

NEWS
Buying a Car on a Tight Budget
A student's guide to buying a decent set of wheels » **PAGE 4**

FOOD
What's Brewing at Social Kitchen?
Kim Sturdevant crafts crowd-pleasing beers » **PAGE 6**

IN THIS ISSUE
News Briefs » PAGE 3
Journal Club » PAGE 5
Puzzles » PAGE 7



Synapse

The UCSF Student Newspaper

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START-UP UCSF

Journal Lab Could Transform Scientific Publishing

Online “knowledge network” improves post-publication review process

By Alexandra Greer
Science Editor

Big changes are afoot in the world of biomedical scientific publishing. Recently, the National Academies, including UCSF Chancellor Susan Desmond-Hellman, Vice Chancellor Keith Yamamoto and Dr. Bernard Lo, released a report focused on ways to make biomedical publishing more efficient so that researchers can better study and treat complex diseases.

Their proposal for a “knowledge network of disease” requires a fundamental restructuring of how we

organize and make available published and unpublished research. *Journal Lab* is developing this knowledge network of disease by providing a place where all scientists can publish commentary on research papers, thereby generating new metrics of paper valuation and providing open-access commentary on articles from all journals. Recent UCSF graduate

Robert Judson and social media entrepreneur David Jay co-founded the online community in 2011, and in a short period of time, have amassed an impressive user base with lively, high-level scientific discussion. *Journal Lab*, which is still in beta stage, is funded through grant

JOURNAL LAB » PAGE 3



Journal Lab



Photo by Allison Komirenko/P2

Co-directors Kaegy Pabulos, Mark Esguerra and Joana Abitan working at the Mabuhay Health Center in SoMa.

NEWS

Students Run Mabuhay Health Center in SoMa

By Margaret Lim
Staff Writer

Need to see a doctor? Need health advice? Where do you go?

The residents of the South of Market (SoMa) district turn to the Mabuhay Health Center (MHC). Mabuhay (pronounced Mah-boo-high)

means “Welcome” and “Live long” in Tagalog, one of the languages of the Philippines.

MHC is a student-run clinic run by UCSF medical providers, UCSF health care professional students, and undergraduate, graduate and post-baccalaureate volunteers. The goal is to address health disparities in the community by providing health screenings, medication therapy management and health education to the predominantly low-income Filipino-American immigrant population of SoMa.

MHC is a registered organization with UCSF that receives some funding from the Office of Student Life. However, most of its funding comes from both grants and fundraisers. Last year, the group held fund-raising events at The Fishbowl Bar and Grill and Chevy's in San Francisco, where they would earn a percentage of profits on a particular day.

Every second Saturday of the month, this group of volunteers provides free health care services at the Bayanihan Community Center, located at Sixth and Mission streets. This patient population consists of Filipino

MABUHAY » PAGE 6

NEWS

Escape to the Garden

By T. Booth Haley
Editor

Living in the second-densest city in the United States, most San Franciscans don't have much space for private gardens. And while the city mandates composting, most people here don't have room for their own compost bin out back. The Garden is a half-acre slice of paradise where Inner Sunset residents who enjoy gardening and composting can come and work the soil together.

Located at Seventh Street and Lawton Avenue, this delightful public space is crossed by winding paths and dotted with flowering California native plants all year round. Murals, mosaics,

GARDEN ESCAPE » PAGE 5



Photo by Mason Tran/DS3

Garden for the Environment operates this community garden located at Seventh Street and Lawton Avenue.

EVENTS

MISSION BAY EVENTS

NUTRITION FOR WOMEN: MISSION BAY

Friday, Feb. 22, noon-1 p.m., Student Health, Rutter Center, third floor, Mission Bay
Join Student Health’s dietitian, Alison Boden, for this casual one-hour discussion on popular women’s nutrition topics. Topics include body image, anemia, reproductive health and bone health. Free refreshments provided with RSVP. nutrition@ucsf.edu

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, Feb. 22, 1:30-2 p.m., Byers Hall, 212, Mission Bay
The Muslim Community at UCSF holds regular Friday prayer services (*Jum’ah*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

RIPS AT MISSION BAY

Friday, Feb. 22, 3:30-5:30 p.m., Genentech Hall Auditorium, Mission Bay
RIPS is a seminar series wherein two speakers per week present their current research. Talks are generally given by one student and one postdoc per week, and are 15 minutes in length with five minutes for questions. A 20-minute social proceeds the talks wherein refreshments are provided.

UNWIND: STRESS MANAGEMENT FOR WOMEN AT MISSION BAY

Monday, Feb. 25, 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 GAME NIGHT

Wednesday, Feb. 27, 6:30-9 p.m., Genentech Hall Atrium, Mission Bay
Bring your favorite board games to share. Enjoy free beverages, pizza, & giveaways provided by GSA.

PARNASSUS EVENTS

SYNAPSE NEWSPAPER

Thursday, Feb. 21, 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.

ESCAPE FIRE DISCUSSION

Thursday, Feb. 21, noon-1 p.m., N 217, Parnassus
Join the IHI Open School Chapter at UCSF following the previous night’s screening of *Escape Fire*, a documentary about the American health care system, and discuss the issues presented in the film. All students welcome.

ASUC ELECTION INFO SESSION

Thursday, Feb. 21, noon-1 p.m., S 159, Parnassus
Come meet the current ASUC board members, learn about the 2013-2014 elections, and find out what positions you

can run for and win. Pizza provided. asuc.ucsf.edu/

CHANCELLOR’S CONCERT SERIES

Thursday, Feb. 21, 12:15-12:45 p.m., Cole Hall, Parnassus
Looking for a place to study or relax between classes? Campus Life Services’ 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. Seating begins at noon. Trio Brillante features violist Emily Onderdonk, clarinetist Tom Rose and pianist Betty Woo.

