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Submissions, comments, suggestions, ideas, or questions? Email Jennie at jhthomas@umc.edu
Welcome to the November Murmur! Let’s talk about what is happening within your ASB.

- **The School Cup.** It has once again taken campus by storm. Thomas Wood, our School Cup Chair, is working diligently to help coordinate and plan events. Keep track of upcoming events and follow the leaderboard on the ASB website.

- **The Student Union.** The staff is doing an incredible job, as usual, at creating fun and exciting activities allowing us to take some healthy breaks from our work. Follow University of Mississippi Medical Center Student Union on Facebook for updates and news.

- **The ASB website.** Are you an automatic e-mail deleter (AED)? There are many AEDs in professional school. You’re not alone. But now, all the Student Activities information you need is posted daily on the ASB website. So delete away! You won’t have to hoard all your e-mails like me.

- **Intramurals.** Carson Kisner has revolutionized IM sports at UMMC. He is launching a new platform for registering and scheduling IM teams (www.imleagues.com/UMMC). Also, he brought us the first ever season of indoor soccer. Now, it looks like he may be bringing softball and kickball leagues this spring. What’s next? Curling? Volleyball and basketball are up next.

- **Community.** There is a reason why UMMC is known for its excellent social mission. All I can do is encourage you to be involved and give back. A big highlight includes the graduate school’s Mississippi Health Science Mentoring program where UMMC students serve as mentors for undergraduate students who are interested in pursuing health sciences (contact: Peter Mittwede).

It is the little things we do that makes UMMC a great place to be. I hope that we can help contribute in any way. As the holiday season and finals approach, it is nice to keep in mind that we are fortunate to train and serve as healthcare professionals.

Please don’t hesitate to contact me with questions/concerns/comments! We are here to serve you so that you get the most out of your UMMC experience.

Best,

Brad

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**The Jackson Insider**

**“The Grapes of Wrath”**

New Stage Theatre

Oct 22 – Nov 3

Here is a good chance to experience that book that you were probably supposed to read in High School but decided to Cliff Note it instead. John Steinbeck’s quintessential American story of hope and survival is brought to the stage by Frank Galati’s theatrical adaptation. Renowned first as a novel and then as a prize-winning motion picture, the story of the Joad family and their flight from the dust bowl of Oklahoma is familiar to all. Visit newstagetheatre.com for ticket information.

**“Bravo II: Verdi’s Requiem”**

Thalia Mara Hall

Nov 16 @ 7:30 p.m.

Verdi’s incomparable Requiem, full of towering melodies, embraces the power of the requiem mass text with drama and driving rhythm. Four international singers and the combined choirs of the University of Mississippi join an augmented Mississippi Symphony Orchestra for a stage full of musicians on this incredible evening.

**Fondren Unwrapped**

Fondren

Nov 21 from 5 p.m. to 8 p.m.

Typically held the Thursday before Thanksgiving, the merry merchants of Fondren host this annual open house party to welcome the Christmas season by extending their hours for shopping, food, drink, and music.

**Willie Nelson**

Thalia Mara Hall

Nov 24 @ 7:30 p.m.

An American country music singer-songwriter, as well as an author, poet, actor, and activist, he is one of the most recognized artists in music and guaranteed to put on a great show. Disclaimer: Asthmatics might want to steer clear due to the heavy “haze” that normally accompanies a Willie Nelson concert.

---

**AND MOST IMPORTANTLY,**

The ASB Halloween Party on November 1!

Hal and Mal’s - 9PM to 1AM

Eric Holland, ASB Vice President
Intramurals Inbox

Here's what's new with Intramural Sports!

We have started an all new website for the intramural sports, which can be found at: www.imleagues.com/UMMC. We will begin using this site for the first time during registration for our upcoming Volleyball league.

Registration for Volleyball opened on the website on October 22. The league is tentatively set to begin Monday, November 4th.

