

# Special Food Issue

## The Big Pour: San Francisco Beer Week Is Coming

By Eric Pietras  
Contributing Writer

February is a wonderful month. Perhaps not if you live in Chicago, like I used to, because the weather is terrible and you rapidly become maddened with cabin fever. In San Francisco, however, the mild sun burns away winter doldrums, Valentine's Day and/or Presidents Day (whichever you like more) uplifts the heart, and most importantly, San Francisco Beer Week draws near.

Organized by a coalition of local craft breweries dubbed the San Francisco Brewers' Guild, SF Beer Week is a ten-day celebration of craft brewing, and a jaw-droppingly immense celebration at that. While centered in San Francisco, SF Beer Week events are held over a huge swath of the Bay Area, from Santa Cruz all the way north to Calistoga. Aside from its geographical size, SF Beer Week boasts over a hundred separate events held and nearly as many venues, ranging from beer/food parings to brewer meet-and-greets to home-brewing classes. The number of breweries represented is equally vast, and includes just about every West Coast favorite as well as a number of out-of-towners from the rest of the country and beyond.

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## UCSF Stages Wellness Expo

Synapse Staff Report

On January 27, UCSF dedicated a day to wellness. "Today is all about the people of UCSF and wellness," said Chancellor Susan Desmond-Hellmann as she opened the day's proceedings.

The chancellor pointed out the importance of wellness for health-care professionals: "It's hard to focus on others' health if you don't feel well yourself."

A full day of wellness activities aimed at im-

proving the way we at UCSF feel, both physically and spiritually. Sessions ranged from talks on Women and Heart Disease to How to Outsmart Stress. Seated massages were available, and healthy food was distributed at different times during the day.

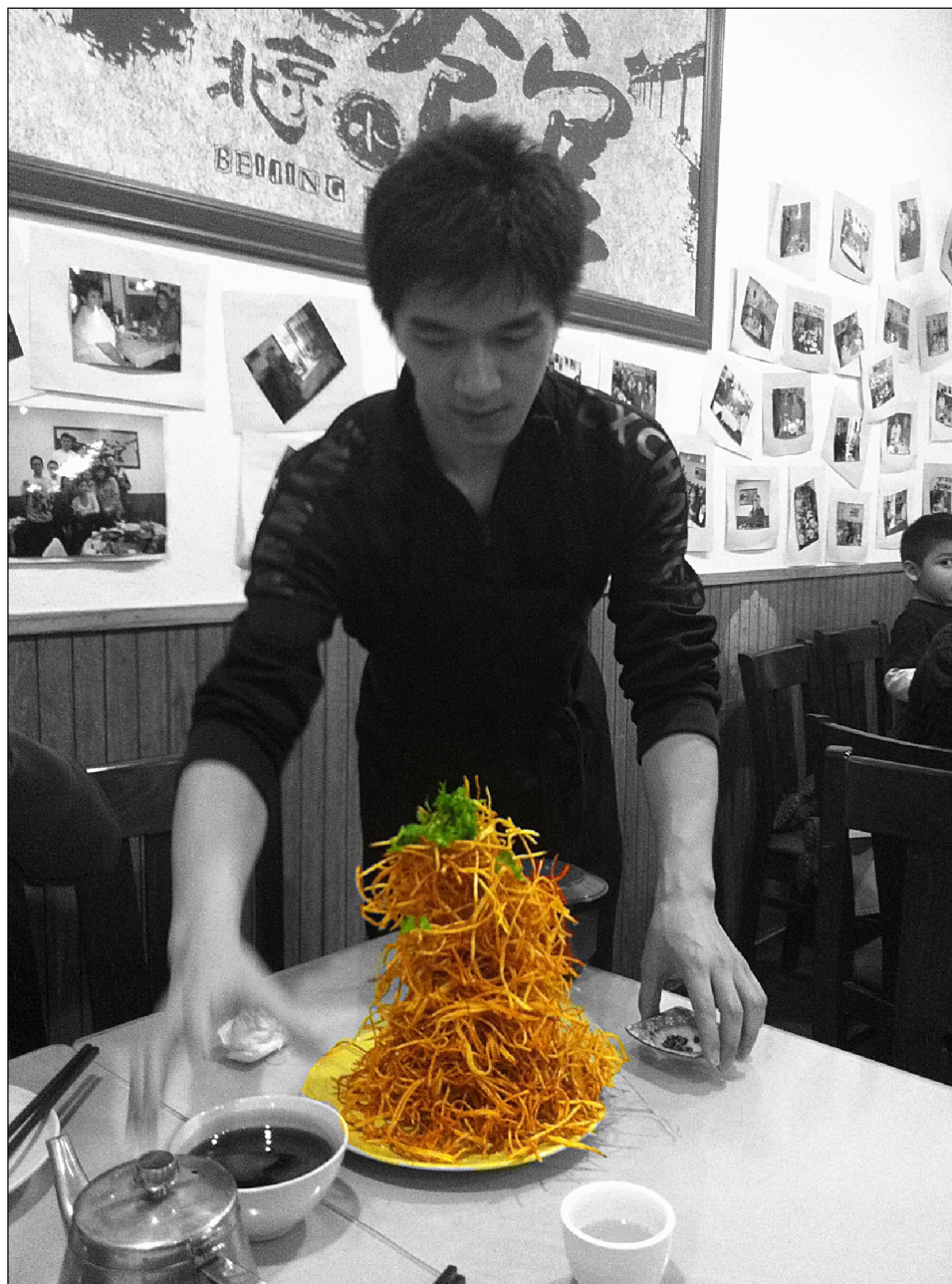
The day got a rousing kick-off from keynote speaker Dr. Toni Yancey of UCLA, author of *Instant Recess: Building a*

*Fit Nation 10 Minutes at a Time*. Yancey emphasized the need for increased physical activity, even if it comes in short bursts.

"We were born to move," she said, noting that "physical activity is the stepchild of public health."

Yancey's premise is simple: short bursts of physical activity, 5 or 10 minutes at a time, pays big health dividends. These breaks can be done "anytime, anywhere, by anybody," Yancey said, and then proved it by showing a short video clip of her leading a brief exercise session during UCLA's graduation ceremony. The sight of hundreds of people in caps and gowns moving and grooving was a very convincing example of what Yancey was talking about.

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It's time for *Synapse's* annual Food Issue! We start our coverage on Page 1 with the story about the upcoming San Francisco Beer Week, while inside we have a number of restaurant reviews and a food sonnet to entertain you. Coverage begins on Page 4.

## Budget Battle Just Getting Started, Student Regent Says

Synapse Staff Report

The Student Regent Designate, UCSF's own Alfredo Mireles, took issue with those who portray the upcoming budget battle in Sacramento over UC funding as a foregone conclusion.

During the Student Regents annual visit to UCSF on January 31, Mireles described the article in *Synapse* last week as "a little unfair." The article reported UC President Mark Yudof's statement that the university may have to limit enrollments in the face of Governor Jerry Brown's plan to cut \$500 million from UC's budget.