IHI OPEN SCHOOL PRESENTS FEDERAL TAX WORKSHOP FOR INTERNATIONALS

Thursday, Feb. 21, 1-3 p.m., Cole Hall, Parnassus
Tracy Lee from the UCSF Controller’s Office will facilitate a workshop for UCSF international students and scholars who will be filing taxes as non-residents for the 2012 tax year.

DOG DAYS OF FEBRUARY: GOOD SLEEP PRACTICES

Friday, Feb. 22, noon-2 p.m., MU 111W, Parnassus
Take time to de-stress with this week’s visitor from Animal-Assisted Therapy of the SPCA. In addition, enjoy snacks, listen to affirmations and information about student services, and fill one whole Student Passport to Wellness card with six stamps.

MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, Feb. 22, 12:30-1 p.m., S180, Parnassus
The Muslim Community at UCSF holds weekly Friday prayer services (*Jum’ah*) for the UCSF Muslim community. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

FIFTH ANNUAL LGBTIQ HEALTH FORUM

Saturday, Feb. 23, 8 a.m.-6 p.m., Parnassus
The UCSF LGBTIQ 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 LGBTIQ 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/

SILK ROAD TO THE FUTURE INFORMATION SESSION

Tuesday and Wednesday, Feb. 26 and Feb. 27, noon-1 p.m., Multicultural Resource Center, MU 123W, Parnassus
Interested in traveling to China with UCSF this summer? Meet trip organizers, chat with past participants and learn everything you need to know about this exciting opportunity. Bring your lunch and we’ll supply Chinese sweets and green tea. Sponsors: Student Academic Affairs. saa.ucsf.edu/legendsofchina

PARNASSUS FARMERS’ MARKET

Wednesday, Feb. 27, 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.

MINDFULNESS MEDITATION

Wednesday, Feb. 27, 12:15-12:45 p.m., MU 111W, Parnassus
Every Wednesday in February, join a guided mindfulness meditation to manage stress. Beginners and experienced individuals welcome. RSVP by 10:30 a.m. on the day of meditation. Breather.eventbrite.com.

MINDFUL EATING

Wednesday, Feb. 27, noon-1 p.m., N 225, Parnassus
Enjoy your meal from the outside in! Learn about the connection between your food and your mood, understand your cravings and practice mindful eating. A one-hour talk presented by Felicia Mercer, PhD, and Alison Boden, MPH, RD. Free lunch with RSVP. Part of the Winter Survival Series. felicia.mercer@ucsf.edu

UNWIND: STRESS MANAGEMENT FOR WOMEN AT PARNASSUS

Wednesday, Feb. 27, 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, PhD. Free lunch with RSVP. felicia.mercer@ucsf.edu

UCSF RUN CLUB

Wednesday, Feb. 27, 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. 21, 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: NOISE POP NIGHTLIFE

Thursday, Feb. 21, 6-10 p.m., Cal Academy, Golden Gate Park
NightLife presents “Now that You’re 21, Let’s Talk Liquor,” an in-depth look at the origins of the booze behind the bar, and the botany that goes into it. Tickets: \$12. <http://bit.ly/NightLifeTickets>

RENDEZVOUS 2013

Friday, Feb. 22, 9 p.m.-2 a.m., 111 Minna Gallery, SF
UCSF/SFSU Doctorate of Physical Therapy Class of 2014 would like to invite you to the Bay Area’s biggest Interprofessional Party of the Year: Rendezvous! Come dance the night away with the Bay Area’s hottest professionals at 111 Minna Gallery. RSVP on their Facebook page and get in for \$5 before 11 p.m. and \$10 after 11 p.m. If you’re not on the guest list, cover is \$15 all night. [facebook.com/events/471871526204798/?fref=ts](https://www.facebook.com/events/471871526204798/?fref=ts)

CHINESE NEW YEAR PARADE

Saturday, Feb. 23, 5:15-8 p.m., Chinatown, SF
Over 100 units will participate in the Southwest Airlines Chinese New Year Parade. A San Francisco tradition since just after the Gold Rush, the parade continues to entertain the hundreds of thousands of spectators. Nowhere in the world will you see a Lunar New Year parade with more gorgeous floats, elaborate costumes and, of course, the newly crowned Miss Chinatown U.S.A. and her court. <http://bit.ly/ChineseParade>

ANNOUNCEMENTS

STUDENT PASSPORT TO WELLNESS WEEK SIX: \$75 BEAR HUGS

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>

UNIVERSITY COMMUNITY PARTNERSHIPS SERVICE LEARNING PARTNERSHIP GRANTS: APPLY

This year’s grants program will focus on service learning activities that combine service with learning objectives, preparation, and reflection. Grants will be awarded to partnership projects that bring together at least one UCSF affiliate and one community affiliate focused on promoting health equity. Download the Grants Program RFP and submit by March 1 deadline. bit.ly/UCP_GrantApplication

UCSF SCHOOL OF DENTISTRY TOILETRY DRIVE

Monday, Feb. 25-March 11, Med Sci Lobby & Nursing Mezzanine, Parnassus
The Community Dental Clinic has begun its annual toiletries drive for the homeless population staying at the Multi-Service Center, SF. Any soap, toothbrushes, toothpaste, combs, etc. would be greatly appreciated. No sharp or used products.

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.

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 UCSF community and their families. Registration due April 1. Sponsors: Student Academic Affairs, legendsofchina.com.

