



# Valentine's Day... AGAIN?

Now honestly, I usually don't "celebrate" Valentine's Day. Maybe because I've never had a special man during this time to share it with, but being that Antigua and AUA started a new chapter in my life, I've decided to go about Valentine's Day a little differently. I will no longer give a couple the side eye when they display their affection for each other in public, I will no longer cringe when I go on facebook only to find that another one of my high school classmates is happily married, and I will no longer throw up in my mouth (just a little bit), when I hear a voice say, "no, you hang up first", and I turn to look only to find a **GROWN WOMAN** talking in a baby voice to her boyfriend. Is it jealousy? Hmmm?!? Perhaps, but I have come to terms with the fact that I might not find



Michaela A. Martin - Med 2  
Editor-in-Chief

that 6 foot tall, intelligent, handsome, easy going, funny, debonair, and toned chunk of man (yes, these are a few things on my wish list--I can dream, can't I???) until I'm finished with medical school and have jump-started my career. I'm

praying that it won't be that late (Lord, hear my prayer!), but until that time, like I said, I have turned over a new leaf. In that regard, I would like to first wish my family and close friends a very Happy Valentine's Day. To the faculty, administration, and staff of AUA; Happy Valentine's Day to you all. Last but certainly not least, to all the couples of AUA, to all the people who have boyfriends/girlfriends/husbands/wives back at home, and to all of my single classmates; Happy Valentine's Day, from my heart to yours!

Thank you for reading!

Michaela A. Martin  
Editor-In-Chief

### What's Inside This Issue?

- Valentine's Day...Again?.....1
- Exclusive Interview: Dr. Nagra.....2-4
- Take Care of Your Heart.....5
- Student Spotlight.....6
- All In The Name of Love.....7
- Gone Too Soon: B. Citineni..... 8
- Cold Showers Vol. I..... 9
- Staff Spotlight.....10
- Only A Card...What A Waste!.....11
- Luv Ya, Love U, I'm In Love w/ U.....12
- Helping To Heal Haiti.....12
- Life w/ My Wife In Antigua.....13
- Counseling Corner on Love.....14
- Rumor Mill.....15
- Cartoons By Carlos.....16
- Puzzles!.....17

**PLUS MORE!!!!**

# AN AUA PULSE EXCLUSIVE INTERVIEW!!!

## GETTING TO KNOW DR. JAGBIR NAGRA:

### OUR NEW EXECUTIVE DEAN

**Brief Biography:** Dr. J.S. Nagra is the new Executive Dean and Vice President of Academic Affairs for AUA. In 1995, he joined the Manipal Group after taking premature retirement from the Armed Forces Medical College, Pune. He was appointed the founder Dean and Director of Manipal College of Medical Sciences, Nepal. In a span of 8 years, the college and its associated Manipal Teaching Hospital were recognized as centers of excellence in the region due to the hard work of students and faculty. Simultaneously, he helped Kathmandu University in establishing the Faculty of Medicine as member of the University Senate, Academic Council and Faculty Board.

The experience and expertise that Dr. Nagra acquired in healthcare and medical education stood him in good stead for the proficient discharge of succeeding administrative and academic responsibilities. From Nepal, he moved to Malaysia as Dean, Melaka-Manipal Medical College. He was concurrently appointed Pro Vice Chancellor, Manipal University, India. Thereafter he served as Principal Officer for the Manipal Group's International Campus Operations and Chief Executive, Manipal Health Systems.



*Dr. Jagbir Nagra  
Executive Dean & Vice President  
of Academic Affairs*

#### 1. Dr. Nagra, what was your childhood like?

I was born in a village in the state of Punjab, India. I am very proud of my heritage, and the fact that I am connected to my roots. I grew up in a family with a strong tradition of serving the Armed Forces. My father was in the Army, and so was my grandfather. At the age of 5, I started going to the village school. When my father came back from the war in Burma, I was transferred to Sherwood College in Nainital, India, which was heavily influenced by the British schooling system. When I joined the school, I did not know any English! Within a couple of months I was enjoying school, and by the end of the year, I was at the top of my class. This was a great learning experience for me and I can never ever lose the feel of the ground - of my beginnings.

#### 2. Could you please tell us about your education?

I received my medical qualifications of MBBS, Diploma in Public Health and MD in Preventive and Social Medicine from the Armed Forces Medical College (AFMC), University of Pune, India. I am very proud of being the first batch of medical students admitted to AFMC for the MBBS program, way back in 1962.

#### 3. What are your most notable achievements?

For my services rendered as Director Health Services, Andaman & Nicobar Islands from 1987 - 1992, the President of India awarded me with the 'Vishisht Seva Medal'. I was recognized by the Chief of Naval Staff in 1983 for my dedication to duty as Assistant Director Medical Services at Naval Head Quarters, New Delhi.

\*\*Editors Note: Also added to Dr. Nagra's achievements list are numerous research projects, published papers, and papers presented.\*\*

(Interview continued on following page.)

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## GETTING TO KNOW DR. JAGBIR NAGRA (CONTINUED)

### 4. How do you like Antigua so far?

It's heavenly. That's why after my first visit to AUA about 5 years ago, I made a trip

with my family for a holiday. That was about 2 years back and everybody loved Antigua. When I received the offer to be a part of AUA, I couldn't turn down the offer!

### 5. What were your first impressions of AUA?

During last November's "Taster's Day", I was at AUA on an induction trip. I was tremendously impressed with organizational abilities of the students. I was even more impressed with the performances on stage. But my most significant observation was the audience reaction - it was superb. There were no cat-calls, applauses came in at the right time, and there were no interruptions in any way. That to me, was a very important indication of what a good student body we have. There is an inherent goodness in this group of students - I could see this from the first day. I have been equally impressed with the way the SGA functions. The SGA are giving so much by taking on responsibilities in addition to their academics, and this augers well for this institution.