Our hope is that this new site will help everyone access to the information they need as we continue to add more intramural opportunities in the upcoming spring semester.

To register on the site you can use this direct link to our school's registration page:

www.imleagues.com/UMMC/Registration.

Once you have registered on the site, you will be able to start a new team in the volleyball league or you can request to join a team made by another captain. If you are not able to find anyone else who wants to play, you can still register for the league and list yourself as a free agent. Captains can then invite you to join should they need more people, or you can send a request to a captain that you be added to a roster (however, it is up to them to allow you to join his or her team).

If you have any questions please utilize the live online support staff chat box on the site (they are very helpful). In addition, you can also email me at cksner@umc.edu and I will get back to you as soon as I can.

I hope you all will be as excited about this as I am as you become more familiar with it.

Sincerely,
Carson Kisner
Intramural Sports Chairman

MARK YOUR CALENDARS!

November 2013

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Happy Thanksgiving!
First up is an interview with the General Manager of Fondren Public, Andrew Kehoe. Here goes!

Author’s note: I’m Will Fuller, an M4, and my intent is that this article will be the first in a series. My goal is to explore how the owners and their places of work operate within the city. If you would like to recommend any businesses whose owners might be agreeable to a chat about what they do in Jackson, please email me at wfuller@umc.edu

JIVING

in

JACKSON

It was a great day to be in the city. You know the kind of day I’m talking about—bright sun overhead mixed with the cool crisp air, telling you that summer was officially over, but winter hadn’t quite made it. The bright fall day was a stark contrast to the dimly lit barroom of Fondren Public. My eyes took a second to adjust to the Edison bulbs illuminating the long wooden bar surrounded by metal framed bar chairs. “Will!” a hand shot up from behind a few bar patrons, and I was greeted warmly by Andrew Kehoe, the general manager of FP. “Good to see you, lets grab a table a little farther away from the action.” We moved to an area of the bar, away from the rattle of the staff preparing for the onslaught of folks coming in after work.

WF: Really like this place. But I have to ask you, with a name like Fondren Public, is it a bar or a pub?

AK: It’s kind of a hybrid. We have a big space, so it’s not a pub in the traditional sense of the word, but we’re going for that kind of a feel and for pub tradition, with trying to bring people together. So we’re not a pub in the strictest sense of the word, but we like that element of being a part of the local community.

WF: But it’s definitely not a sports bar?

AK: No, not at all, that’s why we only have five TVs and a projector. I keep saying that I don’t want more. People ask for them, but we’re not trying to go for that. We want to be able to satisfy people’s needs and wants, and I think we can get away with doing that with the TVs that we have.

WF: Yeah, I really like that projector. You know, the Auditorium—when it was open in Dueling Hall—showed The Big Lebowski and had White Russian night. Do you see yourself doing something like that in the future?

AK: [Laughing] I might just have to steal somebody’s idea because that’s pretty awesome. I want to do more things down the road—I mean we just finished our six week of operations, and it’s been so busy we didn’t want to do anything because people were just wanting to be here for the new bar, but definitely down the road, in the future, we want to do more things inside, outside, and more community involvement type things—charities. I really want to do a golf tournament. I have some plans going on right now that I have to keep under wraps. Maybe a bocce ball league or cornhole tournaments.

WF: The games are great. You can’t really find anything like this in Jackson. I can’t think of anywhere that has big open-air patio with different games. I’ve always felt that Jackson needed a beer garden and this really has that kind of feel to it.

AK: This concept was based around that. We wanted indoor and outdoor activities, but it was just a coming of the investors and pooling of the ideas. We all came together and brainstormed. They had the initial plans, and they always wanted to focus on the beer, having the bocce ball courts, and the patio. So there was always that in the front of the mind. We wanted to design kind of around that.

WF: You mentioned possibly having some showings, like with the projector. Do you see yourself having other events like trivia?

AK: Uh huh maybe. I’m fine with trivia, but we don’t want the bar to become just about events, like karaoke. We want it to be about the bar and the atmosphere. I mean suddenly if people are only coming for events, you lose a certain aspect.