UCSA STUDENT LOBBY CONFERENCE

Saturday, March 2, 9 a.m.-5 p.m., Sacramento, CA
Join fellow UC students in speaking with state legislators at the State Capitol about legislation related to higher education issues. All reasonable costs will be reimbursed by the Associated Students of the University of California and the Graduate Students’ Association. Registration is required, so please sign up in advance. Email Lawrence.Lin@ucsf.edu.

SUBMIT RECYCLED ART FOR THE LIVING GREEN 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

NEWS

Are You Prepared for the Next Quake?

By Matthew L. Springer
Contributing Writer

The 2013 home earthquake-preparedness talks begin this week and will run through August. Many people who have recently moved to the Bay Area do not realize how important it is to arrange their homes to prevent serious damage and injury in an earthquake. Many long-time residents think they are prepared because they have extra water, and students assume that quakes wait until after they get their degrees and move away!

The earthquake talks are approximately 50 minutes long and based on my personal experiences with the 1971, 1989 and 1994 destructive quakes in California.

This presentation for the campus community, now in its sixth year, features updated information and many photos of preparations in my own home, and organizes the precautions into categories ranging from those that are simple but essential to those that are much more involved

and can be undertaken if one has the time and inclination. The presentation is sponsored by the UCSF Office of Environmental Health and Safety.

An RSVP is not necessary. The schedule as it currently stands is below, including presentations that I give for smaller groups at the San Francisco Public Library, in case the UCSF dates are not convenient.

You can also check the constantly updated schedule accessible through cardiolab.ucsf.edu/molcardiolab/

earthquake.html for future talks. (A couple of locations where attendance has dwindled have been eliminated from this year’s schedule — but we return to 2300 Harrison St.) I also recommend checking out my earthquake preparedness blog for additional information: quaketips.blogspot.com.

Matthew L. Springer is an associate professor of medicine in the Division of Cardiology at UCSF.

EARTHQUAKE TALKS SCHEDULE

The times and locations for UCSF talks and San Francisco Public Library talks are as follows:

- Friday, March 8, noon:** UCSF Mission Bay, Rock Hall 102
- Saturday, March 23, 4 p.m.:** San Francisco Public Library, Potrero Branch
- Wednesday, March 27, noon:** SF General Hospital, Building 3, Room 505
- Monday, April 29, noon:** UCSF 2300 Harrison St., Rm. 243 A/B (UC ID required)
- Wednesday, May 22, noon:** San Francisco Veterans’ Administration Hospital, Bldg. 7, Room 112
- Thursday, August 15, 6:30 p.m.:** San Francisco Public Library, Main Library, Latino/Hispanic Room
- TBA:** San Francisco Public Library, Mission Bay Branch

STARTUP UCSF: Journal Lab

» FROM HOME PAGE

awards. The company is currently focused on building a solid user base, and the founders say that Journal Lab will always be free to use. In that sense, the founders seem more focused on providing a framework for research discussion than on generating immediate revenue. However, *Journal Lab* is not a nonprofit organization and clearly has potential for income generation in the future.

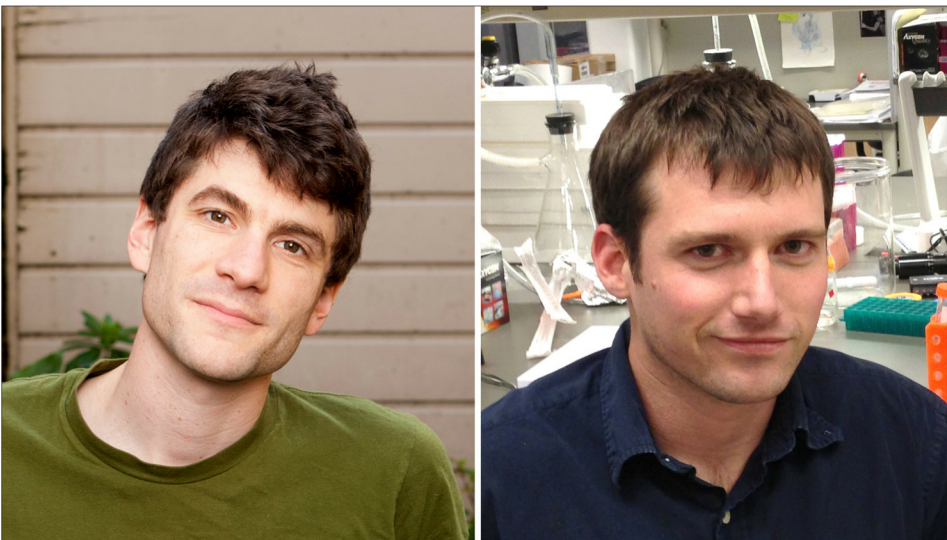
You know each other from college, but are both in very different fields now. How did you start Journal Lab?

Judson: I was a grad student here at UCSF; being involved in publishing as a user, there are lots of frustrations. When I run into frustrations, I tend to poke around and ask, “Why am I frustrated?”, “How does the system work?” which got me interested in open access, the peer review system, and [journal] impact factor, and how those things combine.

Jay: My background is in social user experience — I study how conversations happen online so that I can build meaningful places to have conversations. The birth of Journal Lab was when the two of us went on a hike and we started talking about how much the world of scientific publishing would change if there was a really good place to talk about research online.

What is Journal Lab?

Judson: It’s a database meant to collect expert opinion and observations. It’s meant to exist on top of what is already published. A lot of the idea of *Journal Lab* is that by collecting and archiving observations by all of us is that it makes more granular data that can be shared.



Photos courtesy of Journal Lab

David Jay (left) and Robert Judson co-founded *Journal Lab* in 2011.

