



# Synapse

## The UCSF Student Newspaper

NEWS

## Domestic Violence is a Silent Epidemic

Take it upon yourself to ask the tough question

By Sara LaHue  
Staff Writer

As a medical student, I have the privilege of asking personal questions. My short white coat somehow transforms previously inappropriate topics of conversation into an investigation for the benefit of a patient's health. Despite this, inquiring about bowel movements is still often easier than asking the patient if he or she is being abused at home. Both questions can have a profound impact on a patient's life; the latter is often gravely overlooked.

In seventh grade, my best friend came to school with cuts whittled into her arms. She had repeatedly heard her mother abused at home by men she dated. Self-mutilation helped

her manage the guilt and anger she wrestled with every day. During my junior year of high school, another classmate landed in the hospital after her boyfriend pushed her down a flight of stairs. I later learned she had been pregnant at the time.

My friends' experiences are not exceptions. According to the Centers for Disease Control's 2010 National Intimate Partner and Sexual Violence Survey (NISVS), 1 in 4 women, and 1 in 7 men, have been the victims of severe physical violence at the hands of an intimate partner.

Those who are raised within a violent home are also affected. The Adverse Childhood Experience Study (ACES) concluded that childhood trauma, experienced either directly, or indirectly by observing a parent's abuse,



**DOMESTIC VIOLENCE » PAGE 4**

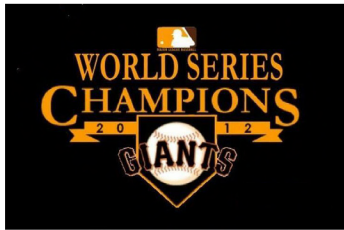
SPORTS

## Giants Win the World Series

### Giants sweep Detroit Tigers in four games

By Hujatullah Bayat  
Staff Writer

KNBR 680 was on full blast on my car tuner as I was parked outside a packed Fireside Bar, completely blocking the Muni lane. I was a full six seconds ahead of the telecast. This I know because as Posey hit his home run in the top of the sixth inning, I was yelling and honking my horn six seconds before an



outpouring of cheers and yells erupted from all Irving Street bars showing the game.

Driving down the street, you could feel the energy pulsing from the doors of bars and restaurants, but soon after they would all be silenced by Delmon Young's bottom-of-the-sixth home run.

It was that type of game, back and forth — the Giants charging and the Tigers just trying to stretch this series just one more

**WORLD SERIES » PAGE 10**

NEWS

## Onward California Rolls Through UCSF



Photo by Mason Tran

UCSF students and staff line up to receive gelato bars from the Onward California truck on Wednesday, Oct. 24.

## Campaign promotes UC goodness before Tuesday's critical vote on Proposition 30

By Yi Lu  
Staff Writer

The Onward California bus arrived on Parnassus Avenue last week, trading gelato bars for email addresses.

"We're giving out gelato bars, and each flavor represents a different campus," said Christine Andrews, tour manager with Onward California onsite at UCSF, on Wednesday, October 24. "In exchange for the gelato bar, we ask that you sign up to be contacted to be informed on how to stay connected and how to continue to support the program, because there's a lot to be done."

The tour stop, featuring 10 flavors of gelato inspired by the ten UC campuses, was part of a statewide campaign aimed at highlighting the contributions of the UC system in nearly every aspect of California life. (UCSF's designer flavor, by the way, was "Super Strawberry," inspired by University researchers who found that eating lots of fruits and vegetables is associated with a 50 percent reduction in the risk of developing pancreatic cancer.)

"The idea of the tour is just to get back in the face of Californians, UC alumni and UC students, and remind them that UC and higher education still needs support," said Andrews.

The Onward California campaign, also featured in a variety of media ads, plays out against the backdrop of significant cuts to public education in California, with the UC system losing \$750 million in state funding in the past year alone. The cuts have had a broad impact across the 10 UC campuses, affecting students, employees, programs and facilities alike, but perhaps the most visible consequence has been seen in student tuition increases. In response to the diminishing support from the state, the Regents of the University of California have steadily increased

**ONWARD CALIFORNIA » PAGE 5**



# EVENTS

## MISSION BAY EVENTS

### PLANNING FOR PARENTHOOD AND A RESEARCH CAREER

Thursday, November 1, noon-1:30 p.m., Byers Hall 212, Mission Bay  
Thinking about starting a family in the future and want some practical data and personal perspectives from fellow UCSF researchers? Come have lunch and listen to stories from a panel of grad student, postdoc, and faculty parents (men and women). Then, feel free to go back to your experiments or join a small group discussion. All UCSF community members are welcome. Sponsors: Student Services Mission Bay and Women in Life Sciences

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

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

### STUDENTS OF COLOR: MISSION BAY

Monday, November 5, 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.

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

Monday, November 5, 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! felicia.mercer@ucsf.edu

### BAGEL TUESDAYS

Tuesday, November 6, 8:30-10 a.m., Genentech Hall, 2nd Floor, Mission Bay  
Enjoy free bagels, pastries, and coffee the first Tuesday of every month! Learn about events and different promotions on campus and mingle with friends.

### MISSION BAY FARMERS' MARKET

Wednesday, November 7, 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: MISSION BAY

Wednesday, November 7, 4-5:30 p.m., 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. For weekly topics go to bit.ly/BMSwebsite

## PARNASSUS EVENTS

### SYNAPSE NEWSPAPER

Thursday, November 1, 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 your story ideas and enjoy a free lunch. For more information, email synapse@ucsf.edu.

### THE CHANCELLOR'S CONCERT SERIES

Thursday, November 1, noon-12:45 p.m., Cole Hall, Parnassus  
The Chancellor's Concert Series is a great place to take a break from classes and listen to classical music. Flautist Carmen Lemoine and pianist Keisuke Nagagoshi perform variations from Marin Marais' "Les Folies d' Espagne," Pierre Sancan's "Sonatine for Flute and Piano," and Samuel Zyman's "Sonata for Flute and Piano."

### UC STUDENT REGENT FORUM

Thursday, November 1, 5-6 p.m., Library, CL 22, Parnassus  
How will UC issues impact you? Come join a discussion with the UC Student Regents and find out how students are affected by UC decisions.

### DIA DE LOS MUERTOS

Friday, November 2, noon-2 p.m., Nursing Mezzanine, Parnassus  
*Dia de los Muertos* is a traditional Mexican holiday celebrating the life and contribution of our deceased family and friends. CHE is excited to welcome the entire UCSF community to celebrate this holiday. This cultural celebration will span the latter half of October and culminate in a *cafe con leche y pan* (coffee with sweet bread).

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### UCSF ANNUAL DOMESTIC VIOLENCE CONFERENCE

Saturday, November 3, 8:15 a.m.-5 p.m., Cole Hall, Medical Sciences Building, Parnassus  
"Preventing Family Violence: From the Cell to the Community." Learn from experts and activists, receive training on how to intervene, and hear from survivors of domestic violence in the UCSF community. Cost: \$6. Register at ucsfdomesticviolenceconference.eventbrite.com. For more information rco.ucsf.edu/index.php/spdv

### GSA MEETING: GRADUATE, NURSING & PT STUDENTS

Monday, November 5, 5:30 p.m., Library, CL 220, Parnassus  
Meet your executive board members at the monthly GSA meeting and be a part of the discussion on topics relating to student priorities. Visit the GSA website for more details and to RSVP. bit.ly/gsawebsite

### ENGAGING WITH PATIENTS WITH DISABILITIES

Tuesday, November 6, noon-1 p.m., N 217, Parnassus  
David Watts, a well-known NPR commentator, UCSF physician and writer will moderate a discussion on the physician/patient relationship and how to promote better understanding and better health outcomes with patients with disabilities. Sponsor: Chancellor's Advisory Committee on Disability Issues

### PARNASSUS FARMERS' MARKET

Wednesday, November 7, 10 a.m.-3 p.m., ACC, 400 Parnassus Ave.  
Shop the Farmers' Markets on Wednesdays to pick up locally grown produce and more.

