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Synapse

The UCSF Student Newspaper

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NEWS
Two UCSF Graduate Students Receive Weintraub Award



Chris Baker (left) and Paolo Manzanillo received the Harold M. Weintraub Award and will participate in a scientific symposium honoring Harold Weintraub and his commitment to innovative science. The award symposium will take place May 3 in Seattle.

By Jeannine Cuevas
Communications Director,
Graduate Division

Christopher Baker and Paolo Manzanillo have both been granted a prestigious Harold M. Weintraub Graduate Student Award by the Fred Hutchinson Cancer Research Center. Baker, a postdoc and recent graduate from the Tetrad/Genetics program at UCSF, and Manzanillo, who just finished his studies in the Tetrad/Biochemistry and Molecular Biology program, were selected on the basis of the quality, originality and significance of their work. Nominations for the award were solicited internationally. The thirteen 2013 award recipients, all advanced students at or near completion of their studies in the biological sciences, will present their research in a scientific symposium on May 3 at the Hutchinson Center in Seattle. The awardees also receive an honorarium and certificate. Baker's research focuses on how evolutionary history has shaped the behavior and architecture of model gene regulatory networks. Cells have evolved complex networks, referred to as gene regulatory networks, which coordinate the expression of genes across the

genome. As a graduate student, Baker studied the transcriptional network controlling mating-type determination in yeasts as a model gene regulatory network. Baker is currently a postdoc in Alexander Johnson's lab, where he also did his thesis work. He will be joining Dr. Krishna Niyogi's lab at UC Berkeley as a postdoc later this spring.

WEINTRAUB AWARD » PAGE 5

NEWS
UCSF Appoints New Dean of Pharmacy School

By Kristen Bole
Assistant Director, Public Affairs

UC San Francisco has named a highly accomplished pharmacist and clinical scientist, B. Joseph Guglielmo, PharmD, to lead the nation's premier School of Pharmacy, continuing the school's focus on shaping the course of the therapeutic sciences, pharmacy education, patient care and health policy. UCSF Chancellor Susan Desmond-Hellmann, MD, MPH, announced the appointment today, noting the numerous contributions that Guglielmo already has made to UCSF, as well as

NEWS
UC SHIP Premiums To Increase Next Year
UCOP proposes systemwide rate rise of 19.8%-32.2% over 5 years

By Jenny Qi
Staff Writer

Student Health and Counseling (SHC)
Director Adele Anfinson.

Students speak out

While the mounting deficit will not be added to student premiums in the 2013-2014 academic year, students in the future may be called upon to pay down the debt, Anfinson warned at an open meeting of the Student Health Advisory Committee (SHAC) on March 14. The UC Students Association (UCSA), representing all UC students, has issued a statement rejecting any UC proposal that places the burden of repaying the debt on the students. "Students strongly oppose the options that pass the debt directly onto students, and we demand that the UCOP pay for the debt with emergency or discretionary funds," said UCSA President Raquel Morales, a fourth-year UC San Diego student. "Every effort should be made to maintain the

Student health insurance premiums will increase next year to prevent the UC Student Health Insurance Plan (UC SHIP) from falling further into debt. The shortfall in the plan is projected to be \$57.4 million by the end of the 2013-2014 fiscal year. The University of California's Office of the President (UCOP) has proposed increasing student premiums at cumulative rates of 19.8 percent to 32.2 percent system-wide over the course of five years in order to close the deficit gap. UC SHIP is a student-funded insurance plan that delivers health benefits to each of the ten campuses. Each campus collects a premium from students and sends them to UCOP, which is then billed by outside service providers. Insurance premiums for a single UCSF grad student would rise from \$692 to \$814 per quarter if nothing else in the plan changes, according to

UC SHIP PREMIUMS » PAGE 3

his breadth of leadership across the academic pharmacy landscape. "In its decades as the pre-eminent School of Pharmacy in the nation, the school has never been stronger, and there is no better dean to guide it into the future," Desmond-Hellmann said. "Joe is both an able leader and an international expert in his field, and will provide a clear course for the school as it helps guide the changing world of health care." As the nation's leading pharmacy school in terms of both research funding from the National Institutes of Health and the ranking of its Doctor of



NEW DEAN » PAGE 9 Photo by © majedphoto.com

EVENTS

MISSION BAY EVENTS

SCIENCE POLICY GROUP KICK-OFF

Thursday, March 28, 5-6 p.m., Rock Hall Auditorium, Mission Bay
Science Policy Group's kickoff meeting will feature Dr. Keith Yamamoto, Vice Chancellor for Research at UCSF, Executive Vice Dean of the School of Medicine, and Professor of Cellular and Molecular Pharmacology. Dr. Yamamoto will talk about science policy in general and about his personal experiences in the field.

SACNAS MEETING

Friday, March 29, noon-1 p.m., Student Resource Center, Gene Friend Way, Mission Bay
Join the Society for Advancement of Chicanos and Native Americans in Science at UCSF for its semi-monthly organizational meeting where they discuss and plan upcoming events and social/academic/professional/outreach opportunities. All are welcome.

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, March 29, 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.

THE STRUCTURAL BASIS OF G PROTEIN COUPLED RECEPTOR SIGNALING

Monday, April 1, 4-5 p.m., Genentech Hall Auditorium, Mission Bay
Brian K. Kobilka, MD, the 2012 Nobel Laureate in Chemistry, is Professor of Medicine, Cardiology, and Molecular and Cellular Physiology at the Stanford School of Medicine, and an Alumni Investigator of the Howard Hughes Medical Institute. A reception will follow at 5 p.m. for those in attendance. biochemistry.ucsf.edu/seminars.html Sponsors: Mission Bay Lectures.

BAGEL TUESDAY

Tuesday, April 2, 8:30-10 a.m., outside the Student Lounge, Mission Bay
Come get a jump start on your Tuesday. Meet new friends, learn about campus events, and share a cup of coffee with others in the Mission Bay community. Sponsor: SSMB.

STUDENT TALK: PROVING G PROTEIN COUPLED RECEPTORS: A FEW OF MY FAVORITE EXPERIMENTS

Tuesday, April 2, noon-1:30 p.m., Genentech Hall Auditorium, Mission Bay
Brian K. Kobilka, MD, the 2012 Nobel Laureate in Chemistry, is Professor of Medicine, Cardiology, and Molecular and Cellular Physiology at the Stanford School of Medicine, an Alumni Investigator of the Howard Hughes Medical Institute. He will give this lunch talk for students during his visit to UCSF. Sponsors: Mission Bay Lectures. biochemistry.ucsf.edu/seminars.html.

PARNASSUS EVENTS

SYNAPSE NEWSPAPER

Thursday, March 28, 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.

SACNAS MEETING

Friday, March 29, noon-1 p.m., Multicultural Resource Center, MU 123W, Parnassus
Join the Society for Advancement of Chicanos and Native Americans in Science at UCSF for its semi-monthly organizational meeting where they discuss and plan upcoming events and social/academic/professional/outreach opportunities. All are welcome.

MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, March 29, 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.

RACE AIDS REGISTRATION

Monday, April 1, noon-1 p.m., Med Sci Lobby, Parnassus
If you are interested in registering for the Race Aids to Face Aids 2013, stop by the FACE AIDS' table in Med Sci lobby to learn more.

BAKE SALE FOR FLU CREW AT UCSF

Tuesday, April 2, 10 a.m.-5 p.m., Health Sciences West Lobby, Parnassus
Stop by to get a tasty snack and support Flu Crew at UCSF. Flu Crew at UCSF is an interprofessional student organization that provides flu vaccines to underserved communities throughout San Francisco and the greater Bay Area.

STUDENTS OF COLOR: PARNASSUS

Tuesday, April 2, noon-1 p.m., RSVP for location details, Parnassus
SHCS offers a monthly Students of Color Discussion Group for graduate and professional students. It is designed for students of color to build community and talk about their experiences at UCSF. Topics may include issues around identity, professional relationships, community and support. larry.lariosa@ucsf.edu.

LAB BENCH TO BEDSIDE LECTURE SERIES: TURNING PROMISING RESEARCH FINDINGS INTO VALUABLE MEDICAL PRODUCTS

Wednesday, April 3, noon -1 p.m., HSW 300, Parnassus
Ruben Rathnasingham, Senior Program Manager in the Department of Clinical and Translational Science Institute at UCSF, will discuss the challenges of translational research and some exciting up and coming research products here at UCSF. Lunch provided, BYOB. Sponsor: GSA.

HEALTHY STEPS: PARNASSUS

Wednesday, April 3, noon-1 p.m., Library, CL 210, Parnassus
Take the first steps toward achieving a healthy weight, presented by Student Health's Dietitian. Learn more about nutrition, exercise and mindful eating in this one-hour overview discussion. Free lunch provided for students with RSVP: nutrition@ucsf.edu.

PARNASSUS FARMERS' MARKET

Wednesday, April 3, 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, April 3, 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 28, 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: SCIENCE OF COLOR NIGHTLIFE

Thursday, March 28, 6-10 p.m., Cal Academy, Golden Gate Park
Explore the perception and expression of color in the natural world and man-made environments with the Sharon Art Studio, Sinopia Pigments, Anticlockwise and Academy scientists. Live performance by Painted Palms and DJ set by Jamie Jams of Debaser, presented by Noise Pop. <http://bit.ly/NightLifeTickets>. <http://bit.ly/CLSDiscounts>

FRIDAY NIGHTS AT THE DE YOUNG: 2013 SEASON OPENING NIGHT

Friday, March 29, 5-8:45 p.m., de Young Museum, 50 Hagiwara Tea Garden Dr., Golden Gate Park
Friday Nights at the de Young offers a variety of interdisciplinary arts programs, including live music, dance performances, film screenings, panel discussions, lectures, artist demonstrations, special performances, hands-on art activities and more. Programs are free and open to the public, but does not include admission to the museum's galleries.

UNION STREET EASTER PARADE & FESTIVAL 2013

Sunday, March 31, 10 a.m.-5 p.m., Union Street between Gough & Fillmore Streets, SF
San Francisco's 22nd Annual Spring Celebration & Easter Parade is not your average Street Fair or formal Parade. It can best be described as wonderful, wacky, elegant and fabulous, with everything from roller-blading cows and creative self-propelled mini-floats to garden areas, sophisticated fashions and beautiful classic and art cars.

SAN FRANCISCO GIANTS: OPENING DAY TELECAST

Monday, April 1, noon, AT&T Park, SF
The Giants open the 2013 season on the road against N.L. West rival Los Angeles Dodgers with three-time N.L. All-Star Matt Cain on the mound. The free telecast starts at 1 p.m. The first 5,000 fans will receive a coupon for a free hot dog and "Authentic Giants Fan" cheer cards.

Synapse Call for Arts Submissions

Show off your creative side. *Synapse* will publish TABULA, its annual arts issue, on April 25. We invite the campus community to submit paintings, photos, poems and short stories. Deadline to submit is Thursday, April 18. Send contributions to synapse@ucsf.edu.

ANNOUNCEMENTS

UCSF GLOBAL HEALTH SCIENCES MASTER'S DEGREE PROGRAM

Deadline to apply has been extended to March 31, 2013
The Global Health Sciences (GHS) MS degree is a one-year, four-quarter program designed for students or practitioners in a health science profession or related field who wish to achieve mastery and leadership skills in the emerging field of global health. Graduates are prepared for leadership careers in international health policy, health care, research and development. globalhealthsciences.ucsf.edu/education-training/masters-program

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. www.legendsofchina.com.

THE PHD MOVIE SCREENING

Thursday, April 11, 5:30 p.m., N225, Parnassus
The PhD Movie is a live-action adaptation of the popular comic strip "Piled Higher and Deeper (PHD)" about life (or the lack thereof) in academia. Free food with RSVP to sac@ucsf.edu. Presented by GSA, *Synapse*, SAC and SHC.

UNDERREPRESENTED IN HEALTH SCIENCES MENTORSHIP DINNER SERIES

Thursday, April 18, 6-8 p.m., Aldea Center, Parnassus
Thursday, May 2, 6-8 p.m., Health Sciences West, 300, Parnassus
Wednesday, May 15, 6-8 p.m., Nursing, 217, Parnassus
The UIHS Mentorship Dinner Series is open to all UCSF students and faculty and is an opportunity for underrepresented students and faculty to discuss career development topics and plan 1-1 mentoring opportunities. Register by April 11. Sponsor: Multicultural Resource Center. eventbrite.com/event/5858084689/eorg.

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 alumni at the Zero Year Reunion. Sponsors: SAA, ASUC, GSA and AAUCSF.

WALK WHILE YOU WORK IN THE PARNASSUS LIBRARY

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

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. Need materials, contact CLS. campuslifeservices.ucsf.edu/upload/artsevents/files/Recycled_Art_Show_Application_2013.pdf

NEWS

F1000Research Joins Open Access Revolution

By Jenny Qi
Staff Writer

Science is fundamentally about increasing our knowledge of the world, but with increasing competition for funding and academic positions, the pressure to publish enormous, high-impact articles in prestigious journals is becoming counter-productive. How can we efficiently disseminate scientific information as publication requirements become ever more rigorous?

This is one of the key questions tackled by supporters of Open Access (OA). Open Access journals such as PLOS (originally known as the Public Library of Science), offer free and unrestricted access to the articles they publish, and the EMBO (European Molecular Biology Organization) Journal even publishes peer reviews of published papers.

F1000Research may become one of the most revolutionary yet, offering immediate publication and transparent post-publication peer review. You may have heard of F1000 Prime, a directory of previously published articles on the life sciences with recommendations by experts in the field, many of whom are UCSF scientists.

F1000Research also applies post-publication metrics to assess the quality of research, but it goes one step further, as a journal rather than a database.

Whereas most scientific journals publish one final version of a given paper, F1000Research publishes



every step of the research up to final acceptance, including reviewers' comments, all revisions and even negative data.

Despite its deviations from the traditional model of publishing, F1000Research strives to uphold a high standard for the science it approves. Its International Advisory Panel includes renowned scientists including top UCSF researchers such as Paul Volberding, Warner Greene and Bruce Miller, and more than 1,000 global experts sit on its Editorial Board.

F1000Research officially launched in January, after a six-month testing phase. Submissions have come from around the globe. Synapse had an opportunity recently to conduct a phone interview with Rebecca Lawrence, publisher at F1000Research. Lawrence holds a PhD in Pharmacology from the University of Nottingham and has worked for other publishers, including Elsevier, for seven years. Previously, she oversaw the launch of F1000 Posters, a repository of data gathered at scientific conferences.

What existing issues in science publishing prompted the launch of F1000Research?

Lawrence: F1000 founder Vitek Tracz wanted to tackle the outstanding issues of peer review — the huge delay before publication, problems with anonymous and potentially biased reviewers, and [the loss of] data.

We started with F1000Posters, based on the observation that half the data presented at a conference never gets published. F1000Research is the formal publication of that otherwise lost data.

What makes F1000Research unique among supporters of OA?

Lawrence: (1) Peer review is after publication and completely transparent. We do an initial check to make sure an article is original, readable science with all the data included, and then it goes to four [non-anonymous] peer reviewers. Normally, peer review is anonymous and done before publication.

(2) Speed. Most journals take at least two months, but we can publish a full PDF in under a week, and our peer review process is about two weeks.

If peer review occurs post-publication, are papers still available if they're not approved?

F1000RESEARCH » PAGE 11

NEWS BRIEFS

Li Ka-shing Donates \$2 Million To UCSF For Transforming Medical Care

Hong Kong billionaire and philanthropist Li Ka-shing — the world's eighth richest person — has pledged \$2 million to UCSF's "precision medical" initiative, the university announced Friday morning.

The precision medical initiative at UCSF is aimed at transforming medical care by integrating data from the human genome and disease research with information from patients' records and environmental data.

"Our goal is to give every patient access to precise, predictive and personalized care, anywhere in the world," UCSF Chancellor Susan Desmond-Hellmann said in a statement. "Today, there are glimpses of the potential, as seen in targeted treatments for breast cancer, but we don't have such targeted therapies for most diseases, including diabetes, and patients suffer as a result."

Leigh Morgan Named Associate Chancellor at UCSF

Leigh Morgan, an executive who has worked in both the public and private sectors in a number of leadership roles, has been named associate chancellor at UC San Francisco, reporting directly to Chancellor Susan Desmond-Hellmann.

"Leigh brings a wealth of executive leadership experience to UCSF, having worked in a variety of senior positions in the nonprofit, government, corporate health care and education sectors," said Desmond-Hellmann. "We are very fortunate to have her join our leadership team at this critical point in UCSF's history."

Morgan will be a member of the Chancellor's Executive Cabinet (CEC) and will lead large, enterprise-wide change initiatives at UCSF. She will represent Desmond-Hellmann on internal and external task forces and committees.

National Study to Examine Risks, Benefits in Emergent Whole Genome Sequencing

Improving technologies are rapidly cutting the cost of whole genome sequencing, a process that reveals the complete library of a patient's genetic information. Indeed, the era of the \$1,000 genome — a catchphrase for the test's relative affordability — appears imminent.

But will the wider application of this encyclopedic option in personalized medicine help patients and health care providers prevent and more effectively treat diseases, or will it open a Pandora's Box of confusion, fears and costly, unnecessary treatments?

UCSF School of Pharmacy faculty member Kathryn Phillips, PhD, will lead the first national study to analyze how physicians and patients in the general population, as well as those given whole genome sequencing results in a clinical trial, evaluate the benefits and risks posed by this profusion of genetic information.

NEWS

Third-Year Pharmacy Students Hold Send-off Celebration

By Amy Higa
Staff Writer

When the final six hours of therapeutic class ended March 9, pharmacy students from all classes made their way down to Yancy's to give the third-year pharmacy students a celebratory send-off.

Classmates, colleagues and friends gathered to spend one last time as a group before the third-year students head off to rotations in locations all over the state. The Associated Students of the School of Pharmacy (ASSP) provided pizza.

The party did not just end at Yancy's. The next hot spot was Sloane Night Club.

The evening was a mix of joy and sadness, a opportunity to say goodbye to the third-year students and to wish them all the best on their new journey.



Photo by Amy Higa/P3

(Left to right) Third-year pharmacy students Tracy Trang, Noelle Lee, Esther Fleischman and Judy Wu, take the time to catch up, laugh and hang out at Yancy's.

After three hard-working years of cramming for exams, studying in groups and preparing for oral exams, the time these students spent at UCSF will always be treasured.

"Food, snacks, coffee and group studies usually got us through our exams, but now we're going to rely on the love and support of our fellow classmates to get us through our rotations," said Class President Chai

Saechao (2014). "Our class is one big family, and it will be bittersweet to say goodbye."

The members of the Pharmacy Class of 2014 will be greatly missed on campus, but they will not be forgotten. Go Class of 2014! Best of luck on rotations!

Amy Higa is a third-year pharmacy student.

OPINION

Health Insurance Politics Hits Home for UCSF Students

By Kate Darling and Carrie Schiff
Contributing Writers

The UC SHIP Forum and Student Health Advisory Committee meetings in the past weeks have provided lots of concrete information about the \$57 million deficit in the UC SHIP student health insurance plan. These issues provoked us to reflect on questions about justice for students with disabilities and those living with chronic conditions and mental health needs.

However, many of UC SHIP's problems also highlight connections between the experiences of UC students and systemic problems with health insurance in the United States. In this editorial, we reflect on some of these questions and connections.

News of the \$57 million deficit arrives amidst intense debate about whether the UC SHIP will change its policies to eliminate lifetime and annual benefit caps. Though the Patient Protection and Affordable Care Act (PPACA) eliminated brutal caps on benefits for some, self-funded systems like the UC SHIP were exempt from this provision ("Health care limits leave some UC students with few options," *San Jose Mercury News*, Jan. 25, 2013 www.mercurynews.com/science/ci_22453645/health-care-limits-leave-some-students-few-options).

Currently, UCSF students have a lifetime benefit cap of \$400,000 and a \$10,000 annual pharmacy benefit cap (USCF Student Health Brochure https://studenthealth.ucsf.edu/sites/studenthealth.ucsf.edu/files/UCSF%20Brochure%202012-13_0.pdf).

This means treatments for conditions such as diabetes, HIV, rheumatoid arthritis and cancer can easily send students over the cap, leaving us responsible for 100 percent of the remaining costs.

Just one major hospitalization could put students over the lifetime cap in benefits.

Gaps and caps in health insurance coverage and restrictions on medical leave will inevitably determine who can attend UCSF and who will struggle too much to continue as a student.

Unfortunately, insurance loopholes and budget woes are not a thing of the past in the age of the PPACA. As long as we keep a highly fragmented system dominated by for-profit health insurance companies, we will continue to face unsustainable costs and gaps in coverage, with unacceptable consequences.

These are fundamental flaws in a system that incentivizes insurance companies to skim off the most profitable patients and exclude those who need more care. The fact that even a large institution with a desirably "low-risk" population is struggling illustrates the inadequacy of PPACA and the need for a single-payer system in the United States. Until we tackle these issues, we will continue to face false choices like those facing UC SHIP: increase premiums or live with inadequate coverage.

Students are being asked to consider several changes to our plan: restricting care for dependents, reducing options for medical leave, increasing co-pays or continuing to impose lifetime or pharmacy caps.

Now, with a looming deficit and rising health costs, these changes are receiving increased scrutiny and attention. While it is clear that the structure of the plan will change in coming years, we face serious and fundamental choices about who will be adequately covered. These choices reflect our values as a community. These are not just questions of dollars and cents, but fundamental choices about our

values and priorities. Who gets to be a part of the next generation of health professionals and researchers? Will it be possible for students with chronic health conditions to attend UCSF and get access to the care they need? Will it only be possible for those who are extremely wealthy? How much extra time, energy and debt will we have to take on, when we are already stretched thin by the demands of rigorous graduate or professional programs? While UCSF's principles of community claim a commitment to diversity, equity and inclusion on campus, UC SHIP policies marginalize people living with chronic and mental health needs, single parents and older students.

Equity on campus means that UCSF students must have access to adequate health care now and that campus leadership must ensure that future generations of providers and researchers include people with physical and mental disabilities.

Moreover, our campus community has to become a transformative force in our unequal and unjust health care system. While these issues hit us "at home" on campus, the problems faced by people living with chronic conditions, the uninsured and underinsured extend far beyond UCSF.

Fortunately, as a self-funded system with a Student Health Advisory Committee (SHAC) representing a collective of 135,000 students, we are in a unique position with respect to other U.S. health care consumers. Students can contact SHAC representatives to voice their experiences and concerns, and sign the petition to support eliminating the benefit caps at www.uaw2865.org/ucship/.

Kate Darling, PhD(c), is a doctoral candidate in Sociology, and Carrie Schiff, RN is studying to become a Family Nurse Practitioner. They both live with chronic health issues.

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/hpsmedical.



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UC SHIP Premiums

» FROM HOME PAGE



affordability of the UC Student Health Insurance Program.”

UCOP is taking legal action against Aon Hewitt, the actuary insurance company that allegedly made the financial miscalculations, setting the student premiums too low, which led to the deficit. The firm was effectively fired July 2012 and replaced with Alliant Insurance, the firm that calculated the deficit earlier this year.

Pressure to remove medical caps

With the increase in student premiums, students have also raised concerns over how to assign these increases and whether to add an additional estimated \$37 per student per year to remove annual pharmacy and lifetime medical caps.

Shanni Silberberg, a SHIP Advisory Board member and UCSF Neuroscience student, said the restructuring discussions present “an opportunity to even out premiums ... and make changes [to the plan]” that would fulfill the needs of all students covered.

Silberberg reported overwhelming support for removal of both the pharmacy and lifetime medical caps — particularly at the graduate level — citing ethical concerns about retaining the caps. Polls taken this month at the board meetings of the Associated Students of UCSF (ASUC) and Graduate Student Association (GSA) reflected similar support from UCSF students.

Silberberg noted that such limits are illegal under the Affordable Care Act (ACA), better known as Obamacare, and that UC SHIP is only exempt because it is a self-funded plan that does not rely on an insurance company to take on financial risk.

In the UCSA press release, UCSA President Morales declared, “it is unacceptable and shocking that our University would abandon students that find themselves under incredibly unfortunate medical circumstances.”

AB 314 moves forward

Kenya Wheeler, a UC Berkeley graduate student, experienced this firsthand when his cancer diagnosis left him nearly bankrupt. “When I was diagnosed with lymphoma in my brain, I didn’t know the UC insurance plan has an annual prescription limit of \$10,000 and a lifetime medical care limit of \$400,000,” Wheeler said in a statement issued on March 19, following State Capitol hearings on legislation aiming to protect students from these health care limits.

AB 314, sponsored by Assembly member Richard Pan (D-Sacramento), will prevent UC SHIP from imposing the pharmacy and medical caps that left Wheeler to fend for himself when he most needed medical care. The bill “empower[s] students to ensure that the

institutions governing their education and health care are working for them,” said Pan. AB 314 has since passed to the Assembly Appropriations Committee.

Benefit levels and co-pay issues

Another insurance plan restructuring issue on the table is whether to keep all benefits. One of these is voluntary leave and dependent coverage. Again, graduate-level students at all campuses were supportive of keeping both for philosophical reasons. “It’s the students who have to leave for medical reasons, the students who have families and no other medical options ... who need our support,” explained Anfinson at the March 14 SHAC meeting.

The majority of both graduate and professional students also supported increasing annual premiums rather than increasing co-pays. The unexpected cost of co-pays for simple blood work are “already crippling,” protested Justin Becerra, a second-year dental student and SHAC representative. Furthermore, professional student premiums may be covered by scholarships, and graduate student premiums are covered by their Principal Investigators (PIs). Graduate students, however, are taxed on their health insurance premiums, as Erin Oswald, a second-year Biomedical Sciences student, pointed out.

The only benefit reduction that may significantly decrease premiums (by about 3%) is the possible addition of a \$50 co-pay for MRIs and CT scans, which would be waived for diagnoses such as cancer.

Which campuses will pay more?

Of particular concern to UCSF is how premium increases will be assigned to each campus. UCSF is responsible for only 2.5% of the deficit, but may have a higher premium increase than schools more responsible for the debt.

Anfinson explained that this is because schools have been divided into low, medium, and high bands, referring to the percentage of premium increase. UCSF is in the low band, but because its subscribers already pay the highest premiums, the dollar amount they pay may be higher than that of a school in the medium band.

SHAC members stressed that it is not too late for students to voice their opinions on the potentially life-altering decisions ahead. SHC sent a survey to all UCSF students on March 20 requesting feedback.

UCOP has given the UC SHIP advisory committee a deadline of April 1 to come up with recommendations for each campus. Ultimately, the Council of Chancellors from the UC system will decide by June 1 whether to implement an alternative student health insurance plan or stay with UC SHIP.

Jenny Qi is a second-year BMS student.

UCSF JOURNAL CLUB

Recent research by UCSF scientists

By Alexandra Greer
Science Editor

NEUROSCIENCE: Dissociation of frontotemporal dementia-related deficits and neuroinflammation in progranulin haploinsufficient mice. Filiano, A.J. *et al.* (Roberson)., *Journal of Neuroscience*, 33(12):5352-5361.

Degeneration of different parts of the brain result in drastically different results. For example, motor cortex degeneration causes movement problems, hippocampus damage causes memory problems, and frontotemporal degeneration results in changes in behavior and mood.

Mice missing the gene for progranulin are a good model for frontotemporal dementia (FTD), though they also have some level of neuroinflammation as well. Interestingly, humans missing both copies of progranulin don’t have FTD but have a different disease — in humans, FTD occurs with one gene missing but one intact. Therefore, researchers wanted to compare mouse models between mice without any progranulin and mice with one functional copy of progranulin (haploinsufficient mice). Like the complete knockout mice, the researchers found that the mice with one functional copy still developed social and behavioral problems linked to FTD — however, they did not have neuroinflammation.

GENETICS: A conformational switch in HP1 releases auto-inhibition to drive heterochromatin assembly, Canzio, D. *et al.* (Narlikar), *Nature*, March 13 [epub ahead of print].

Methylation is the adding of a chemical methyl group to regions of DNA in order to control its transcription into mRNA, and therefore is a way to control gene expression. When a region of the genome is modified this way, it becomes “heterochromatin” — meaning that it’s not actively being expressed.

One type of methylation, H3K9, is known to spread from one area of heterochromatin to nearby regions of the genome — but how this happens was unknown. In this paper, researchers found that the protein Swi6 in yeast was essential to the regulation of heterochromatin by H3K9-modified regions.

In some situations, Swi6 was auto-inhibitory and prevented the spread of methylation — but in others, Swi6 promoted the spread of heterochromatin. Overall, the authors conclude that heterochromatin assembly and actin polymerization are similarly regulated, with monomers playing both inhibitory and assembly functions.

MICROBIOLOGY: Endosulfatases SULF1 and SULF2 limit *Chlamydia muridarum* infection, Kim, J.H. *et al.* (Engel), *Cellular Microbiology*, March 11 [epub ahead of print].

For bacteria and viruses to properly infect human cells, they must first bind to the outside of the cell to allow for either uptake by the host cell or invasion by the pathogen. Chlamydia binds to host cells via heparin-sulfate proteoglycans, complex sugary proteins on the host cell’s surface.

Previously, it was thought that the amount of sugar or protein determined how well Chlamydia bound to the cells, but recently it was hypothesized that the amount of sulfation of the proteoglycans was actually an important determinant of bacterial binding.

Here, researchers were able to decrease the amount of sulfation of the sugary proteins by providing host cells with genes for the desulfation of proteoglycans: SULF1 and SULF2. In line with their hypothesis, they found that cells with less sulfation of their surface proteoglycans had less infection with Chlamydia, indicating its necessity for Chlamydia binding and invasion of host cells.

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

Weintraub Award

» FROM HOME PAGE

Manzanillo’s research in Dr. Jeffrey Cox’s lab at UCSF focuses on the innate immune response to mycobacterium tuberculosis infection. By understanding the host genes and factors that play a vital role in controlling mycobacterial replication, Manzanillo hopes his research will lead to the development of novel treatments for TB, which affects over 1.7 billion people worldwide.

Manzanillo has just finished his degree requirements and will be a postdoc at Genentech starting in April.

The Weintraub Award and related symposium honor the late Harold M. Weintraub, PhD, a founding member of the Basic Sciences Division at the Hutchinson Center, who died in 1995 of brain cancer at the age of 49.

Weintraub was an international leader in the field of molecular biology, and according to his colleagues, was instrumental in establishing a collegial atmosphere at the Hutchinson Center.

ASUC ELECTIONS

Candidate Statements

The main purpose of ASUC is to develop, promote and regulate professional student governments and activities. ASUC functions as a resource for funding and assists in the coordination of activities and events sponsored by RCOs. ASUC also sponsors a variety of social, cultural and educational events throughout the year. **Online voting takes place April 1-12 for dentistry, pharmacy and medical students.**

Austin Walker CANDIDATE FOR PRESIDENT



To represent the students of the UCSF campus and have their voices be heard. That is both the fundamental mission of and my number one goal for ASUC.

My name is Austin Walker, and I am a first-year medical student running for ASUC president.

My drive to run stems from the core desire to enhance the educational and life experiences each student takes away from his/her time at UCSF.

