



The 2010 earthquake devastated Haiti, including the University of Haiti.  
Photo Courtesy State University of Haiti

## Haiti: A Healthcare Conference at UCSF

by *Haiti Initiative at UCSF*

Over a year ago, the devastating earthquake in Haiti compelled nations, humanitarian organizations, and individuals into sending financial, human, and medical resources to the disaster-struck nation. A year later, Haiti still faces numerous challenges. Many of these challenges arise from the lack of a functional healthcare system. Most Haitians still lack access to clean water, basic medical services including clinicians and medications. Recognizing the needs, the University of California Haiti Initiative (UCHI), a system-wide organization and the State University of Haiti have formed a partnership to collaborate on long term development of Haitian health-

care system.

On February 1st, the UCSF chapter of the UC Haiti Initiative (UCHI) hosted Dr. Gladys Prosper, M.D., Dean of Pharmacy and Medicine from the State University of Haiti (UEH). Dean Prosper met with deans and faculty from the various UCSF schools on February 1. The purpose of the meeting was to begin a dialogue so that UC faculty and administration can gain a deeper understating of the UEH's needs and to learn how UCSF can assist

UEH in their efforts to advance healthcare in Haiti. UCSF will be taking an active role to help UEH's medical, pharmacy, nursing and dentistry programs to help train healthcare professionals to better address the needs of Haitians. As of this time, UEH's pharmacy, nursing and dentistry programs do not offer advanced degrees; while the UEH's medical school offers limited training in specialties. This means that it is not always possible for Haitian health professionals to meet the more complex or nationwide healthcare challenges of their country.

Dean Prosper met with faculty from UC Berkeley, UC Davis and UC San Francisco. From UCSF she met with Dean Sally Rankin

*Continued on page 3*



**The Haiti Initiative Team**

(left to right): Oliver Ubeda, Lisa Gudie, Dr. Joseph Guglielmo, Dean Gladys Prosper, State University of Haiti; Especianise Loresca, Dr. Helen Loeser, Harinder Chahal, Dr. Steven Kayser, School of Pharmacy; Kenny Pettersen, Deneka Shile, Kanizeh Visram and Alice Gahbauer. Photo by Patrice Esser.

## Black History Month

American Revolution Divided Blacks

*Synapse Staff Report*

The American Revolution was in many respects a civil war, dividing families and neighbors who fell out over the question of rebellion or loyalty to England. African Americans were no different, with a number of them fighting on both sides.

Black soldiers were present right from the beginning in George Washington's Continental Army. Hailing mostly from the New England states, these were free people of color, many of them living in ports on the New England coast.

One of the most integrated (and ef-

fective) regiments in Washington's army hailed from the area of Marblehead, Mass., and were commanded by Colonel John Glover, a merchant and sea captain from the town. Since most of the men in his regiment were sailors before the war, the Marblehead men picked up the nick-

*Continued on page 6*

## Stem-Cell Building Opens

*Synapse Staff Report*

Just about the time that this issue of Synapse is going to press, university, state and local officials will gather on the Parnassus campus to celebrate the opening of the campus' new stem cell building.

Officially known as the Ray and Dagmar Dolby Regeneration Medicine Building, the new structure will house the Eli and Edythe Broad Center for Regenerative Medicine and Stem Cell Research, one of the largest such operations in the country.

Interim San Francisco Mayor Edwin Lee, UC President Mark Yudof and other officials will be on hand for the festivities, which will have taken place by the time you read this. As mentioned, Synapse goes to press on Wednesday morning, just about the time that media will be gathering for an 11 a.m. press conference at the new stem cell building.

The 700-foot-long building contains 68,500 square feet and will be home to some 300 faculty, staff, students and postdocs. In a favorable review of the building in the San Francisco Chronicle, writer John King likened it to "an elongated silver snake, perched on stilts with an up-reared head facing the ocean."

## V-Day, Not D-Day

By **Rebecca Gayle**  
*Staff Writer*

Ah, another Valentine's Day is coming up... and I, for one, will be spending it as a single woman – yet again. But does that mean the looming Feb. 14 will find me crying my eyes out with Ben & Jerry and watching a romantic comedy? The answer is no, and I don't think Cupid would want that, either. In fact, I still plan to celebrate Valentine's Day, and I'm pretty sure that a significant other is not required in order to do so. V-Day is certainly not D-Day, and I don't think that single men and women should have to treat it that way.

Unfortunately, the social paradigm of today seems to dictate that a significant other is almost required in order

*Continued on page 4*



# page two

## upcoming events & more at ucsf

### Announcements

#### LEGENDS OF CHINA 2011

Keynote Speaker - UCSF Chancellor Susan Desmond-Hellmann.

Join Chancellor Desmond-Hellman, UCSF faculty, students and staff, and share an incredible experience this summer in China, Hong Kong, and Tibet!

Want to learn more about the trip? Come to the **Legends of China** Information Session:

**WHEN:** Wednesday, February 16, 2011, 5-6 p.m.  
**WHERE:** Toland Hall, UC Hall - 533 Parnassus Ave.

For more information, contact your UCSF Campus Coordinator, Laura Young, Assistant Director, International Students and Scholars Office.