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### NATIONAL HEALTH SERVICE CORP: CAREER OPPORTUNITIES

Wednesday, November 7, noon-1 p.m., HSW 301, Parnassus  
Interested in working with underserved populations? Representatives from the National Health Service Corp (NHSC) will discuss the loan repayment program, the student scholarship program, and career opportunities for dentists, primary care physicians, and nurse practitioners in community clinics. Lunch provided! Sponsors: Office of Career And Professional Development, Student Activity Center, Multicultural Resource Center, First Generation 2 College Initiative, Student Financial Aid

### UCSF RUN CLUB

Wednesday, November 7, 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

### CALIFORNIA ACADEMY OF SCIENCES: HARVEST NIGHTLIFE

Thursday, November 1, 6-10 p.m., Cal Academy, Golden Gate Park  
Fall is here, and it's bursting at the seams with freshly harvested squash, apples, and wine grapes. Taste your way through the bounty with seasonal samples from Earl's Organic Produce, and a wine hall featuring Coppola, Bonny Doon, Hobo Wines and other local winemakers. Tickets: \$9 online with UCSF's discount. Purchase Tickets (user name= UCSF; password= alligator) bit.ly/CalAcademyEtickets

### OFF THE GRID

Thursday, November 1, 5-9 p.m., Stanyan & Waller, Upper Haight  
Off the Grid is 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

### FRIDAY NIGHTS AT THE DE YOUNG

Friday, November 2, 6-8:45 p.m., 50 Hagiwara Tea Garden Drive, GGP  
Friday Nights at 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 and open to the public but does not include admission to the galleries.

## ANNOUNCEMENTS

### WIN A BACKPACK WITH TECH GOODIES

To celebrate the launch of its new website, *Synapse* is holding a raffle for students who subscribe to its weekly e-newsletter. Just go to synapse.ucsf.edu to subscribe. On Monday, December 3 at noon we will randomly choose a winner. The prize, provided by Golden 1 Credit Union, is a Puma backpack, along with USB computer speakers, a 2GB flash drive and other goodies. Must be a UCSF student to win.

### LION KING MUSICAL TICKETS

Discounted *Lion King* tickets for Nov. 28, 8 p.m. and Nov. 30, 8 p.m. shows at the Orpheum Theater are available at UCSFSOPmusicals.webs.com. Tickets are limited, so hurry before they've sold out! Questions? Contact Ekaterina Kurdyukova at Ekaterina.Kurdyukova@ucsf.edu.

### 2012 BAY AREA SCIENCE FESTIVAL

Created by the Bay Area's scientific, cultural and educational institutions, the Bay Area Science Festival returns with an eight-day festival through November 3. The festival provides a wide range of science and technology activities — lectures, debates, exhibitions, concerts, plays, workshops and more at locations throughout the Bay Area bit.ly/BayAreaScienceFestival

### SUPPORT HIGHER ED IN CALIFORNIA: FIND OUT MORE ABOUT PROP. 30

The outcome of Proposition 30 will affect the UC system, including UCSF students. Read up on the proposition and be ready to vote on November 6. bit.ly/Prop30Summary

### GSA OPEN POSITIONS FOR GRAD, NURSING AND PT STUDENTS

The Graduate Students' Association is looking for students to fill three co-chaired positions: External Affairs Committee, Student Affairs Committee and Student Events and Publicity Committee. If interested, please attend the election, which will be held at the next GSA meeting on November 13 at 5:30 p.m. in Millberry Union. gsa.ucsf.edu

### STUDENT INSIDE GUIDE IPHONE APP: DOWNLOAD TODAY

The UCSF Student Inside Guide iPhone App provides 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.

### UCSF INCLUSION SURVEY

Monday, November 5-Monday, November 19, Online  
Think your opinion doesn't count? Think again. Coming soon to your ucsf.edu email--- the UCSF Inclusion Survey. It will make your voice count so make your voice heard! All students, trainees, staff and faculty are encouraged to participate. Responses are strictly confidential. Win an incentive (iPad, \$50 Bear Hug and more!) campusclimate.ucop.edu



NEWS

# School of Pharmacy Hosts Career Fair



Photo by Margaret Lim

A first-year pharmacy student talking to a Walmart recruiter at the Pharmacy Career Fair.

By Margaret Lim  
Staff Writer

UCSF School of Pharmacy hosted a career fair at the Millberry Union Gym on Monday, October 29, for pharmacy students who are looking for pharmacy intern positions.

The career fair tables were filled with a range of different Bay Area employers interested in providing jobs and internships, including Walgreens, Rite Aid, CVS/Pharmacy, Kaiser and Cardinal Health. While mostly first-year pharmacy student attended the event, the career fair was open to all students in the School of Pharmacy.

The California Board of Pharmacy requires 1,500 intern hours in order for pharmacy graduates to take the California Pharmacist Jurisprudence

Exam (CPJE). UCSF pharmacy students receive at least half of these hours from the school, and the remainder of the hours is obtained on their own through outside commitments such as a job or volunteering.

First-year pharmacy student Linda Chen found the career fair uplifting and encouraging, even though the job market has been fairly tough lately.

“With the increase of pharmacy schools, it has been more difficult in obtaining a job now than it was 8 years ago,” said Chen. “However, career fairs are promising to students because it provides them with a starting point for networking and gathering information from prospective pharmacy employers.”

Margaret Lim is a third-year pharmacy student.

# NEWS BRIEFS

## SCHOOL OF NURSING

### Diabetes Minor Among First in Country Taught at UCSF School of Nursing

An epidemic is sweeping the nation and world: diabetes. Almost 26 million children and adults in the United States — and 346 million worldwide — have the disease. Another 79 million Americans are considered to have pre-diabetes.

Now, thanks to a generous \$1.5 million gift from a member of the Diabetes Center Leadership Council who has a child with diabetes, UCSF will be among the first in the country to educate and train nurses specifically to care for diabetes patients across their lifespan by establishing a new academic minor in diabetes at the UCSF School of Nursing.

“With increasing rates of obesity and an aging population, we need to train more nurses who can help patients manage the disease in a very knowledgeable way,” says UCSF’s Kit Chesla, RN, PhD, FAAN, a professor, diabetes researcher, and Shobe Endowed Chair in Ethics and Spirituality.

The Madison Clinic Peggy Huang Diabetes Nurse Fellows Program will prepare advanced practice nursing students to sit for qualification exams to become nationally board certified in advanced diabetes management (BC-ADM). As such, they will help patients manage their diabetes from both medical and behavioral perspectives.

