

CALYPSO NEWS

is now...



So, how do we look? Here is your new "AUA Pulse News", the one you voted for! You spoke and we listened. "Calypso News" is now "AUA Pulse News", so grab a copy and spread the news! A special thanks to all those who participated in the poll, from your AUA Pulse crew. We hope you will enjoy!

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AUA Women's Health Expo

On March 9th, Women all over the world came together to celebrate International Women's Day. This day also marked the first annual Women's Health Expo hosted by AUA's branch of the American Medical Women's Association (AMWA).

The event was held at The Multipurpose Centre in Perry's Bay. Women from the community were invited to make use of the services provided and get information pertaining to women's health in general, along with many other materials related to health issues. We were able to provide approximately sixty women with breast exams and a number of free HIV tests were given to both men and women.

Guest speakers included: Minister of Health, the Hon. **Mr. John Maginley** and AUA's very own **Dr. Divya Sharma** and **Dr. Geeta Krishnanand**. Doctors from the community included Dr. D. Abbott, **Dr. Makinde** and **Dr. L. Roberts** whom opened the event. Other contributors were Breast Friends, Medical Benefits Scheme, Body Bliss, Min Yang Traditional Chinese Medicine and the AIDS Secretariat. This day

would not have been such a success without all of our contributors.

Special thanks go out to the following: **Dr. Peter Bell, Janice Vigo, Dr. B R Krishnanand, Basil Stuart, Lisa Kentish, Dr. Manjunaath, Davern Benjamin (IT), Listan Murrain, Warrington, Omari** and all of our volunteers. We would also like to thank all of our sponsors and everyone who came out to support this special day. Thank you for all your hard work and dedication.

On behalf of the AMWA's Executive Board, a big thanks to all!

Denise Swanston
Secretary, AMWA- AUA branch



Hon. John Maginley
Minister of Health

TOC	
1-AMWA Health Expo	
2-3-Editor's Desk	
4-5-Inspiration	
6-No Smoking	
7-8-800 Charity Event	
9-AMSA Blood Drive	
10-Transforming Heart	
11-Adventure Ballot	
12-10-THTC-Students Comments	
13-11-Name Your Paper	
14-12-New Faculty	
15-13-Help Desk	
16-14-Final Exam Schedule	
17-15-AMSA SK Flyer	
18-16-Calypso Cover	



From the Desk of the Editor...

School Spirit

Go AUA!!! Well, that's the attitude I'm starting off with this semester. It seems as if that's the focus around AUA this term-- everyone getting involved to make positive changes; so far so good! A lot of great things are happening around us and the students are at the forefront of it all. In talking with the new SGA president, Devjit Roy (Tommy), the student government association is exploring a lot of new and great activities for the student body this semester (your ideas are always welcome devjitr@auamed.net). Of course we are all aware of the bumps and bruises that this semester has started off with amidst this loan crisis, but let's take a look at the outcome of that situation. The students presented themselves and passionately voiced their concerns and feelings and President Neal Simon, as well as other faculty, actually "heard" what we said and acted on it immediately. I'm sure a lot of you may have felt that some of your questions were not directly answered, but I can say that I left that meeting feeling like Mr. Simon was there to actively work tirelessly for the students starting at that moment. This is the kind of action that we as students should continue to hold on to. If we talk to those that are here to guide us through this long and difficult process and voice our concerns, they will listen and act accordingly. They are here to work for and with us; we are ALL AUA.

I'm sure spirits have been down since the end of last semester, with a lot of us just in a not-knowing state of mind, but we should all take a moment to focus on any positive's that have come out of this whole ordeal. Personally, I have found some comfort in just seeing how people have been working FOR me. The SGA executive boards have worked tirelessly in an effort to get student's questions answered, as well as get action. I have also seen how our Dean of Students, Dr. Reza Sani, has really been pushing for the students' concerns and well-being for not only now, but for their entire AUA future. These are things that we should be able to appreciate amongst all the turmoil and know that we are not fighting alone. We have seen how the students have pulled together in quick time and have gotten on one accord. It's a beautiful thing that deserves some recognition when you sit back and reflect on it all. In closing, I would like to relay this idea to all of our students, faculty and staff: We should all hold on to this concept of working together, not only for the betterment of ourselves, but also for the betterment of our school. "School Pride" is this semester's motto: Let's all get involved and show how much we have! **GO AUA!!!**

APRIL D. ELAM
EDITOR-IN-CHIEF



A Look Into the Past...

Excited, confident, yet a little bit of fear and confusion. These are the typical feelings of every first semester student at AUA. Students at AUA have many challenges they have to overcome. I remember the first time I came to AUA in August 2007, for most students like me, it felt like a new journey that we were about to embark on; leaving our family, friends and normal lifestyle, we entered a completely foreign environment with new rules and new people to begin a new lifestyle.

One thing I noticed about other students was how friendly they were. I remember meeting about 6 people that were going to AUA just on the plane alone. Within a few minutes, we all became really good friends. My advice to all students: please don't be shy! If you feel alone or lost at AUA, approach your peers and talk to them. Everyone here is, or has been, in the same position and our students are all so welcoming.

When I started to make my way around the island it was evident that everything was different: the language, the mannerisms, and of course the new school. Although it seemed difficult at first, we knew that if we wanted to survive here we would have to adapt to the new ways. Not only did we have to learn the material presented to us in school, we also had to learn the culture of Antigua.

