

# AUA PULSE

The American University of Antigua  
College of Medicine Newsletter

Issue 2 March 2013



*The voyage  
of a lifetime*

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## Letter from the Editor: *Mad as a Hatter*



### *Breathe in.* *Breathe out.*

*Have you ever taken a moment to just stop and think about where you are or what in the world you're doing? Like most people caught in the whirlwind of classes, exams, and the daily joy kill that is the library, you may find yourself too busy to reflect on the bigger questions in life. What possessed me to go to medical school? Am I working hard enough? What am I having for lunch?*

*The journey that we are on right now is one that will not leave us in perfect condition when it's finished with us. There might be bumps, bruises, and maybe even severe brain damage as we cross the finish line. So, is it even worth it?*

*Well, voyages of this scale are not for the weak hearted or perfectly sane. One em-*

*barks on great adventures like this only once in a lifetime so there are obviously some radical notions brewing in the crevices of your mind in order for you to still be here. You're here for drudgery. You're here for labor and toil. You're here for greatness.*

*Does it make you crazy because you are voluntarily putting yourself through a mental inferno everyday in hopes of taking on even more responsibility once you step out of it? Why yes, it makes you as mad as a hatter. But then again, all the best people are.*

*Welcome to the Voyage of a Lifetime.*

*May the odds be ever in your favor,*

*Sana Sikander*

*Editor-in-Chief*

# Health & Fitness

## Zumba at AUA

By Rupinder Sekhon, Assistant Editor

Zumba, in combination with Bollywood Fusion Fitness, is a fun and great way to strengthen, tone, and shape your entire body. This class incorporates energetic moves inspired by the 'Bollywood' movie industry and 'Bhangra' from northern India. Bollywood Fusion assimilates east-west sounds and dance moves ranging from music styles like Hip hop, R&B, Reggaeton, Salsa, Merengue, and, of course, Bollywood and Bhangra. It is an intense and high-energy total body dance aerobics workout that improves your cardiovascular fitness and muscle tone – all while having a blast. Did you know that you could burn up to 900 calories per hour? Have I convinced you to try it yet? Keep reading!

The first introductory Zumba and Bollywood Fusion Fitness Friday class was hosted by AUA-AMSA (American Medical Student Association) and was a great success! Everyone's energy levels were high throughout the class. I was definitely impressed by the amount of students that turned out. I know I was left dripping with sweat after getting an awesome workout even with the breaks I took to make videos to post on our very own 'The Pulse' facebook page (NOTE: make sure you like the page for more information on events going on around/with AUA). It's dancing, it's squats, it's jumping, it's sexy, it's feeding off the energy of everybody around you – this class had it going on.

According to Med 2 student, Monalisa Rocha, "Zumba was a fantastic mix of Salsa, Bollywood, Calypso, and even Gangnam style. It is definitely one of the most fun ways to relieve the stress of studying while dancing to the beat. Everyone needs to "Zumba!" A great bonus is that the money raised from these classes will be going towards the Antigua Diabetic Association, which you may be familiar with due to our collaboration with this organization at our AUA Health Fair events.

The class alternated between Zumba and Bollywood Fusion Fitness routines instructed by AUA Fitness Coordinator, Cassandra Mason, and Med 4 student, Amar Shere.

As a fitness instructor for over 12 years teaching spinning, Zumba, and being a World Aerobics Championship finalist, Cassandra Mason also knows a thing or two on how to get in shape. Amar Shere also brought his amazing energy and his experience. "Teaching Bollywood Fusion Fitness has always been exciting for me because of the feedback I receive on how effective the workout routines

are in helping people reach their health and fitness goals. One of the main reasons I created this fitness class and why I enjoy it so much is because it gives me the opportunity to make a positive impact on someone's health while I share my passion for music, dance, and fitness" (Amar Shere).

Did you know that this workout could be just as effective as running on a treadmill or using weights to increase muscle tone? Plus, it's high-energy, crazy fun. Trust me when I say that you really need to check this out! Med 4 student Angel Sanchez would certainly agree. "It is a great workout and really is the perfect ending to a long school week. It's also awesome to learn new dance moves to impress your friends" (Angel Sanchez).

These kinds of classes are definitely a great alternative for people wanting to try out a workout that's different and engaging. However, there will not be a class on Friday, March 8th due to exams or the week after on March 16th because there is a "Zumba Charity Fitness Party for A Cause" jam event happening at the YMCA in town at 5pm. So stay tuned for updates via email and get your Zumba on!



For more information please contact Amar Shere [amars@auamed.net](mailto:amars@auamed.net) or Cassandra Mason at [cmason@auamed.net](mailto:cmason@auamed.net)



# Medicine in the news

## *Risky Energy*

By Gaurav Kathuria

As medical students, we all know that energy boosts are sometimes necessary to get through the day. There are different ways that people acquire this energy, the most common sources being coffee and energy drinks. Although the stimulant in both coffee and energy drinks is most often caffeine, the amount of caffeine and addition of other ingredients is what makes energy drinks a risky choice. Popular energy drink brands such as Monster, Rockstar and 5-Hour Energy have been appearing in the news lately, after the FDA released a report citing them in cases of death and hospitalization.

Energy drinks, Monster, Rockstar, and 5-hour Energy are cited in recent FDA reports to cause hospitalization and death. Monster had 5 reported cases of deaths and 35 cases that did not lead to death. Rockstar had 13 reported cases, but none of them were fatal. 5-Hour Energy had 13 reported cases of death and about 80 cases that were not deadly. Although the FDA is still assessing whether the energy drinks are the cause of the reported hospitalizations and deaths, it is still better to be cautious when consuming these drinks.

The ingredients used in energy drinks may play a major part in making them risky. The amount of caffeine that regular 16oz cans of Monster and Rockstar contain is about 5 times of what is in a 12oz soda. 5-Hour Energy drinks contain even more caffeine than Monster and Rockstar. In addition to the caffeine, energy drinks also contain vitamins and amino acids. Some of these vitamins and amino acids can also be present in excess. An amino acid commonly seen in these energy drinks was phenylalanine. Inability to break down this amino acid can cause serious health problems as seen in individuals with a genetic disorder known as phenylketonuria. The combination of caffeine with vitamins and amino acids present in excess can create a drink that has serious potential to be harmful.



Recently, Cracker Jacks announced that it is launching a new snack called Cracker Jack'D Power Bites. It will be similar to their original popcorn snack, but will contain caffeine. It has also been released that each Power Bite will be comparable drinking to a cup of coffee, implying that it will be a serious competitor of energy drinks. There is some opposition on the grounds that children can overdose on caffeine when accidentally eating the snack, but Cracker Jacks is strongly insisting that it will market to adults only. Before we know it, medical students will be binge eating Cracker Jacks for energy.

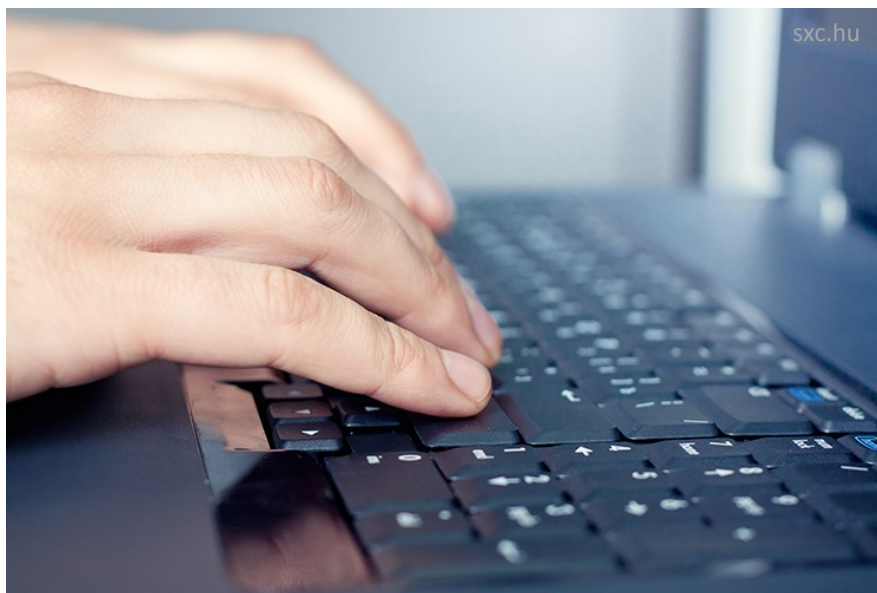
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# Medicine in the news

## *Interesting Research: Did You Know?*

By Venus Swearingen



### **Childhood Infections and diet may increase Type I (Insulin dependent) Diabetes Risks.**

We already know that a bad diet can increase the risk of Type II diabetes. However, did you know that what we eat, combined with a nasty childhood infection, may lead to the onset of Type I (insulin dependent) diabetes. Scientists believe that infection and diet may set off the autoimmune reaction that destroys insulin-producing cells. A study done on almost 2,000 babies showed a correlation between the consumption of gluten (a protein found in wheat, barley, and rye) and subsequent gut infections increasing the risk that a child would possess diabetes autoantibodies. The researchers concluded that infections may only increase the risk for Diabetes Type 1 if the gut is already inflamed by reactions to certain foods.

**Source:** *Diabetes Care*, published online Oct. 5, 2012

### **Water Beats Energy Drinks**

Did you know that sports/energy drinks can harm your teeth? A recent study showed that the acidity in these drinks corroded tooth enamel after only five days of exposure to the liquids. Energy drinks caused twice as much damage to

the teeth when compared to sports drinks. Damaged tooth enamel can lead to tooth sensitivity, cavities, and decay. So the next time you go for a run, bring water, not a sports drink!

**Source:** *General Dentistry*, May/June 2012

### **Death by Red Meat**

Studies show that eating red meat is associated with a higher risk of early death. Researchers tracked the health and diet of more than 121,000 people who consumed an extra 3-ounce serving of red meat per day. The participants' risk of premature death increased 12 % compared with those whose diets contained less than half a serving of red meat per day. A daily serving of processed meats such as salami and bacon increased mortality risk by 20%. Substituting a serving of red meat with poultry, fish, nuts, legumes, low-fat dairy or whole grains seemed to lower the risk of premature death by 7 to 19%.

**Source:** *Archives of Internal Medicine*, published online March 12, 2012

# Who's Who at AUA

## *Faculty Interview : Dr. Dyal Singh*

By Linsen Samuel

For this installment of 20 Questions, we have the esteemed Dr. Dyal Singh joining us. You know him from his greatest hits such as **USMLE STEP ONE** and **WHAT ARE THE COMPONENTS OF A BASEMENT MEMBRANE**. Let's get to it.

### 1) What brings you to AUA?

The challenge of teaching at a new medical school.

### 2) Where did you get your graduate education?

University of Manitoba, Winnipeg, Canada

### 3) What country are you from?

Guyana, in South America.

### 4) Where did you get the name "Singh" from?

From my great grandfather, who went to British Guiana from India to work in the British sugar plantations.

### 5) What do you do for fun?

I review USMLE questions.

### 6) Why do you always say the words USMLE STEP ONE?

To bring the attention of students to this examination.

### 7) McDonalds or Burger King?

None of the above.

### 8) What is a lifelong dream of yours?

To become a full Professor and a Good teacher.



Dr. Dyal Singh, PhD

Professor of Histology and Cell Biology

### 9) Do you use saliva in all your lectures?

Yes. With lysozyme and amylase and mucus and bicarbonate.

### 10) What single quality do you want to see in every student in AUA?

A good study habit.

### 11) What keeps you here at AUA?

I guess I have nowhere else to go.

### 12) What's your favorite thing about Antigua?

Fishing.

### 13) What do you hate about Antigua the most?

Driving at nights.

### 14) Its doomsday, and you only have room for one person in your escape car. There is a priest and a doctor on the road. Who do you take?

I would try and fit both in the car.

# Who's Who @ AUA

15) What color is your toothbrush?

Green and white.

16) What annoys you the most about people in general?

Nothing.

17) What's the best resource for studying and to be successful on the Step One?

First Aid and USMLE World Questions.

18) Where do you see AUA in 10 years?

As an excellent medical school.

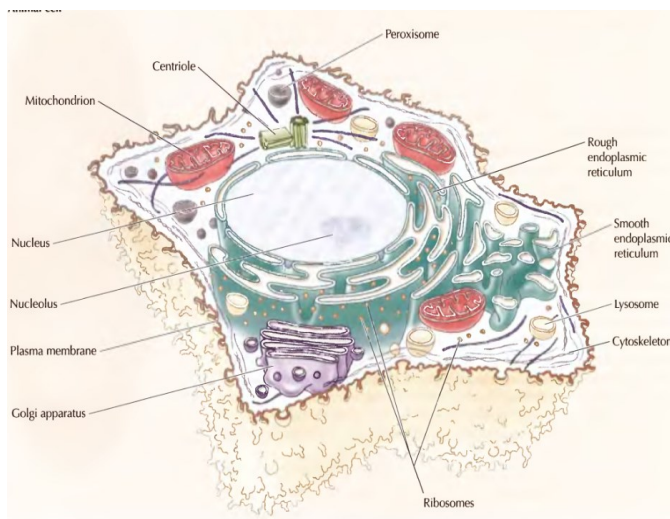
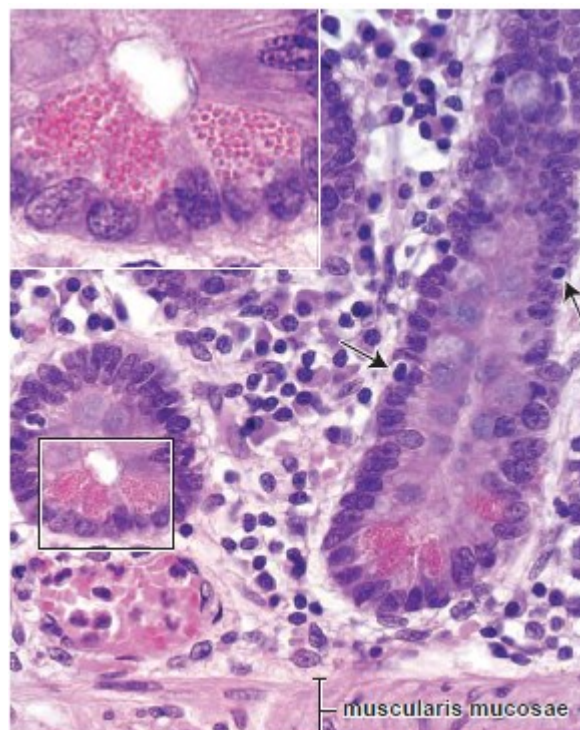
19) If you wanted to see any change in AUA, what would it be?

No comment.

20) Who do you want to be interviewed next?

Dr. H. Amiralli

And there you have it. Next up...Dr. H. Amiralli! This won't be easy...





# Textbook Review

## *Physiology, 4th Edition*

By Sadia Chaudhry

Dr. Costanzo's *Physiology* is the required text for Physiology in Med 1 and Med 2 classes at AUA. This textbook is light-weight with a majority of the pertinent topics necessary to get through basic science physiology. Costanzo's *Physiology* is a text consisting of ten chapters, each chapter discusses content related to some of the most crucial physiological systems in the body, and the book also contains three chapters on The Cell, Autonomic Nervous System, and Acid-Base Physiology, which are extremely important for the Shelf Exams. Now, to many students, physiology is a very difficult course because of the vast amount of information covered, so each medical student searches for a source that can fit their needs. Does this text fit that ease of understandability? From a scale of one to ten, where ten is extremely understandable, I would rate this book a five point five. After completing the first year of medical school and taking all the necessary exams, I came to realize I only turned to the well-known "Costanzo" for a couple of chapters. That is not because the book is poorly written or a bad source, but because it didn't give me all that I needed to fully *learn* the material. However, what kind of learner would this text help? This text would help a learner who likes to read to understand completely. The graphics and images have very thorough explanations.

Furthermore, though I was unable to confirm this, it has been said that there is an errata for the 4th edition *Physiology*. Many texts have errors, and it is always a good idea to search and find the errata for this one.

How should a student use this text? In my opinion, Costanzo should be used appropriately per lecture discussed in physiology at AUA, but, for long term success in physiology, it should be accompanied with Kaplan videos as well as proper lecture notes or any other source that fits the student's learning needs. Dr. Chandrashekar gives a very thorough packet on Endocrine and Renal physiology which has some information which is not found in Costanzo.

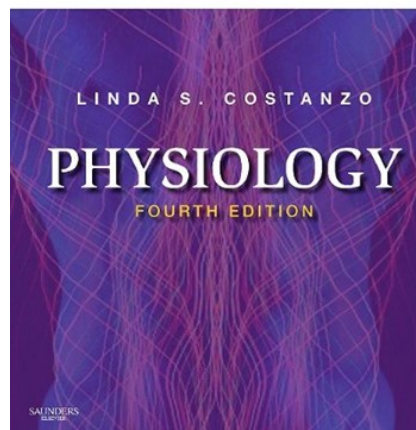
Some chapters of Costanzo are too simplistic, i.e. the seventh chapter on Acid-Base (pp 299-325). The chapter contains all

the information necessary to succeed in this section, but the images and graphs that are presented do not correspond to the images one sees on the Shelf. Though the chapter is simplistic, it is also just as complicated to understand. A simple concept becomes confusing, because of the lack of appropriate examples. What I found helpful was the corresponding chapter in *First Aid for the Basic Sciences: Organ Systems, Second Edition* (First Aid Series).

**Additionally, Costanzo is a highly recommended review text for the Step 1.** Many students have recommended the BRS *Physiology* by Dr. Costanzo<sup>1</sup> as a better source to study from. Personally, I used BRS *Physiology* to study for the Shelf and it was a magnificent help.

One of the longest and most necessary reads in Costanzo would be the renal chapter (pp 235-298). It is one of the most difficult as well as crucial sections on the Shelf. The reason for that is that Renal physiology incorporates a lot of knowledge about chapter 1 on cellular physiology as well (pp 1-44).

Student CONSULT [Activate at studentconsult.com](https://studentconsult.com) Searchable Full Text Online



Title : Physiology, 4th Edition

Author : Linda S. Costanzo, PhD

Recommended/Required : Yes. Human Structure & Function I/II.

# Textbook Review

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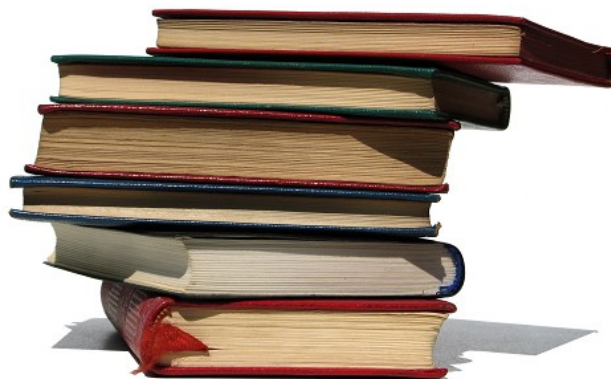
Costanzo works best with Dr. Rao's lectures because he uses the text as his primary teaching guide while most other physiology professors do not. As a Med 3 student, I feel if I were to go back and read Costanzo now, I would comprehend more material than I did the first time around because a lot of the material is now already engraved in my head and I am not learning it for the first time. The way in which the text flows and carries from chapter to chapter does not speak to all first time physiology learners. It is a text that someone who has an idea of what they are learning can appreciate because they can fill in the blanks and understand the bigger picture. Though the author does a marvelous job at the color coding and examples per section, it is not enough to teach a student physiology. Like the Acid-Base chapter, the Reproductive chapter (pp 443-464) is too simplistic for a proper discussion of this very important physiologic system.

At the end of each chapter the author provides practice questions with corresponding answers at the end of the book, a section known as "Challenge Yourself Answers" right before the index. These questions are a very good tool to summarize the key points that are discussed in each chapter and to test oneself.

Last but not least, for all the Med 2's who will or who are taking Neuroscience with Dr. Glasser, do not use Costanzo. The Neurophysiology chapter (pp 65-109) should not be the primary study for the class or Shelf. This chapter in Costanzo is probably better as a quick review after all the actual learning has been done. **Every student at AUA needs to have Costanzo's *Physiology*, but they should also supplement their learning of physiology with Kaplan videos and Organ Systems. All in all, I believe if a student can actually say that Costanzo's *Physiology* is the main reason they make it through physiology, they are a champion. The cost ranges from \$ 45- \$ 55, depending on where one makes the purchase, so it is an economically friendly purchase.**

Costanzo, Linda S. *Physiology*. 4th. Philadelphia: Saunders, Inc. Elsevier, Inc., 2010. Print.

1. <http://www.goodreads.com/book/show/417757.Physiology>



# Community

## *Beach Clean Up 2013*

By Christine Britton-Grant



Community service and volunteerism are an investment in our community and the people who live in it. On Saturday 16<sup>th</sup> February 2013 approximately 50 volunteers including Executive Dean – Dr. JS Nagra, faculty, support staff and basic science students joined support staff member– Ms. Christine Britton Grant in an inaugural beach clean-up exercise at Jabberwock Beach.

The event was coordinated in a bid to inculcate and promote civic responsibility and to fulfill a personal commitment to encourage and promote activities that will enhance community awareness and provide support to our community.

Special appreciation is afforded to the administration of AUA-College of Medicine, The Central Board of Health (Solid Waste Management) & Chef2UEvents Ltd who supported the activity.

Similar events will be promoted in the future.