WF: Right, I get that. It can take away from the experience. I mean this place, despite the size, still maintain an intimate feel. It’s about the people in the bar and getting back to what bars were originally intended for, bringing a group of people together. I think everything about this bar really caters to that, right down to the food, which I have to admit is pretty good. When you get a meal here, it’s without a doubt bar food, but there’s something a little more refined to it.

WF: What’s your food like?

AK: Yeh! I have no idea who did them. Those have been around since Chaney had his skate shop here. There were many debates about what to do with them. At first I wanted to paint over them, but then I heard through the grapevine that it would upset a lot of people. Obviously, the argument to keep them was, and I’m glad it did. Kind of a Fondren staple. It’s got that neighborhood, staying local, and staying Jackson element to it.

WF: How do you guys end up here? I mean why Jackson and why Fondren?

AK: Everybody involved is from Jackson, with the exception of one, and he’s been in Jackson for a while and has Jackson ties. But they liked this area. Fondren is an up and coming area in Jackson. You can see the transition in Fondren from ten years ago. Ten years ago people wanted to be here, but most didn’t want to take that risk, but the folks that did take the risk and the opportunity to start businesses here turned their ambitions into rewards, and everybody wins. Now it’s starting to turn into a destination. I always compare it to Williamsburg in Brooklyn. Lots of youth movement going on—lots of community involvement. I think it’s great. I want more places to open and move into other parts of Jackson, like downtown. There’s plenty of real estate. There just needs to be more of a push. There’s way too much talking and not a lot of doing. Granted, there is a lot of stuff that needs to be addressed. It’s not going to be something that can be done in a year. It’s going to be kind of like Fondren—it’s not going to happen overnight. Downtown Jackson has a lot of potential. There was a time when all of those buildings used to be filled with apartments, restaurants, stores, and other businesses. I was born and raised here, and I want to see Jackson be what it used to be—one of the staple cities in the South.

WF: Everything about this bar just screams local, or Mississipi, or at the very least, the South, and in all of the right ways. It’s a great fit for Fondren. I really like the paintings behind the bocce ball courts.

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Bearing Gifts... with The Gold Humanism Honor Society

By: Marla Chapman, M4

WHO ARE WE?
The Gold Humanism Honor Society (GHHS) honors medical students, residents, and role-model physician teachers for demonstrating excellence in clinical care, leadership, compassion and dedication to service. This Society is dedicated to recognizing, supporting and promoting the values of humanism and professionalism in medicine.

OUR LATEST PROJECT:
The GHHS Chapter at UMMC organizes several campus service activities each year. As one of this year’s projects, the GHHS has assembled 150 gift bags for family members of patients in the various ICUs around the hospital. Collections for this project included student, staff, and community donations. The gift bag contents included: hospital maps, encouragement cards, food coupons from businesses around the hospital, puzzle books, and various toiletry items.

On September 28, Smith Park in Downtown Jackson was teeming with chefs for this annual cook-off. Sponsored by BankPlus and many other Jackson businesses, it benefited the Harold T. and Hal White Memorial Scholarship. Festival goers flocked to this “green space” to enjoy live music by hit groups and of course, great food! Our graduate students hosted a booth, where they served yummy gumbo and white chocolate bread pudding, “Duck Dynasty Style!” Check out the pictures below for a glimpse of their fun!

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Future Pharmacists Foster Fitness with “Pharm at the Parham”

Over the past several years, the University of Mississippi School of Pharmacy has been in the midst of exciting transitions. In addition to the completion of the new Jackson Campus building in the spring of 2012, the School has been welcoming fresh leadership from the likes of Dean David D. Allen and newly chosen Associate Dean of Academic Affairs, David F. Gregory.

