

UCSF Student Nominated to Be UC Student Regent

Synapse Staff Report

UCSF student Alfredo Mireles, Jr., has been nominated to be the Student Regent-designate, and if approved by the full UC Board of Regents, will become the school's first student regent in nearly two decades.

The Regents will consider the committee's recommendation at its July 13-15 meeting. With their expected approval, Mireles would become the 37th student regent since the position was established in 1975. He would then serve as the student regent-designate for the coming year and be able to participate in all deliberations, but not vote until July 2011, when his one-year term would begin.

The following is an email Q and A conducted by *Synapse* with Mireles:



Q) What prompted you to apply for the Student Regent position?

I thought I had the experiences and connections to multiple communities to be effective in the position and represent students from all backgrounds

well. I am a first generation college graduate, I have been an undergraduate, professional, and graduate student, have worked in the State Capitol as a leg-

islative aide on health and higher education policy, I have worked in two UC-affiliated hospitals, been involved in a myriad of campus organizations, and have relationships with a lot of the student leaders throughout the UC system.

Also, I believe 2010 is the year of healthcare, and as a Health Policy graduate student I wanted to be part of actual policy making performed by the Regents. For instance, we are going to be helping implement federal health reform, are looking to potentially take over the healthcare delivery at the state prisons, and are preparing to reestablish Martin Lu-

Continued on page 5

School of Pharmacy Graduation



By Monica E. Iskandar, PharmD, School of Pharmacy, Class of 2010

Greetings Readers!

I've been asked to give you a glimpse into my graduation experience, so here I am, taking a break from my study break for the Boards, and writing to you fine people. I will be providing you an exclusively behind-the-scenes look into our graduation, and reveal-

Continued on page 6

Turning Green Into Gold: Profit Sharing and Conservation of Medicinal Plants

By Sachi Jain
Staff Writer

At first glance, the Rosy Periwinkle might seem like an innocuous flowering plant blushing its way across its native Madagascar and other tropical countries. However, it and a host of other plants used for medicinal purposes have been at the forefront of an international debate about the commercialization of traditional medicine, often referred to as bioprospecting. In a recent History of Modern Biomedicine lecture at UCSF, Dr. Abena Dove Osseo-Asare, Assistant Professor at UC Berkeley, and Dr. George Rutherford, Director of UCSF's Institute for Global Health, explored the issues of profit sharing in drug development and the rights to medicinal plants, as well as the need for continued conservation of biodiversity.

"Local healers, communities, scientists and drug companies all contribute to creating drugs, but they benefit differently," Dr. Osseo-Asare said, introducing the case of the Rosy Periwinkle. This plant, which had long been used by the indigenous people of Madagascar as a treatment for diabetes, caught the attention of pharmaceutical giant Eli Lilly in the 1950s. Alkaloids extracted from the periwinkle led to the development of two anti-cancer drugs –

Continued on page 5

Sports

Follow the World Cup Here in S.F.

By Lucia DeLeon
Staff Writer

If any of you *Synapse* readers are avid soccer fans, you have got to be aware that the FIFA World Cup 2010 is about to commence next month.

Many will have the luxury of watching games on a big screen at home, others will seek out community locations televising the games and the remainder will simply have the good fortune of watching the games on a GIGANTIC, elevated screen in front of San Francisco City Hall, at no cost! Now, how lucky are we! Should we happen to get hungry while watching, only a few steps away will be plenty of food vendors to select from. There will be games and play areas for the young should they become bored and/or restless.

Game schedules for City Hall broadcasting have not been posted but will be forthcoming in the very near future. Keep those eyes and ears open. The FIFA World Cup games are

scheduled to take place from June 11th through July 11th.

Not only will we be afforded the opportunity to see the best of the best in international soccer, we will see breathtaking sights of a country, South Africa, that we might not ever see otherwise. South Africa is often referred to as the "Rainbow Nation" because of its diverse cultures, histories and 11 languages.

And.... we will be watching soccer games take place not in just one or two stadiums – we will travel, via television, throughout South Africa (north, south, east and west) to games being televised in 10 stadiums, some built or recently upgraded specifically for FIFA World Cup games.

Gooooooooooooooooooooooooo!!!!

Visit synapse.ucsf.edu for World Cup schedules and information about each of the 10 stadiums.



page two

upcoming events & more at ucsf

Announcements

San Francisco's International Circus School Presents Annual graduation performance to the community

Pratfalls & Rising Stars
Friday, June 11 at 7:30 p.m.
Saturday, June 12 at 2 and 7:30 p.m.
Sunday, June 13 at 2 p.m.
San Francisco Circus Center, 755 Frederick Street
Tickets: \$20 (Adults), \$15 (Students), \$10 (Kids 12 and under & Seniors)
Available at the door, or pre-order through Brown Paper Tickets at <http://www.brownpapertickets.com/event/110328>

Engaging Men as Allies for Gender Equity at Work

Wednesday, June 16, noon-1, HSW 302
Free and Open to the Public!
Join us for a panel of male leaders at UC to discuss insights about why some men support and others resist gender initiatives. What are the cultural forces that can undermine efforts to engage men in gender diversity and inclusion efforts? What steps can we take to engage men as fellow advocates to create an inclusive, bias-free workplace?

Bring your colleagues and attend what promises to be a provocative and enlightening program!

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
Contact: Lorraine Stiehl; lstiehl@diabetes.ucsf.edu

Build It and They Will Not Come: New Data on Attended Deliveries in Africa and Asia

Global Health Sciences Lecture Series with Dominic Montagu, DrPH, MBA, MPH
Monday, June 7, 4:00 – 5:30 p.m., N-217
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. Based on results of demographic and health surveys conducted in 48 low- and middle-income countries, it has been determined that the majority of poor women in Southeast Asia, South Asia and Africa give birth at home, with implications there are no easy fixes to get women into facilities – either by lowering the cost or opening clinics closer to homes. Community-led initiatives are needed to attend to women where they live. 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.

