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# Synapse

## The UCSF Student Newspaper

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**NEWS**

## National Coming Out Day

**A day of recognition, remembrance and celebration at UCSF**

By Jerome Atputhasingam  
Associate Editor

The National Coming Out Day celebration on Oct. 11 kicked off with a scrumptious serving of rainbow cupcakes in Saunders Court. Though the weather was a bit chilly, the display of all things rainbow kept people coming to find out more about LGBT organizations and services at UCSF.

The LGBTQ Student Association, GLBT Visibility Project, Gay-Straight Dental Alliance, Chancellor’s Advisory Committee on GLBT Issues and the Office of Diversity and Outreach rounded out those groups present at the event.

After a half-hour of tabling, participants hurried inside for the premiere of UCSF’s *It Gets Better* video. The video, modeled after the one created by Dan Savage, reminded both young and old alike that life as a LGBT person often does get better with time, urging us all to keep alive the hope for a better tomorrow. *It Gets Better* also served as a testament to the vast diversity of LGBT-identified people on campus, and to the community that supports both current and future LGBT-identified UCSF students, faculty and staff. As the video came to a close, members of the audience shared their own coming-out stories.

**COMING OUT » PAGE 6**

## School of Pharmacy Skit Night



Photo by Luong Thai

This year’s Associated Students School of Pharmacy Skit Night featured wonderful performances showcasing the talent and humor of the Pharmacy School students. The annual event always brings out the entire School of Pharmacy to relax and enjoy the creativity of fellow classmates, and this year was no different. Cole Hall was packed with first-year to fourth-year pharmacy students on Thursday, October 11.

The show opened with a moving and powerful opera performance, followed by a hip-hop dance with a unique cultural twist and choreography. There was also a lovely violin piece, beautiful dancing, singing and a mother and daughters circus act. Of course, every Skit Night has been known to have a boy band performance, but this year produced two particularly creative examples. — Amy Higa, Staff Writer

Amy Higa is a third-year pharmacy student.



Photo by Maritza Lopez

Children at Cesar Chavez Elementary School in the Mission District take part in Muevete (Move) USA activities.

**NEWS**

## Muevete (Move) USA Encourages Healthy Lifestyles in the Mission

**Latino nursing students from UCSF and San Francisco State University organize program**

By Mayela Gutknecht  
Contributing Writer

Talk about making an impact in the community in one day! More than 130 children and parents of Cesar Chavez Elementary School in the Mission District of San Francisco participated in Muevete (Move) USA on Oct. 13.

The event, which was organized by a group of Latino nursing students from UCSF and San Francisco State University, included five health workshops, a health fair, a pumpkin patch, games, art tables, a DJ, Zumba dancing, a healthy lunch and snack and a raffle with prizes that contribute to children’s health.

Muevete (Move) USA, guided by nurses and led by youth, seeks to educate Latino children and their families about the importance of healthy diets, physical activity, food labels and empowering children to make healthy choices.

Saturday’s program was made possible by a grant from the local chapter of the National Association of Hispanic

Nurses (NAHN), collaborating with Cesar Chavez Elementary School.

The program focuses on training youth to be health educators, because they relate to the children more easily than adults. The young people learn how to be healthy through their own teaching, gain valuable experience and are introduced to health care professions.

Recruited through local high schools and community organizations, including the Boys & Girls Club, Huckleberry Youth Programs, Mission High School and John O’Connell High School, the health educators were trained and guided by “nurse leaders,” nursing students from UCSF and SFSU.

**MUEVETE » PAGE 4**

# EVENTS

## MISSION BAY EVENTS

### 3RD ANNUAL UCSF LGBTQ STUDENT MIXER

Friday, Oct. 19, 2012, 5:30-8 p.m.  
Bakar Fitness and Recreation Center, Mission Bay  
Head to Bakar Fitness and Recreation Center for dinner, drinks, live entertainment, rock climbing, free giveaways, breathtaking views of our fabulous city and the opportunity to meet other LGBTQ students at UCSF. Be sure to bring your Student ID. Sponsors: UCSF Student Health & Counseling, Gay Straight Dental Alliance, LGBT Student Association and the Office of Diversity and Outreach. Please RSVP to [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu).

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, Oct. 19, 1:30-2 p.m., Byers Hall, 212, Mission Bay  
The Muslim Community at UCSF holds regular Friday prayer services (Jum’a) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome!

### RIPS: RESEARCH IN PROGRESS SEMINAR

Friday, Oct. 19, 3:30-5:30 p.m., Genentech Hall Auditorium, Mission Bay  
RIPS presents two 20-minute research talks given by graduate students and postdoctoral fellows preceded by a social. Refreshments are provided.

### ARE YOU BURNED OUT? MISSION BAY

Monday, Oct. 22, noon-1 p.m., Student Health, Rutter Center 3rd FL, Mission Bay  
Larry Lariosa, MFT, will facilitate a one-hour informational session on burnout and how to prevent it amidst challenging academic times. Discussion will include recognizing patterns that lead to burnout and identifying strategies to avoid professional burnout. Free lunch with RSVP. [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu)

### CONNECT: DISCUSSION/SUPPORT GROUP FOR WOMEN @ MB

Monday, Oct. 22, 2-3 p.m., Student Health, Rutter Center 3rd floor, Mission Bay  
SHCS offers a bimonthly support/discussion group for graduate and professional women, facilitated by Felicia De la Garza Mercer, Ph.D. This group aims to offer a supportive space for women to discuss relevant concerns such as identity, work-life balance, relationships, empowerment and cultivating community. Free Refreshments with RSVP to [felicia.mercer@ucsf.edu](mailto:felicia.mercer@ucsf.edu)

### CLIMBING ICE CREAM PARTY

Tuesday, Oct. 23, 4-7 p.m., Bakar Fitness and Recreation Center, Mission Bay  
Come to open climbing hours at Mission Bay gym and get free ice cream from local ice cream shop Mr. & Mrs. Miscellaneous. Free to gym members. Sponsors: GSA, Outdoor Programs.

### MISSION BAY FARMERS’ MARKET

Wednesday, Oct. 24, 10 a.m.-2 p.m., Gene Friend Way Plaza, Mission Bay  
Shop healthy, shop fresh, shop California-grown at the UCSF Farmers’ Market, every Wednesday (rain or shine). Sponsor: Pacific Coast Farmers’ Market Association.

### BMS SEMINAR SERIES

Wednesday, Oct. 24, 4-5:30 p.m., N 225, Parnassus & Genentech Hall, S 271, Mission Bay  
The weekly Seminars in Biomedical Sciences attract renowned faculty from all over the world to present cutting-edge research related to human health and disease, and are open to the entire community. [bit.ly/BMSwebsite](http://bit.ly/BMSwebsite)

## PARNASSUS EVENTS

### SYNAPSE NEWSPAPER

Thursday, Oct 18, noon-1 p.m., MU 123W, Parnassus  
Synapse is looking for Mission Bay and Parnassus writers, bloggers, photographers and designers. Come to the lunch meeting, share story ideas and enjoy a free lunch.

### UNIVERSITY COMMUNITY PARTNERSHIPS CELEBRATION

Thursday, Oct. 18, 5-7 p.m., Millberry Union Conference Center, Parnassus  
This event is celebrates university-community partnerships by highlighting exemplary partnership programs that promote health equity in San Francisco through the University Community Partnership Grants. If you need inspiration for serving the underserved, this is the place to find it. Sponsor: University Community Partnerships Council. [bit.ly/UCP\\_website](http://bit.ly/UCP_website)

### PET THE PUP AT DOG DAY AFTERNOON

Friday, Oct. 19, noon-2 p.m., MU 111W, Parnassus  
Meet this week’s visiting dog (and its human volunteer) from the SPCA’s Animal Assisted Therapy Program, enjoy some tea or hot chocolate and leave your stress at the door! There will be a pup every Friday in October, so don’t miss out. Sponsor: Student Activity Center.

### MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

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The Muslim Community at UCSF holds regular Friday prayer services (Jum’a) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

### ARE YOU BURNT OUT? PARNASSUS

Tuesday, Oct. 23, noon-1 p.m., Library, CL 210, Parnassus  
Larry Lariosa, MFT, will facilitate a one-hour informational session on burnout and how to prevent it amidst challenging academic times. Discussion will include recognizing patterns that lead to burnout and identifying strategies to avoid professional burnout. Free lunch with RSVP. [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu)

### UC ONWARD

Wednesday, Oct. 24, 11 a.m.- 3 p.m., Street side in front of Millberry Union, Parnassus  
This fall, the UC system hits the road, launching the Onward California mobile tour for passionate supporters to share why they think UC makes California better. Onward California has fun, interactive ways you can share your UC story. They hope to hear your story and have a chance to meet you at their UCSF stop, and give you a free gelato treat.

### PARNASSUS FARMERS’ MARKET

Wednesday, Oct. 24, 10 a.m.-3 p.m., ACC, 400 Parnassus Ave.  
Shop the Farmers’ Markets on Wednesdays to pick up locally grown produce and more.

### STUDENTS OF COLOR: PARNASSUS

Wednesday, Oct. 24, noon-1 p.m., RSVP for location details  
SHCS’s Students of Color Discussion Group is designed for graduate and professional students of color to build community and talk about their experiences at UCSF. Topics may include issues around identity, professional relationships, community and support. Free lunch is provided with RSVP. [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu).

### MULTICULTURAL RESOURCE CENTER GRAND OPENING

Wednesday, Oct. 24, 4-6 p.m., MU 123W, Parnassus  
The official grand opening of the center, with a ribbon-cutting ceremony, plaque commemoration, speech from Director Mijiza Sanchez and words from Vice Chancellor Renee Navarro. Food and wine will be served, and music will be provided by Campus Life Services Arts and Events.

### NATIONAL CAMPUS SUSTAINABILITY DAY KEYNOTE BROADCAST

Wednesday, Oct. 24, 11 a.m.-12:30 p.m., Webcast  
Join thought leaders in campus sustainability as they discuss best practices and challenges for preparing students for a changing climate, with an emphasis on curriculum, research, and experiential learning. <http://secondnature.org/csd/keynote-broadcast.html>

### ASSP LUNCH TALK: PRACTICE FUSION EMR

Wednesday, October 24, noon-1 p.m., HSW 300, Parnassus  
Practice Fusion is a free, web-based electronic medical record (EMR) system available to physicians. Come find out what Practice Fusion is doing right now from Matthew Douglass, Co-Founder and VP of Engineering. Matthew will give a brief overview and then answer your questions.

### PETALS IN THE DUST: INDIA’S MISSING GIRLS SCREENING

Wednesday, Oct. 24, noon-1 p.m., N 729, Parnassus  
The 2011 census reveals that the ratio of women to men is the lowest since India’s independence in 1947. Petals in the Dust will explore the reasons behind this “gendercide,” its origin, growth and consequences. Sponsor: Integrative Health Society.

### BENT: PARNASSUS

Wednesday, Oct. 24, noon-1 p.m., RSVP for location details  
Are you an LGBTQQI student? BENT is a social/discussion group for LGBTQQI students to meet others and discuss a variety of topics that impact LGBTQQI students on campus. Free lunch provided with RSVP. [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu)

### UCSF RUN CLUB

Wednesday, Oct. 24, 5:30-6:30 p.m., Millberry Union Central Desk, Parnassus  
Please drop by and join UCSF Fit & Rec for a run. Each Wednesday night the Run Club runs various distances (3-6 miles) at a 9-11 minute per mile.

## OFF-CAMPUS EVENTS

### OFF THE GRID

Thursday, Oct. 18, 5-9 p.m., Stanyan & Waller, Upper Haight  
Off the Grid is a roaming mobile food

extravaganza that travels to different locations daily to serve delicious food, with a free side of amazing music, craft and soul. [bit.ly/offthegridinfo](http://bit.ly/offthegridinfo)

### CALIFORNIA ACADEMY OF SCIENCES: MAKERS’ NIGHTLIFE

Thursday, Oct. 18, 6-10 p.m., Cal Academy, Golden Gate Park  
At the Project Lab, learn about the “makers” of the animal kingdom, and turn your cell phone camera into a microscope using UC Berkeley’s Cellscope equipment. “Spontaneous Fantasia,” a live digital performance by multimedia artist J-Walt, in the planetarium. Tickets: \$9 online with UCSF’s discount. Purchase Tickets (user name= UCSF; password= alligator) [bit.ly/CalAcademyEtickets](http://bit.ly/CalAcademyEtickets)

### FRIDAY NIGHTS AT THE DE YOUNG

Friday, Oct. 19, 6-8:45 p.m., 50 Hagiwara Tea Garden Drive, Golden Gate Park  
Live Music by Americano Social Club. The de Young offers a variety of free interdisciplinary arts programs, including live music, poetry, films, dance, art activities and lectures in the public spaces of the museum. Programs are free but does not include admission to the museum’s galleries.

## ANNOUNCEMENTS

### CAMPUS POETS & WRITERS

Join an ongoing informal workshop facilitated by UCSF author Dr. David Watts. Beginners welcome. Bring a poem or a short prose piece or just come to listen. Group meets Mondays 4:30-5:30 p.m., 350 Parnassus, #900. [hdwatts@comcast.net](mailto:hdwatts@comcast.net)

### ONLINE VOTER REGISTRATION FOR CALIFORNIA

Thanks to passage of Leland Yee’s legislation, you can now register to vote online if you have a current CA driver’s license or ID card. The deadline is October 22 at midnight. This is not an election to sit out so check out the UC: Onward van on October 24, talk to people about the issues and vote.[bit.ly/CAVoterReg](http://bit.ly/CAVoterReg)

### UCSF STUDENT INSIDE GUIDE IPHONE APP: DOWNLOAD TODAY

The UCSF Student Inside Guide App provides quick and easy access to campus resources, services and the inside scoop. Find out what’s happening on campus, who is serving up free food, where you can find study space and more.

### GET A MASTERS DEGREE IN GLOBAL HEALTH SCIENCES

This one-year program provides students in the health sciences and allied fields with the knowledge and skills necessary for leadership roles in global health, through a multi-disciplinary curriculum and an applied global health fieldwork experience. Graduates are prepared for careers in international health policy, health care, research and development. For more information: [globalhealthsciences.ucsf.edu/education/graduate/](http://globalhealthsciences.ucsf.edu/education/graduate/)

### UCSF POLICE DEPARTMENT INTERVIEW PANEL

Wednesday, Oct. 31, 8 a.m.-4 p.m., 654 Minnesota Street, San Francisco  
The UCSF Police Department is conducting interviews for Sergeant of Police and would like UCSF students to participate in the selection process. If interested, please email [eclark@police.ucsf.edu](mailto:eclark@police.ucsf.edu) by Oct. 19.

