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Synapse

The UCSF Student Newspaper

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NEWS

SF Native Runs Cross-Country to Raise Awareness

Friend was inspired by Cal athlete’s battle with lung cancer

By Brittany Harrison
Contributing Writer

What can you do with your lungs? A lot. That’s what my sister, Kelcey Harrison, set out to prove when she left New York City on July 30 to run across the country to San Francisco.

She completed the journey, known as “The Great Lung Run,” on December 1, crossing the Golden Gate Bridge and arriving at Crissy Field along with more than 100 supporters, who joined in for the last few miles of her journey.

Let’s break it down: Using her own two feet, Kelcey ran from New York City to San Francisco in four months, a 3,500-mile run, covering an average of 30-40 miles daily.

Why did Kelcey, a 24-year-old Harvard grad, run and walk a



Photo courtesy of Brittany Harrison/MS1

Kelcey Harrison (front) is joined by the UC Berkeley women's crew team on the last leg of her run.

marathon per day? To raise awareness and funds for lung cancer patients. She was inspired by her dear friend Jillian Costello, a 22-year-old nonsmoker and superstar student-athlete (varsity crew)

at the University of California, Berkeley, who passed away after fighting stage IV lung cancer throughout her senior year of college.

CROSS COUNTRY RUN » PAGE 7

REVIEW

Book Highlights Nurses’ Role

The American Nurse documents stories of caring across the U.S.

By Jacquie Hoffman
Contributing Writer

If you have not yet gotten your hands on Carolyn Jones’ book, *The American Nurse*, nudge a family member to add it to the holiday gift list. This elegant coffee-table book boasts 75 biographies and photographic portraits of nurses from all corners of the United States.

Jones’ work is the product of a journey in which she aimed to capture the role nurses play in a myriad health care settings, from emergency rooms



Jun Ting Liu, FNP, BC, MSN, L.Ac., TCM, PhD, works at San Francisco General Hospital trauma center.

AMERICAN NURSE » PAGE 6

NEWS

Energy Drinks: The Truth About the Buzz

It’s finals season; drink responsibly

By Theresa Poulos and Yi Lu
Staff Writers

Eggnog and apple cider are holiday season favorites, but before enjoying either, students often find themselves gulping down untold amounts of caffeine and energy drinks to get through final exams. With that season upon us once again, the recent *New York Times* article exposing the possible involvement of the popular “5-Hour Energy” drink with 13 deaths over the last four years couldn’t have been more appropriately timed.

In the article, FDA officials confirmed those records, and also stated that in October, they had received another five fatality filings mentioning Monster, a popular energy drink. Moreover, since 2009, the FDA has received 30 filings implicating 5-Hour Energy in life-threatening cases

ENERGY DRINKS » PAGE 4

Happy Holidays!

This will be the final issue of *Synapse* for 2012 — our student staff is going on holiday break. We will resume publication on January 10, 2013. We wish all our readers a great holiday season, and we look forward to seeing you in the New Year!

‘Suck It, Trebek’ Snags First Place at Trivia Night



Photo by Tarann Henderson/MS2

Team Multiple Scoregasms. Back row (from left to right): Ian Buchanan, Dawn Maxey, Theresa Poulos, John Best, Yakira Teitel. Front row (from left to right): Erron Titus, Maya Zwerdling, Nadia Gaber.

“Suck it, Trebek” took first place, scoring \$10 Jamba Juice gift cards at Trivia Night, an event co-hosted by the ASUC and the GSA on November 30 in Cole Hall. Second-place team “Fiscal Cliff Bars” walked away with \$5 Starbucks gift cards. “Multiple Scorgasms,” a team comprised of second-year medical students, placed third. Team members received \$5 Bear Hugs. The teams competed in four rounds of questions that ranged from music and pop culture, current events and random UCSF trivia.

A Sparkling Holiday Tradition



Photo by Mason Tran/D2

One of San Francisco's most notable holiday traditions is currently on view in Union Square — Macy's Christmas Tree was officially lit in Union Square on Friday, November 23. This year's beautiful 83-foot reusable tree will be covered in 33,000 energy-efficient twinkling LED lights.

NEWS BRIEFS

Gallup Poll: Nurses, Pharmacists, Physicians Are Top Three Most Trusted Professions

Nurses, pharmacists and physicians are the three professions seen as being the most honest and having the highest ethical standards, according to a 2012 Gallup poll.

The findings are based on a random sample of 1,015 adults across the country, who ranked 22 professions based on their perceived honesty and ethical standards on a five-point scale.

Eighty-five percent of those surveyed rated nurses’ ethics and honesty as very high or high, with 75 percent for pharmacists and 70 percent for physicians.

Only 15 percent of those polled rated insurance salespeople’s ethics and honesty as very high or high, and only 12 percent of survey respondents gave that rating for HMO managers.

Members of Congress and car salespeople ranked at the bottom — with 54 and 49 percent of respondents respectively saying those professions had very low or low ethics and honesty.

UCSF SCHOOL OF MEDICINE As Asthma Rates Rise, Researchers Look at Effective Medicines for Children

As asthma rates continue to rise in the United States — proportionally affecting more children than adults — experts at UCSF and across the nation continue to search for the best medicines for pediatric patients.

Nearly 10 percent of American children under the age of 17 were diagnosed with the condition between 2008 and 2010. In many cases, the condition requires emergency care.

To hone effective treatments, two related studies that include researchers from UCSF are under way to examine the effectiveness of pediatric asthma medicines. The studies are called **APRIL**, for **A**zithromycin for **P**reventing the development of upper **R**espiratory tract **I**llness into **L**ower respiratory tract symptoms, and **OCELOT** for **O**ral **C**orticosteroids for treating **E**pisodes of significant **L**ower respiratory **T**ract symptoms in children.

“We have many medications and therapies for asthma, but we need to better understand which medications are first-line for specific situations and for specific kids,” said Michael D. Cabana, MD, MPH, a professor of pediatrics in the UCSF School of Medicine who is leading UCSF’s efforts for the multi-site research.

The APRIL/OCELOT dovetailed studies, which follow 600 preschool-aged children with recurring wheezing, are investigating whether the antibiotic azithromycin can prevent asthma attacks and reduce the need for emergency care, essentially limiting the severity of the condition.

UCSF MEDICAL CENTER Stem Cell Banks Envisioned for Regenerative Medicine

Stem cell “banks” could serve as a valuable resource for emerging treatments in the field of regenerative medicine, though challenges remain before they can become a reality, according to a panel of international experts who gathered at UCSF for a stem cell conference last month.

Funding for the development of stem cell lines for research has long been subject to debate, especially before President Barack Obama lifted a Bush-era ban on federal funding in 2009. Now scientists are discussing how best to meet the anticipated need for stem cells for medicine as well as research.

Stem cell treatments developed from adult cells rather than from embryonic tissue are expected to enter clinical trials for macular degeneration in Japan next year, and early successes in such trials aimed at replacing damaged tissues would be expected to drive demand for such stem cells upward. Worldwide, stem cell scientists in academia, government and the private sector are gauging strategies for moving forward with stem cell banks to meet expected demand.

So far, countries have been taking different paths toward acquiring these resources, panelists said at a discussion on October 25 at the International Society for Stem Cell Research conference held at the UCSF Mission Bay campus.

