As we progress through the fall quarter, it’s easy to see that students are actively involved in their studies, faculty are intensely engrossed in their teaching, and you, the staff, are deeply immersed in your respective areas of responsibility. The way you all work together is what keeps the wheels of the Division turning smoothly and efficiently.

I can’t say it enough – I truly appreciate working with so many dedicated people. Through your hard work, much has been accomplished during the course of this year, and much is yet to come in the months ahead.

Lots of new faces have joined the Division since the last issue of The MedEd Scene, as you’ll see in another section of this newsletter. To highlight three of these, in July, we welcomed Tana Troke, Assistant Dean for Medical Education Administration, and Brooke Bain, Director of Medical Alumni Relations. In August, Herb Hawley, Director of Anatomical Preparation, came on board. Tana is happy to be back in California, as she spent the last five years in New York working as the Business Administrator and Technology Director for the Gowanda Central School District. A native southern Californian, she made the trek back, not only to escape those cold New York winters, but also to be near her children and grandchildren. Brooke came to us from Goizueta Business School at Emory University in Atlanta, where she was the Manager of Executive Programs and Events. Her husband also joined UCSD in July as a Gastroenterology Fellow and we’re glad they are now part of the UCSD family. Herb, on the other hand, has been a long-time resident of California, specifically, the Bay Area, where he served as Director for the Willed Body Program at UC San Francisco; he’s delighted to be among us, and we are delighted he is here.

I’m happy to report that, although plans are still in the design phase, the construction of the Medical Education building is on track. In the meantime, we’ve officially been awarded the California Telemedicine and eHealth Center (CTEC) grant. As I’ve shared with you previously, the Center will serve the telemedicine and ehealth learning needs of organizations and practitioners who provide health care in rural and medically underserved regions of Southern California, and to rural schools and providers who care for children with special and chronic health care needs. As San Diego has a large medically underserved population, we are absolutely committed to this endeavor. The Center will temporarily be housed in the former campus Registrar’s Office but will move to the Medical Education building upon its completion.

A new piece on the horizon, in addition to the Medical Education building and Telemedicine Center, is the approved Health Sciences graduate student housing project. To be located in and around the current parking area behind the School of Pharmacy, this complex (referred to as the Health Sciences academic mall) will be quite amazing. It will provide students with the ultimate in convenience in support of their academic efforts, as well as easy access over the foot bridge to the La Jolla Village area. We anticipate that actual construction will begin in early 2009, with a summer 2011 opening.

Looking back over the last several months gives us good reason to look ahead, and I’m glad that you’ll be able to witness all of these wonderful advances in the health care arena at UCSD.

Warm regards,

Maria C. Savoia, M.D.
Vice Dean for Medical Education
Professor of Medicine

HERE’S TO SOME FUN READING! Maybe by looking back and re-living some of the adventures you or your fellow co-workers experienced earlier this year, you’ll want to plan ahead for next year. Start thinking about your next vacation! When asked what you did for enjoyment this past summer, here’s what you, MedEd staff, had to say (pics included in some cases):

“I started the summer off by going to Colorado for Memorial Weekend to see my family.”
(Shesaw some longhorns, too!) “Then over the 4th [of July], I also went. Then I moved to UTC on the 15th of July, so now I get to ride my bike to work!”

~Mindy Johnson (MD Lab)

“The most exciting thing I have done on vacation was feed the giraffes at the zoo last week with my daughter. Incredibly messy.”

~Christina Ambriz (Med Clerkship Coordinator)

continued on page 3.
Dear Readers:

Autumn. What a great time of the year. It happens to be my favorite season. The leaves on the trees whose shade provide a welcome respite from the heat of summer begin to change color (yes, even here in San Diego!); kids—little and big—return to the classroom, some excitedly, others reluctantly; ghosts and goblins pop up when you least expect it. Why, just the other day, a couple of them peered out at me from behind the candy section at Von’s. Scared the livin’ daylight out of me! Speaking of daylight, if you’ve been outside lately pulling weeds in your garden in the early evening, you suddenly realize you’re pulling them in the dark! Well, of course! It’s that time when we turn our clocks back an hour (Fall back, Spring ahead, yeah?) But, best of all, a sure sign that autumn has arrived is the air. Cool and crisp. I like to think of it as the ‘crispness season.’ You first notice it in the early morning when it’s time to roll out of bed to get ready for work, and, if you’re like me, you have this fleeting thought that maybe it would be a good day to stay home. (Fleeting, I said).

Before looking ahead to the coming months with all the holidays - and rainy days (yes, even here in San Diego!), enjoy this “Fall Edition” of The MedEd Scene. As we bid adieu to summertime fun, let’s read about what some of you did in summer 2007. Then, let’s turn over a new leaf.

