

SLAM

Student Literary & Arts Magazine



SPRING 2014 EDITION

A Publication by the Students of the New York College of Podiatric Medicine

SLAM

*Student Literary and Arts
Magazine*

Spring 2014 Edition

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Title Cover Art:
"With Each New Step" by
Assistant Editor
Christopher Chung

Letter from the Editor

February 28, 2014

Dear Reader,

It is with a great deal of joy that I present to you the Spring 2014 Edition of New York College of Podiatric Medicine's Student Literary and Arts Magazine (SLAM). Founded by Dr. Sahani Howie (Class of 2007) and under the leadership of various NYCPM alumni throughout the years, SLAM has been a creative and welcoming platform for students, faculty, staff and administration of the NYCPM community to express their imaginations, emotions and artistic visions of the world.

Leonardo Da Vinci once said, "Study the science of art. Study the art of science. Develop your senses- especially learn how to see. Realize that everything connects to everything else." Art and science have a symbiotic relationship in which both entities thrive and bloom in the presence of the other. The fluidity and malleable nature of art allows science to explore new ideas, concepts and theories. In turn, science provides a foundation of principles for art to build upon to reflect the vision of the artist. The development of the human mind reaches new heights when time is invested in appreciating art and science.

As a third-year student at NYCPM, I have had the opportunity of spending numerous hours in the Foot Center of New York and affiliated hospitals. Regardless of the rotation, I have observed the partnership of art and science time and time again. For example, spending a day under the service of Dr. Cusack means applying biomechanical principles to modifying an orthotic while allowing our creativity to make the modifications a reality. Sitting in surgery class, I see the artistry of the surgeon through their cuts as they make their clinical decisions off the science of anatomy. As we grow into doctors of podiatric medicine, we continue to develop as human beings, and it is important to grow in all aspects in order to become the best versions of ourselves.

I want to thank first and foremost the hardest working team I have had the honor of being a part of. The SLAM staff of 2014 invested their time, energy and most importantly, their creativity, in bringing to life this student-run publication. I want to express my thanks to the many talented artists who shared a piece of themselves through their art. I would like to express my gratitude to Dr. Laurence Lowy for his enthusiasm and support. I would like to thank Linda Chusuei for her guidance in the technical aspects of putting this publication together. And lastly, I would like to thank you for taking the time and appreciating the artistry of our featured artists.

Sincerely,
Prema S. Hampapur
Editor-in-Chief



SLAM Staff 2014



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Dedicated to Dr. Sahani Howie, 2007

Dr. Sahani C. Howie was born in Sri Lanka and immigrated to the United States in 1988. She received her Bachelor of Science degree in the field of molecular biology with honors from Wagner College in Staten Island, N.Y. She then went on to pursue her graduate studies at the New York College of Podiatric Medicine (NYCPM) where she received a Doctor of Podiatric Medicine degree in 2007. During her time at NYCPM, Dr. Howie was honored with various awards such as the APMA Educational Foundation Scholarship, Maimonides Scholarship and Sidney Solid Scholarship. Additionally, in response to a group of students that had interests in art, poetry and music in her class at NYCPM, she founded Students Literary Arts Magazine (SLAM) as a way for the students to showcase their many talents and ways to express themselves. With every passing year, SLAM became increasingly bigger and better, which made Dr. Howie very proud. Dr. Howie also participated in the United States Military Academy (USMA) at West Point new cadet boot fit.



Upon graduation from NYCPM, Dr. Howie began her three-year graduate residency training in podiatric medicine and surgery at the St. Francis Hospital & Medical Center/UCONN consortium in Hartford, Connecticut. Upon completion of her residency training, she became board certified in foot surgery and advanced wound care.

Currently, Dr. Howie works in a private practice in Bridgeport, CT. She is also an active member of the American Podiatric Medical Association's Young Physicians Program.

We would like to thank Dr. Howie for her leadership and contributions in establishing a creative outlet for NYCPM students and staff to express their artistic talents and interests.