"There are a whole list of things we can do besides limiting enrollment (to cut the budget)," Mireles said.

"Yudof's statement was a warning of what may be necessary," Mireles said, noting that not a single budget hearing has yet been held in the state Legislature.

"The worst thing we can do is to concede defeat before the budget process is finished," he said. "We're far away from any decision being made."

UC chancellors at the var-

*Continued on page 7*

## Send a Message of Love

Valentine's Day is rapidly approaching, and as usual, the romantic folks at *Synapse* want to help you reach out to your Significant Other. Just send us a short message for your loved one, and we will print all of the messages in our February 10 issue. (Using silly love names in the messages is perfectly OK.)

Send your message of love to [synapse@ucsf.edu](mailto:synapse@ucsf.edu) Deadline for submitting your message is Monday, February 7.



Physical Therapy student Christopher Deprato explains some of the fitness activities at UCSF during the Focus on Wellness.  
Photo by Alana Ju



# page two

## upcoming events & more at ucsf

### Announcements

#### Student Passport to Wellness January 11- March 24, 2011

The countdown to a healthier you has begun. Get to the gym, take classes, play ball, go outside. Collect a stamp on your passport for each visit to the fitness centers. Win great giveaways like a FLIP camera, iPod, Fitness & Recreation rewards, and more with each passport submitted. Find out more at <http://www.ucsf.edu/passport/> <<http://www.ucsf.edu/passport/>>

Attend events. Get stamps. Win giveaways. Be well.

#### Nominations Sought for 2010-11 Kaiser Awards

Nominations are currently being sought for the prestigious Kaiser Awards for Excellence in Teaching. The Kaiser Awards were established by an endowment from the Henry J. Kaiser Family Foundation in 1969 and are annually presented to an exceptional teacher in each of the following categories: Excellence in Teaching in the Inpatient Care Setting, Excellence in Teaching in the Ambulatory Care Setting, Excellence in Teaching in the Classroom Setting and Excellence in Teaching by Volunteer Clinical Faculty.

Each winner is presented with a certificate and cash award at the School of Medicine's convocation ceremony in May. Only medical students and house staff can nominate faculty candidates for Kaiser Awards. Nominations should include specific examples and should emphasize the nominee's most outstanding qualities as a teacher, including (as applicable) the quality of presentations and teaching materials, ability to motivate learning, effectiveness as a mentor, and impact on students and/or house staff.

Every faculty member who is nominated receives a letter of recognition that is personalized with comments from the nomination forms and a copy of the recognition letter is sent to the faculty member's department chair. Winners are selected by diverse committee composed of faculty members, medical school administrators, residents, housestaff and medical students.

The deadline for nominations will be Tuesday, **February 8**, at 5 p.m. Medical students and housestaff are encouraged to submit their nominations. A submission form is available via this link: <https://surveys.ucsf.edu/Kaiser2011.aspx>

More information may be found at: <http://ucsfawards-kaiser.blogspot.com/>

#### Muslim Prayer Services

The Muslim Students Association (MSA) holds regular Friday prayer services (Jumah) at Parnassus and Mission Bay every week! Come join your fellow brothers and sisters for prayer, socializing and a light lunch (at Parnassus). All are welcome!

#### When: Friday, Feb 4th

Parnassus: 12-1 pm in Room S 182  
Mission Bay: 1:30-2 pm in HD-160 (Helen Diller)

Questions? Contact us! [msa@ucsf.edu](mailto:msa@ucsf.edu)

### Events

#### Valentine's Card Making at Mission Bay

Thursday, February 10, 2011  
11 a.m. to 1:30 p.m.  
Genentech Hall Atrium  
600 16th Street  
This event is FREE and cosponsored by Campus Life Services Retail Services.

Students and employees at the Mission Bay campus are invited to make Valentine's Day cards for their loved ones or donate a card to a patient in the hospital. There will also be vendors selling orchids, jewelry, scarves and candy. Call 415.476.3269 for more information.

#### The Chancellor's Concert Series

Thursdays  
Noon: Seating  
12:15 Concert begins  
These concerts are FREE.  
For more information, call 415.476.2675.

#### 2/10/11

Millberry Union Event and Meeting Center, 500 Parnassus Avenue  
Peter Wyrick, cello  
June Choi Oh, piano  
"Brahms: Sonata for Cello and Piano No. 2 in F Major, Op. 99"

#### The Vocal Chords Winter Concerts

Thursday, February 3rd in rm. N-225 on the Parnassus Campus  
7 p.m.  
Thursday, February 10th in Rock Hall Auditorium at the Mission Bay Campus  
7 p.m.  
This FREE concert is sponsored by the Performing Arts Fund. For more information, call 415.476.2675.

The Vocal Chords at UCSF a cappella group performs their annual Winter Concerts. Don't miss this opportunity to groove to this amazing group of vocalists. \$1.50 validated parking will be offered to those going to the Parnassus concert (sorry, no parking validations for Mission Bay). Refreshments will be served and all are welcome. Call 415.476.2675 for more information.

### Schedule of Talks at UCSF on Quake Preparedness

The 2011 cycle of home earthquake preparedness talks at UCSF by Associate Professor Matt Springer will start in early February.

Many people who have recently moved to California don't realize how important it is to arrange their homes to prevent serious damage and injury in an earthquake. What's worse, many long-time residents do know how important it is, but still don't do it because they aren't sure how to go about it.

These talks are presentations of less than 50 minutes based on Springer's personal experiences with the 1971, 1989 and 1994 destructive quakes in California. This presentation for the campus community, now in its fourth year, features newly-updated information and many photos of preparations, and organizes the precautions into categories ranging from those that are simple but essential to those that are much more involved and can be done if one has the time and inclination. It is sponsored by the UCSF Office of Environmental Health & Safety.

As of today, the times and locations for UCSF talks and SF Public Library talks are as follows:

Sciences S214, 4:00 pm

**Mon 2/14:** Mission Bay, Rock Hall 102, 12:00 pm

**Thu 2/24:** SF Public Library Main Library, Latino/Hispanic Room B, 6:30 pm

**Mon 3/7:** Parnassus, Med Sciences S214, 12:00 pm

**Fri 3/11:** Mission Bay, Rock Hall 102, 11:00 am

**Tue 3/22:** Mt. Zion Medical Center, Lurie Seminar Room, 12:00 pm

**Tue 3/29:** SF General Hospital, Bldg 3, Room 505, 12:05 pm

**Wed 3/30:** Mission Center Bldg, Room 126, 11:00 am

**Fri 4/8:** SF Veteran's Administration Hospital, Bldg 7, Rm 112, 12:00 pm

**Wed 4/13:** Laurel Heights, Room 263, 12:00 pm

**Wed 5/25:** SF Public Library Richmond Branch, 6:30 pm

**Wed 6/15:** SF Public Library Mission Bay Branch, 6:30 pm

An RSVP is not necessary to attend. A constantly updated schedule including future talks at other locations that may be more convenient for some people is available at: <http://homepage.mac.com/mattthewspringer/earthquake/schedule.html>

E-mail [matt.springer@ucsf.edu](mailto:matt.springer@ucsf.edu) for more information.