Andrea Mondragon
Editor

FROM THE EDITOR

NEWSY NOTES

The Purr-fect Opportunity

Are you a cat lover? Then maybe you’d like to join Becky Gilman (EdCom) as a volunteer at the cat shelter. Read on . . .

“I volunteer at a cat shelter in El Cajon, called Friends of Cats. And they have kittens up for adoption . . . we have older cats for adoption, too. And we are always looking for volunteers—as a volunteer, all you have to do is show up whenever you want for an hour or more to pet and brush kitties. We are located at 15587 Old Highway 80 in El Cajon (east San Diego County).” (For directions or more info, contact Becky at rgilman@ucsd.edu) Thanks, Becky!

A Celebrity in our Midst!

Brian Zeglen is going to be on a new TV game show on NBC, “Merv Griffin’s Crosswords.” It’s already been taped, and as soon as the producers tell Brian his air date, he promises to let us know when that will be. The show airs everyday at 4:30 pm on channel 10, KGTU. He wants all of us to set our DVR’s so we can record this historic moment. (If Brian doesn’t show up to work the next day, it probably means he won lots of money and won’t be needing his UCSD paycheck anymore. Stay tuned!)

Service with a Smile

Longevity. In years of service, that’s what several in MedEd have reached at UCSD recently. Let’s applaud the following members of our team for their stick-to-it-tive-ness: Judy McGilvray and Anita Richards (10 years!), Helene Hoffman (25 years!!), and Yvonne Coleman (30 years!!!). Helene and Yvonne were recognized at the all-campus Awards Ceremony recently (pictured with Chancellor Fox); Unfortunately, Judy and Anita were unable to attend the ceremony, but all of these dedicated staff have well-earned their particular service pins, so go ahead and give them a “high five” for reaching their respective milestones!

Judy McGilvray  Anita Richards  Helene Hoffman  Yvonne Coleman

November is National Peanut Butter Lovers Month!

Peanut butter is found in about 75% of American homes, and is considered by many as a staple — like bread and milk. While the traditional peanut butter favorites, like PB&Js and crisscross cookies remain popular, peanut butter has ventured out into savory sauces, tangy salads, and exotic main dishes. Spread on a slice of bread, melted into a soup, or mixed into a kabob marinade, peanut butter finds its way into everything from breakfast to dessert. You might find peanut shells in kitty litter, wallboard, fireplace logs, paper, animal feed, and sometimes as fuel for power plants! And, did you know that one acre of peanuts will make 30,000 peanut butter sandwiches?
“I had the great joy of housing four of my son’s friends for their week long surfing trip. It was fun and I learned so much while they were here: how to bowl on Wii; toilet seats were designed to remain in the up position; beer is a health food/vegetables are not; Rubio’s and In ‘n’ Out are gourmet restaurants; approximately 8-16 oz. of beach sand can be transported into the house in a wetsuit; wetsuits hanging to dry on the covered patio at night closely resemble people who want to break into your house; beach sand in the shower helps remove calluses; and, as the commercial says, ‘Food $$$$$, Water bill $$$$; Sand removal $$, spending a week with your son and his friends PRICELESS.’”

~Anonymous

“I headed back to MI to spend time with my childhood friends to celebrate us all turning the big 40 this year! We drove to Ontario, Canada, and stayed at a family-owned cabin on the lake. It was a 100+ year old house right on Lake Erie. . . . Our plans included lounging, eating, talking, laughing, and just plain enjoying ourselves! It was the funniest weekend of the entire summer!”

~Anonymous

“The vacation of the year for me was our trip to Italy. We began our journey in Rome and saw the Colosseum, Pantheon and many other awesome buildings and structures. Visited Naples, Sorrento, Massa Lubrense, took a drive along the Amalfi Coast and visited the city of Positano (my favorite!). Later we took a boat to the Isle of Capri. This is a trip I will always and forever remember. Here’s a picture of me at our hotel in Massa Lubrense and in the background is the Isle of Capri.”

~Sheila Agahan-Price (UGME)

“This summer I crisscrossed America by car not once using an Interstate, swam with the fish at an Australian penal colony, sailed over jumps on a thoroughbred in an English steeplechase, flew around Mars via spaceship, caught a Brooklyn ferry on a journey of self-discovery, and stopped my carriage to watch the woods fill with snow. I donned chainmail and carried my bow and arrows to France in search of the grail. I was bombed, shot at, chopped-up, and loved — I got confused, got even, got rich, went broke. I was a Russian aristocrat on the brink of revolution, a 60’s poet with an Afro that made a statement. I was a lunatic, I was a prophet of love and I did all this and much more without leaving home. Next year you can do all this and more! Join the Social Science and Humanities Library Summer Reading Contest. You may win a pen, a Frisbee, or a bungee bookmark or be..."
featured as a “Reader of the Week,” but the true prizes are the books you’ll read. The 13 books that I read moved me individually but it was the group as a whole that expanded my horizons in unexpected ways. This year 240 readers (including 20 teams) reviewed 734 books. You can access the reviews at http://sshe.ucsd.edu/summer/reviews.htm. If you want to find a good book, the reviews can be sorted several different ways. Open to everyone at UCSD, next summer would be a good time to see 3 or 4 teams from the School of Medicine compete against each other and take on this year’s winners — The Rady Readers!