UCSF MEDICAL CENTER Project Applies Innovative Thinking to Research

Cellular imaging isn’t usually the first thing that comes to mind when parents buy the popular LEGO® building blocks for their kids, but the two have converged in a UCSF experiment that applies design thinking to science.

Earlier this year, a team of UCSF faculty members turned to the Palo Alto design and innovation firm IDEO (pronounced EYE-dee-oh) to see whether their designers could help UCSF rethink the way it approaches the toughest problems in science. That connection has turned into a collaboration between UCSF and IDEO to apply cutting-edge design processes to a variety of campus projects.

“Biology is going through big changes in the way that we learn things and the opportunities we have to learn across a spectrum we never imagined before,” said Keith Yamamoto, PhD, UCSF vice chancellor of research, who led the initiative.

Energy Drinks

» FROM HOME PAGE



Photo by Mason Tran/D2

including heart attacks, convulsions and a spontaneous abortion.

However, just because a report is filed on a product does not mean that the product was responsible for the associated injury or death. The *Times* article also states that “the Substance Abuse and Mental Health Services Administration reported late last year that more than 13,000 emergency room visits in 2009 were associated with energy drinks alone.”

On a medical science campus like UCSF, caffeine and energy drink use and abuse is widespread. With students studying for finals, interns working round the clock, and faculty

juggling teaching, research and clinical responsibilities, caffeine becomes a way of life.

UCSF experts weigh in

But how much is too much? Caffeine, after all, is a potent compound that affects multiple physiological systems.

“Caffeine is a central stimulant, and it acts to prevent inhibition of the brain’s inherent stimulants, the neurotransmitters dopamine and glutamate,” explains Marieke Kruidering-Hall, associate professor of Cellular and Molecular Pharmacology.

“Effectively, the brain goes into overdrive.” In addition, caffeine intake results in the release of neurotransmitters that act on the heart, increasing its rate and contractility. Recent reports in the news media about deaths associated with energy drinks have particularly focused on caffeine’s effect on the heart. However, the risk of having an adverse cardiac event from knocking back a few coffees or an energy drink seems to be minimal for the majority of people.

“For the most part, the usual amount of caffeine the people get with a regular cup of coffee or even two cups of coffee is generally safe,” remarked Dr. Byron Lee, Associate Professor of Clinical Medicine in the Department of Cardiology. “People who have normal hearts don’t have dangerous outcomes when they drink that much coffee.”

There is a risk, however, for individuals with heart disease who are particularly sensitive to changes in heart function. These include those predisposed to arrhythmias or abnormal heart rhythms, and those prone to having seizures.

So what’s the cardiologist’s recommendation for patients who want to consume energy drinks? “I would say that if you use these drinks, feel fine and haven’t had any problems with it, and you have no medical condition, then you’re probably fine,” remarked Dr. Byron Lee. “But if you have medical conditions that may be exacerbated by increases in adrenergic tone or sympathetic stimulation [essentially, an increase in heart rate and contractility], then you need more caution.”

The facts about caffeine content

It is often impressive to consider the number of people who consume caffeinated beverages but have no clue about the relative amounts of caffeine in them. For example, a 16-ounce brewed

Here are some caffeine facts (and serving sizes), so you know what you’re getting when you place an order:

- 5-Hour Energy Extra Strength** (2 oz “shot”): 215 mg
- Brewed coffee, generic** (16 oz): 190-300 mg
- Black tea** (16 oz): 30-120 mg
- Coke/Pepsi/Dr. Pepper** (12 oz): ~35 mg (content for diet versions is slightly higher)
- Espresso** (1 oz): 40-75 mg
- Green tea** (16 oz): 48-80 mg
- Jamba Juice’s 3G Charger Boost** (powder): 120mg
- McDonald’s Mocha Frappe** (16 oz): 125 mg
- Monster** (16 oz): 160 mg
- Mountain Dew and Pepsi Max** (12 oz): ~55 mg
- Rockstar** (16 oz): 160 mg
- Starbucks Pike Place brewed coffee** (16 oz): 330 mg
- Starbucks latte** (16 oz): 150 mg
- Sources:** mayoclinic.com, *New York Times*, product ingredient listings

ENERGY DRINKS » PAGE 5



interprofessional photo contest

1. Submit up to two photos!
Submissions are due by **January 11 at noon.**

2. Vote for your favorites!
Vote at one of the two exhibit receptions.

3. Win great prizes!
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Energy Drinks

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coffee has almost double the caffeine of a 16-ounce single latte (300 milligrams vs. 150 milligrams, on average). And a medium roast coffee has more caffeine than dark roast, because the prolonged heat of heavier roasting breaks down caffeine molecules.

Likewise, more finely ground coffee has a higher caffeine content, and the longer a coffee is brewed, the greater its caffeine level. One scoop of coffee ice cream has more caffeine (45-75 mg per serving) than a can of Coke. In fact, coffee has so much caffeine that you would have to drink an entire 2-liter bottle of Coke to match the caffeine in a 12-ounce cup of Starbucks coffee!

Then there is confusion over which drinks don't have caffeine. For example, A&W Root Beer, Sprite, Fresca, 7-Up and Sunkist have little to no caffeine (Barq's root beer does contain caffeine).

Getting your fix on campus

For those of you who are looking to use caffeine and energy drinks responsibly, there are many options on UCSF's campus. If coffee is your jam, just look up — it's everywhere, from Palio, Peet's and Starbucks to the humble coffee machines that grace various lounges and offices on campus.

But for those looking for other sources of energy, you'll have to look a little harder. The only places Rockstar (sugar-free and regular) and Monster energy drinks can be found on campus are in the vending machines adjacent to the Moffitt Cafeteria, and at the Do UC Us food truck on Parnassus (just east of Millberry Union). Mountain Dew can also be found at both of these locations and in the Nursing Cafeteria. Pepsi Max drinkers will need to make a special trip to Panda Express for their drink of choice. For Red Bull, you'll have to head to the Moffitt Gift Shop or the pharmacy across from Starbucks.

Another go-to for a boost of energy on campus is actually Jamba Juice. Its 3G Charger Boost is "a natural blend of green tea, guarana and ginseng with 120 mg of natural caffeine," and works in combination with the sugar, carbs and protein in its smoothies to keep you on your toes or focused on your work for hours. And of course, if you do choose to caffeinate this finals season, please make sure you do so wisely — armed with knowledge of numbers and side effects.

Theresa Poulos is a second-year medical student and Yi Lu is a first-year medical student.

NEWS

LAPS Spanish Lunch Talk



Photo by Amy Higa/P3

Ani Childress, a second-year pharmacy student, interacting with students during the Spanish Lunch Talk.

By Amy Higa
Staff Writer

The second Spanish Lunch Talk hosted by the Latino Association of Pharmacy Students (LAPS) was held on Tuesday, November 27, in HSW 303.

Students, staff and employees come to learn a few new Spanish words and practice speaking.

Hypertension, or *hipertensión* in Spanish, was the topic of the Spanish Lunch Talk. People were divided into small groups in order to make the experience and learning more interactive. In each group, a LAPS member was present to help facilitate or answer any questions.

As a way of highlighting Latino culture, warm and delicious enchiladas from Carmelina's Taqueria were served during the event. Everyone

was engaged and eager to practice and learn Spanish. From beginners to fluent speakers, everyone was learning new medical vocabulary and gaining experience in speaking Spanish.