The most difficult aspect of this island that I have realized in my three semesters here is getting around. If there is anything I have learned, it's that you should know the island well. In addition, if you find a taxi driver or an individual that rents cars that has been safe, reliable and trustworthy, stick with them. Another bit of friendly advice, always travel in groups where ever you go, it will save you

money on cabs, car rentals, and provide a great deal of safety.

If you do decide to rent a car, make careful decisions. Many of my colleagues have been swindled by quite a few car rental agencies on the island; thus, I advise all of you to make decisions wisely.

Entertainment is well deserved by medical students right after exams, and this stunning island has many beaches, restaurants, and hang out spots where a group of friends can escape from the immense amount of studying. To aid new students, SGA has decided to compile a list of information regarding restaurants, taxi services, and other items. Take full advantage of this information and I can assure you this will be the best sixteen months you have ever spent.

I would also like the students to get involved with the many activities that our great school has to offer. We have our amazing SGA (Student Government Association) that is working hard to ensure that students are provided with student clubs, activities and on a more educational note, that our school is fair in academic decisions. Another organization that students can join is AMSA (American Medical Student Association). Our AMSA, for the last three semesters have always put together many events, such as blood drives and 5 K walks to raise money for the community. This is really important, because we are guests on this island, so we should help out our hosts. We have a vast many other clubs for you to join or just participate with. Many religious organizations, such as the Sikh Student association, the Muslim Student association, and Doctors for Christ are also available for students to join. These organizations welcome everyone

with open arms. Since our school has such a huge amount of diversity, this may be a good way to learn about the different cultures and religions that you may not know about or have even heard of.

In addition, be on the lookout for events that occur at school. During my semester as a Med 1 student, we had both a Hindu Garba and a Diwali celebration put together by our students. Both of these were successful events and introduced many students to a totally different culture, while providing South Asian students at AUA with a reconnection back home.

If I could name one thing that I remember from my three semesters on this island, it would definitely have to be the Taster's Day celebration that was done in October. This was one day where all students and faculty got together and celebrated the vast amount of cultures that are present at AUA. There was food from many different ethnic backgrounds along with performances by students from different cultures. This celebration was a huge success for our school and our students really enjoyed seeing their respective nationalities and backgrounds portrayed on stage through dance. Keep your eyes open and get ready to mark your calendar, because SGA will host another Taster's day next semester! I encourage all of you to try out for the different performances at the Taster's Day audition, regardless of whether you get the part or not. I didn't get the part last time, but I was glad that I even tried to participate. It's a fun experience for all students.

Along with cultural celebrations, the school also has educational activities. For example, during my first semester, I remember Dr. Glasser invited one of the top surgeons of the United States, Dr. Shwartz, to come and give us a lecture, which included helpful study tips. It was very interesting to hear the view-

points of one of our senior members of society. Dr. Shwartz also acts as provost for AUA. On Fridays AMSA has a tutoring night for the local school girls. I was fortunate to be involved with this project; our mission was to spend time with the girls and teach them basic subjects that they have difficulty with.

Lastly, our school is going through its growing stage. Whatever help you as an individual can give to help it get established, do it. This can be anything from running for SGA or helping out in activities, or talking to the faculty and our senior members. If you have an opinion about something that you think may need to be fixed, voice your opinion to the SGA and make sure you get that problem solved. Remember you are putting 16 months and about \$200,000 into this school, so this is your school. Treat it like your home, since it is your second home for the 16 months you are here. Would you want to live in a place that has problems, or would you want to fix those problems and make your home a better place?

I know I'm going to do everything I can to make this school the best Caribbean school, so that we can be at US standards and tell other students thinking about going to the Caribbean to choose AUA. I hope you will also join in creating a student force that will work with our faculty to create the best offshore medical school there is! Let's make AUA proud to have us here and a great way to start is through YOU!!!



Kavan Desai
Columnist, Med 3

Hope is on the Rise

Don't be discouraged for the battle is still on! Leave behind what is in the past and press on towards the goal. This is a new semester so have new hopes and expect new victories each day, for your best days are ahead of you. In the name of the AUA Pulse crew and myself, I give a warm welcome to the incoming and returning students, and faculty members. Those of us from last semester know how many hardships and obstacles we had to endure, especially those from second semester. Some of us made it, but unfortunately some of us did not. That is why in my first issue I am moved to bring a word of encouragement to my fellow students and friends, especially those who may not have accomplished all of their academic goals from last semester.



Wisny Nuiassance
Columnist, Med-3

To begin with let me just say that you are heroes. I admire your strength and courage just for repeating your classes. There are some that would just quit because they do not possess the resiliency that you have. We need to remind ourselves that life is full of surprises; without them life would not be interesting. All we have to do is to embrace them. As I am writing this article, it reminds me of a great man who once said "we cannot have success if we do not know failure." Even the successful Michael Jordan once said, "I have known more failure than success, which is why I was successful."

We are all in this to win and we will. To be victorious in the face of failure is not to see it as finite; instead view failure as an evaluation in order to see where we stand. When Jordan was being ridiculed by his teammates and his coach he didn't sit there and feel sorry for himself. On the contrary, that pushed him to work much harder than his teammates and he became one of the greatest basketball players, if not the best.

If you are reading this and you are one of those who have failed one or more of your classes, do not fret or feel any less than your classmates. Remember, it may be an opportunity for you to recuperate your strength and rethink your strategies. As I previously said, this is a new semester do expect new victory each day, for your best days are ahead of you. Nelson Mandela once said, "Our greatest fear is not that we are inadequate, but that we are powerful beyond measure." It is our light, not our darkness that frightens us. We ask ourselves, who am I to be brilliant, gorgeous, handsome, talented and fabulous? Actually, who are you not to be? You are a child of God." I do hope with the help of God that these imperfect lines help you to find more strength to carry on.



