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Synapse

The UCSF Student Newspaper

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PHOTOGRAPHY ISSUE



This issue of *Synapse* features selected submissions from the 2013 Interprofessional Photo Contest. Winners will be chosen at two receptions to be held on February 7 and March 7. **Photo credits (top to bottom):** Triet Vuong (Dentistry), Chuchu Zhang (Grad), Sarah Kabatt (Nursing)

START-UP UCSF

LegoScope: Microscopy for the People

By Geraldine Tran
Staff Writer

Although microscopes make minuscule objects and details clear to the eye, understanding them can be an obscure and mysterious process. In order to demystify the microscope, teach optics at a tangible level, and implement novel brainstorming and design-thinking approaches, UCSF graduate students Harrison Liu (Bioengineering), Michael Sachs (Biomedical Sciences) and Reid Williams (Biophysics) created LegoScope.

LegoScope is a DIY microscope made of Legos, lenses and a few custom-made pieces. With LegoScope, young students and microscope enthusiasts can design custom microscopes, take and save photos, and discover the basic principles of optics and microscopy.

What’s the story behind LegoScope?

Williams: The three of us were part of an experimental class and collaboration between IDEO, a design firm in Palo Alto, and UCSF. There’s a whole culture around product design, and the idea was that we would learn about IDEO’s approach and see how it’s different from academia.

We started with Cellscope, a cellphone-enabled microscope developed by Dr. Dan Fletcher at UC Berkeley. The goal was to take Cellscope and use Design Thinking approaches to change it and make it applicable anywhere where microscopy could be useful.

LEGOSCOPE » PAGE 5

NEWS

UCSF Photo Contest 2013 Under Way

By Shreyas Oza
Contributing Writer

Ever since the establishment of the UCSF Photography Interest Club (PIC) in 2009, the Interprofessional Photo Contest has become an annual tradition, and with each passing year, it continues to be received with increasing enthusiasm, making it a magnificent artistic outlet for the UCSF community.

This year, the annual contest will showcase the talent of the members

of the UCSF community who have a passion for photography. From the 230 photos that were submitted, a jury comprised of professional photographers and members of the PIC have selected 30 photos that will be on display at two receptions: one on February 7 at the Faculty Alumni House from 5-7 p.m. and another on March 7 at Genentech Hall Atrium from 4-6 p.m.

At both receptions, attendees will be able to vote for their favorite photos. Free drinks and hors d’oeuvres will be served.

At the end of each reception, the winners will be awarded photography-related prizes. The Photo Contest is made possible with the help of the Student Affairs Office and Performing Arts Fund (PAF).

The founders of PIC, Melissa Shive, then a first-year medical student, and

PHOTO CONTEST » PAGE 6

EVENTS

MISSION BAY EVENTS

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, Feb. 8, 1:30-2 p.m., Byers Hall, 212, Mission Bay
The Muslim Community at UCSF holds regular Friday prayer services (*Jum'a*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

UNWIND: STRESS MANAGEMENT FOR WOMEN AT MISSION BAY

Monday, Feb. 11, noon-1 p.m., Student Health, Rutter Center, third floor, Mission Bay
Take a breather! Student Health and Counseling offers this stress-management workshop to teach you helpful techniques to relax and manage your stress, with Felicia De la Garza Mercer, PhD. Free lunch with RSVP. felicia.mercer@ucsf.edu

GSA MEETING: GRADUATE, NURSING & PT STUDENTS

Monday, Feb. 11, 5:30 p.m., Byers Hall, 215, Mission Bay
Meet your executive board members at the monthly GSA meeting, and be a part of the discussion on topics relating to student priorities. Visit the GSA website for more details and to RSVP.

FOOD AS APHRODISIAC: REALITY OR FANTASY?

Tuesday, Feb. 12, 5:30-6:30 p.m., Mission Bay Housing Community Room, Mission Bay
Stimulate your appetite and heat up your Valentine's Day with the seductive power of food. Join Alison Boden, MPH, RD, for a discussion on the history of and the science underlying aphrodisiac food claims, and nibble on tasty treats. Sponsors: SSMB, SHCS, Housing.

PARNASSUS EVENTS

SYNAPSE NEWSPAPER

Thursday, Feb. 7, noon-1 p.m., MU 123W, Parnassus
Synapse is looking for Mission Bay and Parnassus writers, bloggers, photographers and designers. Come to the lunch meeting, share your story ideas and enjoy a free lunch. For more information, email synapse@ucsf.edu.

CHANCELLOR'S CONCERT SERIES

Thursday, Feb. 7, 12:15-12:45 p.m., Cole Hall, Parnassus
Looking for a place to study or relax between classes? CLS Arts & Events has just what you need. The Chancellor's Concert Series on Thursdays is a great place to set up your laptop and study or just take a break from classes while listening to classical music.

INTERPROFESSIONAL PHOTO CONTEST RECEPTION: PARNASSUS

Thursday, Feb. 7, 5-6:30 p.m., Faculty Alumni House, Parnassus
Join the Photo Interest Club for the opening of this year's Interprofessional Photo Contest Exhibit. Enjoy food and beverages and vote for your favorite photograph. Reception attendees will choose winners. Bring friends to vote. Sponsors: PIC, SAC and PAF.

DOG DAYS OF FEBRUARY: BODY IMAGE AWARENESS

Friday, Feb. 8, noon-2 p.m., MU 111W, Parnassus
Take time to de-stress with this week's visitor, a Scottish terrier, from Animal-Assisted Therapy of SPCA. In addition, enjoy snacks, affirmations, information about student services, and fill one whole Student Passport to Wellness card with six stamps.

MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, Feb. 8, 12:30-1 p.m., S180, Parnassus
The Muslim Community at UCSF holds regular Friday prayer services (*Jum'a*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

VALENTINE'S DAY CARD MAKING

Monday, Feb. 11, 11:30 a.m.-1:30 p.m., Millberry Union, Parnassus
Create a handmade card for your loved one (or loved ones) to make their day extra special or you can donate a card to the UCSF Medical Center at Parnassus or Mount Zion. Your card will brighten the day of a patient at the hospital. Supplies provided. First come, first served. Free treats. Sponsors: Performing Arts Fund.

