January 14th, 2017: Students and physicians gather for the 2nd annual UCR SOM R-Health conference.

By: Frances Tao, MS2 & Saba Naamo, MS2

At 6:30 am last Saturday morning, the sky was still filled with darkness when six medical students hurriedly unloaded supplies from cars and scrambled to prepare the UC Riverside School of Medicine R-Health conference. For the second year running, the Health Management Interest Group (HMIG) has brought together bright minds in the region to collaborate on how to improve the health of Inland Southern California. The conference provides an opportunity for clinicians, students, and other healthcare leaders to network, discuss, and develop solutions to current issues faced by the medical community. Sponsored by the California Medical Association, the UC Riverside School of Medicine, and the UC Riverside Graduate Student Association, the 2nd annual R-Health Conference’s theme is on the clinical applications of big data and how it will shape healthcare on an individual and population level. “The intersection of technology and health holds promise to transform the way we deliver healthcare,” says HMIG co-President Saba Naamo. (…“RHealth” continued from opposite)

Using the feedback received from last year’s inaugural conference, the organizers of the 2nd annual R-Health Conference introduced many new changes to the structure of the event and developed a new marketing strategy. This year’s R-Health Conference invited experts in the fields of big data, health policy, and telemedicine to speak on a series of panels. “The panels allowed for more conversation with attendees compared to the previous year’s lecture-based conference,” said Frances Tao, the other HMIG Co-President. “We made this year’s experience more interactive for attendees by bringing on board the Ultrasound Interest Group, hiring standardized patients, and opening up the simulation laboratory.” Though still in its infancy, the 2nd annual R-Health Conference has generated much interest in the community and doubled its attendance rate. “We could not have asked for a more diverse audience, and we were pleasantly surprised by how engaged our attendees were. In addition to medical students and physicians, we were joined (…“RHealth” continues on p2)
by public policy and undergraduate students, faculty members from schools of pharmacy and nursing, a representative from the technology industry, and other members of the greater community,” reports Tao.

All in all, the Health Management Interest Group/Selective aims to integrate key topics into the medical education currently not covered by our medical school curriculum. These topics include concepts from the areas of healthcare management, public health, and health policy. Our vision is to improve healthcare delivery in the Inland Empire and to reduce the health disparities in this underserved region. This year the officers recruited a greater number and variety of guest speakers and offered a networking social. We tried to create a more flexible schedule with some speakers scheduled at lunch and others in the evening to accommodate most students. Students have the opportunity to earn one unit toward their transcript if they complete 10 hours of contact time. However, students are welcome to attend any lecture if interested without working toward the one unit.

HMIG’s last two speakers are Dr. DeLeon, who will be giving a lecture Wednesday 1/18/17 from 6-8pm on “Global Health and Its Effects on Public Policy,” and Herb Schultz on 2/9/17 from 6-8pm on “Improving Healthcare Delivery Systems.” Food will be provided at both events. Furthermore, applications for new officers’ position will be mailed out in mid-February. We highly encourage those interested in learning more about public policy, public health, and improving healthcare delivery to apply.—

“Pun-ch Line”

Friends of the patient are asking for a specialized “Get Well Card” do you know where I can refer them to?

Sure, I’ll send in the Cardiologist.

“Pun-ch Line” is brought to you by the always hilarious and never histrionic Scott Cramer, MS2 (left) and Elias Fanous, MS2 (right).
“Today”

By Sharona Hariri, MS1

January. The word inspires a sense of joy, excitement, and novelty. The start of the new year motivates millions of people to make resolutions for the upcoming months. Notoriously difficult to keep? Perhaps. Although, there may be an alternative point of view to be explored.

Passing the halls of the UCR School of Medicine, I was inspired by the Wellness Resolution Board in the Student Lounge displaying some goals of our fellow colleagues. Some vowed for physical modifications, such as eating healthier and exercising more, while others opted for emotional goals such as reducing stress and being happy overall.

One of my favorite quotes by Gayle Forman, states “We are born in one day. We die in one day. We can change in one day. And we can fall in love in one day. Anything can happen in just one day.”

Each day is a novelty. Each day is a fresh start, a chance for a new resolution, a daily goal. Beginning with small changes, such as a healthier meal today, or simply taking a few minutes to do something you love, will allow for distribution of our long-term ambitions into daily opportunities, making us more likely to succeed.

Remember, anything can happen in one day. Start with today.—
January 10th was an emotional day for millions of Americans as President Obama addressed the nation for the last time in his farewell speech. The speech was nostalgic; it was set in his hometown of Chicago and was an evening of reflection on the achievements of his eight year presidency.

If I had told you eight years ago that America would reverse a great recession, reboot our auto industry, and unleash the longest stretch of job creation in our history, if I had told you that we would open up a new chapter with the Cuban people, shut down Iran's nuclear weapons program without firing a shot, and take out the mastermind of 9/11, if I had told you that we would win marriage equality, and secure the right to health insurance for another 20 million of our fellow citizens — you might have said our sights were set a little too high.

But that's what we did. That's what you did. You were the change. You answered people's hopes, and because of you, by almost every measure, America is a better, stronger place than it was when we started.

People across social media platforms lit up the internet with their own commentaries and farewells to the president at the time of the speech. “Well, I'm crying now. Thanks, Obama,” posted one Facebook user on that Tuesday evening.

It wasn’t only an emotional evening for his supporters, but it was also emotional for Mr. Obama himself. He recalled his roots in the Windy City as a community organizer and how he came to grow as a public servant. He became misty as he thanked his wife, daughters, and Vice President Biden.

But Obama also acknowledged the country’s challenges following an especially divided election.

 (“Pulse” continues on p10)
For most of us, with age comes a seriously upgraded look. While some of us choose to hide any evidence of our past lives, the rest have no shame when sharing their cringeworthy moments. See your classmates before they had a sense of style and be inspired by their style transformation.

**Asbat Hasan, MS2**

“When attending weddings in my thug-days of 2009, I spiced up my everyday graffity-ing and generally up-to-no-good outfit of tan Dickies and black Pro Club or Shaka heavyweight t-shirts with a black button up shirt. The sweatbands you see on my wrists there were a finishing touch that added some serious class to an otherwise inappropriate wedding attire. They would come in handy later when I was running fervently from the flower gir..I mean, police.”

**Deema Akari, MS2**

“This is me in high school where I knew no life outside of work out clothes and overly plucked eyebrows.”

**Sarah Grace, MS1**

“I was obsessed with flowers. I was also very allergic to them.”

**Nate Gleason, MS2**

“Classic ‘Blue Steel’ back when I saved the Prime Minister of Malaysia. Now I have a cat named Mr. Pickles.”
"I was 16, hated the world and thought I was a bad***. I still channel this aesthetic to this day. Deal with it.

-McKenna's Mom

Med school can be boring but that doesn't mean your fashion has to be. Until the next issue...

-XOXO Fashion Maven

Quotable

“There is a lot of circadian privilege that people enjoy and that they should check.”
-Rennie Burke, MS2

“Salmon is a tricky fish.”
-Sumedha Sinha, MS2

“I wish my tongue was long enough to reach your finger.”
-Karen Clarey, MS2

“If you don’t put your finger in it, you’re gonna put your foot in it.”
-Dr Mary Marcinko
“A Kitchen That Is On Fire”  
By Sumedha Sinha, MS2

Red Hot Kitchen sounds like a name of an eatery from the underground. It might as well be for it is devilish brilliant work to combine two fantastic cuisines into one. The creation of Korean-Mexican, diner-style food is far from a Frankenstein monster. One trip here, and you will be hooked to the great balance of Korean spices and traditional Mexican food. Before going further, more story time with yours truly, critique gastronomique extraordinaire. I love fusion foods. Food is the utmost expression of culture, and with fusion foods, you see a unique yet harmonious exchange of different flavors and ideas. Located on 1995 University Ave, Red Hot Kitchen takes the fusion idea to the next level with a delicate play of tastes that leads to an unforgettable combination. Yes, I am drooling writing this article. So what can you expect? Just walk in the joint with its green benches and a chalkboard menu to start off the adventure. Tuesdays are great for the not so heavy on the pocket investment...Taco Tuesdays for $0.99. This day is perfect for those of you that do not want to jump right into a new territory. You may dip your taste bud feet, one step at a time, in the fusion world with the choice of kalbi short ribs, bulgogi, spicy pork, chicken, tofu, or fish mini tacos. I had the chicken, spicy pork, and tofu tacos. All of them were packed with flavor and carried a bit of a sweet, spicy punch. Just enough to wake you up for your upcoming classes or studying plans. The tortillas were fluffy and worked well with the Korean style fillings, and toppings including fresh cabbage or side of kimchi (fermented cabbage). Others have raved about the other flavors. As our very own Khoa eloquently put it, “I like the Kalbi short rib ones the best. It’s sooo good.” I recommend ordering at least 3-4 tacos. As the top critic, I also tried the California Burrito. It was filled with kimchi fried rice, avocado, French fries, and your choice of meat. With the warm blanket of tortilla, the different ingredients worked amazingly. The creamy avocado was offset by the tarty and crunchy kimchi. The meat again was well marinated and full of flavor. And French fries in savory foods is always golden. For my vegetarians, tofu as a choice of meat is an option for all the fusion items. Finally, let us not get discouraged, my health conscious friends. There are also salad options. Next on my list to try is the Avocado Mango Salad with, you guessed it, avocado, mangos, beets, jicama, red cabbage, red bell peppers, and sesame dressing. All the items on the menu are reasonably priced at under $10. My humble, final thought? Why waste time fighting with your Mexican food or Korean food urges? Get both of them satisfied at once at Red Hot Kitchen!—  

Khoa Nguyen (MS2) exuberates Andrew Lee-level confidence in his decision to eat at Red Hot Kitchen. What’s behind the smirk? Kalbi flavored tacos. Photo credit Michelle Okoreeh.
By: Rennie Burke, MS2

There is a moment early in “The Stanford Prison Experiment” when Dr. Phil Zimbardo (Billy Crudup) sees some of the subjects in his experimental prison, populated with volunteers recruited from the Stanford undergraduate population, suffer. You can see he mulls discontinuing the whole thing - since the 1940s, researchers of all stripes have been inculcated with the mantra to Do No Harm - but whether it is the prospect of a research breakthrough, an unwillingness to throw away all the time and energy invested so far, or something else, he decides to let the experiment keep going. That decision has a kind of inertia. It becomes clear very quickly that the abuse he saw represented the beginning of a pattern, and as the abuses increase in severity and frequency, so too does Zimbardo’s culpability in allowing them to proceed. Based as it is on one of the paradigmatic examples of research misconduct, “The Stanford Prison Experiment” is on its most superficial level a historical drama. But more than that, it is a story about what people do with unaccountable power, and how their victims respond to degradation. More immediately, for medical students like us, it is a lesson in why research ethics matter. When doing the right thing is difficult, are you so sure of what you would do?

For readers unfamiliar with the experiment, in 1971, Stanford psychology professor Philip Zimbardo recruited a group of 24 male students from the undergraduate campus to take part in an experiment recreating a prison. He arbitrarily divided the students into two groups of 12, with 12 “prisoners” living full-time for two weeks in makeshift cells in an unused campus building, and the 12 “guards” in rotating shifts around the clock watching them. Within one day, the guards began tormenting and abusing the prisoners, depriving them of sleep, forcing them to continuously recite their identification numbers for hours, and that was just the beginning. Sporadic episodes of violence broke out, as some prisoners barricaded themselves in their cells, while another attacked a guard and was placed in “solitary confinement” (locked in a supply closet nearby). Zimbardo himself, watching the entire experiment from video cameras he had installed in the “prison,” let it continue despite the obvious abuses by the guards. Before the experiment could even last one week of the proposed two, Zimbardo halted it.

The majority of the film is a chronicle of the deteriorating situation within the prison. In close-up after close-up, we begin to feel the same cramped space the prisoners live in, experience the same claustrophobia, and develop the same anxiety about being watched. Within one day, the guards began tormenting and abusing the prisoners, depriving them of sleep, forcing them to continuously recite their identification numbers for hours, and that was just the beginning. Sporadic episodes of violence broke out, as some prisoners barricaded themselves in their cells, while another attacked a guard and was placed in “solitary confinement” (locked in a supply closet nearby). Zimbardo himself, watching the entire experiment from video cameras he had installed in the “prison,” let it continue despite the obvious abuses by the guards. Before the experiment could even last one week of the proposed two, Zimbardo halted it.

The next day, outside his room is The Cart. The one filled with bottom-of-pot coffee in a silver urn, bananas and oranges on the bottom, a consolation. A tube down his throat, and machines make his lungs go in and out. His wife and daughter and sons in tears. Readier than me for what would come. Farewell, my Crayola Peter Pan man.—

Poem by Ashley Stone, MS4

I wish I could tell you his name;
But I can’t and you’ll have to trust me:
it’s a good one.
Reminiscent of Crayola meets Peter Pan,
happy things of my childhood.

That Whipple.
10 hours long and he survived.
A new plumbing system for a gut.

Parkinsonian at baseline,
hard to determine mental status.
Hand shaking, speech slurred-ish

Fox News, he did not like one bit.
You can change it, I said, and showed him how.
Look at the trees, what a view you have.

A wife so kind, a daughter so devoted.
Driving so far to see my Crayola Peter Pan man.
Day by day, ups and downs.

Two weeks go by.
A small bile leak, some patchy infiltrates.
And then he gave the staff a fright.

Bloody poo, hemoglobin 6.1.
Why? C diff, maybe, but also something big—
his pipes bursting, somewhere.

The nurses changed him and cathed him.
He used his shaky hand to cover himself,
modest in front us three girls.

_Tylenol_ he garbled when he got to his new home, the ICU.
They rescued him, gave him bags of bright B+ blood.
His pressure rose, he talked his slurred Parkinson speech.

My Crayola Peter Pan man, he would make it.
He would still be a father and a husband;
probably a good democrat too.

The next day, outside his room is The Cart.
The one filled with bottom-of-pot coffee in a silver urn,
bananas and oranges on the bottom, a consolation.

A tube down his throat,
and machines make his lungs go in and out.
His wife and daughter and sons in tears.
Reader than me for what would come.
Farewell, my Crayola Peter Pan man.—

Medical Movie Review:
“The Stanford Prison Experiment”
By: Rennie Burke, MS2

There is a moment early in “The Stanford Prison Experiment” when Dr. Phil Zimbardo (Billy Crudup) sees some of the subjects in his experimental prison, populated with volunteers recruited from the Stanford undergraduate population, suffer. You can see he mulls discontinuing the whole thing - since the 1940s, researchers of all stripes have been inculcated with the mantra to Do No Harm - but whether it is the prospect of a research breakthrough, an unwillingness to throw away all the time and energy invested so far, or something else, he decides to let the experiment keep going. That decision has a kind of inertia. It becomes clear very quickly that the abuse he saw represented the beginning of a pattern, and as the abuses increase in severity and frequency, so too does Zimbardo’s culpability in allowing them to proceed. Based as it is on one of the paradigmatic examples of research misconduct, “The Stanford Prison Experiment” is on its most superficial level a historical drama. But more than that, it is a story about what people do with unaccountable power, and how their victims respond to degradation. More immediately, for medical students like us, it is a lesson in why research ethics matter. When doing the right thing is difficult, are you so sure of what you would do?

For readers unfamiliar with the experiment, in 1971, Stanford psychology professor Philip Zimbardo recruited a group of 24 male students from the undergraduate campus to take part in an experiment recreating a prison. He arbitrarily divided the students into two groups of 12, with 12 “prisoners” living full-time for two weeks in makeshift cells in an unused campus building, and the 12 “guards” in rotating shifts around the clock watching them. Within one day, the guards began tormenting and abusing the prisoners, depriving them of sleep, forcing them to continuously recite their identification numbers for hours, and that was just the beginning. Sporadic episodes of violence broke out, as some prisoners barricaded themselves in their cells, while another attacked a guard and was placed in “solitary confinement” (locked in a supply closet nearby). Zimbardo himself, watching the entire experiment from video cameras he had installed in the “prison,” let it continue despite the obvious abuses by the guards. Before the experiment could even last one week of the proposed two, Zimbardo halted it.

The majority of the film is a chronicle of the deteriorating situation within the prison. In close-up after close-up, we begin to feel the same cramped space the prisoners live in, experience the same claustrophobia, and develop the same anxiety about being watched. Close-ups can be overused in movies, but here, where so much of the characters’ arcs come from their physical presence and bearing and how that slowly changes, they work well. The numerous close-ups capture the nuances of their performances as they are written on the actors’ faces, and also capture the sense of confinement within the prison. This drama brewing within the prison constitutes the main plot.

(“Stanford” continues on p9)
but equally important is the action taking place in the lab. Like the audience, Zimbardo hovers above the action at a certain remove for much of the movie, only occasionally intervening. But we spend a lot of time with him and his lab colleagues as they watch what is happening and, again and again, weigh whether or not to intervene. More often than not, they don’t.

The main plot in the prison is disturbing, and director Kyle Patrick Alvarez is unflinching in his gaze when it comes to the humiliations the guards inflict on the prisoners. Early on, smiles still escape the prisoners’ and the guards’ mouths as they break character, aware of the ridiculousness of the experiment’s premise. But as a small group of guards establishes a more serious atmosphere and begin showing signs of sadism, the smiles vanish. The nearest film analog, albeit a much more serious one, would be Errol Morris’s documentary on the abuses at Abu Ghraib, “Standard Operating Procedure.” Indeed, the scenes near the end of the “The Standard Prison Experiment,” in which the guards force the prisoners to engage in simulated sexual acts with each other, could have come straight from the recreations in “Standard Operating Procedure” about the abuses in modern wartime detention centers. Some might find Alvarez’s dwelling on the suffering of the prisoners distasteful; it is this author’s view that these images are necessary to the story, and crucial if one is to fully appreciate what transpires. Every scene in the prison begins with a baseline level of dread that builds slowly but surely, aided by Andrew Hewitt’s score, as the guards become more imaginative in their torments.

The cast is uniformly terrific and delivers memorable performances despite the script’s reliance on physicality and visual tableaus to tell its story. Crudup, a character actor with a jawline meant for leading man, has made a career of playing men whose charm and handsomeness conceals something darker in movies like “Spotlight” and “Watchmen,” and brings that same energy to his performance here. Ezra Miller and Tye Sheridan, playing the two most rebellious prisoners ultimately broken by the experiment, succeed at carrying much of the movie’s emotional weight. And Michael Angarano, who played the lovable and sensitive Dr. Bertie Chickering in Stephen
For too many of us, it's become safer to retreat into our own bubbles, whether in our neighborhoods or college campuses or places of worship or our social media feeds, surrounded by people who look like us and share the same political outlook and never challenge our assumptions. The rise of naked partisanship, increasing economic and regional stratification, the splintering of our media into a channel for every taste — all this makes this great sorting seem natural, even inevitable. And increasingly, we become so secure in our bubbles that we accept only information, whether true or not, that fits our opinions, instead of basing our opinions on the evidence that's out there.

This trend represents a third threat to our democracy. Politics is a battle of ideas; in the course of a healthy debate, we'll prioritize different goals, and the different means of reaching them. But without some common baseline of facts; without a willingness to admit new information, and concede that your opponent is making a fair point, and that science and reason matter, we'll keep talking past each other, making common ground and compromise impossible.

The President also reflected on his historic status as the first black president in U.S. history, and he admitted that racial tensions are not a thing of the past. "After my election, there was talk of a post-racial America. Such a vision, however well-intended, was never realistic."

Yet despite this, he left Americans with a piece of hope. "Understand, democracy does not require uniformity. Our founders quarreled and compromised, and expected us to do the same," Obama said. "But they knew that democracy does require a basic sense of solidarity — the idea that for all our outward differences, we are all in this together; that we rise or fall as one."

He assured the country that although his service as president was the honor of his life, his service was not over and he looked forward to continue contributing to the success of the country as a citizen.

President Obama ended his speech with an allusion to the beginning of it all, calling upon his famous theme of change. "For now, whether you're young or young at heart, I do have one final ask of you as your president — the same thing I asked when you took a chance on me eight years ago. I am asking you to believe. Not in my ability to bring about change — but in yours," he said.

His final words left the nation with an analysis of the past, and a hope for the future. “Yes we can. Yes we did. Yes we can.”—

---

**Recipe: Slow Cooker Saag Aloo**

Ingredients

- 4 medium potatoes
- ½ onion, diced
- ¼ cup vegetable broth or water
- 1 tbsp olive oil
- 2 cloves garlic, chopped
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp garam masala
- ½ tsp chili powder
- Black pepper to taste
- 10 oz fresh baby spinach (Family size bag!)

Directions

1. Add everything except for the spinach to your slow cooker and cook on low for 3 hours.
2. Mix in the spinach and keep the lid on for 5 minutes.

If you don’t have some of the spices, feel free to substitute for what you have on hand. If you are on the fence about getting a slow cooker, I recommend it. There are cheap ones on Amazon for $15 but if you are not convinced, you can still make this dish on the stovetop with low heat. Just leave the lid on so the water steams the potatoes. You may need to add more liquid so it doesn’t burn.

[Adapted from www.amuse-your-bouche.com]
For generations, the Geary family have sewn, knit, and crocheted together. Woven into the genetic thread of the family tapestry, they have perfected the skill of hooking and interlocking colorful strands of yarn into incredible works of art. "My grandmother grew up poor and she would make and repair her own clothes," says McKenna Geary, a second-year medical student. She wears a proud smile as she describes her mother and grandmother as left-brained and very creative.

A quick glance across a typical second year lecture hall, you will see students roaming through Facebook, texting a significant other, or coddling their beloved Pathoma. Not McKenna. Often, she is sitting upright, hands in rhythmic motion, transfixed on her current masterpiece. "I need a sense of frequent accomplishment in my life and I get that sense of accomplishment while knitting." She describes her hobby as a major source of stress relief and focus as she absorbs the constant barrage of new medical information.

McKenna's journey started at age four when her grandmother taught her how to sew. At age ten, she began knitting and today has made over two hundred separate items. One of her fondest childhood memories was making her first quilt with grandmother Geary. "My grandmother made lots of quilts and my mother would make me beaded socks and I use to hate them with all my heart. I was the nerd in high school wearing noisy beaded socks," McKenna reminisces. "Now I understand it and will do the same thing to my kids!"

According to McKenna, knitting is an easy and cheap hobby to learn. Anyone can start by buying knitting needles and a ball of yarn. "You should start by making small hats. There are plenty of instructional videos on YouTube, and it's not that complicated," McKenna replies. Major benefits of this hobby include stress relief, a frequent sense of accomplishments, and a box full of potential last minute gifts.

McKenna's knitting story does not end here. Her compassion and creativity will leave no baby's head uncovered and no baby toes to freeze in the cold. "I want to have a bunch of cute baby hats that I can give to every baby I deliver," she smiles, "I'm going to be that nerd." As she becomes a physician and specializes in OBGYN, she will not only use her hands to catch babies during deliveries but will also use her hands to shape the lives of our future generation, one knit at a time.—
Men’s Style Corner: Watch Buying Guide
By Asbat Hasan, MS2

In the ubiquitous world of smartphones, wristwatches are no longer the primary means of timekeeping. Owing to their rich history and tradition, watches remain a surprisingly prominent fashion accessory today. While the most important variable when purchasing a watch is your appreciation of its style or design, the true measure of a wristwatch comes down to the quality of the movement that powers it. What good is a watch that glimmers in the sun, but still tells you it is 2:00 pm when you’re struggling to crank out that last-minute PBL past midnight? That’s why your best bet is a watch with a quality movement that keeps accurate time for years to come! So here’s everything you didn’t know that you wanted to know about watches.

There are two predominant types of wristwatches: quartz and mechanical. Most people, when they think of a watch, have a quartz watch in mind. Revolutionized by the now-prominent Japanese brand Seiko, quartz watches, due to their low cost of production, accurate timekeeping, and ease of assembly, were on the brink of making mechanical watches obsolete. Inside, there are a simple set of gears and a crystal that are connected to a battery, which gives the second hand power to move and keep time for 1-5 years. This movement has an incredibly high degree of timekeeping accuracy, and may only gain/lose 1 or 2 seconds per year. Let me put that about watches.

Quartz is also cost effective to produce (and is therefore cheaper for the consumer) because it can be made by a machine, and doesn’t require the hands of a skillful horologist. Fossil is one brand that dominates the quartz watch market with their incredible array of designs. Not too many people are aware that Fossil alone makes watches for dozens of other fashion brands as well, such as: Skagen, Adidas, Burberry, Diesel, Michael Kors, Marc Jacobs, and Armani. They’re basically the Luxxotica or Frito Lay of the watch world! Citizen, Casio, Bulova, and Timex are also other great entry brands to look at. Beyond $500, you will be paying mostly for either the brand name or design of a quartz watch, as quality becomes inconsequential.

The lesser known mechanical watches are a beauty to behold. A set of rotating gears, springs, wires, and bolts, simultaneously compensating for the effects of Earth’s gravity, are assembled by a dedicated watchmaker who spent years honing his craft. It is an engineering marvel.

("Watch" continues on p13)
A horological masterpiece. In automatic mechanical watches, a half-circle shaped plate is loosely attached to the bottom of the movement, allowing it to rotate as you move your arm throughout the day. Rotation of this metal plate, then, winds the gears inside the watch, and powers the mechanical movement, allowing the second hand to move and display the time. As you might expect, gears and springs do not always have perfect accuracy, as evidenced by some luxury automatic watches that gain/lose 2 seconds a week despite a retail price of over $20,000 (I’m looking at you Audemars Piguet). Furthermore, if you forget to wear your automatic watch for a week, its gears will unwind, and the movement will stop, necessitating you to reset the correct time the next time you wear it. So given all of that, who would want to wear a watch that isn’t all that accurate, essentially turns off after a week, and is usually more expensive than a quartz watch? In general, these watches speak to those who view watchmaking as an art form – a testament of mankind’s ability to turn a collection of tiny metal springs and gears that have no significance on their own, into a synchronized timepiece that can easily last for many decades and be passed down generation to generation. These are the luxury watches made by iconic Swiss brands such as Omega, Rolex, and Audemars Piguet. Other affordable automatic alternatives are made by Seiko, Orient, and Citizen. But no matter which style you prefer, a wristwatch is an excellent way to compliment your personal style!—
Share your creativity! To submit artwork for future Scope issues, please contact Khoa at knguy065@medsch.ucr.edu. Open to students and staff.

“Wedding Procession”
Erin Liang, MS2
2015, Photograph

“Giant Buddha”
Erin Liang, MS2
2015, Photograph
The Scope would like to thank off staff contributing writers Frances Tao, Saba Naamo, Sharona Hariri, Cristina Tapia, Ashley Stone, Lisa Schwartz, and Asbat Hasan. Many thanks to Scott Cramer and Elias Fanous for continued hilarity and to Erin Liang for her artistic skills. Nostradamus sends his apologies for the lack of horoscopes this month; he was unable to commune with the celestial bodies for reasons the Scope is much too frightened to inquire about.

Another special thank you to our faithful readers, especially for your continuous tolerance of Scope shenanigans and willingness to play along. If you would like to submit art, please contact the Senior Editor at khoa.nguyen@medsch.ucr.edu. If you would like to write for the Scope, please contact the Editor in Chief at rlis001@medsch.ucr.edu. Otherwise, we shall see you at MedProm!

Engagement Announcement
Ariana Ramirez (MS2) & Luis Alvarez

“I’ve known them from the beginning and have never seen a more communicative duo. They are truly an example of a couple that builds the other up physically, mentally, and spiritually.”
-Cristina Tapia, MS2

Left: Scope Staff Members from left to right: Tri Tran, Editorial Advisor; Rennie Burke, Beat Reporter; Rita Lis, Editor in Chief; Sumedha Sinha, Top Food Critic; Deema Akari, White House Correspondent; Khoa Nguyen, Senior Editor. Not pictured: Nike Fanu, Head Fashion Maven; Srita Chakka, Head Apprentice to the Fashion Maven; Dr Emma Simmons, Moderator. Photo Credit: McKenna Geary