Joining in on the momentum, pharmacy students on the Jackson campus have recently caused a rouse themselves by serving the city in an original and innovative way. Parham Bridges Park, just 5 miles shy of UMMC’s campus, is known for welcoming a diverse group of individuals, especially those looking to get in a good walk or run in every day. With its accessibility to North Jackson residents and its cool, shaded walking track, Parham Bridges stands out as a prime location for individuals interested in improving their health.

And thus, the School of Pharmacy Student Body made its move with a health fair that came to be known as “Pharm at the Parham.” After months of planning various ways to interact, educate and counsel Jacksonians about medications and current health topics, thirty pharmacy students came out to the park on a Saturday morning in October with tools in hand (posters, glucometers, and Gatorade to name a few) to give a face to the profession of pharmacy that was bound to bring about meaningful conversation.

The students found an earful. After braving what had been feared to be a rainy morning become a calm, sunny day, volunteers were granted multiple one-on-one interactions with park-goers, utilizing what they master in the Pharm.D. program to strike up health-conscious dialogue. Blood pressure was assessed while questions about home medications were answered. Body mass index was calculated before walkers hit the track to get in their routine stroll. Blood glucose was checked while the truth about flu shots was explained to those historically skeptic of vaccination yet responsive to students’ expertise.

“Pharm at the Parham gave students a chance to utilize their patient counseling skills,” says Gracie Pittman, a PY3 student who assisted in blood glucose screenings while providing information about prevention and treatment of diabetes. One station was devoted to Aerobic Exercise, which allowed volunteer Ashley Harrison to encourage park-goers to monitor body mass index and keep track of their progress with physical activity. Harrison, a fourth-year pharmacy student completing rotations in various pharmacy settings prior to graduation this upcoming spring, states that volunteering at Pharm at the Parham gave students like herself “the opportunity to interact with the community and benefit residents of the Jackson area with services that were provided.” Pittman agrees, expressing that she “hopes citizens of Jackson will feel more comfortable seeking information from pharmacists as the event helped give light to pharmacists’ roles as accessible sources of health information.”

As the year treads on and students advance through studies all across UMMC’s campus, colleagues at the School of Pharmacy plan on continuing to serve people in Jackson with the time they have off from academic duties. Whether it’s debunking ridiculous myths about flu shots or providing medication prowess for a fellow layman, count the SOP Student Body in.

Thomas Webb, PY4
A group of 9 students and 1 faculty member from the Occupational Therapy Class of 2015 traveled to Port Au Prince, Haiti, this past August on a life-changing mission trip. Our group spent one week at New Life Children’s Home, spreading the love of God to orphaned children of Haiti, whom have been rescued from the turmoil of disease, malnutrition, disaster, and abandonment. New Life Children’s home is a faith-based orphanage that houses nearly 130 children of all ages. We were able to shower the children with our love and the love of Christ. Our group worked closely with the handicapped children, implementing OT interventions to children with varying disabilities, such as hydrocephalus and cerebral palsy. Additionally, we were given the opportunity to travel to some of the poorest locations throughout Haiti's capital city, bringing food and toys to less fortunate families and children.

By: Annie Giardino

The OT2 Class (OT Class of 2015) is currently working on building “The Hope Hollow Highway,” a sensory walking trail for Hope Hollow Ministries in Gluckstadt, MS. Hope Hollow is a camp for children and adults with disabilities. Members of the OT Class of 2015 started construction for the sensory trail this past Friday and Saturday, October 25th and 26th. The trail will have variety of sensory stations where one can stop at along the trail, such as a music sensory station, tactile station, and many more. The sensory trail is currently in progress, and we hope to be finished within the near future. The OT2 class has loved being involved with Hope Hollow for the past year and is excited to see their future plans!

By: Kayla Willoughby

OT2 Students:
Teacher: Carol Tubbs
September 22nd, 2013, the first day of fall, marked the 6th annual National Falls Prevention Awareness Day sponsored by the National Council on Aging (NCOA). Falls are the leading cause of injury-related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries. Numerous states and countries worldwide are now collecting to address the growing public health issue; many are working closely with occupational therapy practitioners as key contributors to reducing falls (AOTA).

