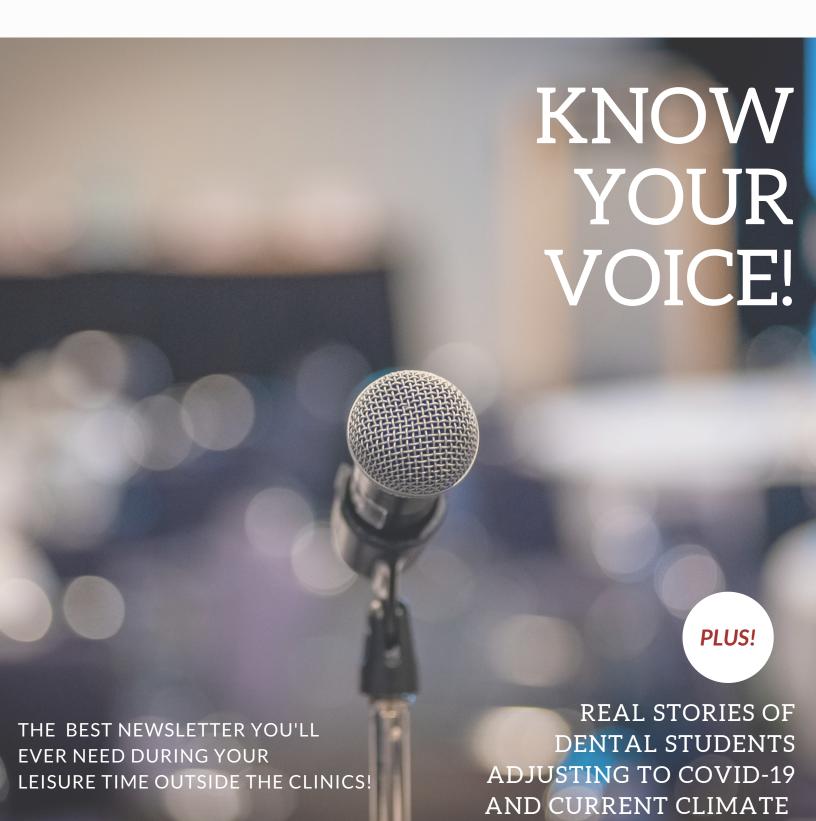
# On the Cusp

WINTER 2020 ISSUE 4

the Newsletter for Meharry ASDA







# THEWESTIN





#### **ISSUE 4**

## KNOW YOUR VOICE!

#### **ASDA FEVER WEEK**

Read about how ASDA put on a week of events for ASDA Fever Month virtually.

#### STUDENT EXPERIENCES

Read about current students talking about their quarantine experience and volunteering to test the local Nashville community for COVID-19.

#### DIVERISTY & INCLUSION CHAIR

Read about the new position implemented in Meharry ASDA and what this position means to the chair.

#### **FASHION**

See how students style their scrubs

#### **STAPLES**

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25 Diversity and Inclusion

Chair's Special Feature

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# A WARM SMILE IS THE UNIVERSAL SIGN OF KINDNESS

-William Arthur Ward



**MEHARRY ASDA** 

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#### LETTER FROM THE EDITOR-IN-CHIEF

# HELLO & WELCOME

This year, we can all agree that it has been a roller coaster ride from the unveiling of COVID-19 to the many protests to the Presidential election. We had to get adjusted to virtual learning and to the new normal. Dentistry is a profession where dentist-patient relationships serve as the core of the profession that requires extensive practice and in-person interactions. With the current situation of COVID-19, it makes it difficult to have that interaction. However, there have been many interesting changes and alternatives that allow students here at Meharry School of Dentistry to still receive the practice they need.

This issue of "On the Cusp" contains numerous stories from students speaking about their quarantine experience to those volunteering at one of the COVID-19 testing sites managed by Meharry. It is inspiring to see an HBCU at the forefront, fighting the spread of COVID-19 in the Nashville area. What is even more inspiring is seeing dental students volunteer to help fight against the virus.

With the current climate around our country, please remain safe but also use your platform to make a difference. I hope you all understand that your voice is important. If you are reading this, remember you are not alone. Here at Meharry, we are truly a family and we are our brother's and sister's keepers. If you are looking for inspiration, tips, and entertainment this issue is just for you!