Over the years, LAPS Spanish Lunch Talks have been attracting more participants and improving. The lunch talks are becoming more engaging and interactive. Jessica Ziegler, a second-year pharmacy student, has been coming to the talks since her first year in pharmacy school.

"The Spanish Lunch Talks allow us to practice Spanish with our peers in a friendly environment," said Ziegler. "This is really important when working with future patients." LAPS will continue to host Spanish Lunch Talks. Look out for the next one in the upcoming quarter.

Amy Higa is a third-year pharmacy student.

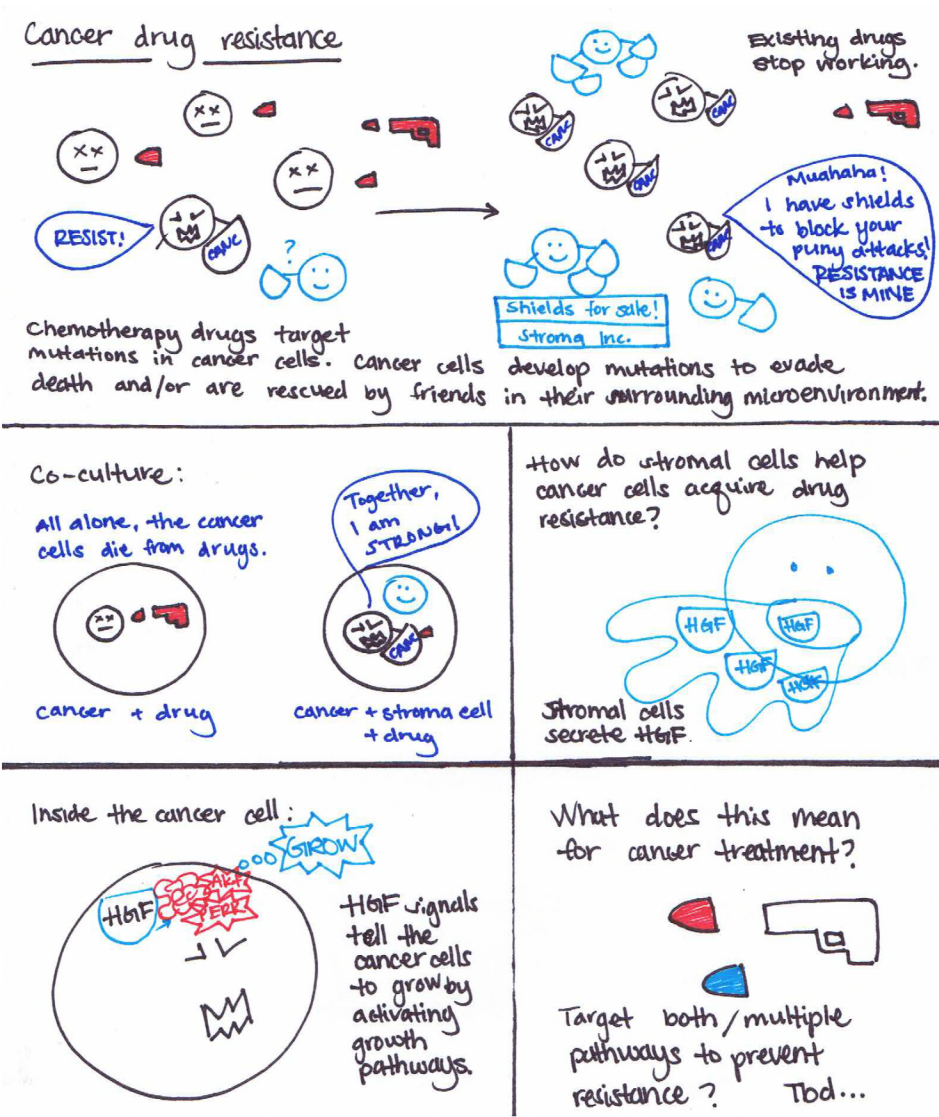
UCSF JOURNAL CLUB

Recent research presented by UCSF students

By Jenny Qi
Staff Writer

Cancer Biology/Microenvironment

Presentation: "Resistance Is Only 'Skin' Deep: Dissecting the interactions between tumor cells and their micro-environment in melanoma" **Presenter: Bianca Lee (second-year BMS student) Paper: Straussman R, et al. Tumour micro-environment elicits innate resistance to RAF inhibitors through HGF secretion. Nature. 2012 Jul 26;487(7408):500-4.**



In a nutshell:

One of the major challenges in cancer treatment is the development of drug resistance. Even when patients initially respond to chemotherapy, tumors often recur because they have mechanisms to evade complete elimination by the drugs. A few cancer cells might have acquired mutations that allow them to survive drug exposure, and these surviving cells can develop into another tumor. Another possibility that the authors of this paper investigate is resistance conferred by the tumor microenvironment. It's a question of nature versus nurture on a cellular level. In recent decades, scientists have become aware of the important role of the microenvironment. This includes the normal cells (researchers often talk about stromal cells, which comprise the connective framework around an organ or tumor) and the factors they secrete, which can influence tumor growth and metastasis.

First, the authors used a co-culture system to figure out if stromal cells could confer drug resistance. They found that many potent drugs that could kill cancer cells cultured alone were no longer able to do so when the cancer cells were cultured with stromal cells, indicating that the stroma is indeed important in conferring resistance.

How do they do that? Specifically, is it cell-cell contact or a secreted factor? The authors focused on BRAF-mutant melanoma, which has a high rate of resistance to the RAF inhibitor vemurafenib. They found that fibroblast-conditioned medium was able to rescue cancer cells from the drug and concluded that fibroblasts secreted a factor that conferred resistance.

They identified this factor as hepatocyte growth factor (HGF), which signals through well-established growth pathways such as PI3K/Akt and Ras/Raf. Indeed, the authors confirmed that HGF is both necessary and sufficient for the stroma-mediated rescue of cancer cells.

When they depleted HGF, the cancer cells died, and they could rescue them by adding HGF back. They further investigated the mechanism by which HGF confers resistance and determined that it does so by restoring growth-promoting factors such as pERK and Akt. The identification of HGF and its downstream pathway reveals a new drug target and points to a possible combinational therapy—perhaps BRAF-mutant melanomas can be more effectively battled by combining a RAF inhibitor with an Akt inhibitor to prevent or delay drug resistance. Ultimately, the authors identified a new mechanism by which cancer cells develop drug resistance, one that implicates the microenvironment surrounding tumors, and they uncovered a possible therapeutic technique.

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

American Nurse

» FROM HOME PAGE

to hospices. She began in New York City and met with nurse advocates for homeless youth, made her way to Johns Hopkins in Baltimore, then visited prison nurses in Louisiana. She continued to Wyoming, where she began to understand the health needs of Native Americans.

