giant moving-street-block-party, with the locals (and the voyagers) dancing along to the same beat, if only temporarily. However, this year, my friends' after party was at their brand new pad near Ocean Beach, on

42nd Avenue, so we trekked through the park and made it almost to the finish line, and I'd have to say that the crowd was a little bit more subdued; perhaps it was due to the alcohol wearing off or if the fatigue was setting in. However, I'd say the clam dip made it worthwhile.

Here's to hoping that next year's Bay-to-Breakers would be a bit on the warmer side and as salacious as ever. Fist bump!

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

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# New Medical Students Perform at 111 Minna Gallery

By Vivien Sun  
Staff Writer

Nine first-year medical students showcased UCSF's diverse musical talents to a full house at 111 Minna Gallery in the Financial District on May 2, in honor of UCSF Medical School's annual Accepted Students Weekend.

For the first time at Accepted Students Weekend, potential new UCSF medical students and current first-year medical students were treated to an extraordinary performance of classical and world music. Tony Gonzales performed three classical guitar pieces, and a violin quartet of Sai Chan, Roger Lee, Jason Nagata, and Matthew Sun performed a Vivaldi violin quartet. Three British operatic works by Ralph

Vaughn Williams were sung by Daniel Paget and accompanied by Matthew Serna on the keyboard. Mark Dela Cruz and Josemine Miranda sang a Filipino folk song, while Antonio Moya (guitar, voice) and Amy Shen (flute) played several Brazilian jazz songs. Finally, the show closed with a band comprised of Amy Shen (MS1) and several non-UCSF musicians, including Jesse Engel (guitar), Hannah Van Loon (violin), Joe Costantini (bass), and Shaunak Adkar (tabla). The final act included original jazz/world pieces.

In addition to the unique music from the stage, 111 Minna also had an eye-catching exhibit of lowbrow

artworks, "Last Gasp 40th Anniversary Art Show," on display. The exhibited art included provocative comics, collages, paintings, drawings, and photographs from such artists as R. Crumb, Mark Ryden, Justin Green, Bill Griffith, Frank Kozik, Todd Schorr, Winston Smith, Spain Rodriguez, and Robert Williams.

"I really enjoyed that 111 Minna was a cross between an art gallery and a club/bar," Lee Chang, MS1 said. "I thought it was a really fun atmosphere for the accepted students to meet each other and current UCSF students, and also to see how talented my classmates are."

## Love Dub...

from page 1

we just heard from Dr. Emmanuel was inspirational. But when you know you're speaking after him, you don't plan a speech on health policy.

So though we are here at the culmination of our medical school training, today I want to talk not about health care, but about people. Not about endings, but beginnings. I want to talk about beginners.

Four years ago (or more for those who took time off) we were as beginner as they come. Indeed, it is hard to find a more beginner-like beginner than a first-year medical student.

We walked around in packs, considered You See Sushi a gourmet lunch, we still thought the Deans ran the medical school (we hadn't yet learned that Maureen holds absolute power), we thought the cremasteric reflex was pretty much the best party joke around, and we practiced percussing anything we could get our hands on.

We highlighted our syllabi in multiple colors, learned to shoot for 70%, and started thinking of Marieke as our new mom.

We didn't yet know how to get Abul in a box. As it turns out, it's easy, you just one, get a really big box, two, put Abul in that box, and that's the way you do it. Who knew?

We didn't know how to prevent an infection caused by the "Ellas", for that one I'm pretty sure you just avoid swingsets, showers, and smashing raw eggs over your head. Definitely doable.

We didn't know how to tell the difference between Burt Katzung and Sean Connery. To tell you the truth, I still can't tell.

And we had absolutely no idea what killed Phineas Gage.

We became hypochondriacs, certain that we had some version of whatever disease it was that we were currently studying. I distinctly remember waking up one morning during Renal block and noticing, as I urinated, that there were bubbles in the water. Proteinuria! (I have protein in my urine) I shouted to myself, and proceeded to call my father, a physician, to ask him if I should get my kidney function tested.

To his credit he didn't laugh all that much when he said that he didn't think it was necessary. Thanks Dad.

I'll come back to us as beginners in a moment, but first I want to tell you about a concept in Zen Buddhism called shoshin. It is usually translated as "beginner's mind". My father came back from three months in Japan very interested in this idea and I find it intriguing as well.

Using the same heavy duty research tools that we all became expert at during our time here, by which of course I mean Wikipedia, I came up with this description. Shoshin refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner in that subject would.

And, sure enough, though it is easy to laugh at the image of us as first years with our starched white coats, un-faded ID tags, and still yet to be lost blue name pins, there was something precious in our naiveté as well.

