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# Synapse

The UCSF Student Newspaper

Hidden Gems of the Bay Area



Photo by Dawn Maxey, MS2

One of the stunning views from the seldom-visited Ina Coolbrith Park. Those who brave the climb up many stairs are rewarded with a serene atmosphere and gorgeous views over North Beach and the City's skyline.

OPINION

## The Healer's Art: Honoring Life and Death in Medicine

By Chloe Le Marchand  
Contributing Writer

As a new first-year medical student, I was still learning to take medical histories in the hospital when I had my first conversation with a patient about death.

Mrs. L. was a woman in her 80s who had been on dialysis for seven years due to kidney failure. Mrs. L. was lying in bed, her arm hooked up to a dialysis machine. Over the noise from machines in the room, I had to shout to be heard. "How are you feeling today, Mrs. L.?"

"I am going to go home soon so I can die," she replied frankly.

Panic set in; I wasn't sure how to proceed. No one in my first few months had told me what to do if a patient said they were ready to die.

I awkwardly continued, "Oh, you are getting to go home soon ... so you must be feeling better." I continued my interview, asking why she had come to the hospital and how her stay had been. Every few minutes, Mrs. L. would bring up how tired she was, or mention how she was looking forward to passing away. I would nod and move forward with my interview.

Confused thoughts ran through my head: *Is my patient suicidal?* We hadn't had our psychology block yet, so I was unsure. I had heard that many elderly patients were depressed. *Should I tell my preceptor? What should I say, what should I do?* I felt really sad and scared every time Mrs. L. brought up the subject of death.

As we moved away from medical topics to her job and her retirement, the conversation flowed more easily. Mrs. L. told me about her career and her amazing life, in which she broke gender barriers and worked a man's job both in World War II and in her career as an academic. She told me about what she was doing now in the community and all about her friends. It was clear to me that Mrs. L.

THE HEALER'S ART » PAGE 3

NEWS

## Passing the Scalpel Event Inspires a New Generation of Surgeons

By Brian Lee  
Contributing Writer

If you have ever been a spectator in an operating-room procedure, you know that most likely you will be squeezed into the corner with your arms tucked in, trying not to touch anything, doing your best not get in anyone's way, standing on your tiptoes trying to see an inch-long incision and wishing you had created X-ray goggles to see through people blocking your view.

The inaugural evening of Passing the Scalpel ([passingthescalpel.com](http://passingthescalpel.com)), a student-created initiative by two second-year dental students, Allen Huang and Brian Lee, proved to be a very different experience. The event provided a relaxed educational environment where the spectators could get up close to the surgeries, ask questions and learn from experienced surgeons, and get to know faculty and residents on a personal level.

Last Thursday, after a brief dinner and an overview of the surgeries to be performed, over 50 dental students

scrubbed into the new medical anatomy lab to witness procedures that most students never knew existed. In the presence of UCSF oral and maxillofacial surgery faculty members Dr. Brian Bast and Dr. Janice Lee, chief residents Dr. Stanley Liu and Dr. Chirag Patel performed breathtaking procedures on a fresh unfixed cadaver head. Using real surgical equipment donated by Synthes, they replicated the operating-room environment as closely as possible.

Imagine for the first time seeing half of a scalp peeled off a skull to do a temporomandibular joint (TMJ) procedure, or seeing the maxilla entirely mobile, after it has been sawed from the face for a bi-jaw advancement. As they witnessed five different procedures, ranging from fractures to face-lifts, students got a real sense of what six years of oral and maxillofacial residency training can accomplish.

The positive response to the event was overwhelming.

A first-year dental student, with newly inspired fervor for oral and

PASSING THE SCALPEL » PAGE 3



Photo by Allen Huang, D2

Dr. Stanley Liu and Dr. Chirag Patel, UCSF Oral and Maxillofacial Surgery chief residents, explain the details of the surgical procedures on an unfixed cadaver specimen.

# EVENTS

## MISSION BAY EVENTS

### CHOOSING A THESIS LAB: A PANEL DISCUSSION

Thursday, Dec. 6, noon-1:30 p.m., Genentech Hall, N 114, Mission Bay  
Come hear from the 2012 outstanding faculty mentorship award winner Sarah J. Nelson, PhD, and several senior students from various labs, programs and backgrounds about what to consider when choosing your thesis lab. While you are at it, enjoy a free lunch. Sponsors: Student Services at Mission Bay.

