On October 13th and 14th, 2016, UC Riverside’s Center for Ideas and Society and School of Medicine hosted the “Signs and Symptoms: Medicine is Humanities” Conference. Humanities scholars, medical students, and physicians gathered to explore how these fields intersect. Emerging themes encompassed experiences of illness, maintaining humanity during medical training, and the role of health professionals in affirming life, dignity, and health justice.

We as medical providers will be closest to some of the most vulnerable aspects of our patients’ lives, while in other ways detached from the fullness of our patients’ internal and relational experiences. Emily Rapp Black, author and UCR creative writing professor, shared about grieving her son who died of Tay-Sachs disease before the age of three. She advised clinicians to ask the question to patients and their families facing terminal illness, “What can we do to make this process meaningful?”

Making meaning of illness and mortality was reflected in many other conversations. Actress Embeth Davidtz spoke about undergoing breast cancer treatment, and then portraying her character in the TV show Ray Donovan as a breast cancer survivor, revealing her partially reconstructed breast in a nude scene. Bioethicist Dr. Whitny Braun described the Sallekhana practice in the Jain religion, wherein death is welcomed with gradual reduction of food and liquid intake. These conversations illuminated that the inner lives of our patients and healthcare team - how we think and feel about illness, our bodies, and our lives - are as much a part of the disease experience as physical exams, lab results, and treatment regimens.

Dr. Catherine Belling, professor at Northwestern University School of Medicine, discussed the vast variability in students’ experiences of anatomy lab. Because no two medical students share identical experiences, fostering reflective and engaged dialogues can yield greater collective insight, as demonstrated by the MS2 panel.
How do you like living in Riverside?
Oh wow I love it. When I came here for the interview, I was at my hotel just off site, and I walked out in the area of Downtown Riverside. I just really got this good feeling that something about this town feels so right. And just looking around at the mountains and all the other things as well as the people, I began to fall in love with the area. And then when I finally came here, I saw so much more. And really the people are very nice, the people outside in the community as well as on campus. And the landscape is beautiful.

Why did you choose UCR?
What I realized is that the mission of UCR really aligned with my values. That mission to train a diverse physician workforce and create programs in clinical care and research to serve the population. It resonated with me. And most of my career, I’ve worked in some way as it relates to diversifying the physician workforce. To have a school whose mission is to train a diverse physician workforce, I just couldn’t believe that my values and the mission aligned that way. And I know that the school’s purpose is for serving the community and I value being of service and working towards contributing toward the community. Things just lined up and I thought this is right for me, really.

What would you say is your top priority?
There are several priorities. Here at UC Riverside School of Medicine, I would certainly like to expand the medical school class size. I think that’s very important because it links to the mission of training a diverse physician workforce. It also links with the needs of the community as it stands now in the Inland Empire. When we look at primary care, there are 44 primary care physicians to a population of 100,000; around 70 specialist physicians for 100,000. So I realized that if we’re really going to train this diverse physician work force to serve the Inland Empire, we cannot accomplish that by dribbling out 50 students a year. Therefore, my priority is over the next 5

(“Script” continues on p2)
years to double the medical school class. I certainly would like to have at least 100 to 125 per class. And that will take time. But I think with the larger class size, we’ll make a greater impact and hopefully the students will become residents in the area and stay and serve in the area. So that’s one priority. The other is to grow the clinical enterprise as well as the research. And the clinical enterprise is hopefully growing so that we can have an educational platform where our students will train, but also so that we can serve and provide clinical care to the population that really needs the care.

As far as increasing the class size, do you also have plans for increasing the structural/physical size of the school?
Absolutely. When I was being recruited in my dean’s package, the provost and the chancellor promised that I would get 25,000 square feet of space in the Path building. And we are already in discussions about that. And with that, the plans are to outfit that space so that the 3rd and 4th year students will move to the Path building. We will also put a state of the art simulation center there. We’ll build out the departments there. And have faculty offices as well as some administrative offices. We’ll have study space and social space for students. And with that movement, it will allow us to have more space here for the 1st and 2nd years. But the long term goal is to build a state of the art education building, so that we can have years 1 through 4 in the same building with the state of the art simulation center and everything you need when you come for your medical education in one building. Now that’s going to take time and it’s also going to take philanthropy. It’s going to take a lot of people coming together and becoming energized around doing it.