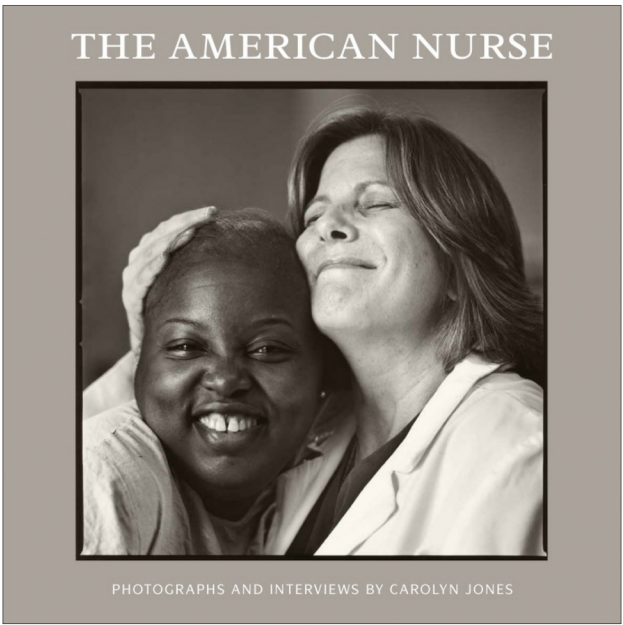
While the faces and the geography vary, what remains constant among the nurses is a raw sense of knowing what it means to care for another human being, from the beginning to the end of life. “When they can no longer fix us, they make sure that we are comfortable, that our time leaving this Earth is as rich as it is entering,” Jones writes.

The author made a stop in the Bay Area, home of one of the nurses she featured, Jun Ting Liu of San Francisco General Hospital. I had the pleasure to sit down with Liu last week. Upon my arrival for our interview, I was wrapped in her motherly warmth and offered Saltine crackers and juice. Patients passed and waved, an indication of her ability to build rapport with her patients. As a nurse practitioner, MSN, RN, at San Francisco General, she works in the Skilled Nursing Acute Rehabilitative Center, Urgent Care and the Women’s Health Center.

Most admirably, Jun practices Chinese herbal medicine and acupuncture in a private clinic on the weekends, where she integrates Eastern medicinal practices with Western medicine. She asks patients if a diagnosis has been made, before performing a holistic assessment that includes a review in which she feels the patient’s skin and assesses the patient’s

tongue. One of her goals is to identify where energy stagnates in the organs.

“I am interested in understanding what the best treatment is that is least harmful for the patient,” Jun emphasizes. It is this perspective that broadly defines her approach, in which she focuses on cutting the amount and cost of the medications patients consume by focusing on simple remedies such as herbs and acupuncture. Although many of her patients are



chronically ill, she treats a diverse cross-section of patients.

Liu glows with happiness when she tells me about a patient whom she helped prior to an in vitro fertilization cycle. The woman now has twins, which Jun attributes to a warming treatment that focused on

enhancing circulation to better prepare the lining of the uterus for pregnancy.

Liu’s history is compelling. In China, at the age of 17, she entered her training and emerged four years later as a medical doctor assigned to the anesthesia service, where she focused on pain management. In 1989, she immigrated to the United States, where she worked first as a nursing home assistant in South Carolina, with a range of vulnerable patients, from stroke victims to paraplegics.

“At that time I only spoke Chinese, but language was not needed with these patients, just body language, warmth and love,” she recalls. She explains with great gratitude how she would carry her dictionary to work each day and how much she was supported by colleagues during this transitional period. As we wrapped up the interview, Jun mentioned that she plans a return visit to the nursing home in South Carolina where she took her first leap into nursing.

In *The American Nurse*, we learn not only about Jun’s trajectory but also about the paths that led all 75 courageous souls into nursing. Jones’ epic offers a rich portrait of human emotion. While the crisp photos show nurses in a moment of tranquillity among the chaos of their jobs, it is the first-person narratives that intimately highlight Jones’ investigative undertaking. Most importantly, Jones disrupts the traditional notion of what it means to be a nurse today. The next time you sip your coffee, make sure you have a copy of this inspiring book, which honors the selfless people at the heart of our modern health care system.

Jacquie Hoffman is a Clinical Research Coordinator in the Dr. Linda Giudice Laboratory in UCSF’s Ob/Gyn Department.

NEWS

‘Music Is Good Medicine’ Adds That Personal Touch

By Theresa Poulos
Executive Editor

A wide range of uplifting musical performances, from a cappella to guitar and ukulele, highlighted the second annual Music Is Good Medicine Holiday Concert.

The concert, held on December 7 in Cole Hall, provides entertainment during the holiday season, while promoting the awareness of Music Is Good Medicine program in the UCSF community and recruiting more talented volunteers.

Music Is Good Medicine brings musically talented volunteers, accompanied by professionally trained chaplains, to perform at the bedside of UCSF Medical Center and

UCSF Benioff Children’s Hospital patients and their loved ones. Many of the volunteers are staff and former patients. The program has been a part of Spiritual Care Services since 2006.

For one or two hours every week, volunteers visit inpatient rooms at UCSF’s Parnassus campus hospitals, where they perform one or two songs for patients and their families. The program is coordinated by Chaplain Pegi Walker. She notes that classical tunes and spirituals like “Amazing Grace” are usually the most requested, but that the program’s multi-talented volunteers are full of surprises.

Ben Kramarz, a guitarist and vocalist, even plays Metallica riffs, and once fulfilled a request made by a patient in his 20s for a song by Alice

in Chains. The young man’s immediate response was an unforgettable. “Man, you just totally made my day!”

Most of the program’s volunteers are from the greater San Francisco community, but some are UCSF faculty, staff and students, who see the program as an opportunity to interact with patients in a different way — to relate with them on a deeper level through music.

The Music Is Good Medicine program is certainly on to something. Physicians worldwide are beginning to incorporate music into treatment plans and to study its impact on patient recovery.

We all know how a soothing melody can help us unwind from a stressful day, but researchers are beginning to further investigate how a patient’s neurological response to music can facilitate healing.

A study out of the University of Munich showed that patients required lower doses of sedative drugs after listening to one hour of Mozart

piano sonatas. These patients also demonstrated an easing in both blood pressure and heart rate, and showed a 50 percent increase in their levels of pituitary growth hormone, which is associated with healing.

Furthermore, the Music Is Good Medicine program brings the performers to the bedside, adding a personal touch that can’t be reproduced through the sounds of a speaker. Chaplain Walker says that the volunteers always benefit as much as the patients — the profound patient responses “all feel like a thank you.”

The program is seeking to recruit more volunteers internally from the UCSF campus. If you were not able to attend the concert but are interested in volunteering your musical talents with Music Is Good Medicine, please contact Chaplain Walker by phone at (415) 353-1941, or by email at pegi.walker@ucsfmedctr.org.

Theresa Poulos is a second-year medical student.



Photo by Mason Tran/D2

Chaplain Pegi Walker, program coordinator for Music is Good Medicine, performs with Ben Kramarz.

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.

SPORTS

When It Rains, It Snows

A round-up of Tahoe ski resorts

By Madeline Ragan
Staff Writer

Every rainstorm in San Francisco brings a few noteworthy changes to the lives of UCSF students. For most people, this means breaking out the galoshes, remaining indoors and perhaps feeling a little less guilty about staying in to study. But for some, the rain means one thing: there’s got to be snow somewhere. This last major storm brought 15-30 inches of fresh powder to the mountains of Tahoe.

The rain has come at a perfect time for UCSF students: right before UCSF lets out for winter break. With a few weeks away from their books, students have the chance to stash away their backpacks and get in a couple of good days of skiing or snowboarding.

There are few things I enjoy more than a ski trip. It starts with packing up the car, grabbing a cup of coffee, filling up the gas tank and heading to higher ground. A ski day is the perfect combination of catching up with friends on the chair lift and cruising down the mountain, an experience that is as meditative as it is aerobic.

