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The MLK Scholars Ceremony

Douglas Robinson, MD/PhD Candidate



MLK scholars Orville Bignall and Reginald Ligon

Unequivocally, the Dr. Martin Luther King, Jr. ceremony, held on January 18, 2010, is a pivotal moment for all Meharrrians to reflect upon how they have upheld the ideals and values of our past Civil Rights leader. Can one human being, with such posthumous fame, engender change that impacts generations? Undoubtedly, Dr. King's life and legacy continues to thrive triumphantly throughout all races, genders and age groups. This annual ceremony marks the time when individuals can reset their priorities, refine goals and acquire the resolve to walk through a new year with pertinacity.

January 1, 2010 marked the beginning of a new decade, along with the opportunity to rearrange our life, so that our priorities were in order. We are familiar with the perfect fraternal twins, chaos and catastrophe, that have the tendency to arise at a time when we live destitute of a providential compass. With the hand of God steering our life's decisions, we began to release the frustrations sparked by the cataclysms of 2009, and gradually accepted the reality that keeping God first in our life should be number one priority. With this first priority, we are able to fulfill the dream of Dr. King and the motto of Meharry Medical College, "Worship of God through service to mankind."

This ceremony inspired many to re-examine their goals. Dr. King had a dream that we would materialize the purpose that God placed inside of us. At Meharry Medical College, we are destined to become physicians, dentists, researchers, public health experts and physician-scientists. However, as Meharrrians we cannot afford to embrace the nonsensical idea, "I have arrived." As long as we have someone in our sphere of influence that requires a helping hand, we are obligated to assist. Thus, as we pursue our academic goals, we must also candidly share the journey of success and failure with our mentees.

This year's recipients of the Dr. Martin Luther King, Jr. Annual Scholarship Award were the future Drs. Orville Bignall, Kristen Carter and Reginald Ligon. These students, representing the medical, graduate and dental schools, respectively, uphold the ideals and values of Dr. King. Each of these students has demonstrated a passion for serving the underrepresented populations in their respective fields.

The keynote speaker for the ceremony was Douglas L. Robinson, Jr., a M.D./Ph.D. student with a focus in neuroscience research. The title of his talk was, "You and I Are Anointed to Serve." The scholarship ceremony was a perfect union of the ideals of Dr. Martin Luther King and the mission of Meharry Medical college — "Worship of God through service to mankind."



MLK scholar Kristen Carter

Meharry Celebrates!

Cadaver Ball

Carmelda Labaze, SOM I



Students enjoying the Cadaver Ball

On January 23, 2010, the Nashville Airport Marriot was home to the 5th Annual Devail Wyatt Memorial Scholarship Gala, better known as the Cadaver Ball. This event, orchestrated by third year medical students, celebrates the completion of Gross Anatomy for first year medical and dental students, and honors the memory of Devail Wyatt. Mr. Wyatt was a teenager who died before his dreams of attending Meharry Medical College could be realized. Each year, since its inception, the essay-based scholarship has benefited students who have demonstrated Devail's desire to study health professions. This year's two recipients were first year dental student, Eric Oates, and first year medical student, Christina Marbery. Faculty members, Dr. Henry Moses and Dr. Steven Thomas, were also recognized at this event for their dedication to teaching and significant contributions to Meharry.

One of the highlights of the evening was truly the short movie presented by the Medical Class of 2013. The side-splitting skit featured a fictional music award ceremony where students played faculty members who performed parodied versions of popular music. Copies of the memorable skit were made available for purchase with a portion of the proceeds going to the Meharry Medical College Haitian Relief Fund.



Dressed to impress at the Cadaver Ball

Carabelli Ball

Shemika Sample, SOD III



SNDA and Eweil-Neil Society e-board members

Two of the School of Dentistry's largest organizations, Student National Dental Association and Eweil-Neil Dental Research Society, were excited to host the first Carabelli Ball, which took place on March 20, 2010, at the Gaylord Opryland Hotel. Why "Carabelli" Ball, one might ask? Every dental student is introduced to the word, "Carabelli," while sitting in dental anatomy with everyone's favorite professor, Dr. James E. Tyus. A Carabelli is defined as the fifth cusp that may be present on the mesial lingual cusp of maxillary molars. It was the introduction and emphasis placed on this term, Carabelli, which sparked the current fourth year dental students to hold such an event. The goal of the ball was to increase awareness and emphasize the importance of research in the field of dentistry, while highlighting the achievements of those students conducting the research. The ball also recognized graduating seniors, and served as a forum for current students and alumni to network. The School of Dentistry hopes to establish the Carabelli Ball as an annual affair to continue in the fall of 2011.



