By: Nahal Nikroo, MS2

I waited in the back of the crowded room filled with physicians. I kept glancing at the notecards in my hands and shuffled through them over and over again. There was a slight tremor to my hands. Was it from too much coffee? From nervousness? I didn’t know. It was ironic, that a medical student was giving a lecture to physicians and medical educators gathered from different corners of the United States – on the importance of ultrasound education. In order to speak on how UCR SOM was able to successfully create and integrate ultrasound within the medical educational curriculum, I needed to start from the beginning.

When UCR SOM began, we had zero formal ultrasound education and no diagnostic imaging modality integrated within the medical curriculum. Numerous medical specialties rely on point of care ultrasound (POCUS) as an extension of the physical examination as well as diagnosis and guidance for procedures. Far beyond being the “visual stethoscope of the 21st century,” other educational institutions understood the usefulness of POCUS to aid student teaching in physiology, anatomy, and pathology. While UC Riverside had no POCUS instruction and a single, 10-year-old machine with one curvilinear probe, UC Irvine, only 50 miles away, had a well-developed POCUS program with almost 100 ultrasound machines system wide and an integrated US curriculum spanning four years. PBL instructors would talk of Loma Linda medical students who expertly used ultrasound on wards and impress future residency directors.

It didn’t make sense that other medical schools were teaching their students how to utilize the ultrasound machine but we, as UCR medical students,
“Public Displays of Affection”
By: Kashif Iqbal, MS1

On January 27, 2017, President Donald Trump signed an executive order to temporarily bar entry of immigrants holding passports from Iraq, Syria, Iran, Sudan, Libya, Somalia, and Yemen for 90 days. Each of these seven are majority Muslim countries, and prohibits entry of those with any type of visa from those seven countries, including those coming for tourist or business reasons. He also suspended entry of all refugees for 120 days, and barred refugees from Syria indefinitely.

Many Americans felt that President Trump’s order was a ban on Muslims and was unfairly targeting immigrants and Muslims without addressing the underlying problems causing violent attacks on U.S. soil, a majority committed by those not of Muslim background. Medical students at UC Riverside felt that they needed to support the local Muslim community, amidst the rise of Islamophobia and attacks on Muslims since President Trump’s election. Gerardo Lopez, a second year medical student, called medical students to action. He claimed that they were obligated to show support during these troubling times for Muslims and wanted to show their Muslim neighbors that they stand with them.

“I was motivated by a classmate, Annie L. She is an activist, and she is always out there standing up for what she believes,” said Lopez. “More needs to be done to protect our communities. A part of the community was threatened and I felt that I had to do something, as I took the oath of a physician and I wanted to represent the values of this school. There are many things we can do to improve the health of the community besides prescribing medicine. We can go out and show support, like reducing stress so people can pray in peace.”

(“PDA” continues on p3)
“Pun-ch Line”

Doc, the patient was hit in the head by a soda can thrown from a car, but he’s doing ok

Wow, he’s lucky it was a soft drink

“Pun-ch Line” is brought to you by the always clever and never coy Scott Cramer, MS2 (left) and Elias Fanous, MS2 (right).
Med Prom 2017

By: Sharona Hariri, MS1

“Midnight in Paris”

Med Prom: An evening of joy, community, and friendship was underway as MS1’s gathered to attend our first celebration together. Glittering nails, princess gowns, and dapper suits filled the ballroom of the Marriott Hotel as the UCR Med Students arrived, ready for the festivities.

Stopping for pictures? A must! Friends joined to take photographs with cute props, feathered boas, and masquerade masks. Big/little duos, roommates, and couples all made their way to the photo stand, sharing in this exceptional moment.

Everyone looked magnificent and the excitement was palpable! Talents were revealed on the dance floor as we danced the night away, the music setting the tone for a wonderful evening. A true night to remember, leaving all in anticipation for next year.—

Reviews

“MedProm was great! I liked the venue and music, and I enjoyed seeing all of our classmates having fun!” - Ross Mudgway, MS1 Publicist

“Med Prom was great! I had an amazing time dancing and relaxing with all my friends. Everyone looked so wonderful, and I can’t wait to go again next year!” - Kleshie Baisie, MS1

“It was amazing seeing everyone dressed up!” - Jasmine Jafari, MS1

Population Survey

Students and staff were kind enough to share their answers to this issue’s question: What is the most romantic thing you’ve ever done?

“When I was in undergrad, I left in the middle of midterm season (all upper division) to get engaged to my wife in Lebanon. We spent a week there and then I had to come back. It was a spur of the moment kind of thing.”

-Khalid Aldaas, MS2

“My husband does a lot of presentations, so anytime he has a big presentation or meeting, I put a love note on his speedometer so he’ll see it. We love to do little things for each other, especially after 17 years.”

-Lawanda Hall

“I was scheduled to go on a backwoods research trip for a month in Costa Rica. Without phone or internet access, my significant other and I created a care package with daily envelopes to stay connected. Each day apart we had notes, favorite candies, or a happy memory of our time together.”

-Margaret Clark, MS2

“We had very little money and for Christmas, my wife and I agreed not to spend a lot. I worked at a high school and a gentleman came from the Tungan islands. He gave me his necklace after I complemented it. So I got some Christmas cards and wrote a poem in Hawaiian. I put everything in an island themed basket.”

-Kendrick Davis, PhD

“Sarah and I made each other Mac & Cheese one night before RFC.”

-Jordan Rossi, MS1

“I then spoon fed Sarah and Jordan the above mentioned Mac & Cheese.”

-Rashid Awan, MS1
Med school can be boring but that doesn’t mean your fashion has to be. Until the next issue...

-XOXO Fashion Maven
Pretty much everyone recognizes those 1960s-era movies or shows (like Mad Men) where seemingly every man strutted around in a tailored suit. Seems a bit too much nowadays, doesn’t it? Going to get groceries? Suit! How about walking the dog? Suit! Meeting up with that pretty girl from accounting who has been giving you those flirty touches lately but you never noticed because of your tertiary syphilis? Suit! The term “casual” certainly had a different meaning to the average American male in the decades preceding World War II. The advent of the industrial revolution brought us incredible advancements in technology and manufacturing, forever changing the way clothing was produced on a mass scale. Prior to Eli Whitney’s famous “cotton gin”, constraints in the manufacturing and tailoring process led to high clothing prices, drastically different from the “fast fashion” we consume today. The early 1900s American male needed something that he could buy once, look decent in, and wear many times before needing to repurchase. There was no $10 t-shirt or $30 jeans. Instead, there were well-made tailored suits, and a lot of them. But I digress – I’m not here to give you a history lesson! Between now and then, for better or worse, the culture of the country has obviously changed. Today, it’s not uncommon to see people from all walks of life stroll through the local grocery store in flip flops, unflattering sweatpants, and an old t-shirt streaked with 3-day-old pizza grease. Indeed, the once mighty suit has instead been relegated to only the most formal of events, such as funerals, weddings, interviews, a few professional fields, and other special occasions. Times have changed, but suiting is still relevant. Rest assured, there are few things in life that can make you feel as confident and bold as walking around in a well-fitting suit that turns heads in your wake, especially from that girl in accounting.

So gentlemen, let’s talk suiting! And specifically, how you can look your best wearing one! If you read nothing else due to an acute onset of ADHD-like symptoms, the most important thing I hope to impress on you is that the fit of your suit matters more than anything else. You will look much, much better in a poor quality $100 H&M suit that fits pretty well rather than an oversized, baggy Hugo Boss suit that sets you back $1,000. In the world of suiting, fit is king. And so that’s where we will begin, focusing on the suit jacket. Instead of small, medium, or large, suit jackets are sized according to the chest circumference and the sleeve length. For example, a suit jacket size of 40R means that it is proper for somebody who has a chest circumference of about 39-40 inches, as measured by a tailor or measuring tape around the fullest part of the pectoral region. The “R” in 40R, tells you that particular suit jacket has “regular” length sleeves. It is recommended that the sleeves of your dress shirt (worn under your suit) should extend about ½ to 1 inch past the suit sleeve. This is because dress shirts are easy to replace or repair, so if your dress shirt’s sleeve gets damaged, it will be far less costly than having to repair the sleeve on your favorite suit. If you find that your
While exposing the duplicity of some of its officials, Jude Law undermines public faith in government agencies. Suspicion of the pharmaceutical industry, Alan Krumwiede, a muckraking blogger with unclear intentions and an abiding character, characterize the virus and arrest its spread. Through all this, a epicenter of the growing United States outbreak, Dr. Erin Mears (Kate Winslet), is dispatched to St. Paul, the virus is thought to have originated. Another, headed by Orantes (Marion Cotillard), travels to Hong Kong, where the virus is assembling with the WHO. One team, headed by Dr. Leonara (Laurence Fishburne) and the team of scientists he is coordinating platoons of scientists and dictating policy, doctors on the ground collecting data to bureaucrats. At every level of organization, from individual student doctors here, I don’t know what I would have done. They’ve kind of saved my life because they’ve been able to diagnose me and help me with medications. Otherwise, I don’t have any insurance. So I can get my medication here and I don’t have to fight for my medication. They just automatically know. And they treat me well and they sit there and discuss what my medication can and can’t do for me and how I’m feeling. They’ve been really helpful in everything that they do for me, for a lot of us. And not only that, but they feed us sometimes too. They make sure that we’re hydrated. If you need any kind of sanitary things for your body like deodorant, they give you that too. Or condoms, anything, even dentistry! It’s a really good program. I’ve told a lot of my friends about this place and they’ve come and gone. Until they get their insurance or whatever. They’ve loved it. So yeah, I appreciate it. Because of its enormous cast and broad focus, some viewers may find the movie cold. It depicts the suffering, and occasionally, the death of its characters with a cool, clinical precision stripped of any emotional weight. Yet this allows director Steven Soderbergh to better explore the real focus of its story. The ensemble cast is itself just another set, and the real character is human institutions. Watching this film so soon after a second year block that focused heavily on public health science, astute UC Riverside MS2s will recognize that the entire film is a live-action demonstration of the “Swiss Cheese Model.” At every level of organization, from individual doctors on the ground collecting data to bureaucrats coordinating platoons of scientists and dictating policy, institutional and human failures combine to let the lethal virus spread. Soderbergh is clearly at home in this ensemble format, having used it elsewhere to explore drug trafficking (“Traffic”), a turn-of-the-century New York hospital (“The Knick”), and even an action-packed Las Vegas casino heist (“Ocean’s Eleven”). Because his preoccupation here is with the human being and a friend. And all the students are great. They’re always concerned about if we’re ok, if we’re alright. ("Script" continues on p8)
They have programs for diabetes, even for yoga. So, they’ve got everything. And it’s a church, so you can go inside and pray if you want to. And I like that.

Is there anything that you would like to tell the staff here or anyone who’s reading?

I think that anybody who’s reading this who really needs medication or you need to be treated for something and you don’t want anyone to know about it or want it to be private, they’re very private about this. If you’re Spanish speaking, I recommend you come in here too because they also have any kind of language to help you. It doesn’t have to be Spanish. They find someone to translate for you. I suggest you come here to get help. Don’t be without medication. If you’re sick, come here. And they don’t ask you for your ID, they don’t ask you for your social security number. They’re more concerned about you as a person than as numbers.

Is there anything else you wanted to add?

I’m very thankful for Dr Lyons, that he’s my doctor. I mean, I say that he’s my doctor because even when he’s walking around, he’ll sit there and talk to you. And ask you how you’re doing, even if it’s just “what did you do for Christmas?” or if it’s your birthday, he knows.

Do you think that makes a difference in healthcare?

Yes, it makes a difference. It makes you feel comfortable. Not that I’m saying all the doctors don’t do that, but he’s like the Papa Bear of the whole place.—

"Mentoring Dreams Into Reality"

By: Stephanie Bamidele, MS2

On the rainy evening of January 12th, 23 undergraduates of African descent and 19 medical students gathered in G650 for our Student National Medical Association (SNMA) chapter’s inaugural Mentorship Reveal Dinner. The evening kickstarted with a presentation about pre-medical resources and clinical opportunities, while students feasted on the spaghetti dinner funded by African Student Programs (ASP). Then, a medical student panel consisting of co-president Morenike Fanu, Aaron Watson, Annie Le, Madeline Mullen, and Jorge Garcia presented diverse perspectives on alternative paths each took to pursue medicine, answered questions, and offered valuable advice. After the big reveal, chatter filled the room, as mentor-mentee pairs began forming connections.

This marked the first event from the SNMA/ASP Medical Mentorship Program, a program that up until October was still an idea. During the summer, while starting our chapter, our leadership team: co-presidents Stephanie Bamidele and Morenike Fanu, community-
service liaison Michelle Okoreeh, treasurer Adanma Nwachukwu, and secretary Niya Larios discussed forming a partnership with ASP with our advisors, Dr. Emma Simmons and Dr. Leita Harris. Our chapter’s ultimate mission is to improve the health of underrepresented minority communities. One way to accomplish this goal would be to reach back to premedical African American undergraduates and provide them the resources needed to be successful in their pursuit of medicine. Thus, throughout the fall, we worked closely with ASP Student Affairs Officer Rhiannon Surowski-Little and Director Kenneth Simons to recruit students. Our program is currently in the process of expanding to include physicians from the J.W. Vines Medical Society as well as the local community. These physician mentors will provide additional guidance for not only the undergraduates, but also the medical students involved in the program.

According to the 2013 Census Bureau, “African Americans currently make up under 4% of practicing physicians, 6% of trainees in graduate medical education, and 7% of medical student graduates.” Our mentorship program is the first step to combatting this discrepancy. We hope that by having mentors and gaining access to extra resources, our pre-medical students remain encouraged to pursue the profession, gain medical school admissions, and ultimately begin to fill this health care shortage. Our SNMA chapter is committed to making the dream of becoming a physician into a reality for these students so that they may, one day, return to and enhance their communities at large to achieve health equity.—

(…”Dreams” continued from p8)

“Alright Jorge, we’re going to die together on the 31st.”
-Gerardo Lopez, MS2
“Carpool?”
-Jorge Garcia, MS2

“I only give out three apologies a year.”
-Andrew Lee, MS2

“So... good luck with nephrology.”
-Dr Christian Lytle, PhD

“People think beauty is easy, but it takes a lot of work. And a lot of FAFSA money.”
-Nike Fanu, MS2

“I believe in your reality.”
-Khoa Nguyen, MS2

Students at SNMA’s Inaugural Mentorship Reveal Dinner.
Panel Photo Credit Stephanie Bamidele
According to Wikipedia, “a bromance is a close, emotionally intense, non-sexual bond between two men...exceeding that of usual friendship.” The term is attributed to Dave Carnie, the editor of Big Brother, a skateboard magazine. He used the term to describe the type of relationship between skaters who spent a significant amount of time together. In 2005, the term appeared in major media and became a popular way to describe great male friendships. Great bromances include J.D. and Turk from the popular medical sitcom Scrubs, President Barack Obama and Vice President Joe Biden, MS3s Mark Hilado and Josh Winn, MS2s Pepe Orozco and Tri Tran, and MS1s Kevin Ha and Akash Patel. Wondering how to land a special bromance and what makes these bromances work? Continue reading for a special look into these coveted relationships.

What brought you together?

Mark: “When medical school started, we thought we’d be proactive and motivated students; however, we soon regressed back into our default form of being degenerates and soon met each other in the last row of the classroom where we belong and where we started hanging out and talking.”

Josh: “He said it. It was like watching filthy animals fill a distinct niche on a BBC Nature documentary. I mean, I don’t want to call it fate, but it was something alright. We were born for that dank niche.”

What are your favorite hobbies that you share with each other?

Mark: “Motorcycles and long road trips, buying scooters from used lot sales, going to Pixels.”

Josh: “Bikes and beers, scoots and shoots, and a side of It’s Always Sunny In Philadelphia. Hanging out is a hobby in its own way I guess. Camping and hiking is up there for sure, when time is available.”

How are you two different?

Mark: “I feel like I’m maybe more spontaneous, more likely to go out and meet as many people as I can and try new things, whereas Josh has a wife.”

Josh: “Haha yeah, he’s more spontaneous for sure, always doing something fun and interesting, either around town or in other states. It’s like you need him to write a newsletter to make sure you don’t miss any of the neat stuff he’s been up to. Heck, I don’t even know the deets on Canada. Can’t say I ain’t jealous! Oh, and he’s also much easier to get a reply from online or over the phone. I’m seriously working on it, it’s a New Years Resolution for me, honestly.”

What is your favorite quality about each other?

Mark: “Josh is probably one of the most interesting people I’ve ever met, he has had an incredibly interesting life prior to starting med school, and will probably continue to do and experience really crazy and interesting things. He is an incredibly passionate and well-informed person on almost anything, and for a dusty old man, he’s not too bad.”

Josh: “Mark is amazingly personable. Like the most I’ve ever seen in anyone. He is able to meld into any social situation or event, and work with it without ever batting an eye. He’s engaged with everything, is honest about what he wants, will make space for people, and he won’t feign his emotions. He thinks things out to the end, and is great at giving advice. He doesn’t knee-jerk his choices. Like real genuine stuff. He speaks very well off of the cuff to large crowds, too, and he is incredible at organizing events. The list goes on…”

(“Bromance” continues on p11)
What brought you together?

**Pepe:** “We just sat next to one another and were like ‘this one will do’.”

**Tri:** “We sat next to each other and made palpable eye contact. There was a sense that we would be good friends immediately. It was a ‘gut’ feeling.”

What are your favorite hobbies that you share with each other?

**Pepe:** “Metaphorical long walks on the beach aka through FA.”

**Tri:** “Sports. He loves the ATL Falcons (terrible team) and I love the DAL Cowboys (best team). I think we really bonded over that.”

How are you two different?

**Pepe:** “I study at Starbucks and he studies at Vietnamese coffee shops.”

**Tri:** “He’s Hispanic and I’m Asian. He’s engaged and I’m not.”

What is your favorite quality about each other?

**Pepe:** “He’s a loyal friend and has never let me down, he is someone I can really trust.”

**Tri:** “I think he’s more calm than I am. He’s cool and collected even in the most anxiety driven situations. But probably more importantly, there’s a lot of depth to Pepe. If there was a paradigm for ‘don’t judge a book by its cover’, Pepe would be it.”

(..."Bromance" continued from p10)

What brought you together?

“We came into each other’s lives on a rainy April afternoon (second look) and shared stories of our childhood as we sipped on lemonade and ate cookies under an umbrella.”

What are your favorite hobbies that you share with each other?

“We popcorn read Costanzo’s Physiology and Ross’ Histology together. It’s not very efficient.”

What is your favorite quality about each other?

**Kevin:** “Akash has long arms that makes him travel a longer distance while we both bench-press 500 pounds. It makes the movement more difficult but he is so resilient and never gives up.”

**Akash:** “His Bro-ulder shoulders.”

Give us some details about your photo.

**Kevin:** “Akash and I hadn’t seen each other for two whole weeks (winter break)! But while we were apart, I built our dream house from memory with a room just for him to paint and relax. I guess he saw a picture of the house on Instagram and decided to come back to visit me and so I took him on a row boat around a lake near the house. It unfortunately started to rain, but luckily for us, I brought the same umbrella that we shared together on second look that shielded us as we ate cookies on that lake and talked about being birds in our next life.”—
In Flight

By: C. Carsten Miller

Doesn’t it seem like it’s often locations that trigger deep memories? Smells do too, from time to time. But, it’s usually places. That would make a combination of sensory inputs the strongest catalyst for a memory to surface, yes?

At the airport, if I catch the scent of jet exhaust my mind pulls me back to the early 70’s and Southeast Asia when I was a fireman (the age just before political correctness made us "firefighters") in the United States Air Force. The bases were beehives of aircraft activity supporting the political-military mission in South Vietnam. The odor or burning jet fuel permeated the hot heavy water soaked air... molecules clinging to molecules. I can close my eyes and smell the "donuts"!?! What? Donuts?

Andersen Air Base in Guam was the home, grocery store, and repair garage for 180 Boeing B-52 heavy bombers. In November and December of 1972, the base had swelled to prepare and deliver "Linebacker II", an ongoing bombardment of North Vietnam, specifically Hanoi, during the stalled "Paris Peace Talks". The mission being an effort to bring the North Vietnamese back to the discussion table. Sixty airplanes were in a group, with one group going to bomb, one group coming back, and one group on the ground being prepared to go!

Between the two massive runways was a wide swathe of parking revetments for many many aircraft. Hidden between two of these was a canvas tent the Red Cross had set up. Every morning, starting at about 0400 hours, the angels in the tent offered hot black coffee and freshly made glazed donuts; no other kind, just glazed! Inside the tent, the smell of the donuts could "drown" out the smell of the jet exhaust! I could walk in, inhale deeply through my nose and, if I closed my eyes, be inside the little donut shop back in Lakewood, California where my family always went for the doughy delights.

Funny... As I write this, I’m on a flight to North Carolina for a weekend of ultrasound skill acquiring and "honing" and began this article thinking I would scribe about inflight medical emergencies. I started thinking back to the several of these incidents I have been blessed to manage and, well, all of a sudden, I’m thinking about "donuts"! Memories can be a powerful thing. Savor each moment of your lives.—
Nostradamus Aldebaran Charmander

Salutations, dear readers! Last month’s entr’acte permitted ever greater scrutiny of the threads woven into the stars’ celestial tapestry—with some surprising implications for the signs of the Zodiac. I shall not force you to protract your forbearance! Now heed the fate bestowed by the stars!

**Aquarius**: January 20th–February 18th

Dear water bearer, this month will open with excitement as your ruling planet Uranus crosses paths with the lovely Venus. But beware: Saturn—oldest and most covetous of planets—ruled your house before Uranus’ discovery and may turn his jealousy upon you. To circumvent this, the stars suggest snapshot or related avenues of communication. After all, Saturn only recently traded its ancient flip phone for an iPhone and is just now learning about emojis but continues to use the eggplant inappropriately.

**Pisces**: February 19th–March 20th

Pisces my fishy friend, this month furnishes a foundation on which to fasten your fiscal, familial, and fantastical futures...fastidiously. Furthermore, the first Friday feels fabulously felicitous for functions of a financial formulation!

**Aries**: March 21st–April 19th

Aries, your need to be first will be complemented by the Sun’s auspicious transition into your sign. The Sun’s blinding light behind you means the heavenly bodies cannot impugn your less than valorous actions—which we both understand to mean filling up your water cup with Sprite at Chipotle and hanging up on telemarketers—in pursuit of greatness!

**Taurus**: April 20th – May 20th

This month will bring big transformations to your friendships and everyday life. Do not be surprised when you find yourself surrounded by your newly transformed friends howling beneath the full moon and cleaning up obscene amounts of fur and small mammal remains from your home. A lint roller is in your future.

**Gemini**: May 21st–June 20th

Be prepared, Gemini, massive energy is manifesting in a very exposed portion of your chart. This means everyone is about to know about all the drama about to unfold, and there’s nothing you can do about it. But fear not! People love to gossip and you will be giving them what they want! You’re so magnanimous!

**Cancer**: June 21st–July 22nd

Dear Cancerian, problems you’ve recently had with friends are just fading away. Everyone has so much time to talk right now, Cancer, and they absolutely love hearing your ideas. Meet a friend for a long lunch or just stop by a friend’s house on the way home from work. That would be great.

(“Horoscopes” continues on p14)
Leo: July 23rd-August 22nd
Lionly Leo, between February’s eclipse and so many planets swapping signs, lots of changes are coming for you—but a new season is also coming, and you must name it. I suggest 'Blarch' or maybe 'Freedom'.

Virgo: August 23rd-September 22nd
Virgo is associated with Tarot card “The Hermit” which is depicted as an old man that withdraws from the world in pursuit of wisdom. To reiterate: old. This will never be more apparent as the raucous planets engage in their fête céleste this month. Be warned: you may find yourself shaking your fist at the heavens to keep it down, complaining about your sciatica, or yelling “WHAT??” more often than usual. On the positive side, you may learn new skills such as Bridge and what foods make the best purée.

Libra: September 23rd-October 22nd
You charming Libras love pleasing others, but this month, please focus on making yourself happy. It’s obvious to everyone that you’re on the verge of a massive nervous breakdown from all that positivity and we’re afraid.

Scorpio: October 23rd-November 21st
You don’t deserve the stars’ guidance this month because of what you did while I was away. For shame.

Sagittarius: November 22nd.
December 21st
Scheduling is important this month, Sagittarius, so don’t let impatience or procrastination guide you. Plan your meals in advance, lay your clothing out the night before, and get a tourniquet. The best that money can buy.

Capricorn: December 22nd-January 19th
This month will cast your world in a new light—a sickly, pale yellow light like the sodium lamps in parking lots meant to discourage teens from loitering there at night. The stars mourn that this new light should be shed upon you.—

Favorite quote: “I learned a lot during that middle period of my life. Most significant, maybe, is that when a woman pulls a gun on you, never say, ‘You wouldn’t dare shoot.’” There are funny bits too.

Favorite chapter: The Curious Death of Vincent Van Gogh. A chapter dedicated to analyzing the circumstances of the death of Van Gogh. Was it really a suicide?—

(...Horoscopes” continued from p13)
3. Don’t try to get them back. I looked up more “how to get your ex back” articles than you can count. Why want someone who has hurt you before? You should never have to convince someone of your worth. Try your best to move on and more often than not, they will probably come back…and you’ll be removed from the situation so you can decide rationally if this is something you want to pursue (probz not).

4. Lean on your family and friends. What helped me a lot was just being able to talk it out with people. Sometimes you just need to have someone listen while you vent. Maybe you need someone to drag you out of bed to eat (guilty) or someone to force you outside the house (guiltyx2). With talking about it you can find out what went wrong in the relationship and figure out ways to work on it for your next one...because you will have one. You may also be able to come up with some ideas on how to best navigate the situation. If you need extra help, don’t be afraid to reach out to a therapist.

5. Journaling. Writing down your feelings and how you’re progressing throughout the days will really help. You may not realize it initially but over time you WILL start to feel less sucky. Even if it’s a little; but hey, any progress is progress when it comes to dealing with a breakup.

6. CUT THAT JERK OFF. BLOCK EM. UNFRIEND. DELETE THE NUMBER. TRUST....I’ve been there. I didn’t want to block them because “what if they text me saying they want me back”. Listen honey, take it from me, you can’t live your life based on the timeline of some jerk who hurt you. If they want you, they will find a way. TRUST ME WHEN I SAY THIS...a person who wants you will not let anything get in the way of them having you. So until you’re not so emotionally invested I highly recommend cutting off ALL contact. AND DON’T STALK THEIR SOCIAL MEDIA.

7. Adopt some new hobbies as a distraction. I took up burlesque dancing after one breakup and it was the BEST thing that has ever happened to me. It allows you to develop an identity outside of you and your ex-partner and can lead to new friendships.

8. DON’T...DON’T adopt any risky behavior. Hooking up with multiple partners, eating your life away, binge drinking, and drugs might reduce the pain temporarily, but you will feel the pain so much more when you’re more rational about the situation (trust me...you don’t need any more reasons to feel bad).

Political Pulse: A Bromance for the Ages

By: Deema Akari, MS2

It is no secret that former President Barak Obama and former vice president Joe Biden had one of the most talked about “Bromances” of national history. Obama has described Biden as “the best vice president that America has ever had” after awarding him with the Presidential Medal of Freedom with Distinction in January before leaving office. Obama has spoken highly of the Vice President saying, “I don’t like him, I love him.” While this relationship is heartwarming and completely relevant to the spirit of love recognized during this month of February, a look into the history of president-vice president relationships illustrates that such a relationship is not always the norm.

One reason why Presidents and Vice Presidents were not close early on in the history of our nation is due to the fact that, initially, the vice president was simply the person who came in second for president. This meant that not only were the two not friends, the president and vice president were in fact rivals. By 1804, the 12th amendment provided a remedy to this stating that there would be explicit election of both a presidential and vice presidential candidate for a given party. It was no longer simply a decision based on a runner up after the outcome of the election. This still created an obstacle for presidents seeking out an Obama-Bidenesque relationship, however, as the vice president was not a running mate chosen by the presidential candidate himself, but rather someone that the party chose for him.

"When the party chose the Vice President, then the chances of you finding a life-long buddy were much less," says Doris Kearns Goodwin, a Pulitzer Prize-winning presidential historian. It was not until 1940 when Franklin Delano Roosevelt made it clear that he wanted Henry Wallace to be his running mate before any president made a choice regarding who he wanted as his vice president.

Despite this history and the barriers standing in the way of life-long Bromance, there have been presidents in history who grew close to one another, even after having been paired together by their party. Rutherford B. Hayes, the 19th U.S president and his vice president...
William A. Wheeler did not know each other prior to being chosen for the republican ticket. However during their terms in office, they would host Sunday evening sing-alongs, with Wheeler providing the hymnals, Secretary of Interior Carl Christian Schurz on the piano, and Secretary of the Treasury John Sherman and his older brother General William T. Sherman singing along with their wives and the President.

But what about our current president and his vice president? During the election debates, President Trump openly stated that he and Vice President Pence did not agree on some issues.

Moderator Martha Raddatz said this to Donald Trump at the second presidential debate on October 9th 2016: "[Mike Pence] said provocations by Russia need to be met with American strength and that if Russia continues to be involved in airstrikes along with the Syrian forces of Assad, the United States should be prepared to use military force to strike military targets of the Assad regime."

Trump said he disagreed with his running mate. "He and I haven't spoken, and I disagree,"

At the time, it was a shock to many Americans that the now president did not agree with his running mate regarding crucial foreign policy issues. However journalists following their relationship report that since being elected into office, it has been professional and liken it to that of George W. Bush and Dick Cheney (though this analysis may be a stretch). President Trump trusts Vice President Mike Pence and his vast political experience. Mr. Trump even turned over the management of his transition efforts to the former Indiana governor. However, their attitudes and temperaments are as opposite as sides of a coin, and whether or not their relationship progresses past that of professionalism and into a “Bromance” is yet to be seen.—

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**Recipe: Super Soba Salad**

with Lisa Schwartz, MS2

<table>
<thead>
<tr>
<th>Salad:</th>
<th>Sauce:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4 oz soba buckwheat noodles</td>
<td>• 2 tbsp sesame oil</td>
</tr>
<tr>
<td>• 1 red bell pepper, diced</td>
<td>• 1 ½ tbsp rice wine vinegar</td>
</tr>
<tr>
<td>• 1 cup carrots, shredded</td>
<td>• 1 tbsp tahini (or peanut butter)</td>
</tr>
<tr>
<td>• 2 green onions (tip: cut with scissors)</td>
<td>• ½ tbsp soy sauce</td>
</tr>
<tr>
<td>• 1 tsp sesame seeds (optional)</td>
<td>• ½ tbsp maple syrup</td>
</tr>
<tr>
<td></td>
<td>• 1 garlic clove, finely diced</td>
</tr>
</tbody>
</table>

**Directions**

1. Boil noodles for 5 minutes. Drain and rinse under cold water
2. Mix together sauce and cool in the fridge for 5 minutes
3. Combine noodles and vegetables with sauce
4. Garnish with green onions and sesame seeds

[Optional add-ins: avocado, edamame, snap peas, roasted broccoli, tofu]

Left to right: Ingredients; Lisa Schwartz, MS2 with the finished product; Super Soba Salad Closeup

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Note: This recipe is very forgiving so feel free to substitute any missing ingredients for what you have on hand. Adapted from *Oh She Glows Everyday* by Angela Liddon.
9. Work on yourself. I would not advise a "rebound" relationship because more often than not they don’t work and you’ll probably attract the same type of jerk who hurt you before…don’t attract that jerk. Build up your confidence, change up your style, work out, meet new people, join new clubs and you WILL find yourself healing bit by bit….and who knows, even someone better will come along sooner rather than later.

10. Time doesn't necessarily heal all wounds. People can still hurt for significantly longer after a relationship ends. You WILL get over it….but it is what you do in this time of healing that will determine how quickly you bounce back to your former glory.

11. Be easy on yourself. Honestly, I struggle the most with this one. Breakups suck. There is a reason why so many songs are dedicated to love. It is a beautiful feeling and it painful when it ends. It didn't take you a day to fall for this person and it won't take you a day to fall out of love. If you truly have loved then you will always love, it will just change. Not so much romantic and more of wishing someone well and accepting your new reality.

Getting over a breakup is ROUGH…if you’re hurting it means that you care and that is a beautiful thing. Honestly, I’m still struggling. I’m not 100% better but I am not where I was a week or a month ago. I am able to genuinely laugh again, I am able to function as a normal medical student (although are medical students normal?), and I see things from a more objective point of view. Remind yourself that everything happens for a reason and whatever is meant to be will be. Maybe they were a mean person. Maybe the timing was bad but the feelings were there. Regardless, the feelings of an ended relationship are the same. I can’t guarantee that you’ll be better in a day, a week, or a month…but I can guarantee that your heart WILL heal and you will find happiness again. I hope that these tips are somewhat helpful. And if not, I hope that this article shows you that you’re not alone and that somewhere not far from you, some girl in pjs, listening to sappy music, and eating valentines candy feels your pain and is sending so many positive vibes your way.—

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**The Black Cat**

If the impending doom of having to impress your latest or oldest love affair has you feeling like you’re suffering from serotonin syndrome, look no further than Downtown Riverside. Yes, Downtown Riverside has a portal that can transport you to a true night in Paris. The family owned restaurant, Le Chat Noir, is a great place for any special day. And...if you’re like me, you can ride the coat tail of your parents’ 32 years together, and celebrate as a family. Nothing is more romantic than having your grown child there for your wedding anniversary. So what can you expect at Le Chat Noir located on 3790 9th Street? As you step inside the normal looking door, you’ll be surprised by how quickly the world on the outside fades away. The restaurant is warm, comfortable, and humming with the sound of diners and polite waiting staff, all to the backdrop of gorgeous chandeliers, built in racks of wine, and French music. The small, elegant restaurant is filled mostly with parties of two. The staff is almost all French, so get ready for “mademoiselles”, “monsieurs”, and “oui.” Everyone is attentive and has great knowledge about the food and wine. As you are

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Parents of the Top Food Critic enjoy a delicious meal at Le Chat Noir. Photo credit Sumedha Sinha.
After fit, the suit fabric is the most important consideration in a quality suit. Suits can be manufactured using several different fabrics like cotton, wool, rayon, polyester, etc. Which one is best? Trilogies have probably been written about the virtues of 100% wool suiting, but I’ll spare you the details and say this: a 100% wool suit drapes better, looks better, feels more luxurious, is more durable, and doesn’t get as uncomfortably hot as cotton or especially polyester suits. Cotton/polyester blends and 100% polyester suits are often terrible quality, notorious for wrinkling and trapping heat in all the wrong places. Stores like Macy’s often run seemingly incredible deals, such as a Calvin Klein Slim Fit suit with an MSRP of $500 magically slashed down to a tempting sale price of $100. Seriously, how are they even making profit here!? Look closely at the fabric content, and you will see the devil is in the details: these suits are often cheaply made 100% polyester or polyester blend, and in the long run, not worth it unless you plan on wearing a suit only once a year.

So where does one find quality 100% wool suits? I would first advise seeking out a tailor for proper suit measurements before trying on any suits. Some may do it for free or charge a nominal $5 fee, giving you an excellent head start in finding that perfect fit. Next, if you are looking for the ultimate versatility, start with plain navy or charcoal for your first suit, then add other colors, designs, or textures as your collection grows. And finally, we need to consider price ranges. In the $150-200 range, check out Combatant Gentlemen or J. Crew Factory Thompson Suit Line. In the $200-400 range, Macy’s carries an excellent Bar III (Macy’s in-house brand) slim fit suit. In the $400-600 range, Suit Supply carries their Napoli, Lazio, or Washington Suit Lines, which are widely regarded as the best value in affordable suiting – appropriate for residency interviews, or your wedding day.

Charles Tyrwitt is an excellent UK based company that makes great suits in this price range but also has the best value in men’s shirtings. In the $600+ price range, consider Hugo Boss, J. Crew Ludlow Suiting, or Brooks Brothers. Or, if you’re feeling particularly fancy, stores like Nordstrom offer Made To Measure (MTM) suits for men who are seeking a perfect custom fit or have irregular proportions.

For too long, the medical profession has been inundated by poorly fitting suits and dress attire, sartorially overshadowed by our contemporaries in banking, business, and law. Professionalism is a cornerstone of our profession, with colleagues and patients who are quick to form first impressions. Make that first impression a positive yet lasting one, with a stunning and properly fitted suit. Just pretend this guide is your sturdy oar, and with it, I have confidence that you can navigate the tempestuous suiting seas to find the perfect one that accentuates your figure and brings out the best in you, inside and out. —
MEDPETS
While you're busy learning how to save lives, these furry friends are there to save yours. Without any further ado, The Scope is proud to present the pets of UCR School of Medicine... aka MEDPETS.

Peaches
Anthony Perez, PhD Candidate
Peaches enjoys treats, warm blankets, and belly rubs... tons and tons of belly rubs. She loves to cuddle, unless you don't have a treat. If then, tough luck!

Bitty & Callie
Stephanie Bamidele, MS2
This mother-daughter duo's favorite pastimes include 5am bedroom door wake-up meows, lounging on textbooks, & nipping toes under desks. They shower me with love & constant cuddles.

Shilo
Breanna Fell, MS1
When I'm overly stressed with school, Shilo reminds me that it is not all about me and my stress and that she truly is Queen of the Castle and of the cuddles.

Allie
Elliot Silver, MS4
An adventurous puggle, she'll follow her nose practically anywhere. She'll be your best friend... as long as you bring snacks.

Scout
Michelle Tom, MS3
My friends found him roaming the street on Christmas Eve of last year. I now get to wake up to this little baby child of mine laying on my chest, and it is the best way to start the day.

Luna
Josh Zozaya, MS1
This is the cutest kitty in the world & my best friend, Luna. She can be a brat, but she's also really loving & gives me massages every morning. I don't know what I would do without her!

Cinnamon & Charlie
Mayra Hernandez Ramos, MS3
Cinnamon loves to hike and play. Charlie has entered his golden years and loves to relax when he is not exploring his environment (literally walking in circles!).

Moose
Pepe Orozco, MS2
Hello! My name is Moose and I am 1 year old in hooman years. I love napping, going outside, and doing pawsome tricks to get treats.

Piper & Cody
Niya Larios, MS1
Throwback picture of Cody (cat) and Piper (dog) grooming each other in front of a space heater in SF. This is before Pie realized she was a dog and then became too cool for cats.

Lupe Fiasko
Vinson Vong, MS1
He is the silliest, cutest, most lovable ball of fur in my life (besides Kendrick de la Mar, who did not want to be the heir of Pride Rock in this photo).

Canela
Jasmin Valenzuela, MS1
Canela is a cocker spaniel, she's a natural in front of the camera and her favorite treat is turkey meat.

Harley
Marissa Fox, MS1
Her favorite activities are sleeping, walking on my computer keyboard when I am studying, and clawing my boyfriend whenever she gets the chance.

Oliver
Monica Gutierrez, MS1
This is our puppy Oliver who's a little over 6 months old. He's super friendly and energetic, which keeps us entertained on the regular.

Charles & Samson
Stephanie Dreikorn, MS1
Ultra rare photo of Charles Richelieu & Samson the Evil cat. Charles loves walks, the beach, & licking while Sam likes to hunt, sleep, & attack unassuming housemates.

Milo
Rennie Burke, MS2
RIP 02/13/2017
Even as dementia ravaged your brain at 21 years of age, you still managed to be weird and mean. Good night sweet princess.
“Hummingbird”
Scott E. Cramer, MS2
2017, Acrylic on Canvas

“Hummingbird”
Kristianna Wi, MS2
2017, Acrylic on Canvas

Share your creativity! To submit artwork for future Scope issues, please contact Khoa at knquy065@medsch.ucr.edu. Open to students and staff.
UCR School of Medicine welcomes...  
**Elijah Isaac**

"Dr. Isaac, Congratulations on your new addition to your family! The school and I would like to welcome baby Elijah to our SOM family! I know you enjoy your already limited sleep time and I hope you cherish every single moment and all the sleepless nights with baby Elijah! The love for your growing family is evident by your dedication and sacrifices you have made for them. You are the shining example of a caring and compassionate husband and father that I aspire to become."

-Robbin Melo, MS2

Happy Valentine’s Day from The Scope! We would like to thank our faithful readers, especially when it appears that the Editor has let the content volume get away from her. The Scope also thanks off staff contributing writers Nahal Nikroo, Kashif Iqbal, Stephanie Dreikorn, C. Carsten Miller, Veronica Scott, Lisa Schwartz, Stephanie Bamidele, Sharona Hariri, and Robbin Melo. The Scope welcomes all viewpoints. As always, we thank Elias Fanous & Scott Cramer for sheer comical genius. Additional thanks to Kristianna Wi for painting better than Scott. 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.

This issue is dedicated to Bosley Lis, Dog of the Editor in Chief (pictured left with Other Brother to the Editor in Chief Julian Lis). Aloof and standoffish, Bosley was once thought to be completely deaf. It was only later that we realized he is willfully ignoring us because he’s way too cool to care.