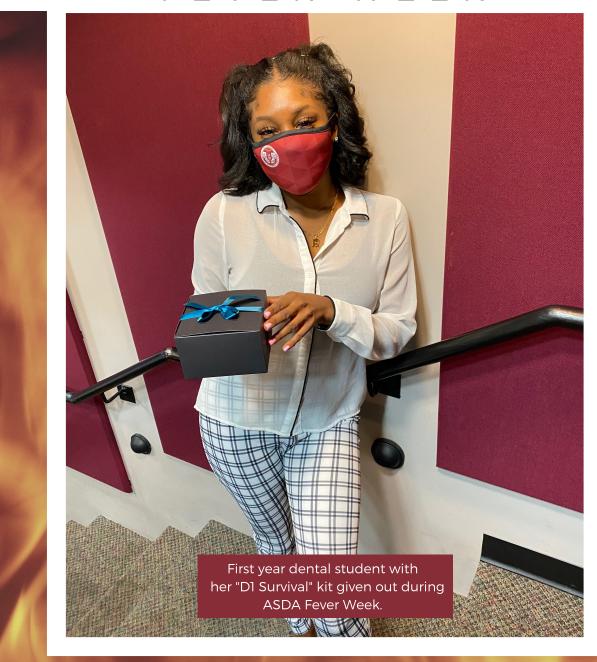
"Thank you" to all the student authors who submitted their stories for this issue of "On the Cusp." Your courageousness and stories are greatly appreciated! Also, a big "thank you" to Student Doctors, Khori-Ann Willis and Shineille Blair, for assisting with editing the newsletter. I hope you all enjoy this semester's issue of "On the Cusp!"

Taylor D. King, Class of 2023

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# ASDA

#### FEVER WEEK



WILD'N OUT

SEPTEMBER 14-20

# ASDA FEVER WEEK

#### WRITTEN BY KHORI-ANN WILLIS

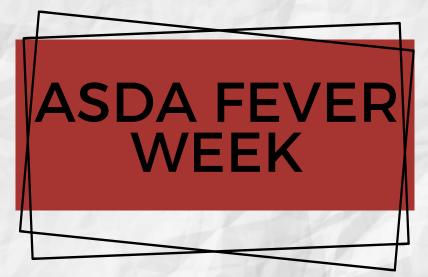
The Meharry Chapter of ASDA participated in ASDA Fever Week during September 14th – 20th. The theme of this ASDA Fever Week was based on the show "Wild N' Out".

ASDA Fever Week kicked off with our "Week of Giving" charge entitled Pioneers. Meharry ASDA has always served as a pioneer of service in our Nashville community and the pandemic was not going to stop this pledge. Student doctors were encouraged to donate to their favorite philanthropies throughout ASDA Fever Week. The donations allowed us the opportunity to shed light on many charities who continue to work tirelessly to combat the social, economic, and health implications of COVID-19.

We began our week by showing appreciation to our chapter members. Bail Me Out was an event catered to the Class of 2024. Students were provided with "D1 Survival Kits" which included a few tokens and motivational cards to get through their first year. We were also about to meet and connect with our D1s through a virtual panel event, I'm On the List, led by our Diversity and Inclusion Chair. Our panelists provided meaningful advice for adjusting to dental school and a successful first year. Our Hot Wheels was dedicated to honoring our D2 students and three lucky winners received gift cards. Our next event was dedicated to our D3 and D4 members as Kick Em' Out the Classroom. As our upperclassmen began to matriculate throughout the clinic, they were gifted with succulent plants as a representation of their tenacity, strength, and selflessness as students and mentors.



Our midweek events were equally as exciting. Wild Sauce was a live cooking demonstration by Meharry's very own Student Doctor Faraj Hasan. During this wellness event, Faraj shared some great cooking tips and a delicious recipe for us to make at home. Our Pre-Dental chairs led Starting Lineup in which Meharry ASDA hosted mock interviews for pre-dental students at various institutions providing them the opportunity



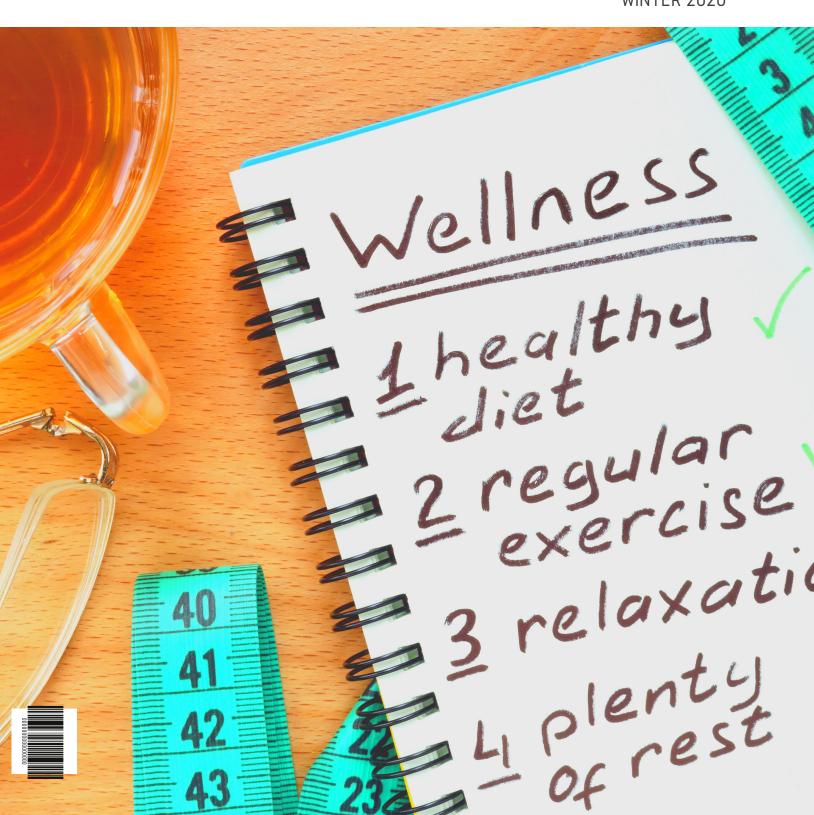
to enhance their skills. It was exciting to come together as a chapter through our virtual general body meeting entitled Family Reunion. Our chapter was able to outline our vision and plan for this school year while also getting the chance to meet and greet our new and returning members. We rounded off ASDA Fever Week with Sunday Service in which students participated in our church Instagram challenge.

During this unparalleled time in our world, Meharry ASDA is very committed to keeping students engaged. Though many of our interactions this year have gone from in person to virtual, the strength and resilience of the Meharry community in unwavering. It has been very exciting to catch ASDA Fever this year and we look forward to next year.



# Wellness

**WINTER 2020** 







#### **Hearty Breakfasts**

Breakfast is the first meal of a day, most often eaten in the early morning before undertaking the day's work.

Avocado Feature



#### **Ingredients**

Tegg
1 avocado
1 slice of multigrain bread
Trader Joe's Everything but
the Bagel seasoning
Salt
Pepper

Side note: You want ripe but not over-ripe avocados. When searching for the perfect avocado, look for avocados that yield a bit to a gentle squeeze. Be sure steer clear of using avocados that are mushy or stringy on the inside.



#### **Directions**

- 1. Toast the multigrain bread to your liking.
- 2. Open the avocado, discard the seed and cut the avocado into slices.
- 3.Once the bread is done toasting, spread the avocado on the toast.
- 4. Sprinkle "Trader Joe's Everything but the Bagel Seasoning" on top of the sliced avocados.
- 5. Fry the egg to your liking and be sure to season it with salt and pepper.
- 6.Add the egg on top of the toast. You can add additional toppings if you would like.
- 7. Enjoy!





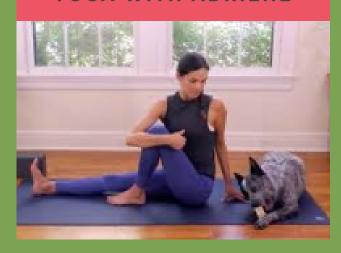


## AT HOME WORKOUTS

YOUTUBE CHANNELS TO WATCH



#### YOGA WITH ADRIENE



#### **MADFIT**



#### **CHLOE TING**





#### **COVID-19 Testing**

Meharry Medical College is a community leader in the fight against the spread of the coronavirus. Meharry offers free COVID-19 testing at three sites around the Nashville area. The MetroNashville Community Assessment Centersoffered the sites for testing and the MetroNashville government provided funding, including the cost of testing and support while Meharry provides staffing including student doctors. The testing sites are still receiving a lot of traffic, especially going into the holidays. The flow of all the testing sites would not be possible without the faculty and student volunteers. There have been a number of dental students who practice the motto of Meharry "Worship of God through Service of Mankind" and serve as the leaders at the testing sites. Thank you to all volunteers who are volunteering their time to help fight against the spread of the virus especially among the minority community.

### THE EXPERIENCE OF STUDENT DOCTORS VOLUNTEERING AT MEHARRY'S COVID-19 TESTING SITE

#### COVID-19



https://www.flickr.com/photos/umcommunications/50137798693/in/photostream

#### ► Sheream Reed (D1)

The surge of COVID-19, coupled with the disastrous EF3 tornado, has challenged the resilience of the Meharry community in 2020. The Meharry community and I have never wavered as we strive to embody the Meharry motto, "Worship of God Through Service to Mankind." After the spring semester ended, I eagerly dedicated my summer break to help the Nashville community when Meharry Medical College spearheaded three drive-thru COVID-19 assessment sites.

The commitment is self-serving, and experiential in learning disease control management and viral test administration (swabbing). Extremely thankful and proud of Meharry's relentless efforts to fight this "respiratory nightmare." Altogether, Meharry Medical College has earned a nationally distinguished reputation since its founding in 1876, but now it is time to show the world who we are as Meharrians.

#### ► Fransisca Meralus (D2)

Volunteering at the Meharry COVID-19 testing center was a unique experience. Considering all my past health related volunteering and shadowing it was completely different. Meharry definitely took precaution in making sure all of their volunteers were protected with PPE from head to toe. All the times I volunteered I was placed at checkpoint 2. My duties included fact checking information that was collected at the previous checkpoint and transferring that information to another patient form. Overall there was no contact between me and the patients, and that made me feel safe. It was great to see community members being serious about their health and getting tested. The African-American community in Nashville has been affected the most by the virus, and Meharry's free testing site is definitely a blessing to the community. I'm blessed to receive my dental training at an institution that uplifts their students as well as their community.



#### COVID-19



#### ► Taylor Jackson (D3)

As a pivotal corner stone of the Nashville area, Meharry cultivates the total dental professional through community outreach efforts. Fueled by our motto, "Worship of God Through Service to Mankind", it is more than a privilege to aid our society during these unprecedented times. Being on the front lines of COVID-19 testing has shown me how delicate life is and that despite our current circumstances, we have a duty as healthcare professionals to benefit those in need. Making an impact on our neighboring community requires for us, as dental students, to become servant leaders. Servant leadership can manifest as volunteering for COVID-19 testing or even providing education on how to decrease the spread of the virus. That being said, leadership starts with compassion and we can make the decision to do so by wearing a mask and not being a vector.

#### ► Corinthia Wilkerson (D4)

As a dental student and a student leader, I immediately responded to the call to serve on the front lines and assist with the COVID-19 Assessment Sites. With very little information about the virus, I was a bit nervous at the beginning; however, as time progressed, I became more comfortable. The assessment site was well organized with various checkpoints which allowed me to serve where I was most comfortable and skilled. Week after week, I saw the addition of symptoms, the increase in testing, and remained abreast on the number of cases and new developments. The greatest experience was serving with my team at Checkpoint 1 as we triaged each patient that desired to be tested. Additionally, I was able to learn about how COVID-19 would impact oral health and dental treatment. Serving on the frontlines as a dental student during the COVID-19 Pandemic was an experience I never knew I needed. I gained knowledge about the novel virus, public health as well as social determinants of health. "Worship of God Through Service to Mankind" is the motto we recite as students at Meharry Medical College and this experience gave me a renewed outlook on its meaning. I am proud to say that I served on the frontline to help our community. Thank you to everyone that has also served and continue to serve.



# Effort is like toothpaste, you can always squeeze out a little bit more!

Dental school is not easy but NEVER give up! Always put in the effort and work hard. You will appreaciate the process. If it was easy then everyone would be a DENTIST

## **QUARANTINE CRISIS**

Student Edition



#### **MALIK WALTERS**

Class of 2024

Hey everyone! My name is Malik Walters and I am a first-year dental student here at Meharry Medical College. I am from Severn, MD and I graduated from the University of Maryland College Park in 2018. I also obtained my Master of Health Sciences (MHS) degree from Meharry this past May.

#### How are you coping with the pandemic? What have you been doing during quarantine?

Adjusting to the "new normal" has been fairly challenging for me. This past March, around the time when COVID-19 became rampant, I remember not being too concerned. I convinced myself that the pandemic would only last for a few months and that it definitely would not continue throughout the summer. I was finishing up the MHS program and had so many plans for the upcoming months too (i.e. graduation party, concerts, cookouts). Needless to say, I was wrong. As a college student who majored in public health, I was able to take courses focusing on the field of epidemiology and its principles. I knew that pandemics were a serious issue, but I never thought that I would live to experience one.

This pandemic has certainly altered my daily life. With the exception of my Dental Anatomy & Occlusion (DAO) lab, all of my classes are conducted virtually. This is difficult for me because I am not able to interact with my classmates or professors as much as I would like to. I am also able to focus and perform better when in an actual classroom setting.

Outside of school, this pandemic has restricted my social life. Prior to COVID-19, I would frequently attend social gatherings (especially on the weekends). However, I feel like there is still a large amount of uncertainty surrounding this virus and asymptomatic carriers. Nowadays, whenever I leave my apartment to go somewhere, I have to be very cautious and remain mindful of the fact that we are still in a pandemic. This is something that I have never had to worry about, and it has affected how often I interact with other people.

Surprisingly though, this quarantine has not been a completely negative experience. Prior to the start of the semester, I started watching a few shows on Netflix (yes, I never watched Netflix before). I also went on a few hikes which were great experiences. I have never been an "outdoor person" yet I thoroughly enjoyed surrounding myself in nature and being reminded of God's creativity.



#### **MALIK WALTERS**

Class of 2024

#### Thoughts on the protests?

I believe that we all have the right to protest and that doing so will bring more attention to the issues. Whenever I reflect on the racial injustices in this country, the first thought that comes to my mind is the frequency. I often find myself describing it as being like clockwork meaning that it sometimes feels like only a matter of time before I turn on the radio and hear of another incident. This being said, there really is not much time to grieve. After the George Floyd and Ahmaud Arbery cases, I honestly felt numb for a while. On top of all the stress relating to this pandemic, Black people in this country still must remain vigilant and continuously protect ourselves (mentally and physically). It is exhausting yet we still continue to stand up for our rights and fight for what we deserve.

#### Chasing Dr. Leeks

While I was in MHS, I created an Instagram blog entitled "Chasing Dr. Leeks" to inspire minority college students on the pre-dental track. As a pre-dental student who sometimes struggled academically in college, I would look for motivation on different social media blogs ran by dental students. However, I never felt like I could fully resonate with the experiences of these students. It was then when I decided that I would one day create my own blog so that I could reach those students who, like myself, often times struggled to see the light at the end of the tunnel.

Through my blog, I provide an inside look into life as a dental student from multiple perspectives. My ultimate goal is to encourage pre-dental students to always persevere through the thick and thin.



"...continue to stand up for our rights and fight for what we deserve."

—Student Doctor Malik Walters

#### **FARAJ HASAN**

Class of 2023

Between practicing and studying, Student Doctor Faraj Hasan finds time to cook the most exquisite, tasty dishes that will leave you coming back for more! Cooking has allowed Student Doctor Faraj to occupy his time during quarantine.

#### What have I been doing during quarantine?

I have been doing lots of studying and cooking. My favorite dish is Ghanaian lamb Jollof Rice!!! I I enjoy cooking because I love food! The enjoy it because jollof rice is a nutritious and delicious combination of ingredients which I use in my everyday cooking. These include but are not limited to: Tomatoes, ginger, garlic, habanero peppers, jasmine rice, lamb, and most importantly! Habanero peppers aka "Peppa."

meal preparation is my favorite aspect of cooking. It's very therapeutic for me. During that time I make plan and do lots of reflection. During quarantine I cooked more than what I usually do. I used that opportunity to learn how to make more dishes which helped me expand my skill set.



#### **ELIZABETH ALABI**

Class of 2022

Quarantine! Before 2020, that was just a word I associated with movies about a virus or bug that would never actually happen in reality. Then COVID-19 happened, and quarantine became our reality. Initially, when word first got around that the states were beginning to go on lockdown, I did not think much of it. I figured a month, at the most, was how long we would have to remain in quarantine before the virus settled out. Fast forward eight months, and countries are beginning to shut down AGAIN. 2020, what a year it has been. The first time around, I was unprepared. If the United States initiates another lockdown mandate, this time will be a breeze.

We were sent home for the remainder of our spring D2 semester in late March. I had hope that I would see my classmates again in a relatively short period of time, so I didn't really say anything more than a "see you later". It should have been a "goodbye," because that was what it eventually ended up feeling like: the end of the road.