A good time was had by all

Spring Gala

Angie Curtis, SOM III



Pre-Alumni E-board members

On March 27, 2010, the 25th Annual Pre-Alumni Spring Gala took place at Gaylord Springs Golf Links Clubhouse. This was the signature event of Meharry's Family and Friends Weekend 2010. The formal gala captures the grace, style, spirit and character of the student population at Meharry. Awards were presented to outstanding faculty members in each school for their contributions and dedication to students. New student leadership also was recognized, as the results from elections week were announced. In commemoration of the gala's silver anniversary, the Pre-Alumni Association decided to restore the initial purpose of the event, which is to raise money for the Student Emergency Loan Fund on campus. This fund has helped countless students cover unexpected expenses over the years. I was excited that we were able to bring this cause back. Finally, the gala honored the memory of Dr. Lloyd Elam, who contributed so much to Meharry's campus and had a direct impact on many students. Professional students are consumed with a significant amount of work and responsibility. It is refreshing to indulge in celebrations where all three schools can join together and carry out the strength of Meharry's family environment, culture and tradition.



Dancing the night away at the spring gala

New Health Policy Program

Jane Mantey, SOGSR III

According to the U.S. Census Bureau, over 46 million Americans are uninsured or underinsured, with 10% being children. As a result, President Barack Obama consistently urges our elected officials to compromise on new health care policies to save our country from bankruptcy and higher mortality rates. However, as American citizens, we should wonder, who is counseling Congress on the state of our health care system? We must consider where they are getting their facts since only a small percentage are in the health care field. Most importantly, we must first understand the true meaning of health policy. Health policy is a plan, or course of action, designed to define health issues, influence decision-making and promote broad community actions beyond those made by individual citizens. Policy is formed by the joint efforts of government, private agencies, public health agencies, economists, sociologists, etc. According to

"Good health policy is driven by good research, and without good research, it's just lobbying."

Daniel L. Howard, Ph.D., the Executive Director of the new Robert Wood Johnson Center for Health Policy at Meharry Medical College (MMC), "Health policy is an action-oriented activity to make



**Daniel L. Howard, Ph.D.,
Executive Director of the new Robert Wood Johnson Center for
Health Policy at Meharry Medical College**

a change in today's laws with research-based, empirical findings. Good health policy is driven by good research, and without good research, it's just lobbying." Due to the recent establishment of a health policy center at MMC, Meharrrians can observe and even be trained in the makings of good health policy.

In 2009, the Robert Wood Johnson Foundation (RWJF) and Meharry Medical College announced the creation of a national health policy center, made possible by a generous donation from RWJF. Located in the Clay Simpson Building, the center incorporates the diverse perspectives and research of faculty and students from both MMC and Vanderbilt University. According to the RWJF, the center's main objectives include: recruiting students and faculty from MMC and Vanderbilt with interests in health policy, educating MMC students and residents in health policy and encouraging health policy research at MMC. Dr. Howard was recently appointed as the first Executive

Director and will lead the development of this initiative. Formerly a professor at Shaw University in Raleigh, N.C., Dr. Howard is credited with the establishment and directorship of Shaw's Institute for Health, Social and Community Research. He has received numerous awards, grants and accolades as a health policy expert and researcher. With the advent of the center, MMC and Dr. Howard proudly

introduced the interdisciplinary certificate program in health policy. Students who complete this fifteen credit program will be more marketable to other graduate programs, residencies and employers in the health policy field. The first cohort of students for the certification program began on March 2, 2010, and a new group will begin each January. The program, which consists of two courses, will provide students with well-rounded training and include introductions to health law, economics, health care systems and epidemiology. Students also will examine current health policy issues and interact with renowned health policy professionals and analysts. Dr. Howard hopes that this program will ultimately evolve into a Masters program.