BLACK HISTORY MONTH CELEBRATION

Tuesday, Feb. 12, 4-6 p.m., Lange Reading Room, Library, Parnassus
The Office of Diversity and Outreach, the Chancellor's Advisory Committee on Diversity and the Black Caucus invite the entire UCSF community to the Black History Month Celebration. RSVP by Feb. 8: <http://bit.ly/W0x2fZ>

PARNASSUS FARMERS' MARKET

Wednesday, Feb. 13, 10 a.m.-3 p.m., ACC, 400 Parnassus Ave.
Shop the Farmers' Markets on Wednesdays to pick up locally grown produce and more. Sponsor: Pacific Coast Farmers' Market Association.

RELATIONSHIPS

Wednesday, Feb. 13, noon-1 p.m., N 225, Parnassus
What makes relationships work? Join Student Health and Counseling Services providers Dr. Susan Rosen and Dr. Lance Raynor (life partners), in a discussion about well-researched tenets of lasting relationships. Free lunch with RSVP. Part of the Winter Survival Series. susan.rosen@ucsf.edu

UNWIND: STRESS MANAGEMENT FOR WOMEN AT PARNASSUS

Wednesday, Feb. 13, 2-3 p.m., Library, CL 212, Parnassus
Take a breather! Student Health and Counseling offers this stress-management workshop to teach you helpful techniques to relax and manage your stress, with Felicia De la Garza Mercer, Ph.D. Free lunch with RSVP. felicia.mercer@ucsf.edu

SIMMER COOKING CLASS: PARNASSUS

Wednesday, Feb. 13, 5-7 p.m., RSVP for location details
Join Student Health's dietitian, Alison Boden, in an interactive cooking class with easy and healthy recipes. Students prepare

(and eat!) the dishes during class. RSVP required, as seating is limited. nutrition@ucsf.edu

UCSF RUN CLUB

Wednesday, Feb. 13, 5:30-6:30 p.m., Millberry Union Central Desk, Parnassus
Drop by and join UCSF Fit & Rec for a run. Each Wednesday night, the Run Club runs various distances (3-6 miles) at 9 to 11 minutes per mile.

OFF-CAMPUS EVENTS

OFF THE GRID

Thursday, Feb. 7, 5-9 p.m., Stanyan and Waller, Upper Haight, SF
Off the Grid is a roaming mobile food extravaganza that travels to different locations daily to serve delicious food, with a free side of amazing music, craft and soul.

CALIFORNIA ACADEMY OF SCIENCES: YEAR OF THE SNAKE NIGHTLIFE

Thursday, Feb. 7, 6-10 p.m., Cal Academy, Golden Gate Park
Count down to the start of the Year of the Snake with snake handlers, lion dancers and martial arts demos celebrating Chinese New Year. Be charmed by live snakes and their handlers throughout the building, and see how many of the Academy's 18 snake species you can find on display. Tickets: \$12. <http://bit.ly/NightLifeTickets>

KNBR GIANTS FANFEST 2013

Saturday, Feb. 9, AT&T Park, San Francisco
KNBR's 20th Giants FanFest includes live KNBR broadcasts on the field, player Q&A, player autographs and photos, a kids' zone and more. Expect a chance to roam the field and meet players like Tim Lincecum, Buster Posey, Matt Cain, Barry Zito and Pablo Sandoval.

ANNOUNCEMENTS

STUDENT PASSPORT TO WELLNESS

Through Friday, March 22, 5 p.m., Student Activity Center, MU 108W, Parnassus or Student Resource Center, 550 A-2 Gene Friend Way, Mission Bay
Each week, the Student Passport to Wellness program will raffle off an amazing giveaway. Don't miss this opportunity to achieve a fuller, more balanced life. Collect six passport stamps and be entered to win. Submit your passports by 5 p.m. on Friday to be eligible to win. Winners are announced the following Monday. <http://bit.ly/passportwebsite>

WALK WHILE YOU WORK IN THE PARNASSUS LIBRARY

The Parnassus Library has installed two new "Walkstations" so you can walk while you work on a computer in the second floor of the technology commons. The library also has more height-adjustable workstations available. library.ucsf.edu/content/new-walkstations-available-library-tech-commons

NEW OFFICE OF CAREER & PROFESSIONAL DEVELOPMENT WEBSITE

The new OCPD website is live. The improved design features a user-friendly navigation and new resources, including assessment tools, resume samples and information to manage every stage of your career successfully. <http://bit.ly/OCPDwebsite>

CHANCELLOR AWARD FOR PUBLIC SERVICE: CALL FOR NOMINATIONS

It is awards season at UCSF, and time to celebrate your peers who have gone

above and beyond in their service to the community. Please nominate deserving individuals to recognize extraordinary service and leadership efforts that help make UCSF not only an exemplary institution but also a success in our mission to advance health worldwide. Nominations are due Thursday, Feb. 14 at 5 p.m. to the committee coordinator Suya Colorado-Caldwell. ucsfchancellor.ucsf.edu/award-public-service

FIFTH ANNUAL LGBTQI HEALTH FORUM: REGISTER!

Saturday, Feb. 23, 8 a.m.-6 p.m., Parnassus
The fifth annual UCSF LGBTQI Health Forum is a one-day interprofessional event designed to provide information about lesbian, gay, bisexual, transgender, queer and intersex patients. All health professionals and health professional graduate and undergraduate students, whether LGBTQI or not, are warmly invited to attend. UCSF students can also receive elective credit for attending (sign up for FCM 170.01E). Tickets are \$5 per UCSF student and include breakfast, lunch and dinner. ucsf-lgbtqi-health-forum-2013.eventbrite.com/

LEGENDS OF CHINA: SILK ROAD TO THE FUTURE

This July, travel to China as part of a 13-year tradition between University of California and Legends of China, a nonprofit Chinese foundation dedicated to improving U.S.-Chinese ties and working relationships. Enjoy a variety of cultural experiences and attend the Chinese Traditional Medical Symposium. This all-inclusive trip is open to the entire UCSF community and their families. Registration due April 1. Sponsors: Student Academic Affairs, www.legendsofchina.com.

SIXTH ANNUAL CHANCELLOR'S LEADERSHIP PANEL ON DIVERSITY

Tuesday, March 26, noon-1:30 p.m., Cole Hall, Parnassus
Please join Chancellor Susan Desmond-Hellmann and campus leadership for an interactive discussion on unconscious bias.

