

President's Corner:

OHSU
Student Council
President

**Albert
Lai**



Just as in nature, spring is a time of major change on campus. Planning for next year is currently underway, a time that has been made more uncertain by the recent Tort Cap decision. By now, you have probably heard the news that the OHSU Leadership Team has decided to keep the March Center open. The current plan is to restructure March so that the facility is consolidated onto the 2nd floor (the level where the entrance is). To do this, they are planning to eliminate the gymnasium and move the free-weight and cardio equipment into that space. Intramural sports and other programming will most likely be continued by hosting them at the Student Center gymnasium on Marquam Hill. What does this mean for students? At this point, students will be provided access to the reconfigured March Center by paying for it through their incidental fee. The exact fee amount has not been

set, but the recommendation from the OHSU Student Council Incidental Fee Taskforce (ITFF) will be that the amount contributed to March Wellness will be lower than what was paid in the past.

The incidental fee itself is an interesting entity. The very name of it is non-specific, which leads many students to ask what exactly the fee is going towards. This academic year, the biggest component of the fee went to pay for March Wellness gym access. The rest of the fee goes to support the OHSU Student Council and the respective student governments of the various programs on campus (School of Medicine, School of Nursing, School of Dentistry, Graduate Student Organization, etc.). As the overarching student government at OHSU with representatives from every program, the work of the Student Council is revolved around supporting programs that are advantageous to the cultural, societal or physical activities of students. This includes the coordination and sponsorship of social events (Welcome BBQ, Halloween Party, Sunriver Ski Trip), recognition programs (Student of the Month, Volunteer Awards Ceremony), promoting awareness and communication (The Pulse newsletter), representing and advocating on behalf of student interests (Student Health Services, Policy Advisory Committee, Legislative Action Committee, Diversity Committee), and funding interdisciplinary projects and events (Student Research Forum, Hills for Humanity, Social Justice Lecture).

The goal of the incidental fee taskforce is to keep the fee as low as possible while still maintaining support for important social, advocacy, recognition, and outreach projects. Looking at other public campuses around the state, the OHSU incidental fee (currently \$150/quarter for full-time students

if you do not include the March Wellness portion of the fee) is comparable. For example, full-time graduate students pay \$208/quarter at the University of Oregon pay \$208/quarter, \$202/quarter at Portland State University, and \$212.06/quarter at Oregon State University. If you are interested, these fees are published online at http://www.ous.edu/dept/budget/files/AY07%20Fee%20Book_Rev_072507.pdf.

As a student, the best way to get involved in the process is to share your opinions with your respective Student Council representatives, attend the upcoming Town Hall Meetings, and answer any online surveys that get sent out.

Despite all of the attention given to the incidental fee, I hope that you will not miss out on some of the exciting upcoming events that are happening around campus. You can spend some time chatting with OHSU President Joe Robertson at the Mug O' Joe event, go for a run and support a local charitable clinic at the Hills For Humanity 5K, check out the research work of your fellow classmates at the Student Research Forum, nominate and hear about the amazing volunteerism of OHSU students at the Volunteer Awards Ceremony, and more.

For details about these events, take a peek at the Calendar of Events and keep an eye out for more information via e-mail (if you have a spam filter and do not want to miss out on announcements regarding events, make sure to include scouncil@ohsu.edu on your safe list).

Albert Lai, medical student
OHSU Student Council President
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~~OHSU~~ Bookstore, Inc. News / Updates

by PULSE staff

When students begin the new school year in fall of 2008 they will notice some changes in the "OHSU Bookstore". One of the most significant changes may be that it won't really be the "OHSU Bookstore" at all.

Institutional bookstores around the country, like the OHSU Bookstore, operate on a tight profit margin partly due to expected low volume technical book sales and partly due to wage and benefit costs for unionized employees with technical expertise. The recent increasing competition from online sales has turned these bookstores' tight profit margins into net losses, thus making the bookstores difficult to sustain. OHSU's bookstore is no different.

Yet, because printed knowledge is still an integral part of academic life, the Office of Academic and Student Affairs (OASA), which governs the bookstore, is making changes to maintain a bookstore presence on campus. The changes seek to 1) transition the bookstore into a sustainable sales model that decreases the threat of outright closure, yet 2) maintain availability of book sales in an accessible central location and with at least the same degree of services.

The OASA is currently pursuing a "contracted book services" model - whereby a local or national book sales company would take over funding and operations of the bookstore. Despite the fact that a contracted vendor would allow a bookstore to remain on campus, it will also likely bring changes.