Black History Month

Erin Boyd, SOM II

Wearing black shirts, with the now popular phrase, “Remember: Meharry is Black History,” students gathered in West Basic to take the annual Blackout Day photo. This was just one of this year’s many Black History Month activities. Coordinated by Mr. Meharry, Francisco Vega, February was full of events providing us with three common themes:

Knowledge. February 1st marked the kickoff, and on this day, 50 years ago, the first sit-ins began in Nashville. The youth-led movement was commemorated by Meharry students who performed a skit about this groundbreaking event. National Black HIV/AIDS Awareness Day, hosted by Miss Meharry, Keisha Harvey, insured that those suffering with this disease are not forgotten. Over 100 people from the Nashville community attended and were educated on the impact of HIV on the African-American population. The “HIV in Jamaica” presentation, organized by the African-Caribbean Student Union/R.O.O.T.S., gave us a first-hand look at the epidemic on the island and raised awareness of the stigma associated with the disease.

Fellowship. Roses and gifts were distributed on Women’s Appreciation Day, hosted by Vega and Miss SOGSR, Kimberly Seals. This day was designed to give thanks to all women for their hard work, dedication and perseverance. Similarly, the Valentine’s Day celebration, hosted by 100 Black Men of Meharry, expressed appreciation to all with edible treats in honor of the annual holiday. Meharry students also participated in the Harambee festival at Vanderbilt.

Through cultural dishes and performances, one was able to learn more about the African Diaspora.

Inspiration. Meharry’s own, Dr. Henry Moses, delivered a lecture that proved to be one of the most moving events of the month. He spoke passionately of his personal experiences during the Civil Rights Movement, as well as his own relationship with Dr. Martin Luther King Jr.

“What African American’s have done throughout history has helped all of society,” said Vega. “Black history is American history, and Meharry Medical College is an important part of both.”



Students gather for the Blackout Day photo in West Basic

Dine for Haiti

Louis Rolston-Cregler, SOM II



Harper’s restaurant

The earthquake that struck Haiti on January 12, 2010 brought monumental devastation to an already impoverished nation that was ill-equipped to deal with a disaster of that magnitude. To date, over 200,000 have died, more than 300,000 have been injured and over 1,000,000 have

been left homeless as a result of the destruction.

restaurants included Harper’s, Garden Brunch Café, Jefferson’s Restaurant, and Stillwaters Café.

When asked about the inspiration and motivation for the event, Keisha responded, “Meharry should extend the work that the college does on a local level, to a more national, and even international arena. Meharry is committed to serving God and the underserved with compassionate healthcare.”

There has been an outpouring of donations and relief efforts from across the globe and the Meharry community has assumed an active role in these humanitarian efforts. On March 18th, 2010, the “Dine For Haiti” fundraising event took place. Meharry Medical College and the Jefferson Street United Merchant Partnership (JUMP) joined forces to sponsor the event. The event was spearheaded by Miss Meharry, Keisha Harvey, Dr. Henry Moses, and Mrs. Sharon Hurt, the executive director of JUMP. On the evening of the 18th, the Meharry community and extended family were invited to dine at any of the participating restaurants and ten percent of all proceeds from the evening were donated to the Meharrrians for Haiti earthquake relief fund. Participating



Jefferson’s restaurant



The Garden Brunch Cafe

National Primary Care Week

Sharica Brookins, SOM II



Students at NPCW

The number of primary care physicians is declining, while the morbidity rates of preventable diseases are on the rise. The American Medical Student Association (AMSA) actively supports the need to increase the number of medical students that enter primary care residency programs. This year, Meharry's Chapter of AMSA presented National Primary Care Week (NPCW) on October 19-23, 2009. The week commenced with the

