



# SHOW THEM!!!

STUDENTS SHOW THEY KNOW AT THE ANNUAL SCIENCE FAIR. By Alastair Wallace



1. Kasangula (left) and Samuel (right) 3rd year students showing off their success.

Annually, the medical faculty holds a Science Fair. The science fair enables students to present on particular topics to their students and respective lecturers at large. Its essence is to enhance academic dialogue by awarding students with the most outstanding presentations.

This year's Science Fair was held on the 10<sup>th</sup> of April 2013 with a national and intellectual diversity. The Fair was categorized by subjects for particular year. The 1<sup>st</sup> Year Students had to present on Biology and/or General Surgery. The 2<sup>nd</sup> Years had Physiology and

*I was excited knowing that we were third place especially us being 3<sup>rd</sup> year students, in the midst of 6<sup>th</sup> years students. It's a very big achievement*

against indigenous, 6<sup>th</sup> year, Russian students. The dual managed to be in 3<sup>rd</sup> place.

"I was excited knowing that we were third place especially us being 3<sup>rd</sup> year students,

Biochemistry. The 3<sup>rd</sup> Year Students and up, had Pharmacology and Pathological Anatomy.

Bongiwe Charity Shongwe and Nosifiso Malindzisa scooped the 1<sup>st</sup> prize in the 1<sup>st</sup> year biology category with an edifying presentation on HIV/AIDS IN SWAZILAND.

The controversial dynamic dual of Mbuyi Masuwa and Bismark Ankamah gave a presentation on PAIN in the 2<sup>nd</sup> year Normal Physiology category granting them a 1<sup>st</sup> Prize access. The Dual collaborated once again in Biochemistry with a presentation on ALZHEIMER'S DISEASE and got 2<sup>nd</sup> prize. Other 2<sup>nd</sup> year students such as Natalie Tanyanyiwa, Delroy Musiyarira and Maka

Silungwe also had good presentations. Indubitably, the 3<sup>rd</sup> year students were the first foreign student to get an award in the Pharmacology category. Kasangula Chilindi and Samuel Annor joined forces presenting on BEHAVIOURAL PHARMACOLOGY

in the midst of 6<sup>th</sup> years students. it's a very big achievement" Kasangula exclaimed. The pathological anatomy category featured the likes of Maximillian Van Wyk, Elizabeth Acheampong, Namiburu Anne – Marie and Shiwana Lineekela Amesho who also had rational presentations

All in all, the Science Fair was an all-time intellectual and educational experience. To all winners and participants, we convey our FELICITATIONS and KEEP SHOWING THEM!!

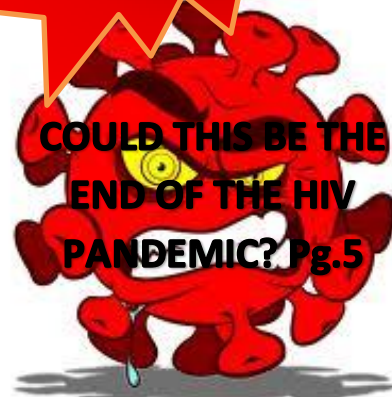
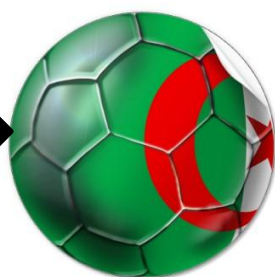
**T.M**

**How Badly Do You Want To Become A Doctor? On Pg.3**

Click click  
**BOOM!!** Read  
past events on  
pg.4

**COULD THIS BE THE END OF THE HIV PANDEMIC? Pg.5**

**Algeria Crowned Best Foreign Football Team. Pg.5**



## FROM THE EDITOR

### THE VOICE: on the outside, looking in

#### HUNGER MAKES YOU SPEAK

Students have always yearned for something different, a platform to air and share views, something entertaining yet educative. These are feelings that intertwine and bring us together to share our stories in a most defining way.

The importance of a student journal is embedded in one statement “the mightiest of the mighty is the pen”. “Team Microscope” as we like to call ourselves, had to endure tiresome weeks to bring to fruition the first of many volumes of the “The Microscope”. Pioneering a project of this magnitude will drain little of the life of anybody and that is the reason why I like to commend the whole team for their commitment which has culminated into what we are seeing today.