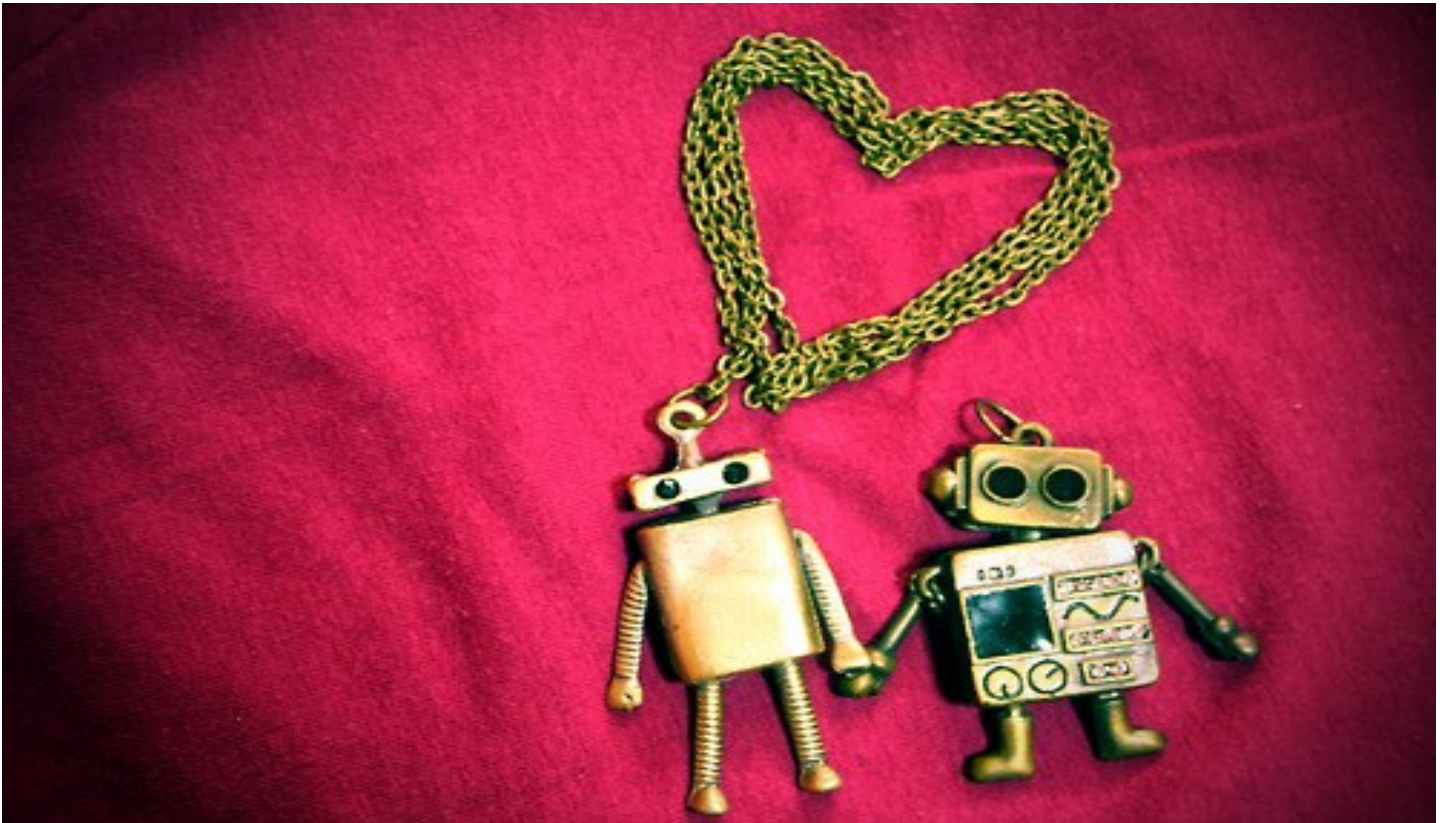
**Event Coordinator**

**Christine Britton-Grant**

# Advice

## *How to Get that Special Someone!*

By Venus Swearingen



In the season of love, many students on the AUA campus have trouble winning over a certain crush's heart. Below are a few tips on how win over that special someone!

### **How to catch that lovely lady's eye:**

- 1. You should talk about "emotional" topics such as childhood memories, future ambitions, or her passions.** These conversation topics will open up her emotional floodgates.
- 2. Women want a guy who is not afraid to lead her.** While talking to her, take control of the conversation. Don't wait for her to dictate what you'll be talking about. Be confident!
- 3. Tease women.** Make the conversation not just fun but also a little flirty. This will show her that you are interested in getting to know her on a closer level. Please make sure that you are still respectable otherwise you might come off as desperate!
- 4. Avoid complimenting a woman too much.** Compliments, like candy, are always great to receive but too much of anything can make you sick!! Women are turned off by men who come across as "needy."

**5. Don't give away your hand so fast.** Women like men who are a challenge. If you want to hold a woman's interest, she has to feel like she is slowly winning you over. If she thinks you're too easy, she will lose interest fast.

### **How to grab that special guy's attention:**

- 1. Make Small Talk.** Every day, just approach him and say, "hi" or "what's new?"
- 2. Laughter is the key.** Try making him laugh with a joke. This will give him the impression that you are fun, friendly, and most importantly, approachable.
- 3. Smile.** Positive energy is contagious and everyone loves to be around a positive and confident individual.
- 4. Modesty = Mystery = He'll Want to Know More. Guys are visual creatures. It is okay to show a 'little leg' just don't go overboard. Be sure you leave a little something for the imagination.**
- 5. Try the Group Thing.** Join his circle of friends to create a comfort zone. Try to participate in activities where he'll be involved, this will give you an opportunity to spend more time together and show him that you like and support his interests!

# Food/Restaurant Review

## *Abacadabra*

By Cameron Smith



Dockyard Drive, English Harbour

Dinner 7:00pm-10:30pm Monday to Saturday

(268) 460-2701

<http://theabacadabra.com/news/menu/>

It's 8:00pm, night ablaze with stars, as the car speeds out of a neighborhood and whips around a bend in the road. Suddenly below amidst the darkness emerges a vibrant radiance: countless marine vessels with glimmering lights, a sight that fools you for one second that you are entering into a small city. A magic haze creeps over the water and entrances you, calling you into the night. This is English Harbour, a section of the island with not only allure, but also with much history. Crumbling British forts atop scenic outlooks dawn the hills encompassing the nautical haven. On the main road to Nelson's Dockyard lies an infamous restaurant that transforms into a nighttime eclectic musical hub after dinner. Welcome to Abacadabra.

True to its name, Abacadabra is in a way, enchanted. Paolo Caputo, of the animated restaurant owners (the other is his brother Angelo), greets us at the door with a lively "Buona sera" and two kisses. The front room has a very cheerful Italian countryside feel with bright yellow walls accented by green framing and checkered curtains. In

another room, the exposed brick walls and wooden beams give the restaurant a sort of raw, rustic vibe. The walls are adorned with interesting photographs and paintings, details I admire as my heels click across the dark hardwood floors. On the patio encompassed by palm trees, the clientele is an eclectic mix, as accents are heard from England, Italy, Australia, and Russia. The authentic Southern Italian restaurant opened its doors in 1984 is currently number one in Antigua on TripAdvisor, whose stamp of approval can be seen on almost every restaurant on the island.