## GLADSTONE INSTITUTE

### Scientists Collaborate to Block Toxic Protein that Plays Key Role in Lou Gehrig’s Disease

Scientists at the UCSF-affiliated Gladstone Institutes and the Stanford University School of Medicine have discovered how modifying a gene halts the toxic buildup of a protein found in nerve cells. These findings point to a potential new tactic for treating a variety of neurodegenerative conditions, including amyotrophic lateral sclerosis (ALS, or Lou Gehrig’s disease) — a fatal disease for which there is no cure.

The Gladstone and Stanford scientists began their experiments independently before realizing that combining their efforts could strengthen their results. Their discovery — which involved the work of both neuroscientists and geneticists — underscores the importance of collaborative and cross-disciplinary research when dealing with complex neurodegenerative diseases such as ALS.

ALS usually strikes between the ages of 40 and 75, ravaging the body’s motor neurons — nerve cells that control muscle movement. This causes muscle weakness, difficulty swallowing and breathing, paralysis and, ultimately, death — often just three to five years after diagnosis. At any given time, as many as 30,000 Americans are living with ALS — which afflicts physicist Stephen Hawking and which killed baseball legend Lou Gehrig.

In a paper published today online in *Nature Genetics*, researchers in the laboratories of Aaron D. Gitler, PhD, associate professor at Standord, and Gladstone senior investigators Robert V. Farese, Jr., MD and Steve Finkbeiner, MD, PhD, describe how shutting off a gene called Dbr1 in yeast cells and in neurons obtained from rats can protect both cell types from the toxic effects of TDP-43 — a protein that plays a key role in ALS.

## SCHOOL OF PHARMACY

### Shuvo Roy to Receive BayBio Pantheon Award For Artificial Kidney Project

UCSF bioengineer Shuvo Roy, PhD, has been elected to the BayBio Pantheon, a group of 52 San Francisco Bay Area life sciences leaders who have made a significant contribution to the industry, for his work toward creating the world’s firstimplantable artificial kidney.

Roy is receiving the Pantheon Rising Star award, which BayBio will present Nov. 1 at its annual Pantheon Awards ceremony in recognition of his efforts to create new technology to address end-stage renal failure, which is both an unmet medical need and a huge burden on the Medicare system. The award recognizes Roy’s efforts as “work that is too uncommon” in tackling both a medical need and cost at the same time.

Roy, an associate professor in the Department of Bioengineering and Therapeutic Sciences, a joint department in the schools of Pharmacy and Medicine, is the seventh UCSF faculty member to be elected to the BayBio Pantheon since its inception in 2004 and the first from the UCSF School of Pharmacy. Previous recipients include Bruce Alberts, PhD; J. Michael Bishop, MD; Herbert W. Boyer, PhD; Joseph DeRisi, PhD; Susan Desmond-Hellmann, MD, MPH; and William J. Rutter, PhD.



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NEWS

# UCSF Domestic Violence Conference to Offer Provider Training

By Paula Lee and Monifa Willis

What would you do? A 15-year old girl asks for a pregnancy test. It is negative, but two weeks later, the girl is treated for a severe head injury in a nearby emergency room. You had assumed that all she needed was to be educated about contraception, but could you have missed a sign?

Every year in the United States, approximately 1.3 million women and 835,000 men are physically abused by their intimate partners.

The Students for the Prevention of Domestic Violence (one of UCSF’s Registered Clubs and Organizations) will hold a one-day conference, the 12th annual Domestic Violence Conference at UCSF, to bring awareness and provide training in prevention of and intervention in intimate partner violence (IPV).

The conference, called “Preventing Family Violence: From the Cell to the Community,” will be held on November 3 in Cole Hall at the UCSF Medical Sciences Building.

This year’s keynote speaker will be Dr. Janice Humphreys, who is an Associate Professor at UCSF in the School of Nursing. She will share her groundbreaking research on telomere shortening in formerly abused women, as well as other effects of chronic stress of intimate partner violence. In addition, the event will feature a panel of experts — ranging from lawyers, public policy consultants and representatives from local domestic violence shelters — who will offer up-to-date information on the laws, resources and perspectives for those working with victims and perpetrators.

The latter half of the conference will involve separate provider training workshops to equip each of the professional schools (medicine,

**UCSF Annual Domestic Violence Conference: Preventing Family Violence: From the Cell to the Community**

**Date:** Saturday, November 3  
**Time:** 8:15 a.m. to 5 p.m. (breakfast and lunch provided)  
**Location:** Cole Hall, Medical Sciences Building, 505 Parnassus Ave.  
**Cost:** \$6.  
**Registration:** [ucsfdomesticviolenceconference.eventbrite.com](http://ucsfdomesticviolenceconference.eventbrite.com)

nursing, physical therapy, dental and pharmacy) with the most effective screening tools specific to their discipline. In addition, a radiologist will give a presentation to all disciplines about how to spot characteristic findings of child abuse on X-rays, and on what types of injuries are most indicative of abuse.

Following the provider training, there will be breakout sessions to dive deeper into issues of intimate partner violence, including teen dating violence, elder abuse, immigration and deportation, homelessness, and prison and domestic violence.

The conference will end with a survivor panel comprised of members of the UCSF community, which many past attendees have reported to be the most powerful event of the day. We have allotted time for decompression and closing for those who would like time to process the information presented during the conference. Complimentary breakfast, lunch and snacks will be offered throughout the conference.

Come learn how you can make a difference in your patients’ lives. Students can also receive one unit credit by registering for Epidemiology Course #180.08: Violence — Causes, Effects. Email the organizers at [ucsfdivconference@gmail.com](mailto:ucsfdivconference@gmail.com) with any questions.

Paula Lee and Monifa Willis are first-year master’s students in psychiatric nursing.

## Domestic Violence

» FROM HOME PAGE

can impair neurologic development and function. Domestic violence affects us all, but we are often unaware of it. Fortunately, UCSF has a tradition of passionate students coming together to draw attention to this pervasive yet silent cause of trauma by hosting the UCSF Annual Domestic Violence Conference. This unique event, to be held this Saturday, Nov. 3, is both informative and personal.

This year, participants can speak with the Executive Director of WOMAN Inc., learn how to screen for domestic violence, and attend breakout sessions on how these issues relate to teen dating, the LGBTQ community and immigration rights. Lastly, the conference offers the remarkable opportunity to learn from peers who have themselves experienced domestic violence and are willing to speak on the survivor panel.

Monifa Willis, coordinator of this year’s event, hopes that “this conference shatters the myth that domestic violence has barriers ... that persons of higher education are exempt from such struggles.”

Support your UCSF family by attending this conference, and by taking it upon yourself to discuss with your patients — or even your friends — the question that can be so difficult to ask. You might save someone’s life.

Sara La Hue is a second-year medical student. Sara is the UCSF Homeless Clinic Domestic Violence Program coordinator and was last year’s UCSF Domestic Violence Conference organizer.

# WRITE FOR Synapse

the student newspaper and website

We’re looking for **Mission Bay** and **Parnassus** student writers, photographers, designers and web producers. Already have your own blog? Share it with us.

TOP 10 REASONS TO WRITE FOR SYNAPSE

- 1. Gain valuable experience and put it on your CV
- 2. Improve your writing skills
- 3. Earn cash for published work (students only)
- 4. Get reimbursed\* for restaurant reviews (\*up to \$15)
- 5. Meet students from other schools ;-)
- 6. No experience needed
- 7. Minimal time commitment
- 8. Street cred
- 9. There’s a free lunch in it for you
- 10. Become a campus rock star!