Doctors *for* Christ

We meet regularly for prayer and additional activities every Wednesday at 7 pm in Classroom 3. Everybody is welcome.

Living Cheap Can Be \$weet

Are the prices of things on this island getting to you? Do you often wonder where your money went at the end of each month? Maybe you're short on money right now and looking for ways to cut corners. Get used to hearing ECs jingle in your pocket after reading these Antigua cost saving tips:

1. When you're shopping for food at Epicurean and you see something you HAVE to have, think about whether it's worth the exorbitant price and then realize how much better it will taste when you go back to the States in three months and can indulge yourself for half the price.
2. With what you do manage to buy at Epi, pack your own lunch. You will spend less money when you are at school all day and can avoid eating out.
3. Use a Brita filter so you don't have to buy five jugs of water every time you go shopping. Your muscles may atrophy slightly, but your wallet won't.
4. After buying a Gatorade or Vitamin Water, wash out the bottle, refill with water, and enjoy it all over again. (Make sure to replace these bottles once or twice a week to prevent bacteria from growing in places you don't want it.)
5. Save money on taxis and car pool everywhere – to Epi, school, and the beach. It's an 11 x 14 mile island; take advantage of the size.
6. Wash your clothes in the sink or washer and hang them up to dry to lower electricity costs. Enjoy the outdoor air's fresh Caribbean breeze that will linger on your clothes.
7. Budget your money. Decide how much you want to spend on groceries, electricity, and rent. Create an extras category so you can treat yourself with chicken burgers, iced coffees or going out with friends.
8. Take out a set amount of money from the bank each week so you don't go over your budgeted amount.
9. Don't use the A/C. Buy a fan. While we're on the subject of A/C, roll down your windows while driving to save gas.
10. Cut back on going to bars because cover charges and drink prices get expensive. Instead, throw a Frisbee on the beach, go for a jog, or hang out at a friend's house.
11. If you're used to getting your breakfast and morning coffee at Rituals or the infamous Papi's, try making some coffee at home, put it in your AUA mug and reap the benefits of a fresh start to your day.
12. Another breakfast option is to cook up some oatmeal or try cereal with water (preferably Cocoa Puffs so you end up with chocolate flavored water). If you choose the cereal option, then you'll definitely want to refer to number 3 above.
13. When staying up late studying and you feel your eyelids closing, close the book and shut off the lights. It's better to fall asleep in your own bed than to wake up unsure of where you are and what time it is.
14. If your apartment/house happens to come with a dishwasher, admire its beauty while you wash your dishes by hand.

As future physicians, we have to learn to make sacrifices. It doesn't mean we can't have fun, just that we need to remember why we are here on this island. Sixteen months in Antigua is do-able if we learn to save money when possible and make the most of every situation. Don't be afraid to start small when saving; it will begin to add up and you will feel good about the progress you have made. Remember, every little bit counts!



Neena Sharma
Columnist, Med-3

You Make The Call!!!

By: Kwaku Oppong
Columnist, Med-4



Welcome back everyone! It's time again to send in your comments

STUDENTS: Do you have ideas for improving AUA, concerns or questions about how the school currently operates, or ideas for helping your classmates? Well, Pulse is offering you a forum to express yourself. **YOU MAKE THE CALL!** – is the section of our newsletter where students can sound-off about concerns, questions, or suggestions that you have. Your questions and concerns will be kept anonymous and some will be researched and answered in the following issue. Submissions can be single-lined, short blurbs or paragraph length. You just need to send them in and we'll take care of the rest.

Send your comments to ymtcl@live.com. We'll print your comments, but leave your names out, unless otherwise instructed. This is a great opportunity to be heard, get answers, and to inform others. Don't let it pass you by. **YOU MAKE THE CALL!**

Note: Opinions submitted to YOU MAKE THE CALL are of the author of the submission and do not reflect opinions of the Calypso staff. Calypso staff members reserve the right not to print any material that is deemed inappropriate.

ID's, ID's, ID's!!!

This is no unfamiliar topic these days. I've had some clarification on the matter of when, where and how we should wear our ID's and would like to share what I've learned with the entire student body. So here it is, like it or not.

EXERT FROM S-DRIVE STUDENT HANDBOOK page 20 (JUNE 2, 2008): PROFESSIONAL CONDUCT and ETHICAL BEHAVIOR:

4. Visible display of University Identification Card at all times when on campus and participation in University-sponsored events and activities.

SO THERE YOU HAVE IT—ONE SENTENCE TO SUM THE WHOLE THING UP! Here are some answers to a few of your questions:

WHEN SHOULD I WEAR MY ID?

WHEN I AM ON UNIVERSITY CAMPUS OR A UNIVERSITY SPONSORED EVENT FOR STUDENTS, FACULTY AND STAFF ONLY.

WHERE AND HOW SHOULD I WEAR MY ID?

NOT A BIG ISSUE! YOU CAN BE AS CREATIVE AS YOU LIKE AS LONG AS IT IS VISIBLE (on your shirt, as a wristband, clip it on to your back pack when it's with you, etc... (per PAT HO).

I spoke with Supervisor security officer Timothy on June 2, 2008 and he further clarified exactly what the security guards want and will be looking for:

When you enter onto each campus through the guard posts they will be looking for your ID. They want to see the picture first and then the semester sticker located on the back of the cards. Once you have entered campus, they will not bother you again UNLESS you are not a familiar student for the current semester and they do not see a visible ID. If you leave outside of the guard posts during the day, be prepared for the same process again.

So there it is! As much clarification as I could get. I hope everyone has a better understanding of the whole ID scanning process so we can put this issue to rest. It sounds reasonable enough to me; it is for our safety after all. ANY FURTHER QUESTIONS ON THE SUBJECT SHOULD BE FORWARDED TO: lmurray@auamed.net or pho@auamed.net.

RIGHT, WRONG AND PRUDENT: A THOUGHT EXPERIMENT IN MEDICAL ETHICS

As future physicians, we are likely to encounter ethical dilemmas for which our education and training has left us unprepared. We will learn the rules; what we are required to do and what we are forbidden from doing. Outside of those guidelines, we're on our own. We have to figure out how to make decisions that allow us to sleep at night.

Some of these decisions are relatively easy: if you believe that abortion is murder, you can choose not to be involved in them. If you practice medicine in Oregon State and believe that it is moral for you to help a patient to end his or her life, you may do so under the circumstances outlined in the law. Chances are, you've already made these decisions and you will conduct yourself accordingly. There are, however, situations for which we have no easily prepared answer. These require serious ethical deliberation. Often, we will find that what we believe is right is illegal, or against some professional guideline. We might also find that a law or code of ethics tells us to do something we consider to be wrong. When this is the case, we have a very tough job. We have to figure out the right course of action and then we have to modify it so that we can determine the prudent course of action. Hopefully, at the end of the day we can still sleep soundly at night, knowing that we've done the best we can.

An undergraduate professor of mine (a practicing physician) related to me one such case. He was among a group of physicians involved in the treatment of a young boy who was very ill. Among this boy's many problems was renal failure. His physicians determined that he was a candidate for kidney transplant and his entire family voluntarily submitted to testing to determine whether or not they were suitable donors. The results of these tests revealed that the father was a match. The father contacted the doctors involved and explained that he had a phobia of surgery, and requested that they lie and tell the rest of the family that he was not a match.

There is no simple and evident path to an ethical decision in this case. One could (and should) consult an attorney, but a lawyer can't tell you how to do the right thing. Your decision has to suit your attorney (if you want to stay in practice and keep your house), and your decision also has to suit your sense of right and wrong (if you want to sleep well at night).

In order to more thoroughly consider this issue I spoke with three philosophy students with whom I attended college. I proposed to them the following thought experiment: suppose you are a physician involved in this case, and are immune from any legal sanctions. What would you do?

Philosophy Student A proposed the following: He would first do his best to convince the father to be a willing donor, offering counseling and treatment for the phobia. If unsuccessful, he would report to the family that someone had requested that their match data not be shared with the rest of the family. In order to protect that individual's privacy, he would not disclose any data.

He justified his response in the following way: As a physician, I have a contract with my patients. It is a matter of my personal honor to uphold my word and do as I promised. By making every effort to convince the father, and then by keeping my word not to disclose his health records, I am doing the best that I can to balance my obligations.

Philosophy Student B was morally outraged, and wanted to lash out at the father. He proposed that he would shame the father into donating his kidney by secretly recording a conversation with the father and then playing it for the entire family. He felt that this was justified in order to punish the father for his "cruelty", and felt that this public shaming would lead the father to donate his kidney.

The third Philosophy Student chose a middle ground. He would offer the father counseling and so forth, but make it clear that he would refuse to lie and that he would be disclosing the data. He would not tell the family of the father's initial reluctance. He felt that his primary responsibility was to the child and that his responsibility as a physician to the father was only secondary.

Each of these individuals would likely change their responses if they were to consider legal ramifications. This demonstrates the utility of a thought experiment. By first deciding exactly what one considers being the moral action, regardless of the law, one can then proceed to tailor their decisions to abide by the laws and ethical rules to which they are subject. They can then decide on a prudent course of action.

The physicians involved in this actual case did the following: they reported that the father was a match, but that due to medical reasons they did not consider it to be advisable. They felt that this was as close as they could legally come to doing the right thing. As physicians, we're going to be faced with trying to get as close as possible to the right outcome, so we'd better be prepared to determine what the right outcome ought to be. If we fail at that, we're dooming ourselves to a lot of sleepless nights.



Kyle Varner
Columnist, Med-1

While You Were Away...

For those of you that have been on this island for so long and have lost touch with the happenings of the world, this column is for you. Though the beauty of technology has afforded us the internet and cable television, as medical students it is still difficult for us to keep up with current events of the world. So here is where I come in. With each month's issue of the newspaper I will give you a brief synopsis of the major events that has been happening in the world. I will try to fill you in on the ever so moral American politics, the catastrophes of the many natural disasters, and other news that we miss out while studying for our various classes.

The month of May definitely had its number of low moments. Many of which that involved natural catastrophes. For example, Myanmar, the largest country in Southeast Asia suffered from Cyclone Nargis that lead to 90,000 fatalities and 56,000 people missing. Reported damages have been estimated to be around ten million US dollars. This goes to say that we need to keep the people of Myanmar in our prayers.

In the US, the ongoing campaigning for a democratic candidate for the presidential race has been full of drama. Just recently, front runner, Senator Barack Obama yet again pulled himself away from another clergyman. According to CNN news, Reverend Michael Pfleger, a Chicago activist, addressed Senator Hillary Clinton. He said that Clinton's eyes welled with tears before the New

Hampshire primary because she felt "entitled" to the Democratic nomination and because "there's a black man stealing my show." So

of course Obama responded by saying that he is "deeply disappointed." If I was an advisor on Senator Obama's team I would ask Mr. Obama this one question, "Would you please keep your pastors in check?"