**Fri 2/4:** Parnassus, Med

### Go Red For Women



National Wear Red Day – Friday, February 4<sup>th</sup>

Go Red For Women is the American Heart Association's nationwide movement that celebrates the energy, passion and power of women to band together and wipe out heart disease. Support the fight to wipe out heart disease in women!

**February 2 – 6:** Macy's will be offering an extra 20% savings on selected store items, if you wear Red to any store during the week specified. (Check Macy's website for additional details).

**February 24:** Millberry Union - 5:30 pm, American Pharmacists' Association, Women Health Organization and Safeway will be hosting a Red Dress Fashion Show.

**Events are not exclusively for women!**

#### Classifieds

**DENTAL PLAN**  
**SMILE CHOICE DENTAL PLAN**  
(includes cosmetic) \$81.35 per year. **SAVE 30 - 60%**  
Call 1 - 800 - 655 - 3225 or [www.studentdental.com](http://www.studentdental.com)

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International Student Health Insurance:  
[www.nrjol.net/international-student-insurance/](http://www.nrjol.net/international-student-insurance/) and  
**Study Abroad Health Insurance:**  
[www.zinternationalstudent.com/study-abroad-insurance/](http://www.zinternationalstudent.com/study-abroad-insurance/) .  
Call: 877 - 593 - 5403

**SUNSET 76 AUTO REPAIR**  
**UCSF DISCOUNT**  
10% off all auto repairs of \$50 or more. **OPEN Saturdays!**  
More Discounts at:  
[www.Sunset76.com](http://www.Sunset76.com)  
1700 Noriega Street at 24th Ave  
Tel. (415) 753-9635



# Legends of China Trip Back for Another Year

Visit China, Hong Kong and Tibet this summer with a group of faculty, staff and students from UC San Francisco!

Climb the Great Wall, wander forgotten streets in the Forbidden City, take a small boat on the Summer Palace's Imperial Lake, visit Tiananmen Square and the 2008 Beijing Olympic Village, observe the archaeological excavation of the tomb of China's first emperor and the Terra Cotta Warrior army he had buried! Experience a traditional herbal medicine pharmacy and a tea house ceremony.

**TRIP THEME:** Be An American and UC Ambassador for Peace

**TRIP A:** Beijing and Great Wall (approximate dates, July 10-16) for \$1396\*. Forbidden City, Summer Palace, Qinhua University, Tianmen Square, Silk Road to the Future Banner Award Ceremony;

**TRIP B:** Beijing, Great Wall, and three additional South China cities – Shanghai, Hangzhou, and Suzhou (approximate dates, July 11-20) for \$1786\*;

**TRIP C:** Beijing, Great Wall, and four other cities – Xi'an, Shanghai, Hangzhou, and Suzhou. Xi'an, ancient Imperial Capital -- site where the internationally famous archeological excavation of the Terra Cotta Soldier Army is taking place at the tomb of China's first emperor who constructed the Great Wall (approximate dates, July 12-23) for \$2578\*;

**TRIP D:** Beijing, Great Wall Hong Kong, and three other cities -- Xi'an, Shanghai, and Suzhou – see beautiful Hong Kong plus the amazing mountains and rivers of China (approximate dates, July 12-23) for \$2890\*.

**TRIP E:** Beijing, Great Wall, and three other cities -- Xi'an, Shanghai, and Lhasa, Tibet - plus the amazing mountains and rivers of China (approximate dates, July 11-22) for \$2986\*.

UCSF faculty, staff, faculty, alumni, students, and their families/friends are invited to take a historic trip to

China in this summer. The "Silk Road to the Future," sponsored by the Legends of China Foundation (LOC), is an incredible opportunity to see China along with others from UCSF. Trip includes round trip airfare from LAX (SFO at additional cost), excellent 4/5 star hotel accommodations, all meals, ground transportation, historical site admission, and tour guides.

You'll love this trip and find it a wonderful bargain this year.

As space is limited and available on a first come, first served basis, the more rapidly you are able to make a decision, the better the chances your desired trip slots will still be available. Faculty, staff and alumni registration deadline is April 1.

### REGISTRATION PROCEDURES:

#### I. STUDENTS/FACULTY/ALUMNI/STAFF:

Registration instructions, forms and additional information are available directly from the Legends of China Web site at <http://www.legendsofchina.com> <<http://www.legendsofchina.com/>> and registration can be completed directly through LOC.

Following acceptance, LOC will directly contact you with registration confirmation and additional information.

LOC mailing and contact information are as follows:

-- Email – [legendsofchina@yahoo.com](mailto:legendsofchina@yahoo.com)

-- Phone – 310/377-6068 Fax – 310/377-6156

-- Mail - Legends of China, 46-E Peninsula Center #386, Rolling Hills Estates, CA 90274

When you email (or call) LOC, please be certain to identify yourself as UCSF faculty/staff/alumni or student. (It is strongly suggested that you use email for contacts.)

UCSF Campus Coordinator: Laura Young, Assistant Director, International Students and Scholars Office. Email: [laurayoung@ucsf.edu](mailto:laurayoung@ucsf.edu)



## Flower Fair

Celebration of the Lunar New Year in San Francisco kicks off with the Chinese New Year Flower Fair, which was held on January 29. Each year, the Chinese New Year Flower Fair takes place the weekend before the lunar new year holiday so that families can come to the flower fair and purchase their traditional holiday plants, flowers and fruits.

Photo by Christine Fu

# UCSF Journal Club: Recent Research by UCSF Scientists

By Alexandra Greer  
Science Editor

**GENETICS:** Evidence of activity-specific, radial organization of mitotic chromosomes in *Drosophila*. Strukov, Y.G.; Sural, T.H.; Kuroda, M.I.; Sedat, J.W. PLoS Biology. 9(1):e1000574.

Since the late 1800's, scientists have understood that during cell division, chromosomes condense into chromatin, line up in the center of the cell, and equally separate into two daughter cells. However, there are many questions about the genetics of chromosome condensation and cell division that remain, due to the difficulties in imaging and analyzing miniscule regions of tightly packed chromatin. For example: is bundling of chromatin dependent on specific DNA sequence patterns irrespective of transcriptional state of the genes being packed? Or, are regions of active transcription found in certain regions of chromatin, to allow for 'easy access' during mitosis? Here, researchers used immunofluorescence and a GFP-tagged protein that binds to most active genes in the fruit fly X chromosome to answer these questions. The researchers found that active genes tended to be located towards the outer perimeter of the chromatin bundles, indicating a high level of organization of the chromatin that may differ depending on the transcriptional state of the cell.

**MICROBIOLOGY:** FimL Regulates cAMP Synthesis in *Pseudomonas aeruginosa*. Inclan, Y.F.; Huseby, M.J.; Engel, J.N. PLoS One. 6(1):e15867.