DENTAL CLASS OF 2015 T-SHIRT FUNDRAISER

The D2 class is having a school-wide T-shirt fundraiser. The design, the "Light of the City" T-shirt, was created by the School of Dentistry's EJ Abasolo (D2) and highlights the city's iconic Golden Gate Bridge and skyline. zetadelts.wix.com/ucsf2013shirts

SUBMIT RECYCLED ART FOR THE LIVINGGREEN FAIR 2013

Thursday, May 9, Millberry Union Meeting and Event Center
Join the Visual Arts Club at UCSF for its inaugural art show, featuring recycled and reclaimed artwork by the UCSF community. All artwork must be 99% made of recycled, reused or reclaimed materials.

If you are interested in recycled materials, please let Campus Life Services know, and they can put you in contact with the UCSF Recycling Coordinators. campuslifeservices.ucsf.edu/upload/artsevents/files/Recycled_Art_Show_Application_2013.pdf

CLASSIFIEDS

MAXIMIZE YOUR NEW YEAR'S RESOLUTION

Sixty percent of people with "resolutions" will keep them through at least July. Find out why and how with 2-, 5-, or 10-session skill-building. Optimize your individual, couple and/or family goals. Kay Goldstein, Marriage and Family Therapist, Irving Street office, near UCSF. 415-753-6446.

NEWS

Group Hosts Year of the Snake Celebration

By T. Booth Haley
Editor

As the moon wanes, the end of the Chinese lunar calendar approaches, and many groups at UCSF prepare to celebrate the Year of the Snake, which officially begins this Sunday.

The holiday is traditionally observed in China with a week of vacation filled with feasts and family time. Here in San Francisco, despite not being an official holiday, there will be many events across town, culminating in the famous Chinatown parade on February 23.

In a city with the oldest Chinese community in United States, it is common to see red decorations in doorways, paper money burning on streets and hear the sound of firecrackers in every neighborhood.

One campus group kicked off the festivities last week with a culture show featuring music, games and, of course, a Chinese feast. The Chinese Health Professional Student Association, an inter-professional group that welcomes all interested students, threw its annual show Friday in the Millberry Union. Kicking off the event, Dr. Sean Mong from the School of Dentistry shared stories of New Year celebrations from the old country.

“A long, long time ago, villagers discovered that they could scare away the Year Beast with red-colored things, lanterns and loud noises like firecrackers — and so many of the New



Photo by Mason Tran/DS3

An erhu quartet performs at the Chinese Culture Show on Feb. 1.

WELCOME TO THE YEAR OF THE SNAKE!

Snake is the yin to last year’s Dragon yang. That said, Snake does not settle for mediocrity, either. We’re likely to see significant developments in the area of science and technology this year.

Research and development are apt to flourish. This is a Water year as well, the element most closely associated with education and research, making 2013 a very special year for scientists and scholars. The Snake is a great sign, a positive one, with energy that can help us face all of the challenges ahead of us.

(Source: www.astrology.com)

Year’s traditions come from that,” he said.

A number of performances followed, the highlight being an erhu quartet playing a virtuosic song that sounded like horses’ hooves pounding across the grasslands. (The erhu is a Chinese two-stringed fiddle).

During the feast, guests practiced Chinese calligraphy, made decorative lanterns and tried on outfits of various

imperial styles from different Chinese dynasties. People were treated to Purple Kow boba tea. Thanks to Sisley Bao, Tiffany Hsu and the other industrious members of CHPSA for sharing this memorable event with the campus community.

Happy Year of the Snake!

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

NEWS

First Generation To College Holds A Community Reception

By T. Booth Hale
Editor

A multi-generational crowd of students, residents, faculty and staff filled the Golden Gate Room on Wednesday evening last week to share one more important thing in they had in common: They are the first in their family to go to college.

Hosted by the First Generation to College Initiative and the First Generation to College Student Organization, the gathering gave first-generation students a place to meet each other as well as their mentors.

Nearly 30 percent of incoming freshmen in the United States are members of the first generation in their families to attend college, according to a 2005 report by the National Center for Educational Statistics, the most recent data available. The percentage is likely to be even higher today.

While undergraduate schools offer an array of federally funded support programs to help this demographic group, there are few resources at the graduate level, making UCSF’s initiative unique. The First Generation effort

started in 2008, with a small, monthly discussion group. It has evolved into the First Generation College Student Initiative, part of Student Academic Affairs’ efforts under UCSF’s strategic plan to attract and support the most talented and diverse trainees in the health sciences.

“Financial, educational, emotional and professional support are crucial to the success of any student — but these are not a given for first-generation college students, who are pioneers in the journey through higher education,” says Neesha Patel, PhD, who started the program as a staff psychologist for Student Health Services.

This year, Patel was appointed director of the newly formed initiative, which will expand services and resources for first-generation students.

“If you all wear these pins around campus, then we can raise the visibility of our community and give us all a greater sense of belonging here,” Patel said, as she encouraged attendees to wear FG2C (First Generation to College) buttons.

Various speakers shared their college stories and offered words of advice.

Barbara Garcia, the deputy director of the San Francisco Health Department, who was also the first member of her family to go to college, remembered her days at UC Berkeley, “when there were only fifty Latinos on the whole campus” and her rent was only \$80 a month for a studio.

“You’re so lucky here at UCSF to have such strong support from the

school. We didn’t have that in my day,” said Garcia.

John Featherstone, dean of the School of Dentistry, shared his story about growing up on the rough side of the fjord in New Zealand, but eventually making it through what seemed to him like decades of schooling on multiple continents before finally becoming a dean.

“Shoot high and open every gate that presents itself, because you’ll never know where you’re going to end up,” said Featherstone. “Work as hard as you can, follow your dreams, and they’ll become a reality.”

The First Generation to College Student Organization was created this academic year. One of the founders, Boroka Bo, an ethnic Hungarian graduate student in medical sociology who was born in Romania and is the recipient of a Soros Fellowship, said she hopes “to create a place for students to meet and share their experiences.”

The group plans to work closely with the First Generation to College Initiative.

The next event will be held on Wednesday, February 13, a discussion (with food provided, of course) entitled “Where Do I Fit In?” Details for this, for other future events, a list of mentors for first-generation students and other resources can all be found at the Facebook page firstgenUCSF or at firstgen.ucsf.edu.

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

NEWS BRIEFS

President Obama Appoints Alice Wong to National Council on Diversity

President Barack Obama has announced the appointment of UC San Francisco’s Alice Wong to the National Council on Disability.

“I am honored that these talented individuals have decided to join this Administration and serve our country,” Obama said in a statement welcoming the new appointees to the council. “I look forward to working with them in the months and years to come.”

Wong is a staff research associate for the UCSF School of Nursing’s National Center for Personal Assistance Services. The center conducts research and training about personal care services that help people with disabilities live in the community, as opposed to being institutionalized in a nursing home.