"Red spot"

Featured Artist: Jobi-koong, 2014

What inspired you to photograph the object/scenery that caught your eye?

Nature's life circle. I went to the same spot to find another one but they were all gone.

What special features did you wish to bring to the viewer's attention in your photograph?

The contrast of the mushroom's color.



What advice would you give someone who wants to become a better photographer?

The chance of getting a good picture might not come easily; don't leave your tools too far.

Aside from photography, do you enjoy other art forms such as painting, filming, sculpting, etc.?

Art of cooking yes, lol.





"Baby Girl Pink Converses"

Featured Artist: Dick Chung, 2017

What made you choose to knit these particular objects?

I made these about 3 years ago as a gift for my ex-manager. She gave birth to a baby girl, and I wanted to make her something that was unique. So instead of making regular booties, I came up with a pattern to make them resemble Converse shoes.



What makes your knitting stand out from other knitted pieces you've seen?

I try to make my knitting as realistic as possible. I do measurements and calculations to come up with my own patterns, and try to work in different techniques to come up with things that people have never seen before.

Aside from knitting, do you enjoy other art forms such as painting, filming, sculpting, etc.?

I enjoy photography. This does not just include taking pictures, but also the more technical aspect of it, such as developing (film and digital) and post-processing. I like to produce photos where it would capture someone's attention from just one glance. I also enjoy martial arts, which is why I've gotten two "Mixed Martial Arts and Craft" ninja t-shirts from different people on separate occasions.



"Sunrise on the Staten Island Expressway"

Featured Artist: Dr. Zev Leifer, Professor of Bacteriology

What inspired the piece (or pieces) you submitted?

G-d is the Great Artist. He gives us exquisite beauty to enhance the world we live in. As I walk in my neighborhood or travel to and from work, I try to develop an Attitude of Gratitude, to take note, with appreciation, of the visual treats that He provides.



Have any individual(s) influenced your work (personal or celebrity)?

I give great credit to my mother and her parents for teaching, and living with, this way of looking at the world.

What made you decide to submit your work to SLAM?

A desire to share this experience and these magnificent views.





"Untitled"

Featured Artist: Anonymous

What made you decide to submit your work to SLAM?

Personally, I don't like critiques. My art is an expression of the emotions that I feel during that time. It is a way of releasing those emotions, in my case- onto a canvas. However, I do like to share my work. I believe that all art can be inspirational in one time or another.

Have any individual(s) influenced your work (personal or celebrity)?

My mother always liked sketching, and she was very good at it. She doesn't practice much, but when she picks up a pencil and sheet of paper, it just turns into beauty. I began sketching with her and hoped that one day my art would look as beautiful as hers. I was so young and didn't realize that every artist has their own style. Hers was a more realistic type. But I was brought up watching Disney films so my art gave off more of a cartoonish vibe. More or less, I am pleased with it. However, as I am maturing as a person, all those films from my childhood do not influence me in the same way anymore. I would enjoy adding a bit more realism into my art.

Are there any other forms of art/media for which you have a passion?

I spend some time on Deviantart, where I browse works from fellow artists. I enjoy looking at traditional and digital art. The good thing about digital art is that you use a computer program, which allows you to go back and undo a mistake if you make one. A reason that I admire traditional art is due to the fact that you cannot go back and undo mistakes. Also, with digital art, the colors of the rainbow... every single color is provided for you. Whereas, for traditional art, you have to put more effort and patience in figuring out a way to get the color you need.



"Sky in Puerto Rico"

Featured Artist: Dr. Peter Barbosa, Professor of Biochemistry

What inspired this piece?

Photography has always been one of my passions. I also deeply love my country, Puerto Rico. I find Puerto Rican skies inspirational and magical. For several years I have been taking photos of the many versions of our skies.



The skies of Puerto Rico as captured by Dr. Barbosa





"Sunrise"

Featured Artist: Shivani Panchal, 2017

What kind of memories does this photograph stir up for you? Are there any messages that you are trying to convey?