How do you plan to connect with student’s needs?
I would say that I am a student advocate, always have been. And because of that, I felt anew that it was important that I have an open line to the students and that students don’t feel like they always have to go through someone to get to me. That’s why I set up the table talks over lunch. And therefore, once a month, I’ll have table talks with students and they can come and talk about anything. We also have the town hall meetings. We have an open door policy, just like you’re sitting here with me. A student could get an appointment and I will be there to talk to the students. I purposefully work out at the student rec center on a regular basis. I run into students all the time from the medical school and I’m talking to them. You may see me out every day at lunchtime walking around and walking to the market; out walking to the barn. And all of those things give me an opportunity to say hi to the students and to be available. And I hope they notice that I’m available.

Why did you become a doctor?
I became a doctor because I wanted to be of service and I wanted to make a difference and serve the underserved. All of this came about after my grandfather had a stroke. We were very close. He was 98 when he had a stroke. Prior
Fear memories and phobias, can be cultivated through classical Pavlovian fear conditioning, involving recurrent pairings of a neutral cue (conditioned stimulus, CS) with a pernicious stimulus (unconditioned stimulus, US). An association is formed within human memory, whereas presentation of the CS in an alternative instance will elicit a conditioned fear response. Anxiety disorders act in a similar manner, in which associative fear memory is made between the feared stimulus, and an unwanted negative outcome. Fear conditioning studies have shown that disrupting memory reconsolidation through the use of a noradrenergic β-Blocker can neutralize fear memory. A double-blind and placebo controlled study was conducted on participants with Arachnophobia, in an effort to analyze the effects of disruption in memory reconsolidation in those with developed history of fear of spiders. Participants were divided into one of three groups, including Propranolol HCl 40 mg + memory reactivation, Propranolol HCl 40 mg + no memory reactivation, and a placebo group, as well as all being exposed to a tarantula within the experiment. Propranolol is a β-adrenergic antagonist, which has the capability of passing the blood-brain barrier, blocking β-adrenergic receptors in the amygdala, and interfering with the PKA-CREB pathway in the neuroplasticity of memory. Results indicated that disturbing memory reconsolidation using a noradrenergic β-Blocker converted avoidance behavior into approach behavior, and was only effective when administered in accordance with memory reactivation. Findings had persisted at a 1-year follow up. Spiders and tarantulas alike are notably a principal premise of Halloween. Are you now ready to face one head to head on All Hallows Eve?

Citation: Soeter M and Kindt M. An Abrupt Transformation of Phobic Behavior After a Post-Retrieval Amnesic Agent. Biological Psychiatry. December 2015; 78: 880-886
Ballot initiatives are unique in that they represent one of the most direct forms of democracy and civic participation that the United States has to offer. And while they possess the power to bring big issues to the polls, oftentimes their significance is overshadowed by the higher profile political “buzz” created by candidate races. We all know this is especially true in this particular election season. But do not despair dear reader! You must not let yourself become distracted, bogged down, or hopeless with the current race. There is enough to be distracted from when you’re in medical school and studying for the USMLE. Even with the endless attempts to distract from important political matters, ballot measures can provide a means for you (yes YOU) to make a direct decision regarding the issues you hold to be valuable, and not simply through a proxy.

You have the choice to have these conversations, to educate yourself, and to educate others regarding these measures. And you have the direct power to decide which ones you want to support. What else in life can you truly claim to have real power over? Vote on the propositions and be involved in the decision making process. The power is in your hands. We’ve even come up with this handy dandy summary of the measures on this November’s ballots so you really have no excuse not to vote. —

**Propositions**

**51**
Authorizes $9 billion in general obligation bonds for new construction & renovation of K-12 public school facilities, charter schools, vocational education facilities, and California Community College facilities.

