AUA School of Nursing

The American University of Antigua (AUA) School of Medicine will now have a School of Nursing. On Tuesday, the official launch of the nursing school took place with the hierarchy of AUA and Minister of Health John Maginley addressing a gathering of roughly 40, including 4 of AUA’s medical students assisting with the event.

Nursing students account for more than half of all health professions students in the U.S. According to the U.S. Bureau of Labor Statistics, Registered Nursing is one of the occupations with the largest job growth from 2002-2012. By the year 2020, the Health Resources and Services Administration (HRSA) projects that more than one million new Registered Nurses (RNs) will be needed in the U.S. healthcare system to meet the demand for nursing care. HRSA projects that nursing schools must increase the number of graduates by 90 percent in order to adequately address the nursing shortage. With preliminary data showing a 7.4 percent increase in graduations from baccalaureate nursing programs this year, schools are falling far short of meeting this target.

Lorna McBarnette, vice president for Institutional Development and vice provost for Health Professionals at the university, said, “Physicians cannot work alone; they must have partners to work with. We have looked at studies that show that post-surgical mortalities in North America occur because of a lack of nursing care and not poor nursing care; we clearly need a lot more nurses.”

There are currently 10 students enrolled in the program and three of them are Antiguan.

www.auamed.org
From the Desk of the Editor...

**Make Your MARK!**

I would like to first welcome all of my fellow colleagues back to AUA for another new and exciting semester, as well as the many new faces I have seen around campus this semester. As we continue our journey to reach our united goal of becoming physicians, I would like to wish you all the best of luck. To my fellow 4th semester classmates, my words of wisdom to you are: Stay focused! The darkest periods are always right before the light.

As we all progress in our respective semesters, let us not forget our commitment to service. Although classes are extremely difficult and very time consuming, please do not refrain from giving something of yourself to others while you are here. Whether it is helping out at an AMSA, AMWA, BSU, etc… event, or helping out as a teaching assistant, give some of your time for worthy causes. We have 4 semesters here on the island, and although you not be able to give as much of your time every semester, I am sure you could arrange to spare a few hours for a portion of the 16 months you will be in Antigua. Everywhere you visit and everyone you meet in life, you must always think about how you will make your mark; whether it be with a smile to change someone’s bad mood, opening a door for someone with too many books in their hand or actively engaging in a community service event, these small efforts from you make a huge impact on others, as well as make you a more well-rounded person. So remember, do not let these 16 months in Antigua pass you by without MAKING YOUR MARK! In the future when you tell people you attended school in Antigua and they say “wow, so what did you do while you were there”, please have something to tell them…they already know you studied!

*By: April Elam*
The Extended Tourist’s Guide to Antigua

There’s more to Antigua than the Beach Restaurant, Epicurean, and Classroom 3. As students in a foreign country, we hold the unique role of extended tourist. This role requires us to create a balance between classroom learning and cultural awareness. If we choose to ignore this balance, we will lose an extraordinary opportunity that is already limited by our time on the island. Expand your horizons and start crossing these must-do’s off your list before leaving Antigua.

1. English Harbor/Nelson’s Dockyard – Chill out at a café with wireless internet as boats come in to dock. Meet some interesting people and make the most of your time living in a foreign country. Check out the huge yachts and stop by the Nelson’s Dockyard museum to learn more about the area’s history. If you’re feeling really energetic, hike up one of the many trails around there to gain a better perspective.

2. Observation Tower – Conveniently located on the left when you enter the airport complex. Learn a little bit about the Stanford project and then climb the stairs to a breathtaking vista of the northern part of the island. Don’t forget to bring your camera and snap some memorable pictures.

3. Tattooz – Probably the coolest place to hang out on a Friday night. Enjoy themed parties, good music with your friends, and staying out until the sun rises. Watch the NFL football games and keep track of your fantasy football team players on the big screen. What more could you want?

4. Half Moon Bay – This picturesque bay houses the best waves on the island. After you’re through with wave riding, amble along the rocks on the far left side to reach yet another fantastic beach. Snorkel through the coral reef and swim with the fish in this gorgeous enclosed bay. Out of the 365 beaches on the island, Half Moon Bay is most definitely in the top five.