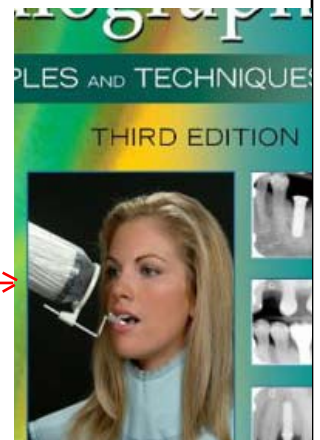
The bookstore size is expected to remain approximately the same if not become a bit larger. Despite sustaining square-footage, some current services may not be managed by a national company, and will be moved out of the bookstore's purview. Dental equipment, for instance, will likely be moved

closer to or within the dental school, where it was prior to the consolidation that created the current bookstore, and will be managed separately.

Yet, absorption by a larger company may also bring new materials and services. Computer, software, and other technology sales and service as well as online ordering (things that the current bookstore staff and system cannot support) may be available through a new, larger company. As well, a larger company may enable better access to a larger selection of texts - such as the stimulating "Dental Radiography" pictured here.. →

Overall, the most significant change you may see in a new bookstore is the faces. Because new management would make hiring decisions, there is a high likelihood that there will be a turnover in staff. Currently unionized bookstore employees will be provided job placements in other OHSU locations, while those not unionized may be forced to find other, non-OHSU positions. Fortunately, because this transition is not sudden and is being carefully planned, the OASA is currently working with non-unionized employees to determine how best to serve their employment needs.

If you have further questions about the bookstore transition, please contact Bob Vieira at the Office of Academic and Student Affairs. He is happy to answer questions.



by the **PULSE** Staff

\$30 million is a ton of money. \$30 million can change everything. And at OHSU, changes are a'comin'.

In late December, the Oregon Supreme Court handed down their decision on the case of *Clarke v. OHSU*, which involved assessment of OHSU's \$200,000 tort cap. A Tort Cap is a years-old mechanism that limits the amount of money that a public institution can be sued for in a single suit. Tort caps enable public institutions to continue their unique public services despite potential snafus for which private companies would be sued into obsolescence.

The details of the Supreme Court's decision, like most legal wranglings, are complicated. The gist, though, is that OHSU keeps its institutional tort cap, but can't keep individual practitioners and employees under that tort cap's umbrella. This subtle distinction means that practitioners and employees are open to sky's-the-limit suits, and therefore must increase the degree of their malpractice and liability coverage. Since OHSU covers, as many public institutions do, the costs of their employees' insurance premiums, it means that OHSU's annual expenditures increase.

And not just a little: a \$30 million increase. And that \$30 million is enough to send shivers down board members' spines – in turn motivating cross-campus loss-trimming the revenue-hunting.

So what does this have to do with us - OHSU students? Even though we're an integral part of OHSU's mission, students at OHSU are both loss leaders and potential revenue sources. The academic mission at OHSU has been a loss leader for years. The tuitions our loans pay doesn't cover the cost of our education, meaning that every year a portion of the financial burden of our education is subsidized by profits from hospital operations.

And, now, since hospital operations are in a financial pinch, some of that burden will be shifted back onto our young, hardy, unblemished student bank accounts and lavish lifestyles. And even more, will be foisted upon the unsuspecting incoming students who won't know any better. And, really, students, who've worked long and hard to earn their one shot at a limited number of competitive spots in health care education, are a lot more willing to take a shafting than are health insurance companies, health administrators, or current practitioners who have the power to pinch pennies.

So all shafting talk side, what does this mean exactly? In short: tuition increases and service decreases. But that's a gross simplification...



The President's Office kindly answered students' many questions regarding the institutional changes that will be made in response to the Tort Cap decision. *The answers to those questions will both be distributed by email to all students and will be posted on the Student Council's website.* The answers are voluminous and vary greatly in detail and substance. I'll venture only to mention a few points here, and refer you to the master-tome online for every gruesome detail.

- 1) **Your tuition's safe, but your little brother's gonna pay out the nose:** Tuitions for all currently matriculated students, no matter what program they're in, will rise only with inflation. Tuitions for new, incoming students will increase 10-25% over current tuitions. Exact dollar amounts will be available later this month.
- 2) **Your class size was going to increase anyway...:** Integration of basic science courses across OHSU's academic programs has been a long-term goal, enabling students to integrate into a more cohesive whole. You'll likely be sitting between a dental student and a PhD student in your cranial nerve lectures sooner than you would have otherwise.
- 3) **Departmental and faculty changes are mysterious things:** "Merging and integrating", "as soon as the budgetary process for FY08 is complete", "determined by departmental leaders", and "working closely with the OHSU Foundation to help ensure faculty retention and recruitment" are popular, albeit fluffy and mysterious, phrases that heavily lace the administration answers to detailed questions on departmental changes.
- 4) **Engineers and Doctors make perfect bedfellows:** the School of Science and Engineering will be scaled down and rolled into the School of Medicine. Currently matriculated students in tracks slated for elimination will be ensured access to coursework to complete their study. Funding of the engineering endeavors will come from the school's current endowment and should not increase burden on other academic departments.
- 5) **Student fitness' future a maddening flowchart of contingencies:** In short, MARCH may close, it may be transitioned to others' hands. When, who knows. It will decrease in size, cutting out dead space and some functionality. When, who knows. Equipment, if MARCH closes, may be redistributed to space in the coming Student Center; if it doesn't close or is sold, will go nowhere. Intramural activities are guaranteed to persist, but where, who knows, because the Student Center project, despite still being underway, "the scope of the project may be re-evaluated". If you're really interested, MARCH has its own website regarding changes, etc. See the full document for the address.
- 6) **Channel your frustration:** Students are encouraged be part of the process by providing "creative, resourceful feedback on spending" as well as "advocating for tort reform in the legislature".

OK, there's a ton more details, without snarky commentary, in the full document. Again that document will be sent around to all students and will be posted on the Student Council's website:

<http://www.ohsu.edu/academic/acad/ahc/>
Look there for more details...



by Brenda Marsh, Graduate Student Molecular Biology

...Imagine for a moment that you are giving a talk on a subject of your professional interest, say, for example, the effects of ranch dressing on pediatric inpatients' consumption of green vegetables during their hospital stay. The room is quiet, all eyes on you, students and faculty sitting in rapt attention as you wax eloquently on greasy greens. Naturally, you end to thunderous applause. The next speaker begins. Her talk is on a similar topic, but comes at it from a completely different angle, say, how ranch dressing modulates the expression of the p53 tumor suppressor gene. Then a third speaker, and a third angle - ranch dressing's potential as delivery system for Tuberculosis medications in the highly contentious Directly Observed Therapy. The presentations end, you chat with the other presenters, trade ideas on molecular biology, informatics, patient care, public health, swap emails and dressing recipes. All centered on your research topic of interest - even if it ranch dressing*. Many roads, one goal. **Welcome to the 25th annual Student Research Forum.**

This year marks the 25th anniversary of the OHSU Student Research Forum (SRF), which will occur on May 8-9th 2008. The SRF showcases the high caliber research being done by *OHSU students* and encourages creative interaction among students from all schools and departments.

This 25th anniversary forum is full of exciting new and unique plans and ideas.

This year, the SRF will consist of 14 oral presentation sessions, and one poster session, all centered on broad health themes such as cancer, neuroscience, and aging. Presenters in each session are invited to approach their topic from any research field, from engineering to policy design to genetics to symptom management and beyond. The goal of these sessions is to bring student researchers together from across OHSU campuses in a multi-disciplinary format with a special focus on their topic of interest. Each session will be judged by one of OHSU's institutes, which will then provide first and second place winners with monetary research awards. Participating institutions include CROET, VGTI, OBI, HRC, CSWR, MARC/PARC, Shriners Hospital, the Center for Ethics in Health Care, and OCTRI. Awards will be presented at the conclusion of the forum, during an awards banquet for all presenters and their mentors at the Center for Health and Healing.

This year's forum will also be a teaching opportunity, as high school students and undergraduates from across the Portland area will be attending as well.

The SRF is an ideal environment for developing collaborative efforts and fostering new ideas. To register for the forum, or to submit an abstract, please visit

<http://srf.ohsu.edu>.

Space is limited, so visit the site soon. See you in May!

*OK, maybe ranch dressing was a stretch.

3rd Annual Student Volunteer Awards

Upcoming Events

Nominations are now open for the 3rd Annual OHSU Student Volunteer Awards. Students who have done volunteer work in any of these areas within the last 2 years are eligible for nomination. Students can nominate themselves, be nominated by student peers or faculty/staff.

A winner and runner-up will be awarded in each category. The winner will receive a commemorative certificate and a cash prize ranging from \$300 to \$500. The runner-up will receive a commemorative certificate and a cash prize of \$100.

To nominate a student, please visit the following website

http://www.surveymonkey.com/s.aspx?sm=6o1LT4NpONuYzIX2QnwLBw_3d_3d

(You will need to be prepared to submit a brief 100-250 word statement about the nominee's service at the time of nomination.)

Deadline for nominations is Friday, April 25, 2008 at midnight.

If you have any questions about the award process, please contact Lyzz Caley at caleye@ohsu.edu

AWARD CATEGORIES:

Educator Award: Recognizes commitment to mentoring, presenting, or teaching that aims to increase awareness about pertinent health issues.

OHSU Student Service Award: Recognizes student service that increases the quality of life for OHSU student.

Global/International Service Award: Recognizes a student that has done exceptional work in research, education, public service, or clinical service at an international level.

Community Outreach & Clinical Service Award: Recognizes a student who demonstrates commitment to serving the community and enhancing the health and/or quality of life of others beyond that required for scholastic purposes.

Volunteer Rising Star: Recognizes OHSU students who have recently become involved in volunteer efforts within the last year and have demonstrated outstanding initiative and commitment to their community or to OHSU.

Volunteer of the Year: Recognizes a student who has demonstrated a personal mission toward service, whose has worked in more than one of the above categories, and who exemplifies OHSU's vision to the community and world.

Transition to Electronic Records at Student Health Center

by Nicole Kearney, Medical Student

The Student Health Center currently operates on paper charts and processes laboratory and radiology orders through a different electronic system (A2K) than most of OHSU (Epic). As of April 13, 2008, the student health center will lose A2K and begin switching to the Epic electronic records system. The **three-month transition** will put the center under considerable new stresses - such as hand-writing orders, training staff, and problem-solving through clinic-to-clinic communication issues - but "won't affect care or delivery of care in any manner," assured Brad Niles, the systems analyst for the center.

How will the switch to Epic affect students?

- Care coordination will be more efficient as the Student Health Center joins the OHSU hospital, ER, and referral clinics which are already using Epic.
- Students will be able to quickly access their own medical information via the online "My Chart" system.

News / Updates

What about student confidentiality?

- Dr. David Thompson, the Director of the Student Health Center, reported that OHSU administrators and staff have incorporated a "Break the Glass" policy to protect student privacy. This includes:

- 1) OHSU students' charts will have a special alert identifier that notifies anyone accessing their charts (including students on wards and in preceptorships) that the record being accessed is a student record.
- 2) Every person that accesses a student account will be logged and the logs will be tightly monitored by the student health center - any access by another student may result in serious school sanctions.
- 3) All psychiatric and counseling records are completely locked.

And what about having access to coverage year-round?

- 360 students across OHSU responded to the Student Council survey about health insurance, of which, 85% supported having coverage year-round. And in response, the administration has recently agreed to allow students who might not be enrolled in summer courses to have year-round health insurance coverage.

Last month OHSU participated in a national teach-in on climate change, joining more than 1,400 institutions in an effort to bring urgency to an issue that will undoubtedly be the greatest challenge of our generation. Some questioned the appropriateness of holding such an event at an academic teaching hospital. "Do we really need to encourage the 'environmentalists' when there are children suffering from incurable disease down the hall?" The American Academy of Pediatrics would likely argue "yes." In a recent article, the organization stated that "given the health implications for current and future generations of children, the disease-prevention role for pediatric health care professionals includes advocating for environmental sustainability." (1) In a related policy statement, the organization called for pediatric training and curricula to include concepts related to the health implications of climate change.(2)

As an industry, we are one of the most energy-intensive per square foot. (3) We pride ourselves on our ability to read, interpret and translate the scientific literature, yet there are still those among us who have been deceived. Is it then fitting that we are the ones faced with upwards of 150,000(4) annual deaths that the WHO estimates can be attributed to climate change today?

Fortunately, as organizers learned last month, it appears that the OHSU community is making changes that could add momentum to the movement. More than 80% of those responding to a climate change survey stated that they were "informed" or "well informed" about climate change, and 73% stated that they were currently taking action to reduce their carbon footprint. Over 80% of individuals surveyed knew that OHSU was taking action against climate change, however more

than half of these respondents did not know what was being done. If those individuals were able to attend the teach-in, they would have learned about the green design planned for the new waterfront campus, the new food pulper acquired by food services, and the inner workings of the platinum LEED-certified Center for Health and Healing.

We can do better and we must do better. We are now faced with decisions that will impact our generation and those that follow, however scientists agree that in no time the choice will no longer be our own. As most of us have entered the health professions to improve the world around us, I challenge you to find a cause that will be more crucial our healthy existence than climate change. To participate in the movement on campus, stay tuned for future Medical Alliance events to Stop Global Warming on campus, including an upcoming climate change film series.

1 Shea, K. (2007). Global Climate Change and Children's Health. *Pediatrics*, 120, e1359-e1367.

2 Committee on Environmental Health (2007). Global Climate Change and Children's Health. *Pediatrics*, 120, 1149-1152.

3 Healthcare Without Harm and Rocky Mountain Institute (2003). Design for Health: Summit for Massachusetts Health Care DecisionMakers. www.noharm.org/details.cfm?ID=1120&type=document

4 World Health Organization (2005). Climate and Health Fact Sheet. <http://www.who.int/globalchange/news/fsclimandhealth/en/index.html>

Student Environmental Activism

- by Nina Katovic, Nursing Student

To Be an Environmental Health Activist, or Not To Be...

That is the question. The term global warming is no longer dismissed as 'some environmental scientist crying wolf.' The data have been collected, analyses have been run, and research study upon research study is confirming what many have suspected for some time now. Human activity has changed the earth. Our environment around us – including the air we breathe, the water we drink and the food we eat – has been altered by the human industrial era.

Although at times an abstract idea – that our actions could affect something as large as the earth – when you fly into the Los Angeles airport on a sunny day, it becomes real. Even before the city is seen, looking out the airplane window you notice that things are a little hazy. The sky seems darker, but there are no clouds in the sky. Unfortunately, industrialization, population growth and urban sprawl have left their track marks. And you can see these tracks in the sky, on the ground and in the water.

As a future health care professional, the first thing that comes to mind when flying into a metropolis such as this is asthma. Even when on break from classes, these thoughts persist. How does a dark cloud of air breathed in and out all day affect someone's blood gases? How long before breathing difficulties develop in the children who live in these environments? Certainly the data show there is an increased incidence of asthma in urban settings from pollutants in the air. Does this mean I should hand out face masks to young children at the city park? Should I stop driving my car or traveling by plane? What can I do as a future professional to promote the health and wellness of those around me?

As students we have an obligation to answer these questions. We have an obligation to examine the data and evaluate the conclusions that others have made. The cornerstone of modern health care instruction is evidence-based learning; we are being trained to find the evidence. Unfortunately in this case when you look at the evidence, it suggests that we have created and are living in an unhealthy environment. From pollution in the air, land and sea, to

over-eating fast foods with minimal nutritional value – we are neglecting our health on the broadest scale. Obesity rates are on the rise; childhood diabetes has become an epidemic. For the first time in history, the average length of life is expected to decrease for the children of America. Our nation's poor are suffering the most from this neglect. Living in crowded conditions, receiving scant to no preventive health care, eating foods that do little to promote wellness, it is a somber time to be poor.

However, it is not just those living in poverty feeling the impact of our effect on the environment. Anyone who lives near a nuclear plant, regardless of income, has an increased risk of developing cancer. Anyone who buys fish, no matter how much they pay for it, has to be concerned about mercury contamination. Rising average temperatures affect anyone who spends time outdoors in the summer, despite having air-conditioning at home or not.

It is simply the poor who feel the impact first and most profoundly. Individuals living in poverty today are more likely to die of heart disease, cancer or stroke than those living in average or above-average income households. This, coupled with our lack of attention to the importance of a healthy environment, is creating a vicious cycle. To live with little money is one thing, but to live with little money in an unhealthy environment is something else. If you do not have safe water to drink or clean air to breathe, your most basic needs are not being met. Without your basic needs being met, you cannot provide for yourself or your family, and the cycle perpetuates itself.

Furthermore, it is not just our outside environment that is of concern. The equipment and supplies used in hospitals to treat illness can at times be the cause of illness. For example, during the production of polyvinyl chloride (PVC), a plastic used throughout hospitals, the chemical dioxin is formed. It is also released when PVC is incinerated. Dioxin exposure has been found to be associated with an increased risk of cancer. A place where individuals go to recover from disease should not be a place that knowingly increases a person's chances of developing disease. If we know we have an impact on our environment, which subsequently impacts our

health, what steps need to be taken to create a positive impact? What good is evidence-based learning if we do not take what we have learned and put it into practice?

We are taught that one of the primary roles of health care professionals is to be an advocate for our patients, for those who do not have a voice, in particular for vulnerable populations. This role is unique in that we must go beyond the obvious and combine our observations, our knowledge and at times our intuition to stand up for those in need. To fulfill this role, we have an obligation to educate ourselves. It is fundamental that we are aware of factors that lead to poor health outcomes and take action where and when we can. It is critical that we be visionaries with the foresight to recognize potential challenges to the health and wellness of the population at large. I believe we must choose to be advocates for a healthy environment because taking care of the environment is in effect taking care of the health of all individuals regardless of race, gender, religion or socio-economic status. There is no better way to advocate for the health of everyone, than through working for environmental justice.

In medicine they teach, "First do no harm." We must begin by not harming the environment. There is significant evidence that suggests our choices are altering the course of nature. We must make educated decisions about how we care for our environment, with the knowledge that this will in turn lead to a healthier nation. The impact of this intention will be widespread, promoting health and wellness for everyone – not just a select few. When basic needs are met, including clean air and water, adequate food and shelter, and an environment that is safe and protected from unnecessary harm – our nation will thrive. As Oregon Senator Mark O. Hatfield has been quoted, "True national security begins within our borders – in the health and education of our people." We have landed in a time when it is critical that we make wise choices regarding our environment and its impact on the health of the people of this nation.

I ask ... to be an environmental health activist or not to be ... which will you choose?

Interview: Ecole Copen (of the OHSU Farmer's Market)

First things first...

When and where does the farmer's market take place?

What's the start date? :: The market starts on May 20th and runs every Tuesday from 11:30-3:30 through October 7th.

How long has the farmer's market been going on? What changes has it seen? :: We started with a Harvest Festival in October of 2006. It was a smashing success so we started the 1st full season in May 2007. Mostly, we've had to continually adjust the hours to target availability during the work/student day. We hope that the new lunch hours satisfy our customers.

grown music. We also plan to have more vendors, more variety. Customers will also be able to find local produce in other areas of campus. There will be a pilot project starting this year called the "After-Hours Produce Pick-UP" where a standard bag of produce will be available for pre-order/purchase to be picked up at a central location from 4-7pm after the market. Details to be announced in May. Local products will also be available in our new healthy convenience store called, "It's All Good" on the 9th floor of South Hospital. Finally, we hope to do a lot more purchasing of local ingredients for the retail cafes run by the Food and Nutrition Dept, so keep your eyes open for the seasonal specials in the Marquam Cafe.



What prompted the establishment of the Farmer's Market at OHSU? What are the long term goals? :: The lack of convenient fresh and local food on the hill prompted its beginnings.

We also knew that the farmers market would provide a great opportunity to help people who don't normally get to see each other during a busy work day to connect in a joyful, vibrant environment. Third, we hoped the market would literally nourish the connection of healthful food and health made by the medical and patient community. Finally, any efforts that can be made towards supporting local farmers is key in our world of increasing global climate crises.

What's the administration's take on the Farmer's Market - are they fully behind it, in limbo, oblivious, or somewhere else completely? :: It took a while to get traction and I think it was a question mark in the beginning, but the administration has slowly caught on to the benefits ... in fact

Dr. Joe Robertson is a weekly shopper. I hope that everyone can see how integral the offering of fresh, locally grown food is to the overall mission of OHSU. "improving the health and quality of life for all Oregonians through excellence, innovation and

leadership in health care, education and research.". The market provides an incredible educational opportunity and literally offers the tools needed for improved quality of health and life.

Should students and faculty expect anything new from it this year? :: Oh yes!

For one- the lunch hours. We plan to have several vendors there to serve prepared foods made from local ingredients. We hope to have some tables and chairs this year to sit and enjoy lunch while listening to some locally

What are your personal top 3 favorite items to get from the Farmer's Market? ::

- 1) Anything Heirloom - really special varieties not generally available and grown specifically for their incredible flavors!
- 2) Sustainably grown berries - I usually buy a flat and freeze 80% of them as soon as I get home to make smoothies throughout the year - the rest of course I just eat to my stomach's content.
- 3) Sustainably raised meat - last year we had goat, but they won't be back (too bad.. because it was REALLY tasty!). This year, we plan to have some lamb and beef - it's really hard to get meat that has been treated conscientiously throughout its entire life - and to be able to get it straight from the source gives me great peace of mind and heart.

How do most people use the farmer's market - to eat? to shop? to enjoy the atmosphere? to listen to the music? to see and be seen? :: all of the above. We did a survey in Dec 2007 and we asked that very same question. Here were the responses:

- Convenience of shopping while at work 1220 (69%)
 - To support local farmers 1348(76%)
 - To get away from my stressful environment 538 (30%)
 - To get fresh local products 1580 (89%)
 - To be a part of the community feeling a farmer's market provides 697 (39%)
 - Preventive Health 204 (12%)
 - Other, please specify 187 (11%)
- Many of the "other" comments included coming to just listen to the music, relax, for a break and just because they loved the market. To view the complete survey results visit www.ohsu.edu/farmersmarket and scroll down the page to the survey link.

Are there ways that interested students can get involved? :: Absolutely. We are always looking for volunteers to help put out flyers, run the token machine, do chef demos, put out weekly signage boards, and generally give input on the market (products, atmosphere and community). Please direct anyone to farmmkt@ohsu.edu if interested! Also we will be sending out a weekly reminder with events, new vendors and interesting info. To sign up, visit our website www.ohsu.edu/farmersmarket and click the e-newsletter link!



Did you know?

OHSU President Joe Robertson gets his veggies at the OHSU Farmer's Market

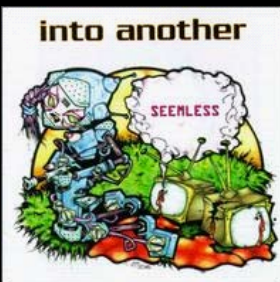
podHead: The Best Albums You've Never Heard

by Dustin Johnsen, graduate student

I usually reserve podHEAD to unearth some of the newest, as well as esoteric albums for the OHSU student populace. But this time I decided to step back and appreciate some of the classic, yet largely unheard albums in my collection. These are staple albums, from guitar chords to electronic pulses, that never insult the "random" mode on my iPod; these are, simply, the best albums you've never heard, of which I've selected four for this quarter's installment of podHEAD.



1. Chamberlain, *The Moon My Saddle*. This is truly a "classic" album in every way except for one crucial element: popularity. Why *The Moon My Saddle* didn't end up being the alt-country version of Pearl Jam's *Ten* or Coldplay's *A Rush Of Blood To The Head* is beyond me -- yes, I think this album has that stature. Before their demise in 2001, Chamberlain was a youthful band burgeoning with poetic and musical potential. Their backwoods Indiana sound pours like molten gold, warm with emotion and valued like a standard. David Moore's lyrics are as effervescent as his smoke-filtered voice, while the guitar of Adam Rubenstein crackles like the fading flame of a one-log fireplace. The amalgamated sound of *The Moon My Saddle* is one of longing, poetic emotion, and cautious optimism in a small room of introspection. This is truly an inspiring classic worthy of acclaim and, more importantly, the "repeat" mode on your iPod.



2. Into Another, *Seemless*. "Experimental" has become synonymous with "interesting" in 2008, but in 1995 the term was not a qualifier for popular music, let alone a qualifier for underground hardcore music. But an extremely obscure band from New York City released what was arguably one of the most cohesive, successful attempts at experimental rock music since Led Zeppelin (1996 was before *OK Computer*). The most potent ingredient of Into Another's sound was their sheer instrumental talent, which featured Richie Birkenhead's soaring vocal range. The instrumental prowess on *Seemless* allowed Into Another to flawlessly actualize complicated rhythms, time changes, acutely apt solos, and just plain solid song writing; in fact, the finale track to *Seemless*, "The Way Down," is one of the best-written songs I've ever heard. Unfortunately, this band was just too far ahead of its time (a.k.a. "weird") to be appreciated by the commercial masses -- and this isn't considering their post-*Seemless* album, *Soul Control*, which, had it been officially released, would have trumped Radiohead's "experimental" *Kid A*. Hence, the legacy of *Seemless* is a forgotten, albeit avant-garde album that remains a private treasure of brilliant rock music.



3. Ryan Adams, *The Suicide Handbook (demos)*. Yes, I'm an ardent Ryan Adams fan; this is no secret. But a column claiming the "best albums you've never heard" just has to include *The Suicide Handbook*. Being the musical chameleon that he is, Ryan is hit or miss for most people, representing his mood swings from twang country to Swedish speed metal. *The Suicide Handbook*, however, is Ryan at his most unfeigned persona: one of raw, electrostatic emotion that hums through his acoustic guitar. The lyrics are of love and loss, but, despite the title of the album, they are packaged more in nostalgia rather than despair. Unfortunately, his record label disagreed at the time, branding *The Suicide Handbook* demos as "too depressing" and sending Ryan back to the studio to record the poppy, largely successful album, *Gold* instead. And so *The Suicide Handbook* lives only among the internet community, where it is often revered as Ryan's best work. I go further to include it as one of the best albums I own.



4. Way Out West, *Don't Look Now (Bonus Disc)*. *Don't Look Now* by Way Out West may be an obscure album in itself...but the bonus disc? Now that even makes positive research data look familiar. This gem remains as my gold standard for the genre of progressive house music. Nick Warren and Jody Wister-noff -- giants among the rather arcane electronic DJ world -- are together Way Out West, a DJ-driven duo that writes and performs its own music. But the *Don't Look Now Bonus Disc* is a reminder that these two blokes are still commanding DJs, spinning up an electronic story that moves like the moon across a night sky: cool, steady, luminous, and beautiful. This album begins with a series of bouncing, ethereal melodies that slowly move into steady pulses of bass lines and digital glitter. By the end of the progression, Way Out West have ever-so-subtly pushed the sound to the climactic breaks anthem, "Car-

rier," by David West, only to then use Kaito and Ulrich Schnauss as the album's nightcap. If you have always thought that electronic music was just for "dancing," or never explored the genre because of the notion (although misperceived) that it all sounds the same, I encourage you to add the *Don't Look Now Bonus Disc* to your playlist roster. You may be pleasantly surprised, as well as have found some auditory caffeine that pushes you late into the night to finish that presentation, paper manuscript, or...music review.

***Note: *Seemless* is out of print but can be purchased online; *The Suicide Handbook* remains as an unreleased, raw quality bootleg that can be downloaded legally at www.ryanadamsarchive.com



Eating in POORtland - Finding "Real Mexican Food" on Alberta

a guide to eating well on the cheap...

by Erin Fitch, Graduate Student

I knew it the minute I tasted the salsa. This was the place, the one I'd been looking for, and it's been on Alberta all along.

After living in Portland for almost four years, I still don't know what "fresh-Mex" is, besides a euphemism for "stale Mex." For being so far north of the border, Portland has pretty acceptable Mexican food. The high end of Latin American fusion cuisine, at Nuestra Cocina or D.F., is lovely, but not affordable for any student on a budget. The carts are fine, but difficult in the winter rain. And the woman who makes the mole at San Juan Taqueria on Milkwauckie, my old stalwart, died. So I was searching for a small, cheap restaurant with comfort Mexican food, rice and beans without sombreros or pretension.