Contact Steven Chin  
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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).

ARMY STRONG.



# Multicultural Resource Center Grand Opening



Photo courtesy of Dawn Maxey

Friends of the Multicultural Resource Center line up for food and drink at the center’s official opening on Wednesday, Oct. 24. The event included a ribbon-cutting ceremony and speeches from Director Mijiza Sanchez and Vice Chancellor Renee Navarro.

## Onward California

### » FROM HOME PAGE

the expected contribution from students, with tuitions and fees increasing from \$1,624 in 1990-91 to \$12,192 this past year.

“I think the University of California system is in desperate need of some help,” said Michael Perez, a first-year medical student standing in line for a gelato bar. “Budget cuts all around are affecting everything, and I think schools are getting the most hard hit because the government believes that it can shift the expense to students by raising tuition. Essentially they can, but I don’t think it’s necessarily fair to us students.”

Staff from the Onward California campaign working the stop at UCSF stressed that their advocacy efforts did not constitute any political position, and indeed the UC legal guidelines stipulate that, “University funds ... may not lawfully be used for campaign purposes in connection with ballot propositions.”

Funding for the Onward California campaign comes from the Edward F. Searles endowment, which pays for general UC system expenses such as fundraising that are not covered by the state. Nevertheless, the timing of the sleek

“People are just so geared up about the fact that we’re out here reminding people that UC is awesome.”

Onward California campaign serendipitously coincides with two upcoming state ballot measures that will have an enormous impact on the UC system and public education as a whole in California.

- **Proposition 30**, championed by Governor Jerry Brown, proposes a 0.25 percent increase in the state income tax and a sliding income tax surcharge for the next seven years for California’s highest earners — individuals who make more than \$250,000 annually and couples that make more than \$500,000. In return, the state would take in an estimated \$6 billion each year to fund local public safety programs, as well as establish an Education Protection Account, only to be used for funding K-12 schools and community colleges. The failure of Proposition 30 would result in “trigger cuts” from this year’s budget — \$5.35 billion from K-12 schools and community colleges and \$250 million from both the University of California and the California State University systems.
- **Proposition 38** also calls for increased taxation to pay for public education. Funded largely by civil rights attorney Molly Munger, this measure would raise income taxes for 12 years on a sliding scale for Californians making more than \$7,316 a year, and is estimated to deliver an estimated \$10 billion a year that will be divided between K-12 education, early childhood education and state debt payments. However, even if Proposition 38 passes in November, the automatic cuts built into this year’s budget would kick in, initially slashing \$5.9 billion from public education and public safety programs. If both Proposition 30 and 38 pass, the measure with the greater number of votes would supersede the other.

Tour manager Christine Andrews summed up her favorite part of the Onward California bus tour this way: “Honestly for me, it’s been talking to people — just a lot of people are really engaged with what we’re doing — and hearing people get excited, saying things like ‘I can’t wait for my daughter to go to UC Davis.’ People are just so geared up about the fact that we’re out here reminding people that UC is awesome.”

While the Onward California campaign may simply be advocating the virtues of the UC system, it must certainly hope that Californians keep in mind its message come November 6.

Li Yu is a first-year medical student.

# UCSF JOURNAL CLUB

## Recent research by UCSF scientists

By Alexandra Greer  
Science Editor

**NEUROSCIENCE: Light evokes melanopsin-dependent vocalization and neural activation associated with aversive experience in neonatal mice.** Delwig, A.; Logan, A.M.; Copenhagen, D.R.; Ahn, A.H. *PLoS One*. 7(9):e43787.

Like cats and dogs, mice are born blind — even at day 6, they have no functional cones or rods in the forming retina, and it typically takes about 10 days post-natally before the eyes can even open. Despite having apparently nonfunctional eyes, very young mice still respond negatively to light with sound and movement. In this paper, researchers characterized the neural response to light in young neonatal mice by exposing them to light and then examining patterns of activation in the brain. After exposure, the researchers saw activation in the central amygdala and the posterior thalamic group, both regions of the brain involved in pain processing. However, they did not see activation in the trigeminal nucleus caudalis, which is involved in acute mechanical pain. They conclude that the mice’s response to light was similar to a stressful and uncomfortable cue but not similar to an acutely painful cue (as in an injury).

**NEUROSCIENCE: The dual orexin/hypocretin receptor antagonist, almorexant, in the ventral tegmental area attenuates ethanol self-administration.** Srinivasan, S. *et al.* (Bartlett). *PLoS One*. 7(9):e44726.

Almorexant is a drug that binds to orexin/hypocretin receptors present on neurons and prevents calcium mobilization, thereby preventing signal transduction in the neuron and keeping it quiet. Because of this, it had been aggressively pursued by pharmaceutical companies as a potential treatment for insomnia until recently, when it was abandoned, due to unfavorable side-effects. The orexin/hypocretin system has also been implicated in the reward pathway, and researchers here wanted to determine the effects of almorexant on reward instead of sleep. To do this, they administered almorexant to rats and quantified the rate of self-administration of ethanol or sucrose. Interestingly, they found that almorexant significantly reduced ethanol and sucrose self-administration and that this activity could be localized to the intra-ventral tegmental area. The authors suggest that almorexant may be useful as a therapy for alcohol-use disorders.

**NEUROSCIENCE: Human P301L-mutant Tau expression in mouse entorhinal-hippocampal network causes Tau aggregation and presynaptic pathology but no cognitive deficits.** Harris, J.A. *et al.* (Mucke). *PLoS One*. (9):e45881.

Autopsies of patients with Alzheimer’s have revealed some standard changes in the brain that are thought to correlate with disease severity: neurofibrillary tangles that are made primarily of tau protein, and senile plaques made up of A $\beta$  peptides. These tangles and plaques remodel parts of the brain and result in disruption of the brain’s normal neuronal patterning — and it is thought that these structures therefore cause the characteristic decline in cognitive function. However, because of the difficulty in getting specimens of human brain for sampling, there is no way to prove that the tangles and plaques cause Alzheimer’s symptoms without using an appropriate animal model. Here, researchers developed a mouse model that overexpresses mutant human tau protein in a way that mimics the pathology seen in autopsies of Alzheimer’s patients. Interestingly, while they saw the typical Alzheimer-like aggregation of tau fibrils, there was no cognitive defect — meaning that in this model, tau protein accumulation alone does not lead to the cognitive decline seen in Alzheimer’s.

**NEUROSCIENCE: Arf4 determines dentate gyrus-mediated pattern separation by regulating dendritic spine development.** Jain, S. *et al.* (Huang). *PLoS One*. 7(9):e46340.

The hippocampus is the part of the brain where we store and access memories. The dentate gyrus is a part of the hippocampus that helps us distinguish between similar memories, but how it allows us to perform this task is poorly understood. In this paper, researchers describe an Arf4 knockout mouse that cannot distinguish between similar memories. In a test where the mice are placed in a slightly altered, new maze after being habituated to an old maze, these mice have difficulty realizing that they are in a new maze. In the brains of these mice, the researchers saw less dendritic spine development in the dentate gyrus — meaning that the neurons in the dentate gyrus have less capacity to respond to input from other neurons. Arf4 overexpression enhanced dendritic spine density in the dentate gyrus in both wild-type and an Alzheimer’s-like mouse model, indicating that altering expression of this gene may influence memory function.