5. Casanova/Pita Pocket – After a long day or night, swing by Casanova’s or Pita Pocket for a delicious shawarma. Choose from chicken, lamb, or vegetarian, and judge for yourself which place tastes more delightful. Your mouth will thank you for it.

6. Shirley Heights – Every Sunday evening, Shirley Heights has great steel band music, grilled food and a spectacular location. Watch the sunset or hike down the trail to see a different side of the island. The jutting peninsula nearby is an awesome spot for pictures or gazing out at the ocean.

7. Front Street Bar – Relax on the side of the road with music and/or television at this quaint locale. Give your mind a break while you play some Caribbean checkers or Mancala.

8. Betty’s Hope/Devil’s Bridge – Learn more about the history of Antigua as you peruse the Betty’s Hope museum and see the layout of a former sugarcane plantation. Afterwards, make the drive to Devil’s Bridge to fully grasp the story behind it. Both will leave you with goose bumps.

9. Fruit market on Saturday morning – The earlier you wake up, the better, because fruit goes fast at the market downtown. Weave your way through the vendors and barter the price of fresh pineapples, mangoes, or guava.
10. Wadadli Cat Circumnavigation – Plan a Saturday excursion with all of your buddies to circumnavigate Antigua. You’ll see familiar places from the ocean’s eyes, and then set sail on the open seas to Green Island. Enjoy lunch on the beach and then an afternoon of snorkeling. Dance the rest of your return trip away.

11. Horseback riding on the beach – Stop by the huddled horses at Sandals and saddle up for an exhilarating horseback ride on the sand. Plan to go at sunset so you can see cruise ships disappearing into the horizon.

12. Zip-line through the rainforest – With a group of friends, harness up and navigate through the challenging rope line course. I bet you didn't know that Antigua has a rainforest...

13. Watch a cricket game from Sticky Wicket – Enjoy the all-you-can-eat buffet at Sticky Wicket while rooting for your favorite cricket team. You can also swing by Sticky Wicket for a delicious meal during the off-season. Either way, you’re sure to satisfy your taste buds.

While the list may seem daunting, start slowly and check them off one by one. As you play the role of an extended tourist, you’ll start to appreciate Antigua for its true splendor. Besides, what’s the point in living for over a year in a place you know nothing about? Rectify that immediately!

By: Neena Sharma
Love! L.O.V.E! Short word but great meaning, if we were to define the word love in a personal level, I am sure each of us would have a different meaning. In this article I intend to first describe love in various ways and second to challenge each and every single one of you to love genuinely. There are a lot of people around us who wonder every day whether someone loves them or not. Friends and colleagues, if you never have a chance to hear from me anymore I challenge you to love, for it is the greatest commandment.

One way I would like to describe love is through this brief story. One day a father took his son for a walk. Suddenly, the son stumped his foot against a rock and the father screamed as if he were the one who was hurt. The son asked, “Father why do you act like the one who was hurt?” And the father responded, “My son, when you were hurt I felt the pain deep down in my heart.” As you may discern, to me love is empathy; to put your feet in someone else’s shoes in order to feel his/her pain. Have you been conscious of other people’s pain in your surroundings or is it just you, yourself and you? If you happen to be reading these imperfect lines I challenge you to be conscious of others’ pain and feelings. You would be so amazed to know the number of people in your surroundings longing for other’s to really relate to their feelings.

History reported—there was a little boy who was born in the city of Bethlehem. This boy grew and became a great and an influential religious leader of his time. Due to jealousy and hatred from other religious leaders, they brought false accusations against Him. When these false accusations did not work, they crucified Him to death. Since that little boy believed in God, while He was about to die on the cross and He cried out, “God forgive them for they do not know what they’re doing.” See! In spite of everything they had done to Him, He did not hold it against them. My friends, my second definition of love is the power to forgive. Love is the power that propels you to forgive even those who have wrongfully hurt you even though they may not feel sorry for what they have done. In my few years of living, I have realized people with the ability to forgive are the happiest people on earth. I can bluntly tell you the reason why you are feeling so down is because you are lacking a forgiving heart. Try to reach out to others in love, starting now, and you will be so amazed to see how well things will go for you. Until then beloved, may God make his countenance upon you.

