

BODY&MIND

The Running Trails of Golden Gate Park

A measured four-mile loop for the dedicated jogger. » PAGE 4

MIND&BODY

The Unseen Treasure Around Us

Take a moment off; listen to the birds chirping. » PAGE 5

IN THIS ISSUE

News Briefs » PAGE 3  
Journal Club » PAGE 5  
Puzzles » PAGE 7



Synapse

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MIND&BODY

Climbing Season Kicks Off at Mission Bay

By T. Booth Haley  
Editor

The Mission Bay campus, with its inviting green spaces and futuristic buildings, is an urban oasis rising amid the concrete and gravel of its immediate surroundings. However, only once you’ve been to the fourth floor of the Bakar Fitness Center will you experience the finest public space at Mission Bay, and indeed one of the most fantastic spots in The City.

Standing beside the rooftop pool and climbing wall, you feel miles away from the hustle and bustle below—instead, just sunshine, unfettered breezes, fantastic views of downtown and the waters of the bay beyond.

And how do you reach the true summit of this paradisiacal playground? There is only one way: Pull yourself up to the top of the climbing wall.

Climbing season at the UCSF climbing wall has begun again, running every year from April 1 through Thanksgiving. This amazing structure is free to use for members, including free use of all the gear and a climbing instructor who will safely guide your experience — usually Travis Nichols, an expert alpinist.

The imposing wall, which has been in operation for five years, is about 35 feet tall and features two overhanging buttresses, steep granitic cracks and many craggy ledges.

“Here we have an outdoor experience. We’re already pretty high up, being on the fourth floor, there is sun and wind, and even the texture of our wall is rough, similar to real rock. It’s kind of like a transition between a typical rock gym and real outdoor climbing,” said the affable Nichols.

This wall is truly an excellent place for beginner climbers. Commercial climbing gyms (of which there are two in The City) normally charge around \$20 for a one-time visit and also charge for gear rentals, making it expensive for people to just try it out the sport.

Add on the amazing rooftop setting

CLIMBING WALL » PAGE 6

BELAY ON!



Photo by Travis Nichols, UCSF Climbing Instructor

First-year grad student Rosa Chan scales the wall at Bakar Fitness Center at Mission Bay, as belayer Booth “Captain Safety” Haley, a third-year dental student, looks on.

OPINION

MAMA M.: Soul Advice

Dear Mama M.,

People tell me I am too nice to be a good doctor. The thing is, I am near the end of medical school — I graduate in two months, actually, and I guess I haven’t learned how to be tough.

I am not jaded like a lot of my classmates, who have learned from tough patients and tough times on the wards. They tell me that I am still too innocent and too trusting of people, and that I care too much about being gentle and about listening to people and their stories.

It is true; I do care about how people suffer inside, as much as I feel intrigued by their physical ailments. I want to help them emotionally as well as physically.

I matched in an excellent Internal Medicine program, and will start my residency in a few months, but I am worried that maybe people are right.

How do I learn in the next few months how to be tougher and savvier, like a lot of my classmates? I really don’t want to be pushed around by patients or be easy to manipulate, and so on, as my classmates warn me. Do you have any advice?

Sincerely,  
Too Nice

SOUL ADVICE » PAGE 6

NEWS

UCSF Opens New Pediatric Emergency Department

Child-centered emergency care comes to UCSF

By Theresa Poulos  
Executive Editor

New signs and fresh arrows painted on the sidewalks of Parnassus Avenue mark the humble yet important opening of a new, child-friendly, Pediatric Emergency Department (ED) at UCSF Benioff Children’s Hospital, on UCSF’s Parnassus campus.

In late April, a new, eight-bed Pediatric ED opened its doors — most of which are covered in dinosaur wall stickers or painted with under the sea vignettes — to the San Francisco community, to help fill the need for child-focused emergency services in The City.

Prior to its opening, pediatric patients with emergency health problems were seen by pediatric or emergency medicine providers in the main ED. The whitewashed rooms with adult-sized equipment made for a setting that was often stressful for children, who are often terrified at the prospect of being in the emergency room in the first place.

For walk-in pediatric patients and their parents, the new entrance, check-in and triage are separate from the main ED; the Pediatric ED entrance is just around the corner from the gift shop on the first floor of Moffitt Hospital.

It is located in what used to be an Adult Prepare space, which was used for adult anesthesia pre-op. The space also houses the lower acuity Pediatric ED beds, as well as the Pediatric Urgent Care facility and a family-friendly waiting area with toys and games.

PEDIATRIC ED » PAGE 3



# EVENTS

## MISSION BAY EVENTS

### FOOD TRUCK THURSDAYS AT MISSION BAY

Thursday, May 9, 11 a.m.-1:30 p.m., Nelson Rising Lane at 4th Street, Mission Bay  
Join the food truck lunch party every Thursday nd explore the tasty culinary options to break up your routine. Each week will feature two different vendors, so there will always be something new. Grab some friends, get some food, and take your lunch experience up a notch.

### GSA GAME NIGHT

Thursday, May 9, 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 GSA.

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, May 10, 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.

### MISSION BAY RIPS

Friday, May 10, 4-5 p.m., Genentech Hall Auditorium, Mission Bay  
RIPS is a seminar series wherein one student and one postdoc present their current research. Talks are 15 minutes in length and are preceded by a 20-minute social.

### SCIENCE POLICY GROUP SEMINAR: CAREER IN SCIENCE COMMUNICATION

Monday, May 13, 5:30- 7p.m., Rock Hall Auditorium, Mission Bay  
Come hear Amy Adams, Communications Manager at the California Institute for Regenerative Medicine, share her career path and advice on effective science communication. Light snacks provided.

### MISSION BAY FARMERS’ MARKET

Wednesday, May 15, 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.