**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.

#### GREEN CAMPUS PROGRAM Internship

Greening UCSF Part-time Paid Internship – Grad Students OR Postdocs

The Green Campus Program at UCSF is currently recruiting for 2011 team members. We're looking for progressive UCSF students who are passionate about sustainability and what they can do to help reduce energy and water waste and support broader sustainability efforts across UCSF campuses. UCSF Green Campus interns work as part of a team, each committing up to 10 hours per week and compensated at \$11 per hour. The internship runs calendar year 2011 and team members have flexibility in terms of how to structure their weekly hours. Green Campus interns work across campus stakehold-

ers (staff, administrators and students,) to identify areas for campus energy upgrades in addition to supporting broad-based sustainability education and awareness building. The 2010 UCSF Green Campus team identified opportunities for the university to avoid incurring over 470,000 pounds in carbon emissions that equated to over \$62,000 in annual electricity/gas savings. Qualified applicants must be currently enrolled or working at UCSF. To apply please send a resume AND cover letter to: [Stephen@seiinc.org](mailto:Stephen@seiinc.org).

**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 11th  
Parnassus: 12-1 p.m. in Room S 170  
Mission Bay: 1:30-2 p.m. in HD-160 (Helen Diller)

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

### Fitness and Recreation

#### FREE! The UCSF Student Running Club

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; nine-minute mile pace. Meets at Central Desk, 500 Parnassus Ave. For more information, contact Lauren Cox at 514.4950 or [lauren.cox@ucsf.edu](mailto:lauren.cox@ucsf.edu). Wednesdays, 5:30-6:15 p.m.

#### Outdoor Programs

For more information call 476.2078, e-mail [outdoors@ucsf.edu](mailto:outdoors@ucsf.edu) or visit [www.outdoors.ucsf.edu](http://www.outdoors.ucsf.edu)

#### Valentine's Day Paddle

Bring that special someone on a stunning paddle in Sausalito, where we'll witness resting harbor seals and Sausalito's world famous collection of houseboats. No experience necessary. Sunday 2/13 10:00 a.m.-1:00 p.m. 9348.303 Sausalito \$49/56/64

#### Yosemite Winterfest

Spend a weekend in the winter wonders of Yosemite Valley. Snow-covered meadows, frozen waterfalls, and snow-topped granite peaks await you. Activities include hiking, snowshoeing, and

skating. Price includes two nights lodging in heated tent cabins, two breakfasts, two dinners, snowshoe rentals, guides, and permits. Saturday-Monday 2/19- 2/21 Tuesday 2/15 Pre-trip meeting Yosemite \$210/240/270

#### SCUBA

Have fun while safely preparing for a weekend of ocean diving in Monterey. Receive N.A.U.I. certification upon completion of your dives. Class fee includes equipment for pool sessions (except mask, snorkel, fins, boots and gloves; \$110-\$250). Equipment rental for ocean dives is available at a local shop. A \$15 certification fee is payable to the instructor upon successful completion of the course.

(7 classes) Register online or in person.

Tuesday, Thursday 3/3-3/24 6:00-9:30 pm Parnassus pool

Dive dates:  
Saturday, Sunday 3/26-3/27 Monterey  
\$161/183/215 1040.350

### Events

#### Brown Bag Lunch Series

Friday February 11, 2011  
2 – 4 p.m.  
Parnassus, Nursing Building, N-225

Brown Bag for Human Resources/Academic Affairs: Please join the OE Human Resources/Academic Affairs work group co-chairs for an informal brown bag session to update you on the current recommendations.

#### Chancellor's Disability Awards

The presentation ceremony for the 2010 Chancellor's Disability Service Award will now be held on Tuesday, February 22, from noon to 2 p.m. in Toland Hall. Chancellor Susan Desmond-Hellmann will present awards to:

•**Geraldine Collins-Bride**, Clinical Professor and Vice-Chair in Community Health Systems

•**Alice Wong**, Staff Research Associate in Social & Behavioral Sciences

•**Nathaniel Gleason**, Medicine Resident in the Department of Medicine

UCSF has been at the forefront of addressing health care disparities and community health needs, while promoting diversity and inclusion among its students, trainees, staff and faculty. **Chancellor Susan Desmond-Hellmann inaugurated the Disability Service Award** this year to further highlight individual commitment to diversity in the broadest and most inclusive terms.

The efforts of these first-time recipients to address the needs of people with disabilities are both remarkable and commendable. Recognition of this group is essential as they have been historically under-represented in higher education and encounter unique social and cultural barriers in access to health-related services, education and careers.

The campus is invited and encouraged to attend this event and show support for these individuals and their dedicated service to those with disabilities in our community. Light refreshments will be served fol-

lowing the ceremony.

#### The Chancellor's Concert Series

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

#### 2/17/11

Melissa Kleinbart, violin  
Suzanne Leon, violin  
Katie Kadarauch, viola  
Nanci Severance, viola  
Sebastian Gingras, cello  
"Brahms: F Major Viola Quintet Op. 88"

#### The Vocal Chords Winter Concerts

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.

#### The Music in the Library featuring Elliot Randall and Victoria George

Wednesday, February 16, 2011  
12 p.m. to 1 p.m. (concert starts at 12:10 p.m., drop-ins welcome)  
Lange Reading Room, 5th Floor, UCSF Library  
530 Parnassus Avenue  
This **FREE** concert is sponsored by the Sarah B. Childs Fund. For more information, call 415.476.2675.

**Country singer/songwriters Elliot Randall and Victoria George** come to UCSF to perform an acoustic concert. **Come relax with a free chair massage** (first come/first served), or indulge in the light refreshments, while listening to this accomplished duo.

### Classifieds

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Call: 877 - 593 - 5403

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**synapse.ucsf.edu**





## Satisfied Customers

Satomi and Wataru are all smiles after getting a free dental screening with their mom at Give Kids a Smile, a national day of free dental care in which UCSF participates.

Photo by Linda Chhoa

## Haiti Healthcare...

from page 1

from the School of Nursing, Dean Sam Hawgood from the School of Medicine, Dr. Helen Loeser, MD, Dean of Curriculum for School of Medicine, and Dr. Steven Kayser, PharmD, Dean of Global Affairs for School of Pharmacy alongside, Dr. Joseph Guglielmo, PharmD, Chair of Clinical Pharmacy as well as other faculty from the School of Pharmacy. The day consisted of several meetings each of which focused on different sectors of healthcare, but at each meeting several key points were repeated, and those points will serve as the framework for future collaboration with UEH and UC.

During the daylong conference, Dean Prosper explained the various needs for UEH. Infrastructure is the main problem preventing UEH from being a functioning health professional school. The earthquakes demolished 90% of the school infrastructure, prompting the university to make plans to rebuild. While UEH is ready to rebuild, they lack the financial resources to get it done. Students meet in make shift classrooms in the library and tents and work with extremely limited resources. The current medical, pharmacy, and dental students do not have access to labs, books, computers or enough full time faculty. Most instructors are part-time faculty, sent from Europe or North America to teach for blocks lasting weeks at a time.

During a focused meeting on the practice of pharmacy in Haiti with UCSF SOP faculty, the discus-

sion included the need for curriculum redevelopment and expansion to include advanced degree in pharmacy beyond the current certificate program; Dean Prosper remarked that the current system uses "outdated and inadequate methodology." She also said that due to the lack of advanced training, currently pharmacy specific positions are extremely limited, she added "you will find pharmacy graduates working in banks, NGOs or administration." Additionally, the need for resources and pharmacist training were discussed. Theme of the meeting was similar during a discussion with Dean Hawgood (SOM). The focus on medicine led to a discussion on up-to-date resources in medicine for training of future physicians. Currently, the students use books published in both French and English to gain the knowledge they need. The possibility of extending the UCSF electronic media library to UEH was discussed.

While Dean Prosper mentioned many needs for their health professional programs, the most prominent needs were funding for buildings, the training and retention of full-time faculty, teaching materials such as books, and the revamping of the medical, pharmacy and, dentistry curriculums. One suggestion made was to send UC physicians, pharmacists, nurses and residents to Haiti to teach and train UEH faculty for sustainable improvements in health education. With the proper infrastructure in place, UC-

SF will consider the use of tele-pharmacy and tele-medicine to conduct distance learning for students and faculty in Haiti. This exchange would not only equip UEH with resources to improve their programs, but also give UC faculty and students a new perspective in global health.

During the next few weeks, Haiti Initiative at UCSF will be assessing the needs of UEH and the resources UCSF has in order to create a realistic framework to help UEH's health professional programs. Next quarter, the chapter will be hosting an elective geared towards educating the UC community of the social, economic, and political issues affecting healthcare in Haiti.

Background on UCHI: Founded last year in response to the earthquake of January 12, 2010, the Haiti Initiative at UCSF (HI at UCSF) is the local chapter of a system-wide, grassroots network of UC undergraduate, graduate, faculty and administration members. The HI at UCSF chapter is an inter-professional organization; we are currently recruiting members to develop and oversee programs from each school.

To get involved or to learn more about this initiative please contact Harinder Chahal at [ucsf.director@uchaiti.org](mailto:ucsf.director@uchaiti.org). For more information please visit UC Haiti Initiative at [www.uchaiti.org](http://www.uchaiti.org).

***synapse***

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# Messages of Love

LemurLips, I can't wait until you're in SF with me.  
All my love, BirdBooty

To my BOIS,

Most women dream of finding one man that will be there for her, support her, comfort her, love her, and tell her she's fabulous. Well, being the over-achiever that I am - I found three!  
Sai, Richard, and Mark - I love you with all my heart.  
Happy Valentine's Day!  
Love,  
Lady B

D. Iribarne I have a crush on you  
Attn. MS2

Dear Domo,

Just wanna make you feel  
Like you're the only one in the world.  
Like you're the only one that I'll ever love.  
Like I'm the only one who knows your heart  
-adapted from Rhianna  
Domo-lover

Happy Valentine's Day to Marklene! Another amazing year with you just leaves me excited for many more to come. I love you with all my heart!

This Valentine's Day, I want you to know that you sparkle like a GEM on my darkest days. I love you guys!!!

