Life insurance is more than a policy, it's a promise.
A Few Notes from the President...

On Hard Work and Relaxation: Finding the Balance

“Rest and self-care are so important . . . You cannot serve from an empty vessel.” – Eleanor Brown

Have you ever felt overcommitted and under-rested? Perhaps because you’ve found yourself giving in so many areas that you’re not taking care of yourself, and thus not doing anything particularly well? I have.

I remember clearly in my junior year of college having a school-, work-, athletics-, or service-related activity on my schedule nearly every day of the week from 7 AM through 10 PM. It was exhausting, and I came very close to burnout. The problem originated from my inability to say “no,” either to requests from others or to my own compulsion to be productive.

Did I learn my lesson? For a few years I did, and maybe I even oscillated onto the other end of the spectrum and became something of a slacker through the first few years of medical school. But sometime over the past several years I remembered the importance of a strong work ethic, discovered some new passions, and before I knew it, I was back to being my old overcommitted self. I’d be lying if I said that it was easy now to juggle having a newborn baby, being an attentive and loving husband, juggling school and numerous extracurricular activities, and still finding time to exercise and sleep. I absolutely love everything I’m doing, which helps to keep me sane. But why is it so difficult to find the right balance between pursuing your passions and finding adequate time to rest and relax?

I’m sure I’m not the only one who’s ever felt like this, so if you have, please know that you’re not alone. We all have feelings like this once in a while. However, it’s important to remember that we have to take care of ourselves before we can take care of others. When the occasional, inevitable feelings of burnout come, we must nip them in the bud. Everyone has a different way of dealing with the stressors of life. When I’m feeling overwhelmed, it’s usually because I’m not getting enough of one of the following: exercise, sleep, or prayer. Perhaps you need to refuse the next time you’re asked to serve on a committee or help with a project. Or start getting better nights of sleep. Or maybe go for a long run. Whatever you do, remember to take care of yourself. This will make you more effective in every other realm of life. I need to remind myself of this often.

On another note, we have a lot going on with the ASB this semester. To get the latest ASB updates and pictures from our events, be sure to visit www.umc.edu/asb, follow us on Twitter - @UMMC_ASB and/or like us on Facebook – www.facebook.com/UMCASB. You can also follow ASB Intramurals on Instagram at ummcintramurals.

Peter Mittwede
ASB President
pmittwede@umc.edu

Murder Mysteries Dinner Theater
February 10 at 7PM
Rossini Cucina Italiana, Ridgeland
Cost: $48

Mississippi Murder Mysteries is partnering with some of the area’s favorite restaurants to offer patrons a romantic murder mystery entitled, The Honeymoon is Over, just in time for Valentine’s. Check out the show times and pricing on http://www.fringedinnerteatre.com/#/ for reservations/ticket info, contact Becky Martin at 601-850-2318. Note that reservations must be made the day before the date of the show.

Dixie National Rodeo
February 12 - February 18
MS Fairgrounds, Jackson
Cost: Varies

The annual event features horse and bull-riding competitions, animal exhibits, and concerts. The rodeo is Feb. 12-18, and performers include Montgomery Gentry, Ronnie Milsap, Jerrod Niemann, The Swon Brothers and David Nail. Visit Ticketmaster.com for tickets and prices.

Valentine’s Date Night Cooking Class
February 12: 15 from 6:00 PM until 9:00 PM
Farmer’s Table Cooking School, Madison (Livingston)
Cost: $109 for 2

Come celebrate Valentine’s Day by cooking an elegant meal. Learn the secrets of fixing a restaurant style dinner for you and your date. The menu includes crab and corn chowder, shrimp boursin, cream sauce, parmesan orzo pasta, roasted green beans, and raspberry pavlova with fresh mint.

Lunch at Duling Hall
February 17 at 12:00 PM
Duling Hall, Jackson
Cost: $20 in advance, $25 at the door; $3 surcharge if under 21

An Ardenland production, this event will feature Jordy Searcy and Kensington Moore, both of whom starred on the television show, “The Voice.” The show is open to all ages, but under 18 must be accompanied by an adult. Doors open at 6:30 PM.

Ignite the Night
February 21 at 7:30 PM
Wine & Food Fest, Jackson
Cost: $75

An adults-only event that allows adults to feel the same joy and imagination kids feel every day in this museum. In its fifth year, this annual party carries the theme ‘A Night Under The Big Top.’ It will include circus acts, your favorite fair food, arcade games, a wine raffle, and a drawing. All proceeds are used to provide children with educational adventures that stir their curiosity and creativity. Visit www.mississippichildrensmuseum.com to learn more about tickets and sponsorship information.

Valentine’s Date Night Cooking Class
February 12 from 7:00 - 10:00 PM
Rossini Cucina Italiana, Ridgeland
Cost: $48

Come celebrate Valentine’s Day by cooking an elegant meal. Learn the secrets of fixing a restaurant style dinner for you and your date. The menu includes crab and corn chowder, shrimp boursin, cream sauce, parmesan orzo pasta, roasted green beans, and raspberry pavlova with fresh mint.

Eakespeare in the Park
February 23 at 7:00 PM
The Old Courthