

Spring 2020
Edition 2

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JCESOM Learning Community Newsletter



Overview of Learning Communities

Mission Statement:

The mission of JCESOM Learning Community is to enhance the learning environment and success of medical students through curricular and co-curricular learning and engagements with faculty and students throughout school.

Objectives:

- Provide medical students a familiar cohort for the duration of their medical school experience
- Facilitate the development of trust and collaboration among the medical student body
- Support student efforts to adapt to and succeed in the culture of medicine in general and medical education in particular
- Provide students with a broad range of resources for learning, advising, support, teamwork, and community engagement

Learning Communities had a busy semester this past fall - from the community service projects to the toy drive for Meadows Elementary School, we enjoyed every minute of serving the community! The purpose of this edition is to feature the events that were hosted (and will be hosted) by Learning Communities; to spotlight dedicated faculty, outstanding alumni, and life's celebrations from students within JCESOM; to provide updates from some of the student body officers; and to offer leadership and upcoming intramural information. Thanks for reading!

COMMUNITY SERVICE PROJECTS

House Campbell

House Campbell visited Huntington City Mission and helped decorate for the holidays, clean one of the kitchens, and organize the donations.



“It was a humbling and encouraging experience to serve at Huntington City Mission. Before beginning our cleaning, decorating, or organizing activities, we were given an inside look as to what it means to be a housing-unstable individual in this community. The Mission is vital to the people who live in this region, and to not only hear about this, but see and participate in it, was an honor.” - Brent Horswell, MS1



House Miller

Wo[man]'s best friend! Students from House Miller enjoyed an afternoon helping to exercise and groom the animals sheltered at the Cabell County Humane Society.



"It was a beautiful day outside, a great chance to interact with the first years, and served as a good source of stress relief after taking an exam. The best part is walking into the shelter and hearing the dogs freaking out because they are so excited to have some company. It is easy to bond over shared love for animals." - Leah Ching, MS2

House Richardson

House Richardson spent the afternoon of Halloween helping the staff of the AD Lewis Community Center prepare for their Halloween Haunted House.



“Having the opportunity to work on the haunted house alongside the AD Lewis House was a rewarding experience. We are proud to help provide the kids with a thrilling Halloween!” -
Andreas Zambos, MS1



House Warren

House Warren worked with the United Way's The Center - a youth opportunity hub that works with teenagers and young adults who have no job, no stable living conditions, and lack the means to provide for themselves. Every year, they put together backpacks with first aid kits, necessary rations and supplies, and a homemade blanket for the winter. House Warren helped to make those blankets for The Center.

"It was great taking an evening to do something so important for the community. We spend so much time learning about diseases and how to treat patients that maybe we sometimes overlook simpler ways to make a difference. Now that the weather is getting cold, a blanket could be just as vital as any service we could provide." - Justin Spradling, MS2



House Yingling

House Yingling helped Dress for Success prepare for upcoming renovations by organizing then relocating their inventory to another storage space.



“Getting to know more about Dress for Success and help them out was a great experience. The women leading the organization are passionate and kind. This group is pivotal in breaking the cycle of poverty by helping people prepare/dress appropriately to make a great first impression during an interview, which seems simple but can literally change the trajectory of peoples’ lives. The cycle of homelessness/joblessness is a challenging system to overcome, and I was grateful to have the opportunity to help them out with my classmates and other students in my Yingling House who are also a part of JCESOM.”
- Michelle Rueff, MS1

House Zill

On Thursday Nov. 21 House Zill was out in numbers to help support the Facing Hunger Food Bank in their effort to gather food for the upcoming holidays. Medical students, high school students, and individual members of the community helped organize, package, and load various food items to be distributed across the 17 counties of the tri-state which the Food Bank serves. Students were excited to take a much-needed break from studying and help with such a noble and important cause.



“I was grateful for the opportunity to give back to my community. My classmates and I chose careers in medicine because we all want to make an impact in the lives of our future patients, but it is nice to remember that we can help outside of the hospital. Collecting food donations gave me some insight into the scope of what Facing Hunger Foodbank does for the people in our city. They are doing admirable work, and I hope that my time has helped them in some small way.” - Mark Castle, MS2



HOLIDAY TOY DRIVE

This holiday season marks another year that Learning Communities were able to be involved in a gift drive for the students at Meadows Elementary School. Each learning community house sponsored 4-6 kids, and we were able to provide winter clothes, toys, shoes, and games for a total of 26 kids. This was such a rewarding way to serve the youth in our community and we hope to continue to provide these gifts in the future.