AIDS WALK 2010

Join the UCSF contingent at San Francisco AIDS Walk! UCSF walkers who raise a minimum

of \$25 will receive a FREE "We are UCSF – AIDS Walk t-shirt, plus breakfast and lunch at the event! To register for an UCSF Team go to www.aidswalk.net/sanfran click "Register Here" and then "Register and Join a Team" to find a UCSF Team. For more information, call 415.615.WALK.
Sunday, July 18
Golden Gate Park, San Francisco
Register at www.aidswalk.net/sanfran

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 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!

Oakland A's and San Francisco Giants Baseball Tickets

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. You can download an order form or purchase from our online store at www.campuslifeservices.ucsf.edu/artsevents. Call 415.476.2675 for more information.

Fitness and Recreation

Fitness & Recreation Centers
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 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

UCSF Student Running Club-FREE

Go the distance and leave the stress of school behind. The

UCSF Student Running Club provides a social and fun atmosphere for those who enjoy a leisurely pace. Get fit, reduce stress, and meet students from other programs. 30 minutes; 9-minute mile pace. Wednesdays. Meets at Central Desk, 500 Parnassus Ave. For more information, contact Lauren Cox at 514.4950 or Lauren.cox@ucsf.edu

Outdoor Programs

Registration for Outdoor Programs is available online www.outdoors.ucsf.edu, by phone at 415.476.2078, or in person at the Millberry or Bakar Fitness & Recreation Centers.

Richardson Bay Ecology Paddle

Discover the richness of Sausalito's Richardson Bay and understand why it's one of California's most important bird estuaries. We'll paddle the shore and catch

glimpses of birds and waterfowl in migration season while observing the unique ecology of the bay's northern region. Please bring a light lunch.
Su 6/6 9348.401
Sausalito \$55/65/72

Beginner Backpacking Clinic Yosemite

Learn how to backpack in style and experience the outdoors in a whole new way. Outdoor Programs offers a backpacking clinic that's perfect for both the first-timer and those with some backpacking experience looking to expand their skills. This clinic will cover packing and fitting you backpack, map and compass skills, water filtration, backcountry cooking and "Leave No Trace" practices.
F-Sa 6/25-6/27 9101.401
Tu 6/22 Pre-trip meeting
Yosemite \$139/155/175

UCSF Exclusive Screening of *Toy Story 3 in 3D*

Come enjoy an UCSF exclusive screening of *Toy Story 3 in 3D*! Campus Life Services Arts & Events is not only offering a special discounted rate of \$10 per person, but we're also throwing in a free small popcorn and entry into a drawing. The drawing will be held at 6:45 PM, so make sure to come early! For more information, call 415.476.2675.
Tickets: \$10 per ticket. Includes: 1 free small popcorn and free drawing entry to win fun prizes! Tickets on sale June 1st. Go to www.campuslifeservices.ucsf.edu to download an order form or visit the Millberry Union Central Desk, 500 Parnassus Avenue. Must have UCSF ID to purchase tickets.
Thursday, June 24, 7:00 pm (doors open at 6:30 pm)
AMC Van Ness 14 Movie Theatre, Geary & O'Farrell Street, SF

Events

The Chancellor's Award for Gay, Lesbian, Bisexual and/or Transgender (GLBT) Leadership

The presentation ceremony will be held on Wednesday, June 9 on the Parnassus campus from noon to 1 p.m. in N-225. Chancellor Desmond-Hellmann will present awards to three members of the campus community. They are Robert Daroff, Jr., M.D., Clinical Professor in the Department of Psychiatry at the VAMC; Diane Sabin, D.C., Clinic Administrative Director at the Osher Center for Integrative Medicine; and Mats Christiansen, M.S.N., RN, graduate student in the Department of Family Health Care Nursing, School of Nursing. Everyone is invited to attend this event and show support for these exceptional individuals. Light refreshments will be served following the ceremony.

Symposium to Honor Dr. Bishop

The UCSF community is invited to Critical Unsolved Problems in BioMedicine, the June 7 symposium honoring J. Michael Bishop's eleven years as chancellor (1998-2009). No registration required. Questions can be directed to Yolanda O'Bannon at: yolanda.obannon@ucsf.edu.
UCSF Mission Bay
Genentech Hall, Byers Auditorium
(with simulcast to Genentech Hall 261 and Pottruck Auditorium in Rock Hall)
8:30 a.m. Doors Open
8:50 a.m. Welcome and Introduction: Chancellor Susan Desmond-Hellmann
9-10:30 a.m. Global Health: Can we eradicate malaria?
MC: Haile Debas (UCSF)
Speaker: Christopher Plowe (University of Maryland Medical School)
Panel: Joe DeRisi, Richard Feachem, Phil Rosenthal (All UCSF)
10:30-10:45 a.m. Break
10:45 a.m. -12:15 p.m. Cell Biology: How do cells make decisions?
MC: Marc Kirschner (Harvard University)
Speaker: Richard Losick (Harvard University)
Panel: Hana El Samad (UCSF), Jonathan Weissman (UCSF)
12:15-1:45 p.m. Lunch Break
1:45-3:15 p.m. Cancer: How do we prevent metastasis?
MC: Harold Varmus (Sloan-Kettering)
Speaker: Joan Massague (Sloan-Kettering)
Panel: Zena Werb (UCSF), Marc Shuman (UCSF)
3:15-3:30 p.m. Break
3:30-4:45 p.m. Neuroscience: How does the brain represent the outside world?
MC: Michael Stryker (UCSF)
Speaker: Patricia Churchland (UCSD)
Panel: Loren Frank (UCSF), Michael Brainard (UCSF)
4:45-5:30 p.m. Reception (Genentech Hall Atrium)

Entertainment

Colette Ikemi in Concert

Colette Ikemi comes to UCSF as part of APASA's Asian Pacific American Heritage Celebration. Ikemi will perform three concerts for the UCSF community. Come hear this accomplished jazz and R&B vocalist! There will be light refreshments while supplies last. For more information, call 476-2676. These FREE concerts are sponsored by the Asian Pacific Systemwide Alliance, the Chancellor's Enrichment Fund, Campus Life Services Arts & Events, and Pilipinos of UCSF Student Organization.
Tuesday, June 1, noon-1
The View, Laurel Heights, 3333 California Street

Tuesday, June 8, noon-1
Millberry Event and Meeting Center, 500 Parnassus Avenue
Thursday, June 10, noon-1
Genentech Hall Atrium, Mission Bay, 600 16th Street

Voices From the Nursing School

What to Do About the Obesity Epidemic?