Do you anticipate partnering with any journals? Have you started that at all?

Jay: We’re already partnered with PLoS, which is great because they’re local and they really share our values. PLoS, like a lot of people in the open-access community, really want to build alternative metrics to “impact factor” to gauge the impact of papers, and they’re excited to work with us to help to build that.

How does the “knowledge network of disease” play into the goals of Journal Lab?

Judson: We have almost everything we need technologically speaking — we have all this data, and the barrier is that we can’t talk to each other. This network needs properties like constant validation — if data has been repeated, will you ever know about it? Evolution — is there new data and if so, how hard is it to find? Is it widely accessible? I think in the academic sciences, the way that we report our data doesn’t meet any of these qualifications. We’re looking to supplement that with a more granular, widely accessible, easy to evolve, easy to validate data system that will connect into that knowledge network, ideally.

What is the user experience like?

Judson: You come onto journallab.org and you see a dashboard with all the terms that are relevant to your research on *PubMed*. You can very quickly see across 20-40 research terms if there are any new papers and if there’s any new discussion on those papers.

Soon, you can also join the equivalent of journal clubs, where you can see papers that are put up and discussed every week on a particular topic. Then, when you read the paper, you can leave your own insights about individual figures.

How can people get involved with Journal Lab?

Judson: If a group of people is meeting to discuss a paper and they have outstanding questions that they don’t have an answer to, journallab.org is a place to put those questions — and where other users, or the authors, could answer.

Jay: The only thing I’d add to that is: If someone’s process is already to go through and in the margins write what the figure is about, if you put that information into Journal Lab, then, all of a sudden, it makes the paper much more discoverable to other people.

Alexandra Greer is a fifth-year Biomedical Sciences student.

NEWS BRIEFS

Less Sodium in Americans’ Diet Could Save Lives

Hundreds of thousands of lives could be saved over a 10 year period if Americans reduced their sodium consumption to the levels recommended in federal guidelines, according to a new study by three groups of researchers, at UCSF, Harvard Medical School and at Simon Fraser University in Vancouver, Canada.

Described in the journal *Hypertension*, the study emerged from a workshop convened last year by the U.S. Centers for Disease Control and Prevention (CDC), which sought to quantify the health benefits of population-wide sodium reduction.

The CDC brought together three groups of scientists, which each used completely different computer models to estimate how lowering sodium would save lives — largely by reducing the number of heart attacks and strokes.

All three models found consistent, substantial benefits of reducing U.S. sodium consumption from the current level of intake to a level close to the upper limit of the federal guideline of 2,300 milligrams a day:

- Immediately reducing sodium intake to the current upper limit of the guidelines would save 500,000 to 850,000 lives over the next 10 years.
- Gradually reducing sodium intake through processed or restaurant-prepared foods by 4% per year over 10 years would still yield substantial health benefits, saving 280,000 to 500,000 lives over a decade.

“No matter how we look at it, the story is the same — there will be huge benefits in reducing sodium,” said Pam Coxson, PhD, a UCSF mathematician and the lead author on the paper.

Tea Party’s Ties to Tobacco Industry Date Back to 1980s

Rather than being a purely grass-roots movement that arose spontaneously in 2009, the Tea Party developed in part as a result of tobacco industry efforts to oppose smoking restrictions and tobacco taxes beginning in the 1980s, according to a study by researchers at UCSF.

“Nonprofit organizations associated with the Tea Party movement have longstanding ties to tobacco companies, and continue to advocate on behalf of the tobacco industry’s anti-tax, anti-regulation agenda,” said senior author Stanton A. Glantz, PhD, director of the UCSF Center for Tobacco Control Research and Education (CTCRE), a UCSF professor of medicine and American Legacy Foundation Distinguished Professor in Tobacco Control.

The study, which appears in the February 8, 2013, issue of the journal *Tobacco Control*, shows that rhetoric and imagery evoking the 1773 Boston Tea Party were used by tobacco industry representatives as early as the 1980s as part of an industry-created “smokers’ rights” public relations campaign, opposing increased cigarette taxes and other anti-smoking initiatives.

NEWS

Buying a Car on a Tight Budget

By Akshay Govind
Staff Writer

Perhaps you’ve come to the point in your training where you need to travel to distant locations at odd hours, and you’ve decided you really need a car. No one type of car or car-acquiring experience is right for everyone, but I’ll try to walk you through some of the major decisions you may be faced with if you’re on a tight budget.

Buy or Lease?

Advertising makes leasing look like a great option up front — a couple of thousand bucks down and a couple of hundred bucks per month, and a brand new car, right? While this may be a good option for some people, be sure to read the fine print carefully before deciding that this is right for you.

Specifically, there are fees for driving more than a certain number of miles, fees for repairs or upkeep many might consider normal wear at the end of a term, and generally, only a small minority of the vehicles on the lot qualify for the amazing deal that brought you there in the first place.

If you find the right deal for you, by all means go ahead, but the rest of this article will focus on buying rather than leasing a car.

Do I really save that much money buying used rather than new?

According to Edmunds.com, the average depreciation in true market value of a car the moment it is driven off the lot is 11%, depreciating another 15%-25 % for each of the next five years. This means that by five years out, a new car is worth roughly 40% of what was paid for it initially. That said, dealers want to sell new cars, and to incentivize this, they will gladly loan money at a much lower interest rate (often 0% to 2%) than one can obtain at a bank or credit union.

If you search carefully, you should be able to find a car within the last few model years that functions as well as and looks nearly as modern as a brand-new one, for roughly half the price. This is, unfortunately, still a sticker price somewhere between \$10,000 and \$15,000, which most students don’t just have tucked between the couch cushions.