The OT2s visited two facilities (Hinds County Nursing and Rehab of Jackson & Ridge Manor of Raymond) to educate the elderly, families, and friends on strategies and resources to reduce fall risk and on the role of occupational therapy in falls prevention. They presented a powerpoint presentation entitled “Staying Active and Falls Free: With Occupational Therapy.” They also provided handouts to the audience. A question & answer session was held toward the end and door prizes were provided.

By: Akiesta Cox
School of Nursing Tackles Walk to End Alzheimer’s

By: Emileigh Seal, SON Senior Class Reporter

In 2013, it is estimated that over 5.2 million Americans suffer from Alzheimer’s disease. It affects 1 in 3 Americans over the age of 65 years and is the 6th leading cause of death in the United States. It is a progressive disease that not only affects the diagnosed individual, but greatly impacts spouses, children, family members, and friends. At this time, there is no cure for Alzheimer’s disease.

The Walk to End Alzheimer’s, created by the Alzheimer’s Association, is a national event held to promote awareness of the disease. Over 600 communities host walks annually, raising money to contribute to Alzheimer’s disease research. Participants are given colored flowers to hold in order to participate in the opening ceremony. Each color represents a different person affected by Alzheimer’s disease: those diagnosed with Alzheimer’s disease, caregivers of those with Alzheimer’s disease, those who have lost a loved one to Alzheimer’s disease, and those who support a world free of Alzheimer’s disease. By the end of the walk, all flowers are “planted” in the hope garden to symbolize the impact we can have when we all come together.

This year, the School of Nursing kicked off the first School Cup event by encouraging schools to team up and join the walk to find a cure. The School of Nursing had the largest team in the Jackson area with a total of 137 undergraduate and graduate team members. The team raised over $3600 in donation and t-shirt sells. Other schools on campus also participated and success of the event would not have been possible without their support. All money raised will continue to support the development and progress of Alzheimer’s disease research.

A special thanks to all who made this event a success. Together, we can make a difference to the millions affected by Alzheimer’s disease each year.

BREAK THROUGH TO NURSING!

This past month the School of Nursing had the privilege of visiting young students from Rowan, Brown, and Johnson Middle Schools. These children had the opportunity to ask questions about nursing school. “What do nurses do?” “What types of classes do I need to take to become a nurse?” “Where should I go to college before nursing school?” These are few of the many questions we got back in return. The junior and senior nursing classes were able to take these questions and write them letters back answering all of their fun and intelligent questions! We called these letters “Break Through to Nursing” letters. Although, some lacked a desire of going to college or did not have interest in the medical field, we were able to give them words of encouragement and kindness. This was a wonderful opportunity for both the nursing students and middle school students. Being able to put a smile on these children’s faces by just a small letter is such a rewarding feeling!

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- Grabbing a pizza to bring back to the dorm
- Study dates with coffee and a sandwich
- Ice cream treat
- Weekend breakfast away from the cafeteria
- Enjoying music with friends on the patio
- Sharing with a friend!
News from the M2s

As of the day I am writing this article, we have 8 weeks left until the end of the semester, 9 weeks and 6 days until Christmas, 27 weeks (6 months) until the end of our spring semester, 7 months until we become M3s, 31 months until we finish medical school. But who's counting? It's about the process!

Now for our news:

The M2s organized by Jason Pickett got wild at this year's annual Spooky U on October 24th. Our zoo animal booth was filled with scaly, fluffy, and scary animals, thanks to legit costumes.

Two of my peers, Mikey Arceo and Turner Brown, taught about the cardiovascular system to a class at Pecan Park Elementary School for the Homerun tutoring program in October. The kids listened to heart sounds at rest, then after exercise and learned about heart health by eating healthy.

On the sports side of things, intramural flag football for the M2s is still going strong, and the indoor soccer league M2 team has started back again.

