A little under four years ago, my classmates and I walked across a stage to receive our white coats at the start of medical school. I can remember the excitement and happiness we all brought with us that day. After the applications, MCAT, and interviews, we had been accepted as part of the inaugural class at the UCR School of Medicine. Finally, we’d made it and nothing felt better.

Then medical school happened. It brought with it many more tests and hospital rotations and countless evaluations and residency interviews. The next four years, I experienced the full range of feelings about medicine and surgery.

(...“Matchness” continued from opposite)
this time, there was an edge of something else. An element of uncertainty and hope regarding where exactly everyone will be going for their respective residency programs. All the many months of modifying and improving our applications. All the many months of traveling for interviews. The many hours of soul searching, second guessing, and worrying about what will happen to us. Will it all work out in the end? That was soon to be answered.

We began the day huddled together for class pictures at different places throughout the hotel. Everyone looked stunning; there was a great feeling being together for this special day. Back in the ballroom, both Dean Deas and Schiller gave wonderful speeches commemorating the class and the school. Dr. Schiller then explained how the ceremony worked. At the far end of the hall, a countdown clock was projected onto a large screen. At the foot of the screen were two long tables and 40 golden envelopes laid out alphabetically. The students, he explained, were to come to the front and find their envelope, then return to their friends and family. When the countdown clock reached zero, open the letter. We all found our golden envelope. There was about 10 minutes left on the clock which was slowly rolling towards zero. Soon it read 30 seconds, then 10. We all counted down together and at once furiously, with feeble nervous hands, ripped open the envelope and unfolded our letters.

There were no more formalities at that point, just a universal celebration as we embraced those we love and shared our relief and mutual excitement with each other. Every student had matched. At the front of the room we took turns pinning our pictures on a map. The vast majority of the class was staying in southern California, with several traveling to northern California and a few going out of state. Many of us took pictures together as the music and cheer of the room began to sink in over the intensity of the

(“Matchness” continued on p3)
Our Extended Journey

By: Cindy Tawfik and Parke Hudson, MS3s

For those of you living under a rock or at least under an overpass off 215, the UCR School of Medicine just matched its first 40 medical students! How awesome is that?! I mean these brilliant folks get to carry the distinction of being the first to graduate from a medical school for the rest their lives. From Aldaas to Yeh the honor is well-deserved. So, what does that make us? How about the first couple to take a year off to pursue research, at the University of, drumroll please… Alabama! (Roll Tide) So how exactly did a couple of kids who have never lived outside of California end up studying bones and ovarian cancer in the Deep South? Well, here’s the quick version: get into med school, end your prior “serious” relationship, fall in love with the student next to you, have your first date in front of your classmates on Valentine’s day, watch their jaws drop, study for all the block finals together, pass Step 1, start clerkships, propose in front of multiple class of 2017 students and 1 class of 2019 student (bonus points if you get this one), fall in love with fixing bones and delivering babies, realize the research portion of your residency application is blanker than your face at a Shankel lecture, respond to a mass email, get 2 funded job offers, finish clerkships, take Step 2, drive 1,750 miles to beautiful Birmingham in July, and start work. But joking aside, this year has been an absolute blessing for us both. Cindy has been conducting research in treatment of chemo-resistant ovarian cancer as well as quality improvement studies in overall treatment of gynecological malignancies, while Parke has done various clinical and biomechanical projects in shoulder, foot & ankle, trauma, joints, and other work on topical surgical issues. Throughout this year, we have had the opportunity to contribute to studies that will be presented as posters, podium presentations, and journal articles, and our CVs will certainly be better for it. However, we would both say the larger benefit of this year has been a general expansion of our horizons. Scholastically, we are both now considering academic medicine and would love (“Journey” continues on p7)

 “…Matchness” continued from p2)