Start with a bottle of white wine and the Antipasto Misto, a varying selection of different appetizers which come grilled, baked, cured, and fried. Enjoy listening as Paolo describes the cuisine selections with such verve that you might order everything on the chalkboard menu. Their homemade pastas are excellent if you are so inclined. The Ravioli del Giorno changes daily and is always a house favorite. Though I rarely try pumpkin outside of the occasional pie or seasonal latte, the pumpkin ravioli in a white wine cream sauce was impossible to resist, and undeniably an excellent selection.

One of the most renowned dishes at Abacadabra is called Porceddu, a roasted suckling pig prepared in a traditional Sardinian style. Also recommended is the Filetto ai Ferri, a 10 oz Canadian Black Angus tenderloin. If you are looking for something from the sea, try the Gamberoni allo Zenzero, jumbo shrimp sautéed in English Harbour Rum, parsley, garlic, and fresh ginger. Though all of the deserts looked exceptional, the one chosen was decadent tiramisu, surrounded by hot pink tropical flowers. Don't forget to thank Salvatore Piras, the executive chef, for the unforgettable delectable experience. I would say that the presentation of the food was too beautiful to destroy for consumption, but the empty plates at the end of the night would beg to differ.

It is yacht season in Antigua, so be sure to take a tour of the fine marine giants while in the area. Though we must always travel back to the harsh reality of medical school after an extraordinary time away, it only takes a magic word to transport back: Abacadabra.

# Travel

## *The Beach Bum Chronicles*

By Sarai Stern Coutin

There is something about going to a medical school on a Caribbean island that incites images of coconut-laden cocktails and study groups on the beach. Friends and family back home think I study with my toes in the sand, though sending them pictures of rare days off does not help dissuade that notion. And explaining to strangers that we really do study (really, *a lot*) seems to throw them off their idealistic fantasies.



While the true Elysium lies far outside the realm of our realities, going to school in Antigua *does* lend itself to a certain way of life. We are privy to 365 beaches and reviewing even a handful of them in the minimal time afforded a medical student implies we had better get started.

Today's review takes us to Dickenson Bay, down the winding, San Francisco-worthy street of Anchorage Road, to Sneaky Pete's (<http://seasportsantigua.com>) and Tony's Watersports Bar & Grill. Wedged in just north of Sandals Resort and south of Rex Resorts Halcyon Cove, you will find parking is a mostly grab-what-empty-part-of-the-street-you-can situation, as the small parking lot is often full.

As you make your way past the dumpsters in the lot, trying desperately to avoid the thrilling olfactory sensations assaulting your nostrils, you will shortly find yourself presented with tourists and umbrellas clustered on white sands. Wedge yourself a spot of your own, or rent a few chairs and shade for the day. Should you go the way of a rental, be sure to flash the merchant a polite smile and mention that you are a student, paying in EC dollars, to avoid tourist prices.

Lively music coming from the beach shacks affords you a bit of simulated vacation time and either bar will gladly complete the escape with delicious blended piña colodas, virgin or otherwise. Strike up conversation about island conservation with former Olympian Peter Kelsick over pleasantly citrus-heavy rum punch at Sneaky Pete's. Or perhaps wander over to Tony's Watersports Bar & Grill for juicy burgers, veggie pasta and a friendly game of billiards with Tony himself (and though his menu is priced in US dollars, be sure to mention this article as he will work with you in EC dollars). Both bars can set you up with an array of water sports, from kayaking and jet skiing to learning to sail. Sneaky Pete's can even arrange some incredible snorkeling eco-tours, including a trip all the way to Barbuda to see the amazing Frigate bird sanctuary.

Should you find yourself on the beach at dusk, keep a keen eye pointed southward for the infamous green flash as the sun sinks below the water line. I managed to catch a slight hue one clear evening just moments before a cruise ship swallowed up my view.

Water watch: there are scattered patches of seaweed but they usually stay put and you can easily maneuver your way around them. And even on a calm day when the waters are quite clear, the fish sighting is meager so I would leave the snorkel gear at home.

Closing thoughts: the vibe is decidedly tourist-on-honeymoon and you will find yourself waving away offers of jewelry shopping or hair braiding from vendors combing the beach. But being so close to the school with numerous amenities and friendly shack hosts, a weary medical student can still find a much needed few hours of respite to stick her toes in the sand.

# Fashion@AUA

*“No matter how you feel, get up, dress up and fight for your dreams.”*

By Sreya Singh



Yours Truly



Max Black, Davin Persaud, Amy Fung, Rahim Mangalji, and Adil Humayun

A brand new semester is upon us, and many of us who are returning students, find ourselves readjusting to island life after returning from freezing temperatures back home. As a New Yorker, I have to say that the warmth of Antigua was definitely welcomed after experiencing a bitter winter with lots of snow and ice. However, when I did return to Antigua this semester, I had this feeling that I never even left the island for almost seven weeks. I felt like I was here the whole time and initially I thought that this was such a bad thing but now I realize that after being on the island for over a year, I've acquired a familiarity and attachment that one would associate with... home. Yes, Antigua is my second home, and it will be just that for the next year. And this is what I would like to advise all you MED 1s out there- you need to cultivate a sense of warmth and comfort while you are here, because I believe that your success will ultimately depend on it.