This photograph brings me peace of mind. We're in such a constant rush everyday to get a laundry list of things done that we forget to step back and breathe and just take in the moment. I want this photograph to remind everyone that no matter how busy we get, it is essential to take a few moments to just be present and to observe everything going on around us.



If you can only pick one food item to eat for the rest of your life, what would it be and why?

That's a tough one. I'd pick guacamole. It's so flavorful, rich and healthy. I'd need chips on the side though!

If you can have one superpower, what would it be and how would you use it?

The ability to fast-forward, rewind or pause time. There are so many things I could get done with that superpower.

If not podiatry, what would your calling in life be?

A wedding planner.



"Untitled"

Featured Artist: Sarah Daigle, 2015

What kind of memories does this photograph stir up for you?

The countryside of Wales is absolutely beautiful, and this picture reminds me of my trip backpacking through it. I was there in June 2011, and this castle was up on a hillside, surrounded by sheep and cows grazing. The castle itself is from the 13th century. I like this picture because there is so much detail which I think tells its own story.

You can see the indentations from the metal knocker and the rust stained wood....there's just so much history in this place - I could go on for hours!



Do you have any tips for people first venturing into photography?
Just have fun!





"Road to Rainbows"

Featured Artist: Nina Klein, 2014

What inspired you to photograph the object/scenery that caught your eye?

This was taken from the top of the Eurasian Tectonic Plate.

What special features did you wish to bring to the viewers attention in your photograph?

The rainbow lies in front of the start of a volcano, that is disappearing into the clouds.

What emotion were you feeling while taking your photograph?

This location was so special because it reminded me of how humans just inhabit the Earth and cannot control the geology that continues to change.

If you could meet any artist from the past or present, who would he or she be?

Peter Lik



Iceland as captured by Nina Klein



"First snow creation"

Featured Artist: Qian Xu, 2017

How did you come upon a title for your art piece?

This was the first snow piece I ever built.

What made you decide to submit your work to SLAM?

I would like other people to share my joy.



Have any memorable experiences in NYC or NYCPM influenced your work in any way?

My experience during first semester at NYCPM has crafted me into the person I am today. It taught me to have no fear and hesitation; if you want something bad enough, just go for it.



"Untitled"

Featured Artist: LeFelch

What is the title of your work and why?

My piece of art does not have a title. I prefer to have my audience create their own title in their heads, as it stimulates the creativity and passion brought on by my painting.

What inspired the piece you submitted?

One afternoon I sat in the quiet stillness of Central Park. It was a sunny day, with warm weather. Spring was almost upon us, and a light breeze rustled through the trees. Out of the corner of my eye, I happened to see a small squirrel dashing around collecting nuts. As the squirrel zigged and zagged around a homeless man sleeping on a bench, I noticed the sunlight coursing through the leaves of the trees overhead, creating patterns of shade and sunlight on the dew-soaked grass. At that moment, the image of my work flashed into my consciousness, and I went home and began to create the piece.

What mediums or tools did you use creating your piece?

Since I painted this piece outside of hunting season, I was unable to use my traditional tools of deer blood and bamboo shoots. As such, I had to settle for acrylic paint. Although the background of the finished piece is white, I initially painted the entire background black. After letting it dry for several weeks, I repainted it white. I find that this gives the background an impressive texture not commonly found in modern pieces.



"Winter Sunset"

Featured Artist: Sameep Chandrani, 2015

What inspired you to photograph the object/scenery that caught your eye?

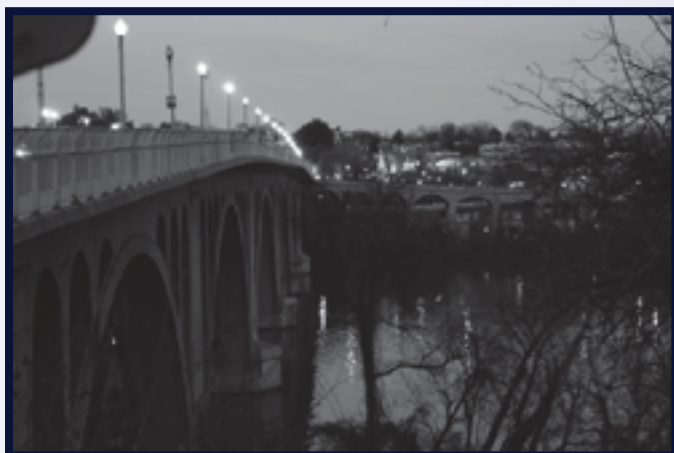
The whole idea of a sunset. I don't usually get to see it here at school because you are so caught up with everything else, but there was just something about the peace, the quietness and a nice view.

Who inspires you?

My mother. She's the one that pushes me towards all this. Being an architect and a musician, she tends to love arts, and in turn, gives me a reason to love it, too.

What made you choose to submit your photo to SLAM?

It allowed me to find a reason to take photographs to share with others instead of just for myself. I wanted to get people's criticism and advice for future photographs.





"A Holiday Ray"

Featured Artist: Sabina Abbasova, 2015

**Is the drawing anatomically correct?
Did you consult any atlases before composing this piece?**

I drew from memory and my own knowledge of anatomy. The sizes and proportions may not be completely accurate.



What was the inspiration for this drawing?

An actual X-ray of a foot in a heel.

If you could have any super power, what would it be and how would you use it?

If I had a superpower, it would be a photographic memory, which I would use to read articles and provide the ultimate evidence based medical care.



"Antlered Deer are Rare During Hunting Season"

Featured Artist: Dr. Laurence Lowy, Dean of Student Services

What special features did you wish to bring to the viewer's attention in your photograph?

Those antlers. The fact that this guy survived despite Connecticut pushing for eradication of them as pests. They eat my flowers and plants as much as anyone else, and I've had my share of ticks, but I still think they're beautiful to watch.



What emotion were you feeling while taking your photograph?

"You damn well better not move."

Aside from photography, do you enjoy other art forms such as painting, filming, sculpting, etc.?

As far as what I do, writing. As far as appreciation, all the arts. Life would be horrible if it was all work-related (medicine, law, finance, etc.) and no artistic outlets. And my love for film rises above all.

If you could meet any artist from the past or present, who would they be?

Leonardo Da Vinci. But I probably wouldn't understand him because I don't speak Italian.



"Opportunity"

Featured Artist: Jeremy Dublon, 2015

What is the title of your work and why?
"Opportunity", because New York has always been seen as one's arrival in the land of opportunity.



What inspired the piece you submitted?
My experience at NYCPM and New York City, in general.

Have any memorable experiences in NYC or NYCPM influenced you work in any way?

Third year of NYCPM has allowed me the opportunity to see how much impact we can have on patients' lives, even by simply cutting the nails of someone who can no longer depend on themselves to do so.

Anything additional that you would like to add to your Artist Profile?

I would like to thank everyone who helped to fabricate this edition of SLAM.



"Bella Brooklyn"

Featured Artist: Sarah Zottoli, 2015

Where was this photo taken and why did you decide to take it?

It was taken from under the Brooklyn Bridge, surrounded by construction. There were a few seconds where I had a view that cut out all the construction and really let the bridge be shown in all of its glory. I took the picture with my younger brother in mind. He had just left New York and moved across the country, and I sent this to him as a little memento of the places we explored when he lived here.



What kind of memories does this photograph stir up for you? Are there any messages that you are trying to convey?

That day, my husband and I took a long walk from Harlem to the Freedom Tower to the High Line. The weather was beautiful, and we took our time appreciating some of the city's stunning architecture. I wouldn't say the photo is intended to convey a message, just capture a small glimpse of an iconic piece of the city's history.

If you could have one superpower, what would it be and how would you use it?