~Sandy Barber (A&SA)

“This September my husband and I returned to Lake Powell in Utah. This is our seventh vacation there in the past twelve years. Since the lake is more than 150 miles long with nearly 2,000 miles of shoreline, there is always a new place to explore and a favorite spot to revisit. Using a houseboat as our portable lakefront cottage, we explored the breathtaking landscape of red rock canyons and blue waters. Setting up four base camps over a 12-day period, we enjoyed kayaking the secluded canyons, hiking the backcountry trails, swimming, fishing, and a lot of reading. It was a perfect blend of daytime adventures and nighttimes peacefully sleeping under the stars.”

~Helene Hoffman (EdCo)

In July, Jackie Lewis (Cent Admin) and Terry Elfalan (Student Affairs) traveled to China (Terry’s daughter Elyse chaperoned them). Here’s their report: “There were approximately 45 in the group. We were gone for 11 days. Weather was hot, hot, hot, so we sweat, sweat, sweat. We were on the tour that went to Beijing, Shanghai, Suzhou, Hangzhou. We visited the Great Wall, Forbidden City, Temple of Heaven, Tiananmen Square and the Summer Palace. We enjoyed the trip, and seeing the Great Wall was the best. Also, lots of great shopping.” (Here’s a picture of the Summer Palace.)

“My family and I rented a beach front house in Rosarito Beach for a few days. The weather was perfect – the water warm, and sunny all day! We saw more dolphins in the water than ever before. There were many schools of fish along the shore and it was a feast for the dolphins and pelicans – quite a show in the afternoons. We spent most of our time boogie boarding, walking and laying out on the beach, and eating great Mexican food. A very relaxing time for all of us.”

~Sandra Pesante (A&SA)

“I went to Modesto to visit my parents. They live on a walnut orchard now and it was nice to spend a little time outside of suburbia. At the end of July, my best friend Tanya came to visit from Illinois. We went to the Orange County Fair to see Heart and the Bangles - one night, one stage and absolutely fabulous! If you haven’t gone to the Wild Animal Park lately, you really should -- the Lion Camp and the tram that replaced the train are really fun. We also went to see the Harry Potter movie and Avenue Q. The New Orleans Creole Cafe in Old Town is definitely worth the trip. It’s always fun to see San Diego through a visitor’s eyes.”

~Lea Ruiz-Ade (EdCom)
My brother and I did RAGBRAI, an annual ~500 mile bike ride across Iowa over 7 days that takes a different route each year. RAGBRAI stands for the Register and Gazette’s Bike Ride Across Iowa. (The Register and Gazette is the main newspaper in Des Moines, which organizes the event.) Each year, the ride takes a different route which is kept secret until the winter. The ride takes 7 days and approximately 10,000 riders register, although an equal number probably “bootleg” the ride and complete all or part of it without formally registering. (Think about how huge a number of riders that is, especially passing through and stopping in towns of 5,000 or 600). It requires 7 nights of tent camping, use of suboptimal showers (rural high schools or converted car washes), and portapotties that are brought in by the hundreds. The best shower was actually at the Spencer, Iowa fairgrounds, where we used a building usually used for hosing down livestock. Crude but effective.

My brother and I comprised “O Team Brother Where Art Thou” although we rode a lot with Team TROLL (Tired Riders on Lifeless Legs), Pork Belly Ventures, and the Bastardos. The Air Force also fielded a huge team, and their commander ordered a few of them down to assist Amish farmers harvesting hay with hand scythes on several occasions. A lot of teams rehab old school buses as their support vehicles; see http://www.fitnesslynn.com/ragbus.htm. Every night features a large county fair-like party thrown by the host town. Food is a big deal. Because you are riding ~70 miles per day, you need to eat a lot. There are large numbers of serious hammerhead bikers who blow past you at high speed. (Lance Armstrong rode RAGBRAI this year and probably attracted more hammerheads than usual.) Then there are the unusual types: a couple of guys did the whole thing on unicycles, fixed gear bikes, modified tricycles, a bike with a sail on it, etc. One team rode the whole thing in sumo diapers, another in lingerie.