### 6. What do you believe is a major factor of success?

It is very difficult to crystallize this, I feel that for a medical student it is imperative to cultivate self discipline and the right attitude towards patients. Patients should be viewed as vulnerable human beings, not as commodities. (A lot of medical practices look at patients in that way). The patient is a person who is ill, and we should realize that it could have been anyone - you, me, our parents, or someone that we know. We have to focus on the fact that we have to render a very dedicated service to human beings who are in pain. How do you do this? You have to be worthy of standing at the bedside of the patient. You have to work very hard to acquire the knowledge and clinical skills required to get there, and for doing so you have to make sacrifices. It's not necessarily the brightest student that makes the best doctors. What is really important is self-discipline and soft skills. These are key factors in being successful - supported by the desire to keep abreast with the recent advances in medicine.

### 7. Lastly, the question that is on everyone's mind: What are your future plans (1 year goal) for the school?

I am fortunate to be able to work in the new campus. The enabling infrastructure that we now have is very important. My plans can be put under three categories: academics, facilities, and faculty.

In academics, I look forward to improving the quality of education to an extent that we get recognized all over in the Caribbean as the most progressive medical school - committed to professionalism and holistic development of our students. In improving academics - our focus will be on making changes to the present curriculum. We are already working on this, and hopefully by September, we will have a new curriculum. There will be a lot of integration in the new curriculum with the focus on a systems approach. For example if the respiratory system is being taken up, all departments will teach that specific system. We will focus more on small group teaching and are also planning on incorporating a more clinically oriented learning process. **I do not want to create confusion in the minds of students. Existing students (in any of the semesters) will not be affected by the change. It will only be for the students coming in September and thereafter.**

Academic facilities are also important. We will constantly improve on the library. We also are planning on increasing our Blackboard usage. Blackboard however is not enough for active learning. In that regard, we have requested for a, state of the art, skills and simulation lab. This lab will be equipped with models of body parts that allow students to learn more actively. It is important that we make learning interesting, by allowing our students hands on experience with life-like models. We are also planning on converting the space above the student classrooms into an all purpose auditorium having the capability of seating 500 people for such programs as "Taster's Day" or the "White Coat Ceremony". It is to be equipped with a stage that can be dismantled and put away when not in use. When we aren't using it for programs, we can turn it into a 400-seat examination hall by adding desks. The floor will be so planned that you can plug in your computers anywhere. This room can also be

(interview continued on following page.)

## GETTING TO KNOW DR. JAGBIR NAGRA (CONTINUED)

turned into a facility where registration will be held. Besides this, I understand that students need a place to call their own. I have put in a bid for a student center that will have a food court, SGA offices, a student lounge, and a sanitary annex with showering facilities for the students who might study in the 23-hour library. Also on the plans, perhaps 2 years down the road, we would like to have resident halls for our students.

Last, but certainly not least, in my plans is faculty development. We have great faculty at AUA, and we are looking forward to getting the best from them. We will be working together to evolve faculty exchange programs and workshops on various facets of medical education.



*Michaela A. Martin &  
Kristen Frederick - Med 2  
Editors*

**\*\*CHECK OUT "RUMOR MILL" ON PAGE 15 TO SEE DR. NAGRA'S ANSWERS TO RUMORS THAT HAVE BEEN SURFACING\*\***

**CARTOONS BY  
CARLOS!**



DR SUNEET ON VALENTINES DAY ♡ ♡ ♡



## TAKE CARE OF YOUR HEART FOR VALENTINE'S DAY!

Chances are you know someone who is currently suffering from heart disease. Frequently reported as the number one killer of males and females worldwide, heart disease is a serious condition that will greatly impact our medical careers. To the layman, heart disease is often viewed in a broader context, encompassing diseases of associated blood vessels, valvular defects, and even rhythmical disorders. Physicians, however, diagnose a predominance of heart disease related specifically to atherosclerosis- a buildup of fatty plaque in the arterial system of the heart. Accumulated plaque leads to a blockage of blood flow and hardening of arteries.



changes to one's diet to reduce the risk of heart disease:

1. Limit unhealthy fats and cholesterol. (Avoid solid fats such as butter and shortening; choose monounsaturated and polyunsaturated fats, as in nuts.)
2. Choose low-fat protein sources. (Skim milk; salmon; flax seed; egg whites/substitute)
3. Eat more fruits and vegetables!
4. Choose whole grains.
5. Reduce salt intake.
6. Practice food moderation and EXERCISE for a minimum of 30 minutes/4 days a week.



Regardless of the context, heart disease results in a severely compromised cardiac system, which, if left untreated, can lead to heart attack, stroke, angina, or sudden death. The number of individuals with heart disease is unfortunately on the rise, as the obesity rate is soaring within industrialized nations. Our best resource for



reducing heart disease, and the closely associated obesity epidemic, is via nutrition education and lifestyle changes!

The American Heart Association suggests the following

Kristen Frederick

Kristen Frederick  
Assistant Editor-In-Chief  
Med 2

**PUZZLE:** Directions: Use the clues in the box to help you complete the sentence. (Hint: The clue in the box is a phrase!) **\*\*Puzzle continued on Page 17.\*\***

1.



1. Did you know cDNA is made by the enzyme \_\_\_\_\_.

2.



3. OMG girl, that man is soooo fine! He's got me \_\_\_\_\_ for him!

2. Hey, let's go to \_\_\_\_\_ St. John's so that we can sneak onto one of the cruise ships!

3.



# STUDENT SPOTLIGHT ON MONIQUE LEUNG!!!

Where did you attend undergrad and what was your major? I completed my undergraduate degree in Bucknell University, Lewisburg, Pennsylvania, U.S.A., with a B.A. in Elementary Education.

What has been your favorite class at AUA & why? My favorite class has been the ICM, which brings to my enlightenment what I've learned the past three semesters now proving significantly relevant in a practical sense as well as an integral part of what is termed comprehensive medical knowledge.

Now, I've heard you're very active in school. Can you list all of your curricular and extracurricular activities? Currently, I have been selected to assume the duty of Head TA for Biochemistry; Neuroscience; Physiology; and Pathology, and Head Facilitator for the Education Enhancement Program. As regards to extracurricular activities, I have been involved in Phi Delta Epsilon and gave a Latin Fusion Dance performance this past November for the event of Taster's Day.