When I have been studying for a while and my brain shoves out all the really important information like my cousin's first name or what day it is, I do feel like a zombie. But, some M2s took to the phrase “walking dead” to a new level, as they volunteered for the Cadaver 5k race. Picture: Giles Langston, Mikey Arceo, Logan Rush.

Our M2 girls took a break from studying to carve pumpkins at a potluck, hosted by Erin Peeden, and eat pumpkin pie and dressing.

Only a few more weeks to Christmas. Cracker Barrel had their Christmas decorations up in August. It’s never too early! If the anticipation is killing you, find Straight No Chaser Christmas music, and you will be satisfied (promise). Until then, have a happy November.

Eden Johnston, M2

September: Childhood Cancer Awareness Month

In honor of September as Childhood Cancer Awareness Month, several members of the M1 class took the opportunity to show some kids and their families at Blair E. Batson that the guys in white coats can be lots of fun, too. Decked out with bean bag tosses, donated new toys, and literally hundreds of Capri-Suns, Goldfish packs, and Animal Crackers, members of UMMC’s Class of 2017 made their way to the Cancer Clinic waiting room bright and early on October 2nd to throw one wild party.

Bean bags flew, wagon wheels rolled, and toy cars zipped across the waiting room for an hour and a half before the party couldn’t be contained into the small area. With two lovely M1 ladies pushing a cart filled with all kinds of goodies, the students proceeded to parade the party through the rest of Batson and many of the halls at the University hospital, passing out lollipops and cookies to anyone who came near. While many little girls had the glittering tiaras in high demand, an older lady in the hospital for her diabetes checkup managed to snatch one of the last crowns. She wore it the rest of the morning with quite a big grin on her face.

On top of all the goodies being passed out, the hottest attraction of the mobile celebration was our friend Elmo. Kids, parents, nurses, and our School of Medicine staff had our good sport Jess Xie pose for photos all morning. All Jess had to say after taking off his humid costume was, “It was fun.”

In addition to the party for the kids, the M1 class also collected Kleenex boxes and thermometers for the Cancer Clinic at Blair E. Batson. Teamed up with the Office of Student Affairs, over 100 Kleenex boxes and nearly 60 thermometers were donated to the Children’s Hospital. Plans are in the works for another party, so keep your eyes peeled for Elmo roaming the halls.

John Caleb Grenn, M1
MCSHA NEWS

MCSHA joins with BAPS Charities to Put on Children’s Health and Safety Day

On September 28, UMC medical and dental students joined with BAPS Charities at the BAPS Shri Swaminarayan Mandir in Jackson to assist with a free event that promoted health and safety awareness for children, parents, and caretakers in the community. BAPS Charities is a nonprofit international charity organization committed to sincerely serving the world by caring for individuals, families, and communities. In 2011, BAPS Charities supported First Lady Michelle Obama’s “Let’s Move” campaign, and last year the organization expanded its programs to support the National Institute of Health’s “We Can! Initiative.” This year, BAPS supported both programs through nationwide Children’s Health and Safety Day events.

The Children’s and Safety Day at the BAPS Shri Swaminarayan Mandir in Jackson was a day-long event, and it was a very successful one with a great turnout. Children under 12 years old enjoyed the “Teddy Bear Clinic,” while those over 12 partook in educational-based learning. All of the children participated in outdoor activities, which included emergency preparedness activities as well as fitness activities. The medical and dental students had an awesome time teaching the children basic healthcare and hygiene tips, and the Multicultural Student Healthcare Association was invited back for next year’s event!

Wilfreda Lindsey
MCSHA Monthly Programming Coordinator

THE DISH

Mina Tahai, M2

Since it’s November, and the weather is starting to turn dreary and gray, I thought I’d make something that will brighten up just about anyone’s day. It’s a sweet, nutty, and ever-so-caramely sticky bun! Now before you immediately turn the page because with the phrase “sticky bun” comes the notion that you have to make dough, let it rise, roll it out, let it rise, fill it with your ingredients, let it rise…get the gist?