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, Dec. 7, 1:30-2 p.m., Byers Hall, 212, Mission Bay  
The Muslim Community at UCSF holds regular Friday prayer services (*Jum'ah*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

### STUDENTS OF COLOR: MISSION BAY

Monday, Dec. 10, noon-1 p.m., RSVP for location details  
Student Health and Counseling Services' (SHCS) 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.

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

Monday, Dec. 10, 5:30 p.m., Byers Hall, 215, Mission Bay  
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. <http://bit.ly/gsawebsite>

### MISSION BAY FARMERS' MARKET

Wednesday, Dec. 12, 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, Dec. 12, 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. The seminars are open to the entire community. For weekly topics, go to [bit.ly/BMSwebsite](http://bit.ly/BMSwebsite)

## PARNASSUS EVENTS

### THE CHANCELLOR'S CONCERT SERIES: STUDENT SPECIAL

Thursday, Dec. 6, noon-12:45 p.m., Cole Hall, Parnassus  
Don't miss the last Chancellor's Concert of the fall season, featuring violinists Melissa Kleinbart and Dan Carlson, violist Joy Fellows and cellist Tanya Tomkins performing Beethoven's String Quartet Op.

18, No. 5. Free food and giveaways from the San Francisco Symphony for UCSF students only. Come early. Sponsors: CLS Arts & Events and SAC.

### SYNAPSE NEWSPAPER

Thursday, Dec. 6, 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](mailto:synapse@ucsf.edu).

### CREATING LIFT: CHARTING UNDERREPRESENTED MINORITY STUDENT INTEGRATION INTO THE SCIENTIFIC COMMUNITY

Thursday, Dec. 6, 4-5 p.m., N 517, Parnassus  
CCFL and the Office of Diversity and Outreach invite all students to attend a lecture on mentoring by Mica Estrada, PhD. Dr. Estrada is currently a Research Scientist at California State University, San Marcos, and focuses on social influence, including the study of identity, forgiveness, intergroup relations and integrative education.

### LIVING WELL AT UCSF LECTURE: COGNITIVE TECHNIQUES VS. PHYSICAL STRATEGIES FOR COPING WITH STRESS

Friday, Dec. 7, noon-1 p.m., S 214, Parnassus  
This interactive lunch-hour presentation will teach you different techniques and strategies for coping with stress. This will not be your typical lecture. Prepare to have fun and take away some useful strategies all at the same time. Registration: [surveygizmo.com/s3/1087967/coping-with-stress-5-7-12](http://surveygizmo.com/s3/1087967/coping-with-stress-5-7-12)

### MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

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

### JOHN EISENBERG LEGACY LECTURE

Friday, Dec. 7, 3:30-4:45 p.m., HSW 303, Parnassus  
Carolyn Clancy, MD, is this year's John Eisenberg Legacy Lecturer, and her talk will address health care quality and access. Dr. Clancy is director of the federal Agency for Healthcare Research and Quality (AHRQ). Reception immediately following.

### MUSIC IS GOOD MEDICINE HOLIDAY CONCERT

Friday, Dec. 7, 5-7 p.m., Cole Hall, Parnassus  
The UCSF community is invited to the second annual Music Is Good Medicine Holiday Concert. Music is Good Medicine is an initiative of Spiritual Care Services, which brings musically talented volunteers accompanied by professionally trained chaplains to perform at the bedside for patients and their loved ones at UCSF

Medical Center and Benioff Children's Hospital.

### PARNASSUS FARMERS' MARKET

Wednesday, Dec. 12, 10 a.m.-3 p.m., ACC, 400 Parnassus Ave.  
Shop the Farmers' Markets on Wednesdays to pick up locally grown produce and more.

### BENT: PARNASSUS

Wednesday, Dec. 12, noon-1 p.m., RSVP for location details  
Are you an LGBTQQI student? BENT is a social/discussion group where LGBTQQI students can 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)

### BMS SEMINAR SERIES: PARNASSUS

Wednesday, Dec. 12, 4-5:30 p.m., N225, Parnassus  
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. Open to the entire community. For weekly topics, go to [bit.ly/BMSwebsite](http://bit.ly/BMSwebsite)

### SONGS FOR THE SEASON

Wednesday, Dec. 12, noon-1 p.m., Cole Hall, Parnassus  
Join Campus Life Services Arts & Events for its annual holiday concert, featuring the San Francisco Opera Guild Singers. A treat not to be missed! Complimentary eggnog, hot cider and cookies will be served. First come, first served.

### STUDENTS OF COLOR: PARNASSUS

Wednesday, Dec. 12, 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).

### UCSF RUN CLUB

Wednesday, Dec. 12, 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 9-11 minutes per mile.

## OFF-CAMPUS EVENTS

### UCSF SPORTS BASEMENT SHOPPING SPREE

Thursday, Dec. 6, 5-9 p.m., Potrero Hill, 1590 Bryant St., SF  
Save 15% on all purchases with your UCSF student ID. Enjoy free snacks, beer, wine and more while you shop, with a chance to win a \$100 Sports Basement gift certificate with every \$100 spent. Please RSVP by Dec. 5: <https://www.surveymonkey.com/s/UCSFSB>.

### OFF THE GRID

Thursday, Dec. 6, 5-9 p.m., Stanyan and 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: FREE ADMISSION DAY

Sunday, Dec. 9, 10 a.m.-2 p.m., Cal Academy, Golden Gate Park  
The California Academy of Sciences, the world-class scientific and cultural institution in Golden Gate Park, is a

400,000 square foot structure that houses an aquarium, a planetarium, a natural history museum and a four-story rainforest all under one roof. Admission to the Academy is on a first-come, first-served basis, and early arrival is recommended due to the likelihood of high demand.

### BIKE THEFT WORKSHOP

Monday, Dec. 10, 6 p.m., Google SF, 345 Spear St., SF  
Learn how to prevent bike theft with sessions on locking techniques and tips, garage security and a discussion on how community and technology can defeat bike theft. Sponsors: SFPD, SF Bicycle Coalition, Sports Basement, Google+

## ANNOUNCEMENTS

### PARNASSUS LIBRARY OPEN UNTIL MIDNIGHT DURING FINALS

The Parnassus Library will have extended hours once again during the December finals period. The library will be open until midnight Sundays through Thursdays from Dec. 2 -19.

### ONE WARM COAT

Donate a clean, gently worn coat by putting it in the donation box at either the Parnassus or Mission Bay Fitness Center by Dec. 10. The St. Anthony's Foundation will pick up donated coats and distribute them to those in need.

### INTERPROFESSIONAL PHOTO CONTEST

Friday, Jan. 11, noon, online submission deadline  
Submit up to two of your favorite photos and see if one is selected to be displayed at this year's Interprofessional Photo Exhibit. Photos that are picked for the show will have a chance to win one of the top three giveaways. Submissions are due by Friday, Jan. 11 at noon. Sponsors: PIC & PAF submit at <https://sac.ucsf.edu/photo>

### SAN FRANCISCO FOOD BANK DRIVE

Through Dec. 10, you may drop off nonperishable food items in the collection bins located in the Fitness Center lobbies at Parnassus and Mission Bay. Help us feed the community. Most needed items are: soup, chili, baked beans, canned veggies, tuna, canned meat, cereal, peanut butter and granola bars. No glass or perishable items, please!

### 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.

### UCSF LIVINGGREEN PAID INTERNSHIP

LivingGreen at UCSF is seeking UCSF students and postdocs interested in working on sustainability efforts across the campuses. This paid internship offers flexible work hours and a chance to be a part of a team supporting UCSF's Office of Sustainability and related initiatives under its LivingGreen banner. To apply, please send a resume and cover letter to the team at [LivingGreen@ucsf.edu](mailto:LivingGreen@ucsf.edu) by Dec. 14. [livinggreenucsf.tumblr.com/](http://livinggreenucsf.tumblr.com/)

### UCSF INCLUSION SURVEY: DEADLINE EXTENDED

The UCSF Inclusion Survey has extended its deadline. We encourage you to take this opportunity to tell us what's on your mind and help make UCSF a more inclusive learning environment. All responses will be strictly confidential. Visit [campusclimate.ucop.edu](http://campusclimate.ucop.edu)

# The Healer’s Art

» FROM HOME PAGE

had lived a full life, and I was touched to have heard her story.

Toward the end of our long conversation, she brought up once again that she was ready to die. I worked up the courage to ask why she felt that way. She responded that dialysis was expensive; she was contributing to the Medicare debt; she felt tired and was simply just ready to move on. We ended our interview, and I thanked her for her time.

After the interview, I spoke with my preceptor about Mrs. L’s decision to die and what I could have said in response, but there was little time for deeper discussion, so I left, craving more guidance. Some of my first-year colleagues I talked to did not know what to do or say either. We were here to help people to live. Where were the classes on how to talk with people who wanted to die?

I found my answer shortly after winter break, when I started seeing posters for an elective entitled *The Healer’s Art*. This provided a forum and a structure to explore who I am as a healer, what I can bring of myself to the healing relationship and how I can best be of service to others. The small group format provided a safe space where I could share my own experiences and learn from what my colleagues had to tell me. I was able to learn more about my innate healing abilities and how listening generously to others is one of the most important aspects of healing. I also learned that dealing with my own grief and loss is the first step to accepting the suffering of others. The course came at a time when I was

feeling the most burned out from my first year, ready to throw in the towel.

All I wanted from medical school was to learn how to become a healer. Medical school was not at all what I thought being a doctor would be like; it seemed to me to be full of objective science, without an equal focus on compassion and healing. But in *The Healer’s Art*, I was able to connect with my classmates in a new way and saw that they too were struggling with the issues they were encountering.

The Healer’s Art has been taught every year at UCSF since 1991. At noon on January 7, Dr. Rachel Remen, the director of the course, will give the annual introductory noon lecture entitled *The Art of Medicine: Remembering That Who You Are Is as Important as What You Know*. This talk, to be held in N 225, is open to everyone on campus and is an opportunity to learn more about the healer’s art. The elective is for medical students only, and will take place on five Wednesday evenings during winter quarter.

Each session begins with a discussion and reflection on the evening’s topic, followed by a small group discussion. The small groups stay together throughout the course and include faculty who are there to learn alongside students.

Visit [synapse.ucsf.edu](http://synapse.ucsf.edu) for session details or email [chloe.lemarchand@ucsf.edu](mailto:chloe.lemarchand@ucsf.edu).

Chloe Le Marchand is a second-year medical student. Shannon Satterwhite contributed to this story. She is a first-year medical student.

# Passing the Scalpel

» FROM HOME PAGE

maxillofacial surgery, called it “the coolest thing I have been a part of since joining UCSF.”

The atmosphere was “buzzing with excitement ... all the surgeries were truly amazing to witness,” said Neek LaMantia, also a first-year dental student, who added that she felt really fortunate to have “such an amazing opportunity.”

A “truly a once-in-a-lifetime experience,” was the verdict of one international dental student, echoing the sentiments of many who were able to attend.

This event is a great example of how a UCSF student’s idea can

be made into reality with support from the UCSF community. Even in budget-crunched times, various UCSF departments including the School of Dentistry’s Dean’s Office, the Office of the Chancellor, the Office of Career and Professional Development and the Chancellor’s Endowment Fund were able to fund everything necessary for the inaugural “Passing of the Scalpel” event. Through the careful planning and organizational help from Dr. Michael McMaster, the event was brought to a whole new level of jaw dropping — no pun intended — awesomeness.

Brian Lee is a second-year dental student.

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# NEWS BRIEFS

## UCSF SCHOOL OF MEDICINE Study Sheds Light on Early Stages of Pancreatic Cancer

A diagnosis of pancreatic cancer is particularly devastating, since the prognosis for recovery is usually poor, as the cancer is most often not detected until its later stages.

Research led by scientists at the University of California San Diego and UCSF Schools of Medicine examined the tumor-initiating events leading to pancreatic cancer (also called pancreatic ductal adenocarcinoma, or PDA) in mice. Their work, published online on November 29 in the journal *Cancer Cell*, may help in the search for earlier detection methods and treatments.