So while buying a new car will definitely be a larger investment in the long run, certain promotions may set it at a comparable initial cost, with a lower risk of malfunction due to its misuse by a previous owner.

In my opinion, all these points are moot for students funding a car themselves, and I’d recommend looking for a somewhat older vehicle.

Will a much older car be safe and reliable?

One distinct advantage of buying older cars is that reliability data have been kept and are easily accessed on consumerreports.org and similar sites. Look for cars that meet your stylistic and functional needs, have a good history of reliability, and for which parts would be easy to come by should the need arise.

Try to buy from someone who is either the original owner of the car or has owned it for a long enough time to give you a reliable history of service. I also think it’s fair to ask why someone is selling the car.

Favorable answers include upgrading to a new one or moving to a place where it doesn’t make sense to take the car. Unfavorable answers include anything that suggests they are short on money, as this makes them less likely to have been investing to keep the car up in the recent past.

From a safety perspective, all cars within the last 15 or so model years have second-generation or better airbags and are designed to protect you in the event of an accident. As cars today are designed for the car itself to crumple to protect the passengers, I’d recommend not buying a car that has been involved in a major accident.

If a car has ever been severely damaged or deemed a total loss by an insurance company that paid a claim on it, the car receives a salvage title. If you’re a car expert, you can judge for yourself whether the car is in appropriate condition, but if you’re a lay person, I’d recommend steering clear of cars with salvage titles.

If a car has been regularly maintained, there are relatively few major things that need replacement in the first 100K miles, and little things tend to creep in between 100K and 150K. Beyond 150K, a car isn’t doomed by any means, but the cost of repairs often gets close to the value of the entire car. If I were to recommend a sweet spot in the purchase of an older car, it would be between 7 and 12 years old, with between 50,000 and 110,000 miles on it.

What should I expect for maintenance?

Before buying a used car, it’s a good idea to have it checked out by a mechanic. People have Yelped extensively about various auto garages, so find one where the mechanics explain their findings and recommendations before just saying, “You need x, y, and z. Most auto garages will give a car a pre-buying inspection for less than \$100, and most sellers are willing to take their cars to a mechanic as long as it is not too far away. If they’re uncomfortable doing so, it may be a red flag that something is wrong with the car, the person or both.

In general, several things need regular upkeep — oil and other fluids, filters, tires and alignment, brakes and belts, to name a few. These are not trivial, as your safety often depends on their proper function. On top of that, an older car will often have little things go wrong — like switches, levers, hoses and interiors

wearing out. All in all, you should expect to spend no less than several hundred dollars per year on maintenance and minor repairs.

Add onto this the cost of registering the car, smog certification and insurance, and you’re looking at a couple of thousand dollars per year even before you back into a pole after your all-night shift or put fuel into it. This should make you think harder about how expensive a car you can actually afford.

OK, let’s talk about fuel economy

Because people are directly faced with the cost of fuel every time they fill up, it has become very popular to have a car with good gas mileage. Of course, we all want to minimize our carbon footprint, but the popularity of high miles per gallon cars has kept prices on such vehicles much higher than that of cars with only moderate fuel economy.

The difference in fuel cost in a 10,000-mile year between a car that gets 20 mpg and one that gets 35 mpg is less than \$1,000, which means that if you get a really low price on a car that you plan to keep for only a short while, spending a little more at the pump every few weeks may still be in your favor overall. Down the road though, it will be easier to sell the car with better fuel economy, so the right choice depends on your long-term plans.

Where do I even look for a car?

There used to be lots of different places worth looking, but in the Bay Area today, the answer is overwhelmingly Craig’s List. Both dealers and private parties post on this site, and you can narrow your search by price, seller-type (dealer vs. owner), location and any other search term you might fancy.

In general, you should know that dealers are able to sell cars for much higher prices than private parties, so if you find a car you really like through a private party, it’s OK if you spend a few hundred dollars more than “private party Blue Book value,” which you can find online through the Kelley Blue Book at kbb.com, as this will still be significantly less expensive than buying from a dealer.

Don’t hesitate to visit a few dealerships to look through their used car inventory, to get some first-hand experience of several different cars you might want to buy.

What about price and bargaining?

In general, all things are fair game in the negotiation process. This includes prices, options, add-ons, interest rates of loans (from dealers) and whatever else you can think of. Do whatever is comfortable for you, and remember that this person needs to sell the car as much as you need to buy it.

You can use the tactic of walking away from the negotiation table strategically at times, but be prepared to actually have to walk away if someone calls your bluff. With a bit of hard work, you should expect a reliable car for between \$3,000 and \$8,000, and don’t forget to have a bit of fun along the way. Happy car hunting!

Akshay Govind is a second-year medical student.

NOW IS THE TIME TO MAKE YOUR MOVE IN REAL ESTATE

"With Kevin’s real estate and legal expertise combined with his infectious enthusiasm and strong client dedication, one couldn’t ask for better representation."

– Marie S.,
Buyer, Duboce Triangle

"I felt a lot of confidence throughout the process knowing I was working with someone who knew their stuff inside out"

– Joanna S.,
Buyer, Noe Valley



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Kevin K. Ho
BROKER ASSOCIATE / ATTORNEY
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kho@vanguardsf.com
www.kevinho.org
lic. #01875957
sbn 233408
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Garden Escape

» FROM HOME PAGE

benches and gazebos dot the garden, providing visitors many places to pause and linger.

“We’ve got UCSF over there and a nursing home over here, and often people or families dealing with medical situations like to come and work here, because turning the soil with your own hands and being among the plants can be very grounding and healing,” said Hilary Gordon, one of the Garden’s directors.