This recipe takes away all the hassle of this sweet dessert by using refrigerated crescent rolls! Genius, right?! You can seriously make this for breakfast, a snack, a party, and the list goes on, in 45 minutes from start to finish (including the cooking time, washing your dishes, and brewing a cup of coffee :)

Sweet and Sticky Caramel-Hazelnut Rolls


Makes 8-10 rolls

Ingredients:
- 2/3 cup chopped pecans
- 2 1/2 tablespoons unsalted butter, plus more for greasing dish
- 1/2 cup packed golden brown sugar
- 2 tablespoons agave
- 1 teaspoon fresh lemon juice
- Flour, for dusting
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- One 8-ounce tube refrigerated crescent rolls
- 1/8 teaspoon flaky sea salt, such as Maldon (Personally, I’m not a huge fan of salty caramel, but if salt and caramel are your thing, you should definitely add this last step)

Instructions:
1. Position the rack in the center of the oven and preheat to 375 degrees F.
2. Place the pecans on a rimmed baking sheet and toast in the oven until fragrant and light golden, 12 to 15 minutes. Remove from the oven and cool. Finely chop nuts and set aside.
3. Lightly butter a 9-inch-diameter glass or ceramic pie dish. Place 2 1/2 tablespoons butter in a small saucepan and stir over medium heat until melted. Stir in 1/4 cup brown sugar, agave and lemon juice. Pour the butter and sugar mixture into the prepared pie dish. Sprinkle 1/3 cup toasted hazelnuts evenly over the syrup in the dish and set aside. Mix the remaining 1/4 cup brown sugar, cinnamon and nutmeg in a small bowl.
4. Gently unroll the crescent roll dough on a lightly floured work surface and firmly press and pinch the perforations together to make a solid piece of dough. Roll out the dough to a 12-by-9-inch rectangle using a lightly-floured rolling pin. Sprinkle the brown sugar mixture evenly over the dough to within 1/2-inch of the edges. Sprinkle the remaining 1/3 cup pecans on top.
5. Starting at one short side, roll up the dough jelly roll-style. Cut the roll crosswise into 8 to 10 rounds, each about 1-inch-wide, using a sharp knife. Arrange the rounds, cut-side down, atop the syrup in the pie dish, with 6 around the edges of the dish and 2 in the center. Finch open ends together with fingers to prevent the rolls from unraveling. Cover and chill. Can be prepared 2 hours ahead.
6. Bake the rolls until deep golden brown on top and the juices are brown and bubbling around the edges of the dish, about 25 minutes. Remove from the oven and let the rolls stand 1 minute. Place a platter atop the pie dish and the invert rolls onto the platter. Sprinkle the rolls lightly with the sea salt flakes. Cool the rolls for 10 to 20 minutes and serve while still warm.

I hope you guys enjoy this dish as much as I do! As always, please e-mail me with any questions or concerns. Thanks for reading, and happy November everyone! :)

-Mina
Decode the Phrase:

VA DERS

1,2,3,...,38, 39,40 LIFE

give get
give get
give get
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give get

LOVE

FAREDCE

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ANSWERS:

Entertainment Edge

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ANSWERS:
**Classifieds**

**Physiology**
- Guyton and Hall Physiology Review (Review Questions/“TEST Qs), John Hall, Slightly Used - $10; another copy Used - $5
- BRS Physiology, Costanzo, 4th Edition, Used - $5 (2 for sale)

**Histology**

**Gross Anatomy**
- Clemente’s Anatomy Dissector, Carmine D. Clemente, 2nd Edition, New - $10
- Netter’s Anatomy Flashcards, 2nd Edition, New (slightly bent) - $10

**Neuroanatomy**

**Pathology**
- Rapid Review Pathology, Goljan, 2nd Edition, Used - $10
- BRS Microbiology Flash Cards, Swanson and Kim, New - $15

**Psychiatry**
- Behavior & Medicine, Danny Wedding and Margaret L. Stuber, 4th Edition, New - $20

**3rd Year**
- Boards and Wards, Ayala and Spellberg, 3rd Edition, New - $10

**Step 1**
- First Aid for USMLE Step 1, Le and Bhushan, 2008, New - $5

**Step 2**
- First Aid for USMLE Step 2, Le and Bhushan, 7th Edition, Used - $5

Contact Austin Harrison at VHarrison@umc.edu.