An amazing pathologist who I had the pleasure of working with, told me before I left for medical school, “The only way to grow is to go out of one's comfort zone”. I remember his wise counsel every day and I try to apply it to everything I do. Even though we're in a different place, we must never lose a grasp of who we are, but push ourselves to the next level. Challenge ourselves. Make sure our voices are heard. All of this applies not only to academia, but also to our own personal style. In my last article, I stressed the importance of first impressions and being current-

these two things are vital to our future profession in regards to our interaction with patients and medical advancements. Additionally, we must never lose sight of who we are in regards to every aspect of our being. So, how does this all tie into our personal style? Maintain your style even though you're thousands of miles from home, and find ways to translate the styles you love, into something that is appropriate for island living. I personally have found that by taking care and being thoughtful in the way I dress and present myself, I not only feel better about myself, but I feel like I have a purpose or a mission and I feel important, at least in my own eyes! Coco Chanel once said, “The most courageous act is to think for yourself. Aloud”. I encourage everyone to do just that. BE LOUD. Keep it professional, and always make an impression. Now, Let's dive into some fashion!

I've noticed that a lot of guys on our campus have been wearing bowties in lieu of the traditional tie and I'm loving the trend! I also enjoy seeing the girls wear structured dresses or full skirts instead of pants and the pointed toe is my new favorite in the footwear department. Here are some people who I've spotted on campus and who each has a point of view and apparent sense of style, which they were able to translate in a professional and Antigua-weather-friendly way. I encourage you all to stay inspired and think aloud because I'm always tuned in, looking for the well-dressed at AUA to feature in our upcoming issues!

# Fashion@AUA



Rahim Mangalji, who gets a double mention this issue because he can rock a bow-tie!



Luke Brown



Rida Sikander

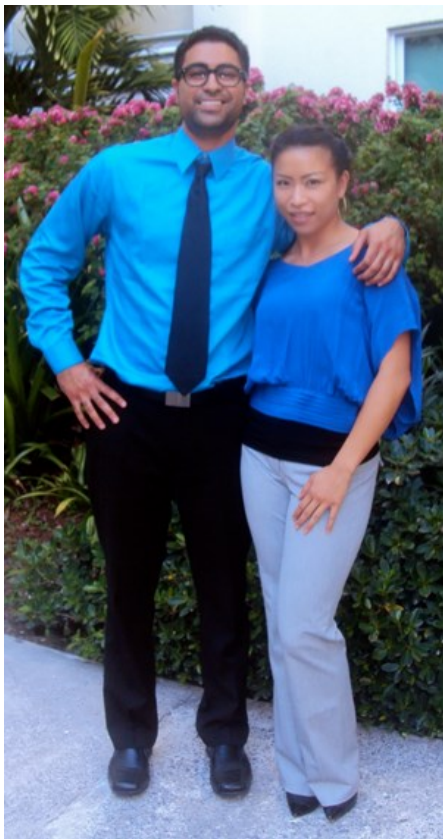


Ariel Crespo with his oxblood backpack (left)  
Tony Johnson (Right)





# Fashion@AUA



Trinh Duong and Gip  
Dhillon (left)  
Indrit Greca (right)  
Sara Padanou (bottom)



# Poetry

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## *Beautiful Anguish*

By Andre Halabu

She opened her hand to its opposite because she was losing her grip and losing her mind.  
A friend of sorts told her a story, but his words consumed her far more than she imagined they could.  
This story mentioned many things, with happiness and desperation among them.  
Each word as painful and as alluring as the one preceding it, unknowingly, all falsities,  
But these were the kinds of lies that allowed you to dream, even outside of the night.  
They allow you to look forward to something new upon each chapter,  
Even though you knew full well that it would all go wrong. That is,  
Until you resolve the issue. But at this point, it is difficult to see what is genuine and what is not.  
Much like the great internal struggle, each telling you the opposite, splitting you,  
This story gives you no hope and then, just when it seems as though hope is a distant memory,  
You read on and the story breathes life and optimism, for another day of reading at least.  
If this story is indicative of anything, it is that there is as much of the truth as there is of the false,  
And all because of self-righteous instinct; pride wins; humility and selflessness take a backseat for now.  
This was not the story she expected with its highs so high and its lows so low. Even with the inevitable,  
The misery, the story kept her, captivated her, and enclosed her. She thought to herself,  
Whether it is the first word or the last, she wanted no end to its beautiful misery, not now at least.  
She waits now, eager for the next page. With ink in hand and a blank page in site,  
The author attempts to complete what he has begun, and even he is reluctant to put words to page.  
The fear of what this reader might feel is the reason for his hesitation. It's her fault though, only hers.  
Even she knows this. Trivial this all seems for a fictitious story. After all, it is just a story, I suppose.

# Meditation

## *Fitness for the Mind and Body*

By David Spector



With exams on the horizon, many students fall prey to the afflictions of chewed pencils, drooping eyelids, and double shot espressos. There exists a cure, however, for these common ailments in the form of Dr. James Rice's meditation group. Every Monday and Wednesday from 6:00pm-7:00pm Dr. Rice meets with students to teach stress management techniques that can be incorporated into everyday life. Dr. Rice has been skilled in the practice of meditation for over 25 years, and his talents proved to be invaluable during the first meeting of the semester.

Twenty persons were circled around Dr. Rice as he explained the benefits of meditation, and how it can help improve overall wellness of the mind and body if practiced daily. He stressed that meditation did not require complex poses or special equipment. The only necessary component was oneself. Dr. Rice emphasized how meditation was an active process that focused on the present. In order to help center one's thoughts on the present, Dr. Rice instructed the group to concentrate on their breathing. By doing so it allowed the mind to forget both past and future troubles, and instead focus on the now.

After meditating for 30 minutes, the group came together and discussed how they were feeling. Most people felt an overwhelming sense of calm and restfulness, but some felt sleepy and fidgety. Dr. Rice explained that at first it's hard to focus. It's common for the mind to wander to that itch on your arm, or the ticking of a clock, but with practice it's possible to learn how to remove distractions from the mind.

