



THE PULSE

Oregon Health and Science University Student Newsletter

Fall 2010

Editor: Vijay Patel

On Political Interference in Biomedical Research

By Will Giardino, 3rd Year Graduate Student

When Congress approved last year's \$787-billion economic-stimulus package, taxpayers and politicians responded with appropriate skepticism, voicing concern that funding would be siphoned to unnecessary projects. In August, Senators John McCain and Tom Coburn authored a report highlighting 100 stimulus-funded projects they deemed unworthy of government support. While the publication succeeded at drawing attention to the typical ineptitudes of bureaucracy, McCain and Coburn's rhetoric extended beyond reasonable bounds, taking aim at stimulus-supported biomedical research projects.

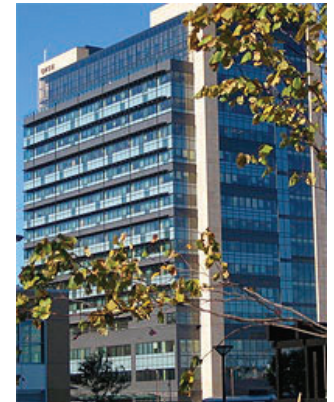
In particular, the authors pointed out a recently-funded project from Wake Forest University titled "Effect of Cocaine Self-Administration on Metabotropic Glutamate Systems," in which non-human primates are being used in a long-term examination of the neural substrates of cocaine addiction. McCain and Coburn reduced the study to "monkeys get-

ting high for science," and posed sarcastic questions about the importance of studying "drug-crazed primates." Soon after, Sharron Angle (a candidate for the Nevada senate seat) hopped on the bandwagon, issuing a press release railing against her opponent's support of "cocaine-added monkeys."



The Biomedical Research Building at OHSU

Not to be outdone, Washington State gubernatorial candidate Dino Rossi recently launched an attack on a stimulus grant awarded to Michael Morgan, Ph.D., a professor of Psychology at Washington State University. While Dr. Morgan's research uses a rodent model of neuropathic pain to examine the molecular interactions of opiates with the cannabinoid system (the brain's endogenous network that cooperates with marijuana's active components), Rossi took a less-educated perspective, issuing a press release titled "It's 5:00 somewhere, but it's 4:20 at Washington State University." Con't page 8



Special points of interest:

- *Student Opinions Articles*
- *Restaurant Reviews*
- *New Construction at OHSU*
- *Student Projects*
- *Facilities Updates*
- *Student Ski Trip*

The Hidden Hepatitis B Epidemic

By Pachida Lo, OHSU Med 13'

Most people look to transform healthcare in Africa or the slums of India. It is true that there is a need for lifesaving care beyond the American borders. But, what many may overlook is the need to provide better healthcare for the people living in the American slums.

As a medical student working in the Central Valley of California, it has been disheartening to see "the poor get poorer". The Central Valley is a flat piece of land

"This hidden valley is one of America's most impoverished places with over 1 in 4 individuals living below the poverty line."

in the central part of California with mountains surrounding its entire border. This hidden valley is one of America's most impoverished places with over 1 in 4 individuals living (Con't Page 9)

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Imposterism

by Chris Denton, School of Medicine

It was about this time two years ago that I was all but shocked to find that medical school consisted of more than anatomy. Shortly before that, I didn't think I would ever learn the brachial plexus (and I still don't). And just before that, I was sitting at my white coat ceremony, sweating in professional dress, dreading the moment when I would be faced with the decision of whether or not to button my coat as I crossed the stage.

Now, nearly halfway

through my third year of medical school, I struggle with the latest task of applying those first two years of study to clinical practice. My short white coat would now only be consid-

ered white on relative terms; it's been awarded a few red badges of courage (not mine) and gained a whole lot of brown coffee (along with yellow curry, all my own) marks of sleep deprivation and the third floor cafeteria. The pockets have filled up a bit, too, thanks to that red 3-ring handbook of everything, the spiral-bound guide to not failing, and various collections of vitals that somehow convey meaning if you look at them just right. My clinic clothes are notably worse for wear too, despite being (Con't on page 11)



Truly Make a Difference in the Lives of Others

Nate Warren | Associate 1, Communications, Red Cross

Think about the priorities in your life. Academic achievement? Financial stability? Companionship?

Think about this. Every two seconds, someone



in the United States needs blood. Of the eligible percentage of our US population who could give blood, only about eight percent actually do so. Your decision to donate blood can help save up to three lives, which

provides an invaluable gift to cancer patients, trauma victims and more.

Students and staff at Oregon Health and Science University show incredible support for blood donation. Several drives are hosted throughout the year...in fact, nine OHSU drives have occurred or (con't on page 12)

Pharmacy Students Outreaching to Inner City Schools

By Jason Tee and the College of Pharmacy

Last Spring, the College of Pharmacy decided to show inner city students a different side of pharmacy, specifically compounding pharmacy. The world of compounding pharmacy is unfamiliar to many due to the lack of advertising and seldom need for special formulations; however, it provides a great setting to learn science.

Asmeret Kiflezghi and I were responsible for leading the outreaches into inner city middle schools. Through the Walgreen's diversity outreach grant and the help of fellow pharmacy students, we were able to make our own miniature compounding lab. This mobile lab allowed us to show students how to make lip balm. On

paper, lip balm is very easy to make until I realized coordinating 30 to 40 middle school students brought a different set of challenges. This lab provided a fun environment that helped develop the middle school students' ability to properly measure liquids and solids and test their basic math skills.

At the end of each outreach, we talked about the many opportunities the healthcare field has to provide and the many different opportunities OHSU has to offer. The college of pharmacy plans on repeating last year's success through funding from the OHSU Student Council.



Jason Tee helping a student with the experiment.



At the Bottom Again

Nate Risley, First Year Dental Student

It's kind of like climbing a mountain with your friends. You've worked so hard since the last time you took a break. The sky is blue, the air is getting thin, you're feet are starting to hurt. All you can think about is getting to the top of the mountain. You look forward, with your head slightly tilted upward and can see the summit. It seems like it's in arms reach! You continue pushing forward, and when you think you are at the top of the mountain, you come to a ridge that looked like the summit, only to fool you. You see another long sec-

tion before you reach the real summit, which will require more hard work, motivating yourself, and tough-



ing out the pain in your feet. This section looks steeper, more technical, and even harder than the last. You thought you were at the top, but came to find that you were at the bottom again.

