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Synapse

The UCSF Student Newspaper

OPINION

Why You Should Vote Yes on Proposed Fee Increase

By Doug Jacobs
President, ASUC

In just a couple short weeks, students will have the opportunity to vote on a fee referendum. I would like to take the opportunity to give my honest opinion why it is crucial for students to vote in this referendum.

Simply put, if the fee referendum fails to pass, 25 percent of the funding for current Registered Clubs and Organizations (RCOs) will be cut, in addition to funding for ASUC and school governments. As such, the question of whether or not to support this fee increase becomes contingent upon our views of RCOs and student governments at UCSF.

RCOs represent the diversity of student interests, and range from educational, social, cultural, artistic, recreational, community service and spiritual clubs.

Students organize into RCOs to have an experience that isn't offered in formal curricular environment at the school.

Feel like there isn't enough childhood access to care? Join Children's Health Hut, an RCO committed to improving the health of children. Want to learn more about the values of the Iranian culture in the UCSF community? Join the Iranian Cultural Organization. Want to meet with other students to discuss pertinent health policy issues? Join the Interprofessional Action Council.

In essence, RCOs afford students the flexibility to shape their own student experience during their time at UCSF. Because they add so much to students' lives here, it becomes necessary to support RCOs financially as well. This ASUC fee referendum maintains that crucial financial



support. Those burritos you ate at that lunchtime meeting? They came from these ASUC funds. That health fair where you taught children about oral hygiene? Some of your supplies came from ASUC funds. That wonderful school play? ASUC funds. The Annual UCSF Formal? Yep, you guessed it: ASUC funds.

The ASUC in its own right is important for the student experience, as well. We represent student interests with the administration. One of the main reasons current students are retaining their student housing beyond two years is because of the efforts of the ASUC.

We help fund the school governments of Dental, Medicine and Pharmacy, allowing school

REFERENDUM » PAGE 5

NEWS

OCPD Helps Grad Students Explore Career Options

By Angela Castanieto
Staff Writer

Biomedical research education has traditionally focused on preparing trainees for careers in academia. However, recent UCSF events — such as the Forum on the National Institutes of Health (NIH) Biomedical Workforce Reports and informal brown-bag lunch discussions — have raised awareness of the need for graduate programs to expose students to additional career paths.

What does this mean for those at UCSF who are considering careers outside academia?

While institutional reforms are still in the discussion phase at a national level, UCSF appears to be ahead of the curve when it comes to making resources available for students and postdocs to explore and prepare for jobs in the biomedical workforce.

The Office of Career and Professional Development (OCPD) offers career services in the life sciences. In addition to receiving individual



Photo courtesy of OCPD

OCPD Director Bill Lindstaedt

counseling, students can attend seminars to learn about different career paths, including how to identify skills they are missing and how to strategize their job searches.

OCPD also runs the Graduate Student Internships for Career Exploration (GSICE), a unique career

CAREER OPTIONS » PAGE 3

NEWS

UCSF Students Talk Disaster Preparedness in Chinatown

By Linda Chen
Staff Writer

On the first Sunday of their spring break, a group of pharmacy students threaded their way through throngs of people in the streets of San Francisco's Chinatown to reach the YMCA.

Alongside high school Cantonese translators, UCSF students presented the topics of "Bleach and Waste Management" and "Duct Tape and Garbage Bags" before an audience of Chinatown single room occupancy (SRO) residents.

It was the third in a series of five disaster preparedness workshops

DISASTER PREPAREDNESS » PAGE 5



Photo by Linda Chen/P1

UCSF pharmacy students Simon Diep and Kathy Cheung presented "Bleach and Waste Management" to SRO residents at the Chinatown YMCA on March 24.

EVENTS

MISSION BAY EVENTS

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, April 5, 1:30-2 p.m., Byers Hall, 212, Mission Bay
The Muslim Community at UCSF holds regular Friday prayer services (*Jum'a*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

UNWIND: STRESS MANAGEMENT SKILLS FOR WOMEN AT MB

Monday, April 8, noon-1 p.m., Student Health, Rutter Center, 3rd floor, Mission Bay
Take a breather. Student Health and Counseling offers this stress management workshop to teach you helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. Free lunch with RSVP! felicia.mercer@ucsf.edu.

