



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!

REMEMBERING DR. LONG

IN THIS ISSUE

**Women's History
Month in NOLA**

**Remembering Dr.
Hugh Long**

**A Timeline of
Women in
Medicine**

**Student
Spotlight: Kobe
Walker**

**Book & Podcast of
the Month**

...And more

In Memoriam

By: The student editors of *La Revue*

Early this month, our department experienced the monumental loss of Dr. Hugh Long. Dr. Long was more than a professor and researcher; he was a mentor and inspiration to thousands of students in his over 50 year long career at Tulane. It is difficult to describe him as anything short of iconic. His courses were constantly lauded by alumni as some of the most important that they ever took in their pedagogical career.

Many took inspiration from Dr. Long's impressive background in corporate finance, business economics, and law. He started his career at Tulane in 1968 before becoming an assistant professor in SPHTM in 1971. He was a major contributor to the formation of our department due to his steadfast dedication to the advancement of responsible healthcare management. As soon as he became a faculty member, he helped to establish the hospital administration masters program that today is ranked among the best MHA programs in the United States. Half a century later, the department has produced thousands of graduates that have gone on to shape their careers around this program.

Although Dr. Long may not physically be with us, his legacy will remain with the school and his students well into the future. When a student reaches a fork in their career path, they may remember his kind yet firm mentorship. When a graduate must utilize payment systems in their administrative job, they may recall their time learning from Dr. Long. And when one of us walks down Canal Street in 10 months or 10 years, we may look up at Tidewater and remember formative educational years with Dr. Long as our steward.

Remembering Dr. Hugh Long

"Dr. Long was a truly brilliant man. He was most likely the most intelligent individual that I have encountered in my life thus far. His way of teaching forced your brain to think in ways in which it had never thought before. Dr. Long exponentially deepened my learning for 2.5 semesters of graduate school. Dr. Long will be remembered forever through his students. His family, peers, and my classmates are in my thoughts and prayers as we navigate through this tough time of grief and anguish together."

- James Noblin, MHA Cohort 2022

"I appreciate the opportunity to give some of my thoughts for this newsletter regarding Dr. Long."

"Dr. Long and I went back a long way and I will most certainly miss him. This past Sunday, we heard multiple thoughts and remembrances of Dr. Long's life and loves. Love of family (Susan and his "neat kids"), love of New Orleans and Montana, love of his profession and students, love of music, love of friends and colleagues, and, ultimately, his love of life. I think as members of his Tulane "family", we can certainly learn from his example of always giving 100% to what truly matters and to always be generous with our time, knowledge and ourselves"

- Gary L. Boillotat, F.A.C.H.E.

"Dr. Long challenged me as a student and inspired me as a teacher. His exams were well-designed to test students in content, critical thinking, and time management. During his Finance final, I was pressed for time and left the question on annuity rates for last, forcing me to quickly "calculate" the answer. A few days later he emailed me saying I stumped him. My answer was close but incorrect and he couldn't figure out how I got it. Could I share my calculations? I replied honestly - I ran out of time, googled annuity calculator, and hoped for the best. I told him that I wished my answer was more correct and my calculations were more impressive. (It still bothers me that they weren't!) Dr. Long's teaching methods prepared me in ways I didn't understand, but I suspect he did, which is why he left a lasting impact on me."

- Emily Harris, MHA Program Director & Instructor

"This is how I will always remember Hugh, with his big affable smile and great intellect!"

- Sam Basta, MD, MMM Alumnus



Nothing Gold Can Stay

A Poem by Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.



Grief Resources from the Tulane Counselling Center

Coping With Loss

After a significant trauma, it is often important to give yourself time to reflect and to take some specific actions of self-care in order to gradually allow life to return to normal. These actions often involve some emotional tasks, some interpersonal tasks, and some taking some specific actions that allow life to continue while you are recovering from the effects of the trauma.

Acknowledge the loss. Give yourself time and permission to think clearly about the person who has died. Take time to remember and to pay attention to what it is that you miss about this person.

Take your feelings seriously. Your emotional reactions are important signals to you that this loss has occurred and you need some time to heal. To ignore and cover up the sadness, anger, fear, guilt and all the other feelings that go with loss are like ignoring a physical pain that signals an injury.

Talk to others. Often mutual friends are the best support group. Make it OK to talk with each other about the loss and about each other's feelings. This is often the best way to help sort out your own feelings and thoughts as well as to recognize you are not alone.

Make necessary accommodations. Getting through grief is difficult. It takes time and energy. Make needed accommodations in your schedule, your living situation, your expectations of yourself. It is normal for people not to be able to function at their full capacity when trying to deal with such an emotional situation. Ask for help in making these temporary adjustments in your life.

Be patient. Grief is not a disease, but it does take time to recover. Everyone is affected differently. Respect your own and others' ways of dealing with the loss. Some will be more vocal or expressive than others with their feelings and thoughts.

Find your own way to memorializing the loss. After the initial shock has worn off, it may be helpful to find a way of honoring the remembering the person in a way that is tangible and meaningful for you or your group.

Don't forget. Just because everything seems to be back to normal does not mean that you or others have finished having feelings about the loss. Don't be surprised at reactions that come later on.

Common Stress Reactions to Trauma & Death

- Feelings of sadness, moodiness, crying
- Feelings of numbness or detachment
- Heightened anxiety or fear: fears about the death of others or being alone, anxiety about the future without the company of the one who died.
- Irritability, restlessness, over-excitability
- Hypervigilance
- "Survivor guilt" or feelings of self-blame
- Mood swings or intense reactions
- Difficulty concentrating
- Feeling confused, disoriented, or distracted
- Difficulty making decisions
- Ruminating about the death or the deceased
- Headaches
- Nausea or upset stomach
- Exaggerated startle response
- Fatigue, feeling slowed down
- Hyperactivity or less activity than usual
- Withdrawal, social isolation
- Avoidance of activities or places that bring memories of the person or the event
- Loss of appetite
- Insomnia

Virtual Support

Therapy Assistance Online: An online library of behavioral health resources with interactive modules that can be accessed 24/7. <https://us.taconnect.org/login>

WellTrack: Self guided wellness platform with interactive cognitive behavioral therapy, self help tools, and various courses. <https://welltrack.com/>

Togetherall: Online peer-to-peer platform for individuals experiencing similar feelings. <https://togetherall.com/en-us/>

The LINE: 24/7 crisis hotline for students to access for crisis assessment and intervention. 504-264-6074

The Shrink Space: Referral management service for students who may need more longterm care. <https://theshrinkspace.com/>

24/7 Tulane Case Management: 504-920-9900
Tulane Counselling Center: 504-314-2277
Tulane Case Management Center: 504-314-2160

WOMEN'S HISTORY MONTH

How Women Shaped New Orleans' History

By: Isabel Zebrick

New Orleans has a unique and rich history that has been molded and pioneered by its women throughout the last hundreds or even thousands of years. Long before European colonies were established, Native American women from the nearby Chitimacha tribe were weaving beautiful, intricate baskets from rivercane that eventually became popular with settlers. Like others in the area, the Chitimacha were matrilineal, and male chiefs had to be approved by women elders.

Despite horrific brutality imposed by the Spanish and French colonizers resulting in disease, death, and enslavement of the Chitimacha people, it was the women who helped the Europeans learn about Louisiana's native medicinal and edible plants and terrain and acted as an intermediary between the cultures [1]. What would have been the fate of the invaders if the Chitimacha women did not trade, educate, and guide them through their native land?

In the 1720s, the Ursuline nuns were on an educational mission to help women in the New Orleans area. They forced conversion on Native American and African women, intending to have them assimilate to Catholic French purity culture. The nuns taught Acadian French, African, and Native American women to read, write, do mathematics, and learn religious etiquette with the ultimate goal of pious service in domestic and nursing work. Women from all flocks of life, including the enslaved, came to the convent for education [2].

Many enslaved African women were trafficked to New Orleans from modern-day Senegal and Gambia throughout the 1700s and forced to work on plantations, in domestic jobs, and as nurses in Charity hospital. Unlike other Southern European colonies, enslaved women could sell goods, receive paid work, and could purchase or bargain for their freedom. All of these women had a significant impact on shaping New Orleans' culture, politics, and cuisine.

When Spanish colonial rule came into place, a law, *coartación*, was established where enslaved people could purchase their freedom without consent from their enslavers and were allowed to bring their grievances to court. New Orleans emerged as a destination for free women of color to own property, protect their rights, build wealth and community, and dictate relationships.

These rights degraded when the United States acquired Louisiana in the 1800s. The *coartación* law allowing enslaved people to purchase their freedom was abolished, and Anglo-Americans migrated into the area increasing human trafficking and slave ownership. Despite this, free people of color continuously fought for their rights, strengthened their community, and petitioned for and gained freedom of their enslaved family members through manumissions. Marie Couvent, a Saint-Domingue refugee, left her wealth to establish a school for orphans. Women of African descent owned businesses, established schools, and created confraternities with increasing success. During the Civil War, formerly enslaved people migrated to New Orleans seeking their freedom while facing increased antagonizing, segregation, and violence.

Because New Orleans developed a reputation as a "vice" city post-Civil War, the neighborhood of Storyville - now Tremé - served as a refuge for free women of color who worked in brothels, saloons, and boarding houses. Their survival relied on a colorist system to attract visitors to their economy where light-skinned, mixed-race women were paid the most for their service. In 1912, they formed a Mardi Gras masking club called the Million Dollar Baby Dolls to unite and build community among Black women that carries on a legacy today [3].

Alice Dunbar-Nelson, a mixed-race author born in the first free generation post-Civil War, graduated from Straight University in 1892 and published her first two books of poetry and short

Women's History In New Orleans, Louisiana... Cont.

By: Isabel Zebrick

fiction in 1895. Her work explored life in the city as a Creole woman, with allusions to race and status weaved through her stories. She was also an activist who fought for women's rights throughout her lifetime, though she suffered ostracization for her heritage from the different communities to which she belonged.

Other writers of color, such as Sybil Kein, Brenda Marie Osby, and Mona Lisa Saloy, wrote about and preserved their Creole history, folklore, culture, and language throughout the 1900s and into the 2000s. Mona Lisa Saloy, a T.S. Elliot Prize for Poetry recipient for her book *Red Beans and Ricely Yours*, wrote,

*"New Orleans leaves a honey taste in my mouth.
The cracked boulevards and weeping willows
shade bare front porches and call her children
home."*

While holding onto this romantic truth of the city, she did not shy away from racial issues she faced and wrote them alongside the complex joy of her culture in her work [4].

Another prominent woman in New Orleans history is Josephine Newcomb, the founder of Tulane University's H. Sophie Newcomb College; the first degree-giving white women's coordinate college in 1886. She created it as a memorial to her daughter Sophie who died from Diphtheria at the age of fifteen [5]. The college reformed its curriculum throughout the 1900s and developed a large, but segregated, Jewish attendance [6]. Its goal was to offer a liberal arts education equal to that of a men's college, but it dissolved into Tulane University post-Hurricane Katrina [7].

Although not a New Orleans native, the canonized Mother Katherine Drexel founded what is now Xavier University, the first and only Catholic

HBCU, in 1915 which helped to grow the Black middle class and has a reputation of sending its students on to medical school. Xavier University was also the first Catholic University to admit both women and men. Most of its student body is from New Orleans and has undoubtedly shaped the city through education and service [8].

It would be remiss not to mention the late Leah Chase while discussing women in New Orleans history, the activist and chef of Dooky Chase. She served Martin Luther King Jr., Nat King Cole, and Presidents Barack Obama and George W. Bush and inspired the beloved film *Princess and the Frog's* leading role Tiana. Her intelligence and drive pushed her husband and his parents into expanding their Tremé sandwich shop into a high-end restaurant that could compete with establishments in the French Quarter.

During segregation, the restaurant became a gathering place for civil rights leaders to discuss strategies for the Civil Rights Movement and hosted meetings for the NAACP. The influence and prominence of her food and restaurant have been woven into the fabric of the United States, and she was known as a champion of women who fought to come up in the male-dominated professional culinary world [9].

It's hard to imagine what New Orleans might look like without these women- and it begs the question, would it even exist the way it does now at all? Several other prominent women who were not mentioned, and countless more women lost to history that never had their names or influences recorded and shared with the world. Either directly or indirectly, their touch created the path to progress in the crescent city and made it what it is today.

[1] <https://www.jstor.org/stable/27033052>

[2] http://www.jstor.org/stable/10.5149/9780807839034_clark.10

[3] <https://doi.org/10.2307/j.ctv5jxppq9.7>

[4] <https://doi.org/10.2307/j.ctv5jxppq9.9>

[5] *The New Encyclopedia of Southern Culture: Volume 13: Gender* (pp. 340-341)

[6] Evans. (1973). *The provincials: a personal history of Jews in the South* / Eli N. Evans. (1st ed.). Atheneum.

[7] *The New Encyclopedia of Southern Culture: Volume 13: Gender*

[8] <https://doi.org/10.2307/2679068>

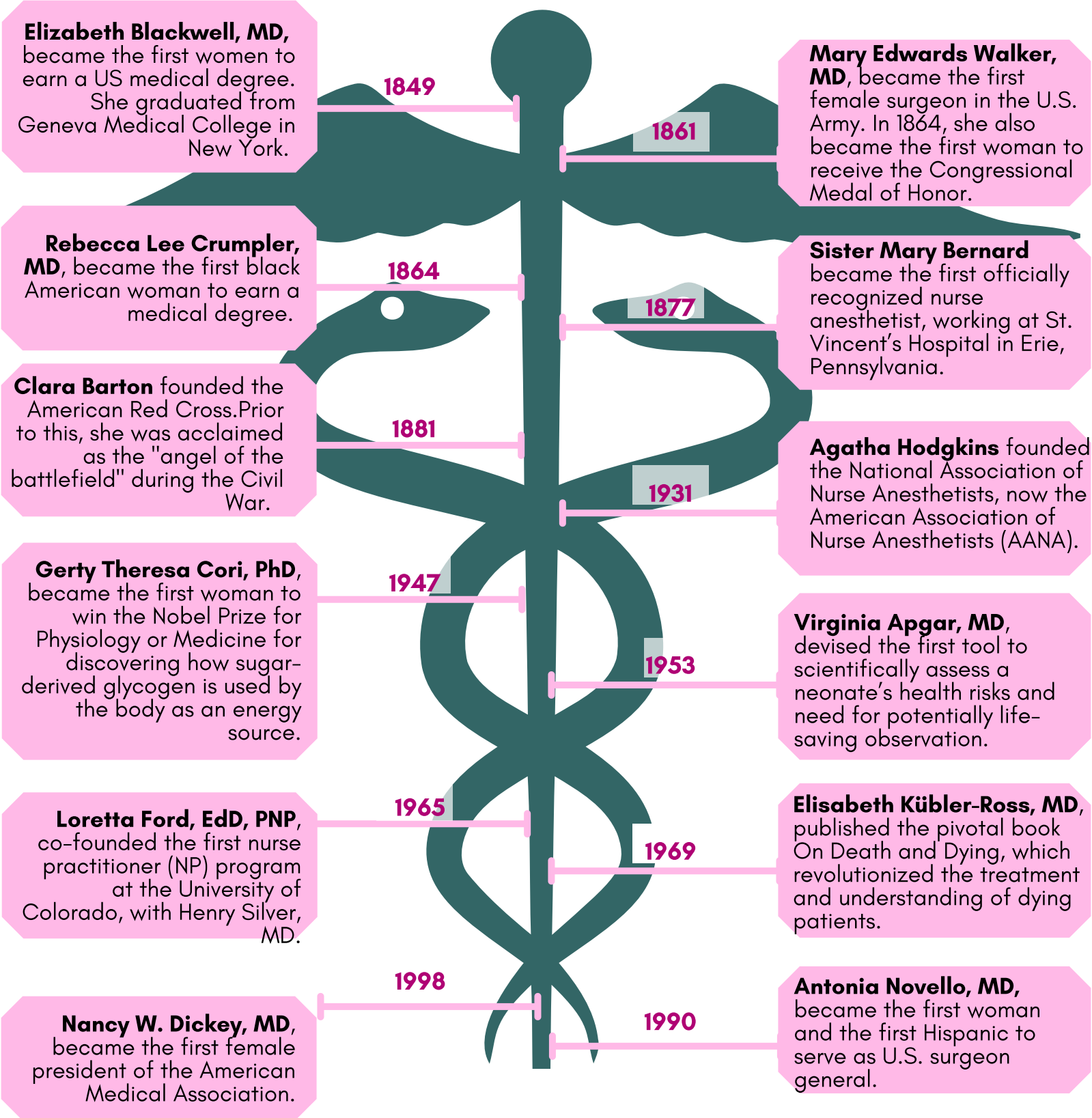
[9] Creole Chef Who Fed Presidents and Freedom Riders, Dies. *The New York Times*, p. 1.

Women in Medicine: A Timeline

Compiled By: Kaylee Giacomini

***All information from [Merrit Hawkins AMN Healthcare](#)*

Women have made monumental impacts on the world of medicine and public health. This timeline covers 150 years of American medical history from the 19th and 20th centuries.



Gender & Urban Design

By: Rowan Poehler

Gender inequality in the professional world has long been a socially relevant issue, but gender inequality in urban design is not as well known. Both women and men of all ages live, work, and spend time in cities, yet women are often overlooked in the city planning process. Historically, men have had much more power and influence in architecture, urban planning, and city government, which has led to a lack of gender inclusion and awareness in how cities are built.

Imagine a world in which cities were designed with everyone in mind, not just able bodied adult men. Ramps would be common on every sidewalk, train station, and business entrance. Daycares and preschools would be abundant and conveniently

located in neighborhoods and near places of work. Transit schedules would run frequently all day to accommodate those who do not have the traditional 9-5 work schedule. Sidewalks and other paths would be wider, better maintained, and well lit. Bike lanes would be protected and widened. There would be more free restrooms accessible to the public. Benches and tables would be common in streets and parks. Children would ride public transit for free. More streets, parks, and public places would be named after women and people of color. Everyone would feel safer to walk through the city. Everyone would have increased access to the city they live in.

Things to Do in New Orleans this Spring

By: Kaylee Giacomini

Take a Self Guided Tour of the Garden District

The Garden District is one of the most beautiful neighborhoods in New Orleans, and in the springtime it comes to life. Download a free walking tour map for any neighborhood [here](#) and take a moment to be a tourist in your own city.

Listen to Live Music at Bacchanal

Live music is slowly coming back to New Orleans, and there is no better way to support local musicians than watching them perform at a socially distant venue like Bacchanal. Every weekend, this popular wine garden hosts an array of live jazz in their large, open air courtyard. Grab a bottle of Chardonnay and a charcuterie board while you spend the afternoon here.

Stroll City Park

New Orleans is home to a handful of great parks, but City is a personal favorite. While here, check out the botanical garden, the NOMA, and the sculpture garden while enjoying the local flora and fauna.

Support a Local Fish Fry

Through the period of Lent plenty of places around the city offer up fish fries - a New Orleans tradition that not even COVID could stop. Each Friday various churches pack up fish fries to go, but plenty of restaurants have also gotten in on the action and tend to run discounts on their own fish fry-days.

Walk the Entire Stretch of Magazine

Magazine stretches for 6 miles from the Warehouse District all the way uptown. Choose a sunny afternoon and stroll the whole stretch, stopping at various boutique shops and cafes along the way. When you get to the end (or get tired) take the St. Charles streetcar back which picks up just 5 blocks away.

Day Trip to Jean Lafitte National Park

The national park is just 30 minutes south of the Tidewater building, so drive on down for a day and explore this treasure. Stroll the boardwalks over the Barataria Preserve, observe the Chalmette Battlefield, and see if you can spot a gator in the swamp.

Visit a Brewery

The city has become quite the brewery scene in the past few years. Most breweries in town also have spacious patios and courtyards where you can enjoy a flight of beer imported from the room over. Some that come highly rated for both their beer and outdoor seating include Parleaux Beer Lab, the Courtyard Brewery, and Port Orleans Brewing Co.

Try Some Water Sports at Bayou St. John

The Bayou is an excellent place to try your hand at kayaking or Stand Up Paddle-boarding. Find a local rental agency like Bayou Paddlesports and enjoy being on the water for a few hours.

Student Spotlight: Kobe Walker

Interviewed by: Kaylee Giacomini

She/Her
MPH in Health Policy
GAPSA President
Hometown: Kansas City, Missouri

So we have two months before graduation, what types of jobs have you been considering?

I'm really interested in Health Equity and how to incorporate that into policy so I've been looking at consulting and policy analysis roles.

What class(es) in the department have been the most beneficial for your future and why?

Health Policy Analysis really introduced me to writing policy memos and the capstone class has taught me how to go more in-depth with memos. Health econ helped me analyze policy from an economic perspective which I didn't have much experience in. Introduction to Analytics helped me expand my Excel skills which I know will be very useful in my career path.

As a student in HPM, What advice would you give to a prospective student interested in health policy and management?

I would tell students interested in policy and management the importance of getting to know their classmates. During my time here its been very helpful to have their help to bounce ideas off of and learn from. Also the importance of getting to know your professors and other people in the school who can be super helpful during your time in grad school.

You're GAPSA president. What has been your favorite part about this role?

One of my favorite parts has been getting to know people outside of my department and the SPHTM. I've been able to gain a lot of experience with leadership and connect with all types of people at Tulane.

What is your favorite thing to do in the city in the springtime?

I love going to City Park on any given day. It's a great way to unwind and see some nature.



You (might) only have a few more months left in the city, what are some things in New Orleans you haven't done yet that you want to do?

I've recently been doing a lot more touristy things which has been fun. There are so many restaurants in New Orleans that I want to try so I'm trying to get to all of those.



Book of the Month

[Amazon Book reviews](#)

The Pain Gap

Author: Anushay Hossain

Following in the footsteps of feminist manifestos such as *The Feminine Mystique* and *Rage Becomes Her*, *The Pain Gap* is an eye-opening and stirring call to arms that encourages women to flip their “hysteria complex” on its head and use it to revolutionize women’s healthcare. This book tells the story of Hossain’s experiences—from growing up in South Asia surrounded by staggering maternal mortality rates to lobbying for global health legislation on Capitol Hill to nearly becoming a statistic herself. Along the way, she realized that a little fury might be just what the doctor ordered.

Meticulously researched and deeply reported, this book explores real women’s traumatic experiences with America’s healthcare system—and empowers everyone to use their experiences to bring about the healthcare revolution women need.

The PAIN GAP



HOW SEXISM
and RACISM
in HEALTHCARE
KILL WOMEN

ANUSHAY HOSSAIN

Podcast of the Month

By: Rowan Poehler

Aack Cast

Hosts: Jamie Loftus

Aack Cast by Jamie Loftus gives an in-depth analysis of the Cathy comic strip, which ran in newspapers for over three decades. Loftus gives a historical perspective on the titular star of the comic, who lived through multiple decades, presidencies, and feminist movements. Cathy Guisewite, the comic's creator, is interviewed in the podcast and tells about her experience as a woman comic writer in the 1970s. Aack Cast does deep dives into multiple issues facing women throughout history, such as workplace harassment, relationships, and body image. Jamie Loftus is an entertaining and funny host who gives a thoughtful, well-researched perspective on the legacy of the Cathy comic strip.

AACK CAST!

by Jamie Loftus



Dept. Events

- 3/28 – 4/1: Spring Break, no classes
- 3/31: Yilu Lin's Dissertation Defense
- 4/4: Hunches & Lunches – Nurzhan Mukashev
- 4/5: Policy Pop-Up – Dr. Stranova
- 4/8: GAPSA Prom at Generations Hall
- 4/11: Policy Pop-Up – Dr. Callison
- 4/13: HPM Newtownrking Reception
- 4/14: Policy Pop-Up – Dr. Walker
- 4/15: SPHTM SGA Steamboat Semi Formal
- 4/22: Policy Pop-Up – Dr. Shi
- 5/4: Final day of spring semester classes
- 5/7 – 5/12: Final Exam Period
- 5/21: Commencement

Graduation Features

For our April/May issue, we will be featuring a handfull of graduating students in the department of Health Policy and Management! We are trying to once again feature as many students as possible.

Please fill out this [google form](https://forms.gle/fcdWQBcoim29CHuC9) no later than April 24.

<https://forms.gle/fcdWQBcoim29CHuC9>

Your Editors

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If you'd like to join us, we can make that happen. Fill out this google form to note your interest or email us at hpm.tulane.edu. No editorial experience required!

<https://forms.gle/VW2kxPV3RZeAVNbcA>