Further, I firmly believe that as students of the best health care institution in the nation, we have the exciting opportunity to be the change we would like to see in education and health care reform. I would like to represent the change that you would like to see. I have already taken steps to represent the student voice on campus by serving as

a student representative of the UCSF Transportation Advisory Committee, and separately as a representative for the first-year medical class.

In order to best embody the student voice, I would like to continue to build upon the interprofessional collaboration between the schools of pharmacy, dentistry, medicine, nursing and physical therapy that was established last year.

Whereas currently, ASUC only represents the schools of dentistry, medicine, and pharmacy, a constitution was drafted for a new student government to incorporate all UCSF students. I would like to promote this drafted constitution in order to allow the students of UCSF to have a more united and powerful voice both on and off campus. This development would allow the organization to have more influence over decisions related to overall development of UCSF campus, to housing concerns, to transportation issues, and more. Further, a current area I would like to improve is the number and diversity of interactions between students of the different schools. To better integrate the various schools, I will build upon old traditions such as the inter-school prom, Trivia Night, and BBQ by developing new traditions for the schools to unite around. I believe that these gatherings are a great way to foster campus cohesiveness and overall pride in UCSF.

Beyond that and carrying out the expected duties of ASUC president, I would work with the ASUC team to appropriately survey the students of each school. This would allow us to best understand the student voice on current topics, and gauge what projects the individual student wants his/her representatives to work on. This way, we can work together to improve the education and experiences that you take away from your time at UCSF.

Harjus Birk CANDIDATE FOR VICE PRESIDENT, ACADEMIC AFFAIRS



My name is Harjus Birk, and I am a first-year medical student at UCSF running for Vice President of Academic Affairs. As the Vice President of Academic Affairs, I will strive to ensure that we can continue to make proud the UCSF Mission Statement of “Advancing Healthcare Worldwide.” Currently, the Dentistry, Pharmacy, and Medicine programs are part of the ASUC, whereas the Nursing and Physical Therapy Programs are considered separate and operate under the Graduate Students Association (GSA).

The ASUC committee from last year has proposed the idea merging the five UCSF graduate programs under one constitution, and I promise to make it my top goal to unite the Medicine, Dentistry, Nursing, Physical Therapy and Pharmacy programs so that we can all operate as a interprofessional team. Other crucial goals of mine include: 1. to increase the number of single and group study rooms with whiteboards and computers available for occupancy by students; 2. to enable Kanbar Center access on the weekends so that students can practice clinical skills; and 3. to promote increased Kalmanovitz Library hours, especially before midterm and final examinations.

I graduated from Stanford University in 2012 and was fortunate enough to witness the unity that existed between the undergraduate and various graduate programs at Stanford. Considering that UCSF is solely a graduate institution, it

is concerning to me that we have not yet fully unified the Dentistry, Pharmacy, Medicine, Nursing, and Physical Therapy programs under one constitution.

The fact that the first three programs operate under the ASUC and the last two by the GSA creates a literal and also intangible separation among these student programs that is not conducive to unity. Events such as the UCSF Formal have shown that when all the graduate programs at UCSF unite, great things can be achieved on a grand scale. As the Vice President of Academic Affairs, I will work to bridge this gap between the graduate programs at UCSF and foster interprofessionalism by promoting the collaboration of the ASUC and the Graduate Students Association so that all five of UCSF’s graduate student programs can vote together under one constitution and as a cohesive unit. Another issue I will work to resolve is the limited access we have as students to study/meeting rooms both in the medical center and in the library, especially during the evening and over the weekends. As a chief liaison with the faculty and you the students, I can serve as a messenger and will strive to increase student access to classrooms campus-wide.

Furthermore, many students at UCSF are intrigued by the Kanbar Center but rarely get to make use of it because it is often closed on the weekends. If elected, I will promote opening the Kanbar Center on the weekends so that we students can practice our clinical skills whenever is most convenient for our schedules.

In summary, as the Vice President of Academic Affairs, I will work tirelessly to ensure that our voices as students will be heard and that most importantly, we will become a unified graduate campus composed of Dentistry, Medicine, Pharmacy, Nursing and Physical Therapy programs. I will also push for increased classroom and computer access, so that as students, we will have more rooms available to study. Last but not least, I will do my best to push for longer Kalmanovitz Library hours, especially on the weekends and before midterms and finals, so that we can have more accessible library time. I am confident that all of these goals are achievable in the span of one year, and I look forward to acting as a catalyst for positive change at UCSF. Thank you for supporting me in my campaign for Vice President of Academic Affairs, and I look forward to a great and healthy upcoming year for us all.

Polina Pulyanina CANDIDATE FOR VICE PRESIDENT, COMMUNITY HEALTH

The responsibility of the Vice President of Community Health (VPCH) within ASUC is threefold: to monitor all aspects relating to Student Health Services, to oversee ASUC-sponsored health fairs, as well as to provide assistance with other community health fairs.

As your ASUC VPCH, I will not only continue the work of the current Board in addressing issues of student health insurance, but I will also collaborate with the professional schools on campus to organize new interdisciplinary health fairs, allowing UCSF students to join forces on patient education.

The financial shifts within the UC system affect our own Student Health Services. The UC Student Health Insurance Plan (UC SHIP) projects a \$57 million deficit that will result in increasing premiums for UC Student Health Insurance in the 2013-2014 plan year. With UCSF providing a smaller and older pool of insurance beneficiaries to the blanket UC SHIP, our campus may be disproportionately affected. I will diligently represent UCSF professional schools’ voice at the Student

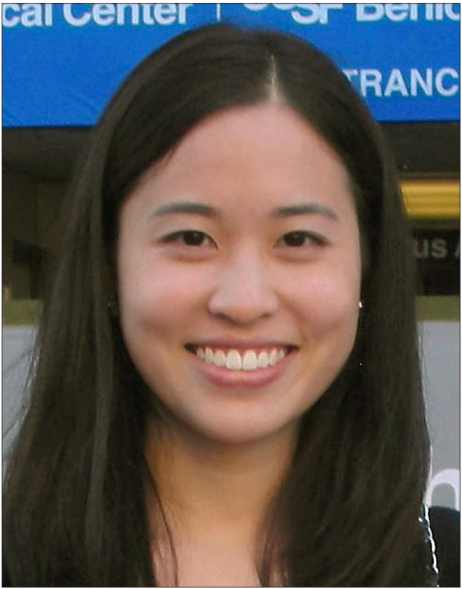
Health Service Advisory Committee to communicate our needs for balanced insurance premiums and benefits. Health professions students today are practicing in a time of extensive health care reform, which requires expansion of interprofessional collaboration to provide effective patient care. I see this reform as an opportunity to engage students of the different branches of health care at UCSF to increase cohesion and deliver joint health fairs for the benefit of our community.

Through my experience in community service, project management, teamwork and efficient communication, I will earnestly serve the UCSF student body during the year as the ASUCSF Vice President of Community Health.



Joy Chang

CANDIDATE FOR VICE PRESIDENT, COMMUNITY RELATIONS



My name is Joy Chang, and I am a second-year dental student at UCSF. I am writing for consideration for the position of Vice President of Community Relations in ASUC.

For the past two years, I have had the privilege of calling UCSF my home. Whether being a part of the student body or actively leading a student group, I have enjoyed the exchange of ideas and knowledge among students from diverse backgrounds.

As future health care providers and leaders in the community, I have found this immensely important for interprofessional collaboration and communication. I wish to have the opportunity to foster such an intellectual exchange at UCSF as the Vice President of Community Relations.

I believe I possess the qualities and experience to successfully fulfill this role. I am currently the Editor-in-Chief of the John C. Greene Society, which is the

dental research society. Under my guidance, our publication won an award for the best newsletter from the American Association of Dental Research.

This experience has given me the skills to communicate effectively across various media with the community, which will prepare me to act as a liaison with the Synapse newspaper and write reports on any ASUC updates. In addition, as the President of the American Association of Women Dentists' chapter at UCSF, I was in charge of coordinating and promoting various events to the student body. Through this, I have demonstrated my ability to publicize student activities, and encourage participation from as many from the student body as possible.

