



# Synapse

## The UCSF Student Newspaper

**OPINION**  
**Good Guys and Bad Guys**  
Sensitivity and specificity of the armed guard response  
By Akshay Govind

In February of 2012, neighborhood watchman George Zimmerman was patrolling his locality in Sanford, Florida, when he spotted what he thought to be a threat to his community’s safety and security. His judgment error, as we all know, ended with a dead 17-year-old who was armed only with a bag of Skittles and an Arizona-brand fruit drink. Even if we grant that Zimmerman was actually trying to respond to what he believed was legitimate danger, this case illustrates an important consideration overlooked by the National Rifle Association in its recent response to the horrific shootings in Newtown, Connecticut, last month.

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**NEWS**  
**Remembering Dr. Martin Luther King, Jr.**  
Staff Report

Dr. Martin Luther King Jr. continues to be an iconic symbol of the civil rights movement, as new generations become familiar with his historic leadership. Inspired by the power of non-violence, Dr. King was tireless in working for a better world for all people and all children. His belief in community, service and education as tools for change aligns particularly well with the values of UCSF.

During this annual commemoration, members of the campus community will be able to reacquaint themselves with the reasons that Dr. King’s legacy remains alive,

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**NEWS**  
**Santas Invade San Francisco**



Photo by Karin Lin

SantaCon participants compete in a tug-of-war contest in Union Square.

By T. Booth Haley  
Editor

You may have heard of it: thousands of people dressed as Santa Claus frolicking through urban centers around the country and the world. And you may not be surprised to learn that SantaCon is, like so many absurd and merry traditions, a local San Francisco invention.

It started in 1994, when a surreal mob of Santas organized by the San Francisco Cacophony Society wandered around Union Square. This year, SantaCon was celebrated on December 15 in downtown San Francisco, along with cities around the world from Beijing to Moscow, where a world record of 70,000 Santas gathered in 2006. An estimated 276 locations in 37 countries celebrated SantaCon this year.

In San Francisco, the gathering began at noon at Union Square under the giant Christmas tree, with music and dancing. A rainy afternoon failed to dampen spirits in the least, as groups of reveling Santas headed out to various bars downtown. Many had candy canes or other gifts to share with people they met along the road, embodying holiday generosity as much as decadence. When strangers are united by their common dress and a common cause for celebration, an openness is created — the public spaces of the City for one day became places for true intermingling and sharing, as Santas who normally wouldn’t have partied together became friends.

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**NEWS**  
**Whooping Cough Cases Up Sharply in U.S.**  
By Oliver J. Ubeda  
Associate Editor

The United States is experiencing a pertussis epidemic — possibly the largest outbreak in the last 50 years.

According to the Centers for Disease Control and Prevention (CDC), the provisional count of reported cases last year exceeded 36,000 as of November 17, 2012, twice the level in 2011 and well above the previous high of 27,550 in 2010.

There have been 16 pertussis-related deaths reported so far this season. Infants younger than 3 months of age make up the majority of those deaths, followed by children 7 to 10 years old and teenagers 13 to 14 years old.

Pertussis epidemics are not uncommon in the United States, occurring every three to five years. One reason for the flare-ups is that those who have contracted pertussis, or been vaccinated, are not guaranteed lifelong immunity.

Many people may not even realize they have whooping cough. In a recent *New York Times* article, Dr. James Cherry, a professor of pediatrics at the University of California at Los Angeles, explained that in a person who has had the disease or been immunized for it, its symptoms — a runny or stuffy nose, little or no fever and a cough — typically resemble the symptoms of a common cold. Most people weather an episode without ever going to the doctor, unaware that they are spreading the disease.

Pertussis is so contagious that people with whooping cough will infect everyone living with them, according to the CDC website. That is the reason why the CDC recommends that anyone with a cough should avoid contact with

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# Whooping Cough

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infants, and that those who regularly care for children should be vaccinated.

“In general, pertussis should be considered in anyone with a new prolonged cough (greater than two weeks), especially if it is worse than other coughs the patient has had,” said Dr. Thomas B. Newman, Professor of Epidemiology and Biostatistics and Pediatrics at UCSF. “Any cough that occurs in fits or with inspiratory obstruction, or that leads to vomiting, should raise that suspicion.”

The group at by far the highest risk for the disease are infants younger than 6 months, especially those who are not immunized. “So for adults with contact with young infants,” Dr. Newman emphasized, “the threshold for diagnosing pertussis should be much lower.”

A second cause of the epidemic may be that the newer vaccinations may not last as long as doctors expected. The *New York Times* article reported that a recent study conducted at the Kaiser Permanente Vaccine Study Center in Oakland showed that protection from the new acellular pertussis vaccine wore off over the five-year period after the vaccinations and that children who subsequently got infected were younger than those in past outbreaks of the disease.

Currently, infants at 2, 4, 6, 15 and 18 months and once again between 4 to 6 years old are vaccinated with the DTaP vaccine. This is a combination vaccine that confers immunity to diphtheria, tetanus and pertussis. Until 2005, the pertussis vaccine used to be a whole-cell vaccine known as DTP, but it caused serious side-effects, such as seizures, high fevers, floppiness and uncontrollable crying.

The new vaccine has acellular pertussis components and is known as DTaP in the form in which it is administered to infants, while a booster vaccine known as Tdap is administered to teenagers and adults. Tdap boosters are administered at age 11 or 12.

Dr. Nicola P. Klein, who conducted the Kaiser study, acknowledged that the old vaccine conferred longer

immunity, but said that the new vaccine is definitely safer and effective even if it is shorter acting. Because of the study’s findings, Dr. Klein believes booster shots should be given earlier, at the age of 8 or 9.

Officials at the CDC had originally thought that the large increase in recent pertussis cases was due to the fact that the patients had not kept up to date with their immunizations. It is now believed that the rise is most likely due to the shorter immunity conferred by the new vaccine.

Pertussis is caused by infection with the bacterium *Bordetella pertussis*. The disease gets its popular name from the distinctive whooping sound that is heard between coughing spells as the sick person gasps for air. The pertussis-related cough is known as the “100-day cough” because it can last up to 10 weeks.

Pertussis is a highly contagious disease that is transmitted through the air in the coughs and sneezes of infected persons. Touching wet surfaces coughed or sneezed on by infected individuals and then touching one’s own eyes or nose can also be a source of transmission.

A person or infant who has not been vaccinated can display more severe symptoms. The CDC reports that 57 percent of infants who contract pertussis need to be hospitalized and can develop other complications. Of those infants who are hospitalized:

- 1 in 4 (23 percent) contract pneumonia (lung infection),
- 1 or 2 in 100 (1.6 percent) will have convulsions (violent, uncontrolled shaking),
- Two-thirds (67 percent) will have apnea (slowed or stopped breathing),
- 1 in 300 (0.4 percent) will develop encephalopathy (disease of the brain),
- 1 or 2 in 100 (1.6 percent) will die.