Alexandra Greer is a fifth-year Biomedical Sciences student. For comments or paper suggestions, email Alexandra at [Alexandra.Greer@ucsf.edu](mailto:Alexandra.Greer@ucsf.edu).



OPINION

# Binders Full of Women, Or Not

## A look at bias in scientific opportunities

By Luis Estévez-Salmerón  
Contributing Writer

Unconscious bias against women persists in academic environments.

One of the recent presidential debates stirred a heated national debate about the inequalities and prejudices women face in their workplace when, on Oct. 16, Mitt Romney said that when he was a businessman, he had “binders full of women” he turned to for finding employees. However, these issues are not only prevalent in positions of leadership and public service, but also in the STEM (Science, Technology, Engineering and Mathematics) fields.

The Association for Women in Science, based on reports from the National Science Foundation, points out that women constitute approximately 50 percent of the U.S. population, but represent only 24 percent of the workforce in STEM fields. Several reasons have been proposed to explain this abysmal disparity, including lifestyle preferences, lack of interest in the STEM fields and even discrimination.

A new study published in the *Proceedings of the National Academies of Sciences* (PNAS, PMID: 22988126) sheds some light on one potential driving force for this anomaly: unconscious bias against female undergraduate students.

“The authors concluded that faculty participants are unintentionally and subtly biased against female students.”

Researchers at Yale University conducted an experiment in which 127 science faculty evaluated the application of a fictitious undergraduate student for the position of lab manager. Each professor was randomly assigned the application of one male or one female student and asked to evaluate the candidate in terms of competence and hireability. Professors were also asked how much salary they would offer the potential candidate and how many hours of mentorship they would dedicate to the student. The catch: the qualifications were identical except that half of the applications listed a female name and the other half listed a male name.

The results of this study are alarming. While female students scored higher than male students in “likeability,” they scored lower than males for competence, hireability, salary and in commitment to hours of mentorship.

“Likeability” was determined using a scale that represented the participant’s answers to the following questions:

- How much did you like the applicant?
- Would you characterize the applicant as someone you want to get to know better?
- Would the applicant fit in well with other laboratory members?

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More concerning is that this study presents evidence suggesting that female students are less likely to be hired because they are perceived to be less competent than their male counterparts. Results were independent of the faculty member’s gender, age, scientific discipline and tenure status.

The authors concluded that faculty participants are unintentionally and subtly biased against female students. They suggest that the bias stems from widespread cultural stereotypes about women’s competence in science. It is thus not hard to conceive that unequal treatment of female students by university advisors may undermine their decision to pursue a career in the STEM fields, ultimately depriving our society of some of its most promising scientists and engineers.

With manufacturing jobs moving overseas, the United States cannot ignore the importance of staying at the forefront of scientific and technological innovation to support the growth of our economy. With a projected deficit in the STEM workforce of 1 million workers in the next decade, it is critical to increase the participation of women and underrepresented minorities in the STEM fields. We simply cannot afford to lose talented scientists and engineers due to this unconscious bias.

When we overcome our own limitations and prejudices, we will become a more egalitarian, educated and fair society, where no special binders will be needed to recruit talented individuals.

Luis Estévez-Salmerón is an ISIS Postdoctoral Fellow in the Department of Pathology at UCSF and a SACNAS at UCSF Board Member.

### 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).

Students for the Prevention of Domestic Violence Presents:

## UCSF ANNUAL DOMESTIC VIOLENCE CONFERENCE



**Date:** Saturday, November 3, 2012  
**Time:** 8:15 AM TO 5 PM (**Breakfast and Lunch provided**)  
**Location:** COLE HALL, Medical Sciences Building, 505 Parnassus Ave.  
**Cost:** \$6.00\*  
Join us in learning from experts and activists, receive training on how to intervene, and hear from survivors of domestic violence in the UCSF community

**Registration:**  
<http://ucsfdomesticviolenceconference.eventbrite.com>

**For more information:**  
<http://rco.ucsf.edu/index.php/spdv>  
[ucsfdvconference@gmail.com](mailto:ucsfdvconference@gmail.com)

**UCSF students can**  
1) Receive **1 elective credit** for attending! Enroll in Epidemiology 180.08  
2) Satisfy **mandatory** domestic violence education credit for most 1<sup>st</sup>-year students.  
\*eventbrite adds a processing fee of \$1.32



# ARTS&CULTURE

## REVIEW

### The Chancellor’s Concert Series: UCSF’s best-kept secret

By Geraldine Tran  
Staff Writer

One area of adjustment for me during the start of medical school was cutting back on my indulgence in music and art. After several months of learning to paint, sing, dance, write and refining my piano playing, I had to tone down my activities significantly once medical school started. One of the reasons I had been exploring different artistic areas was to see which non-academic related activity I enjoyed the most and could use as a stress-reliever once medical school started.

During my first three weeks at UCSF, I touched a piano only once and hardly sang a note (probably a good thing for my roommates). By the time our first exam rolled around, I felt a build-up of unreleased energy. Something was definitely missing in my life.

Then, one September day, I walked past Cole Hall, UCSF’s very own Room of Requirement (see *Harry Potter*). Cole Hall also has many guises, and functions however need be, as lecture hall, theatrical stage, “emergency room,” concert hall and exam room. On that afternoon, I happened upon an installment of the Chancellor’s Concert Series, a free program that brings faculty from the San Francisco Conservatory of Music and the San Francisco Symphony right to Parnassus Heights.

A chamber ensemble consisting of a cellist, pianist and flautist was performing. The combination of seeing three people with an unabashed passion for their work, the penetrating sound of the cello, and the feeling that I had just caught the first glimpse of someone I love emerging from the crowd brought tears to my eyes.

After that performance, I thanked the performers and met the pianist, who happened to be a retired doctor. It was also very encouraging to talk to the directors of the Chancellor Concert Series, who are current physicians and musicians/music lovers here at UCSF. From then on, I was hooked. This eclectic bunch of classical music lovers and I will for sure be at the next show.

The next performance was held a day before we first-year medical students took our Prologue final, and although it was tempting to stay at home and study



Photo by Geraldine Tran

San Francisco-based pianist, Danny Glover, recently performed at the Chancellor’s Concert Series.

on that rainy day, I definitely did not want to miss a live professional performance of Chopin’s Sonata No. 3 in B minor. Again, the performance was awe-inspiring.

The lunchtime event started off with Dr. David Watts, the UCSF gastroenterologist, writer and commentator on NPR’s *All Things Considered*, reading a love poem by Kenneth Patchen. Then the pianist, Danny Glover, took the stage and not only performed the piece but educated the audience about the major themes of the music.

Sonata No. 3 in B minor is considered one of Chopin’s greatest masterpieces, because it is more contrapuntal and complex than his more popular early works. It was written within the last five years of Chopin’s life and represented a new direction for the composer. Glover gave us an overview of the piece, noting that the first movement is overflowing

with material, expressing Chopin’s great wealth of musical ideas. The second movement is short and bright, reminiscent of Mendelssohn’s music, while the third movement, the highlight of the piece, represents a great meditation, where the composer draws us into his own world. The finale is a finger-buster even for a professional.

As an encore, Mr. Glover performed *Poet*, by Serge Bortkiewicz, which has a complex score written entirely for the left hand. If I had not been there watching, I would never have believed that the performer was using only his left hand to create the beautiful and mysterious lines of the music.