**52**
Mandates private hospital fees to go toward Medi-Cal. Indefinitely extends an existing statute that levies fees on hospitals to fund Medi-Cal health care services, care for uninsured patients, & children’s health coverage.

**53**
Requires statewide voter approval before revenue bonds can be issued or sold by the state if the bond amount exceeds $2 billion.

**54**
Prohibits legislature from passing bills unless they have been published on the Internet for 72 hours prior to voting. Requires legislature to record proceedings and post them on the Internet. Authorizes the use of these recordings.

**55**
Extends the temporary personal income tax increases that were enacted in 2012 on earnings over $250,000 by twelve years. Revenues would be allocated to K-12 schools, California Community Colleges, and, in certain years, healthcare.

**56**
Increases cigarette tax by $2.00 per pack, with an equivalent increase on other tobacco products including electronic cigarettes containing nicotine.

**57**
Allows consideration for parole for nonviolent felons & authorizes sentence credits for rehabilitation, good behavior, & education. Juvenile court judges decide if a juvenile will be prosecuted as an adult.

**58**
Preserves the requirement that public schools must ensure students obtain English language proficiency. Requires school districts to solicit parent and community input in developing language acquisition programs.
**Propositions**

<table>
<thead>
<tr>
<th>Proposition</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>58</strong> (continued)</td>
<td>Requires instruction that ensures that English acquisition is achieved as rapidly and effectively as possible. Authorizes school districts to establish dual-language immersion programs for both native and non-native English speakers.</td>
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<tr>
<td><strong>59</strong></td>
<td>Asks whether California’s elected officials should propose and ratify an amendment to the federal Constitution, overturning the United States Supreme Court decision in the case Citizens United* v. Federal Election Commission.</td>
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<td><strong>60</strong></td>
<td>Requires adult film performers to use condoms during the filming of sexual intercourse. Requires producers to pay for performer vaccinations, testing, and medical examinations. Requires producers to post condom requirement at film sites.</td>
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<td><strong>61</strong></td>
<td>Prohibits the state from buying any prescription drug from a drug manufacturer at any price more that the lowest price paid for the same drug by United States Department of Veterans Affairs. Exempts managed care programs funded through Medi-Cal.</td>
</tr>
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<td><strong>62</strong></td>
<td>Repeals the death penalty and replaces it with life imprisonment without possibility of parole. Applies retroactively to existing death sentences. Increases the portion of life inmates’ wages that may be applied to victim restitution.</td>
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<tr>
<td><strong>63</strong></td>
<td>Requires a background check and Department of Justice authorization to purchase ammunition. Prohibits possession of large capacity ammunition magazines.</td>
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<td><strong>63</strong> (continued)</td>
<td>Establishes procedures for enforcing laws prohibiting firearm possession by specified persons. Requires Department of Justice’s participation in federal National Instant Criminal Background Check System.</td>
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<tr>
<td><strong>64</strong></td>
<td>Legalizes marijuana for use by adults 21 or older. Imposes state taxes on sales and cultivation. Provides for industry licensing and establishes standards for marijuana products. Allows local regulation and taxation.</td>
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<td><strong>65</strong></td>
<td>Requires stores to deposit carryout bag sale proceeds into a special fund to support specified environmental projects.</td>
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<td><strong>66</strong></td>
<td>Requires that a superior court is designated for initial petitions and enacts a limit on successive petitions. Allows only appointed attorneys to accept death penalty appeals. Exempts prison officials from the existing regulation process for developing execution methods.</td>
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<tr>
<td><strong>67</strong></td>
<td>Plastic bag ban in the state of California. A “Yes” vote approves a statute that prohibits grocery and other stores from providing customers single-use plastic or paper carryout bags but permits sale of recycled paper bags and reusable bags.</td>
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<td><strong>67</strong> (continued)</td>
<td>A “No” vote rejects this statute and allows for the continued use of single use plastic bags.</td>
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*Citizens United ruled that laws placing certain limits on political spending by corporations and unions are unconstitutional.*
It was a breezy evening in Joshua Tree National Park. The sky was tinted in gradients of pink and orange. The stars began to slowly glitter as the night sky accompanied the sound of howling coyotes. Magi Gabra, a second year medical student, decided to embark on a personal journey of solitude in the wilderness. “I wanted a break from school and the business of life, and I just decided to be brave and do it on my own,” she said with confidence. There was no noise of machinery, no reception for notifications, no one around to talk to, and it was exactly what Magi wanted.

To prepare for the adventure, Magi had to do two things: borrow camping equipment and prevent her parents from freaking out about going alone. “Ryan lent me his tent and Khoa lent me his sleeping bag,” Magi smiled, “but I didn’t have a stove, a proper flashlight, or even firewood.” However, she did bring enough water and reading material to keep her hydrated and entertained. “My parents freaked out a little bit about me going alone, but they finally were okay with it,” Magi said, after spending several days and long conversations to reassure them that she’ll be safe.

Magi left Riverside and headed east the morning of Thursday, October 6th. She found an empty campsite nestled between large granite boulders. “It was a great site, it was quiet and had plenty of places to climb,” Magi described. Joshua Tree National Park is a popular place for local rock climbers, well known for its rough granite composed of quarts monznite. The absence of snow and ice throughout millennia preserved the rough sandpaper-like texture of the stone. Magi spent most of the afternoon hiking up Ryan Mountain, a strenuous three-mile trek. At the peak of 5,400 feet, she had lunch, talked to fellow hikers from around the country, and saw a Bighorn sheep. She sat there for some time, reading, meditating, and listening to the breeze.

Back at camp that evening, she spent most of the night laying on the concrete picnic table gazing up at the Milky Way with nothing but the silence to accompany her.

“Being outdoors is a really nice place for me to recharge and get some time for myself.” Magi spent just one evening in Joshua Tree but truly enjoyed the solo experience and got exactly what she needed. She is planning on buying more camping equipment and wants to travel further from home. “Big Sur is next on my list,” she added.

There are several tips that Magi wanted to share for the brave souls willing to partake on their own solo adventure. First, camp relatively close to other people and avoid uncharted territory. Second, try not to hike in the dark and bring lots of water. And finally, always let someone know where you’re located and where you’re going. “Sometimes, you don’t have to go far to have an amazing adventure,” Magi smiled.—

By Khoa Nguyen, MS 2 - Senior Editor
**Medical Movie Review:**

**“Titicut Follies”**

By Rennie Burke, MS2

Perhaps the most terrifying part of Frederick Wiseman’s “Titicut Follies,” a documentary about the conditions in Bridgewater State Hospital for the Criminally Insane, is the realization that all the abuses you see take place when people know they are being filmed. The forced-feeding, the racially-charged taunting, the casual dehumanization of people who are clearly ill, all of it occurs with a smile from a guard or a rationalization from a doctor about the latest science. This is how the people who run the hospital behave when they have a guest. This is their best behavior.

“Titicut Follies” is the first of Wiseman’s 44 films and counting, all but one of which are documentaries. Even at this early stage, he had already developed much of what would come to be his signature style. Wiseman’s documentaries nearly always focus on institutions. There’s the slaughterhouse of “Meat,” the military barracks of “Basic Training,” the titular locations of “Hospital,” “Juvenile Court” and “Central Park,” and burlesque club of “Crazy Horse.” They’re shot in a fly-on-the-wall style, with no narration, no music, and minimal introductory text. The camera silently follows around certain people or products as they go about their daily journey, generally allowing the viewer to figure out the context for themselves. Sometimes, the title of the film is all we get. Where Wiseman tells his story is through editing. After shooting hundreds of hours of film, Wiseman spends months cutting and arranging, gradually piecing together a portrait of a place, a time, or an institution.

The name of this film comes from a yearly

(“Follies” continues on p12)

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**A City of Snow and Treats**

By Sumedha Sinha, MS2

It’s the chill, new spot in town. It has everything: chic interior, mesmerizing lights, catchy music, velvet ropes, and great selection of options. The line is long but moves at good enough pace, which gives you enough time to think about how you’re going experience this phenomenon. I’m of course talking about Snowopolis, the trendy and creative way to enjoy desserts. Located at 12625 Frederick St in Moreno Valley, this sweet spot has a lot to offer. First, there is the Hawaiian shave ice. Even my work experience at Sno Shack could not have prepared me for this. Large snow cones are literally the size of a big pumpkin that is on display for inspiration. It comes with an option of 100 cool flavors, such as Ninja Turtle and Cajun Praline. If you’re in the mood for ice cream, you’re golden. You can either get plain Jane ice cream scoops, amp it up with an out of world shake bigger than the size of your face, or scoops sandwiched between donuts. The shakes are everyone’s childhood Candyland dreams, and there is even one appropriately

(“Snow” continues on p9)

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MS2s enjoy s’mores and doughnut ice cream sandwiches at **Snowopolis** located at 12625 Frederick St, Moreno Valley.

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(…“Script” continued from p3)
to that, he was in very good health. He was walking upright, very alert, and someone that I shared a lot of time with. After his stroke, I spent a lot of time with him, feeding him, helping to take care of him. And he had a great influence on me. Prior to that time, when I was around 12 years old, I thought about being an attorney. Once he got ill, and I realized all that he was going through, I felt that I wanted to be of service in healthcare. And before he died, he said to me that you really need to be a doctor and I know you could do it. And that stuck with me as well. From that day on, I knew that that was my path. I didn’t go directly to medical school. When I finished college, I got a masters degree in public health. And then I worked for a few years in research, then I went to medical school. But I always knew I was going to go to medical school to serve in a capacity of health and to serve underserved populations. Those were my goals for a very long time.

**What is your favorite thing about being dean of a medical school?**

My favorite thing is working with diverse groups to develop strategic plans for the future of the medical school. And that is getting input from all stakeholders and helping to pull all of that together to determine where we’re going together. You may have heard me use this quote before. It’s one of my favorite quotes. It’s an African proverb. “If you want to go fast, go alone. If you want to go far, go together.” And that’s why I love doing things together with all of the people that are stakeholders of this school because I really know that together we could go very far.—
The date was October 19th, 2016. The time, approximately 6 pm. The weather was slightly toasty as we alighted the stairs to the Riverside Convention Center, the location of this year’s Riverside Community Medical Association (RCMA) fundraiser and scholarship dinner. Slightly wary of the RCMA’s chosen theme, “Circus”, this reporter was pleasantly surprised to find that the venue was impressively and adorably decorated with motifs reminiscent of an afternoon at the circus (or as this reporter may imagine that experience to be, as she has never actually been to the circus). This image was complete with a carnival tent, popcorn and cotton candy, and performers walking around on stilts. The first hour allowed for attendees to partake in complimentary wine and peruse silent auction items, while giving ample opportunity for physicians and medical students to mingle. An impressive number of medical students were able to attend, thanks to the generosity of the RCMA, offering free dinner tickets to students wishing to support their peers who had won awards.

The presentation of scholarship awards soon followed, accompanied by a delicious dinner (delicious by this reporter’s standards and does not reflect the opinion of official Scope food reviewer, Sumedha Sinha, who was unavailable for comment). Dr Steven Larson, previous president of the RCMA and renowned UCR SOM professor, presented awards to each student, who then described their gratitude in a brief speech. A veritable score of MS1s were in full force to support winners Mutahir Farhan and Michelle Epps. Epps expressed her UCR student experience so far, sharing that she is “thrilled that we are being taught the skills to not only provide patients with excellent healthcare, but also an emphasis on understanding empathy for others.” MS2 scholarship recipients Elias Fanous and Veronica Scott fluently expressed their gratitude for the awards they were given. Fanous cited his work at the Riverside Free named Kandieland. And yes, you read that right, ice cream donuts. The mind blowing menu doesn’t stop there. Why wait to go to a beach bonfire when you can just order the table side s’mores and roast your own with your choice of chocolates, crackers, and marshmallows. I learned Hershey’s Cookies ’n’ Cream and Reese’s Peanut Butter Cup s’mores are not only possible, but also incredible. The last option on the menu is Build-A-Cookie. Think Pizzookie, but a little smaller. The price range for the place is between $5-$15, but with the amount of dessert glory, it’s very reasonable. Finally, two tips for a successful trip to the city of dessert: 1) If eating there, have someone in the party be on the look out for a table right away, and 2) sharing is caring if you’ve just come from dinner. This is not a “healthy” dessert place. Instead, it’s a place with an ambience and menu in which every kid and kid at heart can indulge. —

Night of the Living
By C. Carsten Miller

Good health, really good health, requires a team. More than that though, good health requires a proactive engaged “attitude” from all members of the team, but especially the team captain. The team captain is the patient, and when properly engaged and informed, should be directing his or her own healthcare. Without the patient there is no reason for the team. Often, opportunities to be and stay healthy require some innovative solutions. One such “innovative solution” was presented last year when the UCR School of Medicine participated in the downtown Riverside Long Night of Arts and Innovation the weekend before Halloween. One of the many sessions the SOM presented lasted the entire length of the event, 5:00 PM until midnight!

Senator Richard Roth graciously turned his office on the Main Street Mall over to the UCR SOM to become Zombie Central. At Zombie Central a gaggle of medical students spent 2 to 3 hours being transformed into zombies! A professional make-up artist was hired for the event and he had, pre-event, instructed Amanda Lockhart and Sarah Blevins in the fine art of “zombifying”! The three artists worked their magic on the students. The zombies were divided into three teams and each team rotated...
Horror-Scopes
By Nostradamus Aldebaran Charmander

With Halloween quickly approaching, I have looked to the stars for their guidance through this ghoulish time of year. Instead of sending gentle assurances, however, I was horrified as they unveiled dire warnings for many of the 12 signs of the zodiac. It is of the utmost importance that all of you heed these inauspicious omens and beware the mortal dangers now illuminated by the wisdom of the stars!

Aquarius: January 20th-February 18th

As we all know, Aquarians are particularly susceptible to misfortunes of numerological origin. This Halloween, Aquarius, beware any manifestation of the number three. Going in for that third slice of pizza while studying? Well you had better make sure someone is present to administer the Heimlich maneuver. Instead, consider stopping at two slices or eating four simultaneously.

Pisces: February 19th-March 20th

Pisces, you’re the most superstitious of all signs...but maybe with good reason. This Halloween season avoid any exposure to sources of bad luck. Remove all ladders, black cats, and mirrors from your home. In fact, remove everything from your home: malevolent spirits may hide anywhere. Once your space is cleansed of all wellsprings of evil energy, board up all doors and windows and burn sage for seven days. With luck, you may make it until November.

Aries: March 21st-April 19th

For you, impatient Aries, danger lurks in the shadows, waiting for you to slow down just enough for it to strike. Thus, it’s imperative that you never wait for anything. Coffee too hot to drink? Those pathogens are going to love it when they can finally thrive at sub-boiling temperatures. Down it and never give them the chance. Languishing in traffic on the freeway during rush hour? Consider the shoulder to outrace impending doom.

(...”Night” continued from p9)

through three assignments, “Luring”, “Instructing”, and “Mega Code”. “Luring Zombies” invited, coerced, and guided attendees towards the patio instruction-area, “Instructing Zombies” demonstrated and taught event attendees sent by the “Luring Zombies” in hands-only CPR, while “Mega Code Zombies” ran AHA Codes in the Senator’s conference room. The conference room had been transformed into a temporary emergency room stocked with medications, resuscitation equipment, and a high fidelity mannequin. The transient ER had a large picture window that faced the Main Street Mall and many attendees enjoyed watching the zombies work to bring the victim back to life ... so they could eat him!

What do zombies have to do with good health? That night over 50 people stopped and practiced hands-only CPR. Some day, one of them may be a part of a team that saves a victim of cardiac arrest, the first link of a very basic chain that may result in someone having the opportunity to continue or begin healthy living! “Healthcare teams” may change “team members” often depending upon the needs of the captain. Having fun and learning CPR may change a person’s life. This is definitely true the day such a cardiac event occurs, whether you are delivering the CPR or receiving it!—

Medical Student Zombies at the 2015 Riverside “Long Night of Arts and Innovation”. Photo Credit C. Carsten Miller.
Clinic (RFC) as the main driving force in his development through medical school thus far. He described the physicians who volunteer at RFC as inspirations by expressing that their work “encourages me and motivates me all the more to follow their lead and add at least two more helping hands to the effort of building a better future for the patients and their health in Riverside County.” Scott recognized the physicians and donors of the RCMA, as their generosity helps to alleviate some of the financial responsibilities that many students go through during medical school. She stated that “medical school is such a wonderful and expensive endeavor; these scholarships really help us avoid some of the burdens of student loans.”

Mark Hillado was also honored during the evening. Hillado thanked the RCMA directly by describing his “continued gratitude…for the RCMA to support and help me down this path to become the best physician I could possibly become.”

The evening highlighted many well deserving students from the Riverside area, and the live auction that followed allowed for physicians to show their continued support of the RCMA scholarship program. Dr Steven Larson, complete in ringmaster regalia, also showed his incredible investment in these medical students by donating and bidding on items for the auction. As a member of the selection committee for the scholarships given during the evening, Dr Larson expressed that “the scholarship winners are awesome. We had a selection process and we looked over their achievements and needs, and they were just fantastic.” MS1 publicist, Ross Mudgway intimated the experiences of the MS1s in attendance by summarizing that “the event was quite something, I really enjoyed it. I got to meet a lot of big leaders in the medical field in Riverside, and I had a wonderful dinner!”

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Taurus: April 20th – May 20th

Taurus’ fortunes, good and bad, revolve around food. This Halloween, Taurus, you must eat everything. As the saying goes, it’s a dog eat dog world—so if you don’t eat those dogs, you will literally be eaten by them. Make sure you balance your life-preserving indulgence with adequate gym time or you may be facing the threat of cardiovascular disease in the future.

Gemini: May 21st – June 20th

Friday the 13th is particularly unlucky for those born under the sign of Gemini. As the reflection of 13, the 31st (Halloween) amplifies this effect. To be honest, Gemini, you might want to just sleep this one out. Bears can hibernate for months without eating or drinking. How long can you?

Cancer: June 21st – July 22nd

Cancer, you avaricious crustacean! The stars reveal butter and garlic in your future. Watch where you put those greedy little pinchers this Halloween or you may end up in hot water. Consider donating the entirety of your bank account to the International Crab Reserve & Amnesty Party to offset the effects of your ill karma.

Leo: July 23rd – August 22nd

O king of the jungle! In your primacy, you have become complacent. Beware the unseen domains in your realm, Leo, for the shadows harbor a fate most grim. Only by staring wide-eyed into the darkness can you sap its power. You are at your most vulnerable when you sleep so you mustn’t succumb to its siren song. Coffee, tea, chocolate, and amphetamines of every stripe will be your salvation this Halloween.