In Breast Cancer Metastasis, Researchers Identify Possible Drug Target

The spread of breast cancer to other organs within the body, an event that often leads to death, appears in many cases to involve the loss of a key protein, according to UC San Francisco researchers, whose new discoveries point to possible targets for therapy.

In the January 27 online edition of *Nature Cell Biology*, UCSF scientists describe for the first time how the protein, known as GATA3 — which is abnormal or absent in many cases of human breast cancer — normally acts downstream in biochemical pathways to prevent the spread of cancer to other organs, which is known as metastasis.

The discovery points to a biochemical control point that simultaneously holds in check several key events required for tumor cells to spread successfully.

“When GATA3 is present, it turns off many genes that are active in metastasis,” said Zena Werb, PhD, a UCSF professor of anatomy who led the research. “We now have identified the molecular mechanisms involved.”

UCSF Mission Bay Celebrates 10th Anniversary

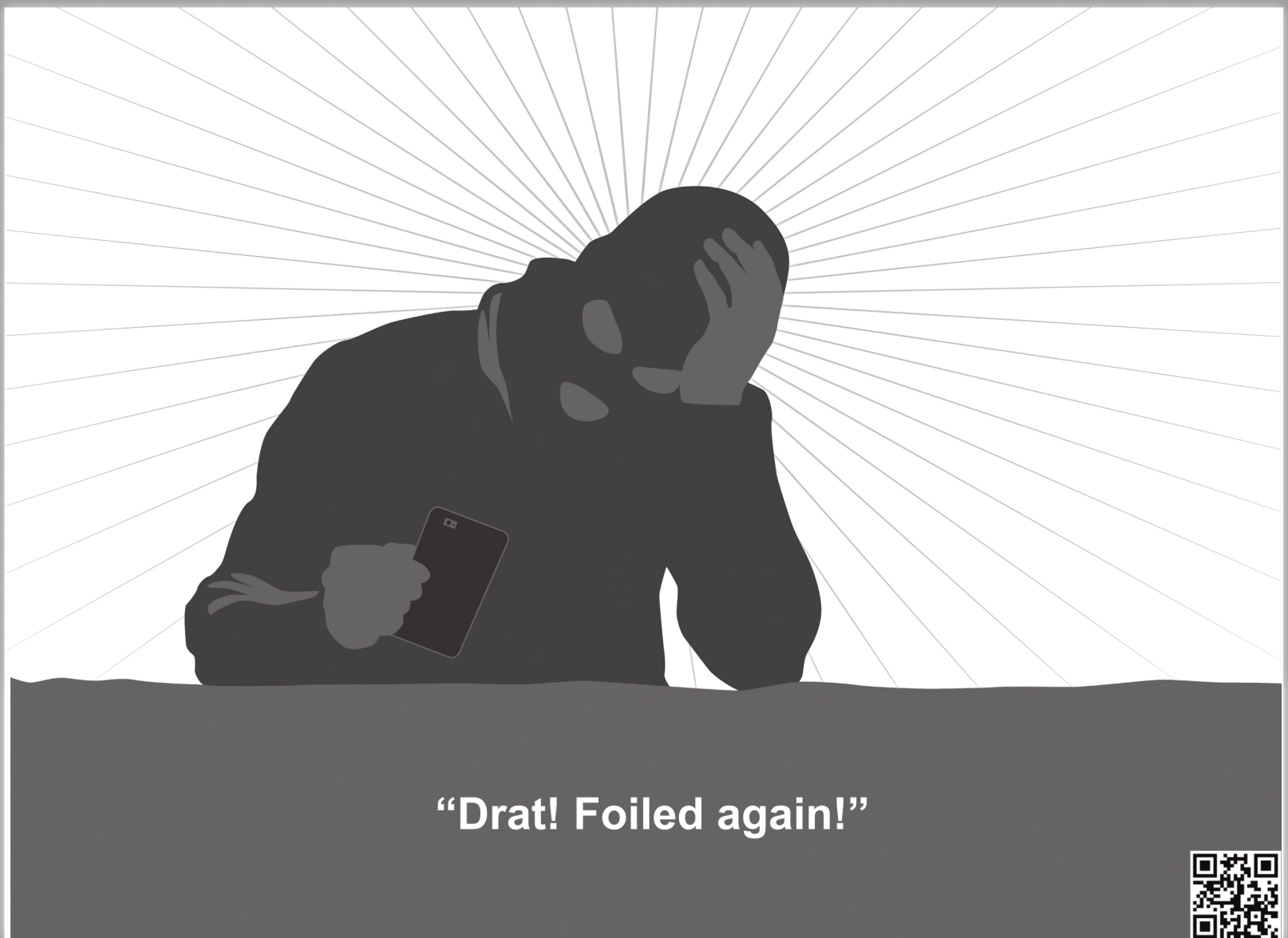
A decade after opening its first research building at San Francisco’s Mission Bay, UCSF has far surpassed its ambitious vision for the campus, which is an epicenter of science, health and hope today.

This year, UCSF celebrates a decade of discovery at Mission Bay — a milestone that represents both a scientific renaissance and the revitalization of a once-blighted area in San Francisco’s southeast sector.

Since breaking ground in 1999, the development of the \$3 billion Mission Bay campus is considered the single most important endeavor that UCSF has undertaken in its nearly 150-year history. It is the largest development in the city, second only to the construction of Golden Gate Park. And it is one of the nation’s largest university expansions.

Take the IT Security Challenge!
Go to <http://awareness.ucsf.edu>
EVERYONE WINS A PRIZE!

**The thief got the phone but
not the data.**



Protect UCSF and yourself.
Secure your phone and tablet.

Smartphones and tablets are targeted by thieves because they are valuable and easy to conceal. They can contain your personal information and UCSF confidential data. Use UCSF's free service to instantly secure your device.

Be smart – go to security.ucsf.edu and use our free tools to protect the UCSF community. Together, we can advance health worldwide - securely.

LegoScope

» FROM HOME PAGE



Photo by Geraldine Tran/MS1

(Left to right) Harrison Liu, Michael Sachs and Reid Williams demonstrate LegoScope.

Liu: What we were trying to learn was a different way of thinking and approaching projects, and the result was LegoScope. Essentially, what we wanted to see was what happens if we take Design Thinking and apply it to scientific problems. Now that we have this thing, what are we going to do with it?

Why do we need to improve lessons about microscopes?