Cyclic AMP (cAMP) is a critical sec-

ond messenger in both bacteria and eukaryotes. In our cells, one of its functions is to regulate ion homeostasis through the opening of cellular ion channels. In bacteria, it serves to regulate a multitude of machinery involved in pathogenesis – including flagella assembly, toxin secretion, and quorum sensing. Therefore, that which regulates cAMP regulates much of the bacteria's function. In this paper, researchers found that the protein FimL regulates multiple branches of pathogenesis in the bacteria *Pseudomonas* through cAMP regulation. Bacteria deficient in FimL had both lower cAMP levels and decreased pathogenesis. Furthermore, they found that FimL, like much of the pathogenesis machinery it regulates, was localized on each pole of the rod-shaped bacteria.

Cytoprotective-selective Activated Protein C Attenuates *P. aeruginosa*-induced Lung Injury in Mice.

Bir, N. et al. (Pittet). American Journal of Respiratory Cell and Molecular Biology. Jan 21. [Epub ahead of print]

*Pseudomonas* is a serious, opportunistic bacterial pathogen that infects the lungs and can cause pulmonary edema and death. In the host response to the pathogen, the lungs secrete coagulant proteins that help stem the tide of edema, and fibrin, which can ultimately and unfortunately result in inflammation and vascular permeability. Activated protein C (APC) is a pro-coagulant and pro-inflammatory that has also been shown to exert anti-inflammatory and anti-apoptotic effects on endothelium and leukocytes.

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*synapse*

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Restaurant Review

# Bow Hon Restaurant, Nice and Affordable

By Jason Nagata and Elaine Wong  
*Associate Editor and Contributing Writer*

Bow Hon Restaurant  
850 Grant Avenue, San Francisco  
(415) 362-0601

Dinner for 2 (21.95\$ + 3\$ to substitute from pork chow mein to seafood chow mein)

- Wonton soup
- Spring rolls
- BBQ Pork Fried Rice
- Seafood Chow Mein
- Vegetables with Beef
- Fortune Cookie

We stumbled across Bow Hon while wandering Chinatown for an affordable and quick dinner option on the night of the Chinatown Flower Fair. On the outside, Bow Hon looks like a hybrid between a small Asian fast-food diner and a small convenience store that only sells popular Asian candy such as Pocky. But once we sat down and the waitress gave us the menu, we found ourselves overwhelmed with the vast number of items we could order. We settled on getting the “Dinner for 2”, which included won ton soup, spring rolls, BBQ pork fried rice, a plate of mixed vegetables with beef and pork chow mein. We opted to substitute the pork chow mein with seafood, which included scallops, shrimp and squid for three extra dollars.

The wonton soup came with two wontons, but the bowls felt a bit too small for having a bowl of soup. The spring rolls portion also felt a bit small considering how much dipping sauce was offered, but the rice, noodles and vegetables dishes were plenty to split between two hungry patrons. Though the portions were great, there was nothing incredibly special about the dishes. All of them were tasty, but nothing stood out as the dish worth travelling outside Inner Sunset. The



BBQ pork rice had enough flavour, though it would have been nice to have a better meat to rice ratio. The seafood chow mein was delectable, but again nothing really amazing about it. The best dish out of the three was the vegetables dish with beef where the ratio to beef to vegetables looked like we were getting a good deal of protein and vitamins for the evening and was very scrumptious and not too greasy.

Despite the lack of mind-blowing dishes, for the amount of money we were paying, it was hard to say this isn't a good deal. Usually, a multi-dish dinner that includes two appetizers and three dishes could cost at least \$40, but at Bow Hon, we managed to get so much variety for a lot less. Some of the other tables looked at us and marvelled at the fact our table was filled with such a variety of food. While other patrons were found enjoying Bow Hon's signature clay pot dinners. If it did not come with a 30 minute wait, it seems like it would make a great, warm dish to have on a cold, damp San Francisco evening.

Overall, Bow Hon Restaurant is a good restaurant to come to if you want something reasonably priced with lots of variety and with quick service.

Restaurant Review

# When Yao Ming Comes to Town: Beijing Restaurant

By Booth Haley  
*Staff Writer*

When Yao Ming comes to California to battle the Golden State Warriors he works up quite an appetite. Where does he go for a post-game Chinese feast? Such a place is sure to have plentiful portions, authentic food, and tall ceilings. Such a place is Beijing Restaurant.

I'm always on the look-out for real Chinese food, especially if it truly captures a regional style. Beijing Restaurant gives you authentic dishes which have a true Northern character and the friendly waiters even speak with thick Beijing accents. The decor was a homey array of photographs taped to the wall, which would seem tacky except for the fact that about every fifth photo had Yao Ming in it.

We ate with a group of six, which is the minimum for a proper Chinese meal – this ensures that you can order a great variety of dishes and have all flavors, textures, colors and ingredients represented on the table in harmonious balance. For our table this was: Xinjiang style lamb shishkabobs, sour-cabbage fish soup, spicy cold tripe salad, cucumber salad, cumin lamb, fish-fragrance eggplant (which contains no fish), garlic spinach, beef pancake, and the gloriously balanced potato-fries tower (which is not on the menu but if you bring them a photograph they will know what you mean).

As with most proper Chinese food you'll notice most of the dishes feature a single ingredient. Only the fish soup blended two. This is not often the case when ordering individual meals on individual plates. It is one of the many charms of family-style ordering that

the ingredients can be separated and featured fully each in its own dish. And these individual ingredients were fine indeed!

The cabbage in the soup, having been fermented two weeks, had just the right sour buzz. The lamb kabobs tingled just like the ones sold on the streets of Beijing. The tripe was a tad bit salty; everyone tried it except Shanne, a first year dental student who can't yet handle the sight of mucosa. The cucumber salad is a dining staple in China but is strangely missing from most U.S. Chinese menus – ours was delicious, with vinegar, soy and garlic, and if cold cucumber is a benchmark for Chinese cuisine, this place qualifies. The potatoes, while outstanding in presentation, had the taste only of slightly burnt oil; they were useful only in providing textural variety to the meal. The garlic spinach was just garlic and spinach which is exactly what it's supposed to be – and fantastic. The cumin lamb was so much more than just cumin and lamb – it too was fantastic and is a classic Northern dish. The beef pancake is a comfort food and a finger food and we found it quite comfortable in our fingers. Finally, the eggplant, which is a common dish in all Chinese restaurants (yu xiang qie zi) was just horse horse tiger tiger – a bit sweet and not spicy enough. Wow! A true Chinese feast! And the whole thing was kosher, which is not an easy achievement in such a setting .

Our group was full of praise. “It was very reminiscent of the food my mom and grandmother made when I was growing up,” says Kimberly Wu whose parents are from China, “especially the cucumber, tripe and the pancake.” For a rare taste of authentic Chinese this place will not let you down. Just make sure to order something that you never thought you'd order before and be pleasantly surprised.

Beijing Restaurant is a bit far south at 1801 Alemany Blvd, requiring a car or a walk from the Glen Park Bart station. Is the drive worth it? Oh yes, it's much closer than Beijing and the food is every bit as good. At \$15 is the price worth it? Most definitely. Will Yao Ming be there when you go? That is a fortune that even Confucius could not foretell. Speaking of which: another sign that Beijing Restaurant is the real deal – no fortune cookies!