To that one boy in NY. 'We are all a little weird and life's a little weird and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.' I guess we're both lucky we're both weird. Hearts--that one girl in SF."

To: My Top Tier  
From: Honey P  
I am very lucky to be graced with such beautiful, intelligent, fun, and outgoing friends! I love you girls! BTB, 50 FTW! , DNC, SMH

To my medical nerd brain, I love you so much. You're all I've ever wished for. You're my fairytale dream come true. -F

BEST year EVER!  
Love you girls  
btb,  
Nar

Querido Amor -  
Eres mi mundo. No sé lo que haría sin ti. Gracias por todo lo que eres y por todo de ti que compartes conmigo. Un día, dentro de poco, vamos a estar juntos sin preocupación, felices, y tranquilos, relajando en nuestra casa. Espero que sepas cuanto te amo y que pienses en nosotros hoy en este día especial y para siempre. Feliz día de San Valentine.  
Pongo mi corazón en tus manos, besos y abrazos  
- Tu gatita

To Laura (P2):

Raa-ooo-raa  
(I love you)

~Scuuby

ShipSeki, we LOVVVVVVVVVVVe you.

From your favorite "PREDATOR(S)"

Hung Ho, you SeXY beast YOU. When will you realize I exist :( I've waiting for you since day 1 of school.

Elle Ooo Vi E Your Favorite Farm Girl

Toybun and Chanpatty, how do I love thee? Let me count the ways over bbq ribs with you.  
~Anonymous

Happy Valentine's Day to my favorite Aquaspider!!

To all of my amazing friends (top tier and beyond): Y'all have made these past few years of pharmacy school exciting and memorable. Whether it's crazy limo nights or endless study sessions in the community room, we always have fun! I am so thankful to have made such smart, fun, and caring friends. No matter how many miles are between us, I know we'll always remain close in each other's hearts. I love y'all!

Dear Oliver and Evan, Will you be mine?

Love to all my Biomedical Science (BMS) first years. Happy Valentine's Day!

To Beans,  
Pie is 3.14.  
Love,  
Rice

MD loves DDS! Here's to match day, graduation day, moving day, and our wedding day! Oh, and while I'm at it, Happy 4th Valentine's Day too!!

Cielo,  
Mi amor te quiero decir que los dias sin ti no tienen sentido. Eres la sangre a mis venas y el corazon a mi cuerpo. Yo sin ti no puedo vivir, solo de pensar en ti se alegra mi alma. Gracias por cuidar tan bien a nuestros hijos. Te amare por siempre y por siempre mi Cielo seras.  
Mar

To: Neha Gupta  
Seeing your smile brightens my day, and I'm happier with you as a part of my life. I can't wait until the day that we join together as one and can spend the rest of our lives together.  
From: Your Future Husband

# V-Day...

from page 1

to have your life "together" and functioning at its peak. People are no longer content with the great things they have around them; the American culture has instilled in us a sense of discontent, a need to never be satisfied and to always seek out a better deal that offers us more for less. Even though I don't believe that this is inherently wrong - sometimes, discontent is what brings us to really carve out new and wonderful opportunities and is what really makes us better as people in general - I do think that sometimes we just need to stop asking ourselves what is missing from our lives and, instead, start asking ourselves what we already have.

As a young woman who is more often single than not, I, too, sometimes grapple with this change in attitude. It's difficult not to think about that special someone who is not in your life right now, especially when so many people around you already seem to have found someone whose company they truly enjoy. And even though the nasty, bitter single woman in me sometimes wants to boo these so-happy-together couples (envision the old hag from "The Princess Bride" here), I have come to realize that this kind of behavior doesn't accomplish anything. And it certainly doesn't capture the spirit of Valentine's Day at all.

But what is the spirit of Valentine's Day, really? The media would have you believe it's about buying the single, most special person in your life some token of your affection and taking them out to a nice dinner. There are so many special people in our lives - definitely more than just one, I would think - and Valentine's Day provides a great opportunity to celebrate friendships and family as much as a relationship with a significant other. Obviously, the same types of celebrations may not be in order. (Being a student, I definitely can't afford to take every great person in my life out to eat on any given day of the year - Valentine's Day or not - and I wouldn't quite recommend celebrating the big V-Day with lingerie around your family and posse of friends.) But I do think some sort of celebration is in order, even if it is just taking a moment to reflect on what truly brings love to your life in the here-and-now - and getting out of the typical American habit of forgetting everything you already have in front of you and focusing on the part that's missing or that element you wish you had in your life.

Cupid doesn't shoot arrows through people's hearts to make them feel worse about themselves or the couples around them. And, even though V-Day does kind of sound like D-day - and involves weapons on Cupid's end - I don't think it was meant to be some sort of war between couples and singles or a day where singles go AWOL. A marketing holiday... maybe. (The jury's still out on that one.) But, nonetheless, I think Valentine's Day is - and should be - a day to celebrate love and passion in all of its forms, whether it be single or coupled. If nothing else, Valentine's Day is an opportunity to marvel at the amazing people who are already in our lives and who make them worth living every day of the year. Having another excuse to buy yourself some chocolate isn't so bad, either.