I know that sounds a bit dramatic, but when you go from seeing the same 61 faces every day for the last two years to barely seeing 6 faces on Zoom School of Dentistry, it takes a toll on you. I missed seeing my classmates. Even if I didn't talk to them all on a regular basis, I missed the ability to at least look their way and smile as I went about my business. We are a family; all of us heading to the same finish line on different paths. Not seeing my classmates, not having that routine of going to school and being in the lab all day, surrounded by people who were going through the same struggle, and not being able to see my friends on a regular basis were things that affected me early on during quarantine. I went back home to be with my family, which was great in itself. But I had developed a life outside of them, a norm that only I could identify with, and the COVID-19 pandemic threw a wrench in that.

Still, life had to go on. School didn't stop, which meant that we had to acclimate to a different type of learning—all virtual everything. Initially, it had its perks. I caught up on a lot of sleep. I got to relax a bit with my family, since no one could really do anything outside the house. And I saved money because I wasn't too exhausted from a long day at school to cook for myself for the day.

"...I missed the ability to at least look their way and smile..."

—Student Doctor Elizabeth Alabi

#### **ELIZABETH ALABI**

Class of 2022 • continued

In the beginning, being on lockdown seemed to be a silver lining in the area of academics. But Zoom dentistry got very old, very fast. Between professors not knowing how to operate technology and laziness on my part due to relying on recorded lectures, I began to feel exhausted in an entirely different way. Zoom "fatigue" was real, and I was experiencing on the daily. I can't say I coped with all this in any exceptional way. In fact, I can't really say I coped with the whole situation. I just took it all in stride, adjusted accordingly (albeit begrudgingly at times) and did what I had to. In retrospect, I guess I can say I was in a state of numbness. Yes, I missed my classmates and the routine of school, and yes, I took the pandemic seriously, but deep down, I was numb to it all, not really letting it all sink in and not wanting to accept this new reality. I did try to take up painting as a hobby to pass the time, but that was pushed to the side pretty quickly because I get bored easily. (#Gemini tings).



Fast forward eight months, and here we are in a new, socially-distant norm. Things have not gone back to normal, but I truly think they never will. At least, not the normal that we knew. One thing that is for certain is that this entire state of being in a pandemic has taught me some essential lessons. 1) Live in the moment. I hear it all the time, and I think it's a cute greetings card message. But the reality is that once that moment passes, once that time is taken from you, it can never be replaced. That's pretty akin to the phrase: "Here today, gone tomorrow". 2) Celebrate the small moments. I am the type of person who does not take the time to acknowledge my feats. I can cheer on my friends and family, but when it comes to my own personal accomplishments, I push off the celebration until it's something really huge. But what happens when a pandemic takes away that designated time to celebrate that huge accomplishment? Again, I can never get it back. All I am left with is regret for not celebrating sooner. So celebrate all the moments, big and small. 3) Change is inevitable. We all have different relationships with "change". Some people like it, thrive on it, while others break into hives at the very thought of change. It happens to us all; it's a part of this journey called life. How you adapt to the change can either propel you forward or keep you in a stasis while everyone else progresses.

Live in the moment, celebrate small moments, and change is inevitable.

—Student Doctor Elizabeth Alabi

#### REMINGTON RICHARDSON

Class of 2021

The rise of coronavirus changed the world as we know it. As a dental student, I was not exempt from the ramifications of this pandemic. Like many other students, I wondered what educational instruction would look like moving forward. I was seemingly shocked when the order came for a mandated quarantine for the entire country. When quarantine began, I found myself idle frequently, without any direction or purpose for my days. As time progressed, the pandemic provided me with a deeper understanding of necessity. To my surprise, the majority of the things that I felt I needed to do outside had indoor or at home substitutes. Like many people, I ate a lot of food inevitably leading to some undesired weight gain. After a few Pinterest searches and some ingenuity, I bought a sledgehammer, jump rope, and some home weights to turn my backyard into a personal Crossfit gym. I also gained a green thumb and have been growing an outdoor garden. I have enjoyed witnessing their maturation because it has enabled me to keep growth and life in my atmosphere during a time that seems to breathe the opposite. Additionally, I was able to complete several books on my reading list. When asked about how I keep my sanity during this time, I always reference author James Allen's book "As a Man Thinketh." Sanity is a state of mind not withstanding circumstance.

As a provider, the pandemic has offered me a unique opportunity in healthcare. When Meharry Medical College received the charge for eliciting coronavirus testing, I served on the frontlines in sweltering heat covered in PPE to provide community members with COVID-19 testing and screening. Furthermore, I volunteered at the school to aid in data entry from the COVID testing sites.