Indeed, the Garden offers a great escape for stressed students, who need to get away from their computers and textbooks from time to time, as well.

“I love the Garden,” said Carrie Tsai, a UCSF resident in pediatric dentistry. “I always walk through on my way home. It’s neat how one small plot of urban land can produce so much healthy goodness.”

This healthy goodness is open to the public. Anyone can join in the gardening or drop in for classes — held every Wednesday from 10 a.m. to 2 p.m. and every Saturday from 10 a.m. to 4 p.m. Details on the classes can be found at www.gardenfortheenvironment.org.

On a recent Saturday, people were busy harvesting radishes, kale, chard and parsley. Signs welcomed visitors and advertised classes: “Natural Plant Care” and “Fruit Tree 101.” Daffodils were blooming, workers smiling, wheelbarrows wheeling, and the sun was shining on the entire salubrious scene. Every little alcove featured an informational sign explaining some feature of the landscape, with topics like “Rainwater Harvesting,” “Control Pests Naturally” and “Plant California Natives.”

During one lecture, the instructor spoke enthusiastically to a group about composting. “It’s a crazy substance,” she said. “It keeps a healthy soil biota

free from bad bugs and rich in helpful bacteria, it retains water, it’s got lots of nitrogen, it’s full of macronutrients and micronutrients — it is magic.”

The nonprofit Garden for the Environment started the Garden in 1990 as a way to demonstrate small-scale urban organic food production, climate-appropriate landscaping and urban compost systems. For every eye-pleasing ornamental, there is a vegetable to please the palate, and all the food grown here is donated to the G-House, a transitional youth shelter run by Larkin Street Youth Services. This bounty and beauty is created by the hands of volunteers who meet every week under the direction of Garden for the Environment.

In addition to the weekly classes, Garden for the Environment offers a Gardening and Compost Educator Program that runs for three months in the fall. “The educator program’s been going for 16 years,” said Blair Randall, director of the nonprofit. “Graduates of the program are now running community gardens all across the city.”

Some UCSF students have even made time to enroll in the program, such as Andrew Inagaki, a fourth-year dental student who received his Gardening and Compost certificate before getting his DDS.

Whether you’re just passing through or staying to get your hands back in the earth again, the Garden for the Environment is well worth a visit. Thanks to the hardworking visionaries who create and maintain this garden and others like it, our city is blessed with many green oases and an ever-growing environmental awareness. They lead the way in making a public space that is fabulously earthy and eminently livable.

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

UCSF JOURNAL CLUB

Recent research by UCSF scientists

By Alexandra Greer
Science Editor

IMMUNOLOGY: T-cell activation induces proteasomal degradation of Argonaute and rapid remodeling of the microRNA repertoire. Bronevetsky, Y. *et al.* (Ansel). *Journal of Experimental Medicine*. 210(2):417-32.

MicroRNAs are short RNA molecules that regulate the expression of certain genes by binding to messenger RNA before it is translated, causing its degradation. MicroRNAs bind to their targets because they are complementary to their messenger RNA target, so each regulated gene must have its own microRNA.

It’s a fast way to regulate a gene’s expression, because the microRNA doesn’t need to be transcribed into protein (which takes longer). During T-cell development, the expression of many genes changes and is correlated with a global down-regulation of microRNA levels.

In this paper, researchers showed that the down-regulation of microRNA occurs through ubiquitination and proteasomal degradation of Argonaute, a protein found in the microRNA-induced silencing complex. Furthermore, they found that down-regulation of microRNAs through Argonaute caused naïve T-cells to more easily undergo differentiation into cytokine-producing helper T-cells.

CELL BIOLOGY: $\beta(1)$ -adrenergic receptor antagonists signal via PDE4 translocation. Richter, W.; Mika, D.; Blanchard, E.; Day, P.; Conti, M. *EMBO Reports*. February 5. [Epub ahead of print]

Cyclic AMP, or cAMP, is a signaling molecule in cells that must remain in a tight balance for cells to function properly. Increased cAMP is typically the result of receptor or protein activation and can mediate downstream gene expression.

cAMP levels are regulated through processes of both cAMP production, by adenylate cyclases, and cAMP degradation, by phosphodiesterases. Typically, receptor activation causes adenylate cyclases to increase cAMP production, thereby mediating downstream effects.

In this paper, researchers describe how the B(1)-adrenergic receptor mediates its downstream effect through inactivation of a phosphodiesterase, PDE4. Inactivation of the phosphodiesterase causes accumulation of cAMP, which allows for mediation of downstream effects, much as an increase in cAMP production would do.

NEUROSCIENCE: Erythropoietin increases neurogenesis and oligodendrogliosis of subventricular zone precursor cells after neonatal stroke. Gonzalez, F.F. *et al.* (Ferriero). *Stroke*. February 7. [Epub ahead of print]

Neonatal stroke, which occurs in roughly 1 in 4,000 births, is a leading cause of neonatal brain injury and can result in cerebral palsy and developmental delays. Treatment for neonatal stroke is controversial because of the potential for severe complications, and many strokes go unnoticed because of incomplete symptoms.

Erythropoietin (EPO) is a hormone involved in neuronal development that has shown promise in treatment of brain injury in animal models, and is being investigated for treatment of neonatal stroke because of its potential for avoiding the dangerous side effects associated with blood-thinning stroke treatments.

In this paper, researchers investigated the use of EPO in treatment of stroke in rats, and looked for regeneration of neural progenitor cells in the subventricular zone of the brain. With EPO treatment, the rats had increased cellular regeneration, which makes EPO an attractive candidate for new neonatal stroke therapy.