By: Wisny Naissance
Rumor Has It...

Being in medical school in the Caribbean is a little like being trapped inside a bubble. Our world revolves around classes, exams, professors, other students, and very little else. Such a concentrated environment is bound to breed plenty of rumors, and the AUA community is certainly no exception. Since the semester began, I have heard (to list a few) that:

a) AUA is going bankrupt;
b) All the good teachers at AUA are transferring to St. Kitts;
c) AUA is not really approved in New York and we’re all going to be screwed.

Rumors are as easy to repeat as they are difficult to ignore. As a bright student with a curious mind, your attention would naturally be piqued upon hearing any of the above statements. But in the end, all such tales will do is distract you from your main goal – finishing the basic sciences program and going on to become an M.D. Now, I am not naïve. I know that people love to gossip. Human beings are social animals, and after studying for hours on end it can feel nice to indulge in some “harmless” chitchat. But try to remember: you are a student of science. Anything you choose to repeat should be a provable fact, not hearsay. Otherwise, much like an untreated infection, a rumor can spread quickly and may be out of control before you know it.

More often than not, a juicy piece of gossip can be easily nipped in the bud with a simple conversation between yourself and the interested party. When I heard that one of my favorite professors was leaving AUA for another Caribbean medical school, I simply went to his office, told him what I had heard and asked him myself. He said he had received an offer, but was not considering leaving AUA at this time. As quickly as that, the rumor was dead (at least for me). Doubtless, there are many other students out there who have heard the same thing and are anxiously awaiting a definitive answer from one of their friends!

Of course, the rumors I have mentioned so far are relatively benign. Personally malicious gossip is a whole other ball game. As the semester progresses, you will find there are certain individuals who are far more interested in learning “who’s zoomin’ who” than they are in learning the material necessary to do well in their classes. If you happen to hear or see something private, my advice is to immediately open your books and forget about it as soon as possible. Believe me, after a few hours engrossed in anatomy, biochem or micro, you will have far more important things on your mind!

Although it can be difficult to ignore every single bit of salacious information that crosses your path, I promise that you will be a better student and a better physician for having learned early to keep such stories to yourself. No matter where you end up in life, there will always be people who love to gossip and spread rumors, and it is to your benefit to leave them to their own devices. Try to keep focused on the big picture and watch how the frivolous bits and pieces fall between the cracks. … Now, get yourself to a phone and tell all your friends!

By: Katie Schmitz
Wah Toy’s Restaurant Review

Welcome back medical students! Instead of focusing all my attention on a single restaurant as I usually do, I decided that I would do something special for the incoming Med 1 class. Here is a rundown of what to expect at some of the different restaurants in Antigua.

Dickenson Bay
Leah’s: offers a French-fusion cuisine. Rather on the costly side. If you go try the cheese sampler appetizer.
The Beach – If you want good food and you are not in the mood to experiment, The Beach is your best option. If you are a wings guy like I am, then you can’t beat the wings at The Beach.
Coconut Grove – located right next to The Beach restaurant. It is a nice set-up along the beach. Try their Lobster Thermidor.
Lobster Shack: although this place is known as an AUA party place, it is actually a restaurant before midnight. They serve all kinds of different lobsters.

Bay house Restaurant – The food isn’t amazing but there is a beautiful view of the ocean. There are also coupons floating around down for a free bottle of wine with dinner purchase.

Town
Big Banana – The food is cheap. If you go the one in town you might have to wait a long time for your food. It is known for their pizza.
Commissioners Grill: Across from heritage quay. I personally love their seafood grill mix.
New Thriving Restaurant – Chinese food that is good and cheap. Remember to ask for no MSG.
Papa Zouk – If you are looking for all different kinds of fish, this is the place to go to. The food here did not satisfy my craving. There are a lot of fried fish options but healthier options are available also. They are also known for making all different kinds of rum concoctions.
Home – Serves Caribbean food, I just tried it last week for the first time. It was mediocre. It felt like a meal at home, in the sense I did not want to pay for it.
Momma Lollys – Is only open for lunch in heritage quay. This vegetarian restaurant offers 3 dishes and any salad for 20 ec (big enough for two people).