Monique, you do just about everything (so I've heard)...I feel like your superwoman! How do you manage all these activities amongst studying? I see myself no different

from everyone else --- just an ordinary woman. We all have read about this age-old saying: if you want to do something and you want it so bad that you will find time.



Monique Leung  
Med 4

How many hours do generally devote to your studies per day? I do not have a set hour pattern per se. It varies, some days more and other days less, contingent upon the circumstances; but I make a point of finishing off what needs to be finished on schedule no matter what.

What are your preferred study methods? Attend lectures; be attentive in class; study the

materials while they are fresh in mind (avoid procrastination).

Do you utilize any outside resources, i.e. Kaplan, First Aid, etc? I do use First Aid and BRS as a reference towards the end of the semester in preparation for the shelf.

How do you plan to study for the Comp & Step 1? I adhere to my time schedule for periodic review of all the materials that I've learned, and as for Step 1, I plan to go to Atlanta for classes there, upon completion of which I shall take about six weeks off for a review course before the exam.

What kind of doctor do you want to be and why? I had thought about becoming an OBGYN/pediatrics but now I have found myself interested in becoming an ER physician for the reason that ER is such a challenging work environment where a physician is expected to respond knowledgeably in no time, and it is where I see I can apply the entirety of what I should have learned from medical school.

Any advice for the new students? Be resolute in your pursuit and seek help when you need it. Where there is a will, there is a way!

## “IF”

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too:  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or being hated don't give way to hating,  
And yet don't look too good, nor talk too wise;

If you can dream and not make dreams your master;  
If you can think and not make thoughts your aim,  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same:  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build'em up with worn-out tools.

BY  
BUDEYARD KIPLING

# ALL IN THE NAME OF LOVE...

“Stop, in the name of love, Before you break my heart...” Diana Ross and The Supremes sang this song back in 1965 and it became an instant hit. This oldie was a popular song back then and still is till date. It is quite obvious why it was such a huge success: most people want to be loved or at least be in love. It’s the month of February and the one thing everyone on campus is probably talking about except for the upcoming minis, is Valentine’s Day and how they intend to spend it or who they intend to spend it with. So what is the big deal about Valentine’s Day anyway? Could it be the anticipation of long walks on the beach, a visit from a friend, a dinner with someone special, the expectation of flowers, a gift, a phone call or a card in the mail? Whatever the case may be, Cupid is armed with his bow and arrow and love is in the air as the day approaches. Single? Fear not. Your day shall come



The most peculiar gift I ever received was a can opener; I suppose I eat a lot. A few faculty and students were asked to share their most memorable experiences of Valentine’s Day with loved ones, family or friends, any future plans for the day and any interesting gifts they had ever given or received:

*“I actually never got any gifts. I always gave out one!”* Mitesh Patel, Med 2

*“The most memorable Valentine’s Day for me was when all our fraternity brothers dressed up in suits with a bouquet of roses in hand, knocked on our door and then handed them to us. It was a pleasant sight and a beautiful surprise, but even more it was thoughtful.”* Jane, Med 4, Kappa Alpha Theta.

*“My plan for Valentine’s Day this year is to stay in and study. Acing all three exams on the fifteenth would be a good plan and the best gift I can give myself. Med II is a lot of work!”* Robyn Straker, Med 2.

*“The message I have for someone special is my wife in India. I want her to know that I appreciate all her support and encouragement for all my endeavors and for her continuous dedication, love and affection towards the family.”* Dr. Somashekar Shetty, PhD, Associate Professor of Biochemistry and Genetics.

*“I will be spending Valentine’s Day this year with the most wonderful human being in the universe –my husband, and we will be celebrating something even better -our thirty-fifth wedding anniversary!”* Dr. Dawne Spangler, Educational Enhancement Department.

*by Ngumabih Ngu  
Med 2*

Singles don’t miss out on the fun. If you would like to do something entertaining or just go out for dinner with friends, be sure to check out some hot spots that will be offering specials for the day including Big Banana, The Beach, La Bussola, The Bay House Restaurant and The East Restaurant at Carlisle Bay. Be sure to catch a movie after dinner at the Deluxe Theatre. Call to check for movie listings and show times.

Trying to impress for less? Then consider the option, “Something Sweet for Someone Sweet” a fund-raising project hosted by the Med 2’s. With this option you can buy a delicious heart –shaped frosted cupcake for yourself, a friend or that special someone with a unique message of your choice. Messages are delivered with the cupcake at the time of purchase. You



also have the option to send them anonymously. To place an order, contact Jason Brown, Med 2 Class President at JasonB@ auamed.net for further information and pricing. All proceeds from the sales will go to benefit the MED 2 White Coat Ceremony. Make this is a sweet opportunity to treat yourself -or someone else. Whatever it is you decide to do, always follow The Golden Rule: love thy neighbor as thyself. Happy Valentine’s Day!





**Editor's Note:** On behalf of the AUA student body and the AUA Pulse Newsletter, I would like send my condolences to the friends and family of Mr. Bhargava Citineni. "B" warmed the hearts of many and he will never be forgotten. May he Rest In Peace. 3 wreaths were sent in honor of Mr. Bhargava Citineni by the student body, faculty, and administration; Mr. Neil Simon; and Dr. Majid Pathan.



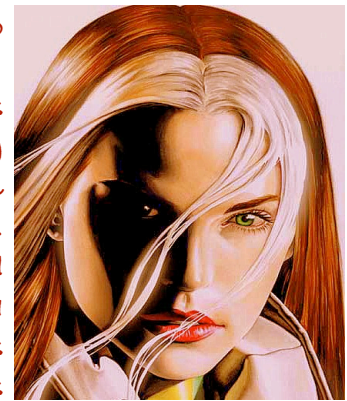
# Cold Showers: Volume I

In complete darkness, I walk down an endless road waiting for a break of light. Gradually losing hope is inevitable as sand slides noiselessly through a distant hourglass. It's been too long since the light has found me; so long that the burning has almost ceased and yet I can feel a yearning for something more than night.