The Weekly Crossword by Margie E. Burke

ACROSS

1 Painful sound

6 Daytime TV show

10 Former televangelist Roberts

14 Main artery

15 "Mamma Mia" singers

16 Choir attire

17 Like a novel character

19 Fellow

20 Sunshine State, briefly

21 Male servant

22 Moon state

23 Type of sandwich

24 Seattle slugger

26 Fairy tale villain

29 Unmoved

31 Napping dwarf

33 Once more

34 Future HS grads

37 Streisand film, "\_\_\_\_, Dolly!"

38 Play part

39 Apportion

41 In \_\_\_\_ case

42 Essential part

44 Cook slowly

45 Log of arrests

47 Gush forth

48 High singing voice

51 Talc target

53 Council honcho

54 Flaxlike fiber

56 Solemn promise

59 "Atlas Shrugged" author

60 Verb form

62 Word before code or rug

63 Rawboned

64 Kind of cavity

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65 College grant

66 Stringed instrument of old

67 Praise

DOWN

1 Hook for fish

2 Stir up

3 Killer whale

4 Cell phone provider

5 Ingenuous

6 Shellback

7 Double-reed instrument

8 Bridge part

9 Dance step

10 Corsage flower

11 Tolkien's Riddermark

12 Degrade

13 Social outcast

18 Late for class

22 Before WWII, eg.

23 Part of the foot

25 Sailor's response, when doubled

26 Workplace watchdog org.

27 Valley

28 Trust

30 Regatta participant

32 Fast-growing tree

34 Docking place

35 Gift for a sweetheart

36 Crockpot food

38 Legal eagle

40 Flagellate

43 "Positively Entertaining" network

44 Pinky's pal

45 Type of shower

46 White weasel

48 Leftover food

49 Airport in the Windy City

50 Group of jurors

52 Fisherman's net

55 Way over yonder

56 Big name in plastic

57 Track shape

58 Whipping mark

60 Well, \_\_\_\_ be!

61 Kind of shelter

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SUDOKU Edited by Margie E. Burke

Difficulty : Medium

	6	1				7		
				5				6
2			6	7	1			9
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		7				4	8	

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

Answers on Page 6

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I Have Eaten the Plums That Were in the Icebox

By Booth Haley

Staff Poet

The amylase in mouth first hits the plum

Acidic tummy supplies some more enzymes.

The fruit soon turns to acid broth called chyme

And moves on next into the duodenum.

The exocrenal pancreas adds some

Acid soup neutralizing lime;

Then it's bile-from-liver-through-gall-bladder-time,

And chyme goes down jejunum and ileum.

Here microvilli in lower intestine-small

Will by diffusion get each nutrient.

In colon water's osmotically removed.

When coming out it's not plum-like at all:

These sites beheld would you be ice-box bent?

The stolen plum delicious does not prove

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"Dr" Bear By Patti Curl

I need an emergency loan.

Ok. What for?

FINANCIAL

I'm starting my nutrition block soon.

Ok.

And the other day I got worried I might start eating differently when I know how it effects my body.

I see.

And I got overwhelmed with the fear that I might never eat the things I love again.

Ok.

I still don't understand why you need an emergency loan.

I spent 500 dollars on bacon and now I can't pay my rent.

PLANK WALK Austin Ngo

Please say it. Just say it...

Say the magic words, please...

... and the final is not cumulative...

Week 4: Wake up from nap

Week 6: Unwrap textbook

Week 8: Vow to do better next quarter

Yeeeeeees!



# Single in the City Dining About Hipster Town: Luna Park Edition

By Mark Anthony Maningas  
Editor Emeritus

Luna Park  
694 Valencia Street  
San Francisco, CA 94110  
(415) 553-8584  
Four out of Five Stars

My friend Kathleen just recently got engaged, and we’ve been meaning to celebrate this momentous occasion (yes, we even did the fake-shriek-and-jumping-up-and-down-while-looking-at-the-wedding-ring thing). Once again, taking advantage of San Francisco’s Dine About Town, we both decided that we should go to a restaurant that we both had never been to. After much deliberation, we narrowed it down between Paul K (Civic Center/Hayes Valley area) and Luna Park (Mission), and we ended up choosing Luna Park because the dinner entrées were more appetizing.

But by the time we’d decided on the restaurant, it was the day of, getting reservations was difficult, and DAT made it almost impossible to get a desirable time; the available times were 5:30 (we’re not Senior Citizens yet) and 9:45 (and we’re not 21 anymore), so we decided to just “wing it”. We’d just sit at the bar if anything else.

We decided to meet at 6:45 p.m., and in keeping in line with my New Year’s Resolution, I actually arrived on time; Kathleen joined me a bit later (she was circling around the Mission, looking for parking). The bar was full, so we couldn’t even eat there. We decided to order a bottle of their Malbec (Vistalba 2006) while we were waiting to be seated. We were barely finished our first glass when the really nice hostess (whose name is escaping me at the moment) approached us to tell us that our table was ready. Operation “Wing It” was a success!