## PARNASSUS EVENTS

### RECYCLED/RECLAIMED ART SHOW

Thursday, May 9, 10 a.m.-2 p.m., Millberry Union, Parnassus  
Join the Visual Arts Club at UCSF and Arts & Events for its inaugural Art Show, featuring recycled and reclaimed artwork by the UCSF community.

### LIVING GREEN FAIR

Thursday, May 9, 11 a.m.-2 p.m., Millberry Union Gym, Parnassus  
The Living Green Fair showcases sustainability efforts around the UCSF campus and how students, staff and faculty can fulfill the goal of a healthy environment and sustainable future. Over 60 tables will cover the Sustainability Action Plan’s six objectives: carbon neutrality, zero waste, water conservation, toxics reduction,

sustainable food and culture shift.

### TOASTMASTERS: LEARN TO SPEAK AND LEAD WITH CONFIDENCE

Thursday, May 9, noon-1 p.m., Medical Sciences, 214, Parnassus  
Toastmasters empowers people to achieve their full potential and realize their dreams. Through our clubs, people throughout the world can improve their communication and leadership skills, and find the courage to change. Be the speaker and leader you want to be! Attend our Open House to learn more. Sponsors: ABOG Tools of the Trade. ucoraclesucsfedu.weebly.com.

### SYNAPSE NEWSPAPER

Thursday, May 9, 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](mailto:synapse@ucsf.edu).

### CHANCELLOR’S CONCERT SERIES SPRING 2013

Thursday, May 9, 12:15-12:45 p.m., Cole Hall, Parnassus  
Looking for a place to study or relax between classes? We’ve got just what you need. The Chancellor’s Concert Series on Thursdays is a great place to set up your laptop and study or just take a break from classes while listening to classical music. Seating begins at noon.

### MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, May 10, 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.

### THE BETTER PRESENTER

9:30 AM- 12:00 p.m.  
Tuesday, May 14, Library 231, Parnassus  
We have all fallen victim to presentations that leave us bored and confused. In this workshop, you will learn to become a better presenter and create slideshows that enhance your presentations, not detract from them. You will develop an understanding of why templates are bad, and stories are good. Open to faculty, post-docs, staff, students. Sponsor: Library. Register (415) 476-4519.

### GSA MEETING: GRADUATE NURSING & PT STUDENTS

Tuesday, May 14, 5:30 p.m., Library, CL 220, Parnassus  
Meet your executive board members at the monthly GSA meeting and be a part of the discussion on topics relating to student priorities. Visit the GSA website for more details and to RSVP. <http://bit.ly/gsawebsite>

### NOT ENOUGH TIME: A WORKSHOP ON STRESS MANAGEMENT

Wednesday, May 15, noon-1 p.m., Health Sciences West, 303, Parnassus  
Join SHCS for a workshop on managing stress and building your body’s resistance to professional burnout. This one-hour workshop incorporates mindfulness techniques and educational tips you can use even under the most extreme of circumstances. Part of SHCS’s Spring Hump Day Student Wellness Series. Free

lunch with RSVP. [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu).

### CADAVER MEMORIAL SERVICE

Wednesday, May 15, 5-6:30 p.m., Cole Hall, Parnassus  
To commemorate the generous gift of the bodies given for our education in understanding the human anatomy, you are invited to the Cadaver Memorial Service. The memorial service will include speeches, performances and other artistic works that express our appreciation to our kind donors. You are also invited to express your words of gratitude on the Cadaver Memorial Board, which is currently located in the Anatomy Learning Center (S-1320). Sponsor: Willed Body Program.

### DOES YOUR IDEA HAVE A MARKET?

Wednesday, May 15, 5:30-7:30 p.m., Library, CL 221-222, Parnassus  
Steve Blank, the creator of Lean Launchpad, is coming to EClub to talk about this hottest approach to entrepreneurship education. Steve’s unique methodology to help fledgling ventures vet their ideas has been adopted by the National Science Foundation nationwide under the iCorps program and is taught at UC Berkeley and Stanford University. Steve will talk about customer development and its role in life science/health care ventures. Sponsors: Morgan Lewis. Registration is required. [mayeclub.eventbrite.com/](http://mayeclub.eventbrite.com/).

### UIHS MENTORSHIP DINNER SERIES: THE ART OF NEGOTIATION

Wednesday, May 15, 6-8 p.m., Nursing, 217, Parnassus  
The Underrepresented in Health Sciences (UIHS) Mentorship Dinner Series is open to students and faculty across all UCSF schools: Medicine, Dentistry, Pharmacy, Nursing, Graduate Division and Physical Therapy. Please RSVP by May 10. Sponsors: MRC, OCPD, IPE, LMSA, SNMA, FG2C, PRIME. <http://bit.ly/Z8DWX0>

### UCSF RUN CLUB

Wednesday, May 15, 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.

## OFF CAMPUS

### OFF THE GRID

Thursday, May 9, 5-9 p.m., Stanyan & 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: FEEL THE MUSIC NIGHTLIFE

Thursday, May 9, 6-10 p.m., Cal Academy, Golden Gate Park  
This week, NightLife is exploring the intersection of sound and emotion with help from swissnex San Francisco. At interactive stations set up by scientist Eduardo Coutinho, listen to a plant make music, and explore how emotions are expressed differently in music and the human voice. <http://bit.ly/NightLifeTickets>, <http://bit.ly/CLSDiscounts>.

### FRIDAY NIGHTS AT THE DE YOUNG

Friday, May 10, 5-8:45 p.m., de Young Museum, 50 Hagiwara Tea Garden Dr., Golden Gate Park  
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.