Many will argue that there are some values and drawbacks but as is often the case even in policy design, competing opinions have both their merits and limitations. We will humbly accept constructive criticisms even as we dedicate a forum for editorial, letters and signed columns in our subsequent editions.

We hope to consistently cover student news, present current issues with obvious research and provide feature stories of genuine interest. We are here to “infotain” you.

#### UNTIL THE LION LEARNS TO WRITE ITS OWN STORY, THE STORY WILL ALWAYS FAVOR THE HUNTER

The school journal is an important student activity. This is the right platform to improve communication between all groups in the school both students and faculty. Our understanding of school issues will be heightened. What we seek to achieve as a group is to interpret school rules and regularities and provide feedback on student reactions and by so doing we will help silence rumors that often arise in the absence of information. We believe that in every human setting opportunity should be available for dialoguing and the student journal seeks to create that platform for that enablement.

### FINALLY...

The purpose of editorial writing is to weigh evidence and reach conclusion based on sound reasoning. In light of that respect, not everything that is written here will favor students or faculty. Yes!! we should all learn to agree to disagree after all, variety is the spice of life. We might yet fix the world if we could carefully explain it and it is important that we avoid Negaholism but in so doing we should exhibit a sense of decorum in our writings and rebuttals to issues.

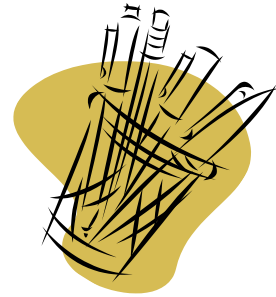
Lastly, sometimes I wish I had Kim Kardashian's talent of not having any talent and making money out of it but I do not and neither do you. I just made that statement to the effect that we are still in the search for supporting writers, artists, photographers and the ugly truth is you are not getting paid. Sorry!!! You can get in touch with any of the team members whose details will be provided if you are “still” interested.

### HAPPY READING!!!!!!

The Chief Editor.  
Kwasi Yeboah Jr.



## THE TEAM



*CHIEF EDITOR: Kwasi Yeboah*

*VICE CHIEF EDITOR: Alastair Wallace*

*SECRETARY: M.K.L*

*EDITORIAL STAFF: Joseph Namila*

*EDITORIAL STAFF: Jessie Carlos*

*NEWSPAPER LAYOUT AND DESIGN: Alastair and Joseph*



# Reflections

*The purpose for this column is to inspire, encourage and uplift your hearts, minds and souls. So prepare yourself, reader to be simultaneously challenged and inspired as you read on.*



## HOW BADLY DO YOU WANT TO BECOME A DOCTOR?

by Jesse Carlos

### HOW IMPORTANT ARE YOUR STUDIES TO YOU?

Most of us have faced this question and will almost certainly face it again as new challenges and distractions enter the picture. As a fellow student, I know just how hard it can be to motivate yourself to study and how easy it is to get straggled by distractions. Life can put many hurdles in the way of student progress but ultimately we write our own destiny.

One of the biggest challenges any student can face on a regular basis is laziness. We love to delay, we find comfort in sleeping and in other relaxing activities, we idle away time as though it were a useless commodity. If it wasn't for 'зачеты',

exams and other deadlines that force us to do work, none of us would open a textbook.

Perhaps you've been guilty of a little laziness this semester and you're suddenly facing reality as the amount of work has skyrocketed. You're panicking and wondering how to motivate yourself to start studying again.

Basically, there are two things that motivate us in life: inspiration and desperation. We either move toward that which inspires us or, we move away from something that fills us with despair or discomfort. The majority of the world uses desperation as a motivator.

The problem is that motivation spurred by desperation is not a good way to encourage yourself because it forces you to do things at the last minute. You study because you have to, not because you want to. The people who use desperation to motivate themselves are not happy because they are always exhausted from stress.

The best way to encourage yourself is through inspiration. Inspiration is rooted in your emotion; by using emotion as your thrust you will be able to push yourself to long term and permanent motivation. You will study because you are motivated by passion, love and respect for the medical profession. You will study because YOU WANT TO BE THE BEST DOCTOR. You will attend lectures not because you fear expulsion but because you feel you have made a commitment to be there, and you are driven to keep

that commitment. If inspiration is your motivator you don't need an alarm clock to wake up in the morning. You are doing what you love to do. You are changing the world and serving people around you.