I realized that even though I can not physically be in the clinic treating patients on a day-to-day basis, there are other avenues available that I can be of service. As we work towards discovering a new norm in the world, dentistry is no different. I believe COVID-19 will require healthcare providers to be creative as well as cautious in ways that will allow us to continue to treat patients while preventing the transmission of infection. Lastly, I encourage each student to find some way to get involved and make an impact in this fight against coronavirus. Stay safe and don't be a vector!

"Sanity is a state of mind not withstanding circumstance."

—Student Doctor Remington Richardson

#### **RESOURCES:**

If you need some extra support or just someone to listen to you, Meharry offers several resources to facilitate students.

#### Robin Kimbrough, J.D., M.Div.

Chaplain and Special Assistant to the President on United Methodist Affairs

Chaplain's Office

Meharry Medical College 1005 Dr. D.B.Todd, Jr. Blvd.

Nashville, Tennessee 37208-3599

Telephone: 615.327.6975

Cell: 615.579.3300 Fax: 615.327.6540

#### Counseling Services Suite #325, Third Floor

Meharry Clinic Building (Near Student Health Services) Monday–Friday 8:00 a.m.–5:00 p.m.

Sharda Mishra, Ph.D., S.L.P.E., N.C.C., L.P.C., B.C.C./H.S.P.

Director 615.327.6156 smishra@mmc.edu

#### Natali Efstathiou, Ph.D./HSP

Counseling Psychologist 615.327.6371 nefsthiou@mmc.edu

#### **Barbara Grissom**

Administrative Assistant 615.327.6915 bgrissom@mmc.edu







#### Representation Matters

STUDENT DOCTOR RACHEL JACKSON

Diversity and inclusion positions mean a lot to a woman who was born and raised in a city such as Little Rock, Arkansas. One may ask, "Why?" Oftentimes these positions help the small percentages of minority and marginalized students not feel marginalized or unseen when attending predominantly white institutions. Growing up in Arkansas, a state where the vast majority of minorities are underserved, I developed a strong passion for giving back and always offering a helping hand. Unbeknownst to me, this eagerness led me to my ultimate passion, being able to provide healthcare to my community, through dentistry.

In my journey to dentistry, I was privileged to serve as the National Panhellenic Council president at the University of Arkansas at Fayetteville, whilst also serving as the president of my sorority's chapter. These two positions allowed me to work closely with the Associated Student Government's Diversity and Inclusion Chair. We collaborated in promoting both unity and inclusivity as it related to any underrepresented students on the university's campus. Our work and organization led to the upliftment of the minority voices at the university, while also managing to increase the amount of diversity around the campus in various other leadership positions. The work of these individuals, representing the minority populace, helped increase the support of Black students so much that the homecoming court nominated their first Black female representatives in years, myself being one of those women to receive the honor.

I have a passion for helping the underserved because I grew up in a community that was deprived of adequate healthcare. With the help of passionate mentors and leaders, my perception of my upbringing has been molded to view my circumstances as a beacon of strength and motivation, rather than a shortcoming. Diversity and Inclusion means coming together as a community while respecting and upholding the different backgrounds, races, ethnicities, orientations, and various other identities held. It is an honor to hold the position as the first Diversity and Inclusion Chair at Meharry Medical College's School of Dentistry ASDA Chapter because it has allowed me the opportunity to implement programs that will help people engage and unite as a community through outreach, and never be afraid to stand with pride of one's background, no matter the circumstance.





Meharry Medical College School of Dentistry Chapter of the American Student Dental Association's mission statement aims to implement the building of courageous leaders, while also promoting strong mentorship as it relates to dentistry in the community. This starts by first recognizing what is actually happening in the world outside of dentistry. Dealing with COVID-19, as well as the various unjust events and deaths, comes first before being recognized as students or dentists, we must first be viewed as individuals, most of us BLACK individuals. Realizing that together we stand to make changes in our community, that will in turn transition us into the healthcare professionals that Meharry's motto, "Worship of God through service to mankind" intended us to be.

A personal goal I would want to accomplish, while serving with Meharry ASDA, would be to ensure that there is extensive representation and knowledge amongst first-year dental students pertaining to everything the association embodies. Giving first-year dental students more exposure to the importance of ASDA will, in turn, strengthen participation of more students who understand the vitality of involvement within the organization, leading to building and developing intrepid leaders. Leadership that the mission statement calls for starts early, therefore we start NOW.

"together we stand to make changes..."



# $"Virtual\ Learning"$



"Are there any questions about anything we've covered so far?"