Deliciously Easy Crockpot Chili

**Ingredients:**

- 16-oz can black-eyed peas or cannellini beans, rinsed and drained
- 16-oz can kidney or navy beans, rinsed and drained
- 15-oz can whole tomatoes, drained and chopped
- 1 onion, chopped
- 1 cup frozen corn
- 1 cup water
- 1/2 cup chopped green onions
- 1/2 cup tomato paste
- 1/4 cup diced jalapeno peppers
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp prepared mustard
- 1/2 teaspoon dried oregano leaves

**Slow Cooker Directions:**

Combine all ingredients in slow cooker. Cover; cook on low 8 to 10 hours on on high 4 to 5 hours.

– Rebecca (Becky) Gayle

Restaurant Review

# The Road to Nan King Bistro

By Jason Nagata  
*Associate Editor*

Restaurant: Nan King Road Bistro  
1360 9th Avenue  
San Francisco, CA 94122  
(415) 753-2900

Price: \*\*\*\*  
Speed: \*\*\*\*  
Portions: \*\*\*\*

If you are looking for a quick, yet high quality Chinese lunch special, look no further down the road than the Nan King Bistro. From the moment you enter the colorful, eclectic bistro, you are immediately served.

The brightly colored walls were painted bright yellow, green, and red to provide a contemporary, hip atmosphere. Given its limited area, this bistro seemed much more spacious once one sits down to eat. Modern Chinese artwork adorns the walls; an impressionist paintings of Chinese warriors enrich the space. The tables facing 9th Avenue give a view of the bustle

of the Inner Sunset during the lunch hour, including familiar UCSF faces. Although the artwork sets a hip ambience, the elevator background music becomes a bit redundant.

The lunch specials range from \$5 to \$8, most menu items were \$7. All lunch specials come with soup and rice. We were served hot and sour soup, which was sufficiently hot; both in temperature and spice. The soup contained scrumptious tofu portions, bamboo shoots, and green onions.

We were intrigued by the Kung Pao Pork (\$6.45), as this dish is typically served with chicken only. The meal came with generous portions; certainly enough to satiate any appetite during the lunch hour. The Kung Pao sauce was appropriately spicy, and similar in many respects to the famed Kung Pao poultry variant. The savory sauce was certainly sufficient to cover all of the ingredients.

We also ordered the Shrimp and Chicken Breast with Broccoli (\$6.95)



## Restaurant Review

# It Takes A Village

By Patti Curl

*Staff Writer*

...to satisfy my appetite. But Curry Village's all-you-can-eat buffet does more than satisfy my appetite: it excites my taste buds and eases my mind. There is something about providing unlimited garlic naan at an all-you-can-eat buffet that says, "Your happiness is important to us. Sit down. Relax. Want more chai?" Yes. You do. And you don't have to ask once. They will refill your cup before it's empty.

The all-you-can-eat buffet is a confusing concept to the frugal student because when you're deciding what to eat you no longer have to ask the question "is this food worth the money it will cost me?" Instead, you focus on the question "is this food worth the space it will take up in my stomach?" Luckily, when you're at Curry Village, regardless of the specific item you're asking about, the answer is a resounding and emphatic "yes!" Perhaps unfortunately, there are enough options at the Curry Village buffet to overwhelm even the most decisive among us. The most popular dishes—Chicken Tikka Masala, Saag Paneer, and Tandoori Chicken—can be found on a daily basis. All of these are exemplary models of their respective dishes, and the Tikka Masala has a less-creamy more-sophisticated taste than you will find at most restaurants. Other dishes seem to rotate with varying frequency,



but Lamb Vindaloo and Baingan Bharta are regulars that have worth well beyond the volume they occupy. There seems to always be a seafood curry option, which is surprisingly tasty and is probably high in some sort of important molecules I won't learn about until Nutrition block. Among the rarer dishes in the rotation, the Mutter Paneer stands out with a smooth smoky aftertaste.

When some people look back fondly on their first year of medical school, they will reminisce about their youthful thirst for knowledge and the joy of endless pathology slides to ponder. Others may smile at the wild hijinks that ensued in their snow trip cabin. I for one will simply remember the smell that begins to waft my way as I round the corner from Judah to 9th Ave: the moment that I sigh in relief as I prepare for two hours of decadence leading up to the cathartic friendship-building giddiness that comes from two plates of curry and five cups of chai. Overall, I rate Curry Village five feeding tubes and a bottle of Verced so you can repeatedly experience the joy of each buffet as if it was your very first.

# Just What Does It Mean to Eat Kosher?

By Elliott Gorelick

*Staff Writer*

I peer into the tray of Thai food and ask the person next to me, "Is it pork or chicken?" They say they think it is chicken so I cautiously reach for the spoon. Someone overhears my question and offers they suspect it is pork. Whether it is examining the rice for small shrimp or wondering if that is turkey or ham on the sandwich tray, my ersatz version of Kosher often makes me uncertain and hesitant to dig in.

Of course if I followed the strict law of Kosher, there would be no problem, I would never eat anything I was not 100% confident had been prepared according to Jewish dietary law. If I had decided to forego observing this aspect of my religion, then I would just eat what I liked. The dilemma is entirely of my own making. For everybody, food and identity are completely intertwined and I grew up in a house with six complete set of dishes (milk, meat everyday, meat for special occasions, milk, meat for everyday Passover, and china for Passover dinner) so I carry that with me.

Kosher is variously defined to mean "fit" or "pure" when referring to food; the word has also passed into broader use to mean anything that is "acceptable" or "above board". If you do not consider the special rules for the spring holiday of Passover when no leavened bread can be eaten (that is when you see matzah go on sale at Safeway), then being a vegetarian is

the easiest way to keep kosher. Like most religious dietary regulations throughout the world, meat is the focus. Avoid meat (including fish) and you have few, if any, worries. Incorporate "flesh" into your meals and a cornucopia of rules need to be considered. Does cheese made with a commercially synthesized chemical that used to be derived from cow gut still count as not kosher? How long a wait is necessary after eating meat to insure that no remnant is left in the mouth?

Of course, it is also easy to eliminate worry if you only eat officially sanctioned food only prepared by yourself or people you trust. Rabbis are employed by many commercial processors so that packages can be labeled with a mark to indicate that preparation was supervised – a K with a circle or Kosher written with Hebrew letters are the symbols of two of the larger organizations that provide this service. Choices of where to eat also become very limited since kitchens in most restaurants and people's homes do not conform.

Since I have chosen an idiosyncratic approach where I pick and choose what is important to me to observe, my decisions about kosher are both easier and more difficult. I try to avoid meat from non-kosher animals. I generally try to avoid cheese with my meat although I will indulge occasionally. I try to have it both ways, blending in but remaining conscious of the spiritual requirements imposed on me by my religion.