The last visit in the light was exactly what the doctor ordered. The luminous phase heated my body thoroughly; sweat dewed on my neck, as I hoped the light would never leave. It appeared out of nowhere, and my vision was blinded by a flash but felt no aversion to it. Accommodation and focus helped me absorb the glow and take advantage of this rare visit. My fingers ran along the smooth contours of it, finding no flaws in it. Moving closer sent a flash of heat through, around, and past me. Fingers replaced by something more satisfying began exploring. Searching for the point of light burst, the point where the light would spread and enter the dormant spaces on the physical. There were no words, just anticipation of the stroke. The smooth transition from complete monotony to the

sudden burst of fire was all the mind could follow but the body was uninhibited, uncensored, unhitched. Who knew that such pleasure existed, there was nothing more satisfying and engrossing as this sudden flood of physical need that overwhelmed everything that I am. My eyes opened and I saw nothing but felt everything. Toes curling, skin tingling, brain swimming, fingers grasping, heart beating, lungs hyperventilating..... It's definitely been too long.

vivid memories keep the burning alive, though they can only do so much. Phallic images and shivers plague me as I continue to press forward. Blank stares and stressed postures are my company now. It's been too long for them



[http://images.wikia.com/marveldatabase/images/0/0a/Rogue\\_Vol\\_3\\_6\\_Textless.jpg](http://images.wikia.com/marveldatabase/images/0/0a/Rogue_Vol_3_6_Textless.jpg)

by Bella Rogue

Med 2

## Now, That's Funny: A Child's Perspective on Love



### Origins of love:

"One of the Greek lady gods got a crush on one of the Greek man gods. He tried to hit her with lightning and thunderbolts, but he just couldn't get her away from him ... After a while, they became the first married gods." (Robbie, 8)

### Concerning why love happens between two particular people:

"No one is sure why it happens, but I heard it has something to do with how you smell. That's why perfume and deodorant are so popular." (Jan, 9)

### The personal qualities necessary to be a good lover:

"One of you should know how to write a check.

Because, even if you have tons of love, there is still going to be a lot of bills." (Ava, 8)

### What do most people do on a date?

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." (Mike, 10)

### Why lovers often hold hands:

"They want to make sure their rings don't fall off because they paid good money for them." (Dave, 8)

### How to make love endure:

"Spend most of your time loving instead of going to work." (Dick, 7)

"Don't forget your wife's name ... That will mess up the love." (Erin, 8) WWW.GAGIRL.COM



Kristen Frederick

Med 2

# Staff Spotlight: V-day Edition Married Professors of AUA

## The Hannahs

**How did you meet?**

We met as students in London Ontario and 44 years later we are still each others best friend.

**What activities/hobbies/adventures do you enjoy together?**

We live in the Rocky Mountains half of the year so we enjoy downhill skiing and other mountain things. In Antigua we snorkel and golf. Traveling to new places is our passion and since one or the other of us is commonly invited to speak or consult in various countries the other one tags along and plays spouse.

**What advice would the two of you give students regarding their future medical careers?**

A medical career keeps food on the table and provides wonderful experiences but absolutely nothing beats taking time to spend with family. Happy Valentines everyone!



Dr. Richard Hannah & Dr. Kathryn Hannah  
Anatomy & DPS

## The Krishnanands

**How did you meet?**

During our residency in Pathology, at KMC, Manipal.

**What activities/hobbies/adventures do you enjoy together?**

Both of us love traveling, seeing new places, reading & listening to music.

**What advice would the two of you give students regarding their future medical careers?**

Stay focused on your studies, be kind and compassionate; and nothing can stop you from achieving your goals! Good luck!!



Dr. B. R. Krishnanand & Dr. Geetha Krishnanand  
Pathology & Histology

## Dr. N. Mysore & Dr. S. Kannavar:

**How did you meet?**

I met Dr. Mysore for the first time at a family get together at my house. We felt an immediate connection because of our common family values and professions. Although we had already mastered the clinical science of medicine, our journey of love started on the day of our marriage when we discovered the true meaning of reproductive anatomy, physical chemistry and mental mathematics, all with the fragrance of love between our hearts.

**What activities/hobbies/adventures do you enjoy together?**

We have represented state in swimming and cricket. We also enjoy wild life safaris. Currently though, we enjoy participating the water sports in Antigua. I believe our greatest achievement is that we transformed ourselves from individuals into a proud family.

**What advice would the two of you give students regarding their future medical careers?**

Our message to students is "Love for knowledge is the ultimate truth". Happy Valentine's Day.

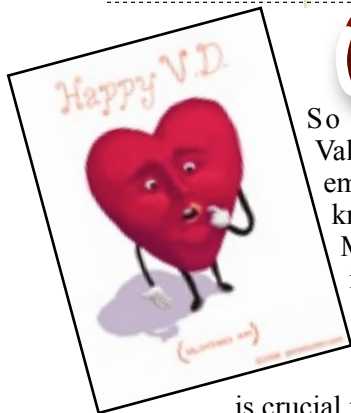


Dr. Nagaraj Mysore & Dr. Sudha Kannavar  
ICM & ICM

CARTOONS BY CARLOS!



## ONLY A CARD? WHAT A WASTE!



So what's the big deal about Valentine's Day and why so much emphasis placed on this day? I don't know! Ladies, our significant other MUST give us something, whether it be flowers, a box of chocolates, or a romantic dinner for two, we expect something. Guys, the pressure to impress your loved one

is crucial to the happiness and peace you will continue to experience throughout your relationship. Personally, I think Valentine's Day is nothing more than a "holiday" invented with the intent to give us something to do after New Year's and before St. Patrick's Day.