COMIC BY STUDENT DOCTOR
APARECIO PEGGINS, CLASS OF 2023

### SCRUBS N' SNEAKERS

Student Edition
"Represent Your Class in Style"

# "IT'S THE KICKS FOR ME"

Student Doctor Ashleigh McQuirter paired her turquoise scrubs with the Yeezy Boost 700 "Carbon Blue" giving us cool and calming vibes.





#### TOO FLY

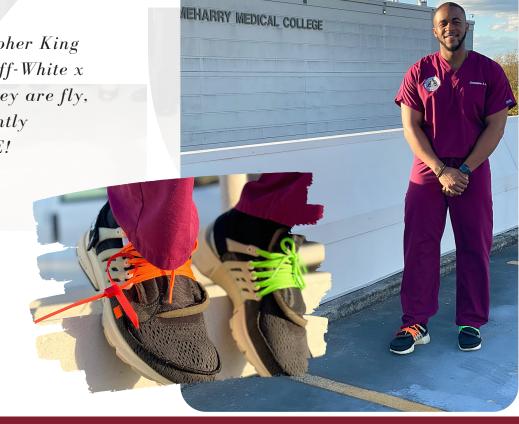
Student Doctor Julian Jones is bringing radiating energy in the lab with the Air Jordan 4 Retro SE "Neon 95." The neon yellow is just the right touch.



Student Doctor Shineille Blair is looking flawless in the icy Yeezy 700 v3 "Azareth. These shoes can be worn in the clinic year round!

#### TRENDY

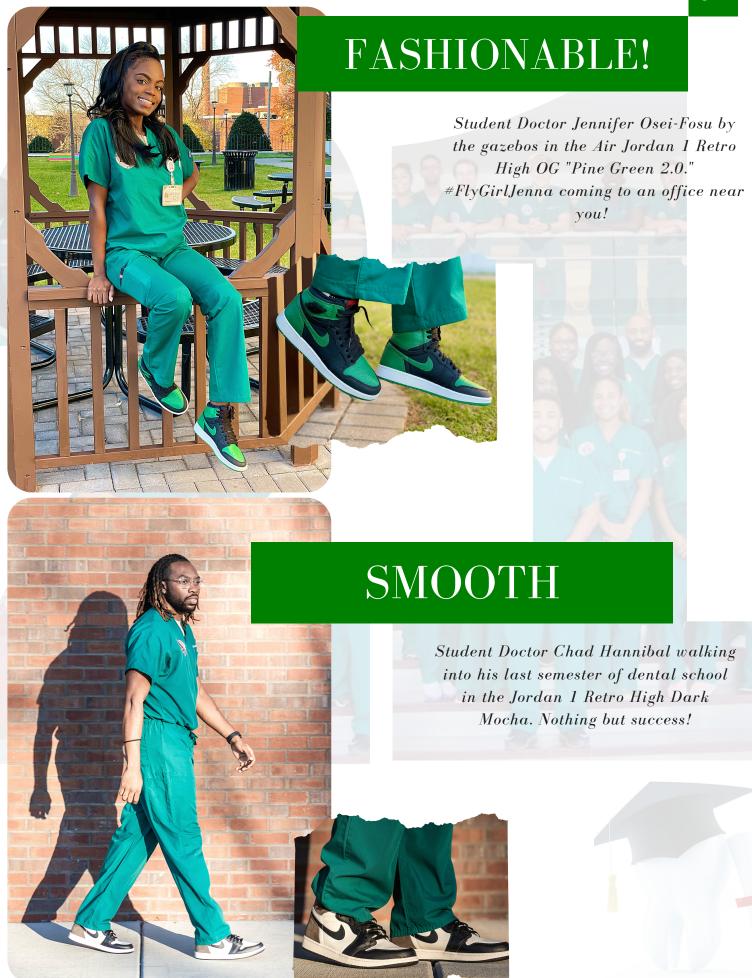
Student Doctor Christopher King standing tall with the Off-White x Air Presto "The Ten." They are fly, but most importantly COMFORTABLE!



#### STEPPIN' IN STYLE

Student Doctor Rashanique Duplessis enjoys styling her scrubs with the Nike Air Max 270 React that has great cushioning for an all-day comfort in style.





# Meharry



Stay tuned for more events coming up next semester!

: meharry\_asda



#### ON THE CUSP WINTER 2020 EDITION ISSUE 4

THANK YOU FOR TAKING THE TIME TO READ! I HOPE YOU ENJOYED IT. STAND UP FOR WHAT IS RIGHT. WORK HARD. AND BE VIGILANT!