Faculty Spotlight



W. Christopher Risher, PhD



Louise Risher, PhD



That's a tricky one to answer, as I grew up in a Navy family. Born in Washington state, but I also spent time in Virginia Beach, Jacksonville, FL, and Myrtle Beach, SC.	What is your hometown?	Barnsley in Yorkshire, England
I got my B.S. in Biological Sciences from Clemson University, then my Ph.D. from the Medical College of Georgia (Augusta, GA). I did my postdoctoral research in Cell Biology/Neurobiology at Duke.	Where did you go to undergraduate school? Further education?	George Mason University for Undergrad, University of Georgia for my Ph.D. and Duke University for my post doc
Neuroscience (specifically, I study the formation and maturation of synaptic connections in the developing brain)	What is your degree in?	Clinical and Experiment Therapeutics (essentially neuropharmacology)
I've always loved listening to music. I'm a child of the 80's, so I love a lot of the popular stuff from that era (New Wave, Dance/Pop, old school R&B). But I also listen to a lot of classic 60's/70's rock (Beatles, Bowie, Queen), more recent indie pop/rock, and a smattering of classical, blues, and jazz. And I love a good movie score.	What is your favorite hobby?	Spending time with my family, swimming, reading, being outside.
It'll be 2 years next March.	How long have you been working at Marshall University?	2 years in March - time flies when you are having fun!
There's a tremendous feeling of collegiality at Marshall, and I've seen it both within my own department as well as between departments. It's not something that you always get when it comes to academic research in a medical setting, as people can be very closed off and secretive. But that's never been the case here.	What is your favorite thing about Marshall University/Huntington?	Sense of community and collaboration
Research gives me the freedom to ask questions and try to seek out answers in the hopes that, someday, my work will have contributed to the betterment of society (even if in just a small way). Also, as a mentor, I love seeing the thrill of discovery on the face of my mentees, whether it's something that I've seen a million times before or (even better) something that no one in the history of the world has ever seen.	What is your favorite thing about teaching/research?	I love to watch the students grow. It is incredibly rewarding to see their reactions when concepts suddenly click and they begin to ask complex questions that truly demonstrate their understanding of the material.
That I make a mean NY-style cheesecake. People love it so much, my boss at Duke joked that I wasn't allowed to come to any of her house parties unless I brought one with me.	What is something us students may not know about you?	I was a British Olympic Trials Finalist in swimming in 1996 and 2000.

Class of 2023:

1. Encouraging, communal, dedicated
2. Our class has been functioning well as a whole. We are taking many opportunities to engage with each other both professionally and informally. There is a deep sense of community and unity. We are also finding ways to engage with the community by anything from helping the local animal shelter to doing a retirement Thanksgiving card event to helping the City Mission.
3. Behind the scenes our class has organized and had events like a cultural dinner and our house leaders have worked to integrate interactions between all classes of the school. The executive team has been busy working to organize the Gala and build the class endowment scholarship.

Class of 2021:

1. Passionate, driven, close knit
2. We currently are not working on anything in student government, other than working with administration to make sure our class is well informed regarding step 2 and away rotations, those have been the primary topics at our last two leadership meetings.

Class officers provided updates regarding the following questions:

1. Three words to describe the class
2. How has the class been functioning as a whole?
3. What has been going on behind the scenes?
4. Any additional updates about the class

Class of 2022:

1. Motivated, encouraging, passionate
2. We continue to strive to work as both peers and individuals to reach our class and personal goals. This includes collaboration and working towards actionable solutions for current and future challenges within the areas of student wellness and the MUSOM curriculum.
3. Honestly for this—not much happens “behind the scenes,” we try to be transparent with any changes or updates. Recent things we’ve been working on are improving the recording quality and timeliness and peer mentoring with regards to STEP preparations. The House Leaders have been doing amazing running point on the latter within their respective communities.
4. We’re working on some sort of social/wellness event for the class (bowling, Extreme Air trampoline park, evening social, etc)—our goal is before Christmas however it could fall to after depending on the academic calendar. Our class Wellness Committee is also organizing a Secret Santa gift exchange, which should be a lot of fun!

MED SCHOOL WEEK

Monday, January 6

Yoga

7:30-8:30 PM

BCC

(please bring a mat if you have one, some will be provided)

Tuesday, January 7

Trivia Night

7:30-9:30 PM

The Union Pub and Grill

Wednesday, January 8

**Snacks
Provided by
OSA**

12:00-4:00 PM

BCC

Friday, January 10

Gala

8:00 PM - midnight

DoubleTree by Hilton

CELEBRATING LIFE!