## Restaurant Review

# Poesia, Italian Restaurant; Poetry on a Plate

By Madalene Mandap

*Editor at Large*

Looking for the perfect place for a romantic Italian dinner? Consider Poesia, an Osteria Italiana in the Castro. The charming interior and equally charming employees whisked me away from the familiarity of San Francisco. In a moment's distraction, I was back in Europe, wondering what was on the sight-seeing itinerary, when we needed to catch the next train and what wine we should try.

I will confess that what initially drew me to Poesia was a 50% off Groupon coupon. Authentic, fancy-shmancy Italian food steps away from Castro night life – at a discount! How could I possibly pass that up? So, I jumped at the chance to experience this high-end fare on a student budget. It didn't hurt that it was an anniversary dinner.

We were seated by the front window, with a nice view of people walking by below. Against the far wall, a black and white Italian film was projected. Contemporary Italian music was playing. The small front room did well with the emphasis on creams and orange hues. Interesting graffiti-inspired art adorned the walls.

One of our objectives: Order the most exotic-sounding dishes. So for our antipasto, we ordered the Carpaccio di Manzo (\$14). Yes, that's right. We got raw beef – succulent slices of grass-fed filet mignon, underneath mixed greens and balsamic dressing. I must have gotten my recommended daily intake of Vitamin C from that dish, because the lemon was definitely there. It was like beef ceviche. Or beef sashimi. It was spectacular.

The zuppa arrived at the same time: Pappa al Pomodoro (\$8), a tomato bread soup, wonderfully presented in a lop-sided bowl. This is something I've had in Italy before, and it is done well

here. The tomato-absorbed chunks of bread masqueraded as creamy bites of cheese. Each spoonful was as hot and comforting as the last. It was soothing and centering; a great preparation in anticipation of the main courses.

Let me mention the bread here: yum. There were two varieties, both with tougher/crispier edges and warm/soft insides. Even the accompanying extra virgin olive oil was yummy. I resisted the urge to drown my bread in it to savor the taste.

Seafood dominated our main dishes: Ravioli col Granchio (\$18), stuffed with Dungeness crab and topped with pancetta and brandy sauce; Risotto Nero (\$18), a risotto made with squid ink, topped with sliced scallops. The ravioli was amazing – the crab was sweet, and the pancetta and sauce gave it a salty kick. Five pieces almost the size of my palm filled the plate. At first, I was worried that the portions were going to be tiny, but no, I was as stuffed as the ravioli when I left!

The squid ink risotto was a little bland in comparison to the ravioli, but I think it was a case of squid subtleties being masked by the dominating crab. The risotto was presented in a circular mold, with dollops of pesto encircling it. The scallops were smoky and the risotto was cooked to perfection.

The waiters were attentive, helpful, and they had a European feel to them. Francesco, the owner, is genuine; Italian. You can see him moving from table to table, asking patrons how everything is or standing at the top of the steps of his Poesia, watching passersby. For an authentic, romantic Italian dining experience, I recommend this restaurant. Check out their menu online (which changes weekly). You can also make reservations directly on

# Wellness...

from page 1

"Less than 5% of the adult population are getting 30 minutes daily of physical activity," Yancey said. This statistic endures even though the benefits of exercise are widely known.

Yancey praised First Lady Michelle Obama's Let's Move campaign. "One of our greatest challenges in the 21st century is to get people moving again," Yancey said, pointing out the health problems associated with sitting for long periods of time.

She is working with churches and schools to incorporate Instant Recess. She showed a video of a church service in Los Angeles, where the congregation engaged in a brief burst of physical activity during the church service. Schools in Winston-Salem, N.C., have adopted Instant Recess on a daily basis.

Corporate America can also benefit from Instant Recess, Yancey contended. "What's good for the waistline is good for the bottom line," she said, citing studies that show productivity rises when workers take regular exercise breaks.

Yancey did not just talk the talk: aided by an exercise video from the

WNBA's Los Angeles Sparks, she led the audience in burst of exercise right in the middle of her speech.

To learn more about Instant Recess, go to Dr. Yancey's website, [www.toni-yancey.com](http://www.toni-yancey.com) or to You Tube and type Instant Recess into the Search function.

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# Confessions of a Meat-Loving Vegetarian

By Asya Ofshteyn  
Staff Writer

I found out about the existence of vegetarians a little after I moved to the United States from Russia at 12 years of age. I scoffed at the idea, denouncing it as sentimental and romantic, but ultimately silly and impractical. How could someone deny the sustenance humans have survived on for millions of years? (I regret this attitude now, but I think there are many who share it today.) And, after all, hamburgers are freaking delicious, especially if there's melted cheese and bacon on top.

Through studying biology and health for many subsequent years, I've learned that eating excessive amounts of meat, dairy and eggs is not particularly healthy. My family has a history of high cholesterol, so I decided to cut down on the red meat and eggs. Milk was never a big part of my diet – as a die-hard night owl I've skipped breakfast since middle school in favor of extra sleep. Then I learned about all the completely legal growth hormones and antibiotics that factory farms pump into their animals. Aren't there some worldwide epidemics that are happening because of multi-antibiotic resistance? Whatever, I thought. Also, in the back of my mind, there were images from accidentally clicked PETA videos online. These images abstractly represented the horrors of the meat industry – cows skinned alive, sick chickens being trampled by their cohorts and so forth. As a modern person with plenty of my own business to worry about, I've pushed these distressing thoughts to the back of my mind and decided to let my congresswomen deal with it.

Then one day, I fell into a trap. One of my favorite authors, Jonathan Safran Foer, whose masterpiece Everything Is Illuminated still haunts my Jewish soul, wrote a new book called Eating Animals. Though it was decidedly non-fiction, I still decided to read it for the sake of Foer's vivid eloquent writing. The book went on to make me and then my boyfriend, his father and my best friend a vegetarian. Interestingly, Harvard graduate Natalie Portman also says Foer's book turned her vegan.

I'm sure you're wondering, how could so many well-educated, rational and, not to toot my own horn, but fairly intelligent people get convinced by something as trivial as a book? Foer is a great writer, but he's no magician. All he does is present well-founded and thoroughly proved facts. Here's an excerpt from eatinganimals.com:

### BYCATCH

Perhaps the quintessential example of bullshit, bycatch refers to sea creatures caught by accident — except not really “by accident,” since bycatch has been consciously built into contemporary fishing methods. Modern fishing tends to involve much technology and few fishers. This combination leads to massive catches with massive amounts of bycatch. Take shrimp, for example. The average shrimp-trawling operation throws 80 to 90 percent of the sea animals it captures overboard, dead or dying, as bycatch. (Endangered species amount to much of this bycatch.) Shrimp account for only 2 per-

cent of global seafood by weight, but shrimp trawling accounts for 33 percent of global bycatch. We tend not to think about this because we tend not to know about it. What if there were labeling on our food letting us know how many animals were killed to bring our desired animal to our plate? So, with trawled shrimp from Indonesia, for example, the label might read: 26 pounds of other sea animals were killed and tossed back into the ocean for every 1 pound of this shrimp.