Let the passion to succeed drive you. Inspiration is the greatest motivator not desperation. **T.M**

## Advertisement

Miss Tambov State University 2013

Tickets: 50 Rubles

Date: 14 May 2013

Venue: Medical Institute Concert Hall

Time: 18:00

SEE YOU THERE

Contact - Margaret 89616286452

Killing for the Crown



# my DAILY me

## click click BOOM!!

BY M.K.I

**T**ambov can be described in many words one of which would be to say it's a blast. There is literally never a dull moment in the small town. The snow continues to sprinkle down pure white crystals of cold but has not managed to chill the fun or fashion.

one could not have asked for a more event-full start to 2013 than what was. The new year's bash brought not only a daily dose of more tambov drama but also managed to bring an end to the coup debat between the english and french. It was sad to see the night cut short due to a brawl. having to leave the beautifully set up Amaks hotel. many were left disappointed. calling it an early night.



farewell to winter...net!! winter just refuses to budge this year. well after having held the annual Масленица «maslenitsa» ceremony of eating pancakes and burning the best dressed doll in farewell to winter. The snow continues to gently fall. A huge crowd gathered at the Antei gym to watch a moving human centipede show and tug of war competition. The crowd braved the cold and was treated as by tradition to hearty pieces of pancake with an assortment of jam and a warm cup of tea. Time well spent indeed. welcome spring.



The month of love did not disappoint club Luna hosted the valentine's party dirty dancing to the awesome beats of DJ Kersey. who has in recent months become a household name in the tambov party scene. smooth sounds were played well into the wee hours of the morning. truly a night to remember.

march 8<sup>th</sup> marked the Ghanaian independence day. in true Ghanaian style a tasteful dinner was held in celebration on the 8<sup>th</sup> of march at conference hall. Though an intimate small event it produced amazing photography. unique and diverse groups were in attendance from zambians. namibians to french speaking students. the event was truly African. Azonto Azonto all night long.

special credit has to be paid to Fide Usman. everlasting congratulations on his marriage to longtime girlfriend and now wife!!



The student orientation concert showcased true medical school talents. from

amazing vocalists to mind blowing dancers. who ever said doctors can't be cool. however the highlight of the concert was the romantic declaration of love that led Vladimir Sechenov to propose to his beautiful girlfriend. most were left in tears. oh happiness!

**however the highlight of the concert was the romantic declaration of love that led Vladimir Sechenov to propose to his beautiful girlfriend**

Both sexes had their individual days to shine and be appreciated. men were valued that much more on the day of military motherland fighters also known as men's day. while most men received beer mugs. the ladies were

thrilled to have a reason to chew on some more chocolates on woman's day.





The lovely loud and extremely proud namibians celebrated their independence on Saturday 30<sup>th</sup> March although their day of independence is the 21<sup>st</sup> of March.



The event proved to be be amazingly African and judging by the gorgeous women on the committee. it's no surprise the party was an extravaganza. In true ubuntu nature. massive numbers showed up in support of the land of the brave. Drinks galore and soul food satisfied every pallet ©**T.M**

# march ♡ APRIL in pictures





# SPORTS CAFE

By Joseph Namila

**Sport** is a very important part of every society. At TSU medical institute, the focus is not only on producing intellectuals but also physically healthy and fit Doctors. It is for this reason that sport at TSU is high on the pyramid when it comes to extramural activities. Sport is human life in microcosm



A player who conjugates a verb in the first person singular cannot be part of the squad, he has to conjugate the verb in the first person plural; We. We want to conquer... We are going to conquer. TSU, we conquer Sport in the Russian Federation.

In an effort to deepen the relationship between the Russian students and us, the international student community, the university recently held a volleyball tournament.



In commemoration of International women's day, the foreign student held a football tournament in retrospect to their respective mother land. It was a two day tournament; from the 9<sup>th</sup> to the 10<sup>th</sup> of March 2013.

The tournament comprised of countries: Zambia, Ghana, Morocco (which was split to team A & B), Tunisia, Algeria, India, Nigeria and Iraq.

India did well on their first encounter with Ghana, only conceding 2 goals, but Morocco showed them that experience count by awarding them 15 goals to 0. Iraq exhibited excellent professional football skill landing them in the final.