This was the state of affairs when I walked into Mercado Don Pancho at 2000 NE Alberta, a specialty grocery store adjoined to Don Pancho Taqueria. On the first visit, after tasting the salsa as a sampler in the grocery store, we ordered 3 tacos. We shared a huge horchata and paid \$6 for the whole meal. On my second visit, I ordered the taquito plate (flautas for \$5.40), so that I could taste the beans, rice and guacamole, which were comfort food galore. A side of guac at Don Pancho's is 99 cents, not \$3 like some of the "fresh Mex" places. It's about as unpretentious a place as any hole-in-the-wall, but cleaner; I sat on my stool and ate near the sign that says, "Please do not take beer to go!" and reminisced over high school off-campus lunches in South Texas. The food was standard Mexican fare, tamales and tacos and burritos, and the crowd on a Saturday was mixed in age and ethnicity.

The kicker was the salsa. The Mercado sells pints of 2 homemade versions: a green, tomatillo-based mild and a smoky red hot. Both salsas contain chipotle peppers, which increase the heat factor substantially, rare in other Portland restaurants. I felt like I could actually taste the ingredients, instead of a tomato sauce with a few weak onions and peppers. The Taqueria had a salsa bar,



which was different on my second visit- a sign of real freshness- and included fresh pico de gallo, pickled carrots and jalapenos, and three different varieties of salsa.

I'm not the only one who thinks this place is a find. I talked to a man who had driven his sons all the way across town for the burritos. Their hours are conducive for student life, too: 10AM-9PM every day. I can't recommend Don Pancho enough for its plain-Jane, just-what-you-were-craving, real Mexican food.



Don Pancho (10AM-9PM)	2000 NE Alberta St	503 459 4247
Nuestra Cocina D.F.	2135 SE Division St 1139 NW 11th Ave	503 232 2135 503 243 4222

Humor/Opinion

In the ghetto...

by anonymous, OHSU student

Portland is to urban blight as Shaft is to honkey. Yet, most of us who spend far too many harried hours on the hill, cloistered in fume hoods, eyes focused on memorizing the size 8 font on page 2386 of a smuggled 10th edition of Harrison's, or staring madly into the gaping yaw of some poor sucker's mouth wondering what they must have eaten that could have left that brown go on tooth #17, we know that ghetto exists in Portland. And it ain't Killingsworth or Foster. It is closer to our hearts and minds. It is the hill.

You would be hard pressed to find another neighborhood in Portland that both houses and employs persons with large expendable incomes and high degrees of education that offers less in terms of diversion and amenities than does the hill. Hell, even Boring's a funky wonderland compared to Marquam Hill.

Some might say that diversion and amenities are plenty, you just need to know where to find them... I mean, sure the espresso at the CHH is actually good, and the baristas actually make me forget that I'm in a stuffy self-important institution for just a split second, and sure, Jay makes a damn fine curry on Tuesday nights at 2:00am in the 3rd floor café of OHSU, and sure Sam Jackson Park Rd is a badass hill to whiz down on a bike, and sure Cooper's has a nice veggie-filled quiche if you can get it*, and sure the Plaid has splendor-less-but-functional beer and ripple, and sure there's open wi-fi.

But here's the catch: a) *Cooper's doesn't exist anymore!, b) the CHH and OHSU are crawling with creepy, too-serious people in white coats and scrubs not to mention is c) staffed by good-humored, but uninspired frumpy-uniformed peeps diligently counting the minutes 'til they can hop the 68 express back off the hill, d) coasting down the hill on your bike means you have to slog back up, and e) Budweiser tastes like shit. Oh, and other than in Forest Park, where isn't there open wi-fi these days?

Even more, as far as ghettos go, the hill pales. I'd kill for busted fire hydrant street parties, low-riders, or even a couple shy toughs hanging on stoop steps with 40s. Really the hill's just a funny-channel's breadth from boredom-induced asystole. It needs a jolt.

So, in the effort to blaze a sunnier and funkier tomorrow on "pill hell", here's 6 ideas to jolt the hill back to life:

- 1) A pub (hasn't someone done research on the positive health effects of Guinness - if not, they should get to it...)
- 2) VA-sponsored lunchtime wheelchair rugby league
- 3) Shriners + little cars (there's a Shrine hospital here right?)
- 4) Cuss-word lessons with the translation staff (Spanish, Hmong, Cambodian, Mandarin, Croatian, Russian, Aramaic, and more)
- 5) Alpine Slide (they have the lift already...)
- 6) White-coat tie-dyeing party

From a hole on the hill...
Love, anonymous.