To start things off, we had their amuse bouche, which was Italian sausage (sautéed in olive oil, carrots, and onion) with Italian cheese served on a bite-size baguette. It was so good, I almost asked the waiter to bring us another round!

For starters, Kat and I had the Warm Goat Cheese Fondue (with Grilled Bread and Sliced Apples) and the Marinated Hawaiian Tuna Poke (with fried wontons). I was a big fan of the Tuna Poke; perfectly seasoned, with the right amount of zestiness to it. And if I can have goat cheese every day, I would!

For our main dish, I ordered the Colorado Lamb Sugo (with English Peas, Calabrian Chiles, Parmesan



Herb Polenta, and Bulls Blood Micro Greens), while Kat ordered the Oven Baked Macaroni and Cheese (with Broccoli and Applewood Smoked Ham). The lamb was AMAZING! The seasonings and the ingredients were just so spot-on! The lamb was marinated flawlessly, and the polenta had the right balance of crispiness and savory-ness. Just a bit of a warning though: the Calabrian Chiles are a bit spicy, so if you’re not particularly fond of spicy foods, I’d stay away from this one. The Mac and Cheese was a bit bland for my taste, though it was still edible. I would’ve ordered the Salmon, but Kat was feeling something “home-y”; that oughta teach her.

For dessert, I ordered the Make Your Own S’mores (Molten Marshmallow, Bittersweet Chocolate, and House Made Graham Cookies), and Kat ordered the Apple Huckleberry Crisp (with Vanilla Bean ice cream). It’s too cute! It reminded me of the times when I was little when I used to go camping and we’d make s’mores. There were certain instances when it was a bit difficult to eat the s’mores because the marshmallow would get stuck in the container, but the delectably delicious homemade graham cookies made it all worth it. And to finish off the night, the “Petit Four” was Mini Coconut Cream Pie, which was delightfully light yet quite tasty! Luckily, Kat doesn’t like coconuts!

The clientele was a good mixture of hipsters, suits, and average Joes. The atmosphere was quite nice, though a bit puzzling; the dim lights suggest that it could be a nice date restaurant, but it was too loud to have any substantial conversation. Service was better than I’ve had in the Mission; very attentive and without the I’m-better-than-thou attitude. The décor is actually not too bad, though I’m a bit confused with their aesthetic identity. Are they trying to be a divey restaurant or are they trying to be a “nice” restaurant? Funky paintings, red walls, and exposed industrial pipes suggest divey, while the exquisite chandeliers and “private dinner tables” suggest otherwise; the restaurant is too nice to be divey, and too divey to be nice.

But in spite of this ambiguity, one thing is for certain: this restaurant has won over two new customers. Excellent tasting food, crafty food presentation, attentive service certainly does go a long way.

## Solution to Crossword:

G	R	O	A	N		S	O	A	P		O	R	A	L
A	O	R	T	A		A	B	B	A		R	O	B	E
F	I	C	T	I	T	I	O	U	S		C	H	A	P
F	L	A		V	A	L	E	T			P	H	A	S
			H	E	R	O		M	A	R	I	N	E	R
O	G	R	E		D	R	E	E	Y	E	D			
S	L	E	E	P	Y		A	N	E	W		S	R	S
H	E	L	L	O		A	C	T		A	L	L	O	T
A	N	Y		P	I	T	H		B	R	A	I	S	E
				B	L	O	T	T	E	R		S	P	E
S	O	P	R	A	N	O		R	A	S	H			
C	H	A	I	R		R	A	M	I	E		V	O	W
R	A	N	D		I	N	F	I	N	I	T	I	V	E
A	R	E	A		L	E	A	N		N	A	S	A	L
P	E	L	L		L	Y	R	E		E	X	A	L	T

# Black History...

from page 1

name of Glover’s Webfeet.

The Massachusetts men were initially embroiled in brawls with white troops from the Southern states, who were accustomed to seeing blacks only in the role of slaves. But the whole Continental Army had reason to be grateful to Glover’s Webfeet in 1776, after the Battle of Long Island. The Americans had suffered a catastrophic defeat in that battle, and were trapped in Brooklyn with their backs to the East River and a large British army before them. After securing a number of small boats, on a pitch black night, Glover’s men rowed the entire American army to safety. So spectacular was this evacuation that the Continentals did not lose a man in the operation.

African Americans would serve in units of the Continental Army throughout the war. French officers, visiting Washington’s camp after the Franco-American alliance in 1777, were startled by the number of black soldiers present. Ron Chernow, author of the recent biography Washington, asserts that the Continental Army was the most integrated American army until the Korea War.

They were present right to the end. A largely black regiment from Rhode Island led the American attack on British fortifications at Yorktown, the final

battle of the war.

But not all blacks fought for the American side. The paradox of American slaveholders fighting for liberty was not lost on observers at the time, particularly in England. The English made appeals to American slaves to desert and join the British. Many slaves accepted the offer, including 17 from Mount Vernon, George Washington’s plantation.

Unfortunately for the slaves, defection to the British often ended in death. Having left behind the semi-confined world of their plantation, many of the African Americans were easy prey to disease, especially the scourge of the 18th century, smallpox. Although black soldiers did take part in British raids in Virginia in the latter part of the Revolution, far more fell to disease than the enemy’s guns.