Jolly Harbour
Saffron – Indian food. It is definitely not like home, but it close enough. Try their garlic naan.
Sheer – Is the best restaurant in Antigua. It is private, romantic and elegant it truly makes you feel like you are somewhere special. It is a little on the pricey side, but it is definitely worth one trip.
Castaways – good cheap, American food located at Jolly Harbor Beach

Hodges Bay
Le Bistro – A little expensive but amazing food. I have never been disappointed by any of my choices. Also a great place for desert tray, everything off their desert cart is $25ec and is absolutely amazing.

English Harbour
Le Cap Horn – French cuisine, definitely not as good as Le Bistro
The Gallery Steakhouse – Good steak for a good price and at night it can turn into a party.

Late Night Pick-Up
Fadi’s – Best Pizza especially after a long night studying in the library
Casanova – Best Shwarma Place. Nothing beats the shwarmas at Casanova, although if you want to find out for yourself you can try any six of the neighboring shwarma places.

***THE ABOVE OPINIONS ARE THE AUTHOR’S OWN AND IN NO WAY ENDORSED BY AUA OR ANY OF IT’S AFFILIATES***
Welcome back everyone! This column’s purpose is to update you on the current events in the States and possibly the rest of the world. With the heavy load of medical school, it is definitely possible to forget that life still exists in the rest of the world. Don’t worry, I will try my best to brief you on what you have missed since the start of the semester and hopefully you will feel a little more enlightened as to the happenings of back home.

Economical Affairs

Many of us can relate to the difficulties of the falling economy. Loans have been the burden that many students and most homeowners all across America have been struggling with. This financial crisis has caused major big named companies to file bankruptcy. One such company is Lehman Brothers. Lehman Brothers Holdings, Inc. is a business firm in investment banking, trading, research, etc. On September 15, Lehman Brothers officially filed for bankruptcy, which marks the largest bankruptcy in U.S. History. For those that feel that this may be over their heads, I’ll bring it a little closer to home. I am sure that there are number of AUA students that have personal checking accounts in Washington Mutual, aka WAMU. Unfortunately, WAMU, the largest savings and loan company in the United States, is being auctioned off because of its own financial crisis. The disintegration of these companies has lead for Congress to intervene and find a quick and safe solution before the economy becomes even worse.

Health

The Federal Trade Commission (FTC) has filed charges against five companies that have claimed that they have cures for cancer. Apparently these companies (Omega Supply, Native Essence Herb Company, Daniel Chapter One, Gemtronics Inc., Herbs for Cancer) have all claimed in their own way that their products can prevent, cure, or treat cancer of any kind. The FDA is now urging many cancer patients that are turning to these products to consult their physicians. As future physicians, we must definitely take an educative stance with our patients. With the internet as a major source of information, any lay man can gain medical knowledge, however, the truth is that not everything that is placed on the internet is accurate and we must assist our patients in making healthier medical decisions.

Entertainment

Travis Barker, the drummer from the band Blink-182, and DJ AM were both injured in a plane crash during takeoff in South Carolina. They both were transferred to Joseph M. Still Burn Center in Georgia. Our prayers are definitely out for their speedy recovery and to their family and friends. Jamie Lynn Spears is in the news again. Before I get into the story, I just have one question. What exactly does this girl do? Does she sing, act, what? Why is she always in the news? Ok back to the story, so apparently a picture that shows Ms. Spears’s exposed breast from breast feeding was stolen from Wal-Mart. Jamie Lynn’s father was taking pictures of the family and of Jamie Lynn breast feeding her baby and took the pictures to be processed in Wal-Mart. Well I guess the guy that was processing pictures found them to be lucrative and decided that he was going to make extra copies and sell the pictures for his own profit. Another issue is that Jamie Lynn is a minor and so this man, when found, may face child pornography charges. I am just surprised that celebrities get their pictures developed at local spots like Wal-Mart.

By: Priscilla Owusu
An Apple a Day...

I am sure at one point in time during your childhood a parent or a teacher has uttered these famous words “An apple a day keeps the doctor away”, and that’s what we did; Or at least that’s what I did as a child to avoid going to the doctor, especially the dentist. However, throughout the course of our childhood this advice fell upon deaf ears or at the least was never taken seriously! But what if an apple a day really does keep the doctor away or at least contributes to a healthy lifestyle.