## Block Party 6: Mission Bay



Photo by Lena Dolgikh

Younger members of the UCSF community enjoying Mission Bay's Block Party 6. Faculty, staff, students, and friends and neighbors of UCSF were treated to a beautiful sunny afternoon surrounded by great food, jugglers, the Farmers Market, free Ben & Jerry's ice cream, and fantastic music!

### NEWS

## Dental School Holds Annual Research Day

By T. Booth Haley  
Editor

Last Thursday the entire dental school and most dental clinics were closed for one of the most widely anticipated events in the dental school calendar. The Research and Clinical Excellence Day 2012 featured a variety of speakers — both faculty and students — talking about their careers and their research, a lunch in the gym with rows of research posters displaying student projects, and the presentation of various awards. Cole Hall was filled to capacity for the duration of the event, honoring these achievements and underscoring the dental school's emphasis on excellence in research.

"UCSF School of Dentistry has been the number one recipient of NIH funding in dental research for 20 years, and we plan on continuing that trend," School of Dentistry Dean John Featherstone said in his opening remarks.

In his keynote address, the always entertaining and master elocutionist Dr. John Greenspan addressed the

history of HIV research at UCSF and worldwide with a focus in his area of specialty, the oral manifestations of AIDS. In the early years of the disease, oral candidiasis, Kaposi's sarcoma and hairy leukoplakia were commonly found in HIV patients and indicated an imminent decline in their immune health. Dr. Greenspan's work included elucidation of these connections, especially the co-discovery with his wife, Deborah Greenspan, of hairy leukoplakia.

The Outstanding Clinician Award was then presented to Dr. Karin Vargervik, who spoke lovingly about her childhood on a farm in Norway. Her cabin had no plumbing or electricity, and she walked an hour every day to get to school. In such a remote place, books were her only access to knowledge.

"With books in the house, I could travel anywhere, to Africa, to Australia," she said. "Without them, all I would have known was my little farm."

Her subsequent career took her far beyond her forests and farm, moving

**RESEARCH DAY » PAGE 6**

# NEWS BRIEFS

### SCHOOL OF MEDICINE

## Transplanted Neural Stem Cells Produced Myelin

A Phase I clinical trial led by investigators from the UCSF and sponsored by Stem Cells Inc., showed that neural stem cells successfully engrafted into the brains of patients and appear to have produced myelin.

The study, published in Wednesday's issue of *Science Translational Medicine*, also demonstrated that the neural stem cells were safe in the patients' brains one year post transplant.

The results of the investigation, designed to test safety and preliminary efficacy, are encouraging, said principal investigator David H. Rowitch, MD, PhD, a professor of pediatrics and neurological surgery at UCSF, chief of neonatology at UCSF Benioff Children's Hospital and a Howard Hughes Medical Institute Investigator.

"For the first time, we have evidence that transplanted neural stem cells are able to produce new myelin in patients with a severe myelination disease," said Nalin Gupta, MD, PhD, associate professor of neurological surgery and pediatrics and chief of pediatric neurological surgery at UCSF Benioff Children's Hospital, and co-principal investigator of the PMD clinical trial.

### DEPARTMENT OF PHYSICAL THERAPY/SCHOOL OF MEDICINE

## New Anatomy Learning Center Prepares Next Generation of Clinicians

The days of carrying hefty, 1,500-page *Gray's Anatomy* textbooks may be long gone, but not much more has changed over the decades in how medical students learn anatomy — until now.

Students at UCSF have just begun studies in a new, state-of-the-art anatomy learning center equipped with interactive iPad textbooks, giant video displays and roving cameras that will allow them to observe, discover and come to understand, in a new way, the complex architecture of the human body.

Few other first-year medical students in the world will learn anatomy in such an interactive and clinically relevant way, said Kimberly Topp, PhD, PT, chair of the UCSF Department of Physical Therapy and Rehabilitation Science and professor of anatomy.

"The exploration and understanding of human anatomy is one of the most basic elements to becoming a great doctor," said Sam Hawgood, MBBS, dean of the UCSF School of Medicine and vice chancellor for medical affairs.

### SCHOOL OF PHARMACY

## Radio Show Leads to Campus Invite for Aspiring 10-year-old Chef-Pharmacist

A storytelling program by a radio station yielded a surprising connection between an East Oakland fifth grader and Sharon Youmans, PharmD, MPH, the UCSF School of Pharmacy's associate dean for diversity.

Youmans first heard 10-year-old Lita Hernandez on an August broadcast of *Hear Here*, a show on San Francisco-based KALW featuring local voices. Hernandez talked about her dreams of being a chef and concluded: "I want to be a chef and a pharmacist. Well, maybe I can do [both] part-time."

Calling the show's producers, Youmans explained, "I'm a pharmacist and a chef, so I was just thrilled to hear those words come out of her mouth. I almost fell out of my chair."

In a recently aired follow-up show, Youmans recounted cooking dinner for her grandparents and sisters at age 10, and also pursuing her own dreams of becoming a pharmacist. She earned her UCSF degree in 1985 and is vice chair for educational affairs for the Department of Clinical Pharmacy.

Youmans arranged for Lita and her family to visit the school's Parnassus campus in late August. As a student pharmacist helped translate for Lita's parents, Youmans presented the youngster with some cookbooks and her own UCSF "Future Chef & Pharmacist" ID card, and then gave them a tour of a laboratory and the library.

### SCHOOL OF MEDICINE

## Three UCSF Faculty Members Named to Institute of Medicine

Three UCSF faculty members are among the 70 newly elected members of the Institute of Medicine (IOM), which recognizes those who have demonstrated outstanding professional achievement and commitment to service in the areas of medical sciences, health care and public health.

The new members were announced Monday, Oct. 15, at the IOM's 42nd annual meeting in Washington, D.C. The new UCSF members are:

- Robert H. Edwards, MD, professor of neurology and physiology
- David Julius, PhD, professor and chair of physiology and UCSF Morris Herzstein Endowed Chair in Molecular Biology and Medicine.
- Jennifer Puck, MD, professor of immunology and pediatrics.

NEWS

# Onward California Tour to Visit UCSF on October 23

## Visit will help promote the ways that the UC benefits the people of California

Staff Report

The Onward California Campus Tour will stop at the UCSF on Wednesday, October 24 from 11 a.m. to 3 p.m. in front of Milberry Union, and gelato will be served.

The tour features fun, interactive ways that students, staff and faculty can share their UC connections and tell their stories. It is part of the larger Onward California statewide public outreach campaign that is designed to raise the public’s awareness of the University of California and the impact that it has on a daily basis on the lives of every Californian. No tuition dollars are being used in support of the campaign.

“UC touches the lives of all Californians, even though many people may not be aware of how the University’s work directly affects them,” said Dan Dooley, UC senior vice president for External Relations. “This tour brings the University to Californians in their own communities and gives them the opportunity to engage with UC in a new and unexpected way. We hope that building understanding of how UC contributes to the daily lives of all Californians will further strengthen public appreciation and support for the mission of public higher education in our state.”

The 24-stop tour is visiting each of the UC campuses, as well as several other sites throughout the state. At the tour stop, visitors will be able to:

- obtain information about the 10 schools that make up the UC system via the UC Interactive Digital Experience;
- send postcards to local legislators expressing their support for the University of California via the Support UC Postcard Station;
- take photos in front of a special Onward California backdrop and share it via social media;
- receive one of 10 special University of California-flavored Naia gelato bars.

