

Synapse

The UCSF Student Newspaper



Photo by Mason Tran/DS3

A preliminary management plan published by UCSF calling for the thinning of the Mt. Sutro forest was the focus of debate at a recent community meeting.

OPINION

Mt. Sutro Forest Management Sparks Community Debate

By T. Booth Haley
Editor

The majestic and mysterious Mt. Sutro is usually a place of unspoiled peacefulness, but recently, its dense eucalyptus forest has been the subject of a fierce community debate.

UCSF, which owns the 61-acre Mt. Sutro Open Space Reserve, has been working on creating a long-term plan for the space, and has pledged to maintain the special urban forest in a safe and accessible state. In recent years, the maintenance of the forest and its trails has been carried out by Sutro Stewards, a volunteer organization, in coordination with UCSF.

However, not everyone has been satisfied with the job that the school and the stewards have done. The preliminary management plan published by UCSF calls for the thinning of the forest to give bigger trees more space, partial removal of the unruly understory, consisting mostly of Himalayan Blackberry and English Ivy, and the construction of new trails to provide better access to the park. A group called Save Mount Sutro Forest has published a report in response to the plan, essentially calling for the forest to be left untouched by the University.

At a contentious meeting on the evening of February 25 in the Milberry Union, members of the community voiced their opinions for and against the plan. The angriest voices were those opposed to any alteration of the landscape and seemed to imagine that the UCSF plan would be tantamount to clear-cutting the mountain.

Others expressed the opinion that the UCSF plan was a veiled plot whose true goal is to reintroduce native plants at the expense of existing ones. All agreed, however, that Mt. Sutro is a beautiful and unique place that should be treated with care. The University, in its defense, said it has hired two professional arborists and will first test various approaches to forest management in four different pilot plots before making a decision. None of the possible versions would result in anything close to clear-cutting.

In fact, the thinning of a forest occurs naturally in mature wild forests. Thinning our 120 year-old forest would be good for it, and is long overdue.

MT. SUTRO » PAGE 3

NEWS

Referendum on Associated Students Membership Fee Increase

Proposed fee is \$28 per quarter

Staff Report

This spring, the Associated Students UCSF (ASUC) is sponsoring a referendum to increase the quarterly ASUC membership fee by \$11. All students currently enrolled in the Schools of Dentistry, Medicine and Pharmacy are eligible to vote online from April 1-12, at the same time as the ASUC Executive Board election.

All professional students are encouraged to participate in this referendum and to cast an informed vote.

According to ASUCSF President Doug Jacobs, this year's Board has had to come to terms with some harsh financial realities. "No one likes the idea of raising a fee, but this is the one fee that directly benefits students through RCO funding, campus-wide events and opportunities for community-building," he said.

The current fee is \$17 per quarter. There has been no increase in the ASUC fee since 2002.

Considering that the UCSF fee is less than at any other UC that supports student groups, it seems that financial realities were inevitable. According to the referendum materials, Jacobs said, the increase is needed simply to maintain current levels of funding.

The proposed fee is \$28 per quarter (not including summer, when no fee is charged) and reflects the increased use of funding by the Registered Clubs and Organizations (RCOs), from 67% to 99%. Because there are 120 current RCOs funded for diverse programs, events and interests, demand has remained high for the funding ASUC offers. Since 2010, the ASUC has dipped into its reserves to maintain funding levels, and now that reserve is depleted.

One-quarter of the ASUC membership fee goes back to each of the professional schools for their use in funding school-specific programs. If the referendum passes, this will benefit the schools of Dentistry, Medicine and Pharmacy in proportion to their enrollment numbers.

If the referendum fails to pass, the ASUC will confront financial reality by cutting funding to groups and for campus-wide events by 25%, to prevent deficit spending.

Students will each receive a dedicated email with a link to vote from April 1-12. The ASUC website (asuc.ucsf.edu/node/469) has posted detailed information regarding the referendum process and encourages all students to read and understand what they are voting on.

According to Jacobs, the current ASUC Board has thoroughly discussed the referendum, and members are fully prepared to talk to the students they represent to answer questions or clarify any aspects of the voting.

NEWS

Pharmacy School Kicks Off Blood Drive Contest

By Amy Higa
Staff Writer

There are many ways to make a difference in the UCSF community. One simple way is to save lives by donating blood. The UCSF Associated Students School of Pharmacy (ASSP) is raising awareness of the importance of donating blood through a blood drive. A blood drive is under way through March 23 at the UCSF Blood Center, next to Subway at Millberry Union. The School of

BLOOD DRIVE » PAGE 3

EVENTS

MISSION BAY EVENTS

INTERPROFESSIONAL PHOTO CONTEST RECEPTION: MISSION BAY

Thursday, March 7, 4-5:30 p.m., Genentech Atrium, Mission Bay
Join the Photo Interest Club for this year's Interprofessional Photo Contest Reception. Enjoy food, beverages and live music while voting for your three favorite photo. Reception attendees choose winners. Bring friends to vote! Sponsors: PIC, SAC & PAF.

HOME PREPAREDNESS IN EARTHQUAKE COUNTRY

Friday, March 8, noon-1 p.m., Rock Hall 102, Mission Bay
Matt Springer, Associate Professor of Medicine, will talk about precautions that can be taken to lessen the damage and prevent injury from an earthquake at home and work. This presentation includes photos of preparations in Professor Springer's own home and suggests measures to prepare for the next temblor. Sponsors: Office of Environmental Health & Safety.

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, March 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.

RIPS AT MISSION BAY

Friday, March 8, 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.

PATHWAY TO SUCCESS

Tuesday, March 12, 6:30 p.m., Genentech Hall Auditorium, Mission Bay
Career coach, Fran Zone, will describe ways to be successful in your career. Fran Zone is an award-winning, executive coach and leadership expert who will share tools on how to present yourself in a memorable and impactful way. Enjoy food, drinks, and networking with WIB members and UCSF grad students and post docs. Sponsor: Women in Life Sciences

SURVIVING QUALIFYING EXAMS: A ROADMAP TO CANDIDACY

Wednesday, March 13, noon-1 p.m., Byers Hall, 212, Mission Bay (Simulcast to N 225, Parnassus)
Join psychologist James Lyda, Ph.D., from Student Health and Counseling, for his workshop on surviving qualifying exams. This 60-minute workshop will cover topics aimed at helping you reduce stress, maintain motivation, manage your time, maximize your performance and pass your qualifying exams. Part of the Winter Survival Series. james.lyda@ucsf.edu

PARNASSUS EVENTS

SYNAPSE NEWSPAPER

Thursday, March 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, March 7, 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.

MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, March 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.

UCSF SCHOOL OF DENTISTRY TOILETRY DRIVE

Through Monday, March 11, Medical Sciences Lobby, 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. are appreciated.

GSA MEETING: GRADUATE, NURSING & PT STUDENTS

Tuesday, March 12, 5:30 p.m., Library, CL 220, Parnassus
Meet your executive board members at the monthly GSA meeting and be a part of the discussion on topics relating to student priorities. Visit the GSA website for more details and to RSVP. <http://bit.ly/GSAwebsite>

PARNASSUS FARMERS' MARKET

Wednesday, March 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.

UCSF RUN CLUB

Wednesday, March 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, March 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: ROBOT NIGHTLIFE

Thursday, March 7, 6-10 p.m., Cal Academy, Golden Gate Park
See Bay Area robots in action, from functional helpers to those working in the arts. See the work of local robot design studio BeatBots; robotic performance art group Survival Research Labs; camera control bot-makers Bot and Dolly; and Robot Garden's robot hackerspace. Tickets: \$12. <http://bit.ly/NightLifeTickets>

ANNOUNCEMENTS

FOOD FOR THOUGHT

Thursday, March 7, 11 a.m.-noon, Online
Join Student Health for a webinar on how to eat well and boost brain power. Student Health's dietitian, Alison Boden, will discuss how eating right can improve your performance, reduce stress and give you more energy. To join, simply visit the Food for Thought webpage and click the webinar link. Everything is on the web, including a live chat box where you can submit your questions directly to Alison. <http://bit.ly/SHCSfood>

STUDENT PASSPORT TO WELLNESS WEEK 8: TIMBUK2 MESSENGER BAG

Through Friday, March 22, 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>

LEGENDS OF CHINA: SILK ROAD TO THE FUTURE

This July, travel to China as part of a 13-year tradition between the 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. legendschina.com.

UCSF SCHOOL OF DENTISTRY TOILETRY DRIVE

Through Monday, March 11, the Medical Sciences 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. Please, no sharps and no used products.

2013 SUSTAINABILITY AWARDS: CALL FOR NOMINATIONS

The Chancellor's Advisory Committee on Sustainability invites you to nominate a green champion — whether a student, staff or faculty member, or a team — who deserves recognition for working to promote sustainability. You may also consider nominating yourself or your team. Nominations due by March 22. <http://bit.ly/UCSFSustainabilityAwards>

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. campuslifeservices.ucsf.edu/upload/artsevents/files/Recycled_Art_Show_Application_2013.pdf

LAST LECTURE: SAVE THE DATE

Thursday, April 25, 5:30-6:30 p.m., Cole Hall, Parnassus
Students have spoken and hundreds voted for Dr. Daniel Lowenstein to deliver the Last Lecture. Immediately following the lecture, enjoy a reception and network with UCSF alums at the Zero Year Reunion. Sponsors: SAA, ASUC, GSA and AAUCSF.

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NEWS

Annual UCSF Event Gives Kids a Reason to Smile



Photo by Mason Tran/DS3

UCSF student dentists, residents, volunteers, professors and staff spent their Saturday providing free dental screenings, fluoride treatments and oral hygiene education to kids.

By Edmundo EJ Abasolo
Contributing Writer

The UCSF School of Dentistry hosted Give Kids a Smile Day last month, providing free dental services to under-served children. As part of National Children’s Dental Health Month, sponsored by the

American Dental Association, students, faculty and volunteers participated in raising awareness about the importance of oral health and tackling the most common chronic childhood disease, tooth decay. The dental school was decorated with an “Under the Sea” theme, with sea animals, corals and reefs, and children

were entertained by professional balloon sculptors, face painting and other activities. The Schweitzer Fellows provided parents health care, lifestyle and nutrition activities, while pre-dental volunteers helped children learn positive oral health, using engaging activities and presentations in the education room. Children of 2 to 17 years old, from across the Bay Area, were welcome, and all services were provided at no cost. All in all, 159 dental sealants, 136 prophylactic cleanings, 103 fluoride varnish applications, and dental and orthodontic screenings were provided to a total of 157 children, many of whom were uninsured (44%) and had visible, untreated cavities (40%). Services were provided by a corps of 175 student dentists and pre-dental students, working under the supervision of 27 UCSF School of Dentistry residents, faculty dentists, staff members and volunteer dentists. “The best part of Give Kids a Smile is seeing children beam with joy after a dental procedure,” said second-year dental student Max Jensen. “It makes me feel like a superhero.” First-year student Eric Brown added, “Going through the frantic workload of D1 year, events like Give Kids a Smile remind me of why I entered dentistry in the first place. Our young patients came into the clinic crying, but left with a smile.” Edmundo “EJ” Abasolo is a second-year dental student.

NEWS BRIEFS

UC Berkeley, UCSF, Stanford join forces to help commercialize innovations

The University of California at Berkeley, UC San Francisco and Stanford University are collaborating on an educational program aimed at commercializing university research and fostering innovation locally and nationally, thanks to a three-year, \$3.75 million grant from the National Science Foundation (NSF). The “I-Corps Node: NSF Bay Area Regional I-Node Program” is one of three new Innovation Corps (or I-Corps) Nodes that the NSF is establishing across the United States, the NSF announced last week. I-Corps’ goal is to increase the impact of NSF-funded research. It will set up innovation ecosystems within universities to train the next generation of entrepreneurs, encourage partnerships between academia and industry, and commercialize science and technology.

Study examines bills for emergency room visits

Emergency departments play a critical role in health care, yet consumers typically know little about how medical charges are determined. They often underestimate their financial responsibility — and then are shocked when the hospital bill arrives. A new study led by UC San Francisco highlights the problem by identifying giant price swings in patient charges for the 10 most common outpatient conditions in emergency rooms nationwide. Out-of-pocket patient charges ranged from \$4 to \$24,110 for sprains and strains; from \$15 to \$17,797 for headache treatment; from \$128 to \$39,408 for kidney stone treatment; from \$29 to \$29,551 for intestinal infections; and from \$50 to \$73,002 for urinary tract infections. The study represents an estimated 76 million emergency department visits between 2006 and 2008.

Secrets of Human Speech Uncovered

The University of California Board of Regents last week announced the first steps in the international search for a successor to President Mark G. Yudof, who will end his tenure as leader of the UC system in August. In keeping with the regents’ bylaws and policies, Chairman Sherry Lansing has appointed a Special Committee to Consider the Selection of a President to develop a plan to recruit, screen and interview applicants. She will serve as chair of the committee, which includes Gov. Jerry Brown as an *ex officio* member. The appointed members of the committee are: Regent Bruce Varner, who will serve as the vice chairman of the committee; Regent Richard Blum; Regent Russell S. Gould; Regent Bonnie Reiss; Regent George Kieffer; Regent Fred Ruiz; Student Regent Jonathan Stein; and Alumni Regent Ronald Rubenstein.

Blood Drive

» FROM HOME PAGE

Pharmacy’s goal is to donate 150 units of blood. To encourage more donors, the school has turned the drive into a competition among the four pharmacy school classes. The winning class will receive \$1,000. By donating your time and blood, you can make a difference to others. Did you know that one pint of blood saves three lives, and that every two seconds, someone needs a blood transfusion? Are you thinking that one pint of blood is too much? Average adults have 10 to 12 pints of blood in their body, and only one pint is given during donations. Have you never donated blood before and are you wondering what the process will be like? Donating blood will take approximately one hour of your time, but in return, you will be helping community, making an impact, helping the pharmacy class and getting a gift card and tasty treats after donating blood. Looking for other ways to give to the community? Donate platelets! One platelet donation can be worth from 12 to 18 whole blood donations. Donating platelets will take about two hours of your time, but it will make a big difference to people in need. In the Pharmacy School Blood Drive contest, blood donations are worth one point and platelet donations are worth three points. When donating, please sign in for the pharmacy class that you wish to credit.

Amy Higa is a third-year pharmacy student.

Mt. Sutro

» FROM HOME PAGE

Hopefully, judicious thinning will also provide a few more views, which could be amazing from such a lofty summit but are currently entirely obstructed. “What has been called for is the thinning of 7 out of 61 acres, not the clear-cutting of everything standing,” said Craig Dawson, president of Sutro Stewards. “What ... the Mt. Sutro Management Plan is about, simply, is managing a forest for its long-term health, the safety of surrounding communities and open space users by mitigating overcrowding [of trees], which is severe in some specific locations, and slowly introducing other species to the monoculture.” The UCSF forest management plan is quite reasonable. In regards to the stewardship of the UCSF Sutro Open Space, there is one change to the current plan that I would like to see: better access from the Inner Sunset. The long-term plan does include three short new trail segments, two of which are near Aldea and a third that would be a trailhead starting at the first bend in the Medical Center Way. While these are all improvements, they do not provide adequate access from the Inner Sunset, where most of the students live. It seems easy to make a trailhead above the Dental School parking lot, departing from Koret Way, just past where Kirkham Street runs into the mountain. This spur trail could be joined to the Historic Trail, which traverses the hillside not far above, or to the new trail that is being built from Medical Center Way. The hillside, admittedly, is steep at this location, so the new trail would require either switchbacks or a stairway. Starting a hike half way up Medical Center Way, as the current development plan suggests, would be a disjointed experience, as walkers must first pass the loud roar and the belching steam of the back of the hospital before entering the serenity of the trees. If UCSF added a trailhead above Kirkham Street, it would be more convenient for students and would indeed provide a better trailhead for all the residents of the Inner Sunset. If UCSF is investing so much in the stewardship of the forest, it should also provide better access, so that more people can appreciate it. Forests are always growing and changing, and for as long as San Francisco has been a city, residents have been influencing that process of change on Mt. Sutro. The UCSF forest plan is well intentioned and well within its purview. Moreover it would be irresponsible of the school to do nothing with respect to the forest landscape, which it is charged to maintain and which is constantly changing anyway. To view the UCSF plan for the Mt. Sutro Open Space Reserve, including a video about forest ecology, please visit ucsf.edu/about/cgr/current-projects/mount-sutro-open-space-reserve. To learn about the Sutro Stewards, please visit sutrostewards.org. T. Booth Haley is a third-year dental student.

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Together, we can advance health worldwide - securely.

MIND & BODY

Your Workout: Keep Score and Win Big at UCSF Fitness Centers

By Theresa Poulos
Executive Editor

It seems as though March came quickly this year, and spring break will be here before we know it. The Fitness and Recreation Centers at UCSF are keeping things fresh to help you stay on track with your fitness goals, so that you'll look fabulous in your beach duds come vacation time.

Three new classes have been added to the group-fitness class schedule at Parnassus, including a 10:40 a.m. BODYFLOW class on Sunday mornings with Arnold Grospe (the 10:10 a.m. CXWORX class has been moved up five minutes earlier, to 10:05 a.m., in order to accommodate the new class), a 5:30 p.m. Spinning class on Tuesdays with Ann Huart, and a 6:30 a.m. BODYPUMP class on Thursdays, again with Arnold Grospe. (With an instructor named Arnold, you're sure to get fit.) UCSF is also planning to launch a new, 30-minute high-intensity interval training class in May.

Perhaps even more exciting is the new incentive program, which encourages you to "train like a champ to win SF Giants tickets." To participate, all you need to do is pick up a Spring

Training stamp card at the service desk; then after each visit, go to the front desk, flex bulging biceps to prove you worked out and kindly ask for a stamp.

Each time you complete two workouts, you get to write your name on the scoreboard posted on the wall of the gym. Once your stamp card is filled with 18 stamps, you can turn it in to be entered into a raffle for SF Giants tickets. The scoreboard is a great way to know who to be checking out in the gym (umm...to size up your competition, of course), and is meant to give you incentive to stay on track with your workout schedule.

The contest runs from March 1 through the end of April, and is open to all Fitness Center members, students, faculty and community members alike. Members can accumulate stamps at both the Parnassus and Mission Bay fitness center locations.


Twenty prizes will be raffled off, so if you stay on track with your workout schedule, you could have a great chance at winning tickets. Getting fit at UCSF couldn't be easier — now if only saying "no" to the soft-serve ice cream in the Moffitt cafeteria was as simple.

Theresa Poulos is a second-year medical student.

THE STRENGTH TO HEAL
And learn lessons in courage.



Thanks to a paid scholarship from the U.S. Army, **Capt. Ana Morgan, MD, Internal Medicine Resident and Army Scholarship recipient, Brooke Army Medical Center, Texas**, became the internist she is today. Her medical school tuition was fully covered and now the Army's providing her with unparalleled trauma training and experience with some of the world's most advanced equipment. There's strong. Then there's Army Strong. Apply today for a scholarship; call 800-553-8867 or visit healthcare.goarmy.com/hpspmedical.



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UCSF JOURNAL CLUB

Recent research by UCSF scientists
By Alexandra Greer
Science Editor

CANCER BIOLOGY: Increased hepatocarcinogenesis from GSNOR deficiency in mice is prevented by pharmacological inhibition of iNOS. Tang, C.H.; Wei, W.; Hanes, M.A.; Liu, L. *Cancer Research*. February 25. [Epub ahead of print]

Nitric oxide (NO) is a free radical created by our cells with a variety of functions: for example, macrophages release NO to kill pathogens. NO is made by a number of nitric oxide synthases, or NOSs, and iNOS is a unique synthase that is inducible under conditions of oxidative stress.

When NO is made under oxidative stress, the NO reacts with superoxides to create lethal byproducts, which is how macrophages kill bacteria with NO. GSNOR is another regulator of cellular NO levels, and GSNOR-deficient mice have many biological defects, including increased susceptibility to bacterial infection and high levels of liver cancer, which are somehow related to intracellular NO levels.

Here, researchers have tied the function of one NO regulator, GSNOR, to another regulator, iNOS, by showing that defects typical of the GSNOR knockout can be prevented by inhibiting iNOS.

CELL BIOLOGY: Glucose sensor O-GlcNAcylation coordinates with phosphorylation to regulate circadian clock. Kaasik, K. et al. (Fu). *Cell Metabolism*. 17(2):291-302.

Variations in circadian rhythm are what make some of us early risers, while others tend to stay up and wake later. The circadian "clock" regulates many body systems, including metabolism. Alterations in circadian rhythm significantly affect multiple measures of metabolic health. In turn, these systems also regulate the circadian clock: For example, diet can influence the circadian clock. One known circadian regulatory mechanism involves phosphorylation of the signaling mediator glycogen synthase kinase3B (GSK3B).

In this paper, researchers found that a known target of GSK3B also regulates GSK3B through addition of the sugar O-linked N-Acetylglucosamine (O-GlcNAc) to the kinase. Modification of these sugars altered circadian rhythm in mice and in fruit flies, and natural circadian rhythm also affected baseline O-GlcNAc levels.

CELL BIOLOGY: D-series resolvins attenuate vascular smooth muscle cell activation and neointimal hyperplasia following vascular injury. Miyahara, T. et al. (Conte). *FASEB Journal*. February 21. [Epub ahead of print]

Contrary to previous belief, current opinion holds that atherosclerosis is a disease of vascular inflammation, and not simply "clogging" of arteries. Many popular treatments of atherosclerosis, such as balloon stenting or vascular grafting, often require replacement because they cannot prevent the inflammatory process that leads to additional vascular complications.

Recently, researchers have identified a class of lipid mediators, including molecules known as "resolvins," that help attenuate vascular inflammation.

Here, researchers found that administration of D-resolvins attenuated acute vascular injury by downregulating release of inflammatory mediators by vascular smooth muscle cells; furthermore, they found evidence of endogenous production and release of resolvins in response to injury.

GENETICS: Transition of a microRNA from repressing to activating translation depending on the extent of base pairing with the target. Saraiya, A.A.; Li, W.; Wang, C.C. *PLoS One*. 2013;8(2):e55672.

Just two weeks ago, this column featured a paper that studied the regulation of microRNAs: short RNA molecules that can rapidly down-regulate the expression of particular genes via homology to the mRNA of that gene. Typically, microRNAs are thought of as strictly repressive regulators. However, there have also been recent studies showing microRNA enhancement of gene expression.

In this paper, researchers discovered that a microRNA can change from being repressive of a gene's expression to enhancing that same gene's expression just by the extent of base pairing between the microRNA and the gene's mRNA. When the microRNA was completely complementary, it enhanced expression of the gene, but significantly lost enhancing capacity with each progressive base pair switch away from complementarity.

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

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FOOD

Wine Tasting on a Student Budget

Step One is host a wine-sampling party

By Akshay Govind
Staff Writer

If you happen to be a consistent reader of my column, then in recent weeks, you’ve spent \$3,000 to \$8,000 on a new old car. You’ve finished with the background research, the ad search, the haggling, the loan and the tune-up, and perhaps now it’s time to sit down for a glass of wine.

A trip to the wine aisle at your favorite shop can leave you feeling overwhelmed and stumped as you stare blankly at the walls of hundreds, if not thousands, of choices, ranging from roughly \$2 to \$250 per bottle.

Rather than make a slew of specific recommendations, I’ll try to walk you through how you might develop your own style for wine selection — and of course, on a budget that’s right for you.

Step 1: Throw a Party

I firmly believe this is the first step in the process of increasing your wine IQ. Gather seven or eight of your best friends who enjoy sharing their opinions, set a general theme, have each person bring a food item and some cash for wine, and give everyone a sheet of paper to write down their impressions of each wine.

For \$10 to 20 per person, everyone can have a full meal, taste half a dozen or so wines, and have a lovely evening.

For the purpose of training your wine palate, it is better if you choose all the wines for the party rather than having each person bring a bottle, as people are likely to make “safe” choices, thereby defeating the purpose of trying to expand your appreciation for the spectrum of wines that exists.

Remember, having a wine you don’t like often helps you put your finger on just what qualities make up the ones you do like, so don’t be afraid. No reason is too silly for choosing a bottle — labeling, descriptions, eenie meeny miney mo, a discounted bottle on sale or recommendations from the person at the shop.

How many wines to buy and what varieties?

This obviously varies based on your friends’ thirst, but a decent starting point is to plan for 500-600 milliliters (four to five average-size glasses) per person over the course of an evening. As most wine bottles hold 750 milliliters, plan on six bottles of wine for a party for eight to nine people. Initially make the pours about



Photo courtesy of Antiwinesnob.com

3 ounces. If people really like a certain wine, this allows them to have a little more, and there is less waste if someone really does not like a wine.

I tend to buy two whites and four reds for an evening like this. I choose one white that is light and sweet for the beginning of the get-together, as people may still be showing up. Rieslings and Gewurztraminers are ideal for this purpose.

As California has an abundance of great Chardonnays, I often select one to bridge the group into the dinner portion of the evening, as their smooth, buttery flavors often pair well with salads, fruits, mild curries or cream sauces. Be sure to chill the whites prior to serving.

As the evening goes on, a reasonable approach is to transition from simpler to more complex flavors, with both wines and foods following this trend.

Pinot noirs make good choices for first red of the evening, as they are smooth with a crisp finish, and even clumsy wines are generally drinkable. Because these grapes tend to be grown in smaller crops (thereby raising the cost of production), don’t expect to be blown away by many inexpensive Pinot noirs, and let me know if you find one that does so.

For the next wine, I often choose a Merlot or a Syrah/Shiraz (different word, same wine). These tend to feel smooth in the mouth, with moderate acidity and fairly forward but approachable flavors. Both of these wines pair well with savory main dishes, including grilled meats, stews and the like, while still leaving your palate able to taste things to come.

The next couple wines can be any of several choices. I usually put at least one curveball in here — whether that means something from an obscure part of the world not typically known for its wine, an interesting blend of grapes not often seen together, or a wine you bought simply because it was recommended by your favorite rock star.

I’ll make an exception to my not using this article to recommend specific wines and promote Rosenblum Cellars’ “Stark Raving Red,” a bold blend of fruit, acid and tannin, with layers of flavor.

The wines at the end of your list should be the most complex. You’ll be well warmed up and able to appreciate and discuss the flavors of Cabernet Sauvignons (arguably the most recognized red wine worldwide), Zinfandels and the like.

There are infinitely many Cabernets out there. The classic profile includes a dark fruit, a peppery spice, high acidity, a woody age and a powerful flavor that increases in smoothness with age and finishes with a coarse feel on the tongue.

These classically pair well with beef, but are really great with anything with lots of rosemary. In my opinion, Zinfandels offer the biggest flavors at the lowest cost, and several of the Zins out of the Lodi area are high on my list.

Their flavors keep up with hearty dishes with thick sauces, and even young wines have full flavors. For all these reds, the ideal serving temperatures are slightly cooler than room temperature. I often chill the bottles for about 20 minutes prior to serving.

Does it matter how I drink it?

A clear glass allows you to appreciate the color and clarity of the wine, and tilting the glass lets you see the viscosity. I never fill the glass more than 40 percent full. This way, you can swirl the wine vigorously to bring the aroma to the tip of the glass as you smell it.

Some experts recommend putting a small amount of wine in your mouth at this point, slurping to incorporate air into your sip, and noting the aftertaste after spitting, but I think they’re silly. Take a swirl, a sniff, a sip and then swallow. Then take a bite of a food that seems as if it has flavors complementary to the wine, and take another sip and see how the food changes the character of the wine.

What about price?

I believe even the most special occasions and/or meals can be celebrated with excellent wines for under \$40, but there are certain characteristics that might take someone into the range of bottles that cost hundreds or thousands of dollars, once they’ve developed specific likes and dislikes.

For wine consumed on a consistent basis, I have a useful spending tip that ties in with car buying — specifically, that the amount you can comfortably afford to spend on a regular bottle of wine should be roughly equal to the number of thousands of dollars you can afford to spend on a car.

That is, if you can afford a \$6,000 to \$8,000 car, you can afford to buy a \$6 to \$8 bottle of wine on a regular basis. Happy tasting, and cheers.

Akshay Govind is a second-year medical student.

Synapse

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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 Robin Cook classic

5 Winter wear

10 Scissors sound

14 Declare

15 Snorkeler's sight

16 Commotion

17 Growing business?

18 Protective mask

20 Optional course

22 Cantina wrap

23 Compassionate

25 Arachnoid work

26 Asparagus unit

29 Gyro ingredient

31 French Riviera city

34 Burdensome

36 Told a whopper

38 Trail the pack

39 Kazoo's cousin

41 Type of paper

43 Relax, slangily

44 Breathe hard

46 Picturesque cavern

47 Thus

49 Calendar row

51 Check the fit of

52 Die down

54 Order taker

56 Cashless trade

59 Type of error

63 Induct into office

65 Rotunda feature

66 Development sites

67 Compare (to)

68 Bad sign

69 Dummy's perch

70 Nail-file material

71 Pull apart

DOWN

1 Sidewalk eatery

2 Face shape

3 No more than

4 Kind of quarterback

5 Theater curtain

6 Contemporary

7 Weapons cache

8 Jay-Z's genre

9 Move like a butterfly

10 Pollen producer

11 Distinction

12 Star with a following

13 Sweat spot

19 Like sushi

21 Root vegetable

24 Give off

26 Potbelly, for one

27 AMC model from the 70's

28 Blow out of proportion

30 Arctic floater

32 Part of a long poem

33 Encourage

35 Nibble

37 Perch-like fish

40 From the top

42 Hallway

45 Scone relative

48 Slow to learn

50 Off-_____ (awry)

53 Panhandle

55 Pint-sized

56 Swindle

57 Soon, poetically

58 Occupy the throne

60 Command to Fido

61 Cry from the pews

62 Extend credit

64 Crater edge

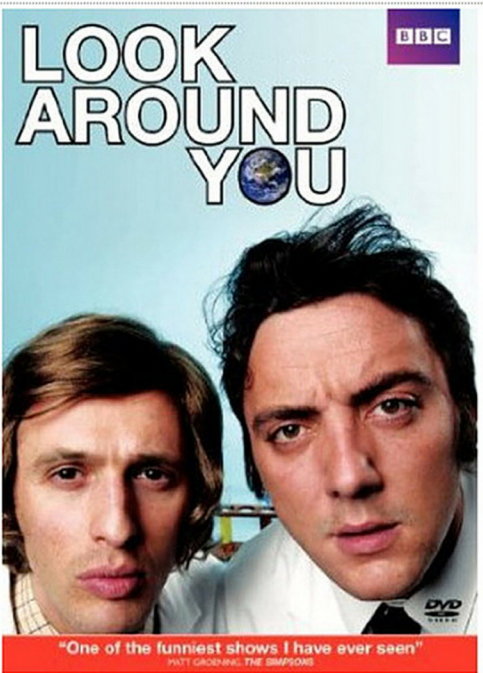
OPINION

Time-Wasting Tip #8 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? Another tip from a fellow graduate student leads us this week to the “Look Around You” modules from BBC 2, a parody of an educational video series, which can be easily found on YouTube or Google.

This series pays homage to educational videos of the early 1980s and is dryly narrated by a very scientific-sounding (and British) Nigel Lambert. However, while they may look and sound like the educational videos you may have been subjected to in grade school, these are anything but.



If you're a fan of British humor, you'll enjoy the subtle goofiness of each lesson: We learn, for example, that germs come from Germany and that water boils at 1,000 degrees Celsius. Each “module” is roughly 10 minutes long, and nine were released in their first season (arguably the most popular) with topics such as “water”, “maths” and “ghosts.”

If nothing else, to the untrained eye, this week's time waster might make you look as if you're actually educating yourself, as opposed to waiting for your next time point.

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.

SUDOKU Edited by Margie E. Burke

Difficulty : Easy

			6				4	2
	2				1	5		
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9		4	5					
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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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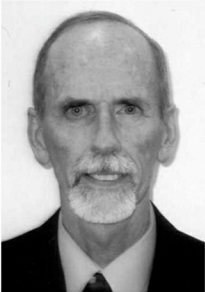
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