By Morgan Fitzpatrick

As a former health educator and current nursing student at UCSF, I feel compelled to add my voice to the ever-intensifying debate over what is to be done about the obesity epidemic. There is no doubt that the statistics about overweight and obesity are staggering. The World Health Organization has recently suggested that as many as 300 million people worldwide are dangerously overweight and a recent study published in the American Association of Clinical Endocrinologists charges that current epidemiological tools to characterize overweight and obesity probably underestimate the true numbers of unfit people. Perhaps the most frightening aspect of the epidemic is that age is no longer a protective factor; according to the Centers for Disease Control, approximately 17% of children are considered obese (up from 5% in 1976) and that obesity in children significantly impacts their lifetime health outcomes.

There are roles for many professionals in the fight against obesity: primary care providers recognize problems early and refer to specialists; endocrinologists address metabolic disorders; dieticians assist families in designing and sticking to meal plans; health educators fill in gaps in knowledge and relate obesity to other co-morbidities; psychologists and social workers address psycho-social reasons for over-eating; coaches and teachers encourage playful

exercise; and health policy advocates address systems-level changes to school lunch and physical education programs, food regulation, agriculture policy and so on. So where do nurses fit into the picture? Certainly the role is largely dictated by the location of the nurse – school nurses, public health nurses, bedside nurses and advanced practice nurses will each participate uniquely in the fight against obesity and the balance of education, advocacy and assessment must be struck accordingly.

There are, however, distinct ways in which nurses can contribute to a family’s health and well-being. Nurses are well positioned in the obesity epidemic struggle because of their knowledge of pathophysiology, their access to families at critical moments in their lives, their professional location as a locus of information about families and services, and, perhaps most importantly, the fact that Americans trust nurses more than any other profession. Trust is a crucial component of any health education program that relies on individual behavior change because it enables the patient and the provider to talk openly about both successes and challenges to weight loss. Moreover, in order to live up to the trust that Americans have in nurses, it behooves us to treat each person with the greatest of compassion, avoid victim-blaming and fight the very real prejudice that pervades

our culture and tempts us to disrespect overweight and obese people.

Furthermore, it has been my experience that most people know the essentials of what they have to do for their families to be fit and eat healthily. The difficult part is integrating that information into one’s daily lives. It is the nurses’ role to troubleshoot these difficulties for patients and to constantly battle the health misinformation in the media, self-help literature and in the public discourse. Nurses also play a pivotal role in obesity prevention: identifying key leverage points in the evolution of family habits around exercise and diet is crucial.

Most importantly, the fundamental philosophy of nursing demands that no matter what the role (bedside care, education, case management, advocacy, community organizing or meeting primary care demands) nurses are the glue that coalesces and manages the expertise brought to bear by all of the aforementioned professionals. The key to nurses’ success in helping children live active and healthy lives is our commitment to meeting families’ health care needs in as holistically and compassionately as possible and our “big picture” scope of practice. It is my greatest hope that nurses recognize our unique role in the struggle and claim it with determination and passion.

Asthma Awareness Month

How Aware Are You?

By Samia Sheikh, Bill Tan, and Jennifer Yang

Although the month of May is coming to an end, the essence it carries in raising awareness is not. May has been declared Asthma Awareness Month in the hopes of increasing public awareness about this chronic condition and how to keep it under control.

According to the American Academy of Allergy Asthma and Immunology, about 34.1 million Americans suffer from asthma. Currently about 7 million children in the United States have asthma, and the rate has been rising considerably in recent decades. For children, it is one of the leading causes of missed school days and hospital emergency department visits.

The journey for awareness begins with one simple question: What is asthma? It is a long-term lung disease caused by inflammation of the airways. During normal breathing, air flows freely into and out of the lungs. However, when the airways in the lungs become swollen and obstructed, normal breathing becomes disrupted and difficult to do. Some of the main symptoms associated with asthma are recurrent breathing problems such as wheezing, chest tightness, breathlessness and coughing. Asthmatic episodes or attacks can be set off by environmental triggers such as allergens, dust mites, pet dander and mold. It is important to recognize both indoor and outdoor triggers in order to prevent such exacerbations from happening. As a result, asthma can

place strict limits on daily activities and decrease an individual’s quality of life.

Though asthma is widespread, public understanding of the risks associated with asthma and strategies to manage this condition remain limited. At UCSF, Project Asthma from APhA-ASP in the School of Pharmacy is sharing similar goals for educating the public. It is a community service project that aims to educate the community about asthma and its triggers. The student pharmacists of Project Asthma can be found at health fairs not only providing information about asthma but also counseling patients on the proper use of various inhalers.

The inability to breathe properly during an asthmatic attack has been commonly compared to how a fish would feel out of water. Such an analogy is powerful because it gives a descriptive idea of what it would feel like to be in the shoes of a person suffering from asthma. The goldfish has become a well known symbol of asthma that continues to grow popular not only for the image that it portrays for the condition, but also as an ideal pet because it lacks dander, which is a common asthma trigger. Project Asthma, hence, passed out goldfish crackers along with a fact sheet to students to inform them of the condition’s prevalence and to raise awareness about asthma.

This Asthma Awareness Month, the Global Initia-

tive for Asthma (GINA) launched a five-year Asthma Control Challenge. Its goal is to challenge health care providers to improve asthma control and cut asthma related hospitalization in half by 2015. We hope that all healthcare professionals embrace this challenge to decrease the burden of asthma for their patients. For those who have asthma, talk to your physician, pharmacist, nurse, or respiratory therapist about the steps needed to take control of your asthma so you may live a healthy and active life. Don’t let asthma control you, you control the asthma.