“Previously, it was believed that this cancer arises from the epithelial cells in pancreatic ducts,” said Maike Sander, MD, professor of pediatrics and cellular and molecular medicine and director of UC San Diego’s Pediatric Diabetes Research Center, and the co-principal investigator of the study with Matthias Hebrok, PhD, director of the UCSF Diabetes Center. “But in this study, we show that ducts have almost no response to oncogenic mutations — mutations that give rise to cancerous tumors.”

The study revealed that another pancreatic cell type, called the acinar cell, converts into a duct-like cell that initiates tumors. The researchers also showed that inflammation of the pancreas, which is a significant risk factor for pancreatic cancer, promotes the conversion of acinar cells into duct-like precursors of tumors.

## UCSF BENIOFF CHILDREN’S HOSPITAL Children’s Hospital Oakland, UCSF Move Toward Affiliation

Children’s Hospital Oakland and UC San Francisco Benioff Children’s Hospital moved a step closer to an affiliation this week with the signing of a letter of intent to seek “possible joint operations,” according to a message from UCSF Medical Center administrators on November 28.

Key objectives of the arrangement include:

- Maintaining commitments to provide the highest quality of care to newborns, children and young adults throughout Northern California, including the most vulnerable patient populations.
- Creating the leading clinical care and academic program for pediatric health care in the United States, with national recognition both as children’s hospitals and pediatric training programs for residents and sub-specialists.
- Combining research activities to achieve top ranking in National Institutes of Health pediatric research funding nationally.
- Providing leadership in adopting, measuring and publishing quality and patient safety best practice indicators related to pediatric care.
- Attracting and retaining outstanding faculty and physician specialists.

The move could help improve the financial performance of both institutions, making equipment purchases and upgrades easier, the letter said.

The letter to employees was signed by Dr. Bertram Lubin, president and CEO of Children’s Hospital Oakland; Mark Laret, CEO of Benioff; and Sam Hawgood, dean of the UC San Francisco School of Medicine.

As a stand-alone institution, Children’s Hospital Oakland has struggled financially in recent years, in part because it has lacked the resources available to hospitals that are part of large health systems. The transaction will need to be approved both by the Regents of the University of California and the Children’s Hospital Oakland Board of Directors, with agreements expected to be finalized by the summer of 2013.

## UCSF MEDICAL CENTER Two UCSF Faculty Named to State Committee Listing Toxic Chemicals

California Governor Jerry Brown has appointed two UCSF faculty members to a state committee that identifies chemicals known to cause reproductive toxicity.

Laurence Baskin, MD, chief of pediatric urology at UCSF, and Tracey Woodruff, PhD, MPH, director of UCSF’s Program on Reproductive Health and the Environment (PRHE), were named on November 20 to the Developmental and Reproductive Toxicant Identification Committee.

The independent committee, which operates within the California Office of Environmental Health Hazard Assessment, was formed under Proposition 65, a 1986 law aimed at protecting the state’s drinking water sources from harmful chemicals.

Under the law, the governor is required to publish annually a list of chemicals known to cause cancer, birth defects or other reproductive harm. The Developmental and Reproductive Toxicant Identification Committee, along with the Carcinogen Identification Committee, is comprised of scientists and health professionals who decide which chemicals are added to the list.

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SPORTS

# Everyone Loves a New Quarterback Until ...

By Hujatullah Bayat  
Staff Writer

With a record of 8-2-1 and a commanding lead in their division, one would think it would be smooth sailing towards the playoffs for the 49ers, with none of the drama that surrounds other teams at this time of year. Then a little less than half way through the season, starting quarterback Alex Smith — working under a new three-year contract — suffered a concussion and lost his starting job.

Whatever happened to the old unspoken rule of not losing your starting job due to an injury? Colin Kaepernick happened. He has more than just filled in for Smith, he has outright outperformed him. People ask, how are Jim Harbaugh and his staff going to sit a quarterback who has a 70 percent completion rate? The Niners are just simply harder to defend with Kaepernick, the playbook is vast, and people forget that it was Kaepernick who threw balls clocking in near 60 mph at the 2010 combine.

Through two games, the team looks better, and the receiving core looks more alert and impressive. The running game seems a bit more relaxed, even though Kendall Hunter will be out for the rest of the year due to

a torn Achilles tendon. The Niners are not having as many three-down drives, and they are keeping their offense on the field more and giving the defense a rest.