GSA MEETING: GRADUATE, NURSING & PT STUDENTS

Monday, April 8, 5:30 p.m., Byers Hall, 215, Mission Bay
Meet your executive board members at the monthly GSA meeting and be a part of the discussion on topics relating to student priorities. Visit the GSA website for details and to RSVP. <http://bit.ly/GSAwebsite>

ENTREPRENEURSHIP CENTER'S SPEAKER SERIES: REFLECTIONS FROM ALL SIDES OF THE FENCE

Tuesday, April 9, 6-8 p.m., Genentech Hall Auditorium, Mission Bay
Charles Homcy, MD, founder and venture partner at Third Rock Ventures, will talk about founding Portola Pharmaceuticals, creating value in drug discovery and development and the Third Rock investing model. Sponsors: Wells Fargo. Registration required. ucsfaprilsspeakerseries.eventbrite.com/

MISSION BAY FARMERS' MARKET

Wednesday, April 10, 10 a.m.-2 p.m., Gene Friend Way Plaza, Mission Bay
Shop healthy, shop fresh, shop California-grown at the UCSF Farmers' Market, every Wednesday (rain or shine). Sponsor: Pacific Coast Farmers' Market Association.

GSA TOWNHALL ON SB259

Wednesday, April 10, 5:15-6:30 p.m., Genentech Auditorium, Mission Bay
UCSF graduate students can discuss & get more information about SB259, a bill that will give UC graduate students the right to unionize if passed. If you receive a paycheck through UCSF, this will likely affect you monetarily. Followed by GSA Game Night. Free beverages and pizza.

GSA GAME NIGHT

Wednesday, April 10, 6:30-9 p.m., Genentech Atrium, Mission Bay
Bring your favorite board games to share. Enjoy free beverages, pizza, and raffle prizes provided by SSMB & GSA.

PARNASSUS EVENTS

SYNAPSE NEWSPAPER

Thursday, April 4, 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.

RED DRESS FASHION SHOW

Thursday, April 4, 5-8 p.m., Millberry Union, Parnassus
Project Healthy Heart and Project Men's Health will be presenting a Red Dress Fashion show to raise awareness about cardiovascular health in men and women. This event will consist of speakers from the American Heart Association, a fashion show and performances by students. Cost: Free. All are welcome.

MISSION BAY OUTDOOR MOVIE FEATURING SKYFALL

Thursday, April 4, 7:30-9:30 p.m., Koret Quad, Mission Bay
Bring a blanket and enjoy a free screening of the latest James Bond movie, *Skyfall*. There will be beverages and popcorn while supplies last. If it does rain, the screening will take place in Helen Diller, 160. Sponsors: CLS Arts & Events, SSMB, CLS Housing, GSA.

MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, April 5, 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.

SUCCESSFUL STRATEGIES FOR LOAN REPAYMENT

Friday, April 5, 3-4 p.m., HSW 303, Parnassus
Annie Osborne, Resource Advisor from Student Financial Aid, will offer best practices and strategies for managing your student loan portfolio after graduation. All disciplines are invited to attend.

RACE AIDS REGISTRATION

Monday, April 8, 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.

UNWIND: STRESS MANAGEMENT SKILLS FOR WOMEN AT MISSION BAY

Monday, April 8, noon-1 p.m., Student Health, Rutter Center, third floor, Mission Bay
Take a breather! Student Health and Counseling offers this stress management workshop to teach you helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. Free lunch with RSVP. felicia.mercer@ucsf.edu.

PARNASSUS FARMERS' MARKET

Wednesday, April 10, 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

BREAKING UP IS HARD TO DO

Wednesday, April 10, noon-1 p.m., Health Sciences West, 303, Parnassus
Should I be in this relationship? What's

wrong with me that I don't feel good about myself in this relationship? Will I ever get over this loss? Drs. Lance Raynor and Susan Rosen from Student Health will discuss ways to recognize that a relationship is not working, how to break up in a respectful and safe way and coping strategies that can help when dealing with the loss of a relationship. Part of SHCS's Spring Hump Day Student Wellness Series. Free lunch with RSVP. breakingup.eventbrite.com.

UNWIND: STRESS MANAGEMENT FOR WOMEN AT PARNASSUS

Wednesday, April 10, 2-3 p.m., Library, CL 213, Parnassus
Take a breather! Student Health and Counseling offers this stress management workshop to teach you helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. Free lunch with RSVP. felicia.mercer@ucsf.edu

UCSF RUN CLUB

Wednesday, April 10, 5:30-6:30 p.m., Millberry Union Central Desk, Parnassus
Please drop by and join UCSF Fit & Rec for a run! Each Wednesday night the Run Club runs various distances (3-6 miles) at a 9-11 minute per mile.

LAUREL HEIGHTS

PEOPLE'S SCIENCE: BODIES AND RIGHTS ON THE STEM CELL FRONTIER

Monday, April 8, 3:30-4:30 p.m., S 124 Auditorium, Laurel Heights
Ruha Benjamin, Assistant Professor of Sociology and African American Studies at Boston University and fellow at Harvard's Kennedy School of Government, investigates the social impact and meaning of new biotechnologies in forensic and medical settings. She will take you inside California's 2004 stem-cell initiative to consider the lives it has affected. Questions: megan.dowdell@ucsf.edu.

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, April 4, 6-10 p.m., Cal Academy, Golden Gate Park
Explore the perception and expression of color in the natural world and man-made environments. Music by Painted Palms, presented by Noise Pop. <http://bit.ly/NightLifeTickets>, <http://bit.ly/CLSDiscounts>.

FRIDAY NIGHTS AT THE DE YOUNG

Friday, April 5, 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 and more. Programs are free and open to the public, but does not include admission to the museum's galleries.

BANK OF AMERICA FREE MUSEUM WEEKEND

Saturday, April 6-Sunday, April 7, Various locations, SF
Holders of Bank of America credit cards and debit cards get free admission to several Bay Area museums for one weekend each month. <http://bitly.com/BofAmuseums>

ANNOUNCEMENTS

ASUC ELECTIONS: VOTE TODAY

All dental, medical and pharmacy students should have received the 2013-14 ASUC Ballot and unique link in their UCSF inbox. Take a moment to vote for the upcoming ASUC Executive Board Members and the Fee Referendum. If you have any questions, please email: asucsf@ucsf.edu.

FOOD TRUCK THURSDAYS AT MISSION BAY

April 4-June 27, 11 a.m.-1:30 p.m., 4th Street @Nelson Rising Lane
Variety is the spice of life, and we're serving up all kinds of delicious adventures for your tummy. Join the food truck lunch party at Mission Bay and explore the tasty culinary options to break up your routine. Each week we feature four different vendors, so it'll always be something new. Grab some friends, get some food, and take your lunch experience up a notch.

THE PHD MOVIE SCREENING

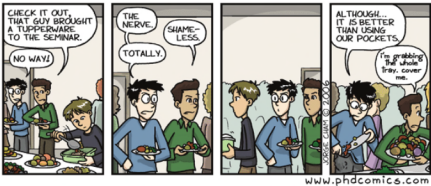
Thursday, April 11, 5:30 p.m., Nursing, 225, Parnassus
The *PhD Movie* is a live-action adaptation of the popular online web comic "Piled Higher and Deeper (PHD)" about life (or the lack thereof) in academia. With comedy and heart, the film follows the plight of two graduate students as they try to find acceptance and balance in the annals of academic research. You might recognize a moment or character from your past or current life. You certainly will catch yourself laughing. Free food with RSVP. sac@ucsf.edu.

STUDENT SCHOLARSHIPS FOR LEGENDS OF CHINA: SILK ROAD TO THE FUTURE

Scholarships now available for the upcoming China tour. UCSF dental, pharmacy and grad students apply now. 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 UCSF community and their families. Sponsors: Student Academic Affairs. legendsofchina.com. Deadlines as early as Sunday, April 7. <http://tiny.ucsf.edu/loc>

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.



Jorge Cham Screening
The PhD Movie

5:30 p.m.
Thursday, April 11
Nursing 225
Parnassus

The PhD Movie is a live-action adaptation of the popular online webcomic "Piled Higher and Deeper (PhD)" about life (or the lack thereof) in academia. You might recognize a moment or character from your past or current life. You certainly will catch yourself laughing!

Free food with RSVP to sac@ucsf.edu!

Presented by Graduate Students' Association, Synapse, Student Activity Center, and Student Health & Counseling

NEWS

UC SHIP Forum: Speak Up Before April 8 Advisory Board Meeting

By Jenny Qi
Staff Writer

Faced with a projected deficit of \$57.4 million by the end of the 2012-13 plan year, the university’s student health insurance plan (UC SHIP) will undergo structural changes in the 2013-14 year to prevent the plan from falling further into debt.

At a UC SHIP open forum on April 1, UC SHIP representative Shanni Silberberg emphasized the need for

students to voice their opinions on these changes before the April 8 Advisory Board Meeting.

Premiums paid by UCSF students will increase by an estimated 20 percent (\$553). This increase is calculated through a banding system, where schools in the low band such as UCSF have a lower percent premium increase. The premium increase for UCSF students may be further reduced by our lack of an undergraduate population. Graduate plans have contributed less to

the deficit than undergraduate plans, said Student Health and Counseling Director Adele Anfinson, at the forum.

UCLA proposed a 16.5 percent cap on increase, but this strategy would put UC SHIP into further debt. Students want the UC Office of the President (UCOP) to absorb the premium increase to blunt the impact on students, but “there is no possibility that [UCOP] is going to chip in,” said student representative Silberberg. She suggested that the banding system is more beneficial to UCSF, as UCLA’s proposal may require UCSF students to absorb more of the debt at a later time.

Expect changes to benefits

Benefit changes may be in order to reduce premium increases. However, UCSF students in a school-wide poll reported a strong preference for increased premiums rather than reduced benefits. Most benefit reductions do not significantly reduce premiums.

Increasing pharmacy co-pays from \$40 to 50 percent for a brand name non-formulary drug, would only save students \$37 of 1.1 percent per year.

If other campuses insist on changing the benefit structure, UCSF may have to reconsider. A possible option is increasing the deductible from \$200 to \$275, which would save students \$90 or 2.7 percent on annual premiums.

Silberberg noted that UCSF students in particular benefit from our affiliation with the UCSF Medical Center; coinsurance and deductibles are waived.

Students have also voted for retention of dependent and voluntary leave coverage, particularly as these groups only contribute to 1.8% and 0.9 percent of premiums, respectively.

Removal of caps

Separate from the issue of premium increases is the lifting of various health care caps. Still up for debate is the possibility of lifting limits on Essential Health Benefits. These include acupuncture, medical evacuation and physical therapy. Currently, there is little student feedback on the issue.

Only one student has reached the physical therapy limit (\$5,000/year) in the past three or four years, according to Student Health and Counseling C Medical Director Susan Rosen. This can occur as a result of a traumatic accident or major surgery.

The Advisory Committee has recommended removal of the controversial annual pharmacy and lifetime medical caps, according to Silberberg at the April 1 open meeting. The decision is not yet final, however. The Executive Committee must make recommendations to the Council of Chancellors, which will make the final decision for the 2013-14 plan year.

Upcoming deadlines

April 8: UC SHIP Advisory Board Meeting
Student and campus representatives from all UCs write recommendation for the executive committee.

Week of April 15: Second Advisory Board Meeting
The Advisory Board finalizes recommendations.

April 24: UC SHIP Executive Committee Meeting

The Executive Committee makes recommendations to Council of Chancellors.

May 1: Council of Chancellors Meeting
Chancellors make the final decision for 2013-14 year.

Jenny Qi is a second-year BMS student.

Career Options

» FROM HOME PAGE

exploration program that guides a cohort of UCSF graduate students in career exploration and preparation, including planning for an internship in a field of their choice. Trainees can utilize online tools such as myIDP, a website produced by the OCPD staff, that provides career exploration specifically for PhD-trained biomedical scientists.

Considering their demanding schedule, when should students and postdocs begin career exploration?

The sooner the better, according to OCPD Director Bill Lindstaedt. “Students should start planning their careers on a large-scale basis, using tools such as myIDP, as soon as they finish their qualifying exams,” he said. “For postdocs, they should do it right away (upon starting at UCSF).”

Lindstaedt suggested that graduate programs offer career exploration as part of the curriculum. This would allow students to make the career decisions earlier, and determine whether they should do a postdoc.

In light of the campus-wide discussion surrounding the Biomedical Workforce reports, Lindstaedt is

pleased to see that funding is finally being dedicated to career development programs. In fact, the OCPD is collaborating with other offices, such as the School of Medicine, the Dean’s Office and the graduate division, to apply for a grant to pilot some new career development programs here at UCSF. With such plans in the works, UCSF is poised to be at the forefront of preparing future trainees for success in a wide range of biomedical careers.

So, is it possible for current trainees to prepare themselves for success in the job market, while making sure they remain productive scientists while at UCSF?

“Start early in deciding what you want to do and figuring out how you can get there,” said Lindstaedt. “The earlier you start, the more likely you are to have a positive outcome, with the least amount of upheaval in your life.”

All resources and programs mentioned in this article, including a calendar of seminars, can be accessed through the OCPD website.

Angela Castanieto is a fourth-year Tetrad student.

MOVIE REVIEW

The PhD Movie Coming to A Theater Near You

By Alexandra Greer
Science Editor

PhD Comics, created in 1997 by Jorge Cham, catalogs the lives and times of graduate students and postdocs in an academic laboratory — and is loosely based on Cham’s experiences working in a robotics PhD program at Stanford University.

The comics range from light-hearted hilarity to dark (but often too true) humor related to the day-to-day experiences and frustrations of working in a lab. Most graduate students are familiar with PhD Comics (if you aren’t, you should flip to the last page of *Synapse*, where we print the comic weekly), but fewer have heard of *The PhD Movie*, which was released in 2011. Like the comics, the movie follows our hapless, nameless grad student hero as he joins a lab, starts a project, and works his way through

school. The other comic characters also appear in the movie: his frighteningly serious PI, “Professor Smith,” his friend and fellow graduate student, Cecilia, and Mike the postdoc, among others.

Jorge Cham made the movie in collaboration with a theater group at the California Institute of Technology — all of the scenes were filmed on the Caltech campus, and most of the actors are Caltech students (many are even PhD students). It’s an endearing personification of the comics, with some truly funny moments.


Synapse, the Graduate Students’ Association, SAC and Student Health and Counseling Services are co-sponsoring a screening of *The PhD Movie* on April 11 at 5:30 p.m. in N225, Parnassus. Enjoy 90 minutes of awesomely nerdy PhD humor with your fellow grad students.

Alexandra Greer is a fifth-year Biomedical Sciences student.

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



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

So many social networking sites...



But only one password?
Make sure your UCSF password is different.

Using a different password ensures that a breach of a social networking site does not affect your UCSF account. Additionally, never put confidential information on social networking websites.

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

Disaster Preparedness

» FROM HOME PAGE

for SRO residents in Chinatown. The workshop was a collaborative effort among UCSF students of all professional schools, bilingual high school translators, the Chinatown Community Development Center and the Chinatown Public Health Center, among others.

A SRO is usually a building complex consisting of small, eight-by-ten foot rooms, in which entire families might live with communal restrooms and kitchens.

Residents in these cramped conditions, with limited space for the storage of food, water and other necessities for survival, have historically fared the worst after a disaster, which inspired the need for such workshops.

During the “Duct Tape and Garbage Bags” session, the audience chuckled as students pulled garbage

bags over their heads to serve as a makeshift raincoat and nodded in understanding as the students demonstrated how duct tape could be used to make bandages, drinking cups and rope in an emergency.

In “Bleach and Waste Management,” one audience member enthusiastically volunteered to make a 10 percent bleach solution, for larger waste spills, and a 1 percent bleach solution for smaller blood spills and ordinary household cleaning. In the end, participants received complimentary items such as duct tape and rope to add to their disaster-preparedness kits.

The workshop series is open for all UCSF students to volunteer and is held monthly, starting in winter quarter and ending in the spring quarter.

Linda Chen is a first-year pharmacy student.

Lake. St. Boarding House

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HOME FOR RENT

Top of the hill cheerful and sunny San Francisco home with spectacular near 360 views of San Francisco and bay, Berkeley, Oakland. 2 bd rms + study, 1.5 baths. Top floor large open room w/high-beam ceilings, floor to ceiling view windows, fireplace; containing living rm, dining area, modern kitchen, reading/computer nook. Deck off master bdrm into charming yard, gardening beds, lemon & plum trees. Solarized. Fully furnished, outfitted, tastefully decorated. In residential area w/parks & open space, easy walk to BART, upscale grocery, restaurants, library, services, close to 280 FWY, 10 minutes to downtown SF, 15 minutes to SFO, 10 minutes to UCSF, 35 minutes to Stanford. House is uniquely full of light and open feeling, lovely to live in, views are cozy rather than overpowering. Available July and August @\$4,000 month. 2-month rental highly preferable, as owner will be out of country. Minimum rental one month negotiable at higher price. Exact move-in/move-out dates negotiable until May. Ideal for couple, small family, two couples. No group rentals. Contact Evelyn Kelsey at evelyn.kelsey@gmail.com, or 415-694-0588.

THE STRENGTH TO HEAL

And learn lessons in courage.



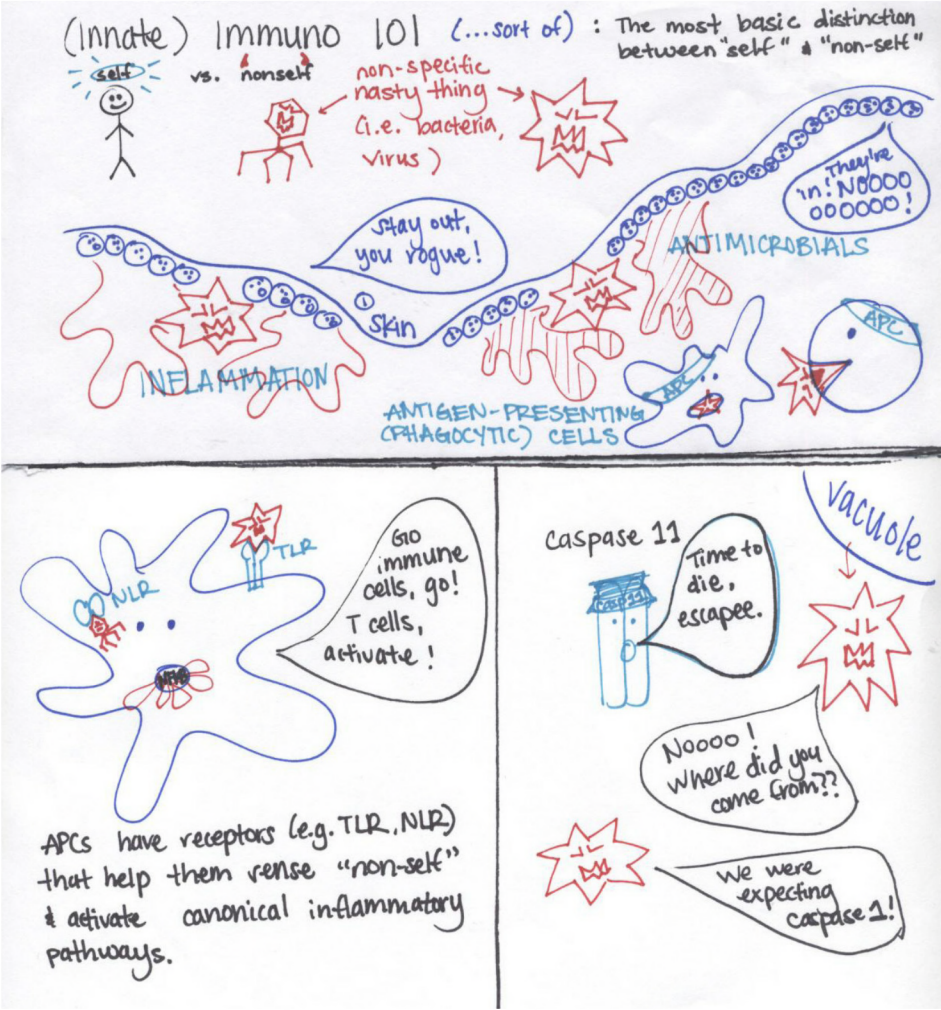
UCSF JOURNAL CLUB

Recent research presented by UCSF students

By Jenny Qi
Staff Writer

Immunology/Caspases

Presentation: “Not in My House!”
Presenter: Lauren Rodda (second-year BMS student)
Paper: Aachoui, Y., et al. “Caspase-11 protects against bacteria that escape the vacuole,” *Science*, 2013 Feb 22;339(6122):975-8.



In a nutshell:

Our immune systems must distinguish between “self” and “non-self” in order to protect us from foreign invaders. Innate immunity is the part of the immune system that acts as our first line of defense. This includes physical barriers, inflammation and phagocytic antigen-presenting cells (APCs) that detect and eat up the invaders.

APCs have receptors that allow them to detect bacterial or viral components. These receptors include cell-surface toll-like receptors (TLRs) and intracellular nucleotide-binding oligomerization domain, or NOD-like receptors (NLRs). NLRs are associated with caspase-1 induced inflammatory responses. This inflammation can lead to cell death, but caspase-1 also has a canonical protective role in infection.

This paper unveils a non-canonical protective caspase: caspase-11. Caspase-11 enhanced bacterial clearance and animal survival. So can caspase-11 be activated therapeutically to enhance protection during infections? It should be noted that it, too, can have a pathological role when overwhelmed, so any therapies would require a delicate balance.

Jenny Qi is a second-year BMS student who blogs at bmscartoons.tumblr.com.

Referendum

» FROM HOME PAGE

governments the flexibility to pursue independent goals. And yes, we even plan, host and sponsor fantastic events like the UCSF Annual Formal.

ASUC has been committed to RCOs, which have flourished over the last decade. We now have more than 130 RCOs, sponsoring more than 400 student events every year. This is wonderful, as it means that students are taking advantage of the multifaceted groups that our institution offers. However, as RCOs have grown, the ASUC reserve has shrunk precipitously.

The \$11 fee increase, from \$17 to \$28, ensures that RCOs can continue to be a substantial part of our student experience on campus, ASUC can continue to effectively represent student interests, and leaving some room for growth.

We have all been burdened by rising fees. But this is the one fee that goes back entirely to students, the experiences we want to have, and the groups that complete our education. Please join me, and vote for this nominal fee increase, because our collective student experiences are worth it.

Doug Jacobs is a second-year medical student.

FOOD

Vegan Breakfast/Brunch

Guide to the Inner Sunset



Photo by Geraldine Tran/MS1

Sweet Aha! Bake Shop vegan cupcakes and cookies.

By Geraldine Tran
Staff Writer

My restaurant connoisseur brother and experienced “foodie” friends all assured me that eating vegan in San Francisco would be easy and that restaurants are used to customers with dietary restrictions. “There’s always something vegan on the menu, Geraldine,” they said. “Come have brunch!” they said.