References

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3. Summary Health Statistics for U.S. Children: National Health Interview. Survey, 2008, Table 1. http://www.cdc.gov/nchs/data/series/sr_10/sr10_244.pdf
4. Summary Health Statistics for U.S. Adults: National Health Interview. http://www.cdc.gov/nchs/data/series/sr_10/sr10_232.pdf

synapse

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How To Become A Slow Eater

By Darya Pino
Nutrition Editor

Busy people are experts in efficiency. Everything we do is quick, effective and goal-directed. But when it comes to eating, efficiency is not the highest virtue.

Quick eating almost always results in overeating. This is because your brain is not focused on the eating process, but on the goal of filling your stomach. Unfortunately, a full stomach does not automatically create satiety in the brain.

Satiety is only perceived after a culmination of sensory cues and signals indicate a meal is over. Some of these cues are internal, such as spending time chewing, tasting and swallowing. Others are external, like seeing an empty plate or noticing a restless dining partner.

Only after about 20 minutes will you actually be able to tell if your belly is full or not, but if you’ve been stuffing your face the entire time it is already too late.

You can learn to eat more slowly by focusing on satiety cues rather than on cleaning your plate. Here are 12 tips for learning how to slow down and eat less.

12 Tips For Eating Slowly

Practice Eating quickly is a habit that needs to be broken. Make a point to practice mindful eating by scheduling it into your day. Write it in your calendar, leave notes on your fridge and send yourself reminders before meals until your new habits become automatic. Habits typically take 3-4 weeks to develop.

Sit at a table Sitting at a table to eat tells your brain you are having a meal. If you eat while running errands or standing at the counter you can quickly lose track of how much you’ve eaten. Even if you eat a lot while standing, you may still feel like you haven’t had a meal and want to eat more later.

Serve small portions A clean plate is an incredibly powerful cue that a meal is finished. For this reason, large portion sizes often lead to overeating



Remove distractions If you are reading or watching TV, you are not paying attention to the food you put into your mouth. I know you are busy and want to multitask, but resist the urge for 15 minutes and eat a real meal. I admit I’m bad at this one, but I always eat less if I go offline while I eat.

Chew You might think that you chew your food, but there’s a good chance you are swallowing a lot of it whole. Take smaller bites and chew your food thoroughly. Notice the texture of what you are eating and appreciate what it adds to your meal. This is something I need to remind myself of directly before I eat, so I keep this on my to-do list.

Drink Another way you can force yourself to slow down is to consciously sip your drink throughout your meal. This requires you to put your fork down, chew and swallow before eating more. It also adds liquid to your stomach and can help you feel more full. Water is a perfect choice, but even sipping wine can slow down your meal.

Put down your fork The classic recommendation to put down your fork (or sandwich) between bites has stuck around for one simple reason: it works. When we are not eating mindfully our hands go into shoveling mode, where your fork is primed with another bite almost instantly after popping the last one in your mouth. Putting your fork down forces

you to relax a bit and focus on chewing what you already have.

Have a conversation You only have one mouth, and if you are using it to talk it’s really difficult to shove food into it. Eat with friends, have a great conversation and use this as an opportunity to slow down your meal.

Eat with other slow eaters We all have an unconscious tendency to imitate people we are near. If you are dining with a ferocious eater, you might find yourself mimicking their bad habit and eating quickly just to keep up. To train yourself to eat slower, try finding slow eaters to influence you instead.

Don’t eat when you’re starving Nothing makes me more likely to eat quickly than being famished. But sooner or later circumstance will get the better of you and you’ll end up hungrier than you should be. I always carry almonds or other nuts around with me for times like this, and I eat exactly 10 nuts to tide me over for an hour or so. After about 15-20 minutes, my hunger subsides enough for me to regain control of my eating speed.

Dim the lights Environment can have a big impact on our mental state, and you can set your dinner mood by dimming lights or lighting candles. Dim lights induce an inner calmness and make it easier to slow down. On the flip side, be careful when eating under bright, fluorescent lights as they can spur frantic overeating.

Play mellow music Slow, mellow music can also help set an appropriate eating pace. Miles Davis’ *Kind of Blue* is one of my favorite dinner albums. However, this trick only works if the music is truly slower than your natural, silent eating pace. If your music is any faster you may experience the opposite effect.

Share your tips at SummerTomato.com

Classifieds

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The current collective bargaining agreement between the University of California (UC), and the California Nurses Association (CNA), covering approximately 10,694 Nurse employees, provides for successor negotiations in 2010. Systemwide bargaining may begin following completion of the public notice meetings scheduled below. The University will convene initial public notice meetings on June 2, 2010 from 9:00 am to 11:00 am in Room 1203 and June 9, 2010 from 1:00 pm to 3:00 pm in Room 1203, at 300 Lakeside Drive - 12th Floor, Oakland, Ca. 94612. Copies of initial bargaining proposals will be available at the meetings. Interested members of the public may secure copies of initial bargaining proposals from both parities, at the main campus library or online at: <http://atyourservice.ucop.edu/>. Copies of the procedures governing the required public notice meetings may be requested in person or by mail from the University of California, Labor Relations, 300 Lakeside Drive 12th Floor, Oakland, Ca 94612-3550. For additional information regarding this bargaining, please contact Gayle Saxton, Chief Negotiator, UC at (510) 987-9907; or Beth Kean, Chief Negotiator, CNA at :(510) 273 – 2200.

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Off the Path: Jennifer King

By Erin Currie
Staff Writer

Jennifer King did her PhD in Cell Biology at Duke University. She now owns her own medical writing company, August Editorial.

Jennifer's Path

In her fourth year of graduate school, Jennifer realized that she didn't want to do bench work. She tried teaching, but figured out that she didn't like that either. So, Jennifer turned to writing. In graduate school she took classes in science journalism, essay writing, writing for publication, and she also worked on the student newspaper. She got as much writing experience as possible.