However, everyone loves the new quarterback until he makes a game-losing mistake, and you could say Kaepernick did just that last Sunday. The blown safety call and botched option-pitch were not all his fault, but those were just two plays that added to Sunday's loss. David Akers could have made the 51-yard field goal, but Delaine Walker also could have caught Kaepernick's perfect pass in the end zone to win it.

While this isn't the end of the world, it does make everyone scratch their head just a little, wondering if the 49ers would have won this week had Smith started. Before, there was a controversy; now, what is it?

Harbaugh announced after the game that Kaepernick would start again next week, so he has another week to lock up that starting spot. The truth is that this 49er team is so special and so talented that it should not be losing to its division rivals over bad calls and bad play execution. If these mistakes continue to occur, then we may see Alex Smith back behind the center.

Hujatullah Bayat is a third-year dental student.

# UCSF JOURNAL CLUB

## Recent research by UCSF scientists

By Alexandra Greer  
Science Editor

**CELL BIOLOGY: Mitochondrial network size scaling in budding yeast.** Rafelski, S.M. et al. (Marshall). *Science*. 338(6108):822-4.

A small cell needs less energy production than a large cell of the same type, which means that there are fewer and smaller mitochondria in small cells as compared to large cells. When cells divide, they divide their mitochondria evenly among the two daughter cells; the mitochondria then grow with the growing cells. How do cells that divide asymmetrically regulate their mitochondria? In this paper, researchers used advanced microscopy to follow budding yeast through multiple generations and measured both cell volume and mitochondrial size. They found that while buds (the smaller daughter cell) rapidly gain mitochondria as they increase in volume, the mothers (the larger daughter cell) tend to lose mitochondria in proportion to their size, suggesting that buds accumulate mitochondria at the expense of the mother cell. Despite this, both bud and mother attain similar ratios of mitochondrial size to cell volume by the time of division.

**IMMUNOLOGY: Splenic red pulp macrophages produce type I interferons as early sentinels of malaria infection but are dispensable for control.** Kim, C.C. et al. (Derisi). *PLoS One*. 7(10):e48126.

Type I interferons are proteins secreted by immune cells upon activation by pathogens or pathogen-derived molecules and initiate antiviral and anti-tumor responses. Therefore, they are considered the first line of defense against viral infection. Interestingly, it has been reported that type I interferons are produced in response to malarial infection — and malaria is not a virus, but a parasite. Here, researchers sought to clarify which cells might be producing interferon in response to malaria infection and how the interferon might fight infection. By looking at the spleens of malaria-infected mice, the researchers found that both plasmacytoid dendritic cells and splenic red pulp macrophages produced large quantities of interferon. Furthermore, they used a mouse deficient in splenic red pulp macrophages to show that they are dispensable for controlling malarial infection, as other researchers have similarly found with plasmacytoid dendritic cells.

**MICROBIOLOGY: Therapeutic helminth infection of macaques with idiopathic chronic diarrhea alters the inflammatory signature and mucosal microbiota of the colon.** Broadhurst, M.J. et al. (Loke). *PLoS Pathogens*. 8(11):e1003000.

The hygiene hypothesis states that allergies arise from an environment that is too clean: without pathogens to keep our immune system occupied, it will respond instead to harmless environmental antigens and cause conditions like asthma, eczema and colitis. You might guess that according to this hypothesis, animals housed in ultra-clean environments (such as those found in animal facilities) may also develop symptoms of allergic disease. In fact, in one example, macaques housed in captivity often suffer from idiopathic chronic diarrhea (ICD), which strongly resembles ulcerative colitis. Here, researchers describe a new treatment for ICD in which the macaque is intentionally infected with a parasite. Infection with the parasite dramatically decreased symptoms of ICD, as a result of a change in the T-cells of the gut, decreased bacterial adherence to the gut mucosa and a change in the types of bacteria present in the gut.

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).