For those of you who don't know that the United States is going through an economic crisis, let me fill you in. Gas prices all across the States have sky rocketed. Currently, some gas stations in Arizona have surpassed the \$4/gallon mark! The average gas price in the States is \$3.94. No, I am not talking premium or even diesel, this average is for regular unleaded. Food prices have increased as well. Simple staples such as bread, eggs, and milk have increased their prices. For those of you that are from New York, you can definitely relate to when a slice of pizza from the local pizzeria was \$1.25, now that cheesy pizza is almost \$3.00! This is surely the last days.

So that is my synopsis for the month of May. I don't know about you, but I am dreading what the month of June will bring us, but on a lighter note good luck in your studies!



Priscilla Owusu
Columnist, Med-3

PICK YOUR PONY

Pardon the interruption, but as I sit here in my apartment pouring over notes, slides, my horrible sketches of some mysterious part of the human body, and the NBA playoff scores; I am occasionally drawn into an almost unceasing “news worthy” discussion about the impact and importance of race, gender, and age in the political battle royal currently taking place in the US.

Who's Who?????????

THE OLD MAN: John McCain(R)-the Senior Senator from the state of Arizona. Turing 72 in August of this year he brings 20 years of experience in Washington and his military background including a 5 ½ year stay in a Vietnamese POW camp.

THE WOMAN: Hillary Clinton(D)- a Yale educated attorney turned politician who spent 8 years as the First Lady and has been the Junior Senator from New York for the last 7 years.

THE AFRICAN AMERICAN MAN: Barack Obama(D) a Harvard educated attorney who spent 7 years as a State Senator in Illinois before running for his first seat on the Federal level. Senator Obama is the Junior Senator from the state of Illinois.

Ok, so there's your pedigree information on the candidates daydreaming of changing their mailing address to 1600 Pennsylvania Ave. With that information alone is anyone ready to decide on who they would vote for? This is my point exactly. Too much attention is being placed on the pedigree and demographic details of the candidates and not enough on if they would make good decisions as the leader of the nation! The election should feel more like a marketplace of ideals and less like an episode of American Idol.

Sure I get chocked up like everyone else when I see a “Mac is back” bumper sticker or see pictures of Hillary and Bill holding hands at some truck stop in middle America. However, we must fight through those tears and understand that we are at a crossroads where we can hardly afford to fill our gas tanks, U.S. troops are fighting around the

globe, and the economy is struggling. We must tear ourselves away from YouTube debates long enough to educate ourselves about more than the favorite colors of each candidate.



Christopher Rhyme
Columnist, Med-4

As much as I would like to close the door on the entire issue and just study, I must keep telling myself that the election will have real world impacts on my studies here at AUA and my future career in medicine. From Medical Tort Reform (lawsuits) and the possible consequences of Socialized Medicine in the U.S. to simply applying for student loans, policy makers will impact each of us. With that in mind we must look deeper into the candidates themselves and make choices based on voting record, values, and ideology and avoid race, age, or gender.

We all realize that this election is an immensely historic moment in U.S. politics as an African American man, who's right to vote was not fully in place until the passing of the Civil Rights Act of 1957 and a woman, who's right to vote was not fully in place until the passing of the 19th Amendment in 1920, are both running for the Presidency. However, Senator Obama's race and Senator Clinton's Gender will not slow Global Warming or decrease the cost of energy. Only their policy choices on issues like CO2 emissions and renewable resource infrastructure development can deal with those sorts of technical and far reaching problems.

Alright, I need to get back to the books so I will get off the soap box for now but defiantly take the time to check out the candidates and see where they want to take the country. Also, feel free to email me your ideas on the issue of race, age, and gender in the Election or any other political issues you would like to hear more about. Till next time, you stay classy AUA.