Please do not misunderstand me, I am all for the "warm and fuzzy", and I love a good love story, but I am so over the hype. It's almost a disaster in the making, and here's why... You see, if my boyfriend presents me with only a card on Valentine's Day, I would be ticked! I feel I deserve more than a card, but if he presented me with a Valentine's Day card today that says something like, "Just thinking of you", "I miss you so much when we are apart", "I love you so much", or anything along those lines; he would be a wonderful man, and I would be a wonderful woman. So you might be thinking, well, what is the difference? Essentially he has done the same thing; presented me with a card that expresses his feelings. This is true, ultimately nothing has changed, but for some reason in my mind because it is February 14<sup>th</sup>, aka Valentine's Day, I deserve more than a card. WOW, a bit extreme and out of control, huh? I should be appreciating the thought and not dwelling on the quality or quantity of gifts.

So, here is a thought...ladies, appreciate the gift no matter how grand or small. To the guys, us ladies do recognize the pressure you are under, and at least I am cutting you some slack. (Sorry, it would be slightly presumptuous of me to speak on behalf of women everywhere). In the end, have fun on February 14, 2010 whether you get a card, a cupcake, some flowers, or nothing at all. Unless it is your birthday, it is just another ordinary Sunday! Be safe and HAPPY V-DAY!

I was curious to find out how other AUA students felt about Valentine's Day, below are their responses to the question: "What comes to mind when you think about Valentine's Day?"

"Flowers and candy." K.F.

"Nothing, it is just another day... People should realize that [Valentine's Day] should be everyday. It's just a waste of money." R.S.

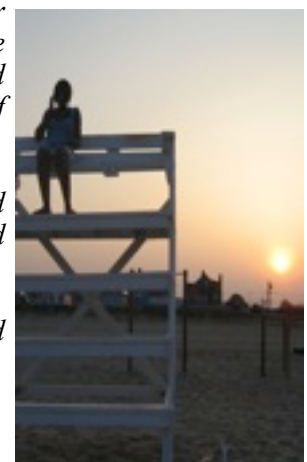
"Cards, candle-lit dinners, and walks under a star-filled night." D.C.

"A special lady, heart-shaped chocolates, and flowers." A.K.

"Roses." B.T.

"Cupid on cocaine." D.L

"Love. Your better half, your significant other." S.D.



by:

Audrita Crawford  
Med 2



## "I LUV YA", "I LOVE YOU", "I'M IN LOVE WITH YOU"...

Valentine's Day- A day to celebrate with the one you love, but what is love? It's a word that we hear very often but might have lost meaning over time. We hear "I luv ya", "I love you", and "I'm in love with you". So what is the difference? What distinguishes them from one another?

It's being vulnerable with someone even if you have been hurt in the past.

So, what about "I luv ya?" We think most people know that this is not real love! It's usually said to a forgotten guest in your bed the morning after, just to relieve the awkwardness. It's said to people that you care about but you know have the potential to walk out of your life. Sometimes, it is hard for people to figure out whether they "love" their significant other or if they "luv" them. Here's the difference, if you are with them because of how they look or what they can give you, its LUV. If it's something deeper, something you cannot explain, that is real LOVE.

With "I love you," the love is unconditional. Love is something that can never be taken away if it's truly real. When you use the word love, it will always be in existence--no matter how hard you try to get rid of that feeling for someone close to you that did the unthinkable. Love is for God, close family, and best friends.

How about, "I am in love with you?" It's the love that you never expected. It's a passionate and inexplicable feeling. Even this article cannot explain what being in love with someone is. It's something that us hopeless romantics dream for in the future. Being in love means accepting a person entirely with all their faults included. It means to never want to leave their side especially when the times get rough. It's giving someone the opportunity to show you, through their actions, just how much they want to be with you without having to say it. It is being vulnerable with someone even if you have been hurt in the past.

So on this Valentine's Day, spend it with the people who make you feel different. Spend it with the ones that make you feel special and make you realize that love doesn't come easy, but it is truly priceless and well worth experiencing the highs and lows of it all. Enjoy the journey that love can bring and have a Happy Valentine's Day!



Jasmine Vincent  
Med 2

## HELPING TO HEAL HAITI

I am proud to say that AUA students took initiative and started a collection fund immediately following the Haiti tragedy. School administration and staff have now joined in on student efforts. With a promise from the AUA New York office to match what we collect here in Antigua, the AUA family stands to raise a good deal of money for this worthy cause. I urge all of you to continue contributing to the fund for Haiti. Professor Dawne Spangler of the EED and SGA representatives are collecting student donations until February 28<sup>th</sup>.

In addition to collection efforts, a meeting to air out the concerns of AUA Haitian students was organized by Dr. Nagra, Executive Dean of the AUA College of Medicine. Dr. Nagra realized the necessity of this meeting after talking with Haitian AUA students and realizing that more needs to be done than the simple collection of money. AUA needed to reach out to affected members of its own community. For example, some of our Haitian students had problems paying tuition fees because banks

in Haiti were not processing requests. Another student had family members whose hospital care was put on hold to take care of earthquake victims and wanted to ensure that her family got the care they needed. "We became so focused on the massive tragedy, so busy looking at it through tubular vision, that we forgot to look at it 360 degrees," Dr. Nagra said. In this, a lesson for all of us, both future doctors and nurses: the problems we face in life will never be one-dimensional.

So please, become a part of the three-dimensional network that is the AUA family. Reach across whatever lines you surround yourself with and offer a helping hand to all of your Haitian brothers and sisters. Be sure that they know that our community stands behind them in bad times, and in good.