## ANNOUNCEMENTS

### COMPLETE THE LIBRARY SURVEY AND WIN PRIZES!

The UCSF Library wants your feedback. Students who complete the UCSF Library survey will have a chance to win an iPad mini, 20 days of free parking, or an Amazon gift certificate. Act soon: The survey closes May 12. <http://bit.ly/ZKLjkK>.

### VOLUNTEER OPPORTUNITY FOR GRADUATE STUDENTS

Student Services at Mission Bay is looking for volunteers on the Mission Bay campus to give small groups of high school and undergraduate students a quick look into your lab and to provide some insight into life as a graduate student at UCSF. Tours will be offered on Thursdays from May 30-August 29. If you are interested in getting involved or learning more specifics, please do not hesitate to contact us at [ssmb@ucsf.edu](mailto:ssmb@ucsf.edu), or call us at (415) 476-9654.

### CALL FOR NOMINATIONS: CHANCELLOR DIVERSITY AWARDS

The Chancellor Diversity Awards highlight the contributions our campus community makes in the advancement of Disability Service, Diversity, GLBT Leadership and Women. Three individuals—one faculty member, one staff member and one student/resident/postdoctoral scholar—will be selected in each category and will receive an award at a special ceremony on Wednesday, October 16. Information on awards criteria, including the nomination form, can be found on the Diversity website. Nominations are due at 5 p.m. on Thursday, May 23. [diversity.ucsf.edu/diversityawards](http://diversity.ucsf.edu/diversityawards).

### 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](http://library.ucsf.edu/content/new-walkstations-available-library-tech-commons).

### 15TH ANNUAL INTEGRATIVE MEDICINE FORUM: RX CAM: INTEGRATING COMPLEMENTARY AND ALTERNATIVE MEDICINES INTO HEALTH CARE PRACTICE

Cole Hall, Parnassus  
Are you interested in learning ways of applying alternative/complementary medicine with conventional medicine? Do you, or do you know of anyone else who currently practices alternative medicine? Are you interested in recommending alternative therapies to patients for preventative and overall better health? Keynote speakers are Dr. Dean Ornish and Dr. Elson Haas. Everyone, including students, faculty, family and non-UCSF individuals, are encouraged to attend! There will be a \$15 conference fee for UCSF students, \$20 for UCSF associates, and \$25 for non-UCSF visitors. [www.tinyurl.com/ucsfimn](http://www.tinyurl.com/ucsfimn).

### LIFETIME ACHIEVEMENT IN MENTORING AWARD RECEPTION

June 21, 3:30–5 p.m., Faculty Alumni House, Parnassus  
Please join the CCFL Faculty Mentoring Program for an award celebration and reception in honor of Michael A. Matthay, MD, recipient of the 2013 UCSF Lifetime Achievement in Mentoring Award. The Lifetime Achievement in Mentoring Award recognizes an outstanding senior faculty mentor at UCSF who has demonstrated a long-term commitment to faculty mentoring. To RSVP, visit [https://ucsf.co1.qualtrics.com/SE/?SID=SV\\_doQ3kaRy9OVwmln](https://ucsf.co1.qualtrics.com/SE/?SID=SV_doQ3kaRy9OVwmln)



# Pediatric ED

» FROM HOME PAGE

Because the Urgent Care is located within the same space as the Pediatric ED, patients who arrive at check-in can be quickly triaged and screened for the appropriate level of care. The four higher-acuity PediatricED beds are located just across the hall and adjacent to the main ED, but are outfitted with equipment designed for children and their unique needs—as well as the stickers, Disney DVDs and painted walls that make it a more welcoming setting for kids.

To staff the new Pediatric ED, UCSF has brought on two new physicians who are board-certified in Pediatric Emergency Medicine, in addition to two who were already on the faculty. Residents from both the Emergency Medicine and Pediatrics programs rotate through the Pediatric ED as part of their training.

Child Life Specialists from UCSF Benioff Children’s Hospital are also available in the Pediatric ED, to ensure that each child’s developmental and emotional needs are met during their stay; they are able to offer support, answer questions and prepare children and their families before and during medical procedures, in addition to providing other helpful services.

The nursing and support staff specialize in pediatrics as well, making the entire experience child-centered.

The main difference between being seen in the Pediatric Urgent Care room versus the Pediatric ED is the acuity level of the patient’s illness or injury, so having a dedicated Pediatric ED allows UCSF to provide child-centered care to children presenting with more serious symptoms. UCSF decided to open the



Photo by Theresa Poulos/MS3

In late April, a new, eight-bed Pediatric ED opened its doors — most of which are covered in dinosaur wall stickers or painted with under the sea vignettes — to the community.

new Pediatric ED because a significant number of pediatric patients were presenting to UCSF with problems of high enough acuity to warrant an ED visit over a drop-in visit to Urgent Care.

Furthermore, Dr. Christine Cho, who is trained in Pediatric Emergency Medicine and has overseen much of the new Pediatric ED project, notes that “cohorting patients in one service (the Pediatric ED) allows for expertise to be further developed and enhanced” pediatric emergency nursing, child-life services, physician coverage. In this way, the new Pediatric ED benefits both UCSF patients and learners alike.

Since its opening in late April, the Pediatric ED has been providing care 24 hours a day, 7 days a week. Dr. Evelyn Porter says that utilization of the new Pediatric ED “ebbs and flows,” with some shifts bustling and

others quieter. This new Pediatric ED on the Parnassus campus also foreshadows what’s to come at UCSF’s Mission Bay Campus, where the new Women’s and Children’s Hospital, set to open in February 2015, will include a Pediatric ED as well. The Pediatric ED at Mission Bay will have 19 beds (2 of which will be resuscitation rooms), and a dedicated procedural room.

Once the Mission Bay facility is up and running, the dedicated Pediatric ED at Parnassus will close and the main ED at Parnassus will again see pediatric patients as needed. Until then, the new Pediatric ED at the Parnassus campus is UCSF’s primary location for specialized pediatric emergency care.

Theresa Poulos is a third-year medical student.

# NEWS BRIEFS

## UC Medical Centers Expand Palliative Care with \$1M Grant

The University of California is leveraging its expertise to enhance patient care at UC medical centers systemwide, awarding a \$1 million grant to expand specialized care for seriously ill patients.

The two-year project, led by Wendy Anderson, MD, MS, of UCSF, seeks to improve the quality of care for patients in the intensive care unit (ICU) and their families. The project will expand a training program for bedside nurses to increase the integration of palliative care into ICUs across UC Health.

Palliative care is specialized medical care for seriously ill patients and their families that focuses on quality of life: managing the pain, symptoms and stress of serious illness, and helping to ensure that patients get the type of care they want.

## Precision Medicine National Campaign Launched at OME Summit

At the OME Precision Medicine summit at UCSF last week, attendees launched a social media campaign to engage the nation in an effort to transform medicine as we know it. The MeForYou.org campaign aims to engage the public in addressing a key roadblock to advancing a new model of medicine, known as precision medicine, to provide preventative, predictive and precise care.

The roadblock stems from the fact that while today’s federal regulations are effective in protecting patients’ privacy, there are circumstances in which that very protection impedes scientists’ ability to understand disease.

That has consequences not just for individuals, but for their families and the world at large. The campaign aims to educate the public about these consequences and begin a national discussion about ways in which patients could be protected, without slowing discovery or research collaborations—both of which are key to progress in the field. “We want patients to know that if we perfectly protect all data, this could impede progress in advancing precision medicine,” said UCSF Chancellor Susan Desmond-Hellmann, MD, MPH.

## Super-Fast Gene Sequencing IDs Tick-Borne Virus

The tick-borne Lone Star virus has been conclusively identified as part of a family of other tick-borne viruses called bunyaviruses, which often cause fever, respiratory problems and bleeding, according to new research led by scientists at UCSF.

What made the work especially promising, said principal investigator Charles Chiu, MD, PhD, was the speed at which the virus was definitively identified. The team used a new approach to gene sequencing that enabled them to completely reconstruct the virus’ previously unknown genome in less than 24 hours — significantly faster than conventional sequencing techniques, which can take days to weeks.

# NEWS

## UC Chancellors Approve UC SHIP Recommendations

Staff Report

Chancellors of the 10 University of California campuses have agreed unanimously with all of an advisory committee’s recommendations regarding the UC Student Health Insurance Program (UC SHIP).

Recommendations of the 31-member UC SHIP Advisory Board included elimination of the lifetime maximum and other caps on essential health benefits.

“These added benefits will provide students with enhanced access to care and less financial risk,” said Lori Taylor, the University of California system’s newly named director of self-funded health plans.

“The University of California remains committed to providing quality health care insurance to its students, offering strong benefits at an affordable price in a plan that is sustainable now and in the future.”

At a regularly scheduled meeting in Oakland on Wednesday, UC chancellors approved an advisory board recommendation that premiums be excluded as a source for recouping an accrued deficit projected at \$57

million. Options are under review at the UC Office of the President.

The chancellors also confirmed that some campuses will remain with UC SHIP, and that some will pursue other options. UCSF will remain with UC SHIP.

Students on campuses leaving UC SHIP will have comparable insurance through another insurer, as mandated by the Regents. Taylor said that, with 58,000 students staying in the program, UC SHIP will be self-supporting, with appropriately priced premiums. Coverage for all students will conform to the Affordable Care Act, including provisions dealing with caps.

The advisory group included students and student health directors from UC campuses and UC Hastings College of the Law; they received suggestions from student groups and other stakeholders.

Campuses that chose to stay with UC SHIP decided that premiums should be based on the true cost of the plan on their campus rather than subsidizing other locations or being subsidized by them.

Here is a summary of campus decisions on whether to participate in UC SHIP:

- Berkeley: Leave UC SHIP medical, dental and vision.
- Davis: Leave UC SHIP medical, stay in UC SHIP dental and vision.
- Hastings: Stay in UC SHIP.
- Irvine: Graduate students stay in UC SHIP; undergraduates leave medical plan, but keep dental and vision.
- Los Angeles: Stay in UC SHIP.
- Riverside: Leave UC SHIP medical; graduate students keep UC SHIP dental and vision.
- Merced: Stay in UC SHIP.
- San Diego: Stay in UC SHIP, voluntary vision for undergraduates.
- San Francisco: Stay in UC SHIP.
- Santa Barbara: Leave UC SHIP medical; keep UC SHIP dental and vision.
- Santa Cruz: Stay in UC SHIP, voluntary dental and vision.

UC SHIP’s medical coverage, created in 2010, is self-funded, supported solely by the premiums paid by students. For fall 2012, approximately 139,000 students were enrolled.

Graduate students on six campuses took part in the pilot program the first year. The 10 UC campuses and UC Hastings College of the Law have been participants for the last two years.



# BODY&MIND

## The Running Trails of Golden Gate Park

By Madeline Ragan  
Staff Writer

There are a lot of wonderful things about the location of UCSF. We are right by multiple Muni lines, we are close to Arizmendi bakery, and we have some of the greatest views in The City. However, I think one of the best things about our school’s location is its proximity to Golden Gate Park.

My first memories of Golden Gate Park were from a very long time ago, when my mom would take us to the California Academy of Sciences, and we would touch starfish and watch the penguins (this was long before the fancy new building).

In high school, I ran through the park my way to Lake Merced, and memories of the magical extension of the college, I ran a route that squeezed miles as possible weaving runners I then began to with 16-mile loops. While I remained a mystery to me. I ran out how the roads were always lost.



Photos by Medeline Ragan/PT1

However, last April, I moved to the Inner Sunset to be closer to UCSF, and that is when the park became to me what it is now: the best playground a runner could dream of.

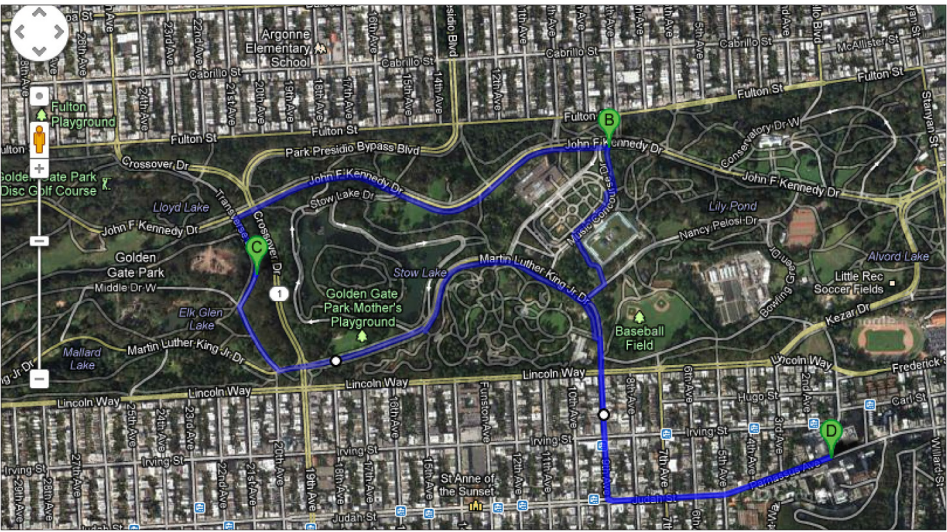
I would consider myself an old-fashioned runner. I don’t wear a watch, or any device that counts miles, footsteps or calories burned. I don’t even listen to music. I like running because it is a simple sport. You essentially only need a pair of shoes, and that’s why I like it; however, I will admit that sometimes it is nice to know how far you’ve gone — especially if you are training for something.

I went to college in Maine, where there was a big running community. Running in Maine was simple, mostly because there were several well-established running loops around our campus. There was a 3-mile, 5-mile and 10-mile loop, and later, someone invented a 4-mile loop.

These loops simplified runs: you chose a loop and ran until you ended up in the same place. You never got lost, you saw your friends along the way, and most importantly, you never had to check your watch to see how many miles you had done.

I had been missing this simple system ever since I graduated, so when I settled into the Inner Sunset, I started exploring Golden Gate Park. As I learned more about the park, I started to develop my own loop system. I made the loops from my apartment, but I have adapted them here to start from UCSF. This week, I will show you my four-mile loop.

school, I drove every day on Merced, and my park transformed aquarium into an city streets. In few races in San used Golden Gate as many extra into the course, around in circles. associate the park blisters. had used the different things, somewhat of a couldn’t figure worked, and I However, last



The four-mile loop starts along Parnassus Avenue, then turns right on Ninth Ave. into the Golden Gate Park.

### Four-Mile Loop

Run west on Parnassus towards Ninth Avenue. Turn right on Ninth Avenue and run into the park. Follow Martin Luther King Drive (MLK) and turn right onto Music Concourse Drive (this will take you past the Academy of Sciences and the De Young Museum). Turn left on John F. Kennedy Drive (JFK).

Run straight until you go under a bridge, then turn left onto Transverse Drive (there is a sidewalk on the right or a dirt trail on the left). You will run into MLK, and you should turn left there.

If you took the dirt path, there is an option to follow that path briefly into the woods, and it will pop you out onto the intersection of Crossover and MLK. This is a fun option if you want a little taste of trail running without going too far off the beaten path. If you stay straight on MLK, you will end up back on Ninth Avenue, and you can run until you hit Judah.

### Next Week

In next week’s *Synapse*, I will describe my 6-mile and 10-mile loops through the park.

Madeline Ragan is a first-year physical therapy student.

### NOW IS THE TIME TO MAKE YOUR MOVE IN REAL ESTATE

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

– Marie S.,  
Buyer, Duboce Triangle

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

– Joanna S.,  
Buyer, Noe Valley



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## UC SHIP

### » FROM HOME PAGE

UCSHIP was created with extensive input from students. During the benefit design phase, students emphasized the importance of an affordable premium and low co-pays.

Prior to the Board of Regents’ requirement that all UC students have adequate health insurance and the creation of UC’s student health insurance plan, many UC students had no access to health insurance.

In related news, The State Assembly passed legislation authored by Dr. Richard Pan (D-Sacramento) last week to give students the same protections that other Californians receive under

the Affordable Care Act. Specifically, AB 314 would ban caps on prescription and lifetime coverage so that students are not faced with high out-of-pocket health care costs.

“The very students who fought for the Affordable Care Act deserve to benefit from the historic reforms they helped create,” Dr. Pan said. “As a former educator at UC Davis, I have seen rising tuition and other barriers stand in the way of an affordable education. No student should have to take on the added risk of going bankrupt because of a catastrophic illness or accident.”

The bill now heads to the Senate.



MIND&BODY

# Infinite Inspiration: The Unseen Treasures Around Us



Photos by Venkateswarlu Kadiveti/IDP

By Venkateswarlu Kadiveti  
Staff Writer

When was the last time you observed a full moon in the sky?

Have you ever appreciated the touch of grass on your bare feet?

How many times have you watched a sunset or sunrise on a beach?

Have you ever enjoyed the music of chirping birds on a pleasant morning?

When was the last time you shared some childhood memories with your mother or a close friend?

We often miss such moments. Why is this?

This is an ultra-modern world dominated by countless electronic gadgets. I sometimes think that machines were once made by man, but now machines are making the man.

While one might think this is not actually happening, the fact is that these gadgets are invading our lives and changing our patterns of behavior, altering the intensity of human interactions. This artificial intelligence has succeeded in fooling man's ability to think.

The other major reason is competition. People are running so fast in their lives, they often forget their origins and have no clue as to their destinations. We are all faced with this condition to some extent. To make our lives more meaningful, we need to bring ourselves closer to Mother Nature and increase our healthy human interactions.

Here are some useful thoughts:

**Slow down:** Speed is not always better. Pause for a moment. Slow your life down. This will give you wonderful opportunities to capture the details of

your life. Try reducing your pace during routine activities, like eating, so you can appreciate tastes and senses better. Apply this to everything possible: talking, listening, observing, etc.

**Don't be preoccupied:** During most common moments of waiting, like waiting for the bus or an appointment, we are so preoccupied with other things that we rarely find the beauty surrounding us. Next time, instead of focusing on random thoughts, be conscious and try to observe interesting details around you, like a cute kid, nice pet, art on the wall, etc.

**Talk instead of text:** When interacting with family or friends, try talking instead of texting or messaging. Talking effectively harmonizes our emotions with the other person's and improves understanding. Talk about the good memories you share with each other.

**Prefer playing in the garden:** Put down the gadgets. Choose playing with real people instead of PlayStations. Take a walk on the beach or hike a mountain trail.

**Keep a daily journal:** Write about interesting things you observe in a journal. Add your own expressions and emotions while you are narrating these thoughts, and share them with others.

Make a list of these natural treasures that you would like to explore. Taking time off to spend with nature will relieve stress, and revitalizes both body and mind.

Dear friends, I believe that if you have a heart to seek, there is eternal beauty everywhere, if you take the time to see it.

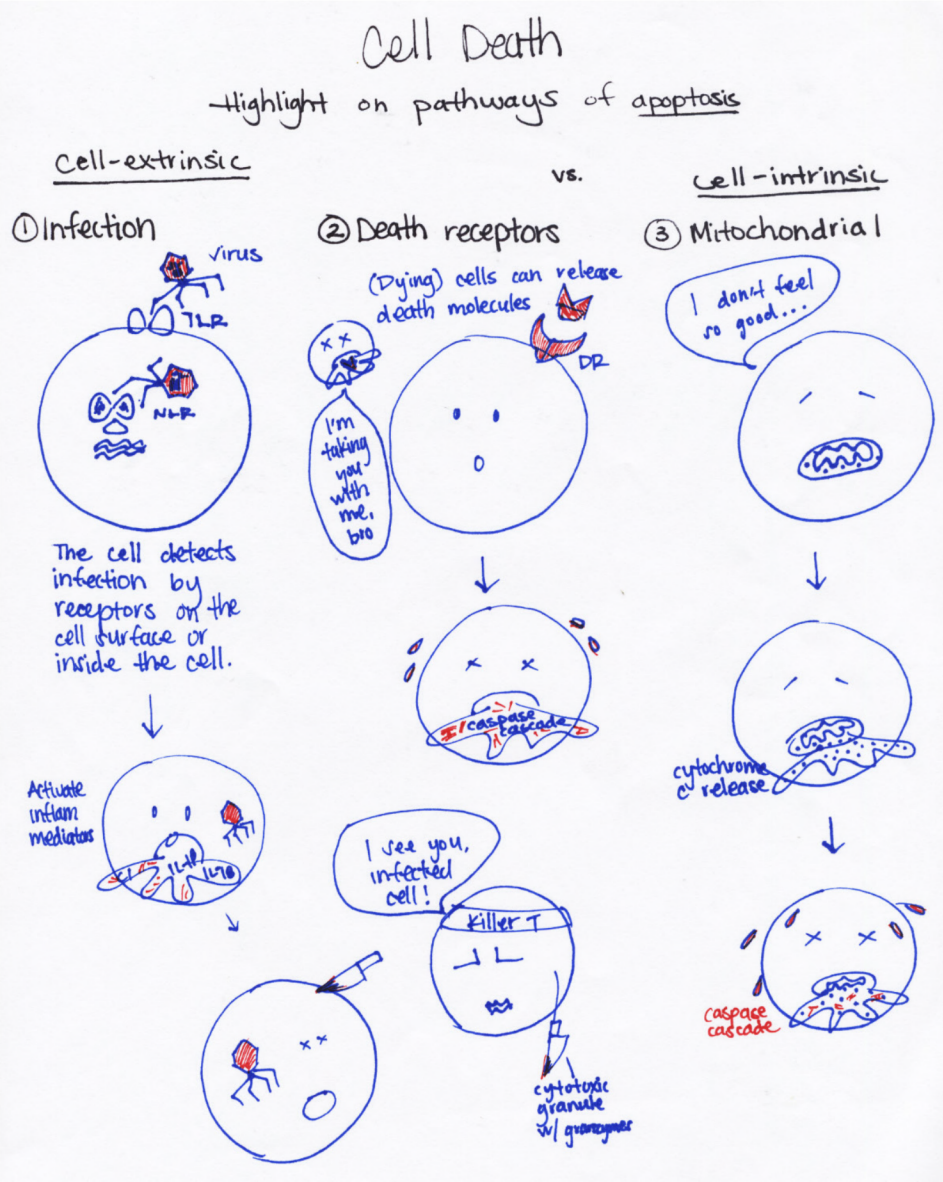
Venkateswarlu Kadiveti is a student in the International Dentist Program.

# UCSF JOURNAL CLUB

Recent research presented by UCSF students

By Jenny Qi  
Staff Writer

## Cell Death



Of the three major categories of cell death, apoptosis is what we traditionally refer to when we discuss “programmed cell death,” and it is comparatively the best understood. Cells can receive apoptotic death signals from both cell-extrinsic and cell-intrinsic factors.

External stimuli that can induce apoptosis include 1) infection and 2) death receptor activation. Cells have receptors to detect foreign invaders in the event of an infection. These receptors mediate an inflammatory response, which can help immune cells recognize and help kill the infected cell. Death receptors on the outside of the cell can recognize death signals as well. These signals may be released by dying cells, such as in a tumor.

When things go awry within the cell (e.g. DNA damage or endoplasmic reticulum, or ER, stress), cells undergo 3) mitochondrial apoptosis. As a site of adenosine triphosphate (ATP) production, the mitochondria are organelles that we typically associate with cellular energy. In response to apoptotic stimuli, however, they become permeable, release cytochrome c, and activate a cascade of enzymes called caspases that ultimately cleave up DNA and mediate cell execution.

Jenny Qi is a second-year BMS student who blogs at [bmcartoons.tumblr.com](http://bmcartoons.tumblr.com).

## Vietnamese Culture Show



Photos by Mason Tran/D3

The annual Vietnamese Student Association culture show was held on April 18 in Cole Hall. The show included skits, musical performances, dancing and a fashion show.

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CHR # 10-00455



OPINION

# Stream of Consciousness: Bowtie Friday

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

By Akshay Govind  
Staff Writer

Today’s theme: Bowtie Friday.

He was 96 when he passed away, and until his death in early 2011, every single periodontist who ever trained at Harvard School of Dental Medicine had been a student of his. There was a service held for him at the school, where several senior faculty members recalled being students of his. They told stories of his dedication as an educator, his warmth with patients, and his love for fine cigars and an old coupé.

There was a box of bowties at the entrance. He had hundreds of them, and no one had ever seen him without one since World War II. Service-goers took one each by which to remember him. Mine was a beige wool tie with clay-colored tear drops, slightly worn in the spot where the material would overlap if tied around Dr. Henry Epstein’s collar.

I showed up on the first Friday of my Internal Medicine rotation this week with five bowties in my backpack and one around my neck. That day’s choice was brown, thin-profile, paisley. “Bowtie Friday,” I called to my team. “I have enough for anyone who wants in.”

One of the two interns was wearing scrubs, the stubble on his face now three days thick. Exhausted but still spirited, he joked about the Chippendales aura he would give off if he put one on. “Maybe next week,” he chortled.

The chief resident, no shorter than 6-foot 3, with a booming voice and a playful cowlick, jumped at the opportunity. He chose the purple one to complement the faint grid on his otherwise white shirt. The attending and the other intern declined, defending the standard necktie. The pharmacy student was on the fence, but morning rounds started before he could decide, thus defaulting back to his half-Windsor.

As we walked the halls of the wards on morning rounds, a murmur buzzed from people’s lit faces. “Is it bowtie day?” The chief walked with a swagger enhanced by the wings of the purple silk dancing with his movements. By noon, the pharmacy student was in.

He chose yellow with blue diagonal stripes, spot on with his shirt. He borrowed it for the week to practice tying the knot. Adjusting the initial length is step one. Steps two through five are easy. The hard part is finding the slot through which to push the near side of the dangling end. Pull tight, adjust the wings. Strut.

The chief paused before discussing the next patient. “It’s not just the tie, it’s what the tie says about the man. Specifically, that he’s supremely confident — and already married.”

Akshay Govind is a second-year resident in the Department of Oral and Maxillofacial Surgery.

# Synapse

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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.

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# Soul Advice

» FROM HOME PAGE

Dear Too Nice,

I think you might be confusing nice with stupid. Niceness has gotten a bad rap. It gets confused for a particular brand of dumbness or naiveté.

Lots of mean people get pushed around and manipulated, but they are not nice about it. So, there are some things you need to get straight in your mind about who you are and how you want be as a doctor. Stripped away from the cultural overlay of “nice” lies “kind.” And kindness, my friend, rules!

If you are able to sit with patients in their deepest despair and show them kindness, you will never have to worry about being tough or savvy. Over time, you will simply learn how to set the right limits that keep you from being pushed around without sacrificing human kindness.

I am not one bit worried about you, Nice. You have the heart for the work. The rest can be learned. More importantly, as a naturally nice person, you will need to develop a second skin that allows you to trust your kind and curious instincts and remain protected.

Your classmates might believe that they are bad-asses who will never cry about a particularly devastating case or shut down altogether. But they are seriously wrong.

They will do these things ... and guess what? They will be too nice at times. They will be manipulated and or pushed around. They will go the extra mile, and some of their patients will remain in their mushy hearts for a long, long time. Be careful when reflecting on the feedback from others about kindness.

Believe me, Sugar, you can redefine kindness and make it work for you. You will be tough when you need to be and sweet when you can. At the end of all days, Pumpkin, medicine has its limitations, but kindness does not.

Mama M.

Mama M. and her editor are health professionals at UCSF/San Francisco General Hospital, who understand the challenges that health professional students are confronted with. This column is a place where students can get honest, compassionate, humorous advice, wisdom and love. Send letters to MamaM.synapse@gmail.com.

# Climbing Wall

» FROM HOME PAGE

and personal instruction, and you’ve got an intro to climbing opportunity at UCSF that is unparalleled.

Rosa Chan, a first-year grad student, started climbing at the Bakar climbing wall last fall. “They were very supportive — I was just a beginner climber, and Travis really cheered me on. A lot of us are scientists and not very athletic, but this is a wall for everyone,” said Chan.