Naia has created a customized flavor for each of the UC schools, including UCSF’s “Super Strawberry”-flavored bar. Other school flavors include:

- **Vitamin (K)wi** – Kiwi is naturally high in vitamin K, a vitamin discovered by UC Berkeley.
- **Honey Bee** – UC Davis’ honey bee research facility is the largest and most



Photo by UC

At the UC Gelato Truck, guests will be rewarded with a Naia Bar Gelato after using iPads. Naia Bars will come in 10 different 3oz. flavors representing the 10 UC campuses.

comprehensive state-supported apiculture facility in North America and the only one in California.

- **HTTP Pistachio** – UC Irvine alum Roy Fielding is co-founder of Apache HTTP Server Project and architect of the HTTP/1.1 protocol used worldwide for Internet access.
- **Limelight** – Star Power: UCLA alumni have 107 Academy Award wins and nominations. UCLA’s film school draws upon industry leaders for its faculty, advisers, and mentors.
- **Cognitive Chocolate** – UC Merced professors helped IBM develop experimental computer chips designed to emulate the brain’s ability for perception, action and cognition.
- **Energizer Coffee** – UC Santa Barbara professor Daniel Morse has led development of biologically inspired nanostructured battery that promises high power, longevity and low cost.
- **Citrus Grove** – UC Riverside has roots as a Citrus Experiment Station and continues to help grow California’s citrus industry.
- **Being Green** – Sierra Club’s magazine ranked UC San Diego the “greenest” school in California and the third “greenest” in the country.
- **Vanill Lick** – With headquarters at UC Santa Cruz, Lick Observatory is home o many astronomical discoveries, including several moons of Jupiter and extrasolar planets.

# Muevete

» FROM HOME PAGE

“I learned how to explain to people how to eat healthy, and it was a great experience for me to share with so many people,” said Shayra Gaytan, a student from Mission High School. John O’Connell High School student Jerry Cetina said that he has learned a lot about nutrition labels that he did not know before and that he enjoyed teaching families.

Student organizations at UCSF played a key role in making this event a success. The Chicanos/Latinos in Health Education (CHE) at UCSF provided tables and volunteers. The Latino Medical Student Association provided blood pressure and BMI

screenings, the Hispanic Dental Association provided free toothbrushes, mouthwash and floss, and the Latino Association of Pharmacy Students provided woman/manpower. The UCSF Flu Crew administered over 30 influenza vaccines. The health fair also included other organizations that helped make the event fun and educational.

Most importantly, UCSF students inspired children, youth and their families to choose healthy alternatives and showed that living healthy can be fun. The students at UCSF are committed to working with and within the community, to breaking boundaries and creating change.

Mayela Gutknecht is a student in the School of Nursing, 2013.

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## THE STRENGTH TO HEAL

*And learn lessons in courage.*

Thanks to a paid scholarship from the U.S. Army, **Capt. Ana Morgan, MD, Internal Medicine Resident and Army Scholarship recipient, Brooke Army Medical Center, Texas**, became the internist she is today. Her medical school tuition was fully covered and now the Army's providing her with unparalleled trauma training and experience with some of the world's most advanced equipment. There's strong. Then there's Army Strong. Apply today for a scholarship; call 800-553-8867 or visit [healthcare.goarmy.com/hpspmedical](http://healthcare.goarmy.com/hpspmedical).

**U.S. ARMY**  
ARMY STRONG.™

OPINION

# Space Shuttle Endeavour’s Final Journey: Crenshaw Boulevard



Photo by Akshay Govind

By Akshay Govind  
Staff Writer

I have never thought about life without Space Shuttle missions. In my mind, like rainfall or *Rocky* movies, Space Shuttle missions just happen — not every day, but regularly and for good enough reason. This weekend, more than a year after her last mission, Space Shuttle Endeavour was transported to her retirement home at the California Science Center in Los Angeles. I happened to be in town for a family reunion, but was unable to attend Saturday’s parade as Endeavour made her journey through the streets of LA.

My parents, on the other hand, rented two vans and filled them with relatives from three different continents, armed with car seats, water bottles, sun hats, cameras and a wheelchair. Hours later, they returned from their adventure, and the four year old from Australia was the first through the door, rocket-ship noises in full effect, his arms outstretched as he flew by the couch and soared on to outer kitchen-space. As the rest of the family filed in, they all had a look on their faces — the

“They all had a look on their faces — the kind that indicated they had just produced flashbulb memories”

Don’t get me wrong — I had my reasons. I had to visit the in-laws, write a baseball playoff update for *Synapse*, get some exercise and study for an exam, but let’s put these things in perspective — a Space Shuttle was driving down Crenshaw Boulevard!

Because of her 78-foot wingspan, Endeavour was having some trouble with the corners, and her expected arrival time at the Science Center was changed from 6:30 p.m. to 1:30 a.m. I entertained the idea of heading out to see her after the rest of my family had gone to sleep, but fatigue got the better of me, and I, too, fell asleep. In the morning, I checked to see what time Endeavour had arrived, and the most recent article I could find reported that she was still out there. I still had a chance, and out the door I went!

When I finally found the blockade of police cars and safety crews, I stopped to ask one of the workers how I could find out where Endeavour was. Before I could say a word, I saw her tailfin and the three nozzles of her main engines in the distance. I found the first parking space I could and started running up the street toward her. All the people on the street walking the other way had that same look on their face I had seen the night before with my family. In addition, every one of them knew exactly where I was headed. They shouted to me as I ran by, “You’ll catch her! She’s just a couple blocks up.” Another man just grinned at me. I called to him, “I gotta see this!” He replied, “You sure do!”

And there she was.  
And there was everyone — people of all ages, races, socioeconomic backgrounds, political beliefs and baseball team preferences — looking up at this icon of innovation, perseverance, discovery and courage. Many marveled at her size, some commented on her imperfections from nearly 20 years of space travel, but for me, the magic was the collective break we all took from anything else we would have been thinking about. We all knew it meant something just to be there.

I passed a number of people on my way back to the car; I knew where they were headed, and I knew they saw that look now on my face. As for the week in baseball, you’ll have to look it up online. A Space Shuttle just drove down the street.

Akshay Govind is a second-year medical student.