CELL BIOLOGY: FOXO3A directs a protective autophagy program in haematopoietic stem cells. Warr, M.R. *et al.* (Passequé). *Nature*. February 6. [Epub ahead of print]

Our red blood cells and many critical component cells of our immune system have a short lifespan in our blood and need to be constantly renewed. This renewal, which requires a huge expenditure of energy, takes place thanks to the actions of haematopoietic (“blood-making”) stem cells (HSCs) present in the bone marrow.

These rare cells are constantly churning out daughter cells that develop into different types of blood cells, including red blood cells and many immune cells. Because of their crucial role in the health of the organism, it is important that HSCs maintain their survival in times of stress, such as disease or starvation.

In this paper, researchers found that in times of stress, HSCs rapidly begin a program of autophagy (that is, consuming themselves) to maintain the health of the cell, and that the gene FOXO3A orchestrates this rapid response to stress.

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

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FOOD

REVIEW

The Art of the Accessible: Social Kitchen and Brewery’s Kim Sturdevant

By Eric M. Pietras
Contributing Writer

It’s 5 o’clock on a Friday in the Inner Sunset, and Social Kitchen and Brewery has collected a sizable happy-hour crowd eager to blow off some steam. It’s an eclectic, chatty group of professionals, local residents, college grads and hipsters, and the bartender busily dispenses pints of beer to the thirsty masses. Perched above the bustle, amidst the shiny set of tuns and fermenters where Social Kitchen’s beer is made, brewmaster Kim Sturdevant is finishing his workday as well.

Sturdevant is an easygoing, athletic-looking Oregon native who may not seem like a stereotypical brewer. He studied engineering and broadcasting in college. He’s just as much at home talking about jazz and cooking as he is discussing beer. Engage him in a discussion about brewing, however, and you can tell instantly that he’s got a passion for it. Try a pint of his beer, and it’s obvious he’s got the talent to back it up. Sturdevant entered the beer world on the basis of a love of good food and a knack for home brewing, and in 2006, he began his career working under brew master Arne Johnson at the venerable Marin Brewing Company in Larkspur.

He started out humbly. “I was scrubbing floors, labeling bottles, cleaning kegs, filling kegs, offloading bottling machines, doing all the grunt labor that you do when you start out in a place like that,” he recalls. Sturdevant embraced the physical labor, paid his dues and reaped the dividends. His formative years at Marin gave him a comprehensive lesson in all areas of brewcraft. In his spare time, he homebrewed in his backyard to experiment with ingredients and beer styles. Then in 2010, he took a trip to England and had the opportunity to make beer with craft brewers in London. While many American craft beer styles have English roots and even share the same ingredients, Kim discovered that how those ingredients are used yields strikingly different results. “What they were doing there opened my eyes to what English beer really is,” he explains. “In general, their beers are a lot cleaner, there’s a lot more finesse.

English ingredients are very flavorful, so they’re almost trying to tone down their beers to make them cleaner. In a way, they’re trying to make clean American craft beer to let the hops shine through, and here we’re trying to use the same ingredients to try to make the beer bigger.”



Photo courtesy of Social Kitchen

Social Kitchen's brewmaster Kim Sturdevant.

The lessons from England were not lost on Sturdevant. In 2012, he left Marin to take over as brew master at Social Kitchen, where he has quickly come into his own. His brewing style is focused primarily on sessionable, easy-drinking beers that showcase their ingredients. The Skimmer’s ESB and SF Session Ale are good examples of this aesthetic. The low 4.5-5 percent alcohol content and careful balance in ingredients and flavor results in a rewarding pour both for the beer geek and the more casual drinker. These beers, while English in style, are not copycats, and fit nicely somewhere between traditional English and West Coast American sensibilities. Sturdevant has also added his own touch to Social Kitchen’s signature Rapscaillon Belgian ale, and the rotating lineup also regularly includes lighter styles, such as the SKB Pilsner and stronger stuff, including new brews for Strong Beer Month (i.e. February) and an immaculate Baltic Stout made in collaboration with Firehouse’s Steve Donohue. For Sturdevant, there is no distinction between brewing a crowd-pleaser and a beer he feels personally and creatively gratified by. “You can make an accessible, really delicious and interesting beer all at the same time,” he points out. “That’s the ultimate expression of the brewing art form, something for the community to drink and enjoy.”

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

Mabuhay » FROM HOME PAGE

immigrants, Filipino veterans from World War II, and their families. Their health issues include adhering to and complying with their medication regimens and difficulty in fully understanding their health problems.

When patients visit the clinic, they are assigned a health coach who guides them through the entire clinic experience, ensuring that they are well cared for and represented. The health coaches are undergraduate students mainly from UC Berkeley, and post-baccalaureate volunteers. Because many patients only speak Tagalog, health coaches who speak Tagalog help bridge the communication gap between the health care provider and patients. Following health screenings, which include blood pressure and blood glucose readings, health coaches and the medical team then determine what additional services the patient might need. The clinic consists of an inter-professional team of medical, dental, nursing and pharmacy students. With the help of medical and pharmacy preceptors Dr. Ronald Labuguen and Dr. Jennifer Cocohoba, the students work collaboratively to address the patients’ concerns. MHC provides students an opportunity to improve their interviewing and assessment techniques. “MHC is a comprehensive experience, where I get to implement skills learned as a P1 and information I am learning as a P2,” said Bellamay Montesa, a second-year pharmacy student. “I also really enjoy working