The 3<sup>rd</sup> and 4<sup>th</sup> places went to Morocco & Zambia respectively after a penalty shootout. Indeed the best was saved for last as only 1 goal was scored in the last minute of the game to crown Algeria against Iraq in the tournament finals.

Algeria were the champions taking the pride from Ghana/Nigeria



## SPORTS CHAT

We caught up with an Active Sportsman who was present for the SKIING ADVENTURE just so we get first-hand what the Ice Sport was like. (In Sports Chat)

SPORTS CAFÉ: Hello, just so everyone know you, What is Your Name?

MAX: Maximilian Van Wyk, I m a 3<sup>rd</sup> year medical student.

S.C: Have you ever gone skiing before?

Max: No, Only skating.

S.C: How Was the Russian Skiing Experience?

Max: For me personally, it was a new challenge and I would have enjoyed it if I was an expert at it, but it was difficult. Therefore my first experience wasn't as good. Hopefully it will improve by next winter or so.

S.C: Did other International students tag along?

Max: Yes, students from Morocco, Tunisia, Cameroon and CHF.

S.C: Nice! Sad i missed it. Given the chance would you do it all over again?

Max: Yes i would, with the proper practice before hand.

S.C: Thanks alot for the chat Max, have a good day.

MAX: You welcome, good day to you too. **T.M**



# THE SCIENCE LOUNGE

## COULD THIS BE THE END OF THE PANDEMIC?!

By Alastair Wallace

Last February at the University of Washington, St Louis School Of Medicine a great discovery was unfolded; A POSSIBLE HIV TREATMENT!!

Melittin is a toxic component of Apitoxin [Honey Bee Venom]. It is a cell membrane lytic factor hence can disrupt any form of cell membrane making them ridiculously permeable to Na and Ca ions consequently leading to their demise.

Unlike other drugs used in the war against HIV/AIDS which basically destruct the replication apparatus of the virus and not the virus itself, Melittin destructs VITAL components of the virus and destroys it.

Melittin is smaller than normal human cells in physical size, so Joshua L Hood MD, PhD, who is the leading doctor in the discovery loaded Melittin onto nanoparticles and a somewhat 'Protective Bumper' around the Nanoparticles. The Protective Bumpers don't allow normal human cells (which are larger in size) to be in contact with the toxin, Melittin but HIV which is smaller than the human cell will slip through the Protective Bumpers and be destroyed by the toxin.

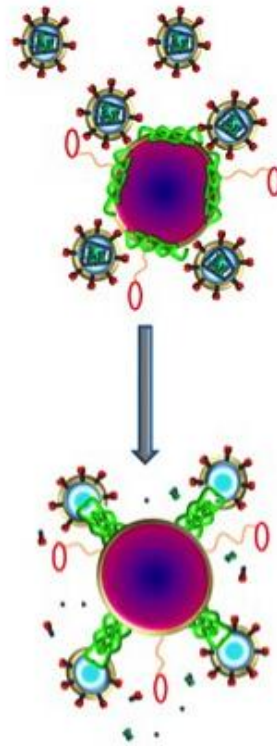
Unlike other drugs used in the war against HIV/AIDS which basically destruct the replication apparatus of the virus and not the virus itself, Melittin destructs VITAL components of the virus and destroys it.

A possible preventive gel is also under study.

"Our hope is that in places where HIV is running rampant, people could use this gel as a preventive measure to stop the initial infection" Dr. Hood pointed out.