San Franciscans are, perhaps, the most spoiled citizens of all. We have the luxury of living in one of the most culturally diverse, exciting cities in the world, while downhill adventure through California’s incredible terrain is only a few hours away.

Tahoe, however, is a big place, with a number of mountains to choose from. So how do you decide where to go?

With so many options and incredible scenery throughout, it’s hard to make a bad choice, but here’s the low-down on some of the major mountains within our reach.

- **Heavenly**, in South Lake Tahoe, boasts 97 trails and 29 chair lifts. Adult day passes start at \$90, with peak holiday passes at \$95.
- **Kirkwood**, also on the southern side of the lake, includes more than 72 trails and 2,300 acres. Kirkwood “tends to be a little less busy, the hill is fun and a little closer than the rest of Tahoe,” said Jill Coddington, a second-year physical therapy student who has been skiing in Tahoe since she was a child.

- **North Star**, in North Lake Tahoe, is a family-friendly resort with 3,170 acres to ski and an ice skating rink at the base of the mountain.

- **Squaw Valley** and **Alpine Meadows** are near Tahoe City on the northwest corner of Lake Tahoe. Squaw Valley, the home of the 1960 Olympics, encompasses six peaks, 3,600 acres and four terrain parks. Squaw Valley lift tickets are can be used at Squaw or Alpine Meadows, and early season lift tickets start at \$84.



Photo by Madeline Ragan/PT1

A glimpse of Lake Tahoe from the ski slopes of Alpine Meadows.

- **Alpine Meadows** opens on December 7 and consists of 2,400 skiable acres. Alpine is “fantastic, steep and unpretentious,” said Emily Hargraves, a Tahoe winter resident and lifelong skier.

- **Homewood**, a mountain nestled along the west side of Lake Tahoe, is one of the smaller mountains, with 1,260 acres of skiing. However, lift tickets for the peak holiday season are \$58, and the throughout the season, the mountain offers \$44 value days.

A good ski trip is all about preparation. A little planning can save you time, as well as a boatload of cash.

If you don’t have skis or a snowboard, renting equipment can get pricey. Stop by one of the three Sports Basements in the city to rent equipment. Sports Basement rents ski equipment all year round, and travel days are not considered rental days, so you can pack up the car and get right to skiing once you’re up there.

Most of the Tahoe resorts offer discounted ticket rates online, rather than at the mountain, and you can also buy discounted lift tickets at Sports Basement and REI for the majority of the ski season. Food at ski resorts can also add up, so plan ahead and

pack a lunch. In addition, Snowbomb.com offers \$150 memberships, which include several free lift tickets, and free hotel stays, as well as free rentals and tune-ups.

As for transportation, it’s a great idea to carpool to save on gas, but the Bay Area also offers ski bus trips that take you up to the mountain and often include a lift ticket. For example, Bay Area Ski Bus, Tahoe Snow and Sun and Sports Basement run trips at least once a week, starting at \$105, \$48 and \$50, respectively. You can take these trips to one of eight resorts. Most of these trips are just one day, which saves you from having to find a hotel for the night.

If you do want to stay the night, however, UCSF has its very own Tahoe ski cabin, located 10 minutes from Truckee. The cabin is leased for the winter months, and students can rent it out for the weekend or midweek dates. The cabin sleeps 15 people, and so far this year, 52 nights are booked. There are still dates available, including half-off weeks in March that can be booked for \$250, which is quite a deal split among 15 people.

As students, we tend to stay inside a lot, so over this break, make sure you get a chance to get outside and enjoy the season. Let’s take advantage of all this rain — and make tracks out of it.

Madeline Ragan is a first-year physical therapy student.

Cross-Country Run » FROM HOME PAGE

Kelcey and Costello, both San Francisco natives, met in Kindergarten and remained close friends over the years.

“My mission is to honor Jill’s memory and achieve her dream of beating lung cancer for all lung cancer patients — big time,” said Kelcey. “It’s important to share the message that anyone, even young athletes like Jill, can get lung cancer.

“I hope that by running across the country and showing what my lungs can do, I inspire people to join the fight against lung cancer — the most deadly form of cancer in both men and women worldwide. My ultimate goal is to help all people with lung cancer. That was Jill’s dream, and we intend to finish it.” Kelcey teamed up with the Bonnie J. Addario Lung Cancer Foundation and its young people’s movement, Jill’s Legacy®, a subsidiary of the foundation. She hopes to draw attention to the most deadly form of cancer and raise money for research.

So what does this mean for health professionals like us?

Beware of biases — both from the community and the provider standpoints — that lung cancer is a self-inflicted disease caused by smoking. One in five women who get lung cancer will be non-smokers.

This is important considering that lung cancer is the leading cause of cancer death for both men and women, accounting for 30 percent of all cancer deaths.

Unfortunately, the majority of lung cancer patients are diagnosed so late that they die within one year.



Photo by Kevin Costello

Kelcey Harrison at the finish line of her "Great Lung Run" at Crissy Field on Dec.1.

“The Great Lung Run,” has been documented on Twitter (@greatlungrun), Facebook, Vimeo (vimeo.com/45457761), the BJALCF (lungcancerfoundation.org/) and Jill’s Legacy (jillslegacy.org) websites.

During her run, Kelcey asked the daily question, #WhatCanYourLungsDo?, on Twitter, prompting her friends and followers to join the fight against lung cancer.

She has received a tremendous response, with children as young as 7 getting involved. Families across the country hosted Kelcey as she passed through their towns, and many have run alongside her in support.

But Kelcey insists this is only the beginning of honoring Jillian Costello and all other lung cancer patients. What’s next? Maybe running around the world?

Brittany Harrison is a first-year medical student.

Here are some burning questions that others have asked me about my sister's adventure:

Playlist favorites?

West Coast by Coconut Records, Ho Hey by the Lumineers, Imagine Dragons, Eric Church. Taylor Swift, Zac Brown Band. So many more amazing songs in the library, I just can't name them all!

How many pairs of shoes did you go through?

Twelve.

What's your favorite on-the-road snack?

Rise Bars, fresh fruit, or oatmeal raisin walnut Clif Bars.

How many hours of sleep per night?

I was always in bed by 9 p.m., and usually fell asleep pretty quickly thereafter. Wake up time was anywhere between 5 and 6 a.m.

Hottest and coldest temperatures you ran in?

Several 100-degree days in August through Pennsylvania and the Kentucky/Indiana area. The coldest were several 20-degree days in New Mexico and later through Flagstaff, Arizona.

How many states did you cross?

Fifteen.

How much money has been raised so far?

Almost \$160,000.

FOOD

REVIEW

Study Food Staple: Pizza by the Slice

By Dawn Maxey
Food Editor

During test weeks, the library is crammed with dozens of bleary-eyed students. For some people, studying continuously induces a crazed-like state in which laundry is neglected, exercise routines thrown out the window and good dietary choices ignored. To all the students banging their heads on their textbooks and mumbling, “I just want pizza,” here’s a list of five places that sell pizza by the slice, all within a 15-minute walk from the library.

Café Bellini • (1 min) • 500 Parnassus Ave.
(415) 682-8038

Located in the food court next door to the library, you couldn’t get a faster slice unless there was a pizzeria at the checkout desk. There’s a long list of toppings to choose from, including cheese, pepperoni, Hawaiian, veggie and combo. A generously portioned slice will run you between \$3.50 and \$4.75, and they’ll toast it up for you as soon as you order. For those on a clock, you can’t beat Café Bellini for a quick pizza pick-me-up.