Apples contain both soluble and insoluble fiber, as well as antioxidants like Vitamin C and quercitin. Eating just one apple a day has been shown to increase your body’s immune defenses and promote a healthy heart and start you on the path to developing a healthy lifestyle! Here are a few unconventional ways for you to enjoy the taste of a nice crisp apple!

Grilled Apple, Bacon and Cheddar Sandwich with Roasted Red Onion Mayo

-2 slices (1/2-inch-thick) sourdough, multigrain or another hearty bread
-4 slices turkey bacon, cooked crisp
-4 slices Cheddar low fat
-1/2 Granny Smith apple, cored, sliced

Preheat a seasoned grill pan or griddle over medium heat. Assemble this sandwich just as you would a traditional grilled cheese sandwich: spread 1 slice of bread with some Red Onion Mayo, then top with 2 slices Cheddar, the bacon, the apple slices, then 2 more slices of Cheddar, finishing with another mayo-slathered slice of bread. Butter the outsides of the bread and transfer to the hot grill. Grill about 3 minutes per side, since this sandwich is so thick. Remove to a cutting board and cut the sandwich in half on the diagonal to serve.

A classic Waldorf salad recipe with apples and walnuts.

Wash apples; core and cut into 1/2-inch cubes. Do not peel. Sprinkle cubed apples with sugar, lemon juice and salt. Add celery and nuts. Fold mayonnaise into whipped cream. Fold mayonnaise mixture gently into apple mixture. Waldorf salad is served on mixed salad greens.

By: Ashley Spires

www.foodnetwork.com
Are Happy Days Here Again? Fabulous!!!!!!

Have a chuckle with some of these interesting 'tidbits':

--Everyday more money is printed for Monopoly than for the US Treasury
--Scientists say the intelligent people have more zinc and copper in their hair
--Scientists also say the more wrinkles your brain has, the more intelligent you are.
--Every time you lick a stamp, you're consuming 1/10 of a calorie
--You are more likely to be killed by a champagne cork than by a poisonous spider
--According to German researchers, the risk of a heart attack is higher on Monday than any other day of the week (I'm glad it's Friday then!)
--Humans shed about 600,000 particles of skin an hour-about 1.5 pounds a year. By age 70 an average person will have lost 105 pounds of skin!
--The Eisenhower interstate system requires that 1 mile in every 5 must be straight. The straight sections are usable as airstrips in times of war or other emergencies.

Have a Happy Day 😊
Upcoming Events

Wednesday, October 15
LAST day to sign up for TASTER’s DAY events!
7:00pm
Doctors for Christ Meeting
7:00pm
TASTERS DAY general MEETING.

Thursday, October 16
7:00pm
Poetry Night

Friday, October 17
7:00pm
Dhol Baaje: A garba and rass celebration

Saturday, October 18
11:00am
AMSA Survivor ANTIGUA
9:00pm
Basketball Tournament

Tuesday, October 21
7:00pm
BSU Meeting

Wednesday, October 22
7:00pm
Doctors for Christ Meeting
8:00pm
SGA MEETING

Saturday, October 25
Med 4 Fundraiser: Powder Puff FOOTBALL
SSA: 300th Anniversary

Tuesday, October 28
7:00pm
BSU Meeting

Wednesday, October 29
7:00pm
Doctors for Christ Meeting

Friday, October 31
9:00pm
Phi Delta Epsilon: Party at Tattoo’s

Tuesday, November 4
7:00pm
BSU Meeting

Wednesday, November 5
7:00pm
Doctors for Christ Meeting
8:00pm
SGA MEETING

Tuesday, November 11
7:00pm
BSU Meeting

Wednesday, November 12
7:00pm
Doctors for Christ Meeting

Saturday, November 15
TASTERS DAY!!!!

Tuesday, November 18
7:00pm
BSU Meeting

Wednesday, November 19
7:00pm
Doctors for Christ Meeting
8:00pm
SGA MEETING

Tuesday, November 25
7:00pm
BSU Meeting

Wednesday, November 26
7:00pm
Doctors for Christ Meeting
Send articles, comments, and suggestions to:
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