I am passionate about my goals, and I always work my hardest to exceed my expectations. Should I be elected as the Vice President of Community Relations, I will strive to achieve the following goals.

Firstly, I wish to increase student involvement in interprofessional activities from each school. We would inevitably work closely alongside one another in the future, due to the multi-faceted and more interdisciplinary nature of health care today. By closer interaction with each other, either to exchange ideas or to network, we can better prepare for our future.

Secondly, I plan to improve transparency between ASUC and the student body, through increased communication. I would ensure that all students are informed of executive decisions and plans through the Synapse, emails or by updating the website. I would also ensure that all voices and opinions are heard by ASUC, by starting an open forum where students could express their ideas, in order to better serve all students.

Thank you for your time and consideration. I look forward to the opportunity of being more involved with the ASUC, and I sincerely hope you will consider me for the position of Vice President of Community Relations.

William Kim

CANDIDATE FOR VICE PRESIDENT, EXTERNAL AFFAIRS

My name is William Kim, and I am currently enrolled as a second-year dental student at UCSF School of Dentistry. I am interested in becoming the upcoming year's Vice President of External Affairs.

I have been granted an opportunity to become involved with the external affairs branch of the ASUC by serving as the Regents' Liaison for this year. This position allowed me to keep in close touch with the Regents Office via bi-weekly conference calls with other Regents' Liaisons in other UC campuses.

I have come to the conclusion that UCSF is much more different from other UC campuses when it comes to dealing with external affairs: we are uniquely composed of professional students and only professional students. We do not have any undergraduate students, who may have completely different needs regarding their health insurance policies, various health outreach programs, cultural programs and many more alike.

Unlike other UC campuses, where the majority of the members are undergraduate students who have similar needs and ideas, at UCSF, the professional

disciplines are very distinctly divided and different from one another, causing us to have more diversified points of view on many matters, depending on our specialized health disciplines.

I believe it is crucial for the other UC campuses, the Regents Office as well as the President's Office to know exactly what UCSF students need and where we come from. It is important to have our voices be heard in the grander spectrum of the UC system. I plan to expand my function as a past Regents Liaison to become next year's Vice President of External Affairs and get more involved with the financial assistances and the fee adjustments for our students. I would be extremely honored to be able to take part in this endeavor.



CANDIDATE STATEMENTS » PAGE 8

Legends of China

Silk Road to the Future
July, 2013



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2013 Program Highlights:

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- Exclusive access to premier hospitals and universities
- Great Wall of China, the Forbidden City, Tiananmen Square & more!



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saa.ucsf.edu/legendsofchina

UCSF Department of Surgery

26th Annual Resident Research Symposium

Friday, April 5, 2013

2013 Dunphy Professor




Martin Elliott, MB, BS, MD, FRCS
Professor of Cardiothoracic Surgery
University College London
Co-Medical Director
The Great Ormond Street Hospital for Children

Cole Hall

513 Parnassus Avenue
San Francisco, CA

9:00 am	Resident Presentations
2:30 pm	Keynote Presentation "Developments in Tracheal Reconstruction and Replacement in Children", Martin Elliott, MD
3:30 pm	Awards Presentation

The 26th annual J. Engelbert Dunphy Resident Research Symposium showcases the laboratory research of residents, fellows and medical students in the Department of Surgery. Questions? Contact the Surgery Education Office at (415) 476-1239 or visit www.surgery.ucsf.edu



Candidate Statements

» FROM PAGE 7

Justin Becerra

CANDIDATE FOR VICE PRESIDENT, STUDENT AFFAIRS



As an active member of the UCSF Dental School community, I am continually looking for new ways to become involved in the day-to-day workings of the UCSF community. To date, one of my most important positions is held with the Student Health Committee, where I hold the title of Dental School Representative.

My petition to hold the position of Vice President of Student Affairs stems directly from this position, as it will serve to enhance my abilities within this vital student group, by granting me true voting power and the ability to work not only with the UCSF community but with the entire UC system. This voting power will allow me to use my

18 months of experience on this board to better the health care initiatives and health insurance plans granted to students under the UC SHIP program.

However, this is not my only goal. I also plan to work exclusively on the duties held by the ASUC Student Affairs representative. Luckily, I am married to a wonderful woman who, for seven years, has worked for Starwood Hotels, and specifically, for two years at the Westin St. Francis Hotel. As many of you are likely aware, this is the traditional venue for the UCSF annual Formal. It is my intention to use the relationships I have built with the managers and coordinators at this venue to create the most memorable UCSF Formal yet.

Furthermore, as an active community leader, I have a great deal of experience in organizing and implementing student activities. I intend to use this experience for two further events. Firstly, I intend to continue with the traditions of our school by hosting an annual Incoming Student BBQ, which will allow first-year students from every school to socialize in the first weeks of class and become comfortable with their transition into UCSF.

Secondly, it is my intention to organize and oversee a 5k/10k run for all of the schools at UCSF. In my experience, friendly competition is one of the best ways to create and strengthen bonds between people. In the last year, I have had the privilege of organizing events such as these, and I vow to use the experience I have gained, and the wisdom of others in the UCSF community, to create a new, memorable and enriching event for our student body.

It is my hope that, together, we can continue the fine traditions that make our school the finest of its kind in the nation. By voting for me, I can promise you without reservation that I will work tirelessly in my capacity to oversee and implement my proposed events and, in addition, I will work to strengthen our community by finding innovative ways to improve our student health care plans.

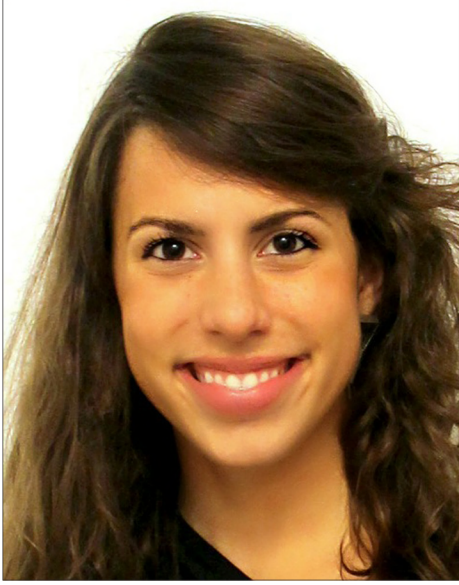
As a final caveat, many of you are likely aware of the increasing concerns surrounding the state of the UC SHIP student health insurance program. It has recently been made public by our committee that the current plan is running a \$54 million deficit. This is due, in part, to overuse of benefits by a handful of UC campuses with inadequate premiums to justify this utilization.

By holding an ASUC position, I will be able to use my extensive experience to find ways to keep our premiums to a minimum while retaining many, if not all, of our current benefits. A vote for me is, in a way, a vote for lower tuition and greater health care benefits for all.

I wish to thank you for taking the time to read my petition, and I look forward to the opportunity to serve as an integral member of our community. If you have any questions for me regarding the events that I have proposed or the state of affairs of the UC SHIP insurance program, please do not hesitate to contact me.

Nicole LaMantia

CANDIDATE FOR VICE PRESIDENT, STUDENT AFFAIRS



Attending the University of California San Francisco is a privilege that allows students the opportunity to interact with many other health care professionals all in one location. As UCSF students, we have all been exposed to the importance of IPE, or Interprofessional Education.

Through these IPE sessions, I have realized my passion for connecting professionals together to create a safer, more effective treatment program for all patients.

It seems clear that building a strong interprofessional relationship between health care providers requires a strong foundation of understanding, respect and professionalism. Luckily, IPE has taught us this value in the professional world, and I wish to extend it to students' social lives.

It is all too easy to interact with our classmates, and restrict ourselves from reaching out to other schools. However, many times, students admit that they do not know how to, or do not feel comfortable reaching out to others, especially when their schedules are so hectic.