The Chancellor’s Concert Series is one of UCSF’s best-kept secrets, a fantastic opportunity for students, faculty and staff alike. It always inspires me, rejuvenates my senses and provides me with the most wonderful break from study. I’m sure you will all be relieved to learn that I’m doing much better now and play the piano weekly, my non-academic/fitness/writing activity of choice. I hope you will join me at the next concerts on November 1 (piano and flute), November 15 (piano), and December 6 (string quartet) from noon to 12:45 p.m. in Cole Hall.

Geraldine Tran is a first-year medical student.

## OPINION

### Celebrating the Day of the Dead

By Oliver Ubeda  
Associate Editor

The ritual of *Dia de los Muertos* (Day of the Dead) dates back to the era of the Aztecs in Mexico. According to scholars, when the Spaniards arrived in the New World, they encountered the Aztecs performing pagan rituals, wearing skull masks and dancing to honor the goddess Mictecacihuatl, the Lady of the Dead.

The Spaniards purposefully attempted to integrate the local traditions into Catholicism, after unsuccessfully trying to eradicate the festivities. They decided to move and

shorten the monthlong celebration from August to November 1 and November 2 (All Saints’ Day and All Souls’ Day), to coincide with the Catholic holidays. The celebration remembers departed ones and has taken hold in its own way in many Meso-American cultures.

I became aware of *Dia de los Muertos* in Los Angeles more than a decade ago, through friends who were originally from Oaxaca, Mexico. They told me about the celebration and took me to a traditional Oaxacan restaurant that had an altar with a large pyramid of fruits, sugar skulls, candy, bread, candles and drinks on it.

They told me that traditionally in Oaxaca, the altars are built either on October 30, on our Halloween, or a week before November 2. The purpose behind the ritual is to invite a visit from loved ones who have passed on. The altar is meant for the departed, who may be hungry and thirsty after traveling from the other side to visit. The dead

are honored and remembered, their graves cleaned and decorated with food offerings and orange Mexican marigolds.

The living end up eating the goods, which consist of favorite dishes and drinks from those remembered. People commune with each other and tell stories of their loved ones. November 1 is *Dia de los Angelitos* (Day of the Little Angels) when children who have died are remembered. November 2 is *Dia de los Muertos* and is traditionally reserved for adults to be remembered.

Coping with the loss of loved ones is a difficult experience for anyone. Sharing grief at such times with others is a way to lighten that grief. *Dia de los Muertos* is a way to honor those who have come before us, or came to us, brought love into our lives and are now missed. It is also a way for us to share our grief with others and know that we are not alone. The ancient Aztecs

believed that death was not the end, but the beginning of a different journey.

Chicanos and Latinos in Health Education (CHE) has been hosting an altar at the Student and Activity Center at MU 108W this month and welcomes offerings. They will end the weeklong celebration with *cafe con leche y pan* in the Nursing Mezzanine November 2, from noon to 2 p.m.

San Francisco has its own Day of the Dead celebration on November 2 in the Mission District. Six local groups will build large-scale community altar installations in Garfield Park and will be joined by as many as 75 personal altars created by community members. Please bring candles (in glass containers), flowers, photos, mementos, food and/or drink to place on the altars in celebration of the lives of those now gone.

Oliver Ubeda is a third-year pharmacy student.



PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Rough guess  
5 Social rebuttal  
9 PC insert  
14 French bread?  
15 Aesop racer  
16 Take off  
17 From the top  
18 Ladder step  
19 Sci-fi show, "The \_\_\_\_\_ Limits"  
20 Childhood illness  
22 Offensive  
24 Cheer alternative  
25 Test answer, sometimes  
26 Uncommon  
28 Rose essence  
30 Chic getaway  
33 Dennis of "Law & Order"  
35 Nerve ending  
37 Telltale sign  
38 Sty dwellers  
40 Major defeat  
41 Airplane spec  
43 Like Olive Oyl  
45 Perrins' partner  
46 Ready for a nap  
48 Type of tea  
49 Turkish native  
50 \_\_\_\_\_ of Wight  
52 Go back in  
55 Part of CIA  
59 Showy display  
60 Pundit's piece  
62 Second to none  
63 Barbershop offering  
64 Arctic floater

DOWN

1 Stitched line  
2 Adjust a piano  
3 Geometric measure  
4 Violin accessory  
5 Bit of evidence  
6 Queasiness  
7 Coffee server  
8 Procreated, biblically  
9 Sense of finality

10 Common wild card  
11 Hourly charge  
12 Pizzeria appliance  
13 Nothing but  
21 Debt security  
23 Orthodontist's offering  
26 Linenlike fabric  
27 Sports stadium  
29 Group of three  
30 "JFK" director  
31 Animal shelter  
32 Like many indie films  
33 Ducks and geese

34 Aim ambitiously  
36 Store stickers  
39 Clothing collection  
42 Talk like Porky  
44 Potter's oven  
47 Chopping gadgets  
49 Jack in a deck  
51 Wetlands plant  
52 Take a breather  
53 Canyon sound  
54 Gusto  
56 Actor's quest  
57 Soon, to a poet  
58 Lascivious  
61 Fairytale legume

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SUDOKU Edited by Margie E. Burke

Difficulty : Easy

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

Infinite Inspiration: Begin With Self-Education

By Venkateswarlu Kadiveti  
Staff Writer

"Human life should be purpose-driven. The purpose is to uplift one's own self as well as society."

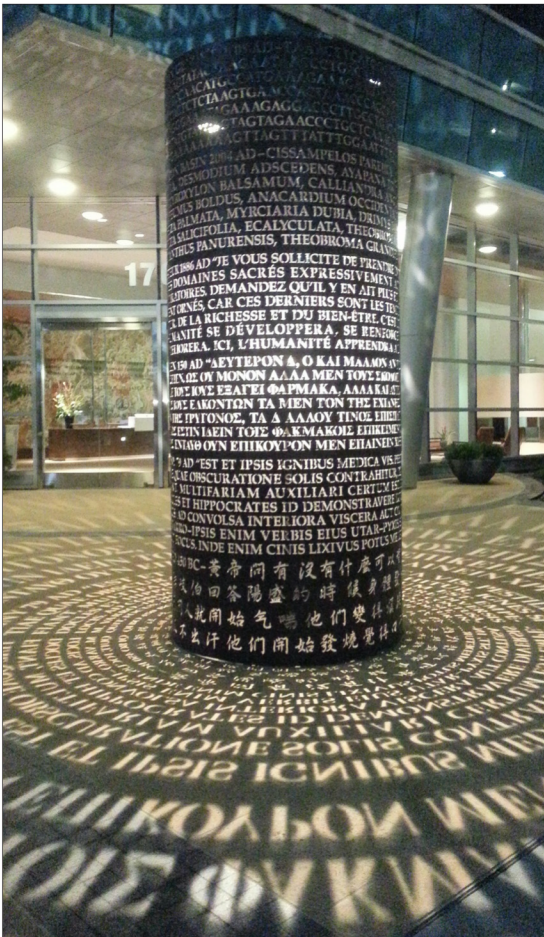
Self-education is an important prerequisite to inspiration. Inspiration without self-education may lead to confusion and destruction. In addition to formal education, we want the kind of education that can liberate us from human weaknesses and give us the courage to pursue our dreams so we can benefit ourselves as well as society. To achieve this we first have to study ourselves, so that we may direct our energies towards a purpose.