Liu: Everyone uses microscopes. It’s the cornerstone of modern biology. But the thing is, everyone just uses microscopes, and no one really understands how they work. In reality, microscopes are simple. The reason no one understands them is because you can’t take them apart. Teachers that we interviewed said that you can draw diagrams of rays on the board as much as you want, but when you give kids the chance to play around with something, they can learn about it much quicker and better than just solving equations on the board.

How can LegoScope help students learn?

Williams: It’s not what you’re teaching, but how are you teaching. What’s really interesting for us, and what we’ve heard from teachers, is that there’s an advantage to teaching in a very hands-on, process-orientated fashion. The underlying need that we’re working towards is learning something by putting together a tool rather than watching someone lecture.

Williams: If you are teaching the fifth to eighth grades, LegoScope can help incorporate a more intuitive feel for optics, or just for building and systems-thinking in general. Students would take away more than microscopy and optics, but also the more intangible aspects, like an intuitive understanding of how light behaves. It can be a very powerful exercise.

Liu: A microscope is seen almost like a “black box,” yet we can take it apart and see how it works with LegoScope. When you build something, take you can take ownership of it, you really learn it well. You have to learn what each part does. It’s different from normal teaching.

What has helped LegoScope and you guys achieve success so quickly?

Liu: We focused on a “human-centric” design, which is IDEO’s approach. Part of the human-centric approach is that you don’t go into a project with a set of preconceptions. We go in and find out exactly what people want.

Sachs: Going on observations and interviews. We wanted to observe users of what we were going to make ... except we didn’t have a goal audience yet. We interviewed histologists, high school teachers and doctors with Doctors Without Borders. In between vastly different users, there were common threads, such as the desire to open up the mystery of microscopy and to better teach about how microscopes work to students.

Williams: We came up with our first prototype in about one hour. A tangible prototype gives people a feeling of how the product could work. You can get a feeling of whether the design of something will work, without it being technically functional. You get the user experience first, and then solve the technical problems.

Liu: Instead of waiting for the “perfect” product and then showing it to the customer, we took an early prototype to them. We keep going back to get feedback and changing the design based on the feedback.

What’s next for LegoScope?

Sachs: Design a lesson plan and to try LegoScope with students. We want to take it into classrooms. We’ve done demos at the California Academy of Sciences and the Bay Area Science Festival, where hundreds of kids loved it. We want to recreate a community around DIY microscopy. Our next steps are to find a way to communicate to people effectively — hobbyists, parents, enthusiasts and educators — and provide them with a platform where they can learn more, contribute and share back. LegoScope is highly modular and modifiable.

Williams: We want to release what we have so far so that anyone in the world who wants to build one, can. This includes CAD files, video instructions and a parts list. We’re going to post that on our website (designscience.ucsf.edu).

How can I keep up to date with LegoScope?

Follow our blog: scienceanddesign.tumblr.com, like our Facebook page: facebook.com/legomicroscope.

Geraldine Tran is a first-year medical student.

UCSF JOURNAL CLUB

Recent Research by UCSF Scientists

By Alexandra Greer
Science Editor

NEUROSCIENCE: Intracerebral infusion of antisense oligonucleotides into prion-infected mice. Nazor Friberg, K. et al. (Prusiner). *Molecular Therapy Nucleic Acids*. 1:e9.

One of the many reasons why prion-based diseases such as mad cow disease are so frightening is that because of the complete lack of therapy, the disease is always fatal. Recently, advances have been made in the development of therapies that might help clear the harmful protein, but there are still significant barriers to development.

Here, members of the Prusiner laboratory at UCSF describe a novel potential treatment strategy using antisense DNA that would decrease expression of the protein that becomes infectiously misfolded, PrP(C).

By decreasing cellular expression of the prion protein at or soon after exposure to the infectious protein (by eating contaminated food, for example), the antisense DNA can prevent the prion from spreading and causing damage to the brain. In a mouse model of infection, intracerebral administration of the DNA soon after infection with prions significantly delayed the onset of disease.

NEUROSCIENCE: Intermittent access ethanol consumption dysregulates CRF function in the hypothalamus and is attenuated by the CRF-R1 antagonist, CP-376395. Simms, J.A.; Nielsen, C.K.; Li, R.; Bartlett, S.E. *Addiction Biology*. January 30. [Epub ahead of print]

Some day in the not-too-distant future, there may be a pharmacological treatment for alcohol use disorders. Recent work has shown that corticotrophin-releasing factor receptor (CRF-R), a mediator of the stress response, is activated with alcohol use – and that inhibition of the CRF-R pathway with a receptor antagonist can significantly reduce the amount and frequency of alcohol self-administration.

Here, researchers explored the side effects of CRF-R inhibition using a novel antagonist, CP-376395. They found that the antagonist significantly decreased alcohol consumption and was associated with decreased receptor signaling in the hypothalamus, providing additional evidence that pharmacological therapies can be used to treat alcohol-use disorders.

NEUROSCIENCE: Function and regulation of AUTS2, a gene implicated in autism and human evolution. Oksenberg, N.; Stevison, L.; Wall, J.D.; Ahituv, N. *PLoS Genetics*. 9(1):e1003221.

Have you ever wondered what makes us so different from our ill-fated Neanderthal brethren? Much research has been devoted to comparing our respective genetic codes and identifying hotspots where Neanderthals and humans particularly differ.

AUTS2, or Autism susceptibility candidate 2, is one of those hotspots: It’s a gene known to be mutated in some cases of autism and is correlated with many other neurological disorders, such as ADHD and epilepsy.

In some cases, mutations occur in the protein made from the AUTS2 gene, but in many cases, these mutations occur in regions outside the protein-coding part of the gene, known as the “non-coding” region. Here, researchers characterized the function of AUTS2 protein in a zebra fish model and identified the function of multiple noncoding regions of the gene. They found that without AUTS2, the fish had brain and head abnormalities, and they identified multiple “enhancers” of gene expression in the non-coding regions of the gene.

NEUROSCIENCE: Hypothermia and pharmacological regimens that prevent overexpression and overactivity of the extracellular Calcium-sensing receptor (CaSR) protect neurons against traumatic brain injury. Kim, J.Y.; Kim, N.; Yenari, M.; Chang, W. *Journal of Neurotrauma*. January 29. [Epub ahead of print]

Traumatic brain injury involves any trauma to the head that causes injury to the brain — for example, a blunt force injury to the head that causes bleeding in the brain. Many times, these injuries, even when resolved, result in some level of permanent brain dysfunction — and the reason why is unknown. In this paper, researchers investigated the underlying mechanism behind this loss of brain function. They found that following a blunt force impact; neurons in the injured area overexpressed an extracellular calcium-sensing receptor (CaSR) and decreased expression of the inhibitory type B GABA receptor. This was associated with later loss of that brain tissue.