American University of Antigua College of Medicine

Student Government Association
Approved List of Doctors

Internal Medicine

Dr. J. John
Woods Center
562-1169/2200

Dr. J. Belizaire
Woods Center
562-1168

General Practitioner

Dr. N. Fuller
Long Street
462-0931/3010

General Practitioner/Surgeon

Dr. K. Charles
Long Street
462-4973/9110

E.N.T

Dr. G. Roberts
Ramco Building
462-2770

OB/GYN

Dr. R. Mansoor
Tanner St. & Corn Alley
463-2232

Dr. A. Winter
Gambles Terrace
562-1977

Dr. D. Abbott
Deanery Lane
462-4133/4134

Ophthalmologist

Dr. I. Walwyn
Stapleton Lane
562-1931

Orthopedics

Dr. K. Singh
Woods Center
462-1932

Pediatrician

Dr. E. Hadeed
Gambles Medical Center
462-9499

Psychiatrist

Dr. A. Mathurnia-Jurgensen
Hodges Bay
728-7662

Psychologist

Dr. J. King
Holberton Hospital
464-5891

Surgeon

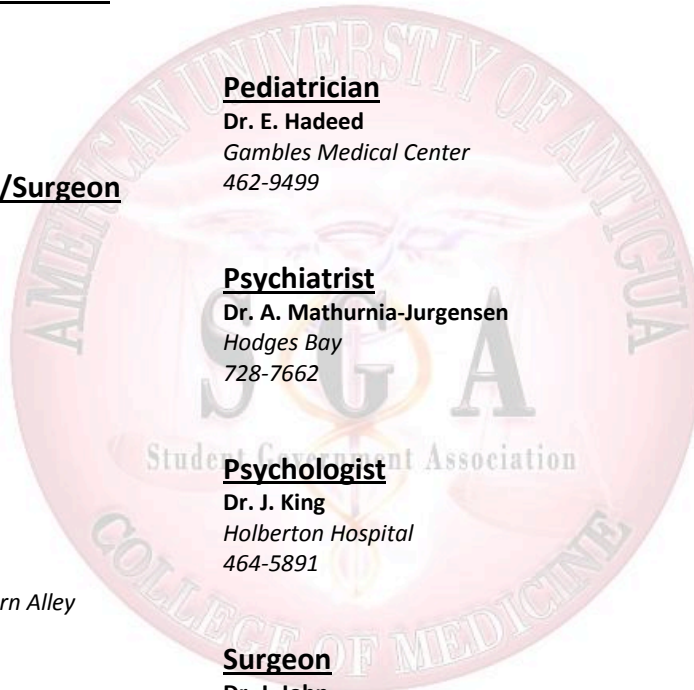
Dr. J. John
Woods Center
562-1169/2200

HOSPITAL CARE

Holberton Hospital
Queen Elizabeth Highway
462-0251

HEALTH CLINIC

Adelin Clinic
Port Road
462-0866/0867



Reflections From A Transfer Student (Part 1)...

Jennifer Walker
Columnist, Med-3

Is This Paradise?

I really did not have many feelings towards coming to AUA. I was not full of expectations, so I figured that I was ready for anything that came my way. I figured that the transition would be easy since the school provided a new student coordinator. I must admit that the person assigned to me helped me with everything unless it dealt with situations on the island and that is where I needed assistance.

For starters, I was concerned with housing and I was not planning to stay on campus, but my coordinator had no information for me that concerned living in Antigua and that is where I needed someone the most. After being here for about a month, I see that she could have given me the contact information to those that could further help me here at the school offices. You might ask why didn't I call the campus phone number to try to get those questions answered, well, it is hard to get the answers you seek when no one answers the phone at all. I called several times during the day over a week's period of time. Anyway, I was very concerned with housing since I did not know where on the island either campus was located and I was not planning on staying in student housing. I had read some horror stories on value-MD and that it would be cheaper to live in independent housing and have a roommate. Since my student coordinator only had on-campus housing selections and no one answered the phone at the school, I figured that I was on my own.

My roommate and I looked everywhere on-line for a place that would be close to the school and was reasonably priced. This proved to be a hard challenge since we both were in the States and would not be able to come for a visit before registration began. We called several places and no one would answer the phone or we would get their voice mail and no one would return our calls. Since I didn't know important factors like which campus my classes would be located on and the locations of either, it would remain a mystery if we were close to campus or not.

Finally, two weeks before arriving we had a breakthrough. A lady had a brand new 2 bedroom apartment that was fully furnished. This was what we were looking for, so we felt that we were set to go. The couple was so nice that they even picked me up from the airport and drove me to my new home away from home. When we pulled up, I just knew that this could not be the brand new place that the woman described. The place was not somewhere you would even want to leave a dog; it was a dump to say the least. However, it was late and I knew nothing else and I didn't have a phone so I was forced to stay there, at least for the night. I did however make it my mission to find a new place quickly.

At the time that I was figuring out where I was going to live, I was thinking why I wasn't provided with a list of approved hotels. We all know that this country does not have the hotels that we are used to like Holiday Inn, Days Inn, or the Marriot so all the names were new to me. It would have been so nice to have this list so that my roommate and I could have avoided being driven to places that looked like the Bates Motel, a scene from *Vacancy*. Wow! What an introduction to Antigua.

More to say, but more to study...please stay tuned.

Wah Toys Restaurant Review

Feature: Leah's (Phone: 562-7874)

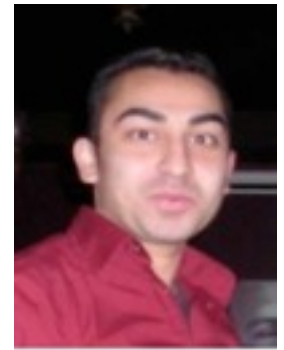
I was recently invited to the grand opening of Antigua's newest restaurant, Leah's. It is conveniently situated inside of the Rush Entertainment Complex (which includes a night club, pool hall, gambling area and piano bar) on Runaway Bay. In my initial judgment of it's setting, I was quick to think that a restaurant located directly below a nightclub could not have much to offer, I was wrong. The ambiance of the restaurant is charming and the décor leaves you with the feeling of eating creative French food in an Asian country. There is indoor and outdoor seating available, each with its perks. Inside you are treated with the youthful Asian décor, while outside you are able to capture the amazing view of the Caribbean Sea.

A guest and I, along with many others were treated to a sampling of their menu. First up was an assorted cheese appetizer that consisted of Cambolozé (blue Brie), Boursin (cream with herbs), and Camembert (French cheese) (\$19). I knew after the flavorful cheese assortment, I was in for a treat that night. Next up was the Seafood Cocktail that contained shrimp, scallops and mussels with a grapefruit, tomato and chive blend as the cocktail sauce (\$26). The seafood was comparable to most island seafood, pretty good everywhere you go. Three entrees followed the delightful appetizers. First up was the Pouched Roulade of Snapper filled with Mousseline of Shrimp (\$29). The fish itself was very dry and lacked a very much-needed condiment. The Breast of Chicken filled with a Fresh Doree Pear and Plantain in Thin Ciabatta Bread followed the fish (25\$). This was my favorite dish of the night. The combination of the pear and the chicken was a creative and inventive way to bring two different flavors together. The last entree of the night was the tenderloin of beef on sautéed onions (\$60). Along with the rest of the dishes of the night, the tenderloin dazzled in comparison to many other restaurants.