Many of the blacks were re-settled by the British in the Canadian province of Halifax. Their descendants can be found in Canada to this day.

## Local Black History Month Events

If you’re looking for a way to celebrate lack History Month here in the Bay Area, the San Francisco Chronicle recently provided a roundup of such events. You can find it online at <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2011/01/30/PKTU1HD2KQ.DTL>

## Recipe: Risotto

By Chelsea Anne Young  
Staff Writer

If you love food the way I do, the most pressing question surrounding Valentine’s Day is not whom you’ll spend it with or what color roses you want to receive – it’s what to make for dinner! Of course, you want your main dish to be elegant and delicious without being overly complicated or heavy.

My recommendation this year is risotto. It’s yummy, easy to make, and very difficult to mess up. Perhaps more importantly, it’s sure to impress that special someone (or loyal friends). Either because the name is foreign-sounding or because it’s often served at fancy restaurants, the average American thinks of risotto as being extremely difficult to prepare. Au contraire, it couldn’t be easier. Moreover, it’s easy to modify with mushrooms, shrimp, scallops, or whatever else you want to throw in there. What follows is a basic recipe featuring two of my all-time favorite veggies – leeks and broccoli. I think it tastes best with chicken broth, but I’ve made this using water for vegetarian friends and it comes out almost as good, provided you throw in a liberal dosing of salt.

This recipe goes well with a simple mixed green salad.

2 large leeks  
~4 cups chicken stock  
3 tablespoons butter  
1 cup Arborio rice\*  
½ cup dry white wine  
2 cups broccoli florets  
1 cup grated parmesan cheese  
salt and pepper to taste

Cut the whites off of the leeks and slice them in half the long way to open them up. Wash them thoroughly to remove any dirt hiding between the layers. Place the halved leeks on the cutting board and chop into thin half moons. Cut your broccoli into bite-size florets and set aside.

Pour all four cups of chicken stock into a small pot. Simmer broth on the stove until ready to use.

Melt butter in a large pot, taking care not to let it burn. Add your cut leeks to the pot and sauté until they become soft, approximately ten minutes. Add the rice to the pot and cook for about five minutes, stirring constantly. Add white wine and cook until mostly absorbed. Add a ladleful of chicken stock to the rice. Once it has been absorbed, add another ladleful. Continue adding broth for the next twenty minutes or so until the rice becomes soft and plump. Stir gently and frequently throughout.

When the risotto has achieved a satisfying consistency, add your broccoli florets. Cook for another five minutes until the florets have softened. Finally, add the grated cheese, salt and pepper to taste.

\*This is not regular white rice. It’s available at most grocery stores, including Safeway.

## Solution to Sudoku

4	6	1	2	9	3	7	5	8
3	7	9	4	5	8	1	2	6
2	5	8	6	7	1	3	4	9
8	3	2	5	4	7	9	6	1
7	4	6	1	8	9	2	3	5
9	1	5	3	6	2	8	7	4
5	9	3	8	2	4	6	1	7
1	8	4	7	3	6	5	9	2
6	2	7	9	1	5	4	8	3



Restaurant Review

New Eritrea: Newfound Fun

By Chelsea Anne Young  
Staff Writer

Do you know where Eritrea is? I didn't either, but thanks to the amazing powers of the iPhone, I learned that it's a small African country just north of Ethiopia.

Next question. Did you know that the Inner Sunset has a wonderful, family-owned Eritrean restaurant? I didn't either, until last Saturday when a friend and I were craving fish for dinner and we randomly stumbled across New Eritrea Bar and Restaurant.

The minute I walked in the door, the warm and exotic smells from the kitchen enchanted me and I knew we had made the right choice.

The ambiance was fun, friendly and relaxed. The restaurant is heavily decorated with maps and African paraphernalia without being tacky or overwhelming. There is a full-service bar in the middle of the restaurant that gave me the feeling that the restaurant could turn into a dance club at a moment's notice. The servers were attentive and patient, and didn't seem to mind that my friend and I were a bit overwhelmed by the foreignness of the menu.

And the food was exactly what I was craving that night: fresh, filling and healthy. We opted for the Asa Kilwa (\$13.50), chunks of white fish that appeared to be sea bass covered in a spicy onion, tomato and bell pepper sauce. Given the choice of spicy, medium or mild, I requested medium, despite the fact that my dining partner is a spicy food fiend. Our dish was zippy without being too hot to eat, and

it satisfied both of us. Unless you're a masochist, I suggest sticking with medium spice level for all of your dishes.

At the waitress' suggestion, we also ordered the Vegetarian Combo for one (\$11.00), which includes smaller servings of four Eritrean specialties: pureed lentils, collard greens, potatoes and carrots, and pureed chickpeas. All dishes are accompanied by a serving of romaine lettuce salad with a slightly sweet, oil-based dressing.

The meals are served family-style on a large plate over a spongy, sour bread called injera. One uses chunks of injera to scoop up the food and carry it to one's mouth. It's messy, for sure. I suggest washing your hands thoroughly before and after eating. You could ask for a knife and fork, if you so desire, but we didn't. We also didn't order drinks that night, but the waitress recommended the honey wine, a local delicacy, that's only \$5 per glass or \$18.00 for a bottle. Definitely a good steal.