After graduating, Jennifer tried launching a freelance business in science writing, but it was not successful. So, she got a job working for a company. She started by writing 200 word pieces on why it's im-

portant to take medicine and kept working her way up to become managing editor.

Jennifer then returned to science and academia at Duke Clinical Research Institute where she worked with the editing department. She helped clinicians to publish their research. Based on the contacts that she made during her time at Duke, Jennifer decided to start her own business.

Jennifer's Work

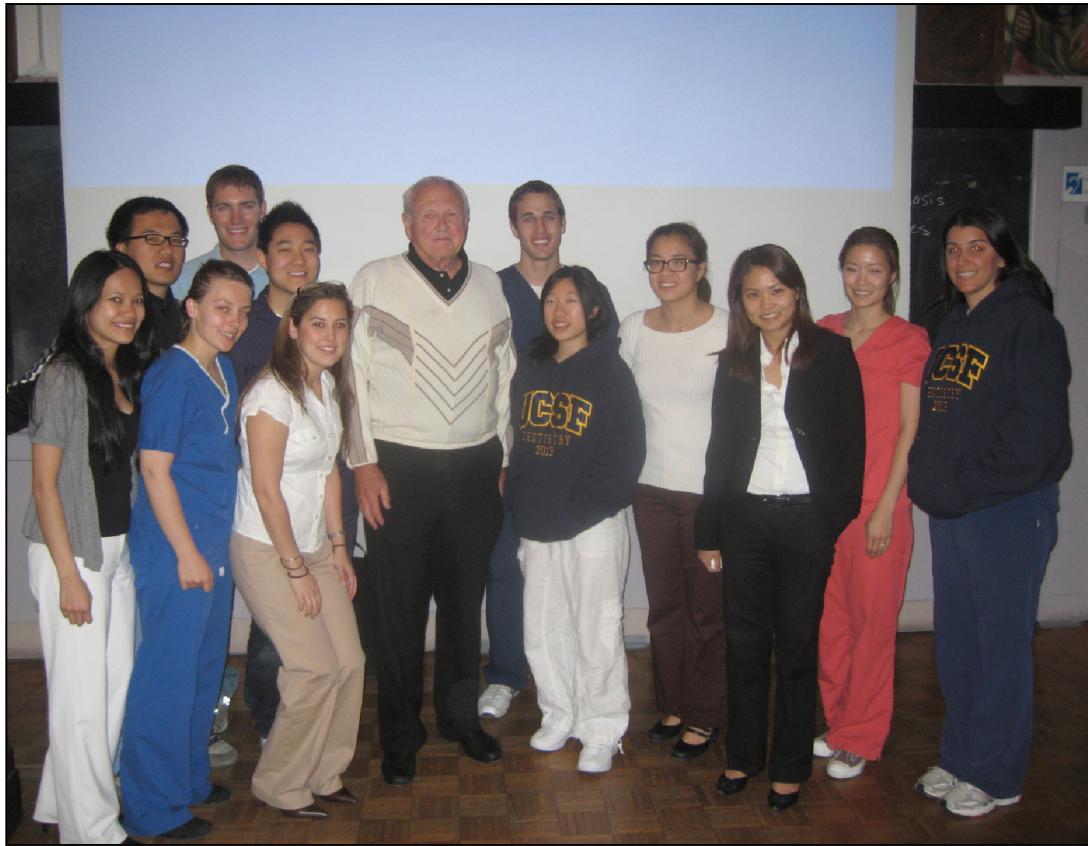
As the owner of her own biomedical writing business, Jennifer helps clinical investigators and small pharmaceutical companies write up their results for peer-reviewed journals. She specializes in writing on Hepatitis C, which fits with her interests in virology and background in cell and molecular biology. Jennifer also writes materials related to clinical

trials, drafts protocols, and writes clinical study reports.

Jennifer's Advice

Jennifer suggests, if you want to be a science writer, that you "write whatever you can, even if it's your church newsletter or the animal shelter flier." It's important to develop your writing skills as much as you can because it doesn't matter who you know if you're not a good writer.

Jennifer also suggests joining a professional association for whatever career path you would like to follow. She got mentorship and business advice that were critical for her ability to start her own business from other medical writers through the American Medical Writers Association.



True Life Series: Robert Parr

By Shannon Hayashibara
Contributing Writer

The American Dental Education Association (ADEA) and the Office of Career and Professional Development (OCPD) co-sponsored the Spring True Life Series featuring Dr. Robert Parr, who has been a periodontist at his clinical practice and a Clinical Professor of Periodontics at UCSF for 42 years.

Dr. Parr began his presentation recounting his unique path to becoming a periodontist and professor, starting with his first job as a golf caddy, which motivated him to work at a dental office and subsequently apply to dental school. A course in periodontics led him to meet an instructor at UCSF who would literally change the course of his personal life and career.

After circumventing a war draft and moving to Germany and back, he became the head of the Periodontics department at UCSF all within a few short years.

Dr. Parr was lively and engaging, instigating numerous outbursts of laughter from the students, with stories from his personal and professional life. He incorporated his theories on education, errors that he sees in current teaching methods and ideas on improving education for dental students, which students found enlightening. Dr. Parr joked that the students came for the food, but it was evident that the students took pleasure in listening to him and highly respect and value him.

ADEA would like to thank Dr. Robert Parr for agreeing to share his stories and ideas and OCPD for all of their assistance in planning the True Life Series.

Plants...

from page 1

vincristine and vinblastine – that generated over one billion dollars in revenue for Eli Lilly.

Whether or not the people of Madagascar should receive a portion of Eli Lilly's profits is a complicated question. On the one hand, local insights about plant-based treatments are often an essential step to drug development. However, even though the Rosy Periwinkle originated in Madagascar, knowledge of its medicinal properties has traveled widely through coastal trading. Scientists from Eli Lilly built on the findings of healers from the Philippines and Jamaica to process patents for periwinkle alkaloids, raising the question of which people groups, if any, should receive compensation. "I would love to get note-

books from all the healers of the world to determine rights to medicinal plants, but that's impossible, and that's why these issues are so difficult legally," Dr. Osseo-Asare said.