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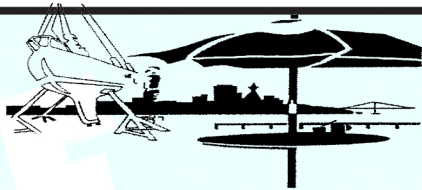


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## The RAMP



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# FOOD

## REVIEW

# The Scoop: Tucker’s Ice Cream — How Creamy Is Too Creamy?

By Theresa Poulos  
Executive Editor

By a brilliant stroke of luck, your two Scoop writers were placed together in Alameda for pediatric preceptorships this quarter. We arrived a bit early on our first afternoon and decided to stroll down Park Street, the central hub of Alameda’s historic business district. As we walked by all of the cute storefronts and restaurants, I was startled to a halt when Dawn Maxey gasped, thrust her arm in front of me, and pointed to the window at my left. My gaze followed her finger into Tucker’s Super Creamed Ice Cream, and immediately I knew that our next review for The Scoop would be of an ice cream parlor located outside of San Francisco’s city limits.

Tucker’s has been an Alameda institution for over 70 years, first opening its doors on June 3, 1941. It has a very different feel from the ice cream shops we’ve patronized in The City. Multiple rooms and a patio filled with tables make it a great place for large groups to come indulge their sweet teeth, and seasonal window displays give the place a homey touch. The ice cream itself is old-fashioned and full-flavored, and the words “creamy” and “fluffy” will melt from your mouth while a sugary drip does the same down the side of your cone.

With 30 flavors on the standard menu, plus an enormous variety of rotating seasonal flavors, I hardly knew where to begin my flavor sampling expedition. But since I’m a sucker for sprinkles, I had to start with a sampling of the Birthday Cake flavor.

It tasted like frosting mashed up with Funfetti birthday cake — a fantastic bite, but a whole scoop would have been overwhelmingly sweet. I went on to taste the Mocha Almond Fudge, which was also rich and sugary, with thick homemade fudge swirled in. I finally settled on a junior double scoop (slightly smaller than

**Tucker’s Super Creamed Ice Cream**  
**(3.5 out of 5 stars)**  
1349 Park St.  
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(510) 522-4960

**Hours:** Sun.-Mon. 12 p.m.-9:30 p.m.;  
Tues.-Thurs. 11 a.m.-9:30 p.m.; Fri.-Sat.  
11 a.m.-11 p.m.  
**Prices:** \$3.50 for one scoop, \$5.25 two  
scoops, \$6.75 for a milkshake.

# Synapse

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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.

## Subscriptions

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Photo by Dawn Maxey. D2

Creamy scoops of four different flavors at Tucker's Super Creamed Ice Cream in Alameda.

the normal double scoop), with scoops of Cookies and Cream and Pralines and Cream in a sugar cone (\$4.50).

The Cookies and Cream was delectably saturated with crumbs and chunks of real Oreo in every creamy, rich bite, while the Pralines and Cream had sinful stripes of caramel streaked through the fluffy vanilla base. The ice cream tasted good, but was almost too light, airy and sweet. It melted fast, even on a cold November afternoon, and by the time I had gobbled it down, I felt sick from the sweetness.

Sitting across from me, my fellow critic also ordered a junior double scoop in a sugar cone, but with Chocolate Chip Cookie Dough atop a scoop of Salted Caramel. I snuck a taste of each, and while I enjoyed the Salted Caramel, Dawn thought it was overly salty.

We both agreed that the Cookie Dough was good but suffered from the same unbalanced sweet-fluffy-creaminess as the other flavors we had tasted. If I still had the same tastebuds that I had in second grade, Tucker’s ice cream would be a dream come true. For anyone looking for a scoop of ice cream with nuanced flavor and satisfying texture, Tucker’s might not be a destination of choice.

Tucker’s did have other appetizing treats on display and wonderful smells emanating from behind the counter. Waffle cones and fudge are made in house, as well as shakes, floats and sundaes. Special treats include chocolate-dipped bananas, vanilla cones dipped in chocolate and signature wedding and birthday cakes.

One more thing to consider is the hefty price tag. For two average-sized cones (the scoops weren’t particularly generous) at \$4.50 plus tax each, we dropped almost \$10 on our afternoon snack. We left Tucker’s with empty pockets, a little bit queasy after all the sugar and underwhelmed by Alameda’s favorite ice cream shop.

Theresa Poulos is a second-year medical student.