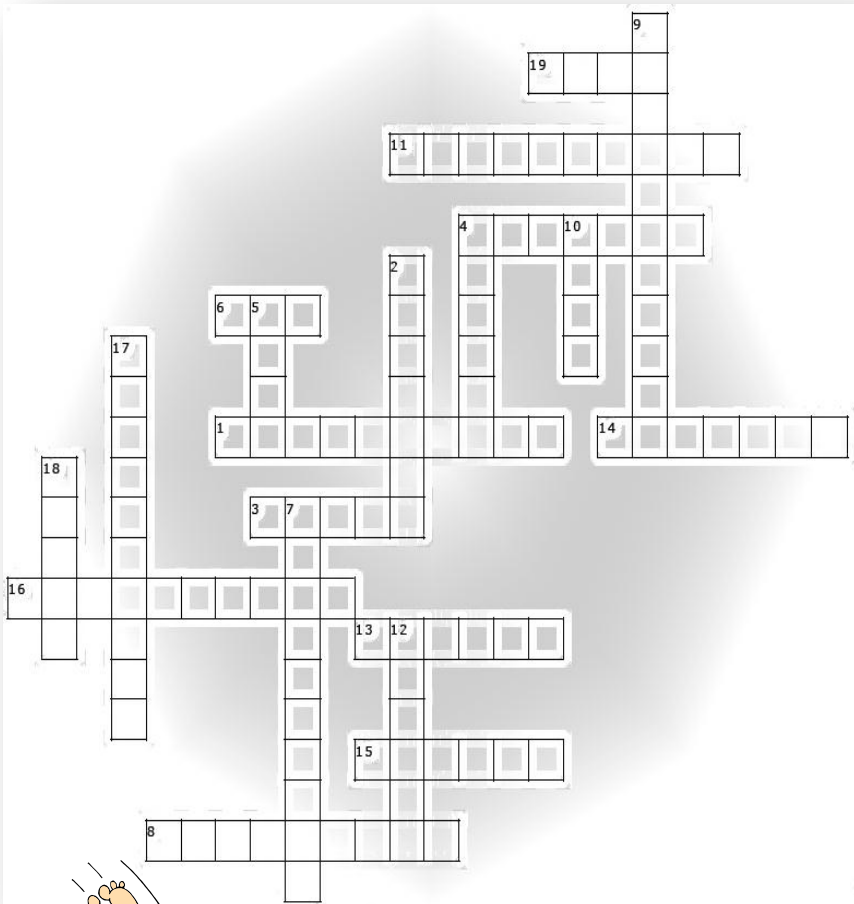
Considering the size and similar structures of Hepatitis B and C viruses with the HIV, the Toxin could also be used in their cases. The toxin has also been used in some cancer cases.

**T.M**



Nanoparticles (purple) carrying melittin (green) fuse with HIV (small circles with spiked outer ring), destroying the virus's protective envelope. Molecular bumpers (small red ovals) prevent the nanoparticles from harming the body's normal cells, which are much larger in size.

# FUN n' GAMEZ



**Across:**

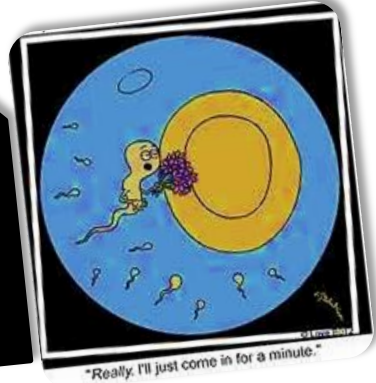
- 1. type of leukocyte
- 3. combining form meaning white
- 4. windpipe
- 6. cardiopulmonary resuscitation
- 8. blockage of a blood vessel
- 11. inflammation of the larynx
- 13. combining form meaning kidney
- 14. difficult breathing
- 15. suffix meaning digestion
- 16. spitting up blood
- 19. suffix meaning urine

**Down:**

- 2. combining form for lung
- 4. suffix meaning crushing
- 5. prefix meaning many
- 7. outer layer of the heart wall
- 9. surgical removal of the stomach
- 10. suffix meaning cell
- 12. combining form meaning small intestine
- 17. protein in the blood
- 18. absence of breathing

**DID YOU KNOW**  
 During your lifetime you will produce enough SALIVA to fill up TWO swimming pools?

**DID YOU KNOW** the LARGEST cell in the human body is the OVA and the smallest is the SPERM?



- Down**
- 1. lymphocyte
  - 2. pulmono
  - 3. leuko
  - 4. trachea
  - 5. poly
  - 6. cpr
  - 7. epicardium
  - 8. gastronomy
  - 9. cyte
  - 10. entero
  - 11. dyspnea
  - 12. hemoglobin
  - 13. apnea
- Across**
- 1. lymphocyte
  - 2. pulmon
  - 3. leuko
  - 4. trachea
  - 5. poly
  - 6. cpr
  - 7. epicardium
  - 8. gastronomy
  - 9. cyte
  - 10. entero
  - 11. dyspnea
  - 12. hemoglobin
  - 13. apnea

## Sudoku!

1	6		3	9		8	7
2				5	1		
8			2			4	
	1	6	4		8		
			6			4	3
	8	4		7			1
		8			3	7	1
5	7			4			9
6			2	8			4