We were eager to learn, hungry for knowledge. Every chance to use a stethoscope was exciting, every attempt at blood pressure reading a thrill. We knew that everyone knew more than we did, so we listened to everyone and condescended to no one.

While our eagerness may have abated a bit over the years as we gained knowledge and skill, fourth year has both given us a great deal of vacation during which we've managed to forget pretty much ev-

erything we learned before, and has brought us to the threshold of a new beginning.

In a month we will become beginners again, as interns in whichever specialty we have chosen. Let us not fear the newness, the uncertainty, nor all that we will not know, but rather let us embrace it, for if we do it can open our minds.

We must be careful not to let the newly minted, shiny "MD" after our name blind us to the fact that we will probably be the least experienced people around. We expect to learn from our senior residents and attendings. But let us not forget that from the new third year medical student fresh from Step One, to the nurse with years of experience, to the clerks, techs and volunteers who have been there longer than we have, to the patients who we serve, we will be surrounded by people willing and able to teach us, if we embrace the mindset of the beginner.

And if it should happen that one of these people is not, at first, open to our approaches let us be willing to consider the possibility that it may be because, in the past, others in our shoes did not treat them with the respect they deserve. A cycle of hostility is easily broken by someone so new they do not yet know that they are supposed to be hostile.

As physicians we will have the honor and privilege of helping our patients with new beginnings as well. Those going into Ob/Gyn and Pediatrics will be with patients as they become new parents. But it is not only with the birth of a child that patients are beginners. Every ending is also a new beginning. Even at the end of life family members begin a process of mourning, and start to learn to cherish the memory of the loved one who has passed away. In order to serve them well during these times we must keep our minds open as beginners ourselves, even years down the road when we will be called veteran physicians.

Of course, it is not only in our fledgling careers that we are beginners, and shoshin applies equally to all aspects of our lives. Many of us have entered or are entering into new relationships, marriages, and parenthood. To be a mother or a father for the first time, to feel deeply in love and decide to spend your life together with another person, these are times of unparalleled wonder and excitement.

But this mindset does not last unless it is cultivated and attended to. And in our case we will face not only the usual challenge of time and familiarity, but also the intensity of a medical residency. Even after 80 hour weeks, even after 30 hour call shifts, let us never forget the importance of the parts of our lives outside of work. Let us continue to marvel at our children, love our partners, and be thankful for our friends long after the newness has worn off and the exhaustion of residency has set in.

Before medical school, when I was teaching ninth grade World History, I had an anonymous quote on my classroom wall. It said, "Young people can change the world because they are too inexperienced to know that they can't possibly do the things they're doing."

We may not be quite so young anymore, but I

would change the wording slightly to say "Beginners can change the world because they are too inexperienced to know that they can't possibly do the things they're doing."

For a time, at least, we will not know how things are supposed to be done. Far from being a weakness this is, in fact, an opportunity. Let us be wary when the reasoning given for something is "that's just the way it's done". We will have a chance to make change and challenge paradigms precisely because we won't know the way that things are "supposed" to be done.

Until recently, almost all high schools in this country taught biology before chemistry and chemistry before physics. Do you know why? Neither did anyone else. Everyone assumed that because it had been done for so long there must be a good reason. But when educational researchers finally realized

*We must be careful not to let the newly minted, shiny "MD" after our name blind us to the fact that we will probably be the least-experienced people around.*

it didn't make sense educationally, that in fact chemistry should be taught before biology, and decided to press the question, they found out that the answer was: alphabetical order. Biology, Chemistry, Physics.

It is only with a beginner's mind that we reflexively ask the question, "Why?" and challenge ourselves and those around us to keep learning.

It has been one of the greatest honors of my life to learn with and from all of you, to have been a beginner with you, and to return again to a new beginning together.

May we always remember, as husbands and wives, as parents and children, as friends and mentors, and of course as physicians, to continually crave new knowledge, and to never allow the accumulation of that knowledge to close our minds nor dull our eagerness for learning, and for life.

I want to end with a quote from Rainer Maria Rilke that reminds us that as we gain knowledge, and answers, we must not forget about the questions. Indeed, often it is the questions, and the questioning, that are the most important part.

Rilke writes:


"You are so young, so before all beginning, and I want to beg you, as much as I can, dear sir, to be patient toward all that is unsolved in your heart and to try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

Fellow graduates, colleagues, friends. May your lives be rich with questions, may you embrace them always like a beginner, and may you live them fully, boldly and without hesitation in all of the journeys and adventures to come.

Thank you and congratulations.

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





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