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**Jackson Free Clinic**

**November 2013**

**PAP SMEAR DAY**
Join the JFC and the Ob/Gyn interest group to gain clinical experience with patients. Contact amaguy@umc.edu with any questions! November 16, 7:00am

**JFC EDUCATION SERIES**
11/2 - Cancer Screening Guidelines
11/9 - Dyslipidemia II
11/16 - Type II Diabetes I
11/23 - Type II Diabetes II
12/7 - Work-up of Headache
11:15 am

**Ready, Set, Glow, 5K**
Mark your calendars for the Ready, Set, Glow, 5K! Email kim.finch@umc.edu if you want to be involved in planning!

March 29, 2014

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**So your patient has hypertension. What next?**

M4s teach students practical approach to patient care with the JFC Education Series.

JFC Education Series are brief, practical talks given each week by an M4 about a common clinical presentation such as hypertension.

Current M4 students Andrew Fredericks and Joe Lightsey started the curriculum this fall.

Designed to compliment the educational mission of the JFC, the goal of this project was to have dedicated teaching time each week on relevant clinical topics. Elliot Welford an M3 describes the value of the series. “In medical school, you learn all the physiology, pathology, and pharmacology of, for example, hypertension. Then, when you see your first patient with a blood pressure of 145/95, you learn the practical approach to treating that person. This series supplements our clinical knowledge to better serve our patients,”

The talks are 15-30 minutes each designed to hit the high points of diagnosing and treating diseases commonly seen in Mississippi. The topics include things like “work of chest pain,” “hypertension,” and “type II diabetes.” Overall, Lance Majors describes the series as a great way to “learn some relevant clinical information without the pressure of being graded.”

So far, the program has been a success, with 10-30 students attending the mini-lectures each week. To attend, arrive at the JFC at 11:15 am on any Saturday.

- Allison Pase, M3

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**Spotlight on JFC’s Student Director**

Meet Savannah Duckworth, our fearless leader. She is pictured here tie-dyeing at our latest JFC get together. We asked her to share a few of her favorite things: “I love baking anything – breads, cakes, cupcakes, etc. Breakfast is my hands-down favorite meal of the day. I love running outdoors (not a treadmill girl). I love reading fun books on weekend afternoons. I love coffee in the mornings and hot tea in the afternoons. I love the seasons and I’m excited about the brisk fall weather! I love the JFC and the grateful patients whom we serve.”

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**Member FDIC**

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Houston, Miss. native Shaquille Vance thought his days of excelling at sports might be over after a 2009 sports injury forced an above-the-knee amputation of his right leg.

His athletic career began anew when Methodist Orthotics & Prosthetics custom built a hi-tech prosthetic running leg centered around a carbon-fiber blade known as a “cheetah” foot. And their continued support helped him make the 2012 U.S. Paralympic Team as a track and field competitor.

“This has really been a blessing for me,” Vance said. “I wouldn’t be where I am right now without Methodist Rehab. They did a lot for me.”

Vance has surpassed everyone’s expectations. He took silver in the Men’s 200-meter T42 race at the London Paralympics, the first shining achievement in what is sure to be an amazing career.

Back at home in Mississippi, Vance’s accomplishments are inspiring others and garnering awareness for athletes with disabilities.

“I love being able to inspire the kids to know that life comes with a lot of difficult obstacles, but there is always a way to overcome,” Vance said.