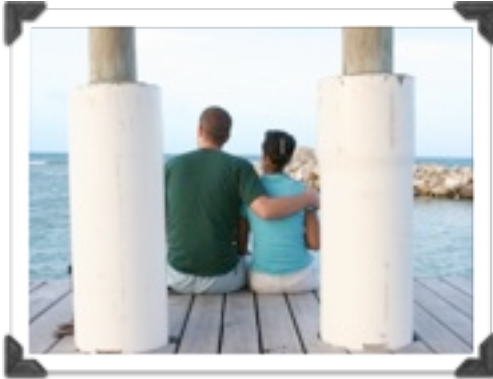


www.facebook.com



Dona Hasou  
Med 4

## LIFE WITH MY WIFE IN ANTIGUA:

*A Reflection...*

*by: Richard Dwyer*

*Med 5 - Atlanta*

Like many husbands and boyfriends out there, I proudly recognize my premium fortune of being granted the opportunity to celebrate another Valentines Day with my superior half. The holiday itself, sets the stage for what will be our 4<sup>th</sup> Wedding Anniversary later this spring (she still has that “new wife smell”), the first of which we will be commemorating in the United States after spending the previous two on the all too familiar rock participating in the chain of the Leeward Islands of the West Indies. Not only did Andrea join me during our 20 month long Caribbean Medical School adventure, she flourished in the experience, leaving both the island and I better upon our departure than when we first arrived. This is one of the many reasons why Valentine’s Day is such an important stage of reflection, in which we should take a moment and realize the importance and significance of our relationships.

Oddly enough, one of the most common responses I get from people when I tell them that Dre was on the island with me the entire time continues to be; “must have been nice to have had dinner on the table every night when you got home.” Not to say that she never once had a hot plate of soul salvaging comfort food waiting for me when I walked in the front door, but the thought of that being the depiction of the role she played does not even come remotely close to summarizing her significance. More often than not, we actually made dinner together,

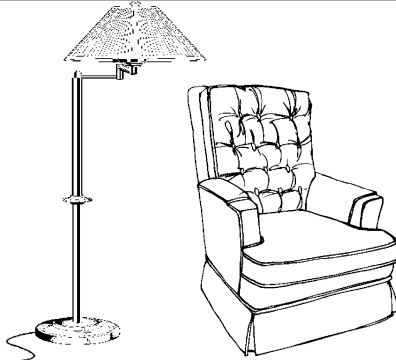
something that might seem like a challenge to find time for, especially under the intensity of a full course load like the one we took on during Med 2, but worth every second.

Many students in Antigua choose to ignore the advice at orientation of taking half a day off every weekend to decompress and see the sights, or worse yet, use that half a day off to help finance the house payments of the owners of the Sandals Casino. Dre and I not only listened to that recommendation, we lived by it. We body surfed the crystal clear water at Half Moon bay, strolled Grand Pineapple Beach, stared in awe at the authoritative waters at Devil’s bridge, climbed up to Fort Barrington at Deep Bay, and grilled breakfast on Darkwood Beach with Montserrat’s smoking volcano serving as the back drop. Included in those adventures was a picnic on Runaway Bay that I organized last year for Valentine’s Day. My idea was for us to tailgate the brilliant orange Caribbean sun and slip past the ocean’s horizon in hopes of catching a glimpse of the mystical green flash. Despite my carefully planned intentions, anyone that remembers Valentine’s Day 2009 will recall that it poured all afternoon. Dre and I sat laughing on the beach drinking champagne in the rain. It does not matter what you are doing, as long as you are doing it together. Your time on the island goes by a lot faster than you think, so taking advantage of everything Antigua has to offer in the company of your significant other, is an opportunity that should not be squandered.

Like everything else in Medical School, relationships are work. I had to quickly realize that just because I had bubbled in my last circle on a Microbiology exam, and was now ready to crack open a cold celebratory Wadadli, did not always mean that Dre could drop what she was doing. On top of running her own business online, facing the daily challenges of fallacious wireless

reliability, she also discovered an indigenous women’s soccer club. Within a year, she not only played a key role on the field as part of the 5 P’s impermeable defense, leading to a National Championship, but she was also an executive board member of the organization, Captain of the team, and regular chauffeur of her teenage teammates, mitigating them from walking miles of dark road home after practice. It is so easy to get wrapped up in our own lives thinking that everything we do and study is so imperative because we are insanely busy as Medical students. However, it is equally as important to realize that the world around us still includes the people that we love, who continue to operate at their own pace with their own unique interests.

Each in our 4<sup>th</sup> decade of life, Dre and I both walked away from a great brown stone apartment in Boston’s Back Bay, which coincided with great friends, and great jobs with comfortable pay checks. As difficult as that transition was, we never questioned our commitment to our chosen path or each other. Dre and I could have been slightly more fiscally conservative, electing for her stay behind in Boston to comfortably chip away at the ever-increasing tab, but this is our life. Being together in Antigua was worth every single Eastern Caribbean penny, which was confirmed each night that I rolled over during a four-hour sleep session only to find her warm body on the pillow next to me. During all the trials and tribulations that I experienced while in Antigua, Dre was right there, both good times and bad. I love my wife and I love my life. If you are so fortunate to be in a relationship like mine, take this Valentine’s Day as an opportunity to realize it. Or take the celebration to build on your relationship and make it better. Medical School in Antigua can be far from comfortable at times, but you can still enjoy your best friend. Happy Valentines Day.



# THE COUNSELING CORNER!

## ON LOVE, COMPASSION, & VALENTINE'S DAY

With Valentine's Day just a few days away, our Editor-in-Chief asked me about the possibility of an article on "love". Like most of my articles, they seem to take a while to "percolate" before something starts to happen. I decided not to write about "love" defined simply as romantic love, but to provide a broader and perhaps a more comprehensive discussion of the term.

**Love as Romantic Love.** This is love that is most frequently characterized by Valentine's Day. We buy or make a valentine, a card that expresses our feelings to our loved one. We acknowledge and honor that special relationship by flowers, candy, or perhaps an intimate dinner.

**Love as Sex.** Physical intimacy is intimacy. More specifically, it is one form of emotional intimacy. The problem for some is that sexual intimacy is sometimes the only expression of emotional intimacy. This is clearly too narrow. Some define sexual love simply as "lust", but I suspect that is also too narrow, since the term implies that the only purpose for sexual intimacy is self-gratification.

**Love as Friendship.** During our lives most of us will have a relatively small number of individuals who really, really know you. I often refer to these people as being in the "Inner Sanctum". If anyone knows you (your fears, your frustrations, your wishes and worries, your desires and your loves), these people do. By their very nature, these are very, very emotionally intimate relationships. They may change over time, but many of these relationships will last a lifetime.