“Each day offers a reason to celebrate. Find it and experience true bliss.” - Amy Leigh Mercree



Students of the Class of 2023 made Thanksgiving cards for the residents at Woodlands Retirement Community



“We had the opportunity to attend the AAMC Learn Serve Lead conference in Phoenix, AZ this past November. It was a great experience interacting with different students from different institutions and learning about the initiatives that they have constructed at their medical schools. We are very grateful for the opportunity to represent JCESOM and to continue learning about academic medicine.” - Sam Kaplan, MS3, Kayla Rodriguez, MS3, Nadye Menking-Colby, MS2 (not pictured)

“I adopted Luna. She loves licking human and dog ears.” - John Roth, MS1



“It was such an honor to represent JCESOM in Phoenix through research at Learn Serve Lead 2019: The AAMC Annual Meeting. My favorite moments while at the conference included meeting people while presenting and getting to explain projects going on at Marshall, as well and getting to learn and explore what other programs are doing.” - Allison Thompson, MS3



"I thought the Cultural potluck was such a wonderful way to get introduced to the different cultures important to the people of our class. Everyone really came together in a way that really left me impressed, from Bella initiating such an event, to Nick and Jai putting up all the decorations, Alexa and Pooja setting up early and so many people who cooked DELICIOUS authentic food, and everyone who came so willing to participate, learn and celebrate each other. It was an awesome way to set the tone for the year and I hope it becomes a yearly tradition!" - Chuchitra Thanigaivasan, MS1



"I adopted a pet Betta fish, Von Gierke, named after the glycogen storage disease. He is approximately 3 months (age he will be when newsletter comes out) old and loves listening to me talk about anatomy. His favorite music is classical, and his favorite color is blue." - Jenna Zuzolo, MS1

Hannah Leport, MS3, and her family would like to joyfully announce the birth of Kate Elaine Leport on September 3, 2019. She has stolen their hearts and they are thankful for this precious gift from God.



Patrick Thomas, MS1, Ava Tennant, MS2, and Kara Anderson, MS3 went to San Diego for the interim meeting of the American Medical Association. They discussed and voted on policies for the AMA on behalf of the medical school.

“Adopted Molly, she is 2 or 3 and likes tearing up her toys, belly scratches, and playing with her cousins.” - Caleb Meaige, MS1



Melinda (Mindy) Sharon, MS1



Published in *Annals of Emergency Medicine* on December 2, 2019.

Citation:

Sharon M, et al. Anterior ST-Elevation in a Patient with Chest Pain and Fever. *Ann Emerg Med.* 2019 Dec;74(6):782-85. DOI: <https://doi.org/10.1016/j.annemergmed.2019.04.032>.

Thomas Wright, MS1



Published in 3 journals this past semester.

Citations:

Wright, T.D., Raybuck, C., Bhatt, A., Monlish, D.A., Charatkaby, S, Wendiker, K., Gartland, N., Gupta, M., Burow, M.E., Flaherty, P.T., and Cavanaugh, J.E. Pharmacological inhibition of the MEK5/ERK5 and PI3K/Akt signaling pathways synergistically reduces viability in triple-negative breast cancer. *Journal of Cellular Biochemistry.* 28 August, 2019; DOI: 10.1002/jcb.29350

Bhatt, A. B., Mohit, G., Hoang, V.T., Suravi,C., **Wright, T.D.**, Elliot, S., Chopra I.K., Monlish, D., Anna, K., Burow, M.E., Cavanaugh, J.E., and Flaherty, P.T. Novel Diphenylamine Analogs Induce Mesenchymal to Epithelial Transition in Triple Negative Breast Cancer. *Frontiers in Oncology.* 30 July, 2019; 9:672. DOI=10.3389/fonc.2019.00672.

Hasan, M., Marzouk, M.A., Adhikari S., **Wright, T.D.**, Miller, B.P., Matossian, M.D., Elliott, S., Wright, M.K., Alzoubi, M.S., Collins-Burow, B.M., Burow, M.E., Holzgrabe, U., Zlotos, D.P., Stratford, R.E., and Witt-Enderby, P.A. Pharmacological, mechanistic and pharmacokinetic assessment of novel melatonin-tamoxifen drug conjugates as breast cancer drugs. *Molecular Pharmacology.* 20 June 2019; 96(2) DOI: <https://doi.org/10.1124/mol.119.116202>.