All things considered, New Eritrea is definitely worth checking out for vegetarians and meat-lovers alike, as long as they're not germaphobic or excessively hygienic. This is a great, affordable option for large groups. And if you walk in one day and there's a dance party going on, it just might be me.

Address: 907 Irving, at 10th Street  
Phone: 415-681-1288

Restaurant Review

One Thousand and One Dishes at Enjoy

By Asya Ofshteyn  
Staff Writer

Every time my boyfriend Kevin and I decide to go out for dinner, we both secretly hope that Enjoy is where we eat. Enjoy, a Chinese vegetarian restaurant located at 12th and Kirkham, has become our weekly delectably guilty pleasure.

From their website, [enjoyveggie.com](http://enjoyveggie.com) <<http://enjoyveggie.com>>: "We use the highest quality and healthiest ingredients in our dishes, with less oil and no MSG. We respect all life in the world; we don't serve meat or seafood. Complying with Buddhist vegetarian principles, we can't use garlic and onion in our dishes. We also don't use eggs and dairy products. Nonetheless, the dishes are all outstanding."

I wish I could call the last statement empty boasting. Every dish I've ordered at Enjoy has been tastier than the last. At first, I was flabbergasted by the conscious avoidance of onion and garlic, possibly my favorite food flavors of all time along with Sriracha. On our second visit, I actually smuggled a shaker full of garlic powder into the place. However, I soon realized that the Enjoy's seasonings are very well-balanced and each dish stands perfectly on its own, so I left the garlic at home ever since.

At Enjoy, the cooks hand-make the bean curd, soy bean sheets and wheat gluten that are used as ridiculously convincing meat substitutes. Some of my most carnivorous friends and family members have been impressed by the textures and flavors created by Enjoy's cooks. My veggie friends, on the other hand, were able to order more traditional vegetable, tofu and rice combinations. Not a single person left without promising to return with more initiates.

Most recently, we visited Enjoy to celebrate Kevin's birthday this Sunday. As usual, the restaurant entrance greeted us with a cozy warm wind surge of delicious flavors. It's a small, clean and brightly lit space with lots of red highlights, signs in Chinese and English and cheerful staff. The main server is a sturdy middle-aged Asian-American woman who always has to remind us to open the teapot when we finish the Jasmine tea inside. "In a Chinese restaurant," she admonishes, "when you lift the lid of the teapot we will know when to come and refill it for you!"

This time, I spent more time than usual ordering. I wanted to try something new, but there are 125 choices on the menu, plus 15 more specials. My eyes kept bumping into "Curry Eggplant, Wheat Gluten & Pumpkin," and my mouth watered with craving for the smooth velvety spiciness of the curry that pairs perfectly with the sweet pumpkin and squishy



sauce-filled gluten. I also hesitated over the Won Ton Soup that has perfect tiny slices of pork that's not really pork and the Veggie Shark's Fin Soup, a thick mushroomy bowl of goodness which I've ordered the last three times we were here. To compromise with myself, I decided on our regular appetizer, "Drumstick w/Sweet & Sour Sauce" and a dish I hadn't tried before, "Shanghai Bean Curd Sauce Braised Lamb w/ Dried Bean Curd & Vegetable." Our server cautioned me that it's a "very Chinese dish" that's salty and sweet, but I'm a reckless eater and asked for the braised lamb anyway. Kevin doesn't feel as adventurous and he went with "Broccoli and Tofu with Sweet Walnuts".

Before long, our teeth sank into the crispy skin of the 'drumsticks.' The insides were hot and filled with the fibrous texture of fried chicken. A wooden stick represented bone. I washed away the sweetness of the red sauce with tea and attacked my main dish. It was definitely salty from the miso paste and without question, there was also the sweetness that our waitress warned me about. But there were also a few tastes that I couldn't place. Cinnamon? Honey maybe? The dish also had some acid and there was clearly something spicy too, but everything blended so well together that I couldn't recognize any distinct ingredients when I closed my eyes. The lamb was full of meaty umami flavor and strands of it stuck in my teeth, just like the real thing. The bean curd wassilky and chewy. With glee, I found succulent bok choy soaked in thin sauce on the bottom. After eating about a third of the dish, reluctantly, I had to stop – there was too much food. I anticipated eating the leftovers for dinner tomorrow and, if I didn't get greedy, even for lunch on the day after that.

Our server brought us a fried banana with two types of ice cream and a candle stuck into one of the ice cream scoops. She and I sang an enthusiastic "Happy Birthday" to Kevin and the rest of the diners awkwardly joined in. As usual, when leaving Enjoy, I was two parts deliriously happy and one part sad about the departure. I thought about the next time we come, and about how difficult it will be to order another new dish. But I expect the new one to be even better

Clarification

The last part of the final sentence of the review of the restaurant Poesia (*Synapse*, February 3) was inadvertently trimmed, as well as the address of the restaurant. Here is the way the story should have ended: You can also make reservations directly on their website. Poesia (Italian) 4072 18th Street, San Francisco 94114

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