Based on my experiences so far, it’s difficult to find a decent vegan breakfast or brunch in The City. No matter how much I love oatmeal, I’d rather not pay \$6-plus for a bowl of “decadent Irish oatmeal topped with house-made organic granola,” when I can buy 10 pounds of old-fashioned Quaker Oats from Costco for \$9. I’m not cheap; I just want to spend my loan money on something special.

Honestly, it’s just sad when you bring a spoonful of mushy oats to your mouth when your friends are joyously savoring their French toast with caramelized bananas, or their beautifully poached eggs Benedict. When you say that your oatmeal is great, no one is convinced. So, for vegan readers, readers with vegan significant others, or for the vegan-curious, here are my top morning meals in the Sunset.

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

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Sweet Aha! Bake Shop

Seventh and Eighth Ave., Irving and Judah St., San Francisco CA 94122, (415) 839-2138
www.SweetAha.com

This bakery is owned by Peiru, an enthusiastic and knowledgeable resource about healthy vegan and vegetarian eating. It is open during the Inner Sunset Farmers’ Market on Ninth and Irving Streets every Sunday from 9 a.m. to 1 p.m.

Sweet Aha! is a growing foodie favorite and has gained a loyal following because of its delicious vegan muffins and desserts. All the baked goods are not only 100 percent vegan, but also organic, free of artificial products, and contain reduced sweetener content. Peiru creates classic and creative flavors and pays great attention to the presentation and beauty of her products.

For breakfast, I recommend Sweet Aha’s lemon poppy-seed and ginger spice muffins, both farmers’ market favorites. The first time I tried the lemon poppy-seed muffin, I was surprised by the taste of fresh, real lemon.

Because Peiru crafts her muffins with reduced sugar content, you can really taste the quality of the ingredients she uses. Also, her ginger spice muffin contains chunks of organic ginger and tastes amazing.

Sweet Aha!’s muffins are light, fluffy, full of flavor, and most importantly, they are consistently delicious. Each Sunday, I stop by the Inner Sunset Farmers’ Market after my run to gather groceries and see what Peiru has in store.

Arizmendi

1331 Ninth Ave., San Francisco CA 94122, (415) 566-3137
www.arizmendibakery.org

This co-op and beloved neighborhood bakery has great specialty items for a decent price. Its vegan muffins are commendable and come in banana walnut and lemon poppy-seed flavors.

The banana walnut muffin is one of the best muffins I’ve ever had. The top is baked to a slight crisp, while the bottom stays soft and full of walnuts. I’m currently obsessed and will continue to eat this muffin for breakfast until I’m sick of it, or my jeans get too tight ... whichever comes first.

The lemon poppyseed muffin is inferior to Sweet Aha’s version because of the lack of real lemon zest. These muffins are dense, hearty and could easily pack enough calories for a moderate breakfast. Also, their sourdough English muffins, for only 75 cents, are wonderful, because they are lightly toasted on the outside, while the inside texture stays soft with a bit of chewiness.

Beanery

1307 Ninth St., San Francisco, CA 94122 (415) 661-1255

You know what’s hard? Finding a coffee shop that doesn’t charge extra for soy milk. Peet’s, Starbucks and Palio Caff  all charge a significant fee for soy or almond milk on top of an already over-priced drink. However, Beanery on Ninth Avenue serves organic coffee and allows you to pour your own soy milk.

Arizmendi also serves soy milk free of charge, but uses a very sweet variety, whereas Beanery provides Soy Blenders vanilla, which is low in calories and fat and doesn’t add too much sugar.

Outerlands

4001 Judah St., San Francisco, CA 94122 (415) 661-6140
Outerlandsssf.com

Now for a real brunch meal! Being the hipster hotspot that it is, Outerlands would definitely have something vegan. It serves brunch on Sundays, starting at