Primary Care Health Fair, which involved display boards and interactive games in an effort to increase awareness about prevalent chronic conditions such as obesity, hypertension, diabetes, heart disease, cancers and mental health. The Thomas-Hardy Internal Medicine Society hosted a lunch sale in which students were able to learn more about entering the field of internal medicine. The Family Medicine Interest Group hosted an event entitled, "What to do in Family Medicine," which presented the various areas within family medicine such as geriatrics, sports and adolescent medicine. A "Lunch and Learn" session, hosted by the AMSA Legislative Committee, focused on pending health care legislation and how it will affect primary care professionals. During the "Primary Care Physician Panel," physicians served as

presenters of internal medicine, family medicine, pediatrics and obstetrics & gynecology. They answered questions regarding topics such as the impact of physician extenders and the role of academic medicine in primary care. The week concluded with an informational session by the YWCA entitled, "Domestic Violence Awareness," which focused on the signs of domestic abuse and where to find refuge in Nashville.

"Primary care is more than just diagnosing ear infections and prescribing antibiotics; it is highly integrative care," said Jennifer Fertil (MSII), AMSA NPCW Coordinator. Thus, primary care has also become a trending topic of other disciplines like public health, dentistry, social work and politics.

Student/Alumni Retreat

LaVonne Hairston, SOM III

While going through the rigors of professional school, oftentimes it is difficult to see the "light at the end of the tunnel." Sleep deprivation, incurring debt, forthcoming examinations, thesis completion and publication deadlines are a few stressful obstacles that at times appear insurmountable. What better way to gain both encouragement and motivation than by surrounding yourself with alumni who have traveled your path and are, essentially, living your dream?

The rich history of Meharry Medical College is one that has produced hundreds of prominent and very accomplished alumni. The Student Committee for Alumni

Affairs (SCAA) was created to bridge the gap between current students and Meharry alumni to help continue the "One Meharry" ideal beyond the confines of our



Student/Alumni retreat attendees

institutional halls. The First Annual Student/Alumni Retreat was organized by the SCAA with the intent of shaping the future of Meharry by allowing both the past

and present to intersect. On February 20, 2010, numerous students took a moment to hear the wonderful words of wisdom and advice offered by ten Meharry Medical College alumni. In total, there were 35 students in attendance with each of the three schools and four programs being represented. With such a great inaugural turnout, the 2010 - 2011 Student/Alumni retreat promises to be an even larger success. Special thanks are in order to Dr. Henry Moses, Mrs. Rena Thompson and Ms. Gwendolyn Williams for their assistance and guidance throughout the retreat's organization.

Study Break

Brandi Wright, SOM III

Though no formal studies have been run, evidence-based research supports that tasty and relaxing food reduces stress and induces peaceful sleep. However, I know that a majority of us live on loans, so price has to be a consideration.

Food

Café Coco: Open 24 hours, seven days a week. Coco offers an extensive menu, which ranges from burgers and fries, vegetarian options and breakfast items. Late nights tend to be crowded and seating is limited, so get there early. Dine in or take out.

Address: 210 Louise Avenue, Nashville, TN 37203



Cafe Coco

JJ's: Best hot chocolate in Nashville. They also have an array of teas and drinks inspired by great figures in history. While waiting for your drink order, look at their amazing magazine and snack selection or use the free Wi-Fi. The atmosphere tends to be quiet and has limited seating.

Address: 1912 Broadway, Nashville, TN 37203



Cabana

Cabana: Located in Hillsboro Village, Cabana is a great place to hang with friends. Their happy hour has great prices on appetizers.

Address: 1910 Belcourt Avenue, Nashville, TN 37212

Zumi: Great sushi restaurant where their entrees will not break the bank. It has a good atmosphere and good service.

Address: 2119 Belcourt Avenue, Nashville, TN 37212



Cafe Coco

Dessert anyone?

Sweet CeCe's: Offers self-serve yogurt with a wide variety of toppings. Get a punch card and go on "Two Punch Tuesdays"

Address: 4322 Harding Pike, Nashville, TN 37205

Cupcake Collection: Have a sweet tooth and need a little fix? This is the place for you.

Address: 1213 6th Avenue North, Nashville, TN 37208

Non-food fun

Aladdin's: Good specials on hookahs during the week, although it gets crowded on weekends.

Address: 2206 Elliston Place, Nashville, TN 37203

Belcourt Theater: Small independent theater with a number of indie and documentary films shown.