### 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/hpspmmedical](http://healthcare.goarmy.com/hpspmmedical).

PUZZLES

### The Weekly Crossword

by Margie E. Burke

**ACROSS**

1 Granola grain

5 Drink like a dog

10 Ducks and geese

14 Untainted

15 Wipe away

16 Mental flash

17 Out of the blue

19 Prod into action

20 Social standing

21 Pressed for time

23 Pointillism unit

24 Insect's antenna

25 Vampire's curfew

27 Huff and puff

28 Texas Hold 'em round

32 Victorian, for one

33 Heating conduit

34 Fanglike tooth

35 Leafstalk

37 First day of the month, in ancient Rome

38 Stressed out

39 Native of Kirkuk

40 Anonymous John

41 Medium's card

42 Embellish

43 Toothpaste flavor

44 Sing the blues

46 Animal's pouch

47 Captivating

50 Sauce for fish

53 Castle feature

54 Bag of tricks

56 Castaway's home

57 Threefold

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37

39

42

45

46

50

54

55

57

60

8 Early online forum

9 Bicycle part

10 Lenox offering

11 Glade's target

12 Become frayed

13 Beatles hit, "\_\_\_ Madonna"

18 Delay, with "off"

22 Boston or Miami paper

24 Front of a clock

25 Amtrak stop

26 Sports venue

27 Whimper

29 Vengeful

30 \_\_\_ a high note

31 Bowling lane button

33 Army ID

34 Deck item

36 Heathen of sorts

37 Extremist sect

39 Cartel leader

42 Biological groups

43 Strand on an island

45 High spirits

46 Took a load off

47 Turkish title

48 Minuscule margin

49 Splashy party

50 Deuce topper

51 Field of study

52 Monthly expense, for some

55 Period's place

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COLUMN

# Infinite Inspiration: Pursuing Happiness



Photo by Venkateswarlu Kadiveti

By Venkateswarlu Kadiveti  
Staff Writer

*Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.*  
~ William Feather

Happiness determines the quality of every instant of our lives. We all have a profound desire to be happy, and yet we find it hard to be happy at all times. If we understand basic principles of happiness and commit them to our memory, we can considerably increase the time we feel happy. Before we proceed further, let us examine the differences between pleasure and happiness.

Pleasure is purely external, and it is dependent on time, place and material objects: things like a new car, an expensive dress or enjoying your favorite chocolate. After a while, you do not experience the same enjoyment as you did in the beginning. In fact, after a while, you even feel disgusted if you feel the need to experience the same feelings continuously.

Happiness is purely dependent on our internal state of mind. It is a state of well-being filled with the emotions of contentment and gratitude. We should concentrate on developing things internally instead of gathering and collecting objects outside, which

is a never-ending process. At some point, the outside objects will result in arrogance, anger, fear and jealousy. On the other hand, we all know that certain things in our heart, like selfless generosity, gratitude, helping others and spirituality, give us serenity and happiness.

Mind-training experts say that our mind cannot hold two contrary feelings at the same time. For example, we cannot love and hate at the same time; we cannot be cruel and compassionate at the same time; and we cannot be happy and sorrowful at the same time. We have to train our minds to counteract negative emotions.

Now that we understand the basic concepts behind happiness, we should engage in these activities.

1. Concentrate on your inner self instead of external objects, as you come to realize that the inner self gives happiness and external objects only give a fleeting pleasure. Loss of these external things may lead to negative emotions.

2. Be grateful for what you already have and express the gratitude at every possible moment of your life. Every act of gratitude is a seed of happiness.

3. Be compassionate to your fellow human beings and participate selflessly in community projects, and soon you will realize that happiness is abundant.

4. Counteract your negative emotions with positive ones. When you feel jealous of someone, look at a person who has less and count your blessings. When you feel helpless, try helping someone who is in need. These acts will help you to appreciate happiness vividly and instantly.

5. Be optimistic. Have a positive attitude toward life.

6. Be spiritual and practice meditation as an adjunct to your practice of happiness.

Have clarity in life, determine the things that are really important and valuable and have the wisdom to pay attention to them alone. Practice healthy habits until happiness surrounds you.

Venkateswarlu Kadiveti is a student in the International Dentist Program.

### SUDOKU

Difficulty : Easy

Edited by Margie E. Burke

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**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)

### Piled Higher and Deeper by Jorge Cham

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