

LA REVUE

The Official Student Newsletter for Tulane University School of Public Health and Tropical Medicine Department of Health Policy and Management. By Students, For Everyone!

CLASS OF 2022: IN REVUE

Self Discovery in Grad School

By: Nnenna Ukpaby, President of SGA

Graduate school is an interesting period in one's life. Attending graduate school is optional for many, to a certain degree. Some of us came straight from college and others took time off to work. The COVID-19 pandemic created an environment of reduced social interaction and isolation where we were left with our thoughts. Did I make the right choice? What am I really interested in doing? Am I good enough? These are questions that may come to mind. Now that I almost on the other side, I can tell you right now that you are exactly where you need to be. As cliché as it sounds, everything will work out in due time.

One of the greatest lessons that I learned throughout my educational journey was that I am the biggest advocate for my own success. Allow yourself to truly explore your interests and things you may have been putting off waiting for the right time or circumstances. Be a sponge. Soak up as much information as you can. Utilize available resources and make the case for resources that are not yet available.

Everyone's journey is different from yours and that is by design. The comparison game is one of the most difficult things to overcome during this time. This issue comes up a lot when you notice your peers getting internships and jobs. My advice is to play on your strengths, work on areas of improvement and be flexible. The pandemic is testament to how external factors can completely change your course of action. Focus on what you can control and stay open to the endless possibilities in life.

Congratulations to the Class of 2022. To the Class of 2023: You got this! You're up next and I cannot wait to see all that you will do!



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AAPI Heritage Month

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...And more

Asian American and Pacific Island Heritage Month

By: Shelby Olin

Asian American and Pacific Islander (AAPI) Heritage month takes place annually each May to celebrate the "historical and cultural contributions" from the AAPI community. The fight to have a month to recognize the AAPI community started in the 1970's with government officials fighting to have an AAPI heritage week. After long battles for proper recognition, Congress extended the "Asian/Pacific American Heritage Week" to a full month. Later in 2009, the month was renamed to AAPI Heritage Month. Each year this month of recognition has general theme. This year the theme is "Advancing Leaders Through Collaboration".

Hate and racism against the AAPI community has increased throughout the COVID-19 pandemic. It has been found that the AAPI community is the least likely to report hate crimes against them. For the AAPI community, effective solutions must be put in place at the community level to impact the continued hate and racism.

As emerging public health professionals, it is important to use an intersectional lens when thinking about policy, activism, and equality. Speak out against hate and racism. Stand up for injustices and inequality. Empower communities and individuals. Use your voice for those who can't. Take time to stop and actively listen to communities and people.

***For events and more information [click here!](#)**

Podcasts to Listen To:

1. Asian Enough
2. The May Lee Show
3. Mx. Asian American
4. Modern Minorities
5. Self Evident: Asian America's Stories

AAPI Owned Restaurants in New Orleans:

1. Luvi Resturant
2. Dian Xin
3. Sukho Thai
4. Tava
5. Cafe Minh
6. Kin
7. Pho Cam Ly
8. Kanno California Sushi
9. Gyu Kaku
10. Saffron NOLA
11. Dong Phuong Bakery & Restaurant
12. Morrow's
13. Mint Modern Vietnamese Bistro and Bar
14. Drip Affogato Bar
15. HI-Do Bakery

Books to Read:

1. Minor Feelings: An Asian American Reckoning by Cathy Park Hong
2. Not Quite Not White by Sharmila Sen
3. Good Talk by Mira Jacob
4. We Got' Be Alright by Jeff Chang
5. Interior Chinatown by Charles Yo

New Orleans Organizations to Get Involved With:

1. VAYLA New Orleans
2. Asians for Justice
3. Asian Pacific American Society



Healthcare Services Abroad: What to Do When You Get Sick or Hurt Outside the Country

By: Andrew Kamali

Who doesn't love a trip to a tropical island or far away land? With the world starting to open back up and travel plans continuing to be booked, it is time to consider what steps you should take in the event you get sick abroad. There are several things you can do to ensure you have access to care.

Firstly, a preventive measure you can take is by checking to see if your health insurance covers medical care abroad. If they don't, consider purchasing additional insurance to cover you while overseas. This can be particularly useful if you are traveling to remote areas where medical evacuation may be necessary. Many standard US health insurance organizations have plans that can be extended to cover your international healthcare needs. If not, you are always able to purchase 3rd party insurance. Be sure to do your research and make sure your provider covers the region you are traveling to.

Another step that can be taken is enrolling in the US State Department's Smart Traveler Enrollment Program (STEP). The STEP program alerts the US Department of State to you whereabouts and makes it easier for them to assist you in the event of any type of emergency, including emergency medical services. The STEP program may also make it easier for family and friends to contact you in the event of an [emergency](#).

In the event you are traveling to a region where prophylaxis is needed, be sure to contact your primary care physician far enough in advance to

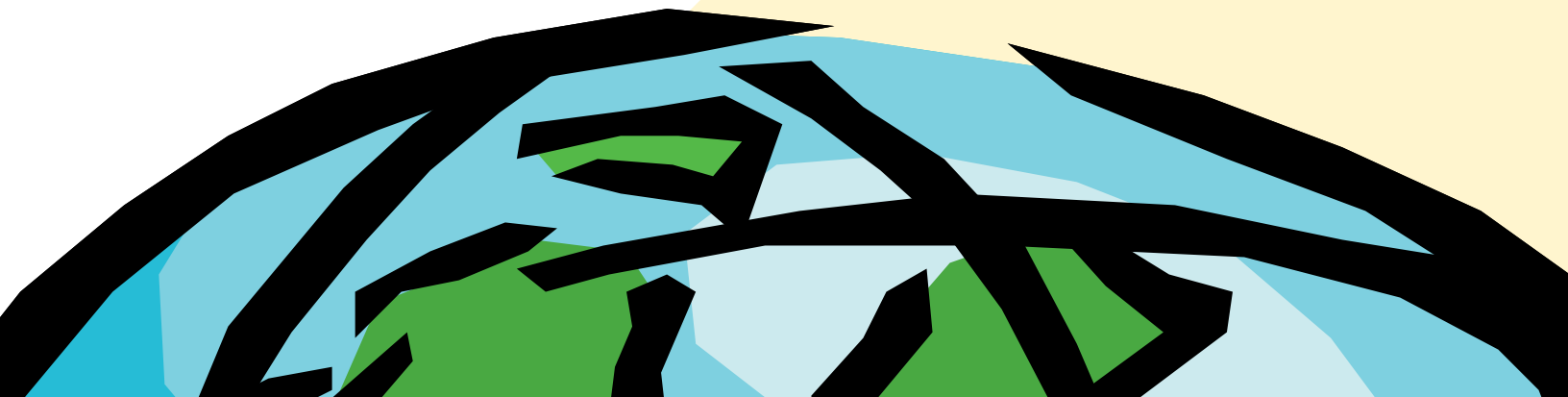
make sure you have all vaccinations and medications necessary to prevent disease. Just this past march, I traveled to Malaria endemic region of the Amazon rainforest and had to take malarial prophylaxis medications starting two weeks prior to my trip and continue for an additional 4 weeks after I returned. Taking precautions can be the most effective way in preventing illness.

Finally, if you have any chronic illnesses, have allergies or take any daily medications, it may be in your best interest to prepare a document or card that you can carry on your person in both English and ideally the local language of where you are traveling. This can make it much easier for foreign healthcare workers to treat and care for you correctly.

Wherever you are in the world, the nearest US embassy or consulate can help you locate medical services and notify anyone you need regarding your personal emergency. The US state department also has 24/7 emergency phone lines that can be reached by dialing 888-407-4747 from anywhere where you can get a signal. The State Department also maintains a list of travel medical and evacuation insurance providers, which you can find at this link:

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad/insurance-providers-overseas.html>

The key takeaway from this information is that you should always be prepared. Though unlikely, medical emergencies can occur while you are traveling, and it is better to be safe than sorry.



Summer in the City: Things to Do in NOLA

By: Isabel Zebrick

Looking for something to do while supporting the local community? Check out these events that are coming up in New Orleans. There are things to do for every price point, big and small, no matter what you're into.

Free

Jammin' on Julia

Spring art walk + music festival
May 7th
6:00-9:00 PM

The Sazerac House Tour

Daily 11 AM- 4:20 PM
90 minute tour with samples

First Saturday Art Walk

A free Art Walk where galleries in the Arts District will feature new exhibit openings
First Saturday of every month 11:00 AM-5:00 PM, Julia St.

Making Mardi Gras

January 6th-May 8th
Tues-Sat, 9:30 a.m.-4:30 p.m.;
Sun, 10:30 a.m.-4:30 p.m.
520 Royal Street, Tricentennial Wing, 3rd Floor

St. Louis Cathedral

615 Pere Antoine Aly.

Live Music at the New Orleans

Jazz Museum

Every Tuesday
Down on Their Luck Orchestra 2-3 PM
Jazz Musicians LIVE from the Jazz Museum Balcony 5-6 PM
400 Esplanade Ave

Free Tours by Foot

Daily

Creole Tomato Festival

June 11th-12th
The French Market

\$

The Grammy Nominated Hot 8

Brass Band

Sundays April 24th-May 29th
10:00 PM (Doors 9:30 PM)
\$20, Ages 21+

Howlin' Wolf - 907 South Peters

Erzulie Drag Show and Film Screening

May 15th, 8:00-10:00 PM, \$15
Mermaid attire encouraged
The AllWays Lounge & Cabaret
2240 St Claude Ave,

Greek Festival

May 27th-29th
Presale \$8 /\$10 at the door
1200 Allen Toussaint Blvd

Curry With a Flavor Festival

June 4th, 12:00 PM, \$30
Crescent Park

Satchmo Summerfest

Music, food, and celebrating Louis Armstrong
August 6th- August 7th, \$7
400 Esplanade Ave.,

\$\$

Bayou Boogaloo

The annual Mid-City Bayou Boogaloo along the banks of the Bayou St. John with live music, art, food, and more
May 20th-22nd
\$35-\$45 presale/ \$50 at the gate
Bayou St. John

Tank & The Bangas with Kindred The Family Soul

May 5th
9:00 PM (Doors open 8 PM), \$30
Tipitina's

\$\$\$

New Orleans Food Fight

May 26th
\$75-\$125
Crescent Park

Noir Fever

A celebration of Black & Queer voices shaping dance culture today
May 27th-May 30th, \$329
River City Ballroom, Fillmore, Sugar Mill
1021 Convention Center Blvd.

Jazz & Heritage Festival

April 29th-May 8th
\$75-\$225
Fair Grounds
1751 Gentilly Blvd.

The Overlook Film Festival

A 4-day celebration of all things horror
June 2nd-5th
\$129-\$250
Prytania Theatre at Canal Place

New Orleans Wine and Food Experience

June 7th-12th
\$75-\$955
900 Camp Street #4C1

Essence Festival

June 30th-July 3rd
Daytime activities are free
\$200+ for concert bundle
Caesars Superdome

Letters From Graduating Student Leadership

Kaylee Giacomini, Editor in Chief of *La Revue*, VP of SPHTM SGA

In August of 2020, I packed up my cherry red Toyota Corolla to the brim and drove twenty hours south from my hometown of Newark, Delaware to the city of New Orleans. It is hard to believe that nearly two years later I will once again make that drive - this time headed northbound.

My time in this city has never felt more finite than right now. However, I find it essential to remember that graduation is not an end, but a beginning. It's called commencement after all. And although I may be making that same drive again soon, I am leaving the city with so much more than I showed up with. Physically, I'll be driving home with a few cases of Holy Roller IPA and about twenty pounds of Mardi Gras beads. But I'm also taking learned experience, an entire resume's worth of leadership skills, and gorgeous memories to look back on forever.

I could leave you here with some words of

wisdom, but I'll save that for when I give 1/2 of the commencement speech in a few weeks with Nnenna. Instead, I'd like to reflect on things that I learned at Tulane. And equally importantly, in the city of New Orleans.

1. Never let anyone else dictate who you are, how you feel, or what you plan to do. I'm sure you've heard the "be yourself" speech a million times by now, but let me be the million-and-first person to tell you this.
2. If a category four hurricane is headed your way, leave. Don't wait for your employer, or your institution to tell you to go. They might not.
3. Enjoy every moment. Your walk to work, cooking dinner in your galley of an apartment kitchen, and even your job. Life is too short not to.
4. Take every opportunity that comes your way.
5. Opt for the streetcar, it's way more fun than driving.

Class of 2022,

Kobe Walker, President of GAPSA

Congratulations on graduating! We're a class that started graduate school during such uncertain times in our lives. Many of us didn't get to have a typical college graduation and our time in New Orleans was unlike the classes before us. While the future is still unknown and ever changing, we're at a unique time in our lives. We're about to graduate and move onto amazing things. Some of us are going into the exact career we expected to when starting this program. Others may decide to go on a different path. But one thing we have in common is that we are moving forward despite many of the hardships we've faced over the last two years.

We're moving on, but not forgetting where we started. We've built bonds with each other that can't be taken away. We started with zoom cocktail hours and trivia nights in August 2020 and now we've made it to the finish line. The finish line that's really just another starting point for the rest of our lives. So, how do we move forward from our time at Tulane?

1. Keep up with those bonds. This might be the last time we're all together in one place, but we'll be some of each other's best resources during our careers (add me on LinkedIn!).
2. Remember why you got into this field. It's sometimes hard to remember your why when you're so deep in studying and writing that next paper, but now is the perfect time to reflect on why public health and administration was the concentration for you.
3. Be willing to accept change. We've been in a pandemic for 2 years so I know you're used to change, but take that willingness with you in your career. Everything won't go the way we planned and that's okay. We'll adjust and find a different approach.

Again congratulations on graduating! And goodbye to school forever (for some of us)!!!!

Colombia: Off the Beaten Path Summer Travel

By: Andrew Kamali

From tropical Caribbean islands to high altitude Paramos to lush dense rainforest, Colombia is a country of both diverse and rich natural beauty and culture.

In this article I will offer a whirlwind tour of Colombia, sharing tips and tricks for getting around and experiencing the culture. Colombia has many large and sprawling cities with daily international flights, but I recommend starting your Colombian journey in the capital, Bogota.

Bogota



Bogota is the largest city in Colombia with a population of over seven million people. It is located 9,000 feet up in the Andes. The city is filled with parks, museums, and some of the best gastronomy the world has to offer. As you fly into El Dorado international airport, you have the opportunity to see the expanse of the city. It's long but narrow as it is located on an Andean plateau surrounded by mountains reaching well above 10,000 feet. The city is divided into many neighborhoods and zones, each one offering a unique experience.

For your first time in Bogota, I would recommend staying in either *Zona T* or *Zona G*, both are walkable, safe, and filled with incredible food. While in Bogota, be sure to experience traditional food from the region, the most famous being arepas. Arepas are a dish made from maize dough that have been eaten since pre-Colombian times. They are by far one of the most versatile foods of Colombia and can be served in a myriad of ways. Besides arepas, the most iconic food of Bogota is Ajiaco, a chicken, corn, and potato soup that warms the soul.

Beyond the culinary aspect, Bogota is rich with parks and museums. The most famous and must-see

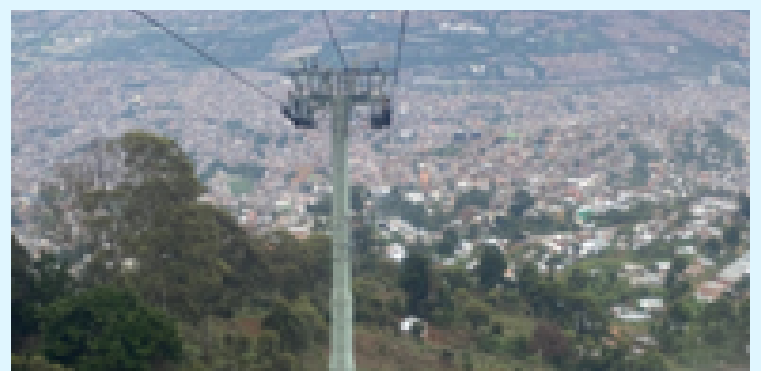
museum is the *Museo del Oro*, or the gold museum which houses thousands of pieces of pre-Colombian gold items and tells the history of the land and the indigenous cultures. Further, in the center of the city, there is a large park named after the liberator of much of Spanish South America, Simon Bolivar that is filled with trails and lakes and areas to take in the cityscape of Bogota, it is also right next door to the national botanical gardens of Colombia, which are a must see for lovers of plants and flowers.

Finally, a few other places to visit in Bogota include *Monserate*, a high mountain with a large cathedral that overlooks the entire city. I recommend taking the funicular to get the best views on the way up. For those who are more food focused, I recommend Leo, consistently rated in the top 50 restaurants in the world, offering a fine dining experience that traverses the entire country through flavor. The weather in Bogota is consistently about 60 degrees and rains quite frequently, so be sure to bring a rain jacket.

Medellin

Medellin is the second largest city in Colombia, located at a far lower altitude and much warmer weather than Bogota, averaging in the lower 80s. Medellin is a beautiful city in a valley between two sets of steep mountains. Medellin is a 45-minute flight from Bogota and provides an introduction to *paisa* culture. Medellin is another city of gastronomy, but unlike the capital, has a bigger focus on spices.

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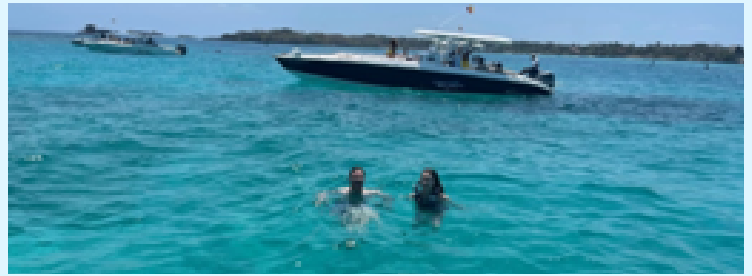
When traveling to Medellín, I recommend staying at the click-clack hotel, located in the gastronomy district of the city. It is a unique boutique style hotel that focuses on integrating nature and modern spaces. The biggest reason, in my opinion, to travel to Medellín is *Parque Arvi*. Arvi park is a huge ecological nature reserve in the mountains far above the city. It takes 30 minutes by cable car to reach it. It is an incredible cloud forest park that is a safe haven for rare species. *Parque Arvi* is also home to many rare orchid species, including the world's smallest which can only be found in this region. Medellín is a beautiful city filled with incredible food and magnificent views.

Cartagena, San Andres & Providencia

Now we travel from the central regions of the country to the coast, to the city of Cartagena. Cartagena is a tropical city located on the Caribbean coast, with average temperatures in the upper 80s year-round. It is a vibrant city filled with night life and crystal-clear blue waters. Cartagena is divided into three main parts, the old city, Getsemani and Bocagrande. For your first visit to Cartagena, I recommend staying in the old city, specifically at the Hotel Casa San Agustín. It is walking distance to the historic walls and the central square filled with street vendors.

Cartagena is one of the great walled cities of South America, it has survived pirate attacks, attacks from Spain and has served as the main gateway from the sea. I recommend taking a tour of the Rosario Islands, which are marveled for their clear and warm waters, which you can see in the image above. From Cartagena, we travel to San Andres, and island off the coast of Nicaragua that belongs to Colombia.

San Andres y Providencia is a set of Islands with a unique and vibrant past. The predominant language spoken on the islands is a form of creole English brought by freed afro-indigenous peoples. The main island of San Andres is only 5.5 miles long with a population of just under 70,000. It is surrounded by turquoise waters and has incredible food. If you have a chance to visit this Island, I recommend trying *arepas con huevo* and *rondon*. *Arepas con huevo* are a fried arepa that is filled with a runny egg, a very common breakfast food throughout the island. *Rondon* is a traditional stew made of coconut milk with fish or conch as the main protein.



The Amazon

We have come to our final stop, the Amazon. Almost a third of Colombia is made up of the Amazon Rainforest, roughly 160,000 square miles of lush and dense forest. When flying into the Amazon region of Colombia, you will arrive in Leticia, the capital of the Amazonas Department. Leticia is located at the border with Brazil and Peru, this area is known as the *Tres Fronteras* or three borders. From Leticia, you can walk to Tabatinga, Brazil as the border is open between the countries. To get to Peru, you must cross the Amazon River which at some points can be over 2 miles wide.

Leticia is the gateway to the Amazon, and when traveling to this region, I highly recommend staying in an indigenous village for several reasons, the biggest being that it is ecologically sustainable and provides income to the indigenous groups. In my time living with the indigenous peoples of the Colombian Amazon, I got to experience piranha fishing, caiman hunting, indigenous languages, tropical fruits and even swimming in the tributaries of the mighty river. I even had the opportunity to help build a new boat. The Amazon is an incredible place that should not be skipped. Further, the Colombian government has taken many steps to protect the rainforest and maintain it.

When considering your next vacation, hopefully Colombia will be at the top of your list. It is an ecologically and culturally diverse country. It has more to offer than one might think at an incredibly affordable and accessible price.



Graduating Class Spotlights



LLOYD LYONS, MHA, MBA

**President of HMSLA, VP of
Downtown- GAPSA**

Hometown: Farmington Hills,
MI

Favorite Tulane memory:
Various concerts, festivals,
happy hours with close
classmates and friends.

Post grad plans: Full time
with CVS-Health in the area of
Pharmacy, Innovation &
Growth



ISALYNN MONTGOMERY, MHA

President of HMSLA

Hometown: Ypsilanti, Mi

Favorite Tulane Memory: My
first Mardi Gras in 2022!

Post grad plans: I will be
moving to Baltimore, MD to
start an Administrative
Fellowship at Johns Hopkins
Hospital.



JESSICA MEISTER, MHA

Hometown: Baltimore, MD

Favorite Tulane memory:
Bayou hangouts with my
cohort



KUNAL SAMEER, MHA

Hometown: New Orleans, LA

Favorite Tulane memory:
Hanging out on the Bayou

Post grad plans: Develop
practices that facilitate
communication between
physicians and administrators to
provide the best quality care
to patients.

**Donna Kulawiak, Senior
Department Administrator**

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Never miss an
opportunity to
get out and
network... even
when all you
want to do is sit
on the couch
and relax.

**- Dr. T.J.
Stranova**

Graduating Class Spotlights



MIRANDA POWELL, MPH

Hometown: New York City, NY



KELSEY LIEBMANN, MPH

Hometown: Mahwah, NJ



LEANNA BADAR, MPH

Hometown: Victorville

Favorite Tulane memory:

Experiencing all the generosity during Mardi Gras season. It was my first Mardi Gras and I was able to participate in the fullness of it as a true local.

Post Grad Plans: I plan to continue creating a positive vision that paves the way for generations to come.

Letter from Dr. Lizheng Shi

To the class of 2022,

We successfully lived through the pandemic. Despite COVID and other challenges, all of us have remained resilient and hopeful. I am convinced that our unique combination of top-notch health care management competencies alongside excellent public health training is good for both our students and for the field.

Your class has emerged with a particularly broad perspective. You understand that health is shaped by social, economic, environmental, and political forces. We all know we can do that better. Now you are joining the front liners to address the human concerns of equity and diversity. I am confident that the alumni success stories - including your own - will continue.

Letter from Dr. Charles Stoecker

If I was permitted to give a few words of unsolicited advice for the couple years ahead of you I would say: Work hard. I've found it easy to stay excited whenever my work is most closely related to an immediate policy change. It's harder to stay as focused on longer term projects, but those are the ones where you have the widest scope to craft rules and regulations that improve people's lives. Be kind. Policy making is a team sport, and a team functions best with mutual respect. Plus, those teammates may be able to help you later. Don't forget the big picture. Opportunities to talk about your work occur all the time in the strangest places. I was at a pop-up porch concert and heard someone talking about merging vital statistics and policy data. You never know when you'll have an

opportunity to make a connection. Be able to make your work interesting to any audience. Self-doubt is the mind-killer. Self-doubt is the little-death that will sap your ability to be productive. Confidence will come easier with age and practice. Review your smaller victories and do your best on the current challenge. Be open to opportunity. Your first job is not your last. In retrospect my progression might look linear, but each move was fraught with luck and insecurity. Each opportunity will open other doors that you can jump through.

COMMENCEMENT

Celebrating the Class of 2022

Schedule of Events

May 20th, 6pm: Wave Goodbye
Berger Family Lawn

May 21st, 9am: Unified
Commencement, Yuman Stadium*

May 21st, 3pm: SPHTM Commencement,
Mahalia Jackson Theater**

May 21st, 5pm: SPHTM Second Line
Recessional

May 21st, 5:30pm: SPHTM Reception,
Mardi Gras Museum

[Submit photos](#) for the graduation
slideshow by May 11th

Speaker Spotlight



From left to right:
1. Dr. Debra Houry, acting principal deputy director of the CDC **
2. Ken Jeong, actor and comedian*
3. Nnenna Ukpaby and Kaylee Giacomini, President and Vice President of SPHTM Student Government Association