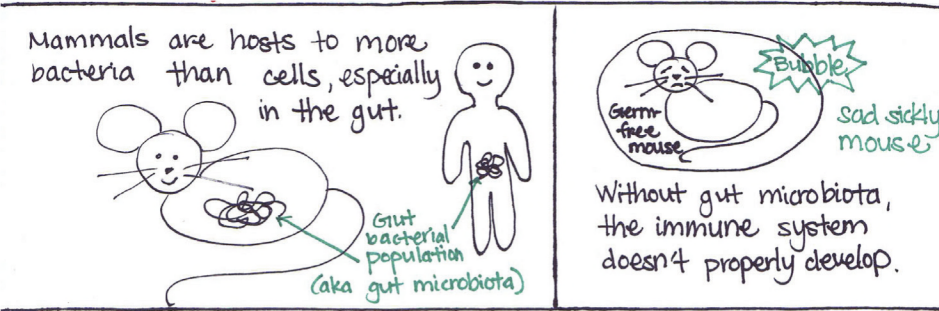
# UCSF JOURNAL CLUB

## Recent research presented by UCSF students

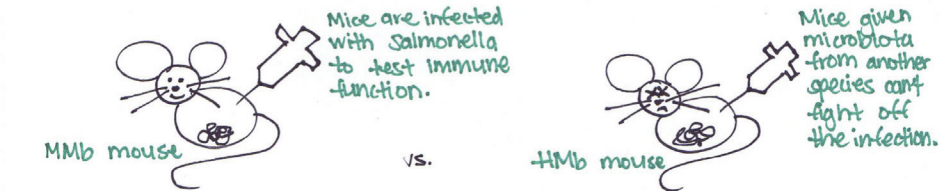
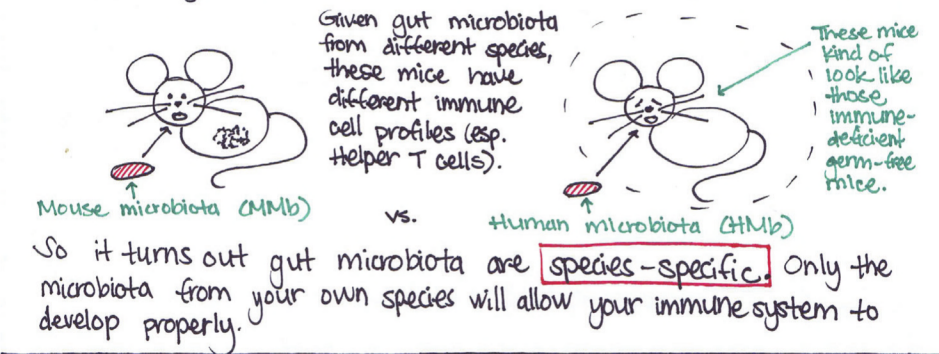
By Jenny Qi

### Immunology/Microbiota

Presentation: “Are We Exclusive?” A host-specific microbiota appears to be critical for mammalian immune maturation.” Presenter: Katherine Far-rar (2nd year BMS student) Paper: Chung H, et al. Gut immune maturation depends on colonization with a host-specific microbiota. *Cell*. 2012 Jun 22;149(7):1578-93.



Different mammalian species have different microbiota profiles. But can they all lead to normal immune development? **NO**



Further, only the microbiota from your own species will allow your immune system to function & fight off infections. (if you're a mouse at least)

### In a Nutshell:

Lately, the biomedical research world has been hearing a lot about gut microbiota. We mammals are home to tons of bacteria—in fact, we’re made up of more bacteria than mammalian cells, and lots of these reside in the gut. That might sound kind of scary, given what we know about harmful disease-causing bacteria, but in truth we host a lot of commensal bacteria. These gut commensals obtain nutrients from us as we digest our food, and in return, they help us digest that food. These days, we’re finding that they also perform other crucial roles.

One of these roles seems to be facilitating development of our immune systems. Several research groups have found that our harmless microbiota may actually be helping us fight off other disease-causing bacteria and viruses. Scientists have noticed, for instance, that germ-free mice, raised and maintained in sterile conditions throughout their lives, are immune-deficient.

Based on this observation, the authors of this *Cell* paper wanted to test the connection between microbiota composition and immune development. Specifically, they wanted to know if microbiota from another species, such as humans, would lead to normal immune development in mice.

To test this, the authors fed mice microbiota from mice (MMb) or humans (HMB). The MMb and HMB mice had the same number of commensal bacteria but different immune profiles. Specifically, their ratios of different helper T-cell subtypes differed, which can influence the balance between overactive immunity and immune suppression, and the HMB mice were immune-deficient. As further proof of principle, when MMb and HMB mice were infected with salmonella to test their immune function, MMb but not HMB mice were able to fight off the infection. (You might be thinking, “Wait, mice and humans are pretty different!” The authors also tested microbiota from rats, which are a bit more closely related to mice. There was no significant difference between mice fed microbiota from humans or rats.)

Ultimately, only the MMb mice fed mouse-specific microbiota were able to develop a normal immune system. The authors thus concluded that gut microbiota are species-specific, and that only the microbiota from the same host species is able to promote normal immune development.

Jenny Qi is a second-year Biomedical sciences student who blogs at bmscartoons.tumblr.com.

# Coming Out Day

» FROM HOME PAGE



Photo by Leland Kim

The stories transported us to a time both foreign and familiar. It allowed us to imagine the racing heart, the sweaty palms, the sigh of relief, the flow of tears and the fear of rejection that often accompanies the experience of coming out. As people told their stories, it became clear that coming out and what it meant could look and feel very different. Some narratives were funny, some very happy and some extremely painful. Each story played out against a different social climate, allowing us to recognize the constantly evolving backdrop against which LGBT people live their lives.

Stories didn't merely revolve around LGBT people. The importance of having allies in the process was woven into many of the coming-out narratives, recognizing the love and support that close friends can often provide during this time of transition. The stories also reflected on those who

were not able to be with us, and those in the community whose lives were cut short due to bullying or discrimination. These moments of remembrance reminded us of the changes that still need to happen.

The National Coming Out Day at UCSF was much more than a day to raise awareness about the LGBT community on our campus. It was a day to recognize the struggles and joys of transition, a day to remember those who are no longer with us, and a day to celebrate those who have and are still braving the never-ending process of coming out.

URL: UCSF's *It Gets Better* Video: [ucsf.edu/news/2012/10/12950/ucsfs-lgbtq-community-assures-teens-it-gets-better](http://ucsf.edu/news/2012/10/12950/ucsfs-lgbtq-community-assures-teens-it-gets-better)

Jerome Atputhasingam is a second-year medical student.

# Research Day

» FROM PAGE 3

from her education in orthodontics to a career as a researcher in craniofacial development. She returns to Norway every summer for two weeks to hike and swim with her family.

Many other presentations were impressive in their scientific rigor and the confidence of their delivery, especially in the case of the students who are new to this kind of endeavor. The list of speakers included Chelsea Wong, Jonathan Hurng, Jolie Goodman, Diana Proctor, Jeremy Horst and Vagan Mushegyan. Each discussed their own research project, with topics ranging from oral hygiene in an Oakland middle school to the separate evolution of long-crowned teeth in various mammalian lineages.

The winner of the Faculty Research Lecturer Award for 2012 was Dr. Randall Kramer. His talk, entitled "Highway for Cancer Metastasis," started with his earliest inspiration: "In high school we watched single-cell organisms moving around under the microscopes, and ever since then I've been interested in cell motility." His research includes how cancer cells bind to endothelial cells and then enter the blood stream, enabling metastasis. He ended with a comical photo of the Greenspans dressed in cowboy attire

for a Halloween party, bringing the speeches full circle.

The day concluded with the presentation of more awards. Mentor of the Year Award was given to Ralph Marcucio. Lab Assistant of the year went to Caleb Tam. Students honored for research projects were post-grads Karen Lam, Wendy Yang and Jeremy Horst; grad students Joyce Sumi, Michael Le and Francis Yang; and pre-docs Shibani Rajadhyksha, Natalie LaRoche and Chelsea Wong. Finally, the Ernest Newbrun Award for Research Excellence — in honor of Dr. Ernie Newbrun, who has been with UCSF since 1965 and was there to present the award himself — was given to second-year dental student Molly Hague.

The event was followed by a reception in the gym featuring tasty desserts, many congratulatory greetings and proud faces.

"I look forward to Research Day, not only for the great boxed lunches that bring us back to our Interview Day, but also to see the interesting dental research that is being done by our peers," said third-year dental student Nicole Bartolome.