Moffitt Cafe • (2 min) • 505 Parnassus Ave.
To-go pizza orders — GOPAYGO app

Want to quickly stretch your legs while getting your pizza fix? Surprisingly, the hospital cafeteria located on the second floor serves up a decent brick-oven slice. Specials (including a mean BBQ chicken) rotate daily, but staples usually include a meat, vegetarian and cheese-only option. A slice/soda combo is about \$3.50 and is available from 11 a.m. to 7 p.m. Insider tip: If you pay with FastPay, you get a 10% discount.

Arizmendi Bakery • (8 min) • 1331 Ninth Ave.
(415) 566-3117

Purveyor of bread and baked goods, Arizmendi sells delicious (albeit small) slices on a thin sourdough crust (\$2.50). Only one type of vegetarian pizza is served daily and includes combinations such as “Early Girl tomatoes, red onions, pepper jack cheese, garlic oil” and “roasted Yukon gold potatoes, leeks, white



Photo by Dawn Maxey/MS2

A deep dish slice from Patxi's consists of a bottom layer of crust, followed by toppings and cheese, covered by another layer of dough, and finally topped with a layer of sauce.

cheddar cheese, garlic oil.” Arizmendi even offers an online pizza calendar so you can check ahead to see what flavor is being offered on any given day. An entire pie will run you \$20 and is available in a takeout box.

Patxi’s Chicago-Style Pizza (9 min) • 822 Irving St.
(415) 759-9000

For a thick, Chicago-style deep-dish slice, head here. For \$4.75, you can pick from a list of meat or veggie slices of the day, and then decide if you want Chicago or thin-crust style. Heaving with cheese and an enormous layer of tomato sauce on top, the slices are definitely more filling if you’re looking to stave off hunger for as long as possible before you emerge from your study carrel again. If you visit between 11 a.m. and 4 p.m., you can also snag their lunch deal — slice, salad, and drink for \$9.99. Walk-ins beware: Be prepared to wait five to ten minutes for your slice — though you can call ahead for faster service.

Escape From New York Pizza • (15 min) • 1737 Haight St.
(415) 668-5577

Though the farthest trek from campus, this spot is known for its “You Say Potato” slices, which feature slices of roasted potatoes and garlic cloves over pesto sauce. Faithful customers also rave about the plain pesto slice (made with no nuts, for those who have allergies), and “The Gourmet,” sundried tomato with goat cheese, artichoke hearts and spinach. Though a little pricey (up to \$4.50 per thin-crust slice), the regulars swear by it. If you’re looking to combine a little exercise with your slice, why not?

Dawn Maxey is a second-year medical student.

The Sweetness of Sour Ales

By Eric M. Pietras
Contributing Writer

At first blush, the concept of a sour beer seems entirely unappetizing. In most cases, sour beer is unappetizing because it’s the result of unwanted microbes infecting beer as it ferments. However, in skilled hands, these microbes, particularly *Brettanomyces* yeast and strains of *Lactobacillus* and *Pediococcus* bacteria, can be harnessed to make a unique, pleasantly tart range of beers.

Belgian breweries have been making sour beers for centuries, and in more recent years, a few very skilled American brewers have followed suit. Many sour beers are variations on Belgium’s *lambic*. In this style, the wort, the name given to the liquid extracted from the mashing process, is cooled and inoculated by whatever microorganisms are present in the brewery and its environs in a large pan-like vessel called a coolship. Then it is placed in barrels and allowed to age for a few years, sometimes with fruit such as cherries or raspberries for flavoring and additional fermentable sugar.

After a time (usually one to three years), the aged lambic is blended with younger batches to taste; some brewers will also set aside a small amount of unblended lambic (which is uncarbonated) for limited release. Aside from fruit-infused varieties, lambics are also mixed and bottled by the brewer to form a fizzy, tart beverage known as *gueuze* (or *geuze*

as it is known in Flemish). Other popular Belgian sours, including Flemish red and brown ales, undergo a similar fermentation and aging process, but with distinct ingredients, appearances and flavor profiles.

Aside from their characteristic tartness, these beers can have an almost wine- or champagne-like quality from their barrel-aging and lack of hop bitterness and, depending on the style, ingredients and the fermenting microorganisms, have an aroma ranging from intensely fruity to something a bit more, well ... barnyard. Perhaps because of these unique characteristics, sour ales have seen a surge in popularity among beer and food aficionados.

Despite their reputation as a sort of beer-geek catnip, sours are also very popular with wine fans or folks who don’t normally like beer, due to their distinct flavor. Altogether, these are funky, fun beers that are worth a taste.

Pair them with salty or tangy cheeses, mussels or cured pork, and beer/food heaven awaits.

Below are four Belgian and American sours that are easy to come by and won’t break the pocketbook. Cheers!

Rodenbach Grand Cru (Brouwerij Rodenbach; 6% ABV): A very easy-to-find example of a Flanders red ale, this beer pours a rich reddish-brown color and has a complex aroma, with hints of plums or dark cherries alongside the typical sour barnyard note. Flavor-wise, this beer is a real treat. The sour character is not too intense and is nicely balanced with a sweet fruitiness and a dry oak accent from the barrel. This specimen (and the style at large) is very accessible and reminiscent of a jammy red wine.

Lindemans Gueuze Cuveé René (Brouwerij Lindemans; 5%): If Rodenbach Grand Cru is like red wine, this gueuze is the equivalent of champagne.

Gueuzes are blends of young and old lambics that are allowed to undergo another fermentation in bottles, giving them a bubbly, highly carbonated character. Gueuze Cuveé René is a tart, assertive beer with a pale straw color and distinctly dry character that would be familiar to anyone who likes dry white wines. Its relatively low alcohol content also makes it a nice hot-day beer.

Consecration (Russian River Brewing Company; 10.0%): Consecration was originally produced as a one-off beer in honor of Toronado’s 20th anniversary by the Russian River Brewing Company, and its popularity has kept it on the roster since. Consecration is aged with currants in Cabernet barrels for four to eight months and subsequently blended. The result is a dark reddish-brown ale with significant tartness up front, balanced by a full body and a richly complex array of flavors. It’s a sipper at 10%, and (despite the Comic Sans-laden bottle), a technically perfect work of art.

Oud Kriek Vieille (Brouwerij Oud Beersel; 6.5%): It’s pretty easy to know what’s in this beer because it smells like cherries and sports a deep red color with a cheerful pink head. The flavor is pleasantly tart, with a sour cherry character balanced by barrel funkiness. Despite what the presence of cherries might imply, this is not a sweet beer.

Some fruit lambics (Lindemans Framboise is a common example) have sugar added to them after fermentation for sweetness, making them akin to a tart (and alcoholic) fruit juice. I like to err on the side of drinking beer, in which case Oud Kriek Vieille is an excellent choice.

Eric M. Pietras is a postdoc who studies hematopoietic stem cell biology and beer, but not at the same time.



Photo by Max Liu

This year's Iron Chef winning team were second-year dental school students (left to right) Jolie Goodman, Krizia Garcia and Natalie Chien.

NEWS

Dental School Team Wins Iron Chef Competition

By Oliver Ubeda
Associate Editor

The cook-off at the Alumni House was fiercely contested, but in the end, it was “Tacos Three Ways” by three second-year dental students that swayed the judges.