Self-education includes two components. Knowing yourself means gathering information, about your daily routine or habits, the friends you hang out with, the relationships you are in and your achievements and failures. This helps you to know where you stand today. The second component is to understand yourself. This task requires an open mind and a change of perception, and it often requires a guide. Good books and a mentor can provide this. They can help you to understand why you are here, what you need to do to become a better person, and also to recognize your purpose in life.

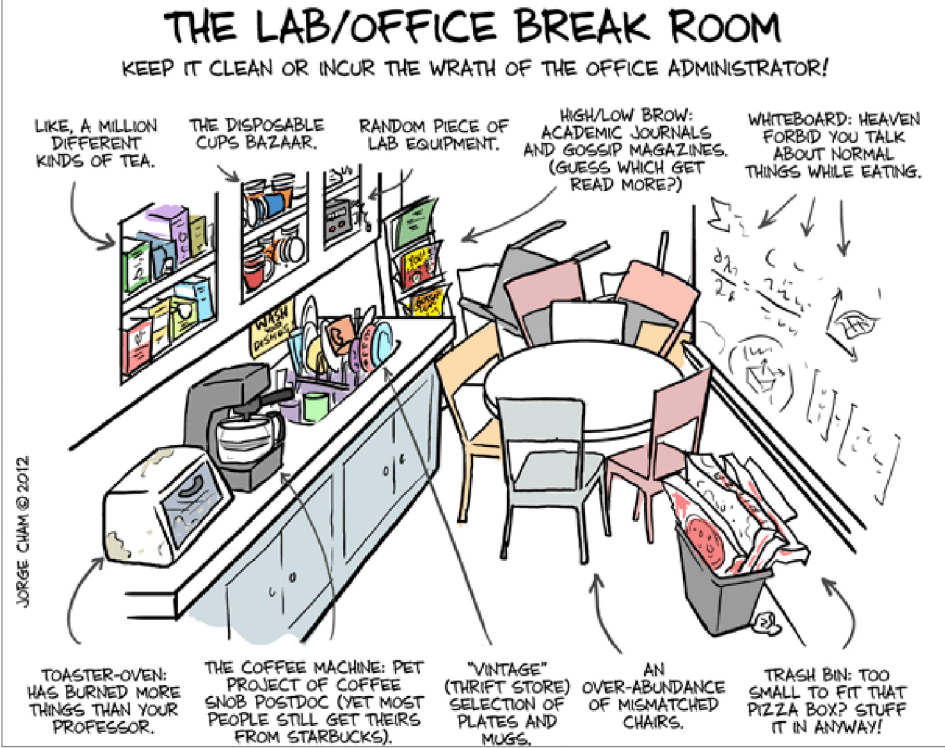
The crucial part of life is to know yourself, because 100 percent of your life consists of you and your interactions with yourself and with the world. We often neglect this important point and spend endless energy analyzing others. The real education starts with self-analysis. So if you can replace the time that you spend thinking about others analyzing yourself, I assure you your life will never be the same.

- Be a serious student in learning about this important subject called "you." Start today, start with small steps. Every day, make a habit of spending an hour with yourself working on these three things:
1. Appreciating things that you are grateful for in your life.
  2. Revising your day mentally, thinking about how you would spend the day if you were given a chance to live it again.
  3. Thinking about what good things you want to do before you leave this world that will positively impact others' lives.
- Add your own thoughts to this list if you wish. Soon you will find your purpose and enough inspiration to change your life forever.

Venkateswarlu Kadiveti is a student in the International Dentist Program.



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# FOOD

## REVIEW

# The Scoop: Mr. and Mrs. Miscellaneous

By Theresa Poulos  
Executive Editor

On an unassuming corner in the Dogpatch lies one of San Francisco’s most humbly decadent ice cream shops. Voted *SF Weekly’s* “Best Ice Cream 2012,” Mr. and Mrs. Miscellaneous no longer plays second fiddle to some of The City’s more established ice cream joints — this past weekend, we were happy to verify that it certainly gives them all a run for their money. What’s more, it’s only a stone’s throw (or, more literally, a few stops on the T Third Street) from UCSF’s Mission Bay Campus.

“I ended up with a scoop of Chocolate Chip in a homemade cone, and it was divine.”

cream cone painted upon an otherwise subdued storefront with a sign that read “Mr. and Mrs. Miscellaneous” on top. We eagerly joined an eclectic and unpretentious crowd in a line that extended out the door, all of us peeking in through the windows at the ice cream flavors on the menu for the day.

Owners Ian Flores and Annabelle Topacio are both pastry chefs turned ice cream makers, and they make all of the organic ice cream, toppings, cones and syrups in their 22nd Street shop, which opened in the spring of 2010. They serve up tried and true flavors alongside some zanier ones, the most reviewed of which is their Ballpark flavor — Anchor Steam porter ice cream with chocolate-covered pretzels and peanuts. But while the shop has a reputation for favorite flavors that include hints of beer or liqueur, none of the flavors on the always rotating menu were anything but G-rated goodness on the Saturday afternoon of our visit.

Each sample I tasted was absolutely true to its flavor. The Vanilla Bean tasted just like pure vanilla extract, the English Tea flavor was the ice cream version of a strong black cup of the same,

After easily finding a parking space and walking a few sunshiny blocks through the up-and-coming Dogpatch neighborhood, we saw a huge ice



Photo by Dawn Maxey

A Mr. and Mrs. Miscellaneous sundae: two scoops of house-made ice cream topped with thick hot fudge, whipped cream, sliced almonds and a real cherry on top.

and the Mascarpone was a frozen reincarnation of the creamily decadent cheese. Unfortunately, I wasn’t nearly as fond of the Brown Butter, as it reminded me of watching my little cousin eat sticks of butter as a child. The Pear with Apple Cider Caramel was overpowering in its cider notes — everyone in our group gave serious thought to selecting it upon reading the menu, but after tasting it, no one liked it enough to get a scoop when decision time came.

I ended up with a scoop of Chocolate Chip in a homemade cone (\$4.50), and it was divine. Although a simple flavor, it was done extraordinarily well. The dark chocolate chips were well balanced in a sweet, subtle, lusciously creamy vanilla. But what really did it for me was the cone. I consider myself a bit of a cone snob, but I must say that Mr. and Mrs. hit the nail on the head with this one. Its sweet crispiness was the perfect companion to the creamy treat it held.

Other notable extras were the whipped cream on my friends’ sundaes (\$6.50), which was light and fluffy, and complemented the sundae without overpowering it. The hot fudge was good, but a bit chewy and definitely more for the ultra-dark chocolate lovers in the audience.

We enjoyed our ice cream in the packed shop, but had to wait a bit before a lovely little antique wooden table near the window opened up. As we sat and indulged, we all agreed that our trip to the Dogpatch was well worth it. Looking out on the corner at the eager ice cream fans outside, watching Mr. and Mrs. lovingly dish out their miscellaneous flavors, all while enjoying our own, made for one of our most satisfying Scoop trips yet.

Theresa Poulos is a second-year medical student.

### Mr. and Mrs. Miscellaneous

699 22nd St.  
(between Illinois Street and Third St)  
San Francisco, CA 94107  
(415) 970-0750

**Prices:** Single (one flavor): \$3.50; double (one or two flavors): \$4.75; triple (one to three flavors): \$5.75; add a cone for \$1; sundae: \$6.50.