Leah's may not be a recommendable choice for a regular night out with your friends considering the current loan situation but it is definitely a place for a special occasion or a place to have your parents take you when they come to visit.

Paris Pizza and Steak House

What was meant to be a relaxing Friday evening a couple weeks before shelf exams turned into a nightmare. Pari's pizza located around the corner from one of the Rex Resorts is probably the worst dining experience I have had in Antigua since arriving here last August. I would not recommend this restaurant to anyone. If this happens to be your favorite restaurant, I apologize, but since the same incident occurred to a friend two weeks later, I felt I had to warn students. After being seated, we waited for thirty minutes for our food order to be taken in a half empty restaurant. My friends and I ordered three different entrees. I ordered a medium T-bone steak, while one of my other friends ordered a medium well Filet Mignon. After waiting patiently for an hour, our food finally arrived. The T-bone steak came meatless and full of fat and the Filet Mignon was presented as a hard lump of coal. My first thought was "how can a restaurant call itself a steakhouse when it can't make steak?" When we complained to staff, they were quick to apologize, yet offered no solutions. One solution was waiting for another hour for a different meal to be made. The lack of edible food was not the only thing lacking at this restaurant, the service needed quite improvement as well. After two and half hours of enduring pain, we finally asked for the bill. When we asked for our bill, they did not give it to us until we physically walked up and asked the receptionist for it about twenty minutes later. The bill already included the service charge, showing us that the only thing that this restaurant was after, was taking people's money. If you are looking for a place to eat good food that will not cause you grief in the middle of what is an overwhelming semester than this is not the restaurant for you!



Wahib Zahir
Columnist, Med-3

HEALTH & FITNESS

Food For Thought

Food! Food! Food! I want it fast, quick and in my stomach in less than ten minutes. No wait, make that thirty minutes, "fast food" does not exist nor is it coming to Antigua in the near future. That is why there is a large majority of us who don't care what we are consuming as long as it's hot, edible and does not take an hour to prepare or pick up! As medical students, 16 hours of our day are spent going to class and studying while the other 8 hours are lost between sleep and consuming enough food in order to function on a daily basis. Notice, I stated "enough food", which is far from equatable to healthy eating. Enough food to function in the eyes of any sleep deprived and stressed out medical student consists of fried and overly processed foods. As students we are constantly taking the easy way out when it comes to maintaining healthy eating habits. We look for short cuts and quick solutions to solve our hunger issues instead of making smart and healthy decisions when selecting meals. Most of us would never dream of cheating on a test, in fear of compromising ones personal morals and values, as well as those ethics that govern our sacred profession; then why do we find it so easy to cheat ourselves out of a healthy lifestyle governed by recreational exercise and nutritional eating habits? The answer is simple, CONVENIENCE!

As med students we crave convenience because it doesn't require time or many brain cells to decide between Chinese food or a greasy hamburger. It is very commendable that AUA does provide the students with restaurant options, but at the same time the school fails to provide the student body with meal options that support a healthy and nutritional lifestyle. These issues pale in comparison to the larger concern that in the next decade we will all be active members of the health care community, and as future health care professionals we should begin to build a healthy lifestyle by striving to adopt nutritional eating habits; A healthy lifestyle not only for our own personal reasons but in hopes of motivating our future patients to adopt a similar approach and outlook toward healthy eating.

In order to help get you on the right track to developing a healthy lifestyle here is a quick and easy recipe that won't take too much time away from your studies!

By Ashley Spires

Balsamic Chicken with Baby Spinach

Recipe courtesy Ellie Krieger

1 tablespoon olive oil

3 cloves garlic, chopped

2 (8-ounce) boneless, skinless chicken breasts, halved

8 ounces baby spinach

2 tablespoons balsamic vinegar OR 3 tablespoons balsamic salad dressing

1/3 cup low-sodium chicken broth

1 cup low-sodium canned chopped tomatoes with juice

2 cups whole wheat couscous, cooked

Heat a large sauté pan over medium-high heat. Add the olive oil and heat.

Add the garlic and cook for 1 minute. Add the chicken and cook about 4 minutes per side, or until cooked through and juices run clear. Remove the chicken and set aside. To the same pan, add the spinach and cook just until wilted, about 1 to 2 minutes. Remove from the pan and set aside. Lower the heat to medium and add the balsamic vinegar and chicken broth to the pan and stir, scraping the bottom of the pan to remove any browned bits.

Add the tomatoes, bring to a simmer and cook 3 to 5 minutes.

Place the couscous in a serving bowl. Top with the spinach, chicken and balsamic-tomato sauce.