T. Booth Haley is a second-year dental student.

# Poster Presentation

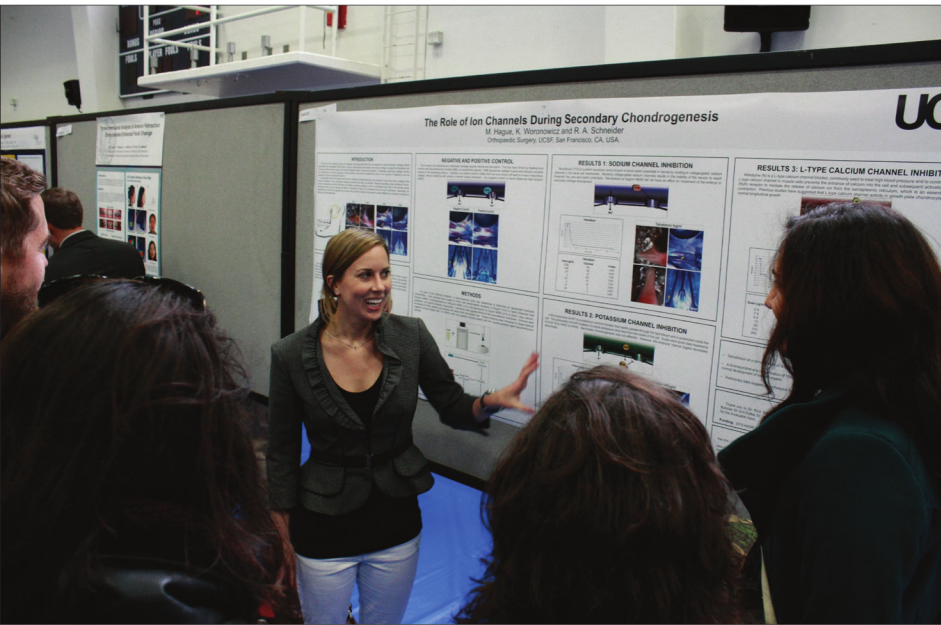
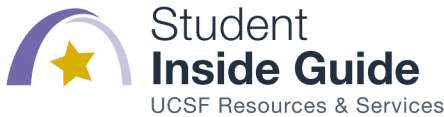


Photo by Mason Tran

The School of Dentistry's Research and Clinical Excellence Day 2012, held on Thursday, October 11, included lunch with poster presentation viewings and poster judging in Millberry Union Gym. The event was open to the entire UCSF community.



Want **free food**?  
Looking for **something to do**?  
Need a **place to study**?



There is an app for that

Download "ucsf insider"  
free from the App Store



## Depressed?

The UCSF Depression And WellNess (DAWN) Program is conducting an NIH-funded study (CHR #10-00825) examining the effects of depression on your health.

Depressed men and women ages 18 to 70 may be eligible to participate. *Must be off psychiatric medication for 6 weeks before beginning study.*

Participants are compensated \$150 for their time. For more information, please contact us:

[mood@ucsf.edu](mailto:mood@ucsf.edu)

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# PUZZLES

### The Weekly Crossword

by Margie E. Burke

**ACROSS**

1 Idaho crop

5 Express disapproval

9 Dart about

13 Hawaiian dance

14 Compass point

15 Took the train

16 Ceremonial entrance

17 Tusk material

18 Once \_\_\_\_ a time...

19 Fishing implement

20 Hereditary factor

21 Exert (power)

22 Disappear

24 Young hooter

26 Rose oil

28 Monastery superiors

32 Capture

35 To the rear

37 Medicinal herb

38 Type of piano

40 Book version

42 Russian despot

43 Toward the center

45 Antiquated

46 Counterbalance

48 Nazi leader

50 Like Eddie's "professor"

52 Proficient

56 Produce offspring

59 Adept

61 Highest point

62 "M.A.S.H." star

63 Basket willow

13

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64 Masked critter, for short

65 Close by

66 Map collection

67 One opposed

68 Identical

69 Seaweed

70 Appear

**DOWN**

1 Astute

2 Blended food

3 Stomach lesion

4 Ellroy novel "The Black \_\_\_\_"

5 Lifted and threw

6 Hematite, eg.

7 Scatter around

8 Bashful

9 Flying fox

10 Gallop slowly

11 Fox's "American \_\_\_\_"

12 Take care of

14 Stephen King story collection

21 Part of www

23 Guys-only party

25 British 4WD's

27 Memo heading

29 Hodgepodge

30 Workshop item

31 Cell phone button

32 Snack food

33 Altar end of a church

34 Unruly child

36 Crack the books

39 Forged metal items

41 Inactive

44 Shipping document

47 Good times

49 Noisy quarrel

51 Small bite

53 Biscuitlike pastry

54 Express theatrically

55 Jeans material

56 Without, to Pierre

57 Supplication

58 Original sinner

60 Jump

63 Furniture wood

# Peninsula Ballet Theatre Performs *Dracula*

### Synapse Staff Report

Before *Twilight* and before vampires kept diaries, there was Count Vladimir Dracula; the original vampire conjured by Bram Stoker. Since the publication of the novel *Dracula* in 1887, there have been sequels, plays in every language, movies, television programs and even a Broadway musical.

Now the ballet makes its California premiere at the Fox Theatre in Redwood City on Halloween weekend. Conceived, choreographed and directed by Bruce Steivel, artistic director at the Peninsula Ballet Theatre, the production features guest artists Boyana Zegarac and Milos Marijan and principal dancers from the National Serbian Ballet, where Steivel also serves as ballet director.

The ballet made its debut in 2004 to rave reviews: “Exciting and seductive,” “ballet like you have never seen before,” “pushing dance to its limits.” The story moves from Dracula’s dark coffin lair in the somber Eastern European mountains to a sunny English garden party, with an anguished Dracula uneasily transitioning between two worlds.

The original production, with haunting music from Francis Ford Coppola’s movie *Bram Stoker’s Dracula* intertwined with the joyful strains of Strauss waltzes, comes to Bay Area audiences on Oct. 26, 27 and 28. Tickets are available at [peninsulaballet.org](http://peninsulaballet.org) or by calling (650) 369-7770. UCSF students and faculty receive a 15 percent discount using the code UCSFDRAC.

### SUDOKU

Difficulty : Medium

Edited by Margie E. Burke

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		9		7				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.

(Answer appears elsewhere in this issue)

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## ST. JOHN OF GOD

Perhaps the smallest, and prettiest, Catholic church in San Francisco was built by the Lutherans. As the original Lutheran community expanded, they needed a larger complex and sold the chapel at the corner of Fifth Avenue and Irving Street to the Catholic Archdiocese of San Francisco. The proximity to the UCSF Hospital created the St. John of God parish and community, to serve those needs.

The parish is unique in that it has no geographic boundaries, attracting parishioners from San Rafael, Antioch, Larkspur, Oakland, San Mateo, Alameda, Pacifica, Daly City, Brisbane, and El Cerrito, as well as San Francisco. Pastors have come not only from traditional American backgrounds, but also from the Phillipines, Vietnam, the Middle East, and the current pastor, Rev. Methodius Kiwale, is from Tanzania.

The size of the church contributes to a safe, intimate worship experience, with the opportunity to partake in a variety of social justice activities both locally, and as a Sanctuary community, internationally. The parish motto – “All Are Welcome” – aptly describes the parish’s efforts to be an inclusive, enthusiastic and friendly community. Mass services on weekends are at 4:15 Saturday afternoon, and 9:30 and 11:30 Sunday mornings. For more information go to our website at [www.sjog.net](http://www.sjog.net).

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# FOOD

## REVIEW

# Doggone Good Sandwiches at Il Cane Rosso

By Dawn Maxey  
Food Editor

Daniel Patterson is an American chef who is considered one of the front-runners of California cuisine. He owns San Francisco’s Coi, which rates two stars in the *Michelin Guide*, and was named Best New Chef by *Food and Wine Magazine* in 1997 and Chef of the Year by *San Francisco Magazine* in 2007.