**Hours:** Wednesday-Saturday, 11:30 a.m.-6 p.m.; Sunday, 11:30 a.m.-5 p.m.

## REVIEW

# Movie and Dinner

## Seven Psychopaths and a meal at Thai Spice

By Akshay Govind  
Staff Writer

Because I enjoy matinee prices, discussing a movie over dinner and still getting to bed on time, I’ll review these in the order I actually did them.

*Seven Psychopaths* is a new film directed by Martin McDonagh, starring Colin Farrell, Sam Rockwell, Woody Harrelson, Tom Waits and Christopher Walken.

Marty (Farrell) is a second-rate writer and first-rate drunkard who has been working on a script for a screenplay entitled *Seven Psychopaths*. Unfortunately, his work consists of little more than a title page. His off-kilter friend Billy (Rockwell) repeatedly offers to help Marty come up with ideas for the psychopaths’ personalities, and Marty eventually agrees to let him help. Marty soon finds himself caught up in

a dog-napping operation that Billy and his older friend Hans (Walken) have set up to collect reward money, and things go south after a crazed gangster, Charlie (Harrelson), finds out the group is responsible for the disappearance of his beloved shih tzu, Bonny. While evading Charlie and his henchmen, Billy continues the search for psychopaths by placing an advertisement in the paper, to which Zachariah (Waits), a rabbit-toting killer of serial killers, responds in hopes of reconnecting with his estranged wife.

Director Martin McDonagh successfully creates and relieves tension within his own plot while simultaneously poking fun at the institutions of serial killer and gangster movies. The acting throughout is top-notch by Rockwell, Harrelson, Walken and Waits, while Farrell’s is adequate. Equally enjoyable is the running commentary the characters make on



the weaknesses of the genre (such as the lack of strong female leads or the audience’s need for a “final shootout”).

I rated this movie 7/10 overall, but I’d give it a 9 for sheer entertainment value. The characters are colorful and silly, and I believe properly present truly psychopathic reasoning. This film is a great way to spend an evening, but I doubt we’ll be talking about it as a society for decades to come.

After leaving the theater on Van Ness, I wandered half a mile north to Thai Spice restaurant. It looked inviting enough — a nice, mustard-colored building, cozy but not cramped inside, with not much of a wait. The interior was decorated with warm-colored walls, a bit of abstract art and Halloween items that were not at all at odds with the rest of the environment.

I ordered a green tea to sip on while scanning the menu. It was served to me in what looked like a potion bottle, and frankly was perfect in taste, strength and temperature. Unable to decide what to order, I asked the waiter to just bring my party a proper meal for three. He looked at me in disbelief for a moment and asked if I was serious. When I assured him I was, he asked if we had any dietary restrictions and for our desired spice level, thought quietly for a moment, smiled and assured us we’d be happy with his selections.

He returned with the first course, a seafood salad consisting of charbroiled prawns and scallops with green onions, cilantro, chili, lemongrass, mint and lemon juice, served over a bed of romaine lettuce and garnished with



# World Series

## » FROM HOME PAGE

night, trying to give their ace Justin Verlander one more chance to redeem himself. It would not happen on this night. The Giants wanted it too bad for all their fans and teammates. Every single player on our team outplayed his opponent defensively and offensively. Each pitcher threw like it was the last pitch, and every hitter stretched every at bat like it was his last.

This World Series was different from that of 2010. This team was a cohesive unit, all marching to one cadence. Bench coach Ron Wotus stood anxiously at the top of the dugout as if he was up to bat next.

The Giants were the underdogs in every game of this World Series, yet they swept their opponent in four games, something that hadn't happened in 22 years. In such dominant fashion did they win this series that the Tigers' players simply walked into the dugout after the final out and conceded without a show of emotion, as if they too knew that it was the Giants' year.

However much one anticipated this, up three games to none, you couldn't help but feel the emotion as Sergio Romo struck out Triple Crown winner Miguel

“Every win was amazing, but the last four will go down in history as epic displays of one team imposing its will over another.”

Cabrera with an 88 mph fastball, jumping into the air and pounding his chest.

The Giants needed 11 wins in the postseason to win it all, and every win was amazing, but the last four will go down in history as epic displays of one team imposing its will over another, showcasing how they made it to this point without their star closer Brian Wilson and slugger Melky Cabrera.

Game One of the series was supposed to be Justin Verlander's game, but Pablo Sandoval had other plans, becoming only the fourth player to ever hit three home runs in a single World Series game. His name will forever be listed with Babe Ruth, Reggie Jackson and Albert Pujols.

Barry Zito's pitching performance that same night was ever so fitting, because like Pablo, he did not play in 2010, due to his sub-par performance. It is not just that the Giants won, but the way that they won this year, playing championship-caliber defense and producing runs.

It was also another season for pitcher Ryan Vogelsong to show that he too belonged in the majors. Buster Posey needed this season to show that his rookie year was no fluke, and that he is the player everyone thought he was.

So in the end, San Francisco got a championship, but for the Giants, this meant much more. Perhaps this is the start of a dynasty. The Giants showed that, once again, it isn't about the team with the highest payroll or about the media darling; it is about who goes out and plays every single out like it is the last one.

Hujatullah Bayat is a third-year dental student.

# 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.

## Submissions

Announcements and letters should be submitted six days before publication. All submissions can be either emailed or mailed. All material is subject to editing. Letters to the Editor must be signed by the author.

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# Thai Spice

## » FROM PAGE 9

shredded carrots and an orchid. The balance of flavors was beautiful, with a hint of sweetness finishing off a clean and aromatic palate.

The main course was a yellow pumpkin curry with chicken. The most striking thing about this dish was the quality of the meat itself. Rather than just small pieces swimming in a sauce, there was a perfectly cooked section of chicken dressed in a bath of coconut milk, potatoes, yellow curry paste and tender Asian pumpkins. My constructive criticism for this dish would be to include a few more pieces of pumpkin, prepared exactly as they were. Along with the curry, we had sautéed Japanese eggplant and green bean, subtly enhanced with prawns, garlic, chili and basil, but keeping the focus on the vegetables.

The bill for three was under \$50, and every bite, sip and interaction was enjoyable. The wait staff was prompt in refilling water, and our waiter seemed to take pride in providing our table with a snapshot of what his restaurant had to offer. We were too full for dessert that night, but we'll definitely go back another time and try either the sweet sticky rice with mango or the fried banana with honey and ice cream.

Akshay Govind is a second-year medical student.

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UCSF makes every effort to accommodate individuals with disabilities. If you require disability accommodations to attend this event, please contact [neera.jain@ucsf.edu](mailto:neera.jain@ucsf.edu) or 415/476-4318 by October 30th. This venue is wheelchair accessible.

**David Watts, MD**

David Watts is a gastroenterologist at the UCSF School of Medicine, a poet, a classically trained musician, a television producer/host and occasional NPR commentator. He has been selected as one of America's Best Doctors by three separate organizations, has invented the Third Eye Retroscope manufactured by Avantis Medical Equipment Company of Sunnyvale, California, and has organized and leads a summer writing workshop, The Healing Art of Writing, for those committed to the subject of illness and healing.



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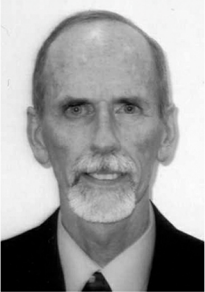
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