Like the periwinkle, the Asiatic Pennywort bears the stamp of tradition in today's modern biopharmaceutical world. Used to treat leprosy in the 1920s, this marsh plant is currently a component of anti-inflammatory and anti-wrinkle products. Although pennywort is widely believed to have originated in Madagascar, the plant has long been a part of Indian ayurvedic therapies, leading Indian scientists to dispute Madagascar's claim to pennywort. Since there are virtually no written records of traditional uses of periwinkle, pennywort, and other medicinal plants such as hoodia and neem, assigning credit to particular countries or individuals for the discovery of

plant therapies can be a Herculean task.

The issues of profit sharing and individuals' rights to plants remain murky, but one clear conclusion is that in order to continue studying plants for their medicinal value, biodiversity must be preserved. In his commentary following Dr. Osseo-Asare's lecture, Dr. George Rutherford pointed out that plants with potentially invaluable medicinal properties are being decimated due to human population growth and land overuse. "The chemicals that plants secrete to ward off predators can be used to develop drugs for people," Dr. Rutherford said, noting that several widely-used drugs, including aspirin, quinine, and taxol are all plant-derived. The bottom line regarding drug development and profits from plant-derived chemicals is that in order to continue turning green into gold, the green has to be protected first.

Student Regent...

from page 1

ther King, Jr. Hospital in Southern Los Angeles to provide health care to the underserved.

Q) It has been nearly 20 years since a UCSF student was the Student Regent. What will it mean to UCSF to have you on the Board of Regents?

I think that UCSF can be misperceived as not needing the same level of attention as other UC campuses do. However, not only do we have our own pressing needs, but many of us are so busy with school and clinical training that we don't have the time to attend Regents meetings and advocate for ourselves. I am happy that I will be in a strong position to clearly communicate the needs of UCSF students.

Q) As a student at a health/science university, will you be able to engage the Regents on issues in the health/science field? For example, will you have impact on such issues as stem-cell research? Or any health topic, for that matter.

My main health issues are:

1. Martin Luther King, Jr. Hospital
2. Helping the UC implement federal health care reform
3. Health professional student fees

Q) Could you give us a little personal background?

I was born and raised in Long Beach, CA. I am the oldest of four brothers and come from a bi-cultural family. I am an avid Dodgers and Lakers fan.

I went to UC Berkeley as an undergraduate and got a BA in Sociology. I then went through an accelerated second bachelor's degree at Johns Hopkins University where I became a nurse, and now study Health Policy at UCSF.

I am currently spending a year working as a legislative aide in a program called the Jessie Marvin Unruh Assembly Fellowship. I staff my boss on health and higher education.

Synapse congratulates Alfredo on his appointment!

Take the Weekly Poll at the Synapse Website

Synapse is now running a weekly poll on our website, synapse.ucsf.edu/

This week's poll is on the Bay to Breakers race.

Check our website each Thursday to see a new poll topic and weigh in!

If you have suggestions for poll questions, please send them to us at synapse@ucsf.edu

Graduation...

from page 1

ing my most inner thoughts and emotions (exciting, I know!). So here we go...

Sunday, May 2nd (6 days before Graduation):
The best way to describe what many of us were feeling the days leading up to graduation was a mix of joy and excitement, with some underlined anxiety. We couldn't believe that this day was finally approaching, and we were all so excited to share our accomplishment of earning a PharmD with our colleagues and loved ones. Where we once picked up our white coats as nervous P1s four years ago, we smiling P4s returned to the University Bookstore to pick up our graduation regalia. It was such an awesome feeling!

Some of us, however, couldn't shake this uneasy feeling we had inside...I'm not sure if it was just the anticipation of the whole event, the realization that this may be the last time our whole class would gather together, or knowing that there will be a "Dr." attached to our names. Or maybe there was some ridiculous fear that this was all a dream we'd wake up from, receiving an email from the infamous School of Pharmacy Office of Student & Curricular Affairs (OSACA) saying "Just kidding! You're not done yet!" Whatever it was, for me, this uneasy feeling intensified as graduation day kept creeping up.

Thursday, May 6th (Graduation Banquet):
Let me tell you, some of my dear friends who were part of the class graduation committee have literally put their sweat and tears into making this night happen!! Their hardwork absolutely paid off... We walked into a luminous and beautifully decorated banquet hall on the 32nd floor of the Westin St. Francis Hotel in Union Square. The view of San Francisco from up there was absolutely breathtaking.

The whole evening was filled with fun, laughter and surprises: a beloved classmate serenaded us one last time; classmates gave heartfelt speeches; our P1 time capsule was revealed; class awards were given (e.g. "Who had the most perfect attendance to class?" Ironically enough, the winner of this award was a "no show" to banquet!! HA!); a tremendous Class of 2010 slideshow was presented...ALL of it gave us a trip down memory lane! Other highlights of the event included an open bar, a makeshift photobooth, an awesome DJ. This banquet would have pleased P. Diddy himself. Kudos to Diane Lieu, PharmD, Shirley Wong, PharmD, and all rest of the graduation committee/volunteers for making this night memorable!!

Saturday, May 8th (The BIG Day!!!):
The School of Pharmacy Class of 2010 Commencement took place at the charming Palace of Fine Arts Theater (no, it is not part of the Exploratorium...there is actually a theater hidden around there). Holding my freshly ironed regalia in a suit bag, I hopped onto the luxurious 28-line Muni to the Palace that early morning, and began reflecting about how far I've come since my first year. My excitement and anxiety levels were at their peaks. It was exciting to be actually graduating versus volunteering as I did the previous two commencement ceremonies. I prayed that my family & friends wouldn't be late to my ceremony, and also prayed that clumsy me wouldn't fall while crossing the stage (funny enough, despite

wearing flats, I slipped and ALMOST fell during rehearsal!). But aside from that, I wasn't exactly sure why I was so worked up that morning. I began to concrete on my breathing to help me relax. As the 28 passes by the Golden Gate Bridge, I take note how beautiful and clear this special morning is. I couldn't help but smile about how fortunate we were to have such good weather that day.