The winning culinary stylists, Jolie Goodman, Krizia Garcia and Natalie Chien, presented the judges with a veggie taco (crushed peanuts, potatoes, avocado, watercress, salsa, cabbage and of course, bean sprouts), a tuna taco (seared tuna, mango salsa and bean sprouts) and a salmon taco (seared salmon on a bed of cabbage topped with bean sprouts).



Photo by Jolie Goodman/D2

The winning dish — “Tacos Three Ways.”

Dr. Donald Kishi from the School of Pharmacy and Dr. Mark Ryder from the School of Dentistry.

Student residents and audience members, selected from a raffle, made up the remaining four judges. Five teams participated this year, representing students from the dental, medical and pharmacy schools.

If you haven't guessed by now, this year's secret ingredient was bean sprouts, and it was worked into all kinds of dishes, ranging from traditional stir-fry dishes to fusion tacos and even a peanut butter smoothie dessert. The judges sampled all the dishes, while audience members were treated to a delicious Chinese meal of chow mein, fried rice, broccoli beef, candied-walnut shrimp and chicken dishes. Each team described its approach to its meal to all those present in the mock Kitchen Stadium.

Members of the winning team each received a \$30 Starbucks gift certificate, which will come in handy as they study for finals this week.

Asian Health Caucus is one of the oldest student-run organizations at UCSF. It was founded in 1975 “to promote mutual understanding and friendship among all members in the UCSF community, as well as increase awareness of Asian and Asian-American health issues.” The work of Asian Health Caucus includes participation in health fairs, mentoring round table meetings, minority bone-marrow drives and fun activities to get professional schools together.

Oliver Ubeda is a third-year pharmacy student.



Photo by Jolie Goodman/D2

Five teams competed in this year's Iron Chef Competition, one of the Asian Health Caucus' most enjoyable activities of the year.

OPINION

Why Iron Chef Is Like Life

By Akshay Govind
Staff Writer

On November 15, the Asian Health Caucus hosted its annual Iron Chef event, and this year marked the epic Battle of Bean Sprouts. There were five teams representing the various professional schools at UCSF, and I happened to be on the team representing the medical school.

Teams made dishes ranging from salads to sliders, tacos, noodles and smoothies using the versatile mung sprout, and all the teams put forth beautiful and complete meals within the allotted 50-minute cooking period.

Exercises like Iron Chef (and other games requiring a combination of cooperation and competition) are more than just good fun. The way we approach the interactions within our own teams and the competition with other teams illustrates, in an artificial setting, how we function and what our social tendencies are from day to day.

For example, someone from another team, whom I had never met before, allowed me to use his fish sauce. That's just a generous gesture, and while he may have been giving up a slight competitive advantage during the contest, he and I are much more likely

direct others; does the team have an organic planning process or perhaps something completely free-form? What happens when the results turn out different than planned? What about people's differing willingness to try something new?

These are all important things from which we can learn something about ourselves, and these tendencies can



Photo by Clarice Kam/P2

apply to many life situations. Do people prefer to look up recipes or try to create their own dish? Should recipes be constructed specifically around the mystery ingredient or should old favorites be modified?

I had a great time going through these thought processes with my team and adversaries, and I encourage you all to do the same. Here's what you can do: pick a night, invite several friends to your house, open a cookbook, point blindly to any ingredient, and prepare a meal using this as your mystery ingredient.

If you're feeling especially daring, challenge your neighbor to compete against you, and when all the meals are on the table, sit down and eat together and talk about the meals you've created and your experiences preparing them. I know you'll enjoy yourself.



Photo by Clarice Kam/P2

This year's secret ingredient was bean sprouts.

to be friends moving forward.

Likewise, the team's internal dynamics can be anthropologically interesting. Does one person plan and

Akshay Govind is a second-year medical student.

ARTS&CULTURE

REVIEW

Scissors for Lefty

Indie rock front man is UCSF staff member

By Kayley Kravitz
Contributing Writer

Those of us at UCSF know Bryan Garza as a member of the Facilities Management team. By day he helps those of us on campus with various tasks, but by night, he fronts the indie rock band Scissors for Lefty. Scissors for Lefty got its start in 2000 in San Luis Obispo, when Garza met the Krimmel brothers — drummer James and keyboardist Peter. The three shared a love of classic pop music, including the Beatles, while also drawing inspiration from 1990s alt-rock icons like Bjork and Radiohead. Originally channeling a musical vibe akin to early REM, the band started to develop a more original style, taking direction from shoegaze groups and the musicians’ own idiosyncratic personalities.

In 2002, the band relocated to San Francisco and added two more Garzas to the lineup, Bryan’s brother Steve on bass and their young uncle Robby on guitar. The addition of the new members allowed the group’s sound to continue to evolve. With Robby on guitar, Bryan could focus on being a charismatic front man and less on chords and riffs.



In 2005, Scissors for Lefty self-released its debut album *Bruno*. Bruno got

the band noticed both at home and abroad. In the Bay Area, it played loads of gigs. Songs from the album were re-recorded and released as singles on the legendary UK label Rough Trade (responsible for bands like the Smiths). In 2007, the band released its sophomore album *Underhanded Romance* on L.A.’s Eenie Meenie Records. Drawing comparisons to other bands of the time, like the Strokes, the album piqued the interest of many and earned the band spots on tour with the Dirty Pretty Things and Arctic Monkeys.

By now, the band’s definitive sound was really taking shape. Audiences could dance to Scissors for Lefty, thanks to songs with catchy synth riffs. They played the big British summer music festivals, like Reading and Leeds. At home, they performed in showcases at South by Southwest in Austin, Texas, and the College Music Journal Festival in New York.

After tours across the United States and Europe, Scissors for Lefty found its way back to San Francisco. Things went quiet for a while, as the band toyed with new songs, built their own studio and took on day jobs during the great recession.



Photo courtesy of Scissors for Lefty

Scissors for Lefty guitarist/singer Bryan Garza (front row-center) works in UCSF Facilities Management. The band will release a new album, *Drugstore Perfume*, in early 2013.

They experienced another lineup change when Steve Garza left to become a professional triathlete. The band solved this problem by “kidnapping” yet another Garza — cousin Eric — to play bass. Scissors for Lefty’s live shows are completely electric. On stage, the band is clearly having fun, and the vibe travels into the audience, inspiring dance parties and sing-alongs. Bryan Garza totally owns his role as a front man, charming everyone in the crowd, wooing them one by one. In November, the band played a rare acoustic set at the UCSF library, as part of the Arts and Events music series. Though the members of the band were apprehensive about performing their dance-pop songs stripped down, they pulled it off without a hitch, displaying their musical versatility to the UCSF audience.

2012 saw the band playing shows all over California. Currently, Scissors for Lefty is putting the final touches on its third album, *Drugstore Perfume*, due out in early 2013. You can catch the boys here in The City on December 21 at Bottom of the Hill or in Walnut Creek on January 15 at the Red House. In March, the band will travel to Austin for the annual South by Southwest music festival. For more info, check Scissors for Lefty out on Facebook at facebook.com/scissorsforleftyband.

Kayley Kravitz is the business assistant in the Office of Student Life and blogs for the Huffington Post (huffingtonpost.com/kayley-kravitz/).