And if you’re a seasoned gym rat or Yosemite dirt-bag, withhold your skepticism: I challenge any of you to *onsight* (a climbing term referring to a climb without previous knowledge of the route) the fantastic finger crack that ascends the left buttress.

Rated by Travis at 5.10+ (and he is in fact the only person known to have climbed this crack), I found it to be better than any indoor crack I’ve seen and comparable in quality — I’m

serious now! — to the third pitch of Serenity Crack in Yosemite.

A small group of regulars has discovered the charms of this little climbing gem and are very welcoming to newbies. “There’s a core group of people who come often. Pretty soon, you start seeing the same faces — it’s a nice little climbing community,” said Shaun O’Brien, who has been coming for two years.

The hours of operation are every Tuesday and Thursday from 4-7 p.m. (except May 2, when the gym will be closed). In addition, the fitness center offers climbing classes (campuslifeservices.ucsf.edu/fitnessrecreation, (415) 476-2078).

They say, “We will provide everything you will need for a safe and fun experience;” and having had such an experience myself, I can assure you that it’s true.

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



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## Morgan Stanley



PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Box-office bomb

5 Wound covering

9 Hoops game for two

14 Stadium sound

15 Tarentino's "\_\_\_ Bill"

16 Concerning birds

17 Canyon call

18 Crazy about

19 MGM opening?

20 Hitchhiker's need

22 Unrivaled

24 Miniseries, often

26 Dunderhead

27 Nautical direction

30 Carpentry stock

32 Schools of thought

36 Sneeze response

38 Winter hat extension

40 Gossipy gal

41 Puppy bite

43 Tennis tie

44 Elmo's street

46 Inexperienced sailor

48 Choreography bit

49 On a higher plane

51 Delay, with "off"

52 \_\_\_ we forget...

54 Alpine goat

56 Ancestry

60 Subject of some HGTV shows

64 Belgian city on the Meuse

65 Part of APR

67 Scrapped, as a mission

68 Intense dislike

69 Reunion bunch

70 Gumbo veggie

71 Abe's coin

72 Embraced

73 Scholarship basis

10 Wears out

11 Bar mitzvah, e.g.

12 Hindu garment

13 Double-bound compound

21 Fragrant fir

23 Dermal opening

25 "My \_\_\_" (Mary Wells classic)

27 Bottomless pit

28 Admiral's charge

29 Lacking slack

31 Put together

33 Dry spell

34 Asian gambling mecca

35 Wiped out

37 Upholsterer's tool

39 Confused

42 Lobe of the brain

45 Steinbeck title starter

47 Apprehend

50 Laundry room item

53 The Penguin, to Batman

55 TV tube gas

56 Unceremonious fall

57 White House worker

58 Bridle attachment

59 Powerful wind

61 Rum partner

62 Mythical monster

63 Patrick Swayze film, "\_\_\_ House"

66 A circle lacks one

SUDOKU Edited by Margie E. Burke

Difficulty : Easy

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HOW TO SOLVE:

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

(Answer appears elsewhere in this issue)

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](http://healthcare.goarmy.com/hpsmedical).

ARMY STRONG.

OPINION

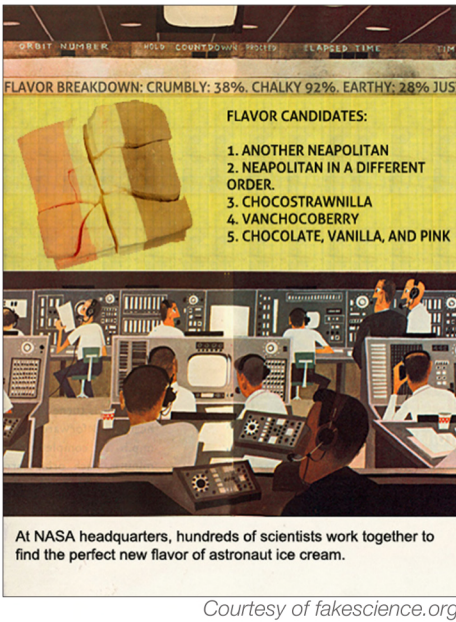
Time-Wasting Tip #14 for the Overworked Grad Student

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, check out the latest news in fake science at [fakescience.org](http://fakescience.org), a blog with many "science lessons" in the style of 1950s cartoons, with science tips and stories.

As the blog advertises itself: "Fake science—when the real facts are too confusing"! I might add that fake science is equally satisfying for when the real facts are too exhausting, too esoteric or buried too deeply



Courtesy of fakescience.org

Piled Higher and Deeper by Jorge Cham

www.phdcomics.com

UH, EXCUSE ME? I HAVE A QUESTION ABOUT THE HOMEWORK?

knock knock

OH, NO. IT'S NOT MY OFFICE HOURS. YOU CAN'T JUST WALK IN AND INTERRUPT ME IN THE MIDDLE OF WRITING MY THESIS!

OH. SORRY.

WERE YOU ACTUALLY WRITING WHEN I WALKED IN?

NO, BUT I COULD HAVE BEEN!

gimme that

JORGE CHAM ©2013

WWW.PHDCOMICS.COM


in someone's unread dissertation.

Also, for those of you with money to spare (joke! grad students are poor), Fake Science has also published "the most important textbook ever" — an archive of its best fake facts bound in book form. It's worth giving the blog a look — it's been around for a couple of years, so there are lots of "facts" to peruse during those incubation periods.

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.

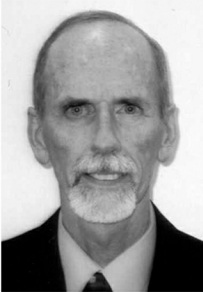




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