8:15 a.m. I hopped off my stop at the corner of Richardson and Francisco, and slowly began to head over to the theatre...still concreting on my breathing. I was greeted by many smiling faces of our exceptional SOP faculty & staff, dedicated P2 & P3 volunteers, my beloved classmates, and their proud families. Everyone had this noticeable glow about them, which was really touching to see. I was almost moved to tears. My own smile never ceased from that point on.

8:30-10:15ish The back of the theatre where we all congregated felt like the backstage of a TV or movie set. People were hustling to get their "wardrobe" on (i.e. regalia & hoods); others fixing their hair and makeup; some frantically trying to track down folks for FB pictures; most inhaling bagels & coffee as they were being escorted outside to take a final class photo...it was kind of a fun mess! After our "photo shoot", we had a rehearsal and the main goal was to get us graduates lined-up in the correct order for seating and the Processional (needless to say, this was more of a hot mess...some of us literally scrambled to get in the right order just in the nick of time! Yes, yes...I was one of them). Dean Mary Anne Koda-Kimble and other distinguished SOP faculty and staff gave us congratulatory pep talks right before they dismissed us. You can feel their sincerity and sense of pride in us.

10:30-1:00 THIS IS IT!!! The doors of the theatre open and our guests hurry in to grab good seats for the ceremony. Some of my classmates emerge from backstage to take quick peeks to look for their families & friends. All of the sudden, OSACA gave us the cue to start lining up for Processional. It was so surreal to actually be in this moment, a moment which all of us were dreaming about since we first started the program four years ago. We were walking into the commencement ceremony as PharmDs!! My HR & RR increased like no other...

The remaining two hours flew by as fast as the days of this year -in a blink of an eye! Our charismatic Dean kicked off the ceremony with her Welcome speech, providing background to the unique diversity of class and giving our loved ones a glimpse of all the hardwork and dedication the Class of 2010 has served to our school, community, and the pharmacy profession. Dean Koda-Kimble took a moment to introduce this year's Anniversary Alumnus Joseph Hirschman, PharmD (Class of 1965), as well as the influential accomplishments of our very own Betty J. Dong, PharmD (Class of 1972), who served as our Honorary Marshal.

Emily Min, PharmD and Wendy Sui, PharmD teamed to deliver an unforgettable Reflection speech on behalf of the Class of 2010. They did a marvelous job representing who we are as a class and what we mean to each other:

"As UCSF started to feel like home, the quirky people around us started to feel like family. We may not share blood, but we are forever bonded by UCSF's imprint on our DNA. How can we describe this unique family of ours? What one word would we choose? ...when you boil it down, we, the class of 2010, embody HEART."

I wanted to cry when I heard those words...it IS so true! Personally, I have never felt alone or afraid to be away from my LA family because my own classmates have become my family here. Anything I needed - support, love and encouragement. I got it from them. I was so fortunate.

Continuing on with the ceremony, our second year Pharmacology professor, Jeff Lansman, PhD, was awarded the J.M. Long Foundation Prize for Ex-



Megan McCurdy, PharmD receiving the Bowl of Hygeia Award at the Class of 2010 Commencement, the highest honor given to a graduating student in the School of Pharmacy.

Photo courtesy of Aprille Espinueva, PharmD.

cellence in Teaching; he has always been one of our class favorites! An inspiring commencement address was given by Chancellor Susan Desmond-Hellmann, MD, MPH, who stated that this was her first time ever delivering such an address to a graduating class (if she didn't tell us, we wouldn't have known...she did such an amazing job!!). And finally...the much anticipated part of the ceremony -the presentation of the Bowl of Hygeia Award (which is sponsored by the School of Pharmacy and the Pharmacy Alumni Association).

So the Bowl of Hygeia is the School of Pharmacy's version of the Oscars (no joke!). Since 1966, this award is presented to the graduating student phar-