Wow, this is a tough question. I'd probably choose to be able to eliminate any health ailment by thinking about or touching a person. It doesn't even have to be every disease or condition. If I could take away metastatic cancer from a loved one, that would be super enough for me. If I were able to eliminate cancer for my lifetime, I'd happily pass on invisibility, flight, super strength, or any other conventional superhero power.



"Lighthouse South of Manitoulin Island, 1993"

Featured Artist: Paul Tremblay, Librarian

Out of all the photographs that you've shot, which one means the most to you, and why?

I took many, many portraits of children. I love freezing a smile in time, to document both facts and warm feelings.



Do you have any tips for people first venturing into photography?

Don't be lazy about it, dedicate yourself to it and wait...wait for the perfect shot.



"Tear"



"Sunny Icicle New York City"



"Untitled"

Featured Artist: Amanda Maloney, 2015

What is the medium of choice for this piece?

Chalk Pastels

How long did it take for this piece to be completed, and how often do you find yourself composing works of art?

I started this piece in high school, but didn't finish it until a couple of years ago. Lately I have been oil painting for a couple of hours on the weekends.



What is your current/next project?

I'm working on an oil painting of a portrait of Lucille Ball from the 1930's.

If not podiatry, what would your calling in life be?

I spent my first undergraduate year working on a major in architecture and a minor in art history. I'm still very interested in both, so I would probably choose interior design as a second career choice.



"A ride through Central Park"

Featured Artist: Anaida Abagyan, 2017

What was it about the object/scenery in the photograph that caught your eye?

I was walking through Central Park with no particular plan as to what I was going to photograph when the clouds darkened and it started to snow furiously. I was tempted to put away my camera, being afraid that it would get damaged, when I saw a horse carriage round about the corner of the road. On any other day I wouldn't have given a second glance to a horse carriage, having seen so many of them in NYC, but this one was straight out of a storybook. The typical NYC rush of busy life and congesting skyscraper monotony vanished with the rhythmic beat of hoofs, enshrouded in a falling blanket of snow. The carriage was gone as fast as it appeared and I got only one shot in that time.



What makes your photo stand out from other photos you've seen?

This photograph has simple, organic beauty to it which I have rarely experienced in a modern, busy city like NYC.

If you could meet any artist from the past or present, who would they be?

I would like to meet Salvador Dali and gain insight to his emotions behind his work. His paintings invoke feelings of eerie wonder, silliness and realistic abstraction in me and I am curious to find out his thoughts and inspirations behind his pieces.



"Pink Sunrise from the Apartment"

Featured Artist: Jessica Pendergrass, 2017

How often do you take photographs, and would a camera always be around your neck when you go on vacations?

I like to travel and take photographs. I will have a camera in a backpack. I go for quality over quantity in general.



If you could have one super power, what would it be, and how would you use it?

I would love to be able to teleport myself anywhere in a split second. That way I could visit people around the world.

If you had to pick one city or country to live in, what would it be and why?

I have lived in the United States my whole life, so my plan as of now is to move back to the South somewhere and practice Podiatry there after residency.



"With Each New Step"

Featured Artist: Christopher Chung, 2016

How long have you been practicing your craft?

I've been drawing for as long as I can remember. My grandfather, from my mother's side, was a painter, among other things. I never had the privilege of meeting him, but maybe some of his energy and enthusiasm for art trickled down the gene pool and lives in me in some small way.



Have any memorable experiences in NYC or NYCPM influenced your work in any way?

My friends. Honestly, I've made some great friends during my time here so far in NYCPM. Being with them every day, going through the good and the bad together, make them eligible family members in my book. They give me endless support and encouragement not only in my artwork but also in my studies. That positive energy has a large part in my work.

Anything additional that you would like to add to your Artist Profile?

I'd just like to express how much gratitude I have for my family and friends for being such a large part of my life. I also would like say this to anyone who thinks they can't draw or that art doesn't apply to them:

You don't have to be an "artist" to be an artist. Fun, creativity and imagination are things that cannot be categorized and are an inherent part of being human. So I'd like to encourage you to find their artistic side, not by creating art that is perfect, but by finding the imperfection that makes you, you.