INTRAMURAL SPORTS

Basketball

Contact person:
Harsha Iyer
606-922-8456
iyer@marshall.edu

Facebook page: MUSOM
Basketball

Soccer and Futsal

Contact person:
Evan Stalnaker
stalnaker45@live.marshall.edu

Ultimate frisbee

Contact people:
Drake Seccurro
304-549-3890
seccurro@marshall.edu

Madison Crank
304-674-6693
crank26@marshall.edu

Facebook page: MUSOM
Ultimate Frisbee

Other available spring intramural sports: flag football, volleyball, softball, tennis, badminton, racquetball, table tennis, and wallyball



Alumni Spotlight



Dr. Erica Shaver

Q: What is your hometown?
A: Sutton, WV (Braxton County)

Q: Where did you do your residency? What specialty?
A: Emergency Medicine at West Virginia University, Morgantown, WV

Q: What is a unique fun fact about you?
A: Secretly not too bad at pop-a-shot basketball :-)) and I used to be a twirler in the Marshall University Marching Band in undergraduate years.

Q: If you could have any superpower, what would it be and why?
A: Superpower would definitely be cloning myself so I could be in at least two places at one time to keep up with my kiddos :-)

Q: What are you doing now?
A: I am currently still an academic Emergency Medicine faculty member at West Virginia University. I work clinical shifts in the Ruby Memorial Emergency Department and also function administratively as the Vice Chair of Education and Training in the WVU Dept of Emergency Medicine and I am also the Residency Program Director for the Emergency Medicine Residency Program. I stay busy :-)

Q: What is your favorite thing about your current job?
A: The PEOPLE are my absolute favorite thing about my workplace and job. Being able to be a “mom” to 30 Emergency Medicine residents at work-hopefully positively impacting their lives and careers-is the biggest honor and privilege.

Q: What was your favorite memory from medical school?
A: Small class sizes that truly felt like a family

Q: What year did you graduate from MUSOM?
A: 2008

Q: If you could give one piece of advice to current medical students, what would it be?
A: Chase your dreams...you can do anything you set your mind to! Pick a career that will make you happy at work and also give you a chance to be happy outside of work. Life doesn't stop for medicine and finding ways to enjoy aspects of both family life and career is essential to career longevity and success!



Alumni Spotlight



Dr. Lora Jobe

Q: What is your hometown?

A: Barboursville, WV

Q: Where did you do your residency? What specialty?

A: Marshall. Family Practice International Health track.

Q: What are you doing now?

A: For the past 8 years, I have been the Hospitalist director at Mid Coast Hospital, a 93 bed acute care community hospital in Brunswick, Maine.

Q: If you could have any superpower, what would it be and why?

A: If I could have any superpower, it would be the ability to prevent all acts of violence and war. War... what is it good for? Absolutely nothing! Say it again!

Q: What is a unique fun fact about you?

A: Not necessarily fun, but I am quite proud to have been an R.N. prior to going to medical school. I graduated from St. Mary's School of Nursing in Huntington in 1985. My nursing career consisted of med surg, critical care, and home infusion therapy. My nursing career positively and strongly contributed to the physician and person I am today.

Q: What is your favorite thing about your current job?

A: When I work clinically as a hospitalist, I love caring for acutely and chronically ill patients as well as their families - often when they are most vulnerable. As a Hospitalist director, I enjoy working with my hospitalist colleagues, hospital staff, and other leaders within our organization to ensure all patients receive the high-quality, low-cost, safe care they deserve.

Q: What was your favorite memory from medical school?

A: I have so many wonderful memories from my time at MUSOM that it is difficult to choose a favorite. I will simply say that I always felt that the MUSOM staff genuinely cared about me on an academic and personal level throughout my four years.

Q: If you could give one piece of advice to current medical students, what would it be?

A: Take care of yourself physically, emotionally, and spiritually as you pursue your calling to be a physician.

Q: What year did you graduate from MUSOM?

A: 1999

L E A D E R S H I P

OPPORTUNITY

LEAD: Leadership Exploration and Development

LEAD is a new initiative started by the Learning Communities to help us understand and develop our leadership skills. As physicians, being able to communicate and collaborate within a team are important skills, so we hope to provide ways to develop these skills through this program.

Through the Learning Community website (link below), you will have access to leadership TED talks as well as emotional intelligence and personality type quizzes. These resources are for your own benefit and will provide you with knowledge about your individual leadership style. During the spring semester, we plan to host a large group exercise that will focus on using this knowledge in hands-on conflict resolution scenarios.

This program is optional for all students, but is extremely recommended as learning to lead during conflict and knowing how your leadership style is received by others are necessary skills to have as physicians.