In a way, this was very much like our white coat and, at the same time, quite different. We were commemorating the fruits of our labors from the last 4 years and we were right to relish that fruit. But there was also something bitter in the sweetness. Medical school was coming to an end. We only have a short time left together before the next step in our careers. From the white coat to match day and eventually to graduation, I feel so much pride having been part of the first class at UCR School of Medicine with this group of students, staff, and faculty. We’re part of something special, part of history. That will never, ever be forgotten.—
On a Saturday morning in Los Angeles, despite the rain, over 200 medical students, undergraduates, physicians, and community members, gathered at UCLA for the 3rd annual SoCal LGBT+ health conference. Each year, a group of dedicated medical students from 5 different schools: UCLA, USC, UCSD, UCI, and Western, have worked together to organize each and every aspect of the conference. This year, however, had extra flare, in that it was the first year that the UCR SOM became a partner. Not only did UCR become a sponsor for the event, but our very own Eddie Lievanos and Jason Tran, two of the co-presidents of the LGBT+ Health Org, put in tireless hours in assisting to organize the event. Jason beams, “It was an honor to work with such incredibly gifted students on a mission for positive change towards LGBTQ+ healthcare. While we all came from different medical institutions across Southern California, we aimed for the same goals of empowerment, justice, and improvement for the livelihood of our communities. I am excited to see what my colleagues will do for the future.”

Here at the SOM, we often discuss physician shortage and the impact of healthcare disparities on the Inland Empire. However, those within the LGBTQIA community, often experience additional inequities, leading to disproportional poor health outcomes. The conference hoped to shed light on some of these inequities by publishing the following statistics: “[In regards to] healthcare risks, LGBT youth are more likely to be threatened or injured with a weapon in school [and] LGBT youth are more likely to have suicide ideations and attempt suicide. [In regards to] healthcare access, LGBT adults are less likely to have health insurance coverage [and] LGBT adults are more likely to delay or not seek medical care or get prescription medicine”. The medical student run conference is just one of the many ways we can facilitate conversation around health care inequities in various communities.

This year’s conference, Queering Wellness: Healing as a Community, was organized with ("Wellness" continues on p5)
several goals in mind:

- Deepen the understanding of health inequalities in the LGBTQIA communities
- Increase cultural humility in caring for these patients
- Build community among health practitioners, students, and community members

Each one of the workshops gave insightful perspectives of the structural forces affecting the health of LGBTQIA communities and provided strategies for inclusivity and empowerment.

Opening remarks for the conference were given by Bamby Salcedo, the founder of the TransLatin@ Coalition, featured in HBO’s Documentary, “Trans List”, and one of OUT magazine’s 100 pioneers of the year in 2015. The closing keynote was delivered by none other than the SOM’s very own Dr. Aguilar. He spoke on personal experiences within his medical career as well as how we can revolutionize the queer community to be effective healers in the face of adversity.

Eddie sums up the experience perfectly by saying, “Being able to speak candidly about LGBTQIA+ health issues and attending this conference where LGBTQIA+ health was a main priority was an amazing experience. The knowledge and personal growth I gained by attending the conference is invaluable”.

The conference and all of its amazing-ness would not have been possible without Eddie and Jason. In the words of Dean Deas, “Thank you for raising awareness in the medical profession about the need to educate, empower, and support our LGBTQIA communities”.

On March 17th and March 18th, two independent events were held for the UCR School of Medicine on campus at HUB 302. The first: the 13th Annual Riverside Free Clinic Banquet held at 6 pm on March 17th; the second: the 2nd Annual CILC and LACE Banquet, held at 4:30 pm the very next day in the very same room. As someone who spends an embarrassingly large amount of time in an on campus trailer, this reporter was at first disappointed by the prospect of spending any extra free time on campus, but the flawless execution of both events dispelled any misgivings of their close proximity.

Friday evening saw the HUB 302 transformed into A Night of New Orleans Jazz, the theme of the RFC Banquet Fundraiser, which was organized by Megan Calzia (MS1) and Mia Montaya (MS1), the incoming student leaders of RFC. Never one to arrive on time, this reporter entered the banquet to the melodious sounds of members of the UCR Jazz Combo, perfectly setting the tone for the evening. The room was alive with students, staff, and faculty reviewing auction items and enjoying the whimsically designed centerpieces. A perfect choice for the evening’s MC was made in the affable Josh Zozaya (MS1, pictured left), whose light hearted jokes and endearing endeavors to pronounce various French wineries left everyone grinning from ear to ear. A surprising amount of entertainment was in store for attendees, including performances by Tyler Luu, Sang Nguyen, and Tina Tung of the UCR SOM Class of 2020 and a magic show by Pete Pridanonda, a UCR undergraduate. Unfortunately for these performers, the hearts of the audience were quickly stolen by the Rhythm and Brain’s children’s choir and their rendition of “Lovebug” by the Jonas Brothers. All of the performances of the evening were extremely well done, but let’s face it: you just can’t beat a children’s choir. The entertainment was enjoyed over a delicious meal of either chicken or salmon, but these items were similarly overshadowed by the adorableness of beignets for dessert.

Amidst the revelry and the Mardi Gras themed Photo Booth, the incoming student board for RFC and keynote speakers were sure to remind attendees of the amazing work done every other week at the clinic. A score of students from UCR, Western, RCC, LLU, and the University of Redlands generously commit hours of

(...“Wellness” continued from p4)
Med school can be boring but that doesn't mean your fashion has to be. Until the next issue...

-XOXO Fashion Maven
It was a weekday afternoon and the second years had just finished with class. Instead of spending the lunch hour inside the trailers like we normally do, Rita Lis, Khoa Nguyen, and I decided to take a walk outside. Rita and I did not know initially where Khoa was taking us, we just started walking with him when he said, “Let’s go!” As we made our way down the hill toward the parking lot, we quickly figured out that we were headed toward the botanical gardens, a lesser known gem of UCR. Thankfully, Khoa brought his pointing stick and was able to point out the striking “Pink Planticus” tree to us, for a wholly educational outdoor experience in the gardens (I think the plant was actually a Japanese Cherry Blossom tree by “Pulse” continues opposite)

Deema Akari on her Botanical Garden Walkabout. Photo credit Khoa Nguyen

The recent rainfall was entirely apparent as we made our way through the grassy paths that were once so dusty, they probably rivaled the ceiling fan in your living room that never gets cleaned. It was beautiful; there was a smell of orange blossoms in the air and everything was green and lush. We made a point to visit the small turtle pond and the butterfly garden. We also considered purchasing a plant for the trailers but ultimately decided that a trailer may not be an appropriate place for a banana tree.

As you, the dear reader, read this account of an hour of medical student procrastination, you are probably wondering what this has to do with politics. Well (“Pulse” continues on p10)

 (“Pulse” continued from opposite)

By: Deema Akari, MS2

continue research in some capacity in the future. Being at center with the resources of UAB has allowed us to participate in research that we hope will have a legitimate impact on patient care. Additionally, being at the second largest public hospital in the nation has allowed us to access and learn from clinical mentors in virtually any subspecialty. Apart from the “official” business, the year has benefitted us by immersing us in the regional culture, and we have found the South to be an extremely welcoming place. We have traveled to many cities including Houston, Philadelphia, New Orleans, Nashville, Atlanta, Gatlinburg, Tampa, Chattanooga, and Savannah. In addition, any reservations we had about being an interracial couple have not only been unrealized, but also proven grossly wrong. Our faith has grown through attendance at our 8 pew church as well as our monthly “Bones and Bibles” meeting (through the Orthopedics department) and our waists have grown from the delicious BBQ that makes Smokey Canyon taste like Burger King. While California is still home for us, and where we hope to practice, we will have no regrets should we match in the South. This has truly been an amazing experience and one of the best decisions we have ever made. For all out there toying with the idea of taking some time off from drinking out of the firehose to pursue another passion, but worry about falling behind, don’t. Life and medical school is what you make of it and things done all-in are not regretted. Please feel free to contact either of us with any questions. Best of luck for the rest of the year and see y’all in July!—

Best wishes,
Parke & (almost) Cindy Hudson

(...“Journey” continued from p3)
As the school year is coming to a close (well almost there), it’s time to start thinking about important issues in life. Whether you will be dissecting away for your last two blocks, or hiding in your dedicated studying cave, or counting away the days when you can call yourselves the big guns of the school versed on all the ins and outs, or planning a much deserved break after all the 4 years of hard work in medical school, a food adventure is never too far away...even in Riverside. Here are the top food critic’s recommendations.

Breakfast/Brunch:

Polly’s Pies Restaurant. 12625 Frederick St. Building M, Moreno Valley. A sweet place with great pastries and delicious brunch and lunch food. It has an extensive, reasonably priced menu and a large picture of an adorable grandma in pigtails/buns to look at on the wall. Family owned chain. Cozy dinner vibes. Plus, there are freshly baked pies and cookies.

Simple Simon’s Bakery and Bistro. 3639 Main Street, Riverside. A hipster’s café dreams colliding with a busy 1950s dinner. Some of the food is simple yet always consistent and tasty. Some of the food is different yet wonderful, like the lamb sandwich. Freshly baked bread and pastries. Good spot to hang out with family and friends.

Lunch/Dinner:

Curry and Kabab- Cuisine of India. 12125 Day Street, Ste H-301, Moreno Valley. Recommended by yours truly Indian-American top food critic and her parents. Enough said. Try it. You won’t be disappointed.

India Sweets and Grocery. 779 Blaine Street, Riverside. Since Indian food is my favorite (shocking I know), here is an inexpensive
UCR Ultrasound program, creating a comprehensive curriculum for MS1s and MS4s alike (for more information, please read the cover story in the February edition of The Scope). Nikroo received the highest honor possible, as this award of innovation was named after her. Every year, a deserving student can receive the Nikroo Award and a $500 scholarship in remembrance of her achievements. Nikroo would like to share, “As the first recipient of the 'Nikroo Award of Education Accomplishment' I am elated ...and truly, truly, truly still in shock that I have a scholarship named after me! However, I need to take this moment to thank the true hero of the night - Chris Miller. He is the teacher, mentor, and friend who took the integrative ultrasound idea, inspired me to move forward with an enthusiastic heart and a clear sense of purpose to make it happen. When doors were closed for us students, he opened windows. When things seemed impossibly out of reach and ridiculous to expect, with a cheerful smile Chris paved the way. I’d like to take this moment to really acknowledge Chris, who tirelessly enables students to dip into the vast ocean of possibilities and supports them every step of the way. I’m so honored. Thank you.”

Those who attended the festivities this past weekend would agree that two splendid evenings were spent in HUB 302. Though different in theme and aim, both served to recognize the exceptional accomplishments of healthcare students and professionals in this region and allowed us all to look forward to a bright future of tireless and selfless work on behalf of our shared community.—

Option. It’s near campus and very much a hole in the wall. All vegetarian food. Combo plates for the fantastic price of $5, which includes lentils, rice, naan, pickles, and 2 vegetarian dishes.

Rice & Spice Thai Cuisine. 22720 Alessandro Blvd, Moreno Valley. The best Thai restaurant in this area. Fresh, flavor filled food. Cute, small restaurant with comfortable ambience. Great service and definitely worth the awkward parking lot.

Wang Cho Korean BBQ. 3639 Riverside Plaza Drive, Riverside. Korean BBQ should be reserved for days when you’re craving eating meat. It’s a fun way to enjoy meal with friends and family. Pro tip: don’t go completely starving because your stomach will start to digest itself as the meat cooks. Also, for the first timers, go with someone that has been to Korean BBQ before. Trust me.

Rockstar Shrimp. 767 W Blaine St, Ste C, Riverside. Let’s go back. Back to the beginning when you first started eating. What was fun about it? Exploring with your hands and getting to have fun with your food. You now again have the chance to be child-like with Rockstar Shrimp. Based off the ever so popular Cajun/Creole Asian Fusion food places, Rockstar Shrimp has bags of seafood by the pounds swimming in delicious sauces. You get to have a plastic bib as you down the yummy food. What can top that?

Dessert:

Sweet Daily. 3740 Iowa Ave, Ste 106, Riverside. If you are like me and want to impress your best friend who hails from the land of angels, go to Sweet Daily. Especially after you’ve convinced her to visit you in Riverside, this place justifies your claims. Amazing sweet treats. There are churros, cute cakes, and a cool atmosphere. It’s a perfect place to create the alternate world where you can escape from your realities. Insta perfect and Facebook loved.

I hope the next few months treat you well. Go out and have fun exploring some of these places in Riverside!—
dear reader, you are right to wonder. It actually has nothing to do with politics. Nature is a delight that transcends the enchantments of eight hour C-SPAN coverage of congressional hearings. However, it does not merely provide wondrous afternoons of awe-inspiring beauty, the environment also dictates our very livelihoods (we definitely need those trees to photosynthesize in overtime to offset all that pollution from the freeway, am I right?).

For that reason, it is a wonder that nature and the environment have been politicized to the point where there are national divisions over a topic that should be as simple as getting up and going for a walk on a nice afternoon. While some believe that the environment and its protection should be made a priority, our current administration disagrees and has promised to cut funding to the Environmental Protection Agency and environmental regulation, including efforts to curb carbon pollution and promote alternative energy, in lieu of an increased budget for military spending. Addressing global warming and its causes is not a priority for this administration.

("Pulse" continues on p11)
Medical Movie Review:

“Lorenzo's Oil”

By: Rennie Burke, MS2

How would you react if your only child suddenly began to lose control of their body, and no doctor knew what the problem was? This is the dilemma faced by parents Augusto and Michaela Odone (Nick Nolte and Susan Sarandon) as their son Lorenzo becomes hyperactive and then slowly begins losing the ability to walk, talk, see, and hear. It could be the premise of a horror film, and Lorenzo's seemingly inescapable decline is as nightmarish as it is heart-wrenching. Though the Odones do eventually learn the cause of his condition - a rare, X-linked recessive disease of lipid metabolism called adrenoleukodystrophy (ALD) - it is little consolation. It progresses rapidly, is 100% fatal, and has no treatments.

“Lorenzo's Oil” is a movie about how people cope when experts insist that a situation is hopeless. In disbelief at hearing this news, Augusto and Michaela each deal with their son's advancing illness in different ways. Augusto, an economist, dives into the literature on biochemistry and lipid metabolism, convinced that the constellation of research scientists working on this problem have too narrow a view to appreciate the bigger picture. Michaela collaborates with Augusto on his scientific research and inspires their first breakthrough, but her primary motivation becomes maintaining Lorenzo's human dignity even as others dismiss it. Nurses, doctors, and even other parents of children with ALD tell her that her child is already gone, and that she should dispense with reading to him and spending time with him in order to prepare for his death. Some remarkable acting from the cast of different child-actors that play Lorenzo bring this fearsome disease to life.

The problem in adrenoleukodystrophy, as Augusto elegantly explains, is the metabolism of long-chain fatty acids (VLFAs). Children normally obtain very long chain fatty acids through their diet, and through basal levels of synthesis. In children with ALD, there is a defect somewhere in this pathway that causes massive buildup of VLFAs in the brain, demyelinating neurons and causing progressive neurological deficits until the children lapse into a coma and die. Paradoxically, when ALD patients are placed on a diet low in VLFAs, their serum VLFA levels go even higher. This mystery drives the Odones on a quest to develop a treatment that brings them into contact with medical researchers, industrial chemists, and an ALD family foundation with major philosophical differences. They are very nearly on their own, laymen with no training in the subject, but Miller retains it, transforming it into a
### Recipe: Cardiovascular Friendly Chorizo

with Lisa Schwartz, MS2

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Directions</th>
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<tbody>
<tr>
<td>• 10 mushrooms</td>
<td>1. Heat oil in a pot and stir-fry onion for 5 minutes</td>
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<tr>
<td>• 1/2 onion, diced</td>
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<tr>
<td>• 4 garlic cloves, minced</td>
<td>2. Add mushrooms and cook until tender</td>
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<tr>
<td>• 3 adobo chipotle peppers with sauce</td>
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</tr>
<tr>
<td>• 1 tablespoon olive oil</td>
<td>3. Add garlic, tomato paste and spices</td>
</tr>
<tr>
<td>• 1 tablespoon tomato paste</td>
<td></td>
</tr>
<tr>
<td>• Spices</td>
<td>4. Add lentils, vegetable broth and bay leaf</td>
</tr>
<tr>
<td>• 1 1/2 teaspoons chili powder</td>
<td></td>
</tr>
<tr>
<td>• 1 teaspoon cumin</td>
<td>5. Bring to a boil and then simmer for 30 minutes</td>
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<tr>
<td>• 1 teaspoon oregano</td>
<td></td>
</tr>
<tr>
<td>• 1/2 teaspoon paprika</td>
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<tr>
<td>• 1 cup dried green or brown lentils</td>
<td>6. Cook uncovered for 5 minutes or until the liquids have mostly evaporated</td>
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<tr>
<td>• 2 cups vegetable broth</td>
<td></td>
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<tr>
<td>• 1 bay leaf</td>
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<tr>
<td>• 1 lime</td>
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[Optional add-ins: tofu, corn, diced tomatoes]

1 cup of raw green lentils has 50 g of protein, so this is one filling dish!

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**Quotable**

“I don’t do it for Style Watch. I do it for me.”
-Deema Akari, MS2

“I guess everyone gets wrinkles. It’s just sad when it’s your face.”
-Sumedha Sinha, MS2

“I’m like the Mayor of PIP now.”
-John Isaac, PhD MS2

“You were invited, you just had something else going on, so they didn’t tell you.”
-Robbin Melo, MS2
During the last decade of the twentieth century, Gerardo Lopez, a second-year medical student, was born and raised in the Peruvian hills of Comas. Sparkled by colorful brick houses along unpaved roads and saturated with the sounds of drum beats and fútbol, 500,000 other Peruvians call Comas home. “I loved playing fútbol in the streets of Peru, it’s one of my fondest memories,” Lopez reminisced. He had a close-knit family living within arm’s reach. His uncles were police officers and his grandmother was an amazing cook. She would make his favorite dish, Aji de Gallina, a delicious traditional Peruvian chicken stew. However, at the age of eight, Lopez left the hills of Comas and immigrated to Corona, California, where he fortunately kept his love for both family and food.

Up until a couple months ago, Lopez had a life mantra: “If there’s food, I’ll be there.” As a child, he liked to munch on other people’s food. “My mom only had enough money for the essentials, so when I would go to school, I would eat my friend’s treats.” He admits this ultimately led to his unhealthy eating habits. “My friends would call me gordito,” an affectionate Spanish term for an individual with extra adipose tissue. These habits continued during his first year of medical school, until one day, Lopez decided to turn his life around.

He admitted to eating too much carbohydrates, fats, and sugars. “That’s the problem,” Lopez exclaimed, “I just ate stuff without knowing what’s in them, I wasn’t counting my macros.” After an evening of contemplation and conversation with friends, he decided to embark on a journey of living a healthy life.

“I knew that STEP One was coming up and realized that working out and eating a [healthy] diet improved my focus,” Lopez said. He cut out eating cookies and chocolate. “I use to steal everyone’s chocolate.” He downloaded an app that assisted him in keeping track of his macros. He no longer takes food from his friends. “I’m more mindful, now.”

Initially, Lopez went to the gym in the afternoons, but realized that it took a big chunk of time in the middle of the day and disrupted his study schedule. His new exercise routine consists of an hour of cardio and weight lifting every day before attending classes. The hardest thing about improving his lifestyle was in the beginning. “The first two weeks were the hardest, trying to get into the routine, but after that, you will see how much you’re progressing and the good habits will become something you don’t ever want to lose,” Lopez smiled.

Aside from losing the extra pounds and unhealthy habits, he will forever be that boy from Comas, Peru. He dreams of finishing medical school and going back home to serve the community that watched him grow. “One of my goals in life is to set up a program where I can take other doctors and students to set up mobile clinics,” Lopez texted.

Gerardo Lopez is now a new man, simply by realizing his downfalls and actively changing his bad habits. No longer are the days in which he steals chocolates. Today, he steals hearts.—
Note from the Editor: Ann Yufa, disappointed by past Scorpio horoscopes, has been allowed to submit the horoscopes for this issue. She has graciously translated authentic Russian horoscopes for the readers. She presents horoscopes for the month of April because it seems like Russia is always one step ahead.

**Water Bearer:** January 20th-February 18th

In April, Aquarians will visit the desire to travel. A change of place will bring only new positive impressions. At the same time, the horoscope for Aquarius does not recommend to continue to take impulsive, ill-considered decisions, at least in the first half of April.

**Pisces:** February 19th-March 20th

Pisces are subject to Venus up to the 16th, which is still not inclined to begin a serious relationship. But an easy, non-binding flirtation can be given. In the life of some representatives of the water element will return those for whom the doors were not tightly closed. The former beloved will remember you again. But wait until April 16 to make decisions, safely trust your intuition.

**Aries:** March 21st-April 19th

April gives Aries strength for new victories. Spring will be filled with energy. They will feel self-reliance. Boldly take on promising projects. The end of the month is a suitable period for reconciliation, establishing closer contact with relatives and friends. Communication with the surrounding people for Aries will evolve harmoniously.

**Taurus:** April 20th-May 20th

It is not recommended that Taurus taking serious steps in any area of life. It is worth giving up expensive purchases, large financial investments, signing contracts, starting long-term projects. In the middle of spring, the risk of being deceived increases. Since Mercury is in the retrograde phase, minor troubles await the travelers. It is advisable to postpone the trip or business trip. If there is no such possibility, it is worth to recheck the information when paying for tickets, tours.

**Gemini:** May 21st-June 20th

Gemini should sign important documents, buy equipment, go on a business trip or travel by April 9. If this is not possible, you should be vigilant. The likelihood of misunderstandings will increase during negotiations with partners and customers. Gemini should deal with their feelings, desires. In April, it is important to talk with your loved ones and children openly, and not refrain from telling them about your dreams. April is not suitable for lies or deceit.

**Cancer:** June 21st-July 22nd

Ne будь ленивым. С этого момента пишите лучше гороскопы. Любовь: Скорпион будет ненавидеть твое существование, потому что твои гороскопы дерьмо.

 “…Lorenzo” continued from p11)

compelling mystery.

Perhaps this is because Miller himself is a doctor. Like some of our own students here at UCR School of Medicine, he was a career changer, though in the opposite direction: before becoming a filmmaker full-time, he worked as an emergency room physician in his native Australia. In an odd and eclectic filmmaking career that improbably includes children’s films like “Happy Feet,” and “Babe: Pig in the City” as well as all of the “Mad Max” series, he has always made movies that merge an operatic visual panache with a deep concern for the soul. As lauded as Miller has been for the social consciousness and human element he brings to primarily visual genres like action and children’s movies, he pulls off the equally impressive reverse of that trick here. In a drama about family illness and lipid metabolism that takes place mostly in a few rooms, he brings a visual style that enhances the mood of the movie and the emotional punch it packs without ever becoming overwrought. Miller writes great dialogue explaining the science of medicine, but his real concern is with the art of medicine and what it means to treat a person with dignity, even when the rest of the world may think they do not deserve it.

Augusto and Michaela’s efforts do ultimately pay off, though not exactly in the way you might expect. Their relationships with their friends and family, and indeed their marriage, are tested. They also experience tremendous agony as Lorenzo’s condition worsens. Their insistence through it all that Lorenzo remain a human being to be loved rather than a vessel for experimental treatments serves as a potent reminder of why we all chose this profession. “Lorenzo’s Oil” is a remarkable story and film and a compelling, beautifully shot and wonderfully-acted drama, but a movie which will also leave any physician in training with lingering questions about research ethics. How do we balance our oath to help patients with the necessity of control groups in medical research? And while our expertise lets us see and understand a great many things, what does it blind us to? Hopefully not the soul, this film reminds us.—

Page 14
April bring lots of ideas. At first glance they may seem unrealistic and even crazy, but still it is worth to at least try to implement. Leo should not be afraid to experiment, to move more, to communicate. In the 1st half of the month, it is not recommended to make expensive purchases. This applies to electronic equipment that transmits or reads information. They will be defective, and often break.

Virgos will encounter problems in the sphere of communication, training, transport. During this period it is not recommended to buy something, especially electronic equipment. If there is a desire to update the wardrobe, you should take a closer look at the spring offers, but it’s better to postpone the purchase for May. The 1st half of April will bring instability to relations, with periodic quarrels and irritation. It is important for Virgos to not be critical of others, or at least do not focus on this.

April 10 to May 3 will be a whole mess in terms of communication. In order not to be negatively effected by this, you should check for accuracy of data or presence of typos in your papers. Do not sign any documents without carefully reading them. Refuse to purchase new technology, whether it be a phone, tablet or computer.

In April, Scorpions will once again be convinced that it is always worthwhile to rely only on themselves and their own strengths. Attempts to engage in any business with other people will not succeed, they will only slow you down and discourage you. Love: Right now you will make a decision, continue them or let go. Initially, it will seem to you that it is very difficult, but soon you will change your mind. Those who are single, should not rush to start a new relationship. They can become not very long and will not bring satisfaction to both partners in many ways through your fault.

April is a month that may bring worry. In your life, absolutely unpredictable events in life will begin. This applies to health and financial issues. From work it is necessary to expect delays and errors. Complete serious projects by the 10th. The horoscope in the second half of April 2017 will provide an opportunity to realize creative and applied potential. Relationships of Sagittarius will share frequent crises & constant conflicts. Horoscope for Sagittarius for April does not support dictatorship. Criticism, pressure and claims are not the best strategy in behavior towards the partner.