"Frozen Moment"

Featured Artist: Ashley Kim, 2017

How did you name your piece?

I wanted to capture the delicate instant when everything slows down and you're struck with the beauty of the world. I wanted the deer to seem as if it could fade at any moment to highlight the fragility of that moment.



What inspired the piece you submitted?

This was inspired by the rare moments of peace and contentment, which I really value.

Have any memorable experiences in NYC or NYCPM influenced your work in any way?

NYC has several mesmerizing parks that can transport you to another place if you allow it to. You feel like you're in a dream when you visit Washington Square Park at night or Madison Square Park during the day.

Earth's Mother

Heavy tears of rain
Drenching her beautiful face.
Hurling snow to shield her pain,
As her heart continues to weep.
Sorrow.

Daggers of lightning flash in her fury,
As her rage scorches the fertile land.
A deadly path of fire ignites,
Destroying her spirit and glory.
Anger.

Her frightened cries drift through the savage winds,
Shivering and shaking from her core.
Crashing waves and thunderous screams
She calls out to be saved.
Fear.

She is beauty and kindness.
She shares and provides.
She comforts and protects.
She is us as we are her.
Love.

Featured Artist: Prema Hampapur, 2015

What inspired this piece?

This past winter in NYC has been pretty harsh with an alarming amount of snow. Global warming is upon us as a reaction to our previous and current treatment of our planet. This poem reflects my idea on how Mother Earth feels about her poor treatment and how her emotions are expressed through the extreme weather.



When did you first start writing poetry?

I began writing poetry when I was in elementary school. We had a poetry unit in third grade and I absolutely loved writing poetry. It was a way for me to express my emotions and ideas without any strict format; I was free to write how I pleased, and more importantly, how I felt.

What does poetry mean to you?

Poetry has been a catharsis for me and I have always turned to this method of expression to relieve stress or to just relax. The beauty of poetry is that there is no right way or wrong way. It is your way. It can be universal or personal. It can be serious or fun. It is a reflection of you. It is a reflection of your questions. It is a reflection of your thoughts. It is a reflection of your feelings. This is the beauty of poetry.

What advice would you give someone interested in writing poetry?

Be honest with yourself. Write from your heart. Be courageous. Express yourself! And the most important aspect is have fun and let your imagination be free!



"Still Palms"

Featured Artist: Candace Masso, 2015

What were you thinking when you were painting this picture?

I was going to my happy place--a warm, tropical locale.

What medium did you use?

A 12" x 12" canvas with 4 different colors of acrylic paints. I used black, white, periwinkle, and a dark green and kept blending so I could stay within a similar palette.



What inspires your art?

I'm not the best artist, so I try to go for more abstract things because that way if you make a mistake it doesn't look as bad.

When did you first start painting?

I started painting last year. It's a good stress relief.

What advice would you give to someone who wants to start painting?

Start off with some colors that really attract you and try blending them into different hues and then start throwing them down on the canvas. Maybe try some different stroke techniques like swirls or curves or linear lines and if you don't like it, you can let it dry and paint over it. If you like what you see, keep going!



"Morning Commute"

Featured Artist: Pamela Adrian, Associate Director of Admissions and Student Services

What inspired you to take this photograph?

My niece grew up in Florida and California – she’s never seen snow. I think of her when I photograph winter landscapes (and share them on her social media.)

When did you begin taking photographs?

I’ve always enjoyed photography, particularly black and white landscapes. I definitely prefer being behind the camera rather than in front!

What about photography interests you?

Capturing the beauty of the moment.

What advice would you give to someone who is interested in photography?

If you can’t afford an expensive camera, don’t be afraid to use your smart phone camera. With the right editing programs, your pictures can still look professional.

If you could meet any artist from the past or present, who would they be?

Ansel Adams



Behind the Scenes...





THE MIRRORS WOULD
DO WELL TO REFLECT
FURTHER

- JEAN COCTEAU