Interestingly, when the researchers blocked CaSR function with the antagonist NPS89636, they found reduced tissue loss and reduced loss of brain function, similar to the protective effects of mild hypothermia (an established protective therapy). The authors conclude that keeping a balance of inhibitory (GABA) and excitatory (CaSR) receptors helps maintain brain health following acute injury.

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



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Photo Contest

» FROM HOME PAGE

Joe Donovan, a graduate student, ran the annual Photo Contest with great success for four years.

Ernesto Diaz-Flores became president in November 2011, and with the help of Jennifer Rosko and Maureen Conway from the Student Activity Center, revamped the club. A website, a Facebook page and a Google+ page were created, and the club organized a series of monthly photo seminars by Bay Area professional photographers.

Diaz-Flores also took the Annual Photo Contest to a new level. The contest was opened to the entire UCSF community, and a group of people drawn from students, postdocs, staff and faculty became part of the 2013 contest organizing team. This core team has also organized photo walks, photo workshops and other activities, including a photo marathon. On a Sunday in June last year, and led by Guillaume Desachy, shutter-happy UCSF photography fans shot photos from sunrise to sunset, beginning at the Embarcadero at 6 a.m. and ending at the Sutro Baths at 9:30 p.m.

Shreyas Oza is a student in the International Dentist Program, Class of 2013.

Page 6 photo credits (clockwise starting below): 1 Javier Velazquez-Muriel (Post Doc), 2 Jasvinder Jaur (Post Doc), 3 Linn Maug (Dentistry), 4 Xu Chen (Post Doc), 5 Neelaysh Vukkadala (Medicine), 6 Paul Adamson (Medicine), 7 David Green (Medicine), 8 Roland Pache (Post Doc), 9 Jimmy Hu (Post Doc), 10 Ernesto Diaz-Flores (Post Doc)



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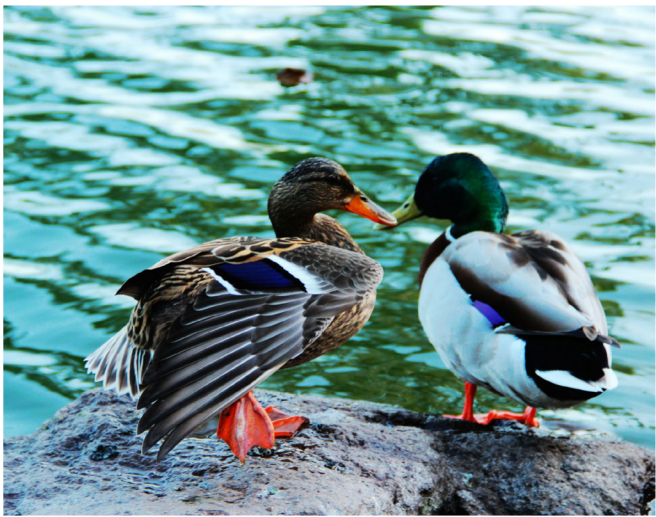
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NEWS

The Latest In Digital Cameras

By Linda Chen
Staff Writer

Wi-Fi-Enabled Cameras

Did your shutterbug awaken after previewing some of the photos from this year’s Interprofessional Photo Contest? Did you find yourself frowning at your smartphone camera or lack of camera? I did. While I have not seriously followed photography since my days with my single-lens reflex (SLR) film camera, the photo contest rekindled my interest. After a bit of research, here’s my look at the latest and greatest in digital cameras.

For impromptu pictures and picture-sharing, the smartphone reigns king. However, for more formal or more planned photo ops, you may be hankering for a better-performing camera. With ‘Wi-Fi-enabled cameras, you get the best of both: the photo quality of a dedicated camera and the sharing capabilities of a smartphone.

Pros: Photos can be uploaded directly from the camera into social media or online storage platforms, or

DIGITAL CAMERAS » PAGE 8

Page 7 photo credits (clockwise starting from top right): 1 Musa Zaid (Medicine), 2 Zack Mesinger (Post Doc), 3 Salvador Franco (Nursing), 4 Isaac Chen (Dentistry), 5 Christina Theodoris (Medicine), 6 Kevin Hassler (Dentistry), 7 Nithi Asavapanumas (Medicine), 8 Louise Olofsson (Post Doc), 9 Nima Mesgarani (Post Doc), 10 Javier Velazquez-Muriel (Post Doc)



ARTS&CULTURE

UCSF Geriatrics Professor Celebrates Her Literary Debut

By Yi Lu
Staff Writer

After finishing a reading from her collection of short stories, an audience member asked author Louise Aronson what her dream job was when she was a child.

“A writer or a professional basketball player,” replied Aronson without missing a beat.

Notably missing from Aronson’s childhood ambitions was any plan to become a doctor. Yet last week, Aronson stood before 50-plus people at City Lights Bookstore in San Francisco, not only as a published author, but also as an associate professor of Geriatrics at UCSF.

This marriage of writing and medicine is a natural fit for Aronson, whose new book, *A History of the Present Illness* — a collection of 16 interconnected stories — explores the nature of medicine and the humanity of doctors.

“What makes a good story is a person that you care about,” she said. “So if you’re in a profession that’s about caring about people, and you like paying attention to them, you have the incredible privilege of interacting with people at such meaningful moments, and the stories just fill up.”

The audience — which included a sizable contingent from UCSF — filled the front room of City Lights until people were pressed against the aging bookshelves.

Under the fading vintage posters heralding the bookstore’s progressive legacy, Aronson enumerated events from an immigrant woman’s bittersweet American life in “Twenty-Five Things I Know About My Husband’s Mother.”

She went on to provide an ambiguous account of how a physician ended up being incarcerated for a patient’s demise in “Giving Good Death,” and recounted the experience of a young Cambodian-American girl wetting her bed in “An American Problem.”

How does her debut book reading compare to giving medical presentations?

“Before the first two readings, I joked that I’d be far less anxious if I could just give my ‘Falls in Older Adults’ or ‘Public Medical Communications’ talk, or anything else I present about that’s medical and evidence-based,” said Aronson.

“Reading my fiction definitely makes me feel more vulnerable, because it’s more personal than presenting data, even though I try to make my medical lectures interesting and creative as well.”

Digital Cameras

» FROM PAGE 7

they can be sent to a dedicated app on your smartphone; many options can be found for under \$200.

Cons: Smartphone apps that come loaded on these cameras may be finicky; user experience may be limited for those without an Android- or Apple-based smartphone; their usefulness is debatable, given the constant improvement in smartphone cameras.

My Pick: Samsung DV300F Dual View Smart Camera, which features a front-facing liquid crystal display (LCD) screen for all your self-portraits.

Wi-Fi SD Cards

If you already have a digital camera, but want to be able to share pictures wirelessly, consider Wi-Fi secure digital (SD) cards. These have built-in wireless transmitters allowing you to view photos on any device connected to the same Wi-Fi network.

My Pick: Eye-Fi SD cards.

Mirrorless Cameras

A more recent innovation in digital-camera technology, “mirrorless” cameras, claim to have the photo quality of a DSLR, or digital single-lens reflex, camera, the big cameras you see professional photographers lugging around — without the bulk. Featuring compact camera bodies and interchangeable lenses, these cameras are situated to replace DSLRs for the amateur photographer. Prices range from \$200 for heavily discounted older models to \$1,000-plus.

Pros: Impressive photo quality, can handle non-ideal lighting conditions, interchangeable lenses, small body, packed with features, such as high-definition (HD) recording, built-in photo filters and editors, image stabilization, face detection, etc.

Cons: Interchangeable lenses are expensive (prices usually start in the hundreds of dollars), bulky and manufacturer-specific, and may lack more advanced and professional features found in high-end DSLRs.

My Picks: Olympus PEN and Sony Alpha NEX models.

Linda Chen is a first-year pharmacy student.



Photo by Yi Lu/MS1

Dr. Louise Aronson reads from her book *A History of the Present Illness*.

There are not many uplifting stories in *A History of the Present Illness*, but this was by design. Most stories, Aronson said, unfold when bad things happen, which may explain why literature is such a natural fit for doctors.

However, she also acknowledged the challenge of pursuing careers in both medicine and creative writing, noting that it took 10 years to finish her book, in part because of the long stretches when she was focused on being a geriatrician and a medical educator.

For members of the UCSF community interested in exploring creative writing, Dr. Aronson recommends getting in touch with UCSF Medical Humanities, which co-sponsored her reading at City Lights.

In addition, she regularly blogs on her personal website (louisearonson.com/blog) about writing, medicine and public medical communication. Although *A History of the Present Illness* just hit the bookshelves, on January 22, Aronson already has three more literary projects competing for her attention — a creative non-fiction book on aging, an anthology on public medical communication and a novel.

Yi Lu is a first-year medical student.

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PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Arizona city north of Sedona

10 Rainbow maker

15 Hearing-related

16 Main blood line

17 Travel plan

18 Mensa material

19 "Back to the Future" actress Thompson

20 Salon service

21 Venus de Milo, for one

22 Flower holder

23 Small piano

24 Pollen producer

27 Japanese drum

28 Eye feature

29 Compensation for a wrong

33 Shooter's need, briefly

34 Sleeper's sound

35 Low poker hand

36 Seat belt, e.g.

38 Roughly, datewise

39 Incorrigible TV doctor

40 Gleason costar

41 Contradict

43 Word after dial or earth

44 Get by somehow

45 Fully stretched

46 Gym unit

49 Gee follower

50 Fierce fish

52 Pittsburgh product

DOWN

1 Bite the dust

2 Mandolin kin

3 Diva's delivery

4 Tonic's partner

5 Regal rod

6 Buffet table dish

7 Clock radio feature

8 Orwell title place

9 Cook like the Colonel

10 Hobby

11 Nero's domain

12 About to blow

13 Pompous walk

14 Aussie pal

21 Place for a book title

22 Beardless

23 Martin of "Three Amigos"

24 Lasting mark

25 Hefty volume

26 Money for the poor

27 Sculptor's medium

29 Absinthe ingredient

30 Make, as income

31 Warm and friendly

32 Cafeteria item

34 Pan-fry

37 More or less

38 Bach specialty

40 US History, e.g.

41 Indian condiment

42 Sign on a door

43 Mystical deck

44 Korean War sitcom

45 Gift-wrapping need

46 Reign over

47 Prepare for print

48 Running rate

50 Night flier

51 Barracks bunk

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)


DAWN
Depression and WellNess Program

Healthy Participants Needed

The UCSF Depression and WellNess (DAWN) Program is conducting an NIH-funded study (CHR #10-00825) examining relationships between mood and hormones.

A half-day hospital visit and some home testing are required. Study involves mood questionnaires and collection of blood, saliva, and urine samples. Participants are compensated \$150 for their time. For more information, contact us:

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Piled Higher and Deeper by Jorge Cham


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\$2 Billion or more
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SUMMARY

This project is to build a really big machine that will make awesome science. It will accelerate and/or trap/detect some kind of sub-atomic particles really fast and smash them together with huge giant lasers made using nano-technology, quantum computers, artificial intelligence, nano-information and... ROBOTS! (some of them will be NANO-robots).

IMPACT

This will test fundamental hypotheses about the nature of everything, change your outlook forever and how the human species thinks about itself and most stuff at a deep, profound, totally "whoa!" level. Eventually, it may lead to the understanding of elemental relationships that explain certain general phenomena which could result in the creation of processes that might be adapted to perhaps develop technology that could possibly be somehow practically implemented on things to make your life easier (or save it, you never know) but that you will totally take for granted.

STRETCH GOALS!

If we are fortunate enough to exceed our funding goal, here are some additional goals:

\$24 Billion: We build this... in SPACE!!

\$31 Billion: Everyone gets a commemorative NANO-ROBOT!

\$44 Billion: Actually, this is what the machine will cost in the end due to budget overruns.

Frequently Asked Questions

Q: Will you blow up the Earth when you turn the machine on?
A: No, that is theoretically impossible according to our theory.

Q: Will this bring about affordable jetpacks and/or flying cars?
A: Oooh, maaaaybee...

Q: Can I press the button?
A: Ok.

Report this project to KickJumper

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WWW.PHDCOMICS.COM

OPINION

Time-Wasting Tip #4 for the Overworked Grad Student

By Alexandra Greer
Science Editor

Got a long incubation time to kill? Waiting for your cells to spin? Bored in between classes? In class? This week, we suggest you try your hand at heart transplantation with "Surgeon Simulator 2013" (Google it), a hilarious, free online game that teaches you that not all medical simulations are created equal.