Synapse

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PUZZLES

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Cola starter

5 Hendrix hairdo

9 Drink accessory

14 Soon, to a poet

15 Light hammer part

16 Conversation piece?

17 Fender damage

18 Give a makeover

20 Go bad

21 Coat with gold leaf

22 Like some sweatshirts

23 Official class member

25 Barely earn, with "out"

26 Fertility clinic supply

27 Good to go

29 Theater ticket word

32 Treat badly

35 Do away with

36 Note from the boss

37 Empty group, in math

39 Workplace honcho

41 Skedaddle

42 Backtalk

44 Gerbil or gopher

45 Over the hill

46 Killed, as a dragon

48 Word before and after "oh"

49 Island garland

50 Bone connector

54 Head doctor

57 Extol

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DOWN

1 Military training group

2 Two-run homer requirement

3 Like some variables

4 Picnic invader

58 Sandwich bread

59 Work against

61 Soothing ointment

62 Color of honey

63 Protection: Var.

64 Perched upon

65 Smelling of suds

66 Refuse to admit

67 Tenant's expense

5 Arbor Day month

6 Bug's antenna

7 Venison source

8 Half and half

9 Hair-raising

10 Severe spasm

11 Frost's "The ____ Not Taken"

12 Pot starter

13 Garden intruder

19 Cheeseburger cheese

21 Cocktail vessel

24 Botanical seed

28 Draw a bead

29 Create anew

30 Prophetic sign

31 St. John's ____ (herbal remedy)

32 What FAQ's offer

33 Temporary calm

34 Thin and slippery

36 Lady's address

38 Argentine aunt

40 Bedouin, for one

43 Ransack

46 Military guard

47 Vitamin B3

49 Eyelid cosmetic

51 Full of nerve

52 Parachute material

53 Proffer bait

54 Wound crust

55 Pitcher's target

56 Country bumpkin

60 Clifford's color

61 Watering hole

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SUDOKU

Edited by Margie E. Burke

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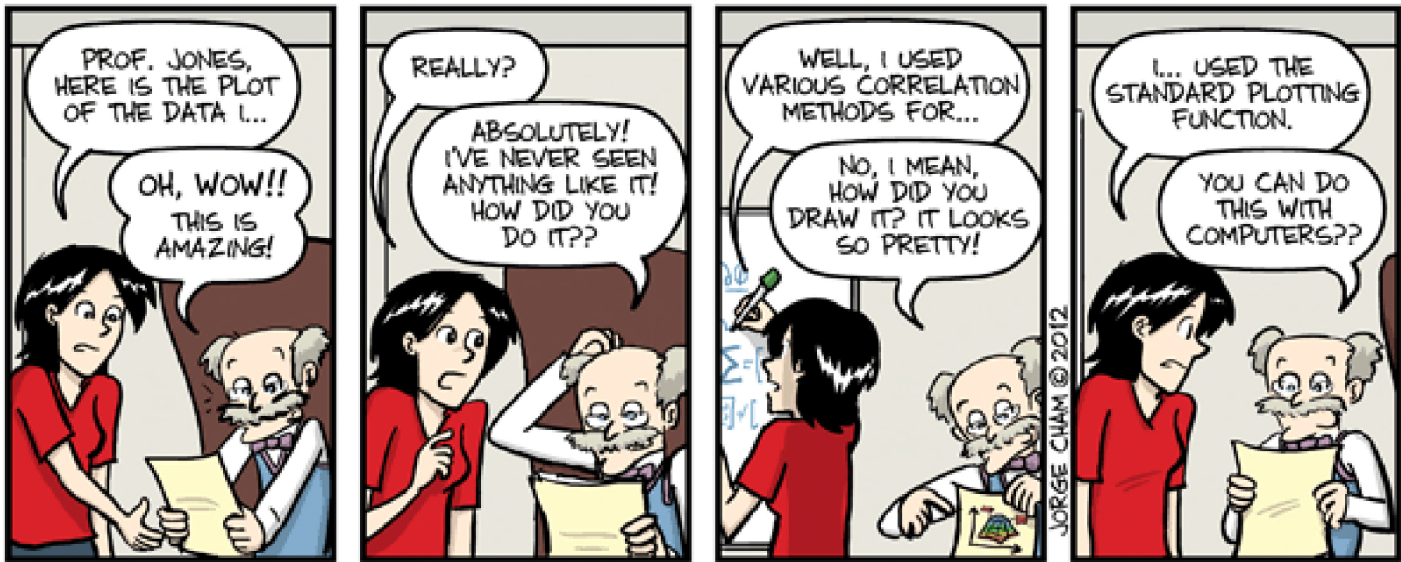
HOW TO SOLVE:

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)

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Piled Higher and Deeper by Jorge Cham



COLUMN

Infinite Inspiration: Taking stock of the past year



Photo by Venkateswarlu Kadiveti

By Venkateswarlu Kadiveti
Staff Writer

Review, refresh and restart your life. This should be our mantra as we conclude one more beautiful year in our lives and as we welcome the New Year with new aspirations and dreams. It's time to get our Annual Report. This report is an assessment of how we spent our valuable lives for the past 365 days. It will provide a blueprint of what to do and what not to in the coming year.

“Recollect and list all the details of your life in the past year.”


Review the year carefully. Recollect and list all the details of your life in the past year. First include your physical, mental, spiritual, intellectual, financial, professional progress. Secondly, make a list of how you are doing with your human relations — personal, professional and community. Lastly, make a list of all the decisions and choices you made and opportunities that you used and missed. Review and make an exhaustive report. The bigger the report, the more you gain in the coming year. Reviewing life over a year gives you the power to recapture the moments that were lost due to your emotional state and for other reasons. You can analyze things more clearly now that you are emotionally free of them, and

you will be able to approach them more rationally in a similar situation in future. It's a little like making a mistake in an exam and then realizing the right answer. If you come across the same question in another test, your likelihood of making the same mistake again is reduced. Refreshing allows you to let go all that you do not need and move on with what matters to you. Once you review everything — just as you do with your computer — trash the unwanted files, treasure those memories that are worth cherishing and reformat yourself for the

whole New Year. Laugh at the silly mistakes you made in the past and commit to not repeating them. Pat yourself on the back for all your accomplishments. This will boost your confidence to launch yourself into the new challenges that await you. Believe that every challenge will reward you, as it did in the past. We often misunderstand the definition of “restarting.” We think that we have to start everything afresh. This is the reason for our disappointment when we don't fulfill our resolutions. Some of us even tire of making resolutions and resolve not to make any more!

But the fact is that when you make a resolution and fulfill it, even for a short time, you have accomplished something. As Confucius rightly observes, “It does not matter how slowly you go, as long as you do not stop.” So restarting, in its real sense, means starting from where you stopped, sometimes many times. Sooner or later, you will accomplish your goals. “Always bear in mind that your own resolution to succeed is more important than any one thing.” — Abraham Lincoln So what are you waiting for? Review, refresh and restart your life. Now.

Venkateswarlu Kadiveti is a student in the International Dentist Program.



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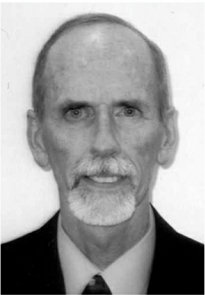
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1	5	7	6	9	3	2	4	8
3	4	8	5	6	7	1	9	2
5	6	9	1	2	8	3	7	4
2	7	1	3	4	9	8	5	6

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