Meditation can be a powerful tool for students who are struggling with stress management. Even routine activities like brushing one's teeth or washing dishes can become meditative practices that clear the mind. Incorporating 20 to 30 minutes of meditation into one's day can make all the difference when it comes time for exams. So take Dr. Rice's advice and breathe.

# Photography

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By Dias Samuel

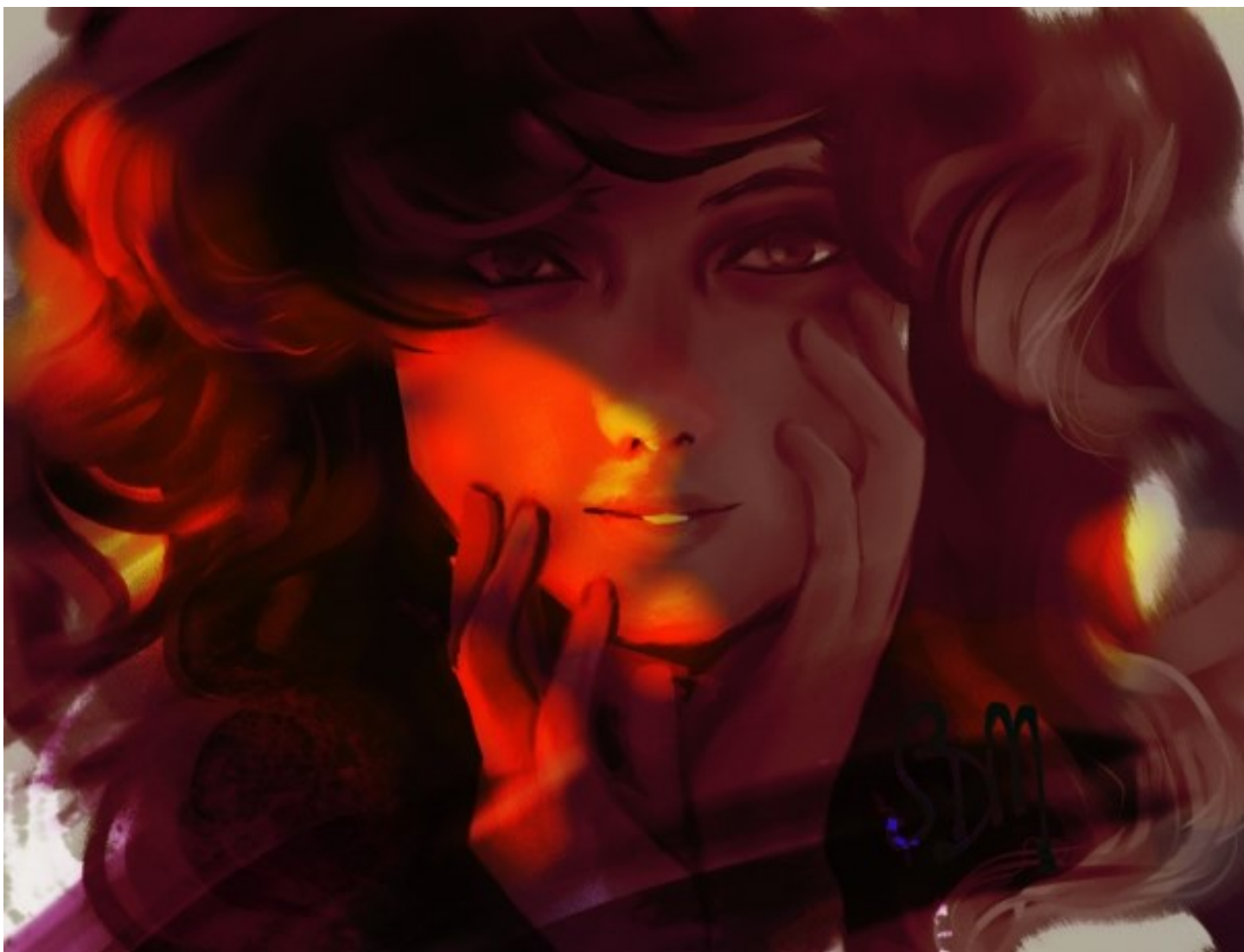


# Art

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## *Sunset*

By Saujanya Manikonda, Graphic Designer



# Quotes that Inspire Us

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The Dalai Lama, when asked what surprised him most about humanity, answered:

"Man.... Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

- The Dalai Lama

(Submitted by Venus Swearingen)

Though much is taken, much abides; and though  
We are not now that strength which in old days  
Moved earth and heaven; that which we are, we are;  
One equal temper of heroic hearts,  
Made weak by time and fate, but strong in will  
To strive, to seek, to find, and not to yield.

- Lord Alfred Tennyson

(submitted by Sana Sikander)

# Meet the members



***Editor-in-Chief***  
*Sana Sikander*



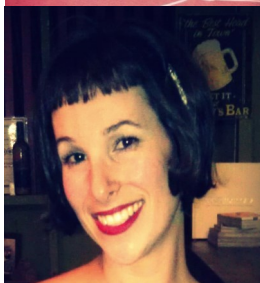
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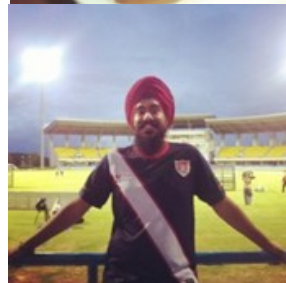


*David Spector*

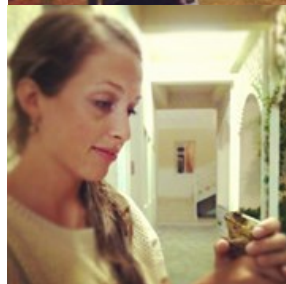
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