**Love as Compassion.** As students in training to become health-care providers, most of us feel a need or a desire to help others who are sick, in pain, homeless, hungry or otherwise in need. This compassionate, selfless love may extend not only to friends and family, but to animals and total strangers. Our desire to help reduce suffering and our frustration and sadness when we are unsuccessful detail the complexity and the emotional cost involved in caring for each other.

**Love as Self-Love.** In this example, our first thought might be to think about self-love as narcissism—a pathological love of self to the exclusion of all others. However, instead of viewing self-love simply as conceit, is there another definition? Can self-love represent a balance between your own "selfish" needs and the needs of others? If you only take care of others and never take care of yourself, then your own health will fail and you will no longer be able to care for others. Not a wise long-term strategy. Meeting your own needs (and finding a balance between your needs and the needs of others) will allow you to continue to help others who are suffering.

So, as we approach Valentine's Day, how do we define "love"? Perhaps it is simply romantic love, or sexual intimacy. But perhaps love can be defined (and celebrated) more comprehensively—by acknowledging a close friendship, by performing a compassionate act, by reducing the suffering of others, and/or by understanding the (sometimes delicate) balance between your needs and the needs of others.

Happy Valentine's Day! See you next month.



*James M. Rice, PhD  
Associate Professor &  
University Counselor*



# RUMOR MILL: Rumors Answered!

***I heard block classes would no longer be offered. Is that true? If it is true, when will block classes stop being offered?***

**Fiction:** For the time being there is no change in the policy regarding the Block Courses. In due course when we make major changes to the curriculum we will consider doing away with the blocks.

***When will the new gym facility be completed?***

We are awaiting the arrival and custom clearance of some of the equipment that has been ordered for the gym. We should have the facility available by the end of the month.

***I heard Title IV (US Federal Loans) loans will be available to AUA students in Fall 2010. Is this true?***

**Fiction:** Mr. Simon, the President of AUA, is making intense efforts towards enabling the loans for our students. There is intense lobbying in Washington in this regard (US Federal Loans). However, we need to be guarded in our optimism with regard to the time that will be taken for a decision and implementation of the same.

***I heard that 5th semester students who have passed the Step 1 are having to wait 4 - 8 months to start their clinical rotations. How true is this? And if it is, are there steps being taken so that the 5th semester students (now), as well as the future transitioning students will not have to wait at all?***

**Fact/Fiction:** As you all are aware, Dr. Peter Bell is now looking after the clinical rotations, as per his charge as the Executive Dean, Clinical Sciences and Vice President Academic Development. He will be working towards streamlining the process and getting more clinical slots. I have heard that the time frame may extend up to 3 months as of now. With Dr. Bell's efforts this period of waiting will be reduced.

***Do you foresee the loan situation getting any better for students? Will we still have to pay interest while in school? Will the GPA requirement for loan qualification still be implemented?***

I would like to admit that I am not fully informed of the situation at this point of time. The Chief Financial Officer, Matt Peterson will be on campus sometime this month. We can ask the SGA representatives to meet up with him and get more clarity.

***When will the entire campus be completed?***

We will continue working on the campus in an ongoing modular manner as per our growing needs.

***Is there anything in your plan that will affect students on the island within the next few (3 to 6) months?***

I don't foresee any drastic changes that will affect the students on the island within the next 3 to 6 months.

***I know AUA has a vet school, but I haven't seen any students. have vet school classes actually started this semester?***

The classes commenced this semester and we have 9 students in the program. The students are so well received and integrated in our campus that is why you have not noticed their presence on campus.

Heard a rumor lately? Itching to have it confirmed? Drop us a line at [auapulsenews1@auamed.net](mailto:auapulsenews1@auamed.net) and we'll get you an answer.



Michaela A. Martin &  
Kristen Frederick - Med 2  
Editors

**\*\*EDITOR'S NOTE: THE QUESTIONS ABOVE WERE ANSWERED BY DR. NAGRA. IF YOU HAVE ANY QUESTIONS FEEL FREE TO EMAIL THE PULSE AT THE EMAIL ADDRESS LISTED ABOVE.\*\***

CARTOONS BY CARLOS!