So it is with education. I am sure that many of the students and faculty at OHSU can relate to the ongoing progression of education. It's progressing to the top, graduating, and finding yourself at the bottom, only to be faced with a harder challenge. I recently found myself in this position after graduating (Con't page 8)

Nurses in the Performing Arts

by Amanda Jenson and Timothy Lafolette, School of Nursing

In the past few months two recent graduates from the Accelerated Baccalaureate Nursing program have been involved in the performing arts in the Portland community. Amanda Jenson played one of the lead roles in a play called "My Name is Rachel Corrie", and Timothy Lafolette was in the chorus for Portland Opera's production of "Pagliacci" and "Carmina Burana".

Amanda wrote:

As an actress, I have been a part of funny shows, silly shows, and serious shows. However, being in My Name is Rachel Corrie is my first experience being part of a political and human rights piece. My Name is Rachel Corrie is the story of Rachel Corrie, an



Olympia, WA native who went to the Gaza Strip with the International Solidarity Movement during her last years at Evergreen State College. Her main job with this group was to stand in front of Palestinian homes to prevent the Israeli army from demolishing (con't page 10)

Student Council Blog

by Jason Tee and the OHSU Student Council

The Student Council Blog- Last year, the student council introduced the idea of having a blog in order to increase the Student Council presents with students. The idea has expanded into making it an interactive experience for students. The hope is that the blog will improve awareness and interaction among the many different programs at OHSU.

This article hopes to introduce the blog to the different programs.

The domain address is ohsustudent.blogspot.com. By e-mailing scouncil@ohsu.edu, any OHSU student can request to make a post as a blog entry. On the right, there are links to features available on the blog: 1) a form to request funding from the Student Council, 2) a roster

of council members from programs, 3) a Google calendar listing events, sponsored by OHSU, 4) a forum relating to student life 5) a Flickr photo page of OHSU events.

The forum is a new function that will allow students to post classified ads. Of course, the success of the forum is dependent on the contributions from students. (Con't on page 11)



Construction at the Student Center

By Karen Seresun, MBA, MPE, Assistant Vice Provost for Student Life

This year, the OHSU Student Center has been awarded \$800,000 by the University's Capital Allocation Committee to continue with the multi-



phase plan to renovate the Student Center. As a result, the second phase of capital construction will begin this winter and there are a number of projects that we will be trying to complete. The project list consists of relocating the Campus Store to the first floor, relocating the Director's office across the hallway, adding acoustical ceiling tile to the Nucleus Café and lounge

space, replacing the gymnasium floor, and implementing a gaming and lounge space in the former Campus Store space. It is not certain if we will complete the entire list of projects; however, we are working closely with a Project Manager in Design and Construction to accomplish as many of these projects as possible. Projects that are not completed with this year's capital dollars will be rolled over and become a part of the subsequent year's construction plans.

The new location of the Campus Store will be (Con't on page 12)

Life at OHSU: A Wonderful Mix

By Iraj Kasimi, School of Dentistry

Life at OHSU is a blend of being in a medical university and being on a college campus. On the one hand, we have an enormous array of medical and dental professionals, including physicians, dentists, and PhD's all ascending to a collection of large buildings nestled on tip of a hill near downtown Portland. We have the largest hospital in the state in which surgeries, emergency patients, cancer treatment, and an endless

range of medical and health care treatments being delivered on a daily basis. We also have some of the world's most cutting edge medical scientific research occurring, with work ranging from gene



Photo Courtesy of OHSU Diversity Council

therapy, stem cell

research and discovery of new surgical methods to psychological and sociological research occurring. From lab rats to people to live pigs, research subjects are constantly being utilized in order to improve and better

the state of (Con't page 15)

Linda Felver Inspiration—See Comic on page 7

by Kimberly Bosley

In all of my previous schooling, I was never called "studious," "brown noser," or "teachers pet." I was more commonly called, "class clown," or "Hey you, pay attention!" All the way up through high school my report cards contained straight A's but read, "talks excessively in class." I knew from this previous experience that traditional power-point-note-taking-

lecture-format classroom instruction was not necessarily the way my brain preferred to learn. In undergraduate I was told to "make note cards," "take notes during lecture," and, "join study groups." I tried these recommendations early on and, for me, they failed...miserably. At the start of my sophomore year I bought a giant sheet of white board from Home De-

pot and mounted it onto my dorm wall so I could color code my organic chemistry while I studied. I found my grades improved dramatically and I continued this through the rest of my coursework. It turns out I am a "visual learner" which up until that point I thought meant "slow on the uptake."

(Story con't page 14)



The Old Library's Red Door

By Britt Millard-Hasting 4th year medical student

Off of a landing in an unassuming corner of the Old Library is a red door with a glass window that goes largely unnoticed. The day I opened it changed my experience at OHSU, and indeed me, for the better. The room behind the door contains rare books, antique medical equipment, a human skull or two, a thoughtful and creative archivist Karen Peterson and until recently held an incredibly gifted librarian named Sara Piasecki.

Many students may have never met her, but she is something special. She cultivated relationships with icons of OHSU history and organ-

ized lectures that brought experts on the history of medicine from all over the country, to enlighten us and broaden our horizons. It was this lecture series that rooted me into the culture of our school and profession; providing a framework for the sometimes-mundane acquisition of basic science knowledge. Sara and Karen were always willing to help me find a way to connect it all back together.

Sara has gone to the great frozen north to seek her fortunes, and all of us whose lives she has touched, although delighted for her, acutely feel her absence. Karen has adeptly

taken the helm in the interim, and as of November 8, 2010 The Historical Collections and Archives welcomes Maija Anderson as the new librarian.

The History of Medicine room is captivating. It is not just the artifacts, the soft classical music or the enigmatic scent (which in my personal opinion smells like clove cigarette smoke and old glue) but the incredible wealth of experience and context that exists there. I encourage you to visit, talk to Karen, welcome Maija and breathe in the perfume of history.

Inside the Library

By OHSU Librarians

(<http://www.ohsu.edu/xd/education/library/research-assistance/ask-librarian.cfm> link in online version of Pulse) - 503-494-3462 / library@ohsu.edu

News from the OHSU Library!

SPSS/SAS software

Need to use SPSS or SAS for a class assignment? The library has SPSS installed on workstations 325, 326, and 327, SAS installed on workstation 326, and STATA on workstation 327. All of these computers are on the 3rd floor of the library. You can also purchase SPSS for windows or SAS through the library. Details at:

<http://www.ohsu.edu/xd/education/library/services/software.cfm>.

New Journals

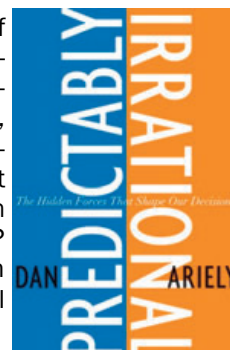
List of new journals the library is adding for 2011, available starting in January: <http://www.ohsu.edu/xd/education/library/about/departments/2011-journal-changes.cfm> (Con't page 14)

Predictably Irrational

By Jason Tee, School of Pharmacy

Predictably Irrational, a book by best-selling author professor Dan Ariely, dives into the topic of behavior economics and shows the irrational tendencies of the human mind. The book is a collection of studies on behavior economics and introduces some interesting findings this new field of study has unearthed. If you have an inquisitive mind, this book will be a

pleasure as it starts off questioning basic assumptions of our supposed rational minds. For example, why do our headaches persist after we take a one-cent aspirin but disappear when we take a fifty-cent aspirin? Why do we spend so much money for coffee but will



pinch pennies on other necessity? How is paying for sex different from being in a relationship? Why do students complain about not having enough time to have a life but are more than willing to spend 30 minutes in line for a free slice of pizza?

Con't page 11



School of Dentistry, Dental Student Government

By Tim Carpenter

As SOD Student Government President, I'm asked from time to time what I'm trying to accomplish in my position. Essentially, my main goal is to improve the experience that students have this year while going through dental school. I think these improvements can be broken down into academic and social improvements.

On the academic side, I feel my top priority is to be the voice of the students when issues come up that need to be addressed with faculty and staff. I think this is one of

the fundamental jobs of all student government leaders. In this position I have the opportunity to work with student leaders from each class and discuss with faculty concerns that the student body has brought up. Having student leaders that can do this can save a lot of time and stress and improve the experience for the student body. In addition, a meeting with the Dean is also organized every term to help get the bigger issues each class is facing to the head of the school so appropriate actions can be taken. Another way that the academic ex-

perience can be improved is through student groups such as the Student Research Group, Student Professionalism and Ethics Club, and several others. As president, I am able to work with the leaders of these groups and the rest of the student government. We get to approve funds to allow the groups to put on events, bring in speakers, and give students the opportunity to enrich their academic experiences.

While the focus of every student is clearly on academics, "all work and no play" Can't page 14

Bar Review - North 45

By Palak Patel, School of Medicine

Easily the nicest bar on NW 21st - great drinks, delicious food, and an awesome outdoor patio!

It wasn't that long ago when I was looking for a decent place to get fish and chips besides Corbett's Fish House on Corbett. One of my classmates recommended North 45. Not only



does North 45 have really good fish and chips they also have an excellent selection of Scotch and beers. After going there once, it has become the place where my friends and I either began our night or end our nights and we are not alone!

For all the soccer fans they have

signed former Team USA jerseys on the walls. It is incredibly Portland. They have a lot of food items that you wouldn't normally associated with a bar, but this place isn't your usual bar. They have regular pub food or if you are feeling a bit more adventurous you can sample the **spicy Indian masala** or coconut lemongrass mussels. Overall, their service is good; the food looks great and tastes fantastic. The whisky and (page 14)

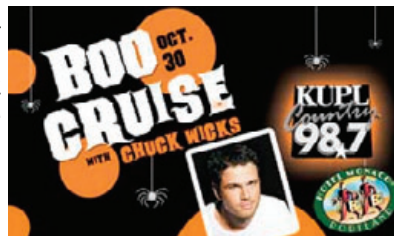
The Portland Boo Cruise

By Lauren Moffitt

The Portland Boo Cruise. What is it you ask? And why does it sound oddly like "booze cruise?" Well people, that's almost exactly what it was. Advertised by a local country radio station as a chance to dress in costume and listen to Chuck Wicks (who?) aboard the Portland Spirit for the low admission price of \$15 dollars a head. Of course, that didn't include

the thimble-size cocktails for \$10 dollars a pop and the fact that there was a one plate only buffet for \$10. Pile that plate high.

Several things ran through my mind when I considered attending this event. One, I had never

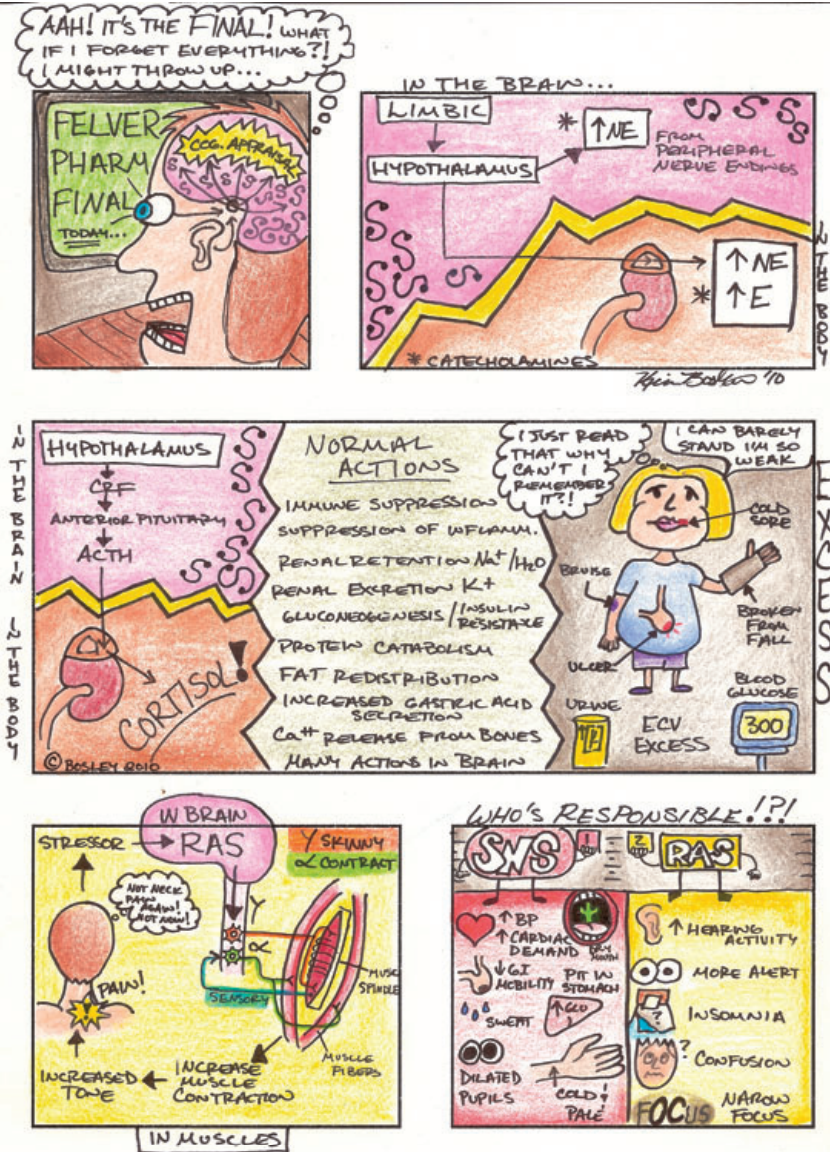


been on the Portland Spirit but knew it was expensive. So a chance to come aboard for \$15 sounded like a deal. Two, it was a chance to dress up in a Halloween costume and relax on the water listening to the (page 13)



Study Comic Example by Kimberly Bosley

Dentists vs Doctors Rebuttal By Phil Han, School of Dentistry



First off, let me defuse the tension generated by the first article by cautioning that this article is absolutely serious; every word that is not taken like gospel will gravely jeopardize your professional career.

There are several interesting yet inaccurate points made in the first article. I don't think we wear trendier clothes-many students don't like wearing the pajamas we call scrubs every day of the week. Medical students can put on nice clothing and cover it with a white coat, no? Just a couple of days ago at a lunch and learn, medical students easily looked more fashionable than a couple of us who looked like we just rolled out of bed.

As for after hours... we go out more often probably because we have to release the stress from having the third back to back exam of the week-and yes that is sometimes on a Thursday. One more thing, I have yet to see medical students break a leg on the dance floor I mean where is the rhythm (everyone can count to four right)? -How's that for gratuitous attack on your character?

While many dental students are gym rats, medical students love to bike to school or burn calories by studying so long. But you guys manage to throw on the annual dance/prom, which is lovely since there is a better balance of guys to girls.

Academically, there are points that I strongly agree with. Maybe medical students should be able to distinguish a

premolar from a molar-after all we have the privilege of learning about tetology of Fallot and esophageal varices from various pathology professors. Perhaps we should even go to the UCLA model where the medical and dental students get taught by the same professor-sometimes in the same classes. The elephant in the room is that medical students still must go through residency train-

ing while we are already in our residency. This gives medical students added pressure of studying more than the next person while we have to figure out how to fulfill our graduation requirements. Although you guys are sometime a bit too intense, the same thing can be said for our tendency to have a reputation of "go big or go home."

The dental vs. medical rivalry must go down as one of the most heated in the history of the healthcare profession. Mr. Denton deftly pointed out that we like to work hard and play even harder. Halloween weekend was a great venue to intermingle. Time to draw some battle lines.



On Political Interference in Biomedical Research continued from page 1

The report accuses Dr. Morgan of sending taxpayer money “up in smoke,” and claims that the grant is more evidence that the stimulus bill “isn’t going to stimulate anything other than the sale of Cheetos” - a reference to cannabinoids’ potent orexigenic effects. While Dr. Morgan’s study treats rats (not humans) with a synthetic cannabinoid called HU-210 (not marijuana), the Rossi website posted a link titled “Lighting Up at Washington State University,” implying that lackadaisical college students were smoking marijuana on the government’s dime. In an interview with the Seattle Times, Dr. Morgan corrected this misinformation, noting the annual \$80 billion spent on treating chronic pain in the US, and adding that his stimulus grant has created jobs for both graduate and undergraduate researchers - positions that

would have otherwise been eliminated or non-existent.

It is unfortunate that, in making such statements, these politicians have not taken into account that NIH research grants (like the projects at Wake Forest and WSU) are funded only after rigorous peer-review, in which panels of expert scientists nominate the highest-scoring applications for federal support. Furthermore, in gauging the economic impact of this research, our elected officials must be aware that enormous costs to society are incurred by debilitating medical conditions, and that biomedical research results in substantial long-term fiscal benefits via enhanced patient care.

Regardless of whether these political figures are truly uninformed about such basic concepts, or if they have intentionally set out to mislead

uneducated voters, our solution to the problem should be the same. Enhanced scientific understanding amongst the public is integral for creating a political climate that is amenable to progress in biomedical research. As clinicians and scientists, we must share our valuable knowledge with members of our communities. Fostering a more nuanced public appreciation of scientific research will result not only in significant advancements within medicine and technology, but also, in a more secure economic future for our nation. By participating in public outreach events coordinated by OHSU, and by advocating for science education within our own communities, we can protect vulnerable individuals from misleading political campaigns, thereby sustaining federal support for vital biomedical research.

At the Bottom Again Continued from page 3

from college with a bachelor’s degree in neuroscience. I thought I was on top of the world. I had already been accepted to dental school, I was engaged to be married, and I was moving to a new and exciting environment. I knew dental school would be challenging, I knew that I wouldn’t know very many people, and I knew that for the next four years I would have to focus completely on dental school.

The thought hadn’t crossed my mind that I would be right back at the bottom of the food chain again. I felt as though I was back in elementary school where I didn’t know anything. I felt like I didn’t know what to do or where to go. That was evident when I

got lost in the dental school on the first day. I was the student who walked into our first class one minute late. The renowned anatomy professor, Dr. B., made everyone aware of my tardiness in humorous fashion. I quickly shook off my embarrassment and buckled up for what everyone calls graduate school.

After the first class period, I realized that everyone in my class seemed to be feeling the same way I was. We all appreciated the vulnerable circumstance which we were in, and seemed to bind together as do many when a group is faced with adversity. We all knew we were in it for the long haul. We realized that we had passed the point of no return. But why should

a measly hill get in the way of our journey to the summit? It’s not like we haven’t done this before. Furthermore, what could be better than learning about the profession that each of us loves? Although at the bottom again, each incoming student should be hopeful and look forward to a great experience at OHSU.



Hepatitis B continued from page 1

below the poverty line. For example, the Hmong, a Southeast Asian minority ethnic group living in Fresno suffer silently from the highest rates of poverty and chronic hepatitis B in the valley and among our nation. Approximately 1 in 5 Hmong have chronic hepatitis compared to 1 in 1000 of the general population. Subsequently, the Hmong have a 7-fold great incidence of liver cancer compared to the general population. Unfortunately, the leading cause of cancer death for the Hmong is liver cancer caused by the hepatitis B virus. It is unacceptable for any person to die from liver damage or liver cancer caused by the hepatitis B virus, as it is a highly preventable infection with the 3-shot hepatitis B vaccine series available. The hepatitis B vaccine series is so effective that is called the first “anti-cancer vaccine” by the World Health Organization.

Despite the development of this vaccine, hepatitis B virus (HBV) remains

the most common type of hepatitis B virus in the world spread primarily spread from an infected mother to her child at birth. Though chronic (life-long) hepatitis B is a highly prevalent infection in our world, it remains a silent disease with little recognition despite the fact that about 80% of liver cancer cases are caused by the hepatitis B virus.

Shockingly, most doctors do not know how to manage chronic hepatitis B patients. It may be partly because there is minimal exposure to hepatitis B during medical training even though hepatitis B is a preventable yet deadly disease affecting many racial and ethnic minority groups in America. In my medical school experience, I received about 15 minutes of background on hepatitis B but no real information about chronic hepatitis B treatment and required monitoring.

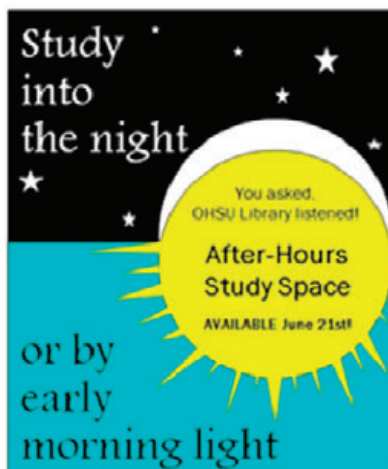
Some may argue that perhaps we are not taught about treatment for

chronic hepatitis B because there is no need to know this information. We already have a hepatitis B vaccine that can prevent hepatitis B, right? Yes, however, despite the development of this *anti-cancer vaccine*, many racial and ethnic minority children and adults have not received this 3-shot series over 6 months that would protect them for life. For example, in Fresno, California, there is only a 9% immunization rate among its close to 1 million in population.

Whether we are students or practicing healthcare providers, learning about hepatitis B (the most common cause of liver cancer) will enable us to help our patients prevent premature death from liver damage or live cancer. I urge students and providers to take time to learn more about chronic hepatitis B at: liver.stanford.edu

For questions: contact me at lopa@ohsu.edu

OHSU Library After Hours Space



On June 21, 2010, the library launched an After Hours Space on the fourth floor. Quiet study space, study rooms and wireless access is available. Ten comfortable, new lounge chairs with tables to support laptops, food & drink, or sleepy heads have been purchased. In response to patron requests, four new high-backed, ergonomic workstation chairs have been added, and a few of the older lounge chairs will remain available for snoozing.





Nurses in the Performing Arts

Continued from page 3

the homes with bulldozers. Rachel arrived in January of 2003, and she lost her life on March 16, 2003 when one of these bulldozers ran over her while she attempted to protect the house.

I played the older version of Rachel along with Madeleine Rogers, a junior at Grant High School, who played the younger version. The script is made up entirely of Rachel's old journal entries, letters, and e-mails home. Her story is haunting but hopeful. After each performance, the audience stays for political and human rights discussions. I am surprised how often an audience member mentions that they had been to the Gaza Strip or have been a part of peace groups in that region.

Being a part of this show has certainly opened my eyes to an issue I didn't know about or understand before. Israel is an American ally, and I have many Jewish friends. My husband is Jewish as well. However, after reading many articles from American, Jewish, and Palestinian peace groups, I have learned that the Palestinian people are being wiped out, their rights are being taken away, and Israel is breaking many international

laws while America continues to support them financially. This has been life-changing for me. This is of course a politically charged issue and many people don't agree with me, but being Rachel Corrie for six weeks has certainly sparked the beginnings of an activist in me. I am not afraid to tell people what I have learned, and I hope to go to the Gaza Strip someday to help defend and rebuild Palestinian homes.

Timothy wrote:

Portland Opera's production of "Pagliacci" and "Carmina Burana" is the sixth opera production that I've been a part of as a member of the chorus. I really enjoyed the idea of doing the two operas in one evening, and this production is one for which the general director, Christopher Mataliano, is well known. I've always enjoyed the drama and emotional catharsis present in "Pagliacci", and prior to doing "Carmina Burana", I had only really heard one chorus and one aria prior to beginning working on the music.

One of the most challenging aspects of being involved in this op-

era production was the sheer number of pages of music to memorize. "Pagliacci" is written in Italian, and "Carmina Burana" is written in Latin and Middle German (sort of a mix between Latin and modern day German). I think I counted about 130 pages of music that we had to learn and memorize. By opening, everyone had the music memorized and the performances went smoothly.

I really enjoyed being able to be a part of this production. It was great to perform for such a large audience since the Keller Auditorium holds nearly 3,000 people (even though audience members would have to basically play a game of "Where's Waldo" to find me on stage). One of my favorite moments of the whole process was during one of the technical rehearsals as we were approaching dress rehearsals and performance. The director said "okay, we're going to run this scene again, and I know that it's been a long night, so just take it easy", to which the tenor playing Pagliacci/Canio (Richard Crawley) replied, brandishing his plastic knife "YOU take it easy!" followed by a chorus of laughter from all of the rest of us on stage.

North 45

Continued from Page 6

scotch can get a bit spendy but the rest of the drinks won't break the bank.

Starting November 11th they are having their weekly Thursday Brew Hog where they will have a guest micro-

brewer samples with Brew Hog Ribs for 22 weeks!

North 45 Pub
517 NW 21st Ave,
Portland, OR
[\(503\) 248-6317](tel:5032486317)



Imposterism

Continued from page 2

traded for scrubs every day during surgery. Not to forget, I recently invested in a pair of Crocs in order to feel hip and sprightly, yet sophisticated and professional, when I'm in clinic and out on the wards.

If all these advances in my medical attire were any indication of my experience and advancement in the medical field, one might think that I would successfully contribute to patient care. Clinical knowledge notwithstanding, I measure my level of competency by my activity with patients and peers. My better days are when I make a friend by helping him choose a sticker, help an expecting mother hear the fetal heart tones, or when my attending validates my assessment, and even better, agrees with my plan. My worst days would unquestionably involve managing the camera during a laparoscopic procedure, and luckily I don't expect to do

that again soon. Yet, through all these hurdles of clothes and study, I always wonder: am I doing this right?

Unfortunately this question is a manifestation of impostorhood, which may not be a word but definitely is a feeling, and one that I have maintained since I received my acceptance letter from OHSU. Did they look at my whole application? Ed Keenan said that they wouldn't have accepted any of us if they didn't think we could make it through medical school, but what about residency, fellowship, and attending? Who are "they," anyway, and will "they" retract their admission at some point? I remember a professor during 1st year who recalled how difficult medical school had been for him, and confessed that he's still waiting for a team of officials to blow the whistle and drag him out of the classroom. A friend of mine recently heard an at-

tending voice similar feelings, acknowledging that they may only grow as we advance through our education. Although it would be nice to accomplish authenticity at some point, I guess that's why they call it the "practice" of medicine, and it's nice to know I'm not alone.

It certainly doesn't help, though, when I walk into a room and the patient says, "What are you, twelve?" Apparently professional dress and a little facial hair are insufficient in conveying what little experience I do have; indeed, I have considered "Touch of Grey" hair product to add a few more years, but my baby-face will never escape me. Hopefully there will be a time when I feel confident in what I'm doing, and my patients and peers will have confidence in me. Until then, I will never hesitate to call a consult.

OHSU Student Blog

Continued from Page 3

The forum does not require a login and is purposefully designed to mimic the easy access of craigslist. Currently, the free hosting prevents students from uploading photos. However, if the forum is used regularly, we will definitely upgrade it.

I feel that this is a good start, but there is plenty of room for improvements. Hence, I am asking students for their help. With more than 10 programs at OHSU, having one student keep track of different events is nearly impossible. I want to increase access

for you guys. If you feel interested in contributing your time- I will be happy to talk to you.

Advice, Comments and Volunteers - feel free to e-mail me at tee@ohsu.edu

Predictably Irrational

Continued from page 5

What I enjoyed about this book was the investigatory nature and the many applications that Dr. Ariely's research can play in my daily life. The implications of behavior

economics in healthcare are important lessons. From dealing with stubborn patients or attracting patients to your new dental office -

irrational market forces play a meaningful role in our future.



Truly Make a Difference in the Lives of Others

continued from page 2

have been confirmed for 2010 alone, and six more are scheduled for 2011!

To find the closest blood drive to your home, work or school, please call **1-800-RED CROSS** or visit online at www.redcrossblood.org/make-donation. Below is just one example of how blood donation has impacted those in our Portland community.

Latay Hammick is a 13-year old girl who is ready for vacation. After she finishes up the sixth grade at Boise Eliot School in Portland, Oregon, she is excited for basketball with her friends and what could be her first trip to camp.

For Latay and her family, there's more to be excited about than vacation. It's also been over six months since Latay has needed blood transfusions at Doernbecher Children's Hospital, where she had her last medical emergency.

When Latay was born, she was diagnosed with sickle cell anemia, a disorder

that causes red blood cells to form an abnormal crescent shape. Because of this rare shape, sickle cells are fragile and only last about ten to twenty days in the bloodstream, while healthy cells typically survive for about 120 days.

This means patients like Latay are chronically short on their red blood cell count. Since these cells play a critical role of transporting oxygen throughout the body, they must be replaced. To help relieve symptoms of anemia in sickle cell patients, blood transfusions are necessary.

When she was two years old, Latay had open heart surgery. Many pints of donated blood were used for a successful operation. "It took a few hours, and while the sickle cell blood was coming out, she had pints of good blood coming in," said Tiffany Lamberth, who is Latay's mother. "When a sickle cell child goes into the hospital, it's called a crisis. Latay usually stays there for three to five days."

Leonard Lamberth, Latay's grandfather, sits on the board of the Sickle Cell Foundation of Oregon. The family is very knowledgeable on the blood disorder, but because symptoms often start as fatigue, infections, and episodes of pain, it used to be difficult to determine the cause. "Now that Latay is older, she knows how to handle it," Tiffany said. "She knows what to look for, and so do her school teachers and friends."

With a rare blood type, donating means a lot to Leonard. He said it's such a great benefit because hospitals have a hard time finding matches for patients with rare blood types.

"People should give blood – you might not be able to give a thousand dollars, or ten thousand dollars, or a fifty-thousand dollar benefit, but everybody can try to give blood," Leonard said. "The thing about blood is, it's not black or white, it's not Asian or Hispanic, it's about all people helping each other."

Construction at the Student Center

Continued from page 3

in the center of the first floor where the Director's office and former squash court are currently located. The total square footage will be comparable to the current store space. In addition, the front reception desk of the center will be combined with the retail functions of the Campus Store to better serve store and center users. Opsi Architecture and members of the Student Center Planning Committee have worked together to ensure that the new Campus Store space is aligned with the current design of the center, and will

best serve students and community members with its convenient location.

At this time, the design plans for the gaming space on the second floor have not been completed. Although, it does appear that there will be plenty of room to place a ping-pong table, pool table, foosball, and darts. Furthermore, the space will contain sofas, chairs, and a large screen TV for continuous television viewing throughout the day. Finally, the computer kiosk that is currently located on the first floor will be relocated to this space on the second floor.

The goal is to complete as much of the construction that may disrupt students and normal business functions during off-hours or on weekends; however, we apologize in advance for the inconvenience that any of these projects may cause. We appreciate your patience and are looking forward to these new additions. Any students who are interested in serving on the Student Center Planning Committee are encouraged to contact Jesse Hollander, 3rd year dental student, at hollanje@ohsu.edu



Portland Boo Cruise continued from page 6

music of Chuck Wicks whom I knew nothing about. And three, it was something fun and different to do for Halloween and enjoy some time with my patient, non-med school boyfriend and still get home early the weekend before a test. Perfect.

I was afraid that my Marilyn Monroe dress might be too scandalous because there was a little bit of underwear showing through the skirt but lo and behold, it was one of the most demure outfits on the boat. There was scandalous Pocahontas; barely dressed Adam and Eve; Reba Macintyre inside a Barbie doll box and a horde of over-zealous, under-dressed vampirettes. One of the most creative costumes was the couple who came as Kanye West and Taylor Swift, along with their mock Moon Man award.

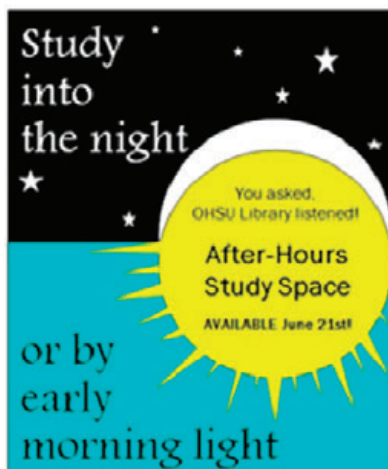
All these costumed party goers came ready to “get their drink on” and listen to Chuck Wicks (who IS this guy?). The country fans sang along to every

one of Chuck’s lyrics, listened to him tell us how drunk he was and how badly he needed another Jaeger bomb. A large majority of the revelers smoked up a storm on the upper decks. Pocahontas ended up sitting on the sound man’s lap, Reba was escorted off because she was knocking too many people over with her huge costume and Taylor and Kanye won Best Couple costume and had to stand on stage for a half an hour for pictures. All this as the Portland Spirit sailed back and forth past OHSU about 20 times, reminding me that I really should be up there studying.

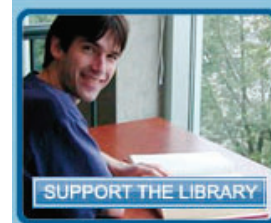
And as we docked to disembark and people stumbled up the gangway, (how many thimbles of alcohol does it take for a 170 pound person to get that intoxicated?!), singer Chuck followed several groups asking where they were going and loudly announcing his room number so we could guess his hotel. Not hard, there aren’t many ten-story hotels in Portland and sorry Chuck, NOT interested.

Overall, it was a pretty fun night. I now know who Chuck Wicks is (sort of), I was in bed by eleven and I can safely say these die hard country music fans will keep pulmonary doctors in business for a long time.

OHSU Library After Hours Space



On June 21, 2010, the library launched an After Hours Space on the fourth floor. Quiet study space, study rooms and wireless access is available. Ten comfortable, new lounge chairs with tables to support laptops, food & drink, or sleepy heads have been purchased. In response to patron requests, four new high-backed, ergonomic workstation chairs have been added, and a few of the older lounge chairs will remain available for snoozing.





Linda Felver Inspiration

Continued from page 4

In the spring of this year, I found out I was accepted into the accelerated bachelors to PMHNP program, and I was absolutely elated. The excitement, however, was quickly followed by apprehension in regards to my shoddy history with “classroom learning performance.” That, however, was before I experienced classroom learning with Linda Felver. I was immediately blown away by this instructor who brought with her a giant pot (with a face and pigtails) and proceeded to explain to us that her idea of our coursework was like a soup – ingredients were added (literally, she was putting beans and rice into the pot) not only by her, but by the class in the form of life experiences. I had finally met an instructor that taught the way I learn, with puppets, cardboard tubes with red scarves in them

to represent blood, and Hot Wheels. She offered the class an extra credit point for contributing an original piece of artwork that pertained to pharmacology topics. I took to the task and just for fun, I put a little extra effort into it. When I handed my drawing in Linda was thrilled, and I mean belly laughing thrilled. She encouraged me to do more drawings as a study aid. I didn’t listen to her. When the midterm came around I did not score as high as I had hoped. When I went to discuss it with her, she was astonished that I hadn’t drawn a single picture on my test. I tried to explain to her the nature of exams and that there were certain “time constraints” when she stopped me and said, “It’s how your brain works...pictures...I want to see them all over your final.” Though initially

skeptical, this time I listened. I began to make comics for every lecture in both Patho and Pharm. My grades became what I had hoped them to be and I now have around thirty comics and am continuing to make more this term.

I submitted my “stress response” comic because I feel any student (or professional for that matter) can relate to the material and understand the feelings associated with stress whether chronic or acute. Also, I feel it is some kind of dedication to the instructor who helped me find my “study comics.”

OHSU Dental Student Government

Continued from page 6

can create its own set of problems. This is where the social side of improving the student experience comes in. At the dental school, students will spend about eight hours a day, five days a week, with the same 75 people for four years. It is important to mix in some fun from time to time to make the experience more enjoyable/bearable. The dental student government plans events all year that help students get together and have fun. Events include a flag football tournament, talent show, and a BBQ that donates the money to the Pediatric Dental Department. The student government also organizes a Monday morning finals week breakfast every term that helps everyone

start the week off right. The great thing about all these events is that they are student driven and organized by class leaders. It’s great to work with these people and put on these events which I believe really help people get through the rigorous demands of school.

If there is anything to take away from this article it is that your student government is here to help. The people that are involved with student government are people that want to be active and help out their classmates, whether it’s through the academic or social experience. It’s important for students to know that leadership opportunities are out there, and although it takes more

work, it is fun and rewarding. So I encourage fellow students to be active and participate in the events your student government puts on. It can really enhance your experience here at OHSU.



Life at OHSU: A Wonderful Mix Continued from page 4

medicine and science on a daily basis to ultimately save and improve lives.

Simultaneously, we have a college campus with students from all walks of life. A college campus comprised of fresh young college grads to seasoned professionals who came back to start a new career or to get a new degree to enhance their current careers. This college campus has nearly all the features of a traditional university, but seemingly in a less dramatic and somewhat 'modified' version. We don't have a football or soccer field but we utilize our good old student center for indoor play on the basketball court. We don't have an official OHSU football team akin to

the U of O football team (what a sight that would be) but we have intramural sports which involve indoor teams in which we compete with each other based on what school/class we are in. We don't have the general sprawling feel of a 'regular' university yet we still find a way to give the campus a college feel to it; and the fact that the word 'University' is plastered in thousands of places all over the campus kind of forces us to remember that at the end of the day, we are a university.

We are comprised of talented students, who study hard and work hard. Students that also still like to have fun and socialize. We

organize house parties and Halloween parties, just like we did in our undergraduate colleges. There is drama, love, hate, and lifelong friendships formed. We are a university. We are a college. But we sometimes forget to remember is just how lucky we are to be part of a university in which lives are saved, people are taken out of pain, and people's health is improved. And we all will have the power to contribute to these activities more and more, which is the beauty of it.

OHSU Library Continued from page 6

Don't see a journal or book you want in our catalog (<http://catalogs.ohsu.edu/>)? Go to the library web site and click on the "Suggest a Purchase" link (<http://www.ohsu.edu/xd/education/library/books-journals/purchase.cfm>). We can't promise to get everything, but we do take all requests into consideration when making book and journal purchasing decisions.

Thinking about publishing? The library can provide you with support if you're thinking about publishing a journal article. In fact, the library has memberships to some open access publishers that can save you money in article processing fees! If you'd like to learn more, please visit the OHSU Author Benefits web page: <http://bit.ly/bQiB61> You can always also contact Emily Ford, Scholarly Communication Librarian, with your publishing questions.

Emily Ford can be reached at fordem@ohsu.edu, 503-494-3915

New Biomedical Sciences Information Specialist



The OHSU Library has hired Jackie Wirz, Ph.D., as a biomedical sciences information specialist. If you are a student in the science graduate programs she is here to help YOU! Jackie received her Ph.D. in Biochemistry and Molecular Biology at OHSU, where her dissertation work focused on collagen and collagen-modifying enzymes. Some highlights of her scientific career include successfully mapping out the DNA binding footprint of a repair enzyme, solving the

crystal structure of a protein trimerization domain, receiving a fellowship from the National Science Foundation, presenting a demonstration on redox chemistry to 500 girl scouts and breaking a wide variety of scientific equipment. Luckily, she has also learned how to repair scientific equipment. A devoted book nerd, Jackie reads books from a wide cross section of genres. She also collects different editions of her favorite book, Jane Eyre. On a professional level, Jackie is fascinated by the interdisciplinary nature of library science. She looks forward to using her research experience to enhance the user experience at the OHSU library. More information on Jackie can be found at <http://www.ohsu.edu/xd/education/library/about/staff-directory/jackie-wirz.cfm>. Contact Jackie at wirzj@ohsu.edu or 503-494-3443.

The Pulse, All Hill Student Newsletter

Please note that all comments within this newsletters are the opinion of the individual author and do not reflect the student body or the OHSU Student Council.

For Comments or Questions
Email Vijay Patel
Patelvi@ohsu.edu



Please visit our **BLOG** for information on how to request funds from the student council, as well as information on events other students are organizing!

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MONDAY, NOVEMBER 15, 2010

Changes to Movie Viewing in the Student Center Media Room

Unfortunately, due to film & video copyright infringement concerns, we will no longer be able to informally show movies or

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Sunriver All-Hill Ski Trip By the OHSU Student Council

Every year, during winter term, students from all disciplines get together for a little fun away from our 'OHSU Hill' and hit the snowy slopes of Mt. Bachelor. The All-Hill Student Council sponsors this event at Sun River Resort in Central Oregon. .

All too often, students find themselves cooped up in the library or stuck in class at their respective school. Aside from the limited events here at school, there is very little interdisciplinary mingling that occurs. In a few years we will all be colleagues and there is no better place to than Sun River where the books are left at home and connections are made that will last forever, or just one night.

The event starts Friday after-

noon when everyone individually makes their way over the Cascades and ends up at Sun River Resort. The die-hard skiers and snowboarders tend to take Friday evening a little



easier than most in order to stay fresh for an early start on the slopes. Mt. Bachelor (a 25 minute drive away) is one of Oregon's premier ski

mountains and offers OHSU students a discounted fare on our annual get-away. After a long day 'shredding the nar' there is nothing better than a soak in one of the numerous hot tubs at the resort. The big bash happens Saturday night where school ID's are left at the door and students from all schools can mingle around the bar or on the dance floor.

Make sure you are not sitting home the first week back from break and you join the fun in Sun River. Keep your eyes peeled for posters around campus and if you have any more questions, email the contact for your school located on the posted flyers.