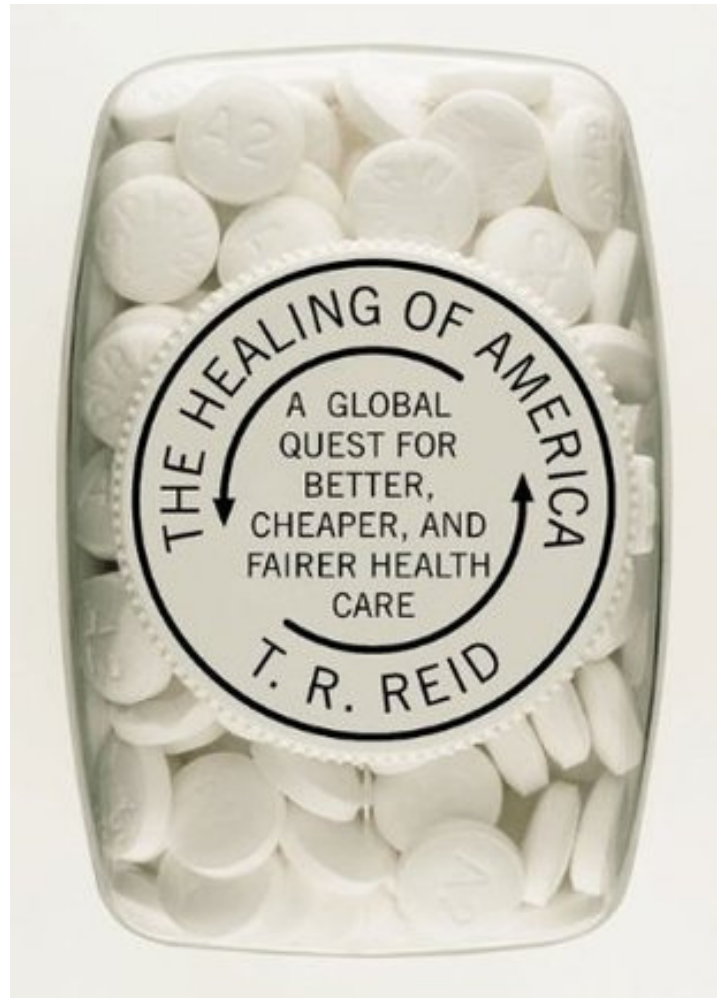
Book of the Month

By: Andrew Kamali

The Healing of America

Author: T.R. Reid

T. R. Reid is a New York Times bestselling author, who in his book, *The Healing of America*, looks at the complex issue of healthcare. He visits democracies around the world from France to Japan to provide insight in an easy to understand and engaging way. He shines a light on how these other industrialized democracies maintain affordable and universal healthcare systems. He also explains the 2010 health care reform bill here in the United States to give an understanding of our healthcare system versus that of the rest.



Podcast of the Month

By: Isabel Zebrick

This Podcast Will Kill You

Hosts:

Erin Welsh & Erin Allmann Updyke

Ecologists and epidemiologists Erin Welsh and Erin Allmann Updyke discuss diseases, illnesses, conditions, mental health, vaccines, history, biology, stigma, and the level of danger of biological threats. It's informative and breaks down aspects of the disease that make it accessible and easy to discuss with others who might not have a health background. On top of that, they also provide a cocktail recipe to match the subject of each episode. You can make it for yourself or for whoever you're going to subject to a thrilling tale of Hepatitis C or Pertussis. Irreverent, smart, and thought provoking - give this podcast a lesson. It won't kill you.



Until August... Your La Revue Student Editors The Graduating Editors



Kaylee Giacomini, MPH

**Editor in Chief of *La Revue*
VP of SPHTM SGA**

Hometown: Newark, DE

Favorite Tulane Memory:
Exploring New Orleans and living in two neighborhoods across the city!



Shelby Olin, MPH

Hometown: Rochester, MI

Favorite Tulane Memory:
Celebrating my first Mardi Gras with my MPH friends

Post Grad Plans: Senior Administrative Program Coordinator at Tulane HPM Department



Kobe Walker, MPH

President of GAPSA

Hometown: Kansas City, MO

Favorite Tulane Memory:
Planning and Attending GAPSA Prom



Nnenna Ukpaby, MPH
President of SPHTM SGA

Hometown: Chicago, IL

Favorite Tulane Memory:
A brunch and NOMA trip with my friends

Post Grad Plans:
Administrative Fellow at Allegheny Health Network

Your La Revue 2021-2022 Team

Kaylee Giacomini, Daisy Ellis, Eli Santiago, Shelby Olin, Kobe Walker, Nnenna Ukpaby, Joey Ballan, Siddhesh Desai, Michael Fabrizio, Alison Hurwitz, Andrew Kamali, Rowan Poehler, Sauren Stone, Isabel Zebrick



Rowan Poehler, MHA

Hometown: St. Louis, MO

Favorite Tulane Memory:
The HPM Fantasy Football league!