Virgo: August 23rd – September 22nd

As creatures of habit, routines are of the utmost importance to Virgos. This Halloween, misfortune follows Virgos that break their daily habits. To protect yourself, you must exactly replicate every action you took on the 30th since you were spared death on that day. Consider watching Groundhog Day for inspiration, but disregard Bill Murray’s scintillating performance.

("Horror" continues on p12)
enormous galleries of inmates roaming around in a completely unregulated manner. Some ramble incoherently, others sit, staring into space, while others have animated arguments about the Vietnam War. No guards or medical staff are visible. These inmates seem forgotten, left to do whatever they want to do, with only occasional intrusions from representatives of the institution.

This stands in stark contrast to treatment others receive. For reasons that are never specified, certain inmates are kept isolated and naked in locked cells. As the inmates are led out in order for their cells to be hosed down, the guards tease them, hurl racist taunts at them, and as soon as the custodian leaves the room, put them back in their cell and slam the door. Some of them which need further grooming are marched out to receive a shave. In what strikes the viewer as only the most recent chapter in an endless saga of gaslighting, the guards ask one such inmate named Jim why his cell is dirty, over and over. He remains silent at first, but after being asked the same question half a dozen times, he screams that it’s not dirty. “What was that?” the guards respond. “Didn’t hear you, Jim.” He looks miserable. Finally he arrives at the barbershop and sits down in the chair. Almost immediately the barber asks him with the same question. He starts to answer then gives up. The guards continue asking it as they lead him back to his cell, and he continues to grimace in silence. We last see Jim through a small hole in his cell door, wordlessly stamping in circles around his cell, totally naked, stopping occasionally to bang his fists on the bars of his window or stare at the camera observing him.

Watching these scenes, it should be no surprise to learn that the state of Massachusetts considered the film a grave embarrassment. Not because it was poorly made, mind you, but because it had been approved for production by a politically ambitious lieutenant governor too close to an election year, and showed with cruel clarity the barbarous nature of state mental institutions. “Titicut Follies” was therefore banned. The ban was subsequently challenged in court, but it took decades for the issue to be decisively settled in
“Pipes on Walls”
Khoa N.
2015, 35mm Film

“Shadows on Walls”
Khoa N.
2015, 35mm Film

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Wiseman’s favor, and until the 1990s, only personnel affiliated with healthcare or corrections could view the film “for educational purposes” in special, government-approved screenings. These screenings, predictably, were rare. State officials cited the privacy of the inmates as their primary concern, but apparently that only started mattering after the movie came out. Without the gleeful participation of the warden (who by state law was the legal guardian of the inmates) and his staff, the movie would never have been made in the first place. Sometimes people don’t realize what monsters they are until they see themselves through the eyes of others.

One of the most affecting sequences in the film is a duo of scenes that follow a young inmate named Vladimir who seems to be trapped in a nightmarish Catch-22. A transfer from a regular prison, we learn that he complained that the coffee in prison was being poisoned, and was transferred to Bridgewater for 30 days of “observation.” That was over a year ago. In the first scene, Vladimir explains that he was only supposed to be here temporarily, that he’s obviously capable of having normal conversations, and the conditions of the institution - from its constant noisy din to the complete absence of any meaningful activities to participate in - are harming his mind and making him worse. He begs to be transferred back to a regular prison where he can at least exercise. The first doctor he beseeches laughs and dismisses him, responding essentially that he would not be here if he wasn’t insane, because only insane people become inmates of an asylum.

After making the same case to a panel of doctors in a follow-up scene, they also dismiss Vladimir’s argument as the ravings of “a paranoid.” The surroundings in the asylum are perfectly healthy, they assume; it could only be something in the patient making him sick. But the fact that Vladimir learned English in prison, noted by one doctor, suggests the frightening possibility that his only condition is a less-than-fluent command of the language. As he is escorted away, one hospital employee intones that his reasoning was completely logical, and that only the foundational premise (that he was not insane) was wrong. The unsettling question that immediately comes to mind: what if the doctors are the ones that are wrong?—