Given this impressive resume, I figured I had to try his casual Italian rotisserie, Il Cane Rosso (“the red dog” in Italian). The small café is located inside the Ferry Building and offers an a la carte menu

“The Marin Sun Farms Beef Brisket sandwich ... tasted smoky and savory and was nicely complemented by a cherry tomato mixture.”

that includes salads, sandwiches, soup, roasted chicken and various snacks and sides. All the offerings put an emphasis on local produce, such as the County Line Farm Mustard Green

Salad (\$8.50), which is composed of shaved fennel, peaches, almonds, blue cheese and balsamic vinaigrette. Also on the menu is an intriguing array of local wines, beers and other beverages, such as a honey-basil ale (\$5) and orange-cinnamon iced coffee.

Because people often refer to this place as a rotisserie, I figured I had better order something that might show off Il Cane Rosso’s roasted meats. After poring over the menu, my fellow taster and I finally settled on two sandwiches: the Marin Sun Farms Beef Brisket, with cherry tomato conserve and mustard aioli (\$9) and the Prather Ranch Slow-Cooked Pork, with sweet pepper *agrodolce* and lemon aioli (\$9).

We also ordered a pitcher of Farmers’ Market Punch, a local wine combined with market fruit and seltzer. After placing our order at the cashier, we were given a number and told to sit wherever we could find seating. This ended up being outside, which turned out to be the best option of all, considering the warm weather, beautiful view of the San Francisco Bay and prime people-watching location.

The first item to arrive was the Farmers’ Market Punch. The pitcher was filled with peaches, mint leaves and white wine, which



Photo by Dawn Maxey

The Marin Sun Farms Beef Brisket sandwich with cherry tomato conserva and mustard aioli.

looked promising but turned out to be mildly disappointing. I was expecting to taste something a bit more vibrant—this drink was a bit flat, but refreshing on a warm day nonetheless. (As a side note, the “market shot” beverage at Frances, a restaurant in the Castro, is out of this world).

Our sandwiches arrived about ten minutes later and looked fantastic. Thick slices of bread enveloped a thick pile of steaming, caramelized meat. Tucked in the middle were splashes of various accoutrements: tomatoes, peppers and bright sauces.

The Prather Ranch Slow-Cooked Pork sandwich was pretty good, but not as mind-blowing as its appearance might have suggested. The meat was tender and well-cooked but a bit lacking in flavor. For me, the best part was actually the crispy and perfectly toasted Acme bread.

On the other hand, the Marin Sun Farms Beef Brisket sandwich was much better. The meat tasted smoky and savory and was nicely complemented

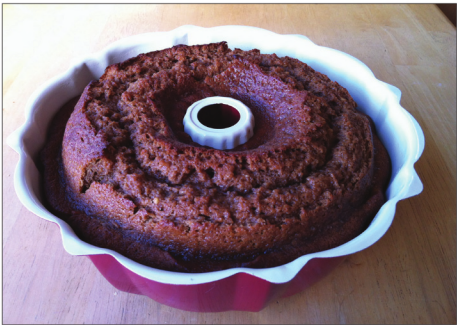
by a cherry tomato mixture. Like its sibling, the crispy bread surrounding the meat gave a satisfying flavor and crunch. Both my fellow taster and I agreed that this sandwich was the best of the three items we ordered.

On busy days, the wait time at Il Cane Rosso can stretch up to a half-hour. In those circumstances, I’m not sure I would recommend the café to anyone looking for a bite to eat, but when the crowds are minimal, it’s a nice place to sample fresh salads and savory sandwiches. For those following the 7x7 list, the Petaluma Farm Warm Egg Salad (with anchovy-garlic butter, aged provolone and local greens) is listed at No. 14—it’s rumored to be the best egg salad around. This is what I’d opt to try my next time there.

Dawn Maxey is a second-year medical student.

# Honey Cake Recipe

By Matthew Nordstrom  
Staff Writer



If you read the my previous recipe for Coconut Curry Tomato Soup, you will know that each week at my house, we choose a theme and consume different kinds of foods based on that theme. This week’s theme: Freezer Fun (Hopefully you just read that in your best Ira Glass impression). We have set ourselves to the task of eating all of those stored up frozen leftovers that we promised ourselves that we would eat one day. Even though I know the question on all of your minds has been, “what, oh what is in Matt’s freezer!?”, I will spare you the play-by-play of reheated bean stew. Instead I will share a recipe I found that officially uses the strangest ingredients to make the most wonderful of foods. I know it says cake, but instead of cake read “delicious

breakfast bread.” That’s right, eat cake for breakfast. Make this on Sunday and you will be able to rest easy knowing your saving yourself four bucks a day on pastries from the coffee shop down the street.

This is best in Bundt pan or three loaf pans but don’t sweat it if you don’t have them and just use whatever you got. Feel free to halve the recipe if three loaves of honey cake seems like a bit much. If you are making this for a party, it is super pretty with a little bit of sifted powdered sugar on top.

## Honey Cake

Adapted from Marcy Goldman’s *Treasure of Jewish Holiday Baking*

3 1/2 cups all-purpose flour

- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 4 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1 cup vegetable oil
- 1 cup honey
- 1 1/2 cups granulated sugar
- 1/2 cup brown sugar
- 3 large eggs at room temperature
- 1 teaspoon vanilla extract
- 1 cup warm coffee or strong tea
- 1/2 cup fresh orange juice
- 1/4 cup rye or whiskey (optional but highly recommended)
- 1/2 cup slivered or sliced almonds (optional)

Preheat oven to 350°F. Generously grease pan(s) with non-stick cooking spray.

In a large bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, cloves and allspice. Make a well (this just means a hole to the bottom of the bowl) in the center, and add oil, honey, white sugar, brown sugars, eggs, vanilla, coffee or tea, orange juice and rye or whiskey. (Tip:

measure your oil before the honey, then it will be easier to get the honey out.)

Using a strong wire whisk or in an electric mixer on slow speed, stir together well to make a thick, well-blended batter. Be sure that no ingredients are stuck to the bottom.

Spoon batter into prepared pan(s). Sprinkle top of cake(s) evenly with almonds, if you want them. Place cake pan(s) on a baking sheet, or two stacked together if you have them. This helps the cakes bake properly with the bottom baking faster than the cake interior and top.

Bake until cake tests done, by the fool proof method of sticking a toothpick or chopstick in it and making sure it comes out clean rather than goopy. Cooking times are as follows: Bundt cake pans will take 60 to 75 minutes; loaf cakes about 45 to 55 minutes; and sheet style cakes about 40 to 45 minutes.

Let it stand for 15 minutes before removing from pan. Nom.

Matthew Nordstrom is a first-year medical student.

# ARTS&CULTURE

## REVIEW

# Dead Time Dreams Haunted Attractions

By Yi Lu  
Staff Writer

When the LivingSocial deal offering tickets to the Dead Time Dreams Haunted Attractions in San Jose popped up in my email (which, for all the instructors who might be reading this review, I was not checking during class), I was initially skeptical. Weren’t haunted houses just short way-stations for children before they make their way into the glorious, Pixy Stix-dusted Halloween night?

As a mostly high-functioning adult enrolled in professional school, I relegated haunted houses into the memento box of my childhood, along with other relics such as braces, tricked-out yo-yos, and an appalling predilection for fast food. I remembered haunted houses to be either school hallways cordoned off with cardboard dividers adorned with papier-mâché skulls and cobwebs-from-a-can, or sad amusement park affairs staffed by bored, horned-up teenagers who cared more about flirting with each other than making any real effort to scare the intrepid kids making their way through the hay-lined paths. (Yes, I grew up in the Midwest.)