Address: 2102 Belcourt Avenue, Nashville, TN 37212

Exit-In: Located on Elliston Place, it is a small, yet famous, venue where many now famous-and-upcoming bands play.

Address: 2208 Elliston Place, Nashville, TN

The 2009 Intramural Games

Desmond Yengeh Adamu and Louis Rolston-Cregler, SOM II

Intramural sports have traditionally given Meharrians an opportunity to exercise their competitive natures outside of the academic realm. This year intramural sports offered high-powered excitement and fast-action championship games.

Intramurals were kicked off this year with the softball season in the fall semester. The cream of the crop turned out to be "Unfinished Business," the 2011 class team that combined members of the SOM and the SOD. Unfinished Business dominated the competition with a perfect record. Rainouts and inclement weather did nothing to stop the success of the team. The championship game featured Unfinished Business versus the Kappas and wasn't decided until the final inning. The 2011 team entered the final half inning down by two runs, but managed to trim the deficit to one. Third-year medical student Ryan Bliss stepped up to the plate with two outs and hit a game-winning, two-run single. Eight teams started the Intramural basketball season this year, but, in the end, only "The Realest" was left standing. Their outstanding undefeated season was marked by



Equipe Sak Passe

Tournament took place on February 5, 2010. Six determined teams fought vigorously for the coveted cup, prized medals and most of all, bragging rights. In the final game, the talent of Equipe Sak Passe proved to be the undoing of the Golden Crowns. With fast-paced ball play, a constantly switched-up layout and a towering defense, Equipe Sak Passe emerged victorious. In their defense, the Golden Crowns endured

the worst of the tournament, losing two players to injuries along the way. Mr. Meharry, Francisco Vega, who was instrumental in organizing this event, expressed his satisfaction. "Playing soccer at the Ross Fitness Center with a few fellow classmates throughout the semester, we couldn't have imagined such a great turn-out and a wonderful tournament. This also shows that students were really moved to help the people of Haiti." The soccer tournament raised approximately \$500 overall. All proceeds were donated to "Meharrians For Haiti," an effort that has contributed to the reconstruction and development of Haiti.

numerous blowouts and a thrilling three-point victory in the championship game. This marked the second consecutive season in which the team finished with an unblemished record. The team, assembled by third year medical student, and team captain, Calvin Spelmon, has been together for three seasons, and team members have forged tight bonds both on and off the court. Another highlight of the season was the unrelenting, "All Girls Squad + 1" (A.G.S. +1). This season, A.G.S. +1 posted two regular season victories and took their male counterparts down to the wire in several of their games. This year marked the first year for a soccer tournament at Meharry. The Haiti Relief Soccer

the worst of the tournament, losing two players to injuries along the way. Mr. Meharry, Francisco Vega, who was instrumental in organizing this event, expressed his satisfaction. "Playing soccer at the Ross Fitness Center with a few fellow classmates throughout the semester, we couldn't have imagined such a great turn-out and a wonderful tournament. This also shows that students were really moved to help the people of Haiti." The soccer tournament raised approximately \$500 overall. All proceeds were donated to "Meharrians For Haiti," an effort that has contributed to the reconstruction and development of Haiti.

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Unfinished Business



The Realest



"The Heartbeat of Meharry Medical College"

Dean's Corner

Dr. William B. Butler
Dean, School of Dentistry



True to its heritage, Meharry Medical College continues to graduate more African-American health care providers than any other institution in the United States. We consistently strive to improve the teaching and learning environment as we recruit highly qualified students, faculty and staff. As a team, we create a nurturing and mentoring environment focusing on one common goal – achieving academic excellence in all of our programs.

In addition, the spirit of this place, called Meharry Medical College, permeates the whole college while simultaneously developing the highly competent, yet compassionate, caring health care professional.

The heartbeat of Meharry continues to pulsate on the journey of sustained excellence as we improve our evidence-based instruction and use cutting edge technology to prepare our graduates to meet the challenges of our educational programs and to serve the underserved.

I commend you on this publication as you highlight the achievements that continue to improve the vitality and national reputation of our great institution.

The Pulse is a publication written by students of Meharry Medical College and intended solely as an informative source for Meharry Medical College students, faculty and alumni.