Favorable month is April to start repairing or building your own home. Capricorns should not succumb to the admonitions of advertising. If there are problems of a personal nature, which have not given you rest for a long time, try to sit down and talk about them. If necessary, then invite a psychologist. Love and the relations of Capricorns in April will be good. It will be important for Capricorns in 2017 in April to learn not to criticize, not to scold, but to talk and discuss.
“STEM: Together We Rise”
By: MS2s Michelle Okoreeh, Nike Fanu, & Adanma Nwachuku

Underrepresented minority medical providers play a crucial role in reducing health disparities because these minority providers are more likely to serve underrepresented populations. Unfortunately, there is a disproportionate amount of underrepresented minorities in medical schools. Pipeline programs are essential in exposing more underrepresented minorities to the sciences and healthcare careers; they make students aware that a medical career is a possibility. Children in elementary schools are curious about everything, including the sciences. But by the time these students reach high school, most have lost their interest in science. Pipelines are now targeting elementary school children in order to cultivate their natural interest in STEM (Science, Technology, Engineering, & Math) into careers in the sciences. And while pipeline programs start in elementary school, they should continue on to high school and higher education. Pipelines have shown success in helping students overcome the hurdles they will face with science education and careers in medicine. And as more students participate in these pipelines, we will see a resulting increase in underrepresented minorities in medicine.

Keeping students interested in STEM through their high school years can be a challenging task. Teenagers are less likely to be lured into STEM by exploding volcano kits like elementary school children. But with the burst in... ("STEM" continues on p18)
ART et al.

“Hmm I Think Rita is the Naming Genius”
Veronica Scott
2016, Acrylic on Canvas

“Train Trip Stop #2: Seattle, Washington”
Rita Lis
2016, Photography

Share your creativity! To submit artwork for future Scope issues, please contact Khoa at knquy065@medsch.ucr.edu. Open to students and staff.
technological innovations and social media applications, teenagers remain tethered to the STEM field. While the interest in the latest technology is a central theme in the teenage experience, harnessing this passion for technological gadgets into a career in STEM has been minimal. With the number of jobs in science and engineering expected to surge in the years to come, the workforce is not enough to fill these positions. Underrepresented minorities make an even smaller percentage of the workforce. Pipeline programs offer a unique way to keep teenagers engaged in the field because they offer a sustainable tool to mentor and educate the next generation into the STEM field. As underrepresented minorities become more prevalent in the STEM field, they can be a source of encouragement for teenagers to pursue science. In this way, pipeline programs create a community that provides access to resources and experiences that can teach teenagers the diverse career options within STEM.

Studies have shown that those in most need of pipeline programs are African Americans college students pursuing STEM professions (US news). The main problem is that these students do not have examples of those who are succeeding in these fields. With this lack of examples and direction at this crucial time in these students’ lives, the interest in these professions are left without guidance. As a result, these students end up deciding to pursue alternate routes. This only perpetuates the cycle of not having enough professionals of color to mentor those who desire degrees in STEM fields. Mentorship programs have shown to be most beneficial in guiding students and teaching them how best to maneuver their desired field (US News). For example, the SNMA board at University of California, Riverside School of Medicine has started a program where African American undergraduate students interested in medicine are paired with medical students. These students are met with on a regular basis so that the medical students can advise the undergraduates on what classes to take and give them tips in succeeding in these classes. This mentorship program hopes to one day reach high school students as well. By reaching back and showing students that there are those like them who are succeeding, the SNMA board hopes to increase the amount of African American students in medical school and in all forms of STEM higher education.—

Andrew Lapato, PhD Candidate for his paper publication and Journal Cover

Photo:

“Congratulations on your publication, Andrew! Your hard work is paying off!”
- John Macbeth, PhD Candidate

Happy Spring from The Scope! The Scope would like to thank off staff contributing writers Jacob Van Orman, Cindy Tawfik, Parke Hudson, Madeline Mullen, Stephanie Dreikorn, Ann Yuha, C Carsten Miller, John Macbeth, Asbat Hasan, Lisa Schwartz, Michelle Okoreeh, and Adanma Nwachuku. Continued thanks to the comical genius of Elias Fanous, Scott Cramer, and Kristianna Wi. Additional thanks to Veronica Scott for lovely artwork. The Scope would like to share that we will be taking a minor hiatus for the months of April & May so that the staff may reluctantly focus on Step 1. We will resume our normally scheduled programming in June. Until then, we wish all of our readers the best of luck with the end of the year and whichever monumental tests you may be taking in the interim. If you find our separation too painful, feel free to find all of our previous issues on the SOM Student Affairs website. From the bottom of our hearts, thank you for all of your support and participation this past year. We’ll see you on the other side!