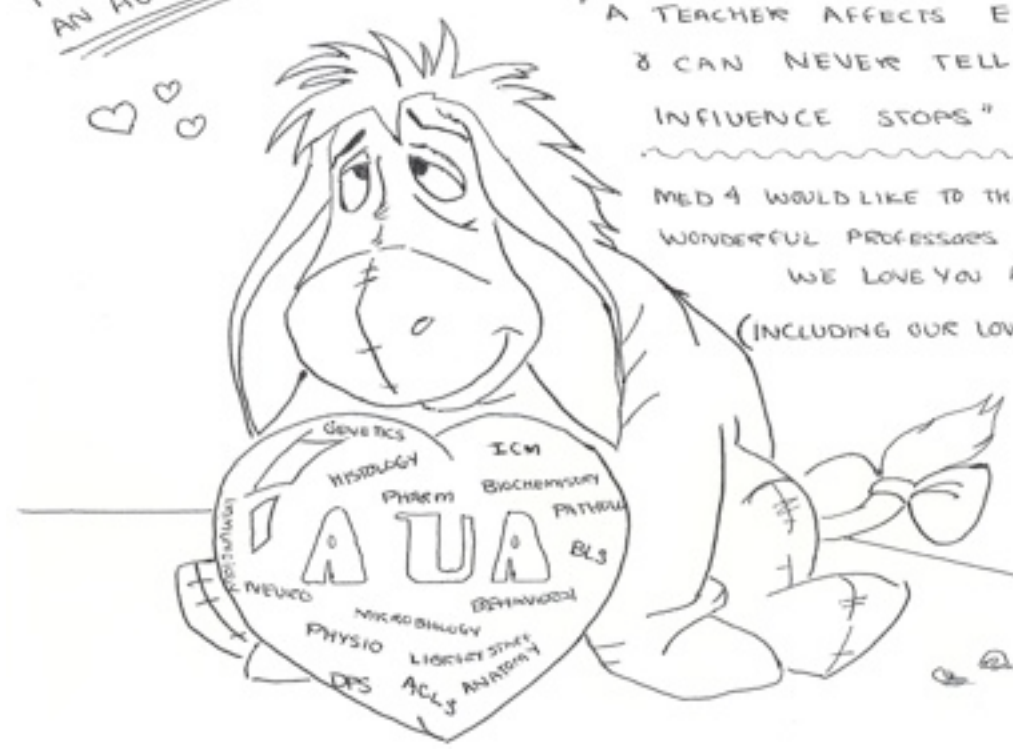
BEDROCK HOSPITAL MANIPAL



C.M.DIAZ 2/10/11

A LONG LONG TIME AGO, WHEN DR K WAS JUST A RESIDENT ... HE FELL IN LOVE WITH A BEAUTIFUL YOUNG GIRL ... THE BEST IS HISTORY HAPPY VALENTINES DAY!

PROUD TO BE AN AUA STUDENT



' A TEACHER AFFECTS ETERNITY  
 & CAN NEVER TELL WHERE HIS  
 INFLUENCE STOPS "

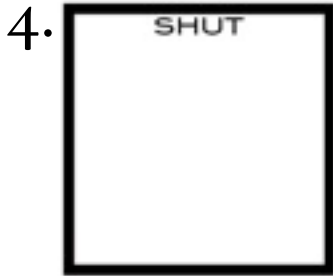
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MED 4 WOULD LIKE TO THANK ALL OF OUR  
 WONDERFUL PROFESSORS FOR GUIDING US ...  
 WE LOVE YOU ALL!  
 (INCLUDING OUR LOVELY STAFF MEMBERS)

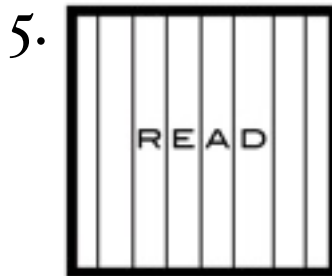
C.M.DIAZ 02/10/10

by: Carlos Diaz Med 4

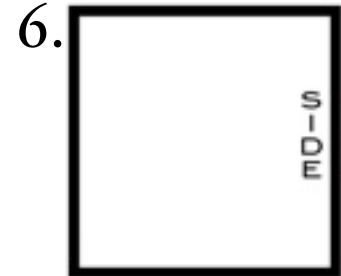
# PUZZLE (CONTINUED)



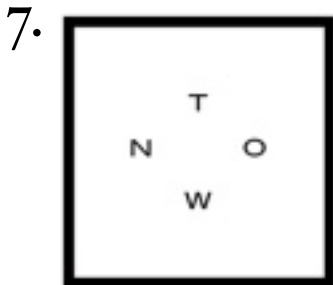
4. What are you talking about? You don't know anything. Why don't you just \_\_\_\_\_!



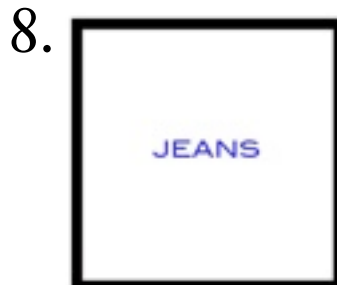
5. Okay, it's obvious she can't say what she really wants, so you should try to \_\_\_\_\_.



6. The bathroom is down the corridor on the \_\_\_\_\_.



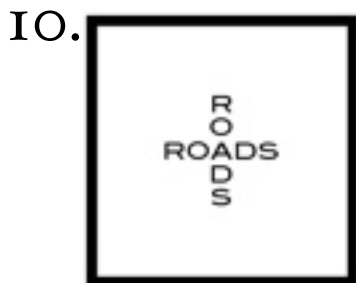
7. "Yo, where have you been? We've been calling you!" "Oh, I went here and there. I was pretty much \_\_\_\_\_."



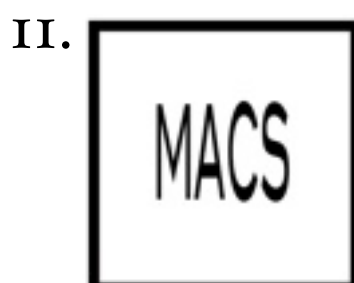
8. Okay, please don't do that again. No one wears Levi's \_\_\_\_\_ anymore!



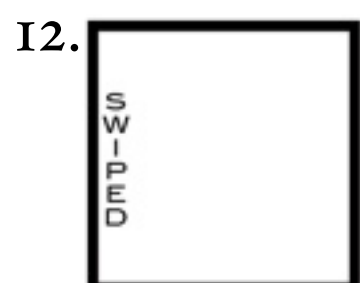
9. Hey, have you seen that show on TLC called \_\_\_\_\_?



10. Can you help me w/ the words to this song by Bone Thugs & Harmony? It goes, "Meet me at the \_\_\_\_\_" ....



11. As soon as I land in America, I'm finding the nearest McDonald's and ordering 5 \_\_\_\_\_!



12. The roads in Antigua are so narrow! The BMW that I'm renting was \_\_\_\_\_!

IF YOU WOULD LIKE TO JOIN THE PULSE WRITING STAFF, PLEASE EMAIL [AUAPULSENEWS1@AUAMED.NET](mailto:AUAPULSENEWS1@AUAMED.NET) FOR MORE INFORMATION! STAY TUNED FOR THE FINAL ISSUE OF THE SEMESTER COMING NEXT MONTH. THANK YOU FOR READING! UNTIL NEXT TIME, CIAO!!!

## PUZZLE ANSWERS!

- 1. REVERSE TRANSCRIPTASE
- 2. DOWNTOWN
- 3. HEAD OVER HEELS
- 4. SHUT UP
- 5. READ BETWEEN THE LINES
- 6. RIGHT SIDE
- 7. AROUND TOWN
- 8. BLUE JEANS
- 9. LITTLE PEOPLE, BIG WORLD
- 10. CROSSROADS
- 11. BIG MACS
- 12. SIDE-SWIPE