My most pathetic moment of the trip occurred in Independence. It was incredibly hot and humid, and I was totally beat after 5 days (~360 miles) of riding. I was desperate to be indoors, air conditioned, and out of the sun for awhile. We located the small local library, but other riders had already scooped up the few available chairs. I found a bunch of stuffed animals in the children’s section, scooped them into a pile, lay down on the floor and used them for a pillow for a 20 minute power nap. (I had a book on classic cars of the 1930’s open on my chest as a cover story.) Not my finest moment, but survival is a powerful urge.

~Jess Mandel (UGME)
Strength Training 101

Submitted by: Cindi Martinez
Central Administration

Strength training is an important component of a balanced fitness program. Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis. A well-designed program can provide the benefits of:

- Increased strength of bones, muscles, and connective tissue (tendons and ligaments) decreasing the risk of injury.
- Increased muscle mass (Most adults lose about ½ pound of muscle per year after the age of 20, largely due to decreased activity).
- Enhanced quality of life (The effort required to perform daily routines, i.e., carrying groceries, bending, and lifting will be less).
- Both machines and free weights are effective tools for training, and a combination of the two is generally recommended.
- One set of 8-12 repetitions, working the muscle to the point of fatigue, is usually sufficient. Breathe normally throughout the exercise. Slowly lower the resistance with control throughout the full range of motion. For example, lifting the weight to a count of two and lowering it to a count of four is effective. When you are able to perform 12 repetitions of an exercise correctly (no cheating!), increase the amount of resistance by 5-10%.
- Neglecting certain groups can lead to strength imbalances and postural difficulties. Refer to the box below that includes all major muscle groups and the corresponding exercise. Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>MUSCLE GROUP</th>
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<tbody>
<tr>
<td>Leg press</td>
<td>quadriceps, gluteals</td>
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<tr>
<td>Leg curl</td>
<td>hamstrings</td>
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<tr>
<td>Chest press</td>
<td>pectorals</td>
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<tr>
<td>Lat pull down</td>
<td>latissimus dorsi</td>
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<tr>
<td>Lateral raise</td>
<td>deltoid</td>
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<tr>
<td>Triceps press</td>
<td>triceps</td>
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<tr>
<td>Biceps curl</td>
<td>biceps</td>
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<tr>
<td>Calf raise</td>
<td>gastrocnemius</td>
</tr>
<tr>
<td>Back extension</td>
<td>erector spinae</td>
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</tbody>
</table>

Stay Motivated! An encouraging aspect of strength training is the fact that you will likely experience rapid improvements in strength and muscle tone right from the start of your program. However, don’t be discouraged if visible improvements begin to taper off after a few weeks. It’s only natural that, as your fitness level improves, improvements in strength and appearance will follow at a slightly slower pace.

In Memoriam

Brian Webster has graduated next June. He will be missed by family and friends.

Students, faculty, and staff were saddened to learn of the death of medical student Brian Webster over the Labor Day weekend while doing an away Pathology rotation in San Francisco. Brian was such a gifted young man who was admired by all. Before medical school, he was a competitive figure skater at the national level. While a medical student, he spent a year in Washington, D.C., doing functional brain MRI research at the Howard Hughes Medical Institute as an NIH Research Scholar. Brian would have graduated next June. He will be missed by family and friends.

You Could be a Winner

Hey, check this out! The Environmental Health and Safety Department has an award that YOU could receive! We have a significant number of employees in our division who are very safety conscious. Do you know who they are? If so, consider nominating them for this award. Group awards are possible, too. Wouldn’t it be fun to get a little recognition for your efforts? (The answer is “yes”!) Check out the following excerpts from EH&S. Act accordingly.

Safety Award For Excellence (SAFE)

Summary: The Safety Award For Excellence celebrates UCSD employees who excel in creating and maintaining a safe and healthy workplace. Find out what it takes to win, and how to nominate someone.

Individuals and work groups are eligible. Winners receive a plaque or trophy, tribute in EH&S newsletters, and gift certificates for lunch at the Faculty Club. Read about winners in the Hall of Fame at (http://blink.ucsd.edu/Blink/External/Topics/Policy/81162,15826,00.html)

Nominees must satisfy one or more of the following five criteria:

- Implementing a safety program for their workplace
- Taking an active role and being a strong advocate of safety and health
- Demonstrating significant improvement over previous conditions
- Consistently maintaining a good safety program over a number of years
- Making an extra effort to improve or correct a specific aspect of safety within the workplace

Nominate someone!

- Use the online nomination form at: http://www-ehs.ucsd.edu/SAFE/cgi-forms/SAFE_form.html
- Describe why the individual or group deserves an award. Include examples and specific accomplishments to convince the judges.
- List references that may be useful if the judges need additional information.

Welcome aboard!