with such a diverse group of students, from med students to dental students to NP students. Finally, I love the patients we get to see. They are always eager to speak with us, and constantly remind me of why I choose pharmacy as a career.” MHC provides free, healthy food for patients while they wait. Filipino food often contains refined carbohydrates, with minimal nutrients and high fat content. For example, MHC substitutes brown rice for white rice and almond butter for peanut butter. Volunteers encourage patients to increase the proportion of the vegetables they eat, compared to meat and grains. Aside from providing medical services, this team connects patients to available resources. A typical MHC patient might be unfamiliar with enrollment criteria for Medicare Part D or special discounted medication programs. In 2012, MHC saw an increase of 114% in patients compared to 2010, according to clinic organizers, who attribute the increase to more publicity and word of mouth by patients. “One of the most rewarding parts of clinic is seeing a patient’s expression after you help them,” said Clinic Director Mary Margaret Kwong, a volunteer and third-year pharmacy student. “They are so appreciative of your service, whether it’s helping them afford their medications through Patient Assistance programs or giving them a pill box to improve adherence.” Margaret Lim is a third-year pharmacy student.

Synapse

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synapse.ucsf.edu

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

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T. Booth Haley | EDITOR
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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.

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PUZZLES

The Weekly Crossword

by Margie E. Burke

ACROSS

1 "Coffee Cantata" composer

5 Completely bungle

9 Ho-hum

14 Canyon call

15 Former Italian money

16 Unsocial sort

17 Cast off

18 State with conviction

19 Put into words

20 Office assistant

23 Laundry measure

24 Moe or Curly

28 Atomic process

31 White as a sheet

33 Bikini top

34 Vegas headliner, e.g.

36 Auction unit

37 Bygone ruler

38 Sticky stuff

39 Batman's hideaway

40 Gymnast's goal

41 Aquifer's yield

45 Varnish ingredient

46 ____ to riches

47 Not very often

48 Football team count

50 Manage without help

51 Hard to understand

57 End of the Greek alphabet

60 Bamboozles

61 Like Glinda of Oz

62 Bona fide

63 Fairy tale opener

64 Pro's foe

65 Place for a bracelet

66 Must have

67 Twiggy digs

DOWN

1 Ballpark beverage

2 Crowning point

3 Stylish

4 Innkeeper

5 Far from subtle

6 More than miffed

7 Nabisco cookie favorite

8 Tip off

9 Talk big

10 Powerball, for one

11 Aardvark snack

12 Get a look at

13 Slip up

21 Below par

22 ____ of Man

25 Not quite spherical

26 Act servile

27 Place to get a bite

28 In fine ____: fit

29 Break open

30 Position

31 God-fearing

32 Shakespearean "shortly"

35 All atwitter

39 Type of sweater

41 Lobbed explosive

42 "Atlas Shrugged" author

43 Ready to go, perhaps

44 Desire

49 Close watch

50 Property divider

52 Screen symbol

53 Out of here

54 Kind of china

55 A whole bunch

56 Blue-pencil

57 Eggs in a lab

58 Russell Crowe film, "Cinderella ____"

59 Antlered animal

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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)

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OPINION

Time-Wasting Tip #6 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 a new tumblr, "WTF Evolution," for some educated time-wasting.

For those of you who remember your comparative anatomy classes from your pre-med college days (a crystallizing moment for me, as I discovered I never wanted to memorize anatomy again and promptly applied to PhD programs), evolution often creates seemingly bizarre adaptations to a complicated world.

As the website explains, "Honoring natural selection's most baffling creations. Go home, evolution, you are drunk."

Take last week's feature, the flounder, for example: a fish that sits on the sea bottom would find little use for an eye constantly covered in sand, looking downwards. So what does evolution do? It could make the fish flat, like a stingray — that would make sense, right?

But no, that would be too simple. Evolution moves that eyeball right over to the other side of its head. Thanks a lot, evolution, now that fish looks ridiculous. Check out a growing list of evolution's most bizarre creations at wtfevolution.tumblr.com.

Check next week for another grad-student approved distraction — suggestions are welcome!

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.

Piled Higher and Deeper by Jorge Cham

www.phdcomics.com

Recently, i was contacted by The White House:

Jorge, we need your help.

Ok, it didn't happen quite like that, but they did ask me to help spread the word about the upcoming "Sequester" and how it will impact Academic research. So here it is:

U.S. Budget Sequestration Explained

The Debt Ceiling Crisis

The U.S. Treasury tells Congress that the government will exceed the maximum amount it can borrow and run out of money to pay its bills on August 2, 2011.

The Budget Control Act of 2011

At the last minute, lawmakers strike a deal that:

- Raises the Debt Ceiling
- Creates a deadline: A law must be passed that reduces the deficit by Jan. 2, 2013, otherwise there will be an automatic cut in all areas of discretionary spending (the "Sequester").

The Fiscal Cliff Crisis

Congress did not pass a deficit reduction law. Along with the expiration of the Bush-era tax cuts, the U.S. faces a sudden and steep shock to the system (the "Fiscal Cliff") on Jan. 2, 2013.

The American Taxpayer Relief Act of 2012

At the last minute, lawmakers pass a law that:

- Resolves Taxation levels (a mix of the Bush-era tax cuts and new levels)
- Extends the deadline of the Sequester to March 1, 2013.

What 8% looks like:

In terms of body mass:

An arm

And a leg

In terms of \$\$ amounts:

- Cuts to NIH: \$2.52 Billion
- Cuts to NSF: \$586 Million
- Cuts to NASA: \$1.46 Billion
- Cuts to DOE Research: \$400 Million
- Cuts to FDA: \$319 Million

March 1, 2013

Unless there is further compromise, the Sequester will result in across-the-board cuts to Domestic spending, including approximately:

8% cuts to Research Spending

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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