Go to the Synapse website (synapse.ucsf.edu) to see videos.

Oliver Ubeda is a third-year pharmacy student.

# SantaCon

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The SantaCon website (santacon.info) is just as goofy as the event. The FAQ section reads:

- Q: What is SantaCon?  
A: SantaCon is your opportunity to be Santa!  
Q: Is this some kind of political statement?  
A: No. It’s fun, and only fun.  
Q: Who’s in charge?  
A: Santa.

Meanwhile a long list of guidelines emphasizes the non-commercial and non-political nature of the event, while trying to discourage Santas from misbehaving:

“Bring gifts: NAUGHTY gifts to give grown-ups; NICE stuff to give kids. Throwing coal at people is discouraged, no matter who they are. YES, THAT INCLUDES POLITICIANS. But giving out coal might actually be appreciated.”

Or:  
“Watching Santa get drunk and rowdy is fun. Baby sitting Santa while he vomits in an alley is not. Don't be that Santa.”

But do come be a fun-loving Santa and celebrate a merry San Francisco tradition at SantaCon 2013!

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

# NEWS BRIEFS

## UCSF DEPARTMENT OF MEDICINE Communication Is Key to Medication Adherence

A new study led by researchers at UCSF, San Francisco General Hospital and Trauma Center (SFGH) and the Kaiser Permanente Division of Research has identified ineffective communication by doctors as a significant factor contributing to patients’ failure to take their medication as prescribed.

As reported in the journal *JAMA Internal Medicine*, formerly known as the Archives of Internal Medicine, the study looked at 9,377 patients taking medications to lower their blood sugar, blood pressure or cholesterol.

These patients were asked through questionnaires to rate how well their doctors communicated with them. Patient medication adherence was determined by measuring delays in refilling prescriptions. The patients who gave their doctors poor marks in communicating were less likely to take their medications as indicated.

The work suggests that preparing doctors to be better communicators may help improve medication adherence and ultimately, health outcomes, said lead author Neda Ratanawongsa, MD, MPH, an assistant professor in the UCSF Department of Medicine and the UCSF Center for Vulnerable Populations at SFGH.

## UCSF SCHOOL OF MEDICINE How Excess Holiday Eating Disturbs Your ‘Food Clock’

If the sinful excess of holiday eating sends your system into butter-slathered, brandy-soaked overload, you are not alone: People who are jet-lagged, people who work graveyard shifts and plain-old late-night snackers know just how you feel.

All these activities upset the body’s “food clock,” a collection of interacting genes and molecules known technically as the food-entrainable oscillator, which keeps the human body on a metabolic even keel. A new study by researchers at UCSF is helping to reveal how this clock works on a molecular level.

Published this month in the journal *Proceedings of the National Academy of Sciences*, the UCSF team has shown that a protein called PKCγ is critical in resetting the food clock if our eating habits change.

The study showed that normal laboratory mice given food only during their regular sleeping hours will adjust their food clock over time, and begin to wake up from their slumber and run around in anticipation of their new mealtime. But mice lacking the PKCγ gene are not able to respond to changes in their mealtime, instead sleeping right through it.

## UCSF MEDICAL CENTER Teen Liver Transplant Recipient Honors Donor at 2013 Rose Parade

Alfonso Garcia still carries around a baseball cap that belonged to a 22-year-old man who passed away in 2010 without ever meeting him. It’s just a small reminder of another gift that the 18-year-old college freshman carries with him every day: the man’s liver, which saved Garcia’s life.

Since receiving the liver transplant at UCSF, Garcia has made it a mission to spread the word about the value of organ donation by sharing the memory of his hero, George Becker, who died after a bad sinus infection spread to his brain.

More than two years later, Garcia still “thinks about George every day,” he said. “I don’t take anything for granted.”

As part of that mission, Garcia was selected by UCSF and the California Transplant Donor Network to ride on the Donate Life “Journeys of the Heart” float at the 2013 Tournament of Roses Parade in Pasadena, Calif., on Tuesday, Jan. 1, in honor of Becker. The float bore a florograph of Becker, a portrait made of flowers. Garcia — whose father, Oscar Garcia, is a respiratory therapist at UCSF — was 15 years old when he was diagnosed with Wilson’s disease, a genetic disorder in which too much copper accumulates in the body’s tissues, causing damage to the liver and nervous system. His health was deteriorating quickly and he needed a liver transplant immediately.

## UCSF CANCER CENTER Cancer Center Awarded \$36 Million Grant

The National Cancer Institute (NCI) has awarded the UCSF Helen Diller Family Comprehensive Cancer Center a \$36 million support grant that will fund infrastructure for clinical trials, cutting-edge research and programmatic support over five years.

The first year’s award amounts to \$7.2 million, including indirect costs. The balance of the support grant from the National Cancer Institute was recommended by the National Institutes of Health subject to the availability of funds and satisfactory progress in various initiatives.

The Helen Diller Family Comprehensive Cancer Center is one of the country’s leading cancer research and clinical care centers. It is the only comprehensive cancer center in the San Francisco Bay Area.





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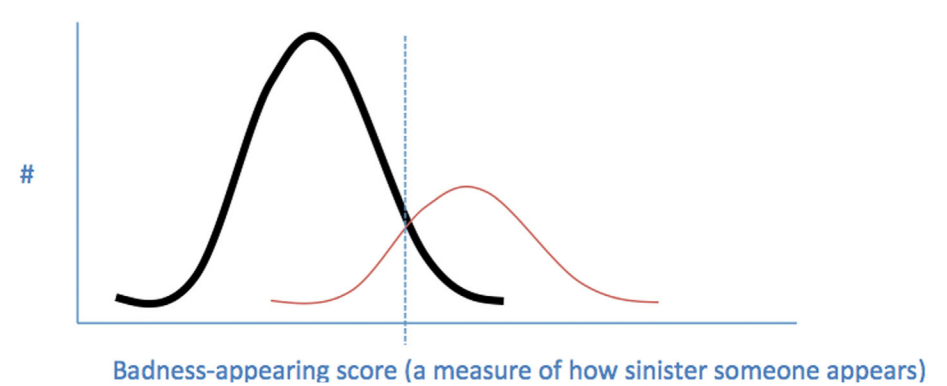
# Good Guys, Bad Guys

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Specifically, the NRA suggests placing armed guards at American schools, and its reasoning is that having armed security would dissuade bad guys from targeting schools. Simply speaking, if all our guards were trustworthy, this would probably be true, but I will argue that this is only part of the picture, and that one major difficulty lies in the judgment of the guards.