Or take tuna. Among the other 145 species regularly killed – gratuitously – while killing tuna are: mantaray, devil ray, spotted skate, bignose shark, copper shark, Galapagos shark, sandbar shark, night shark, sand tiger shark, (great) white shark, hammerhead shark, spurdog fish, Cuban dogfish, bigeye thresher, mako, blue shark, wahoo, sailfish, bonito, king mackerel, Spanish mackerel, longbill spearfish, white marlin, swordfish, lancet fish, grey triggerfish, needlefish, pomfret, blue runner, black ruff, dolphin fish, bigeye cigarfish, porcupine fish, rainbow runner, anchovy, grouper, flying fish, cod, common sea horse, Bermuda chub, opah, escolar, leerfish, tripletail, goosefish, monkfish, sunfish, Murray eel, pilotfish, black gemfish, stone bass, bluefish, cassava fish, red drum, greater amberjack, yellowtail, common sea bream, barracuda, puffer fish, loggerhead turtle, green turtle, leatherback turtle, hawksbill turtle, Kemp's ridley turtle, Atlantic yellow-nosed albatross, Audouin's gull, Balearic shearwater, black-browed albatross, great black-backed gull, great shearwater, great-winged petrel, grey petrel, herring gull, laughing gull, northern royal albatross, shy albatross, sooty shearwater, southern fulmar, Yelkouan shearwater, yellow-legged gull, minke whale, sei whale, fin whale, common dolphin, northern right whale, pilot whale, humpback whale, beaked whale, killer whale, harbor porpoise, sperm whale, striped dolphin, Atlantic spotted dolphin, spinner dolphin, bottlenose dolphin, and goose-beaked whale.

Imagine being served a plate of sushi. But this plate also holds all of the animals that were killed for your serving of sushi. The plate might have to be five feet across.

I love sushi. I love all sushi, from cheap Safeway California rolls to the sophisticated nutty taste of uni (sea urchin roe). But I haven't been able to justify enjoying it after reading about it in Eating Animals. Foer drives each point home with provocation. For example there's an ancient Hawaiian dog recipe included in the first chapter. Coming from a post-Soviet country, I view all provocation as propaganda – however, Foer also includes an extensive bibliography supporting each fact at the end of the text. It's about 1/3 of the book's thickness.

With that lengthy introduction, here are my reasons for being a vegetarian (in no particular order):

1. Health. Avoiding meat, dairy and eggs is healthy if you supplement your

## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Prisoner
- 4 Out of existence
- 8 Sacred song
- 13 Musical composition
- 15 Gratuitous
- 16 Inner courts
- 17 Beer ingredient
- 18 100 centessimi
- 19 Oboe-sounding
- 20 Large reptile
- 22 Meadows
- 23 Tire support
- 24 Nosy person
- 26 Cleopatra's serpent
- 29 Japanese plane
- 31 Firearm part
- 35 Muscle contraction
- 37 In addition
- 39 Not one
- 40 Petty braggart
- 42 Diminished
- 44 Toward
- 45 Notion
- 47 Lazy person
- 48 Vacation spot
- 50 Skin vesicle
- 52 Mineral spring
- 53 Part of a comb
- 55 North Pole worker
- 57 Excited
- 59 One who makes again
- 64 Cake ingredient
- 65 \_\_\_ vera
- 66 Soft drink
- 67 Italian poet
- 68 Preserve in brine
- 69 Achieve
- 70 Anxious feeling

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### DOWN

- 1 Unconscious state
- 2 Iridescent gem
- 3 Zero
- 4 On fire
- 5 Legal order
- 6 Spray can substance
- 7 Strongly desire
- 8 Visiting room
- 9 Inclined sharply
- 10 Geometric measure
- 11 Pot covers
- 12 Mom's month
- 14 Excitement
- 21 Mechanical thingamajig
- 25 Woodwind instrument
- 26 Moving about
- 27 Part of a book
- 28 Trousers
- 30 "The Fountainhead" author
- 32 Campbell and Holliman
- 33 Move slowly
- 34 Freshwater polyp
- 36 Old West events
- 38 Sterilize
- 41 Ceremonial act
- 43 Bibliography entry
- 46 Level of command
- 49 Feeling of disappointment
- 51 Peaceful
- 54 School sport
- 56 Countenance
- 57 Hale or Thicke
- 58 Saucer-shaped bell
- 60 Center
- 61 Batrachian
- 62 Soup vegetable
- 63 Tear apart
- 64 Drug approval org.

## You could be the next Student Regent

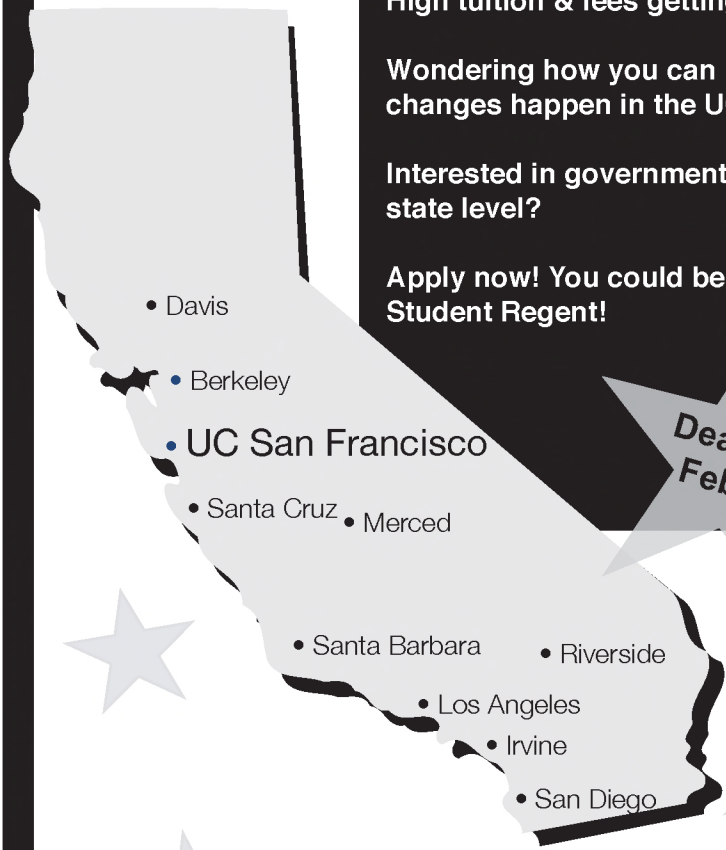
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[www.universityofcalifornia.edu/regents](http://www.universityofcalifornia.edu/regents)





# Beer Week

from page 1

The upside to the size and scope of SF Beer Week is that there’s something for anyone who already enjoys craft beer, as well many opportunities for those new to the scene to learn what’s out there. The downside, if there is one, would be that there are more events than any human being can possibly attend, so prioritization and compromise rapidly become necessary in order to carve your own beer festival out of the seemingly overwhelming number of offerings. Good ways to shrink SF Beer Week down to a manageable size might be to plan your itinerary around events featuring a certain beer style you like, to pick a few events showcasing your favorite breweries, or to simply use the out-of-town venues as a good excuse to steal away from the city for a day or two during the weekend.