I wish to aid in constructing events for students to socialize and network in a comfortable environment. I value the opportunities that ASUCSF has given me to form friendships with others, such as the UCSF Formal, and the Taste of San Francisco Picnic. As Vice President of Student Affairs, I would love to be a part of organizing these events, as well as incorporating others into the school calendar.

Lunch and Learns or evening guest speakers regarding interprofessional synergy are a few possibilities for creating more events and reminding students about the value of networking between professions, as well as maintaining previously established relations throughout the year.

Representing ASUCSF on the student service advisory and campus event planning committees would allow me to demonstrate the organization's ambition to connect the school. ASUCSF unites the university, which essentially provides a backbone for many other organizations.

As VP of student affairs, I would voice the opinion of not just the School of Dentistry, but the entire UCSF Community. I believe that it is vital to have students' desires and concerns heard and addressed, whether regarding social events or legislative affairs.

I strive to maintain organization, efficiency, and all-around balance in ASUCSF. Hopefully, I can help fuel ASUCSF to continue to provide structure and support for interprofessional networking, education and social events.

ST. JOHN OF GOD

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



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

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

April 18, 2013

Exploring Belonging in Our Professional Homes and For Our Patients with Dr. Ron Garcia & Dean Tommy Woon, Stanford University

May 2, 2013

Yours, Mine and Ours: Collaborating Across the Health Sciences with Dr. Flowers

May 15, 2013


The Art of Negotiation: Why settle for less? with Dr. Flowers & Naledi Saul



Underrepresented In Health Sciences Mentorship Dinner Series 2013

All students are welcome!

Sponsored by the Multicultural Resource Center, Office of Career & Professional Development, Center for Innovation in Interprofessional Healthcare Education, Latino Medical Student Association, Student National Medical Association, First Generation to College, PRIME, Latino Association of Pharmacy Students, and Voces Latinas Nursing Student Association



UIHS Mentorship Dinner Series is open to students and faculty across all UCSF schools: Medicine, Dentistry, Pharmacy, Nursing, Graduate Division, and Physical Therapy. The series is an opportunity for underrepresented students and faculty to discuss various career development topics and plan 1-1 mentoring opportunities.

Locations:	Thur. April 18	Aldea Community Center
	Thur. May 2	HSW 301
	Wed. May 15	N-217
Time:	6PM -8PM	

RSVP by April 11, 2013 via www.tinyurl.com/9wmajrg

MIND & BODY

Student Posturing: Which One Are You?

By Ilka Felsen
Staff Writer

Five students were found exhibiting these common postures around campus. Avoid the following postures at all costs!

Tablet Posture

Common



Why it's bad:

- Extreme spinal flexion
- Chronic shortening of the chest muscles
- Cervical extension

Corrected



Engage your core muscles and rest your forearm on the table for support.

Texting Posture

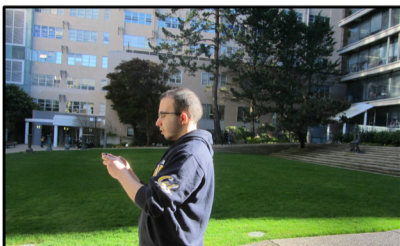
Common



Why it's bad:

- Excessive cervical and thoracic flexion
- Tucked pelvis → shortening of the hamstrings

Corrected



Stand upright and hold the phone farther from your trunk.

Library Sleeping Posture

Common



Why it's bad:

- Extreme spinal torsion
- Excessive hip flexion → shortened hip flexors
- Slumped shoulders
- Excessive cervical flexion

Corrected



Roll your sweatshirt and place it behind your neck for support. Avoid excessive hip flexion and spinal rotation by using a ledge directly in front of your chair.

Laptop Posture

Common



Why it's bad:

- Hunched shoulder
- Curved and compressed spine

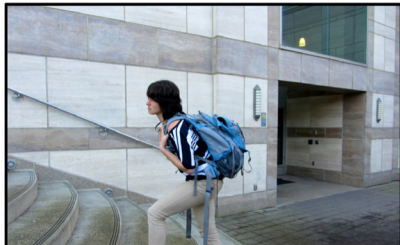
Corrected



Use the chair to provide a backrest.

Backpack Posture

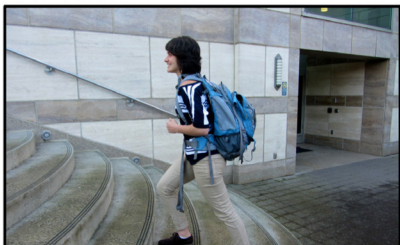
Common



Why it's bad:

- Spinal flexion with a heavy load = lots of compression

Corrected



Try to find a backpack with straps, and use them to help disperse the weight. Strengthen abdominal muscles and back extensors, and engage them while walking with a backpack.

Ilka Felsen is a first-year physical therapy student.

New Dean

» FROM HOME PAGE

Pharmacy degree program in U.S. News & World Report, the UCSF School of Pharmacy serves as a bellwether for pharmacy schools worldwide.

“It is a tremendous honor to be named the next steward of this accomplished school,” said Guglielmo. “The caliber of people and the culture of respect and inclusion here are second to none: the faculty is brilliant and collegial; the students are leaders by instinct and experience; and the staff is extremely talented. Excellence is their common ground.”

Guglielmo has served as the school’s interim dean since July 2012. He previously led the school’s Department of Clinical Pharmacy as the Thomas A. Oliver Chair in Clinical Pharmacy.

“We see a time when new, precise therapeutics — drugs, medical devices, and diagnostic tests — are used safely and effectively to improve the health of people everywhere,” he said. “This view will drive my work as dean.”

Guglielmo is a well-respected educator, clinical pharmacist and expert in the evidence-based, safe and effective use of antimicrobials to treat infections. He is a professor of clinical pharmacy in the UCSF School of Pharmacy, where he joined the faculty in 1979. He also currently serves as associate director of pharmaceutical services in the UCSF Medical Center, where he maintains a clinical practice as an infectious-disease pharmacist.

Widely known as an advocate for therapeutics research, Guglielmo oversaw, as department chair, a 40 percent increase in the Department of Clinical Pharmacy’s overall faculty research funding from 2006 to 2012, including grants from the National Institutes of Health. He has taught Doctor of Pharmacy and Doctor of Medicine students, residents and fellows for decades and is the recipient of many teaching awards, including the UCSF Lifetime Achievement in Mentoring Award, Resident Preceptor of the Year Awards and UCSF School of Pharmacy Long Teaching Award.

Last Lecture 2013



The votes are in! This year’s speaker is:
dr. daniel lowenstein

Save the Date
5:30 p.m.
Thursday, April 25
Cole Hall
513 Parnassus Ave.

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FOOD

RECIPE

Butternut Zosui Soup



Photo by Geraldine Tran/MS1

By Geraldine Tran
Staff Writer

What do I do for fun? I BodyJam, run from the beach to the farmers’ market, sketch on my iPad ... and search for butternut squash recipes (maybe the most of all). If you’ve been reading my column, you know that I fell in love with Zosui soup after eating at Nabe. It’s the rice soup served at the end of your meal.

However, this recipe is better than the soup served at Nabe because it boasts whole grains, high-quality protein and generous servings of vegetables. Some hard-to-find items for this recipe include *nori* and white *miso*. You can find both at Sakura, the Japanese discount store on Irving Street, between 10th and 11th avenues.

This vegan recipe is adapted from www.vegetariantimes.com/recipe/butternut-squash-edamame-zosui-with-ginger-150-green-onion-relish/

Ingredients (4-6 servings):
Zosui (soup part)

- 2 teaspoons sesame oil

Synapse

The UCSF Student Newspaper
synapse.ucsf.edu

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About

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

Submissions

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

Subscriptions

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

Advertising

Paid advertisements do not necessarily reflect the views of *Synapse*. *Synapse* and its editorial board reserve the right to decline advertisements promoting false or misleading claims, known health risks, or content deemed by the editors to be antithetical to the interests of UCSF students or the UCSF community. Synapse does not accept advertisements from tobacco or alcohol manufacturers, or sexually oriented personal ads. *Synapse* reserves the right to run any ad with a disclaimer.