Continued on page 7

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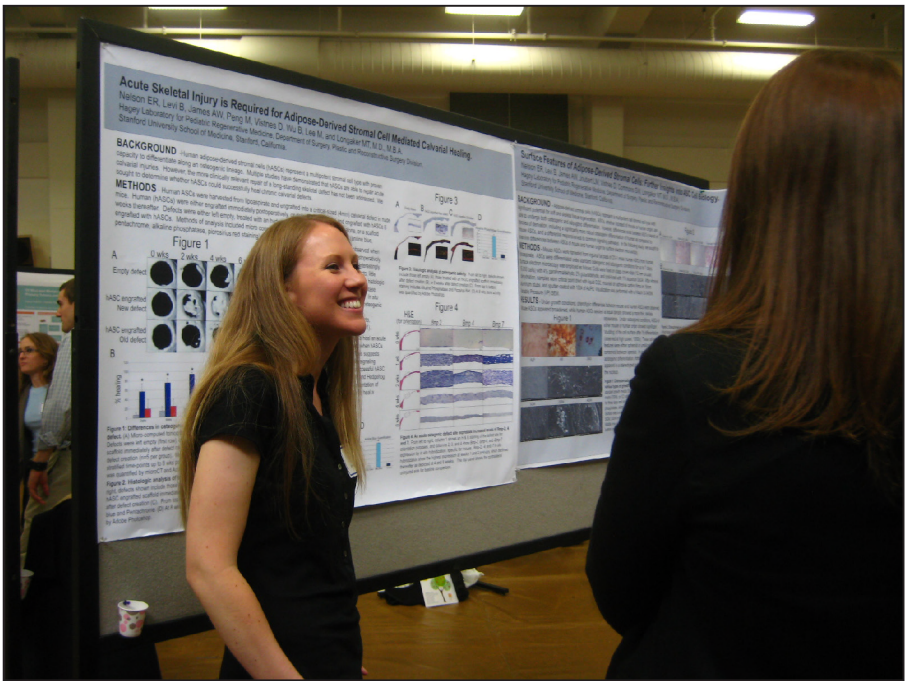
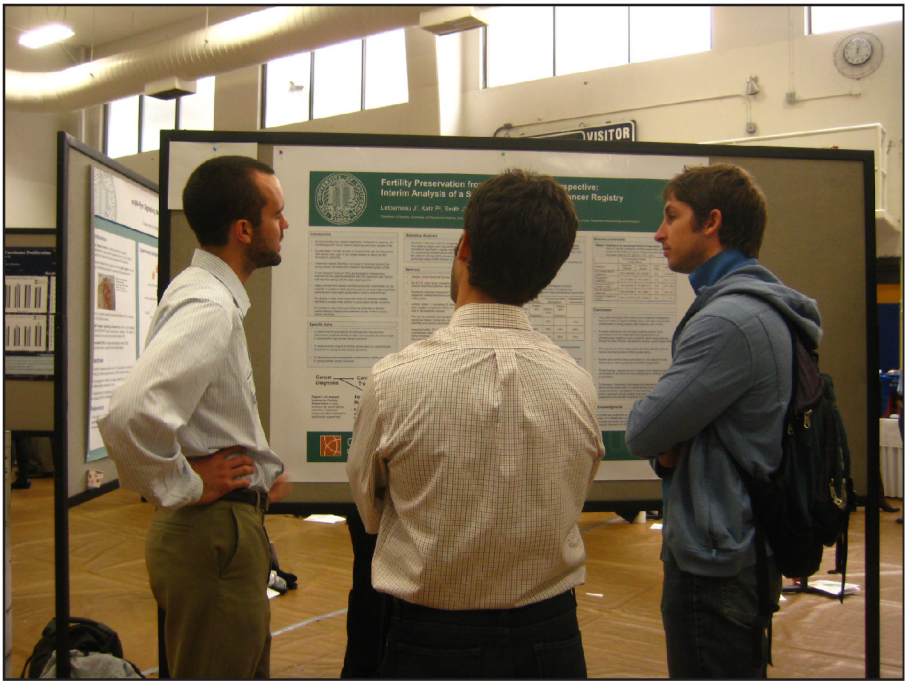
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Top: Joseph Letourneau from the Pathways to Careers in Clinical and Translational Research program (PACCTR) is presenting his poster titled “Fertility Preservation from a Public Health Perspective: A Survey of the California Cancer Registry” to a group of fellow student researchers at the 2010 First Annual Inter-school Research Festival at UCSF. The Festival featured research done by students from the School of Medicine, Nursing, Dentistry, and Pharmacy as well as from programs such as CTSI PACCTR Fellowship, CTSI Resident Research, Pediatric Fellowship Programs, and Pathways to Discovery.

Bottom: Emily Nelson from the school of medicine is presenting her poster titled “Acute skeletal Injury is Required for Adipose-Derived Stromal Cell Mediated Calvarial Healing” to a group of fellow student researchers at the 2010 First Annual Inter-school Research Festival at UCSF.

Photos by Baotran Vo

Graduation...

from page 6

macist who best represents “the ideals of a pharmacist in action, thought and attitude.” This is the highest honor given to a graduating student in the School of Pharmacy. The selection consist of a two-part ballot process, where members of the graduating class nominate five extraordinary students whom they felt best exemplifies ideal attributes (e.g. leadership, ability, enthusiasm, and dedication) related to the profession of pharmacy as well as to humankind. Then, the graduating class and SOP faculty vote on the one graduating student they felt is most deserving to be awarded with the Bowl of Hygeia. The five nominees of the Class of 2010 – Megan McCurdy, PharmD; Emily Min, PharmD; Laura Ng, PharmD; Nathan Singer, PharmD; and (yours truly) Monica Iskandar, PharmD – were individually recognized onstage at Commencement. Let me tell you...it is such an overwhelming honor to be nominated and recognized among this panel of student pharmacy leaders, all of whom are dear friends of mine. It was even more humbling to hear the Dean quote statements made by my peers (my family) regarding why they felt I deserved the honor. And yes, I saw my cute momma crying from the stage...she is very proud. I clinch the hand of my soon-to-be-awarded friend as the Dean announces the winner for the Bowl of Hygeia. A look of shock and surprise overcomes Megan’s face as she hears her name being announced. Laura and I (being her Commencement seatmates) immediately embraced Megan right before she walks up the stage to accept her well-deserved golden Bowl of Hygeia trophy (now you see what I meant by this being like the “Pharmacy Oscars”??).

Following such excitement, was the conferring of the Degree of Doctor of Pharmacy presented by Chancellor Desmond-Hellmann and Dean Koda-Kimble hooding us graduates! As I previously mentioned, I volunteered at the last couple of SOP graduation ceremonies, specifically helping out with the hooding by passing the hoods along an assemble line to the Associate Dean Robert Day, PharmD, who ultimately handed the nicely arranged hoods to the Dean. It was funny being on the other side of it, and actually being hooded myself! (And yes...again, I saw my momma cry from stage.) I totally felt like skipping across the stage after receiving my hood (I quickly decided against it, and just skipped around backstage)! I had so much joy in me, and this sense of relief that I actually made it!! It is such a good feeling to know that I (and many of my classmates) have succeeded after fighting through and overcoming so many obstacles throughout our SOP training. And right before the bagpipe-accompanied Recessional, we, freshly new PharmDs from the Class of 2010, recited our Oath of a Pharmacist to our loved ones for the second time since our initiation as Student Pharmacists during the White Coat Ceremony back in October 6, 2006.

So what’s in store for the future, you ask? Well, to quote by the dynamic duo Emily & Wendy, “...it’s time for us to cross this stage and begin our next incredible adventure. If it’s anything like these past four years, we have no idea what we’re getting ourselves into, but it will all be worth it.” So watch out real world – HERE WE COME! Congratulations to my Class of 2010 family! I love you all!

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