Nutrition Information Nutritional Analysis per serving **Calories** 353 **Total Fat** 6 grams **Saturated Fat** .9 grams **Protein** 34 grams **Carbohydrates** 42 grams **Fiber** 8 grams

www.foodnetwork.com

AMERICAN UNIVERSITY OF ANTIGUA
STUDENT GOVERNMENT ASSOCIATION

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**AUA BUS SCHEDULE FOR MAY 2008
FROM PROPERTIES**

ZONE 1	PICK UP TIME	DESTINATION
CORTSLAND	7.30 AM & 1:00 pm	1 BUS TO WEST CAMPUS
ZONE 2		
Beachcomber	7:30 AM & 12:45 pm	WEST CAMPUS
MANDALAY	7.35 AM & 12:50 pm	WEST CAMPUS
	7.45 AM & 12:50 pm	TO PRE-MED & NEW CAMPUS
Charles Jacobs	7:10 am	West Campus
ACHORAGE INN	7.20 AM & 1:10 pm	WEST CAMPUS
SANDPIPER	7.20 AM & 1:00 pm	WEST CAMPUS
AMOR VILLAS III	7.20 AM & 1:00 pm	WEST CAMPUS
UTOPIA	7.25 AM & 1:00 pm	1 BUS TO WEST CAMPUS 1 BUS TO PRE-MED & NEW CAMPUS
ZONE 3		
TRAFALGAR	7.00 AM & 12:45 pm	1 BUS TO WEST CAMPUS The shuttle to North
Moravian Church	7:05 am	

NB - Buses leaves AUA West campus at 7.35 am for New Campus (shuttle)

Please note if destination is West Campus you will be shuttled to the North Campus.

SHUTTLE BUS BETWEEN WEST CAMPUS & NEW CAMPUS

FROM NEW CAMPUS	FROM WEST CAMPUS
8.55	9.25
9.55	10.25
10.55	11.25
11.55	12.25
12.55	1.25
1.55	2.25
2.55	3.25
3.55	4.25
4.55	5.25 PM
5.55 PM	

FROM UNIVERSITY TO PROPERTIES (ALL CAMPUSES)

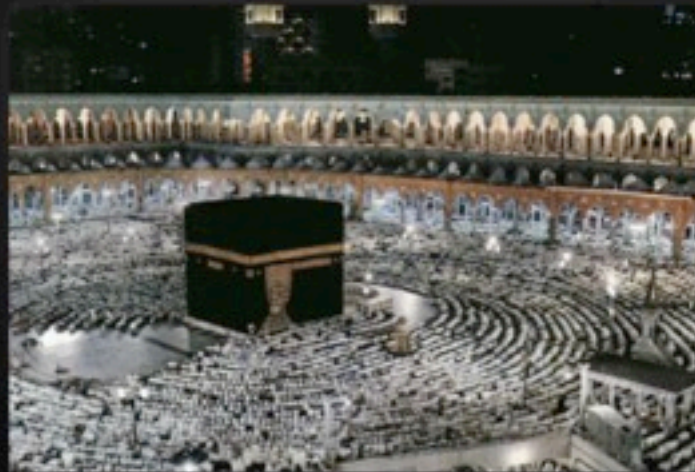
2.00 PM
5.00 PM
8.00 PM
11.00 PM <i>(ONLY FROM WEST CAMPUS)</i>



American University of Antigua College of Medicine
Muslim Students Association
Presents

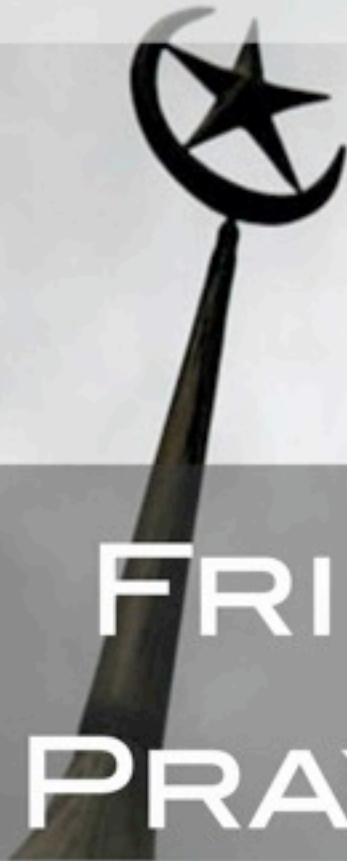
ISLAMIC HALAQAH

EVERY FRIDAY, 7:30 PM IN THE
ANATOMY RESOURCE CENTER
(DINNER PROVIDED)



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

O YE WHO BELIEVE! WHEN THE CALL IS PROCLAIMED TO PRAYER ON FRIDAY (THE DAY OF ASSEMBLY), HASTEN EARNESTLY TO THE REMEMBRANCE OF ALLAH, AND LEAVE OFF BUSINESS (AND TRAFFIC): THAT IS BEST FOR YOU IF YE BUT KNEW! (QUR'AN 62:9)



FRIDAY PRAYERS

West Campus: Every Friday at 1:35 pm in the Anatomy
Resource Center

Jabberwock Campus: Every Friday at 12:45 pm in the ICM

American University of Antigua College of Medicine
Muslim Students Association

The Crew

The Pulse of AUA Pulse!



Christopher Rhyne
Columnist, Med-4



Kwaku Oppong
Columnist, Med-4



Priscilla Owusu
Columnist, Med-3



April Elam
Editor-in-Cheif, Med-3



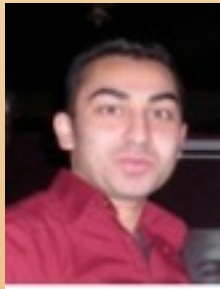
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**Send articles, comments,
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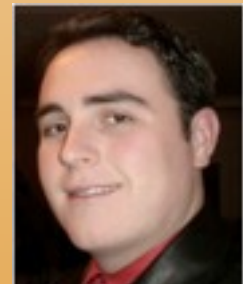
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