- 2 leeks (light green and white stem, thinly sliced)
- 16 ounce package diced butternut squash
- 2 cups cooked brown rice
- 1½ cup frozen shelled edamame
- 2 cups low-sodium vegetable broth
- 3 tablespoons nori (seaweed and sesame topping)
- 3 tablespoons white miso

Relish (topping)

- 1 tablespoon grapeseed oil
- 3 tablespoons minced fresh ginger
- 6 green onions, chopped
- pepper to taste

Directions

1. Heat sesame oil in a deep pan or large pot over medium heat.
2. Add the chopped leaks and cook until they are wilted (3 minutes).
3. Stir in the squash, rice, edamame, vegetable broth, nori and 2¼ cups of water.
4. Cook soup over medium heat until the butternut squash is soft and easily pierced with a fork (~25 minutes).
5. Remember to stir often, so the rice doesn’t stick.
6. When the squash is almost done, stir in 3 tablespoons of white miso.
7. The relish: Heat grapeseed oil in a pan, add green onions, add minced ginger, and cook over medium heat for 2 minutes. The green onions should be bright green and not too wilted.
8. Serve each bowl of Zosui with 1 tablespoon of relish.

Tips: When buying diced butternut squash, look for a package with bright orange pieces. Oftentimes, the pre-cut squash are not that ripe and lack flavor. Grapeseed oil is used because it can withstand high heat. If you don’t have it, use canola oil. As you can see, this soup is easy and fast to make. It’s perfect to whip up on Sunday night for the upcoming work week. It makes a balanced breakfast, a packable lunch and a dinner that you can look forward to.

Geraldine Tran is a first-year medical student.

OPINION

Stream of Consciousness

20 minutes, one theme, no edits, backspace is OK

By Akshay Govind
Staff Writer

Today’s theme: Board exam preparation. Welcome to the first installment of what will hopefully be a fun column I can keep throughout the next several years of my training. The goal is to give the reader insight into the thoughts of a trainee at various important points on the professional path.

Studying for board exams is an age-old tradition of stuffing random facts into your brain for the purpose of quantifying your worth at ... well, this stage of life.

For those attending schools with a pass/fail curriculum, this exam is the single quantitative measure of their first two years, and the pressure that comes along with this is enough to make most people a little crazy.

I know I’ve been going nuts, and this test doesn’t really even matter that much for me. I could elaborate on that more, but I probably won’t. We’ll see. My test is exactly 10 days from now — everyone knows his/her own countdown.

Early in the process of studying, it’s obvious what to do — read the review book, take note of things you need to spend more time on. As the date itself approaches, it becomes harder to know what exactly to do.

Do I make sure I understand all the practice questions I got wrong on the first pass (no matter how esoteric)? Do I try to power through practice exams put together by the organization actually administering the real exam? Do I read the review book again — paying close attention to my notes? Or do I kick back and relax, to clear my head?

The short answer is yes. There’s probably no real right and wrong combination of all of these things, and apparently, I still have 11 minutes of writing time.

Time to let the mind wander — studying today is a lot different from what it was the last time I was preparing for a large exam, simply because the vast majority of my resources are now electronic. That means I’m constantly trying my best to avoid wasting time on the Internet.

There are so many hilarious videos — have you seen the 6-year-old break-dancing girl? And what do you think of DeAndre Jordan’s slam dunk? For the record, I think you always look stupid when you show off by picking on a smaller guy. And apparently, if you put frozen bananas in a food processor with peanut-butter and cocoa powder, you end up with a substance that closely resembles ice cream. Very good for studying.

The last question I will rhetorically ask is how to tailor your caffeine habits as the big test day approaches — you want to get the most out of the study time, but you also don’t want to be dependent on it during the actual exam, or to be overly aware of your renal function.

And there we are, 20 minutes of mine, probably two minutes of yours, that we’ll never have again.

Akshay Govind is a second-year medical student.

PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Ski lift type

5 Burning

10 Break in half

14 Be laid up with

15 Policy postscript

16 Unconscious state

17 Golf club

18 Cloudless

19 Declare

20 Wastewater system

22 Varnish ingredient

23 Airport arriver

24 Used a loom

26 Sink pipe

28 Sheep disease

31 Twisting stress

33 Drafting program

36 Tooth covering

38 Inn

40 Relief org.

41 Yours, in old days

43 Buddhist monk

44 Missile type

46 Nobel Prize creator

48 Poke one's nose in

49 Fertilizer

51 TV spots

52 Cut into glass

53 Peruse

55 Mature insect

58 Historical period

60 Backless couch

64 Concert series

65 Monetary offer

67 Not one

68 Preserve meat

69 Coral reef

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68					69						70			
71					72						73			

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- 70 Between soprano and tenor

71 Florida basketball team

72 Clan emblem

73 Hold back
- 10 Battle trophy, in old times

11 Exploding star

12 Prayer ending

13 Peel with a knife

21 Memory method

23 Breathe rapidly

25 Producing electricity

27 Optimistic

28 News summary

29 Walking ____: happy

30 Linger

32 Gather cloth into rows

33 Red Cross founder Barton

34 Weapon-carrying
- 35 Pairs

37 Encountered

39 Christmas helper

42 Until this time

45 Aware of

47 Metallic element

50 Fit for cultivation

52 Wading bird

54 Iranian money

55 Hankering

56 Wry face

57 Distinctive air

59 Violent disturbance

61 Meadow mouse

62 One opposed

63 Gas for colored lights

65 Cave dweller

66 Shade tree

SUDOKU Edited by Margie E. Burke

Difficulty : Medium

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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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HOW WAS YOUR SPRING BREAK?

GOOD. I GOT A GRANT APPLICATION FINISHED, A BOOK REVIEW DONE, THREE PAPERS SUBMITTED AND AN EXAM PUT TOGETHER. HOW ABOUT YOU?

GOOD. I WENT SKIING IN COLORADO.

Un-tenured Professor

Tenured Professor

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OPINION

Time-Wasting Tip #10 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 I got a tip from a fellow graduate student (who, as I can attest, doesn't waste any time in the lab at all) who suggests you spend some looking at weliveinthefuture.tumblr.com, a visually oriented blog that showcases examples of awesomely futuristic technologies that already exist.

Every couple of days it features an invention — often in the medical field — that serves as a reminder of just how far technology has taken us.

Of course, you can find examples of amphibious vehicles, robotic prosthetic limbs and personal jetpacks, but how about shoes that can show you the way home?

What about Google's autonomous Prius? Google glass? We may not drive flying cars, but who cares about that when you can have autonomous flying quadrotors?

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.

F1000Research

» FROM PAGE 3

Lawrence: Yes, and we include the referee status in the title (for example: Paper title. Not approved 1) and do not send these articles to *Pubmed*. I want to point out that “not approved” means it is bad science and should not be published. Most articles would get published in some journal [even if they wouldn't be approved here], so this helps prevent the propagation of poor science.


Why should researchers publish with F1000Research as opposed to submitting their work to a traditional high-impact journal?

Lawrence: The key for us is speed. If you have a very high-impact article, you might want to get your paper out before your competitors and show that you did this first. Also, because we publish more [of your data], you're likely to get more citations and improve visibility.

How do you think this will impact how science is conducted and published?

Lawrence: I'm hoping it will speed science up. It's quicker to get findings out, so then people can see the data, actually replicate it, and work on the next step collaboratively. It would also get people to publish smaller findings more often so we can add to the work as it's done. Writing papers [has become] such an enormous task, and it takes much longer than if researchers just wrote as they went along.

Jenny Qi is a second-year BMS student.




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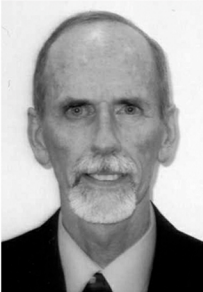
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