So perhaps it was the nostalgia for my Halloweens of yesteryear that motivated me to round up some of my classmates and purchase tickets to Dead Time Dreams. Their website bills the haunted house as consisting of two “immersive attractions,” called “The Meat Factory” and “The Church.” As a vegetarian, the thought of going through a meat factory was terrifying enough, so

### Dead Time Dreams Haunted House

344 Tully Rd  
San Jose, CA 95111  
DeadTimeDreams.com  
**HOURS:** Open 7 p.m. in October  
**PRICE:** \$15

## Synapse

The UCSF Student Newspaper  
synapse.ucsf.edu

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### About

*Synapse* is the UCSF student-run weekly newspaper which runs on Thursdays during the academic year and monthly during the summer. *Synapse* seeks to serve as a forum for the campus community. Articles and columns represent the views of the authors and not necessarily those of the Board of Publications or the University of California.

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Photo by Yi Lu

My advice for those still interested in checking out Dead Time Dreams? Go with a group of friends.

at least I had guaranteed scares there. Churches I mostly associated with my off-key singing and neckties, so I wasn’t too worried there either. (Unless they were going to make me match my tie to my shirt — a nightmare if I ever knew one.) If the haunted house proved lame, I knew that my classmates and I could at least laugh about the slipshod animatronic skeletons over *pho* and soft serve.

Driving up to the clearing at the intersection of Tully Road and the Capitol Expressway in San Jose on a Saturday night (interested readers, take note — we made a wrong turn following the printed address), the first thing we noticed were a collection of pitched tents, pumpkins, and four-story bouncy castles shaped like tigers and

“To add to the sheer terror of the experience, the employees aren’t content with just jumping out of a corner and scaring you once.”

goblins. Hardly the stuff of nightmares.

Perhaps the gourds and laughing children were meant to lull us into a false sense of security, because as soon as we handed the attendants our tickets and stepped into the houses, the scares (and screaming) were fast and relentless. First, the corridors are obligatorily dark, leading into rooms that are slightly better lit, but are full of all manners of unnerving scenery and props. Have you ever had to walk through a room full of huge (and hopefully fake) pigs hanging from hooks? I didn’t until that night.

Second, the employees are actually terrifying. Their costumes, makeup, and props are probably plenty convincing in the daytime, but put a bloodied, cleaver-wielding man in a room full of swinging pigs and tell me that you don’t activate your sympathetic nervous system. (Otherwise known as the “fight or flight” response, or the feeling I get every time I have to find parking in downtown San Francisco.) To add to the sheer terror of the experience, the employees aren’t content with just jumping out of a corner and scaring you once. If you listened to a voice recording of the first few minutes of me in “The Meat Factory,” you would hear me screaming. “THEY’RE FOLLOWING US. GOOD LORD WHY IS THAT BUTCHER STILL FOLLOWING US?”

As good as a time as I had, the experience did have some drawbacks that might give the reader pause. Even from the Sunset, it takes a good amount of time to get to our more-populous neighbor in the south, so I would recommend making a night of it with dinner or drinks. In addition, the experience itself is not terribly long for the listed admission price of \$15. (Yelp tells me it’s an average of 20 minutes for both attractions combined, but trust me, the adrenaline-to-minute ratio is much better than the dollar-to-minute ratio.)

My advice for those still interested in checking out Dead Time Dreams? Go with a group of friends. Though the attendants only let four people go in through the house at a time, there is strength in numbers. Also, make sure your group has the right combination of fearless leaders and shameless clingers. I would not have gotten very far without some of the brave classmates that I pushed into the front of the line. I could say the same about some of the individuals that didn’t let go of my jacket the entire way through. Finally, come up with a good excuse for why you lost your voice screaming your pants off. When my classmates ask me why I sound so hoarse on Monday, I’ll tell them I went to a Metallica tribute band concert.

Yi Lu is a first-year medical student.

FITNESS

# Running the Nike Women’s Marathon

By Geraldine Tran  
Staff Writer

The crowds of people, the challenges that lie ahead, the possibility that anything can happen may overwhelm an amateur runner as you enter your start carrel. However, once you start running, you realize that this race is ultimately about you. No one else knows the injuries, the sacrifices, the family issues that you’ve dealt with in order to be present at the starting line on race day.

The way I see it, making it to the starting in one piece is a bigger accomplishment than crossing the finish line. For me, the Nike Women’s Full Marathon (NWM) was not only an athletic win, but also an emotional achievement.

I went into this race without any expectations. My right IT band and knee have been hurting on and off since the San Francisco Marathon last summer on July 28. Just ask my roommates. I would come home after a morning run brimming with pride because I didn’t feel any pain for 16 miles. Other runs were discouraging, like the 12 miles I could hardly finish, a week before the Nike marathon.

So, I told myself that I would just try my best and see how far I got. Surprisingly, I ended up running 22 miles before my IT band flared up. At that point, I couldn’t keep pace any more, since bending my knee in a normal fashion wasn’t going to happen.

The good news was that I was only 4.2 miles from the finish line and that the Tiffany’s necklace and Nike finishers’ shirt would for sure be mine! After walking, jogging, limping and skipping to the end, I managed to finish in the top 30 percent. Although I didn’t reach my goal time, I finished a race I thought I had no chance of surviving.

Think 26.2 miles by itself is a long way? Now, imagine worrying throughout each and every mile about when your injury will manifest itself. During the first couple of miles, I felt stressed because I couldn’t predict when I would start hurting. Would it be Mile 4 or Mile 24? The possibility of having to drop out was scary too. However, I let go of fear to enjoy every pain-free mile I could get.

With this new attitude, I embraced my surroundings: the beautiful San Francisco coast, funny signs and T-shirts, and the energy all the runners exuded.



Photo courtesy of Geraldine Tran

Geraldine Tran, a first-year medical student, completed the 26.2-mile Nike Women’s Marathon in San Francisco on Saturday, October 13.

I wasn’t embarrassed to high-five crowd-members, make eye contact and cheer people on. I just wanted to make the most out of every step my body would allow.

While people-watching, I was reminded of how much love surrounds the sport of running, from the recreational to elite levels. I can tell you from my first marathon experience that having loved ones at the finish line gives you tremendous motivation. (This time, I went at the race solo but celebrated with my roomies when I got home!)

Although I love running, and am so proud of myself for keeping up with marathon training while starting medical school, I am definitely looking forward to the next chapter in my fitness life. First and foremost, I’m going to take time to heal properly. Then, I can finally do sports with side-to-side movement again, like tennis, without feeling scared of obtaining an injury that would jeopardize my marathon ambitions.


I don’t know when my next marathon will be (maybe Oakland in March), but I learned that when a runner steps to the starting line, he or she doesn’t just bring athletic abilities to the race, but the months of life, personal struggle and breakthroughs that surround training.

Geraldine Tran is a first-year medical student.

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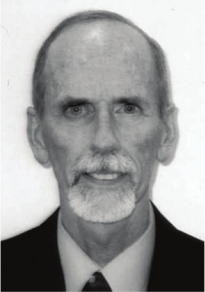
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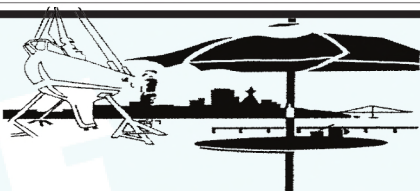
# Solutions

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