For this discussion, I won't even address the issue of an armed guard turning on the school (or devious killers seeking employment as guards). Rather, I'll focus on the diligent guard trying to protect students from what he/she believes is a threat. Evaluating several factors, guards would have to make judgments about how badly someone must be acting or appearing before responding with gunfire. Borrowing an analogy from clinical medicine, this would be analogous to a cutoff level at which a test is considered to be positive.

Recall that the worth of the test is based in its positive predictive value, which in this case is dependent upon how specific the measure of apparent badness is (i.e., how often good people don't look bad) and the baseline prevalence of how bad people actually are (which most people would agree is a very small proportion of the population).



In the above chart, I've drawn two populations. The thick line is made up of people who are actually good, and the thin line is made up of people who are actually bad. We can see that there are far greater numbers of good people, and for the sake of this illustration, I've assumed that the people who are actually bad appear more sinister as a population than those who are actually good. We see though, that there is some overlap of these populations — i.e., an ambiguous area where there are many good and many bad people who score equally on this scale.

The vertical dotted line represents the threshold for responding to this bad-appearing person with gunfire by a guard. We see that in order to improve the armed guards' success rate in getting more bad guys (that is, to improve sensitivity), we need to shift the dotted line to the left, which would mean lowering the threshold for firing.

Unfortunately, doing so would also mean firing at more good guys (reducing specificity and thereby increasing the false-positive rate). Further, because there are proportionally far more good guys than there are bad guys, I would argue that the sheer numbers game of the approach proposed by the NRA would lead to more cases like that of Trayvon Martin rather than heroically saving schoolchildren.

I believe my model presents an easiest-case scenario for armed guards as well. In reality, the population of bad people may not appear any more menacing than the population of good people, and perhaps even more importantly, categorizing most people into classes of the strictly bad and the strictly good is not really accurate.

There may also be times when fights among students escalate to a level where a guard responds with gunfire, and most of us will agree that this scenario is no one's desired goal.

A legitimate response a supporter of the NRA position might make is that because the mere presence of these guards should reduce the number of people targeting schools, we can train guards to have an extremely high threshold for gunfire response, and this will improve specificity and still allow them to respond to the worst-case scenarios.

Several questions that I believe follow from this are: How well do we think these guards could respect these high thresholds, and how appropriate a use of funding is it to have a trained, armed guard whose main purpose is not to shoot?

Further, given that many of the mass shootings we have suffered recently have been murder-suicides, is it really appropriate for us to think that the bad guys would actually be deterred by the presence of an armed guard?

I think the NRA truly believes placing armed guards in schools would solve the problem of attacks in this setting. In general, they're right that such a policy would make the textbook bad guy less likely to strike in schools, but along with the fact that textbook bad guys are exceedingly rare, the problem of the sensitivity and specificity of the threshold for gunfire response is too large a problem to overcome.

The position of the vertical dotted line would inevitably lead either to greater numbers of innocent people being shot or fail to be effective at picking up legitimate threats.

Akshay Govind is a second-year medical student.

# UCSF JOURNAL CLUB

## Recent research by UCSF scientists

By Alexandra Greer  
Science Editor

**NEUROSCIENCE: LTP requires a reserve pool of glutamate receptors independent of subunit type.** Granger, A.J.; Shi, Y.; Lu, W.; Cerpas, M.; Nicoll, R.A. *Nature*. December 12. [Epub ahead of print]

It is thought that memory formation requires a form of neuronal communication called "long-term potentiation" (LTP), where continued signaling from one neuron to another causes increased receptivity of the receiving neuron (either via neurotransmitter receptors, dendritic spines or ion channels) and strengthens activation of the receiving neuron. This type of activity can persist for days to months and is a basic mechanism of synaptic plasticity.

One type of neurotransmitter receptor thought to be required for LTP is the glutamate receptor AMDA, and especially the GluA1 subunit of AMDA. Previous reports named the C-terminus (read: the back end) of GluA1 as required for LTP to occur, as truncations of GluA1 prevented LTP in *in vitro* and *in vivo* models.

Here, researchers tested this assertion by knocking out different portions of the C-terminus with a gene gun, which essentially forces DNA into cells in culture. Interestingly, they found that deletion of the C-terminus of GluA1 did not ablate LTP significantly, and LTP only requires a reserve pool of AMDA receptors to occur.

**CANCER BIOLOGY: Identification of pY654-β-catenin as a critical co-factor in hypoxia-inducible factor-1α (HIF-1α) signaling and tumor responses to hypoxia.** Xi, Y. et al. (Chapman and Wei) *Oncogene*. December 17. [Epub ahead of print]

Recent advances in the understanding of cancer biology have uncovered what looks like a common route of metastasis in many cancers: a damaged cell's response to a hypoxic environment. In tumors and healthy cells, exposure to hypoxia promotes expression of HIF-1α. Somehow, this HIF-1α gets activated in tumor cells but not in healthy cells and promotes what's called the "epithelial to mesenchymal transition" or EMT — a hallmark of metastasis.

Here, researchers have elucidated the mechanism underlying this pathway to metastasis. They found that phosphorylated β-catenin accumulates in lung carcinomas and that upon exposure to hypoxia, the β-catenin activates the newly produced HIF-1α. They propose that the accumulation of phosphorylated β-catenin can be due to a variety of mutated kinases, which normally only activate β-catenin under specific circumstances.

**CELL BIOLOGY: Phosphorylation of actin-related protein 2 (Arp2) is required for normal development and cAMP chemotaxis in Dictyostelium.** Choi, C.H.; Thomason, P.A.; Zaki, M.; Insall, R.H.; Barber, D.L. *Journal of Biological Chemistry*. December 5. [Epub ahead of print]

Arp2, along with Arp3, forms a protein complex that helps nucleate the formation of actin filaments of the cell's cytoskeleton by binding to mature actin fibers and adding new actin monomers as a new branch of the original fiber. To function, these proteins must be phosphorylated.

Given their fundamental role in generating the actin cytoskeleton, Arp2 and Arp3 are both required for many basic functions of most eukaryotic cells, such as cell migration, changes in membrane shape and endocytosis.

Here, researchers investigated the role of Arp2 in the early development of Dictyostelium, a slime mold that serves as a useful model of eukaryotes. Arp2 mutants that could not be phosphorylated showed significant defects in cyclic-AMP chemotaxis and pseudopod formation in addition to delayed development, but only subtle defects in endocytosis and folate chemotaxis.

**CELL BIOLOGY: Polysialic acid enhances the migration and invasion of human cytotrophoblasts.** Hromatka, B.S. et al. (Fisher). *Glycobiology*. December 3. [Epub ahead of print]

In the early developmental period of placental mammals, the growing fetus develops a link to maternal nutrients via formation of a placenta. Essentially, the placenta is a collection of capillary beds that intertwine with maternal capillary beds of the uterus to provide a place to exchange oxygen, nutrients and waste.

To generate the placenta, fetal cells called trophoblasts must actually invade the maternal tissue to develop these vascular connections. Understanding the regulatory mechanisms that control this invasion could help treat dangerous conditions of abnormal placentation.

Here, researchers identify polysialic acid, a sugar present on the surface of fetal trophoblasts that controls its level of maternal invasion. Absence of the sugar prevented trophoblast migration into maternal tissue *in vitro*, whereas addition of the sugar promoted it. Furthermore, they found abnormally high levels of polysialic acid in diseases that involve too much trophoblastic invasion, such as molar pregnancy and choriocarcinoma.

Alexandra Greer is a fifth-year Biomedical Sciences student. For comments or paper suggestions, email Alexandra at Alexandra.Greer@ucsf.edu.



OPINION

# UCSF Must Divest!

By Nadia Gaber

To many, the recent air strikes in Gaza seem far away, morally turbid or politically hopeless — so distant from our lives that the morbidity and mortality reports out of Israel and the Occupied Palestinian Territories read more like news trivia than records of human suffering, even for those of us in the health professions. But what is happening in Gaza is not incurable; nor is it unrelated to our lives, and our institution.

As students, medics, workers and educators, it is our moral duty to use our collective clout to advance health equity, human dignity and an end to preventable illness and infirmity. And as UCSF affiliates, we are in a great position to do so, as the alleviation of suffering lies at the heart of every question we research, every seminar we hold, every shift we work — and should be the goal of every dollar we spend.

Our campus is not only part of one of the best public universities in the world, but is also the city's largest employer — all of which is to say that the actions we take matter. With the privilege of the best education comes the highest of responsibilities.

We at UCSF need to join students at the University of California at Irvine, which this November became the first UC campus whose student body voted — unanimously! — to support the global campaign for Boycott, Divestment and Sanctions, encouraging its administration to disinvest from entities complicit in Israel's illegal and inhumane occupation of Palestine. They write:

*“LET IT FINALLY BE RESOLVED, that we, the students, call upon our university to disassociate itself from groups or companies that promote systematic prejudiced oppression, whether this system targets people based on*

*their religion, gender, race or orientation, by divesting from companies that participate in or profit from human rights violations.”*

Just as the global boycott of South Africa was essential to ending apartheid in that country, the BDS movement is a necessary component of the broader struggle for justice today; and now, as then, students (particularly students of color) are among the most crucial actors.

It is the most peaceful and powerful means of protest available to those of us troubled by the historic parallels. Those concerned with the return of rocket fire by Hamas militants in particular should recognize the power this nonviolent strategy has for people left with no other options.

One of the most devastating consequences of the Israeli occupation is the dismal state of health in the West Bank and Gaza Strip. The numbers, even from 10 years ago, reveal stark differences.

For every 1,000 persons in their respective populations, infant mortality is 6.3 for Israelis, 29 for Palestinians; maternal mortality was 6 for Israelis, 70 for Palestinians; adult female mortality was 68 for Israelis, 125 for Palestinians. There are 37 Israeli and only 9 Palestinian doctors for every 10,000 members of their populations; the difference in nurses is 66 to 14; and there are 59 hospital beds in Israel to Palestine's 12, many of which are neither operational nor accessible.

Organizations like Physicians for Human Rights — Israel are unequivocal in their assessment of the root cause of Palestine's fractured, failing health system. It is, ultimately, the state of Israel's unjust control of underlying determinants of health, such as water and sanitation, its strictures on mobility for ill Palestinians seeking treatment (as well as neutral medical personnel offering care), and its active

infliction of violence, accompanied by the trauma it engenders.

The goal of the BDS movement is not to malign particular companies, many of which have also used their resources for positive advances in health care research and technology; it is certainly not to promote anti-Jewish sentiment or endorse militant retaliation from Palestinians.

Instead, it is to ensure ethical accountability across the books — and the borders. It is tangible, specific and symbolic. We should be excited to leverage the reputation and endowment of the University of California system in solidarity with current and historical movements for peace.

As medical professionals, we should arguably be most invested in the BDS movement, stirred on by the gruesome images of death and disablement suffered by innocent civilians on both sides, angered by the disruption of medical personnel, theft of resources and denial of basic health care.

To do no harm, UCSF must divest from the state of Israel, or else have its work tainted by the blood on the hands of these occupying partners. I am confident that the UCSF community will stand on the right side of history, because I have seen the energy of my colleagues poured into advocacy, outreach, service and research, with unbounded optimism that our actions will improve others' lives.

When Paul Farmer spoke at UCSF this fall, I was struck by the astonishing results of Partners in Health's work in post-conflict Rwanda, and asked: Does health equity depend on political equality and enfranchisement, or can it be advanced in lieu of broader peace reforms?

He responded by saying, “Public health requires a modicum of peace and stability; and part of what we need to do, all of us, is know that it's important to have less structural violence — the insidious kinds

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REVIEW: *INTUITION*, BY ALLEGRA GOODMAN

# Moral Ambiguity In the Literary Lab

By Alexandra Greer  
Science Editor

*Intuition* is the story of Cliff and Robin, postdoctorate researchers in the strapped-for-cash biomedical lab of Sandy Glass and Marion Mendelsson. The lab works on cancer research, but things haven’t been progressing as planned; both postdocs are feeling pretty demoralized, and Cliff is even fearful for his job.

Then, the unthinkable happens! Cliff’s experiment, finally, and miraculously, works. The lab pounces on it: there’s suddenly a media

**INTUITION**  
By Allegra Goodman.  
2006. 344 pp. The Dial Press. \$25.

firestorm, promised publications in *Nature*, and Cliff suddenly becomes a rising star, leaving Robin in the dust. But did the experiment really work, or is there something else going on?

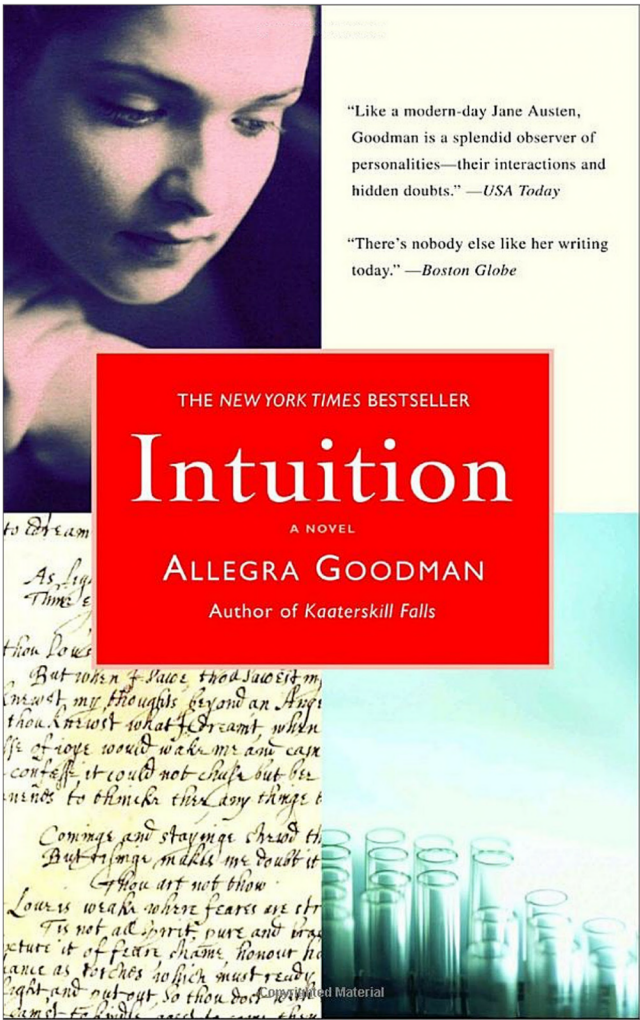
*Intuition* is Allegra Goodman’s seventh novel, and it’s very much a character study in the internal struggle these scientists have with the possibility of scientific misconduct. It follows the laboratory from their initial dry period, to Cliff’s miraculous discovery,

the following publicity and publication, to the growing questions of its validity and the fallout from these questions.

Goodman’s pace is slow — and this was hard to read through at first — but even the smallest asides come back to light later and reflect the political nature of their lab. It’s an older book, published in 2006, but has experienced somewhat of a resurgence due to the recent publication of various articles about a new trend in novels: “lab lit”, or novels that happen to feature scientists.

Goodman’s real skill is twofold: first, despite not having worked in a lab herself, she depicts the laboratory environment and mentality almost perfectly. You can sense the feeling of isolation and the small-world mentality of the lab, complete with escapes to the cell culture facility to gossip about lab personnel issues. You can also sense the concomitant frustration and hope that the postdocs have about their research — it hasn’t been working, but it should ... right?

Goodman’s second skill is character development. These characters are humanly flawed, and with enough balance to be quite believable. This, paired with her depiction of lab environments, led me to feel that not only did I know a version of each of



these characters, but that I could also see pieces of myself in all of them. Given the topic of the book (potential data fraud), this made for some interesting introspection.

I am a fast reader, so I was able to breeze through what later felt like slow

parts and thoroughly enjoyed the book. In fact, I later bought the audiobook as well to listen to on a road trip. I highly recommend the book but not the audiobook: the narrator’s tone felt like overacting and really changed the feeling of the book. Despite my reservation with the audiobook, I would definitely recommend *Intuition* to all of my fellow science friends.

Alexandra Greer is a fifth-year Biomedical Sciences student.

## Remembering Dr. King

» FROM HOME PAGE

and his commitment to resolving conflict between countries, cultures, faiths and individuals.

On traveling “graffiti walls” at MLK events at Parnassus and Mission Bay, faculty, staff and students will be invited to read a sample of Dr. King’s most memorable sayings and to reflect in their own words on the relevance of his teachings in the world of today.

**MLK CALENDAR OF EVENTS (subject to change):**

- Jan. 15 — Laughter Is the Best Medicine.**  
Cole Hall Auditorium. Pre-reception wine and healthy snacks, while supplies last, from 4:30 p.m.-5 p.m. Showtime: 5-6 p.m.
- Jan. 15 — Spoken Word.**  
Refreshments will be served. Multicultural Resource Center, MU 123W. Showtime: 6-8 p.m.
- Jan. 18 — Best Intentions Motown Tribute!**  
This amazing band will take you on a musical journey back in time with your favorite Motown hits, Lunch special for \$4, with complimentary coffee and tea, while supplies last. Mission Bay Rutter Community Center. Showtime: noon–1 p.m.
- Jan. 21 — 57th Presidential Inauguration (televised).**  
Complimentary coffee, tea and bagels, while supplies last. UCSF Moffitt Cafeteria and The Pub at Mission Bay: 9 a.m.–noon.
- Jan. 22 — Best Intentions, Motown Tribute!**  
Lunch special for \$4, with complimentary coffee and tea, while supplies last. Laurel Heights, The View, second floor. Showtime: noon–1 p.m.

## Divest

» FROM PAGE 6

of racism, gender disparity, etc. — and also, less fueling of event violence — war, genocide.”

Medical neutrality is not political indifference. Health efforts cannot succeed where colonial oppression is the institutionalized norm, and it is up to us to use our freedoms to demand those that Palestinians also deserve, to demand peace in both of these senses.

I urge all who read this to get involved, whether by attending our meetings, signing our petition, encouraging BDS in your home or organization, or simply reading the news with an open heart. As Nelson Mandela framed it: “Having achieved our own freedom, we can fall into the trap of washing our hands of difficulties that others face.”

Nurses, doctors, students and hospital workers do not wash their hands of difficulty; we have chosen to engage with it, to delve into difficulty where our hands are most needed. We are needed in the fight for peace in Palestine.

Nadia Gaber is a second-year medical student.

2014-2015

# Student Regent

## Student Regent Reception

Thursday, January 17  
5-6:30 p.m.  
City Lights Room  
Millberry Union, Parnassus

Meet your Student Regents to see how you can make a difference in the UC system! Enjoy delicious **hors d'oeuvres** and pick up an application to be the next Student Regent.

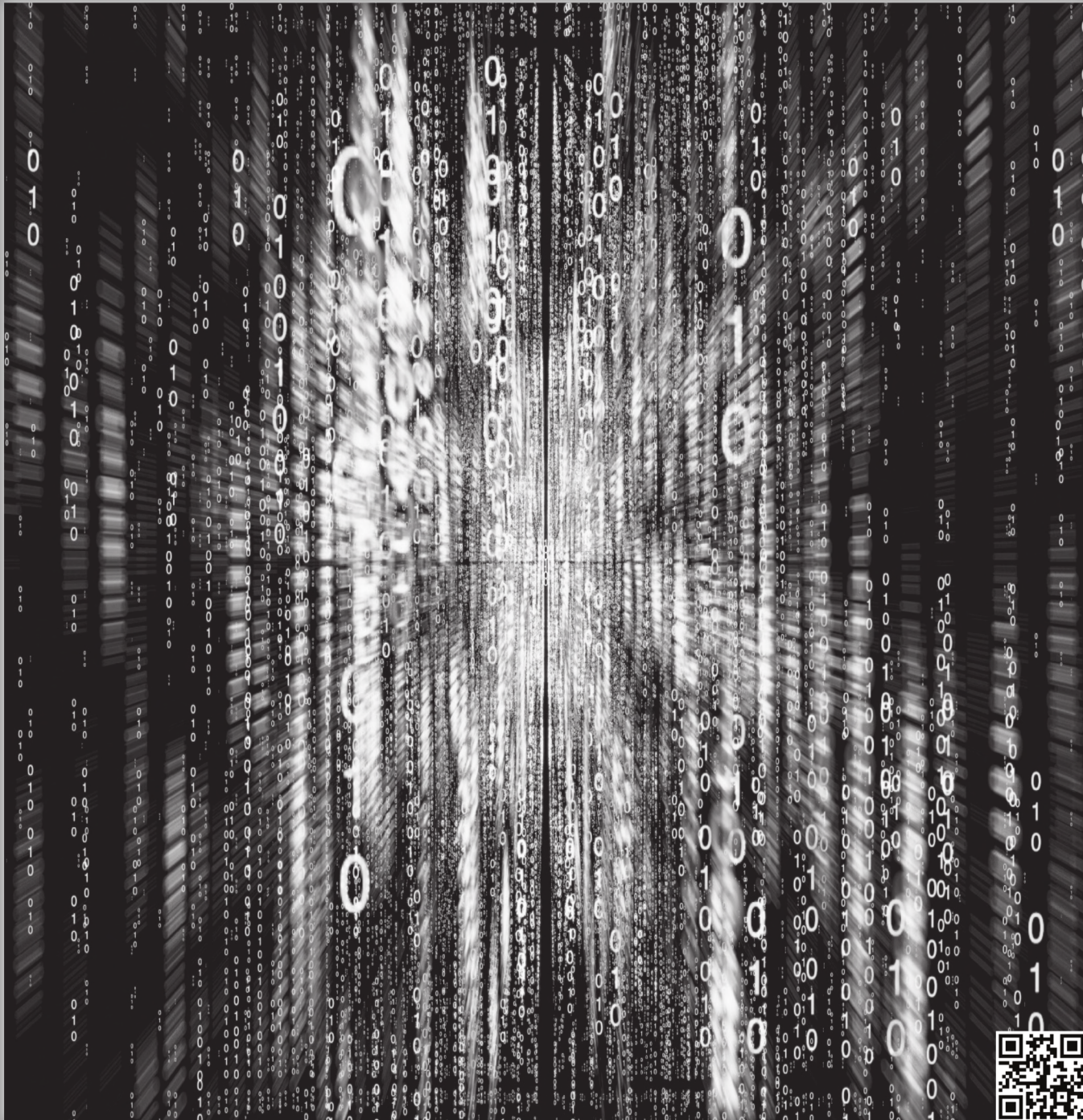
## Application Due

Thursday, February 28 at 5 p.m.  
Chancellor’s Office  
S 126, Parnassus  
<http://bit.ly/UCstudentregent>



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**UCSF IT SECURITY AWARENESS**



# ARTS&CULTURE

## Favorite Films of 2012

By Eric Van Uffelen

Last year offered some of the best cinema experiences I’ve ever had. I’ll spare you a preamble about the state of cinema in 2012, although I did notice that many of the films listed below prominently featured conflicts between strong ideologies.

I’d like to make special mention of *A Separation*, which won the 2012 Academy Award for Best Foreign Film. It was released in San Francisco in late January, after my 2011 list was published, but it’s a perfect film that tells a very moving story with such nuance and intelligence, capturing the complexities of the families portrayed as well as the cultural, religious and legal realities inherent in the story. It would have ranked third on my list, behind only *The Tree of Life* and *Martha Marcy May Marlene*.

Since these types of lists are so arbitrary, I decided to include a dozen titles. (Many more detailed reviews of these can be found in the paper archives and on my criticism blog.)

12. **Lawless** — Based on the true story of a Depression-era family of Virginia bootleggers (Shia LaBeouf, Tom Hardy, Jason Clarke) who battle sinister lawmen (led by Guy Pearce) and powerful gangsters (led by Gary Oldman). Jessica Chastain and Mia Wasikowska play the love interests of Hardy and LaBeouf respectively, and their characters’ differences in demeanor and approach serve to emphasize the differences between the two brothers. It’s a gorgeous film with a beautiful soundtrack, and it strives to humanize its dangerous characters. Available on disc.

11. **Django Unchained** — Quentin Tarantino’s genre mix of a revenge tale was not as effective for me as *IngLOURious Basterds* or *Kill Bill*. Jamie Foxx and Christoph Waltz are excellent as a slave and the bounty hunter who frees him and trains him as they partner up to take down despicable men. There was a lot to enjoy here (including the funniest line of the year and an impressive, eclectic soundtrack), but the over-the-top lurid violence was just a little too much for me to rank this higher. In theaters now.



10. **Cloud Atlas** — Easily the most ambitious film of the year, this novel adaptation by Tom Tykwer and the Wachowski siblings features multiple narratives across multiple centuries, with many of the same actors portraying different characters. It’s the most forward-thinking sociopolitical film — roughly, about moving beyond societal and systemic boundaries — on a grand scale that I’ve ever seen. It’s a shame that it didn’t do very well in theaters. On a somewhat “meta” level, I appreciated that it dealt with how cinema itself is an approximation of our own natures and struggles. A disc release has not been announced.

9. **The Avengers** — This was the most fun I had at the movies last year, but Joss Whedon’s accomplishments with this film got lost in its box-office success. Whedon had to dream up a whole bunch of things to make this even remotely entertaining, and the film has much more to offer than simply the Earth’s mightiest heroes. Definitely worth revisiting. Available on disc.

8. **Moonrise Kingdom** — Wes Anderson’s most charming film, within an oeuvre of infinite charm. Anderson seemed to be addressing criticism of his tendencies and moved forward with his assured style and beautiful character work in this love story about two young runaways and how grief shapes both their lives and the lives of those responsible for them. Perhaps the best cast of the year. Available on disc.

7. **The Dark Knight Rises** — You’ve no doubt seen this already, and I wrote at great length about this conclusion to Christopher Nolan’s trilogy. It’s Batman. Available on disc.

6. **Looper** — Rian Johnson made a time-travel hitman movie, starring Joseph Gordon-Levitt and Bruce Willis as the same character, that dared to subvert expectations and succeeded. It offers some profound commentary about the nature of violence and aggression, and about how men are created and how they destroy themselves. Remarkable as a sci-fi movie, tremendous as a character study. Plus, it’s just really cool. Available on disc.

5. **The Deep Blue Sea** — Terence Davies adopted the play by Terence Rattigan into an absolutely stunning film. Rachel Weisz gives one of the best performances of the year, as a woman caught up in her own assumptions of what love is and should be in this devastating “romance” set in London in World War II. Available on disc, and streaming on Netflix.

4. **Once Upon a Time in Anatolia** — The less I say about this Turkish murder drama the better. Perhaps the most beautiful film of the year, featuring one of the most human and humane scenes in cinema. Available on disc, and streaming on Netflix.

3. **Zero Dark Thirty** — Based on a true story of the CIA agent (Jessica Chastain in her most substantial, complex role) who tenaciously tracked down Osama bin Laden over a decade. The film is needlessly garnering controversy for its portrayal of torture. Those who actually watch the film should recognize that the screenwriter, Mark Boal, and the director, Kathryn Bigelow (the team who made *The Hurt Locker*) have taken an honest look at the efficacy (or lack thereof) of the tactics used to find and kill the notorious terrorist, and how the hunt itself destroyed many more lives in the process. The raid on the compound is one of the most delicately handled, tense and effective film sequences in a long while. Also, Chastain delivers the line of the year. Expands to theaters nationwide tomorrow.

2. **The Master** — Another film I wrote at length about upon its initial release, Paul Thomas Anderson’s story of a Scientology-type leader (Philip Seymour Hoffman) and the troubled live wire he brings in to his fold (Joaquin Phoenix) is like no other. Shot mostly in glorious 65 millimeter, it’s something you should see in a proper theater, but you will probably appreciate its nuances just as well at home. Available on disc February 26.

1. **Amour** — I saw this at the Mill Valley Film Festival in October, and it completely wrecked me. I knew before it was over that it had earned this spot on the list, even with more films to come. Nothing has touched its level of impact. Writer-director Michael Haneke’s tendency towards denial of expectations is essential to this tale of an old married couple, Georges (Jean-Louis Trintignant) and Anne (Emmanuelle Riva). When Anne starts to fall ill, Georges must deal not only with her care, and all that entails, but must do so while he himself is not in the best of health. If it sounds depressing and unflinchingly realistic, it is, but in the most beautiful and tender way. Seek this film out as it expands to more theaters, as it must surely do.

Notable mentions include *Argo* and *Chronicle*. For the record, I did see *Holy Motors*, *Killing Them Softly*, *Not Fade Away* and *The Turin Horse*, but did not consider them for this article.

Eric Van Uffelen is an analyst in the Department of Microbiology and Immunology, and reviews films and TV at [cinematicgestures.blogspot.com](http://cinematicgestures.blogspot.com).

*month of events:*

**Tuesday, January 15**  
**Laughter Is The Best Medicine**  
4:30 pm–6:00 pm / Showtime: 5:00 pm–6:00 pm  
Cole Hall Auditorium, Parnassus  
Pre-reception Wine & Healthy Snacks\*\*

**“Spoken Word” by UCSF students**  
6:00 pm–8:00 pm  
Multicultural Resource Center, MU 123W, Parnassus  
Complimentary food and beverages will be served\*\*

**Monday, January 21**  
**57<sup>th</sup> Presidential Inauguration (televised)**  
8:30 am–12:00 noon  
UCSF Moffitt Cafeteria, Parnassus  
Complimentary coffee, tea and bagels\*\*

**57<sup>th</sup> Presidential Inauguration (televised)**  
8:30 am–12:00 noon  
Rutter Community Center, Mission Bay  
Complimentary coffee, tea and bagels\*\*

**THE BEST INTENTIONS, Motown Tribute!**  
This AMAZING band will take you on a musical journey back in time with your favorite MOTOWN HITS!  
**Friday, January 18**  
12:00 noon–1:00 pm  
Rutter Community Center, Mission Bay  
\$4 Lunch Special at The Pub with complimentary coffee & tea\*\*

**Tuesday, January 22**  
12:00 noon–1:00 pm  
The View, 2nd Floor, Laurel Heights  
\$4 Lunch Special at The View with complimentary coffee & tea\*\*

\*\*Food and beverages will be served while supplies last.

*“Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives.”*

~ Dr. Martin Luther King, Jr.

**JAN 2013 MARTIN LUTHER KING, JR. MLK**

*Injustice anywhere is a threat to justice everywhere*

\*All programs and events planned by the 2013 Dr. Martin Luther King, Jr. Commemoration Committee, funded through the Chancellor’s Cultural Enrichment Fund, and supported by Campus Life Services - Arts & Events, Council of Minority Organizations, Multicultural Resource Center, Office of Diversity & Outreach, Student Activity Center, Living Well at UCSF.

**UCSF**  
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San Francisco



# FOOD

## REVIEW

# On a Roll: Sandwiches at Haight Street Market

By Dawn Maxey  
Food Editor

Haight Street Market is a less corporate and polished version of Whole Foods, though certainly no less popular and certainly a little bit hotter. Kind of like Kat is to Bianca in the 1999 hit teen romantic comedy *Ten Things I Hate About You*. At any rate, its deli section boasts an impressive array of house-made sandwiches, and I decided to test-drive a few.

In addition to a rotating daily special, Haight Street Market (HSM) offers 17 different types of Signature Sandwiches and the option to create your own. My fellow taster and I opted to try both the Buffalo Bleu (Boar's Head buffalo chicken, blue cheese dressing, lettuce, tomatoes, onions, pickles and peperoncinis with a shot of Frank's RedHot sauce) and the Wild West (pulled pork, BBQ sauce, spicy cole slaw, served hot), each \$7.50. Other options include the Valencia (sliced oven-roasted chicken, sliced Fuji apples, tomato pesto mayo, mixed greens and red onions) and a few vegetarian choices like the Marinated Tofu (Hodu Soy Beanery marinated tofu, artichoke hearts, roasted bell peppers, alfalfa sprouts and Italian vinaigrette).

We had to wait around a little bit for the sandwiches to be made, but after they were presented to us, we felt it was certainly worth the wait. The sandwiches are enormous monsters, heaving with filling. This merely encourages the perennial problem of having your sandwich contents squirt out the back as you try to take a bite from the front — but is definitely bearable when the contents are so delicious.

The Buffalo Bleu offered a nice contrast of spiciness with the smooth dressing. The produce was fresh and they certainly didn't skimp on the meat — I was edging on feeling full only halfway through. I could have probably done with another shot of Frank's RedHot sauce, or more pungent blue cheese dressing, but this may

**Haight Street Market**  
(3 out of 5 stars)

1530 Haight St.  
www.haightstreetmarket.com  
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**DRINKS** Wines, beers and non-alcoholic beverages  
**PRICE RANGE** Sandwiches \$6.50 and up  
**HOURS** Daily, 7 a.m. to 9 p.m.  
**PAYMENT** Credit and cash



Photo by Dawn Maxey/MS2

Halves of the delectable “Buffalo Bleu” (buffalo chicken, bleu cheese dressing, lettuce, tomatoes, onions, pickles and pepperonis with Frank's RedHot sauce) and the “Wild West” (pulled pork, BBQ sauce and spicy cole slaw).

be because my tastebuds have been shot off by an unhealthy addiction to spicy dishes.

The Wild West came to us piping hot and crammed full of pulled pork. The spicy coleslaw was a great addition for its contrast in temperature and texture to the meat. Double points were awarded to the sourdough bread roll for remaining structurally sound and not turning into a soggy mess when faced with such juicy cargo. Again, I probably could have done with spicier BBQ sauce, but those with more refined palates might argue otherwise.

Overall, Haight Street Market has a dedicated following, and I can certainly see why. The produce is fresh, there's an extensive selection of wines, and the sandwiches far and away displace the ones offered by the more corporate sister down the street. It even offers a frequent sandwich card — buy eight sandwiches and get the ninth free. In addition, Tuesdays are double-stamp days, meaning that if you bought a sandwich every Tuesday, it'd take you only four purchases/weeks to get a free lunch (or breakfast — they open at 7 a.m. daily).

The store is in a prime location at the intersection of Haight and Ashbury, and mere blocks from both Golden Gate and Buena Vista Parks. Grab a sandwich and a bottle of wine, and you've got yourself the beginnings of a perfect picnic on a lazy weekend — especially if you can get a hunky someone to serenade you with a marching band on the bleacher steps of Kezar Stadium.

Dawn Maxey is a second-year medical student.

# Synapse

The UCSF Student Newspaper  
synapse.ucsf.edu

500 Parnassus Ave.  
Millberry Union 108W  
San Francisco, CA 94143  
tel: (415) 476-2211 | fax: (415) 502-4537  
synapse@ucsf.edu

## STAFF

T. Booth Haley | EDITOR  
Theresa Poulos | EXECUTIVE EDITOR  
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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

Subscriptions cost \$20/year (\$40/outside US).

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## ST. JOHN OF GOD

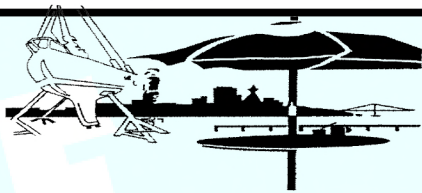
Perhaps the smallest, and prettiest, Catholic church in San Francisco was built by the Lutherans. As the original Lutheran community expanded, they needed a larger complex and sold the chapel at the corner of Fifth Avenue and Irving Street to the Catholic Archdiocese of San Francisco. The proximity to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



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

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

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PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Teen affliction

5 Pesky insect

9 Hood's handle

14 Musical club

15 Opera house box

16 Violin's big brother

17 Plymouth landmark

18 In the end

20 Woolly mama

21 Hammer's target

22 Towel inscription

23 Settle snugly

25 Moral principles

29 Modeled, maybe

30 English assignment

32 Bon \_\_\_\_ (witty remark)

33 Internet engine?

36 Boozehound

37 Angelic ring

38 Carpenter's head gear

40 Ten-sided figure

42 Sponsorship (var.)

43 Word before blood or luck

45 Steep-sided valley

46 Sushi staple

47 Equestrian

49 Cupid, to Venus

50 Audition

52 Vacation purchase, often

56 Beach Boys song, "Surfin' \_\_\_\_"

57 Unhurried gait

58 Mad Hatter's drink

59 Piston movement

63 Tough spot

64 Ready for later

65 Diva's delivery

66 Line on a map

67 Guiding principle

68 Jury member

69 Part of ROM

DOWN

1 See eye to eye

2 Circus performer

3 80's satirical series, "Not \_\_\_\_ the News"

4 Cartoonish squeal

5 Gather bit by bit

6 Tenderfoot

7 Enduring

8 Royal flush card

9 Keen perception

10 Dog walker's need

11 Under the weather

12 The whole shebang

13 Vegan staple

19 Movie house

21 Gunslinger's mark

24 Birthday mail

26 Novelist's need

27 Time punctuation

28 Sly's family?

31 Instant lawn

33 Ghost costume

34 Gung-ho

35 Native place

37 Rack and ruin

39 Youngest Lincoln

41 Social class

44 Disapprove of

47 Potato variety

48 Raw recruit

51 Pound fraction

53 Asparagus unit

54 Kidney-related

55 Warbucks, to Annie

59 URL punctuator

60 George's bill

61 Take the pot

62 Genre for Coolio

63 Sib for sis

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SUDOKU Edited by Margie E. Burke

Difficulty : Easy

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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 www.phdcomics.com

Really Les Misérables Grad School Edition

WHAT HAPPENED, CECILIA? WHY ARE YOU SO BITTER? IT WASN'T ALWAYS LIKE THIS, YOU KNOW...

THERE WAS A TIME WHEN PROFESSORS WERE KIND... WHEN THEIR PRAISES WERE SONGS AND THEIR WORDS WERE INVITING...

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THERE WAS A TIME WHEN IT ALL SEEMED EXCITING... THEN IT ALL WENT WRONG... SO WRONG.

I DREAMED A DREAM MY SENIOR YEAR...

WHEN GRADES WERE HIGH AND LIFE WAS EASY...

I DREAMED MY GRAD DEGREE WAS NEAR...

AND THAT ONE DAY I WOULD BE LEAVING...

BUT I WAS YOUNG AND HAD NO CLUE...

AND TIME WAS SPENT, PROCRASTINATED.

NOW THERE'S NO DATA I CAN USE...

NO THESIS DONE, MY YOUTH NOW WASTED!

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AS THEY TURN YOUR PAGE TO SHAME! TO SHAME! OH, THE SHAME!

I HAD A DREAM GRAD SCHOOL WOULD BE... SO DIFFERENT FROM THIS MESS I'M LIVING! SO DIFFERENT NOW FROM WHAT IT SEEMED...

AND STILL I HAVE... NO... ...PH.D.

#lesreallymis

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12:00 pm – 1:00 pm

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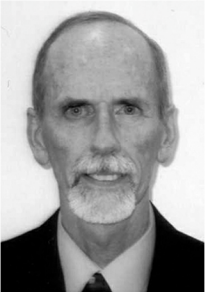
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## Write for Synapse

**synapse@ucsf.edu**



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