If you've ever played the online game QWOP (if you haven't, you should Google that, too), you'll recognize the style of controls for Surgeon Simulator 2013. A different keyboard key controls each finger of your virtual free hand. The angle of your right hand is controlled by the right mouse-click, and the angle of your left hand is controlled by the left mouse-click. If this sounds complicated, it is. You're given a patient with a nice chest wound covering and an assortment of surgical tools, including such useful supplies as a bone saw, scalpel and hammer. In my terrible attempts at heart transplantation, I typically ended up knocking half of these onto the floor and the other half into the chest cavity of poor Bob.


In the name of simplicity, all you need to do for Bob is replace his ailing heart — lungs and ribs appear unnecessary, and it's totally fine if you leave an assortment of tools floating around in his body. He'll be OK!

Alexandra Greer is a fifth-year graduate student in the Biomedical Sciences and promises her PI that she doesn't waste that much time when she is in the lab.

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FOOD

SF Beer Week Brings Cheer to Bay Area

By Eric M. Pietras
Staff Writer

February may be the shortest month of the year, but what it lacks in days it makes up for in craft beer. SF Beer Week returns on Saturday, with hundreds of events, ranging from brewery tap takeovers to beer-food pairings, beer judging lessons and specialized beer festivals-within-festivals.

There is literally something for everyone, both in The City and beyond. Whether you attend one event or decide to call in sick until February 18, this year's festivities should be epic. I've listed some of this year's highlights. Cheers, and see you at Beer Week!

It's Alive! Sipping Session with White Labs (Saturday, February 9): Brewing beer isn't just fun, it's literally a cell culture experiment every time.

And much like Kilgore Trout's talking *Saccharomyces* cells in *Breakfast of Champions*, what the yeasts put into beer as they ferment sugars is as important to its character as the malt and hops.

To illustrate this point, White Labs (no relation to Walter), one of the world's leading brewer's yeast repositories, has brewed the same Hefeweizen four times, each with a different strain of yeast. The difference will be bigger than you think! These beers, plus White Labs specialist Kara Taylor, will be at City Beer Store between 3-5 p.m. Anyone with a background in microbiology or yeast genetics will love this event.

Sour Sunday (Sunday, February 10): This is one Beer Week event I never miss. A trip to Berkeley will net you a snifter, a handful of tickets and access to an array of Belgian beers fermented with critters other than *Saccharomyces*, ranging in flavor from tart and wine-like in character to downright funky.

It may be a favorite event of beer nerds, but everybody will find something to enjoy. Head over to the Triple Rock or Jupiter brewpubs early to access the rare stuff. It's also worth noting that the Noc Noc in the Lower Haight is hosting a similar event City-side.

21st Amendment Strong Beer School (Tuesday, February 12): While most people refer to it as "February," the shortest month of the year is better known as "Strong Beer Month" in San Francisco.

The City's own 21st Amendment brewery will be providing a seven-beer lesson in what it means to be imperial strength and beyond. Imperial-strength beer fans will enjoy not only the beer, but the accompanying food pairings as well. Class begins at 7 p.m. Don't be tardy.



Photo by Eric M. Pietra

Representatives from Drake's Brewing pour samples for thirsty festival goers at the 2012 SF Beer Week opening gala.

Festival of Firkins (Thursday, February 14): Starting at 11 a.m., Magnolia in the Upper Haight will be putting out at least a dozen cask-conditioned ales, including a few of their own, for everyone's enjoyment.

Cask-conditioned (or "real") ales are unpasteurized and unfiltered beers that undergo fermentation in the same container from which they are served, with no added carbonation aside from what the yeast provides. They are dispensed either by hand pump or gravity.

Why is this great? First, the beer is alive. Second, the gentler carbonation and warmer temperature of the beer give a much better sense of its true flavor.

East Bay Brew Fest (Thursday, February 14): Imagine enjoying beer from Drake's, Triple Rock, Black Diamond, Ale Industries, Bison and other East Bay notables all in one room for three hours.

Is this heaven? No, it's Berkeley. But still, what's not to like about this fest-within-a-fest that celebrates one of the most innovative centers of brewcraft in the United States?

Pyramid Brewery and Alehouse once again hosts this great event in its spacious and refreshingly unpretentious confines, where the doors open at 6 p.m., and proceeds benefit the Northern California Multiple Sclerosis Society.

Social Kitchen Beer Breakfast (Friday, February 15): Beer is also for breakfast, and Social Kitchen will be featuring a great food lineup to fortify you for a new day of Beer Fest-ing.

Best of all, breakfast can be paired with brewmaster Kim Sturdevant's lineup of excellent beers, including some undoubtedly tasty strong brews. Social Kitchen will be opening at 10 a.m., and breakfast will be served until 1 p.m.

Tour de Bière 2013 East Bay Bike Crawl (Saturday, February 16): If you missed the East Bay Brew Fest and are athletically inclined, then it will be worth your while to wake up early, hop on BART with your velociped, and disembark at the San Leandro stop.

The tour leaves Drake's Barrel House around 9:30 a.m., and will be making visits to the best East Bay breweries within pedaling distance until about 6 p.m. All proceeds are donated to the East Bay Bike Coalition. Bike safe, wear a helmet, and enjoy the beer.

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

Synapse

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About

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

Submissions

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

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Martin Luther - multi-talented singer, songwriter, actor, musician and producer has been bubbling throughout the music and entertainment world for years and has already energized music lovers across the globe with collaborations with some of pop and hip hop's finest... Dave Matthews, The Roots, Jill Scott and countless others.

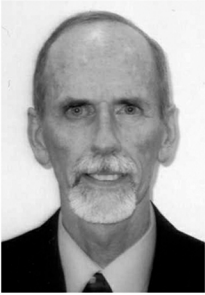
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More Photo Contest Submissions



Photo credits (clockwise starting from top right): Max Liu (Medicine), Calvin Huynh (Pharmacy), Stefan Bohn (Post Doc), Liz Unger (Grad)

SEND A MESSAGE TO
THAT SPECIAL
SOMEONE IN

Synapse

the ucsf student newspaper

Valentine's Day is approaching. Synapse will print messages of love from the UCSF campus community in our Valentine's Day Feb. 14 issue. Send your messages to synapse@ucsf.edu. Keep it short and sweet. Messages must be received by 10 a.m., Monday, Feb. 11.

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