To get the ball rolling (or the beer pouring), I’ve listed some of my favorite upcoming events. For the rest of the schedule, event times, and other valuable information about the festival, visit [sfbeerweek.org](http://sfbeerweek.org). Cheers!

11th Annual Double IPA Festival: Held at The Bistro in Hayward on February 12, this is a necessary yearly pilgrimage for those who enjoy this very hoppy genre of beer. The tap list is huge; at least 60 double IPAs will be poured for palates inclined toward the lovely bitter-citrus flavor characteristic of the style.

Breweries of Tomorrow Nanobrewery Festival: Before you’re big enough to be a microbrewer, you’re a nanobrewer. On February 13th The Social Kitchen & Brewery in the Sunset will play host to several up-and-coming Bay Area brewers who are right at the cusp of going professional. This is an excellent opportunity to enjoy what may be the next great craft beer before the rest of the world knows it.

De Proef Brouwerij at Beer Revolution: One of many festival high points for fans of Belgian beer will take place on February 14th at Beer Revolution. De Proef Brouwerij, which is not heavily distributed in the US, specializes in Belgian and Flemish ales, and will round out their festival offerings with

a number of worthy genre-spanning collaborative beers. The evening includes a Q&A session with a representative of the brewery.

Botanical Beer Night: The use of hops as a flavoring agent in beer is actually a fairly recent innovation dating from around the ninth century. Prior to that, beer was predominantly flavored with mixtures of herbs and botanicals known as gruits. This ancient, unhopped brewing style is still very much alive among a dedicated subset of craft brewers, and you can sample it at the Mill Valley Beerworks on February 15.

Imperial Stout Night: For fans of roasty-flavored stouts who shrug off the fairly sessionable 4% alcohol content in a pint of draught Guinness, Amsterdam Café will be offering pours of Imperial stout on February 16. Imperials typically clock in at around 10% alcohol by volume (ABV), historically in order to avoid freezing on the way to Russia from England. Enjoy, and do so respectfully as these beers bite back.

La Trappe Night: A trip to The Trappist in Oakland on February 18 will net you a chance to enjoy offerings from the Netherlands’ Brouwerij de Koningshoeven, the only Trappist brewery outside of Belgium, and one of only seven in the world. The term ‘Trappist’ legally applies only to beer brewed in Trappist monasteries by the monks as a not-for-profit venture. And let’s just say these monks brew exceptionally good beer.

Toronado Barleywine Festival: From the 18th to the 20th of February, the venerable Lower Haight craft beer institution known as Toronado offers diverse pours of barleywine in small flute glasses for your enjoyment. It’s a good thing, too: an 8-12% ABV gives these strong, malty ales a bit of a wallop. Best consumed after fortifying oneself with a good breakfast. You will also want to get to Toronado early; it crowds up very quickly.

Disclaimer: As a postdoc, I don’t have much spare time to be employed by, or act as a paid spokesman for, any of the venues or events described above.

becomes a full-fledged voting member of the board.

Thus, Mireles will become the voting Student Regent next year. He is only UCSF’s second Student Regent, and the first in nearly 20 years.

Becoming a Student Regent is not easy – after filling out the application form, a rigorous series of interviews is conducted before the applicants finally wins the coveted post. But once on board, the Student Regent becomes a full-fledged member of the governing body of the University of California.

# Journal...

from page 3

In this paper, researchers determined that APC protects against Pseudomonas-induced lung injury through its anti-inflammatory activity, thereby preventing vascular permeability and edema. This was proven by using an APC mutant defective in its pro-coagulant function, showing that its function was dependent on its anti-inflammatory properties.

For comments or paper suggestions, email Alex at [Alexandra.Greer@ucsf.edu](mailto:Alexandra.Greer@ucsf.edu).

Alex is a third-year student in the biomedical sciences.

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# Confessions...

from page 6

diet with a good amount of protein and vitamin B12.

2. Suffering. I can’t find an excuse to give people money to torture animals. All those PETA videos? We don’t need to watch them to know that they truthfully depict factory farming.

3. Resistance. The tastiness of meat doesn’t justify the abundant and unnecessary use of antibiotics in farmed livestock. Why do you think they called it Swine flu? Because it came from a pig farm in North Carolina.

4. Pollution. It’s hard to believe, but apparently there are factory farms in the US that pulverize cow poop into the air and ‘accidentally’ let manure lakes spill into healthy rivers. The rate of cancer in the communities that live nearby is sky-high.

5.Sustainability. Cattle are fed grain. Humans can eat the grain. How many pounds of grain are needed to produce one pound of cow? Sixteen. How many pounds of manure do American cows produce per second? 87,000. Do the math!

Food is a tough subject to talk about, especially while you’re eating. Foer describes how his grandmother, a Holocaust survivor, would pick him up every time he came to visit as a kid. He didn’t know it at the time, but she was checking to see if he’s gained weight since the last time. I had a similar experience – my grandmother, a WWII survivor, would always make sure that I finished my food and returned from her home in Ukraine thoroughly plumped. Foer also speaks about the dilemma of refusing food that’s been cooked especially for you by a loved one because of seemingly esoteric moral reasons. My food choices have been especially hard to explain to my Russian parents. They respect my decision to become a vegetarian, but for unknown reasons, they refuse to read Eating Animals. I understand the reaction. It’s much easier to hide from the facts than to admit

something about our health, suffering, pathogen resistance, pollution and sustainability that we knew all along while giving up an important part of our lives: eating meat.

In conclusion, here are some confessions that I promised: I still eat eggs and milk, even though laying chickens and dairy cows are some of the most mistreated animals in the industry. I take fish oil pills, because right now that’s the easiest way for me to get Omega-3, an important fatty acid. I eat oysters because they don’t have a nervous system (so they can’t feel pain) and they improve the environment that they inhabit by filtering up to 50 gallons of water per day. I’m not perfect and I’m not Natalie Portman. But I feel good about not paying factory farms to do what they do to produce meat and that’s important to me. It’s just hard to quickly explain to a good friend who is handing you a freshly grilled and delicious-looking hamburger, why exactly you’re not going to eat it.

### More Food Coverage Online

We thank all the contributors to our Food Issue – we got so much material, we couldn’t fit it all in the paper. See Synapse online for more food coverage: [synapse.ucsf.edu](http://synapse.ucsf.edu)

# Budget battle...

from page 1

ious campuses are working now to come up with budget proposals that will make up the \$1 billion shortfall the university will be facing if Brown’s plan is adopted intact. Many campuses, including UCSF, are looking to implement administrative savings to help defray the shortfall.


Other plans to raise additional revenue, including tapping more deeply into the UC alumni , are under consideration.

In the coming months, UC officials will be looking at the whole range of university spending, trying to determine where cuts can be made. UC officials and students will also be lobbying the governor and the Legislature to win more funding from the state.

During his appearance, Mireles urged UCSF students at the reception to consider applying for the Student Regent position.

The Student Regents serves on UC’s governing body, the Board of Regents for a two-year term. The first year, he or she is a non-voting Student Regent Designate. In the second year, he or she





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