VEGAN BREAKFAST » PAGE 7

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PUZZLES

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Show shock

5 Crime scene barrier

9 Make thirsty

14 Do ____ others...

15 Pop the cork

16 "La Boheme", for one

17 Castle, in chess

18 At all

20 Remove, in a way

22 Wicker material

23 Not quite right

24 Nine-to-five grind

26 Sly stratagem

27 Elmer, to Bugs

30 1996 film starring Geoffrey Rush

31 100 bani, in Romania

32 Chicken Little, notably

34 Campus speaker

37 Beretta or Browning

38 Old-time anesthetic

39 Lethargic

40 Writer's bottom line?

41 Kyoto cash

42 Renter's document

43 Auction signal

44 Slinky shape

46 Merlin's forte

48 Hosiery mishap

49 Trade-show setup

50 Exigencies

DOWN

1 Wise one

2 Soon, to a bard

3 Knock it off

4 Maverick's game

5 Auto club service

6 Pithy saying

7 Kind of blouse

8 Draw in

9 Like a church mouse

10 Pal of Tarzan

11 Billy Burke sci-fi series

12 Words to live by

13 Start of a Kramden laugh

19 Get the picture

21 Major pipeline

25 Bronze finish?

26 Popular pie nut

27 Off one's rocker

28 Spicy stew

29 Throwing a fit

31 Stand for 34-across

33 Fight off

34 Off the leash

35 Well aware of

36 Swamp stalk

38 Carriage driver

40 Good for growing, as soil

42 Unlawful opportunist

44 Fresh, as lettuce

45 Prevention amount?

46 Instant lawn

47 Brewer's supply

49 Tree trunk

51 Bahrain big shot

52 Bygone bird

53 Distort, in a way

55 Part of MYOB

56 Football position

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SUDOKU

Edited by Margie E. Burke

Difficulty : Easy

7		8		1				3
2	6			9				
		4			3	6		
4					6			
8						5	1	
5				8			7	
							8	
		9		6				1
					2	7		

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

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OPINION

Time-Wasting Tip #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, we have another game: *Phylo* (found at phylo.cs.mcgill.ca), and like FoldIt, it's both addicting and educational.

Back in the old days, phylogenetic trees that depict the interrelatedness of different organisms were organized mainly based on physical features, shared habitat and other observable traits.

Now, with the advent of inexpensive genetic technology, we can also compare genetic sequences of genes between species and compare their relatedness on the basis of their DNA.

When comparing gene sequences, aligning the DNA can be a tricky business and is computationally difficult — but *Phylo* uses the natural pattern-seeking capability of our brains to generate sequence alignments that computers may miss.



Try it out by shifting around the locations of colored DNA bases on the grid and align genes from two to nine different species.

In just one sitting, I learned the basics and went from beginner to expert alignments, so it's quite intuitive. And, as in the past, this one's a great time waster for those worried about being caught doing something other than reading papers — you're basically just BLASTing someone else's data, right?

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

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

Piled Higher and Deeper
by Jorge Cham

THE 5 OR 6 STAGES OF GRANT REJECTION

SHOCK

REJECTED?? DON'T THEY KNOW WHO I AM!?

ANGER

GRRR... IT'S ALL THE GRAD STUDENTS' FAULT!

BARGAINING

I DIDN'T GET ANY FUNDING, BUT I STILL WANT A BIGGER LAB.

I DON'T THINK SO.

Department Chair

MORE ANGER (OPTIONAL)

GRRR... IT'S ALL THE POST-DOCS' FAULT!!

REGRESSION

THAT'S WHAT I GET FOR PROPOSING SOMETHING NEW.

I GUESS I'LL STICK WITH THE SAME THING I'VE BEEN DOING FOR 30 YEARS.

ACCEPTANCE

YOU MUST ACCEPT I'M OUT OF MONEY AND HAVE TO FIRE YOU.

JORGE CHAM © 2013

Vegan Breakfast

» FROM PAGE 6

10 a.m.

Here, I was able to eat an entirely vegan meal with no substitutions. My meal consisted of a refreshing avocado and winter citrus salad, hot ginger lemon apple cider and organic loose tea.

It also serves levain toast with Meyer lemon marmalade. The bread is supposed to be very satisfying, but I haven't had the chance to try it yet.

The salad consisted of sharp mustard greens, three varieties of grapefruit, ample avocado and toasted almonds, tossed in light sherry vinegar.

Outerlands pairs unexpected flavors, and the results are delicious. Other than alcohol, these are the only vegan items on the menu. This place is madly popular, so come early or expect to wait.

Outerlands does not take reservations, but puts out a waiting list one hour before opening. Come early to sign up, and have some coffee at Trouble Coffee Company, another trendy morning stop. However, don't come close to closing time, because they will be full and will not seat additional customers.

The best thing about Outerlands is the atmosphere. Inside, you are housed in a warm, slow-paced, wooden cavern and protected from the growing crowd and hungry customers barricading the entrance.

So next time you have a breakfast or brunch date, take your companions to the Farmers' Market to try Sweet Aha! Bake Shop, or visit Arizmendi's Bakery, Beanery or Outerlands. Please share your favorite vegan breakfast or brunch locations with us.

Geraldine Tran is a first-year medical student.



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6	2	7	1	4	9	3	8	5
3	8	9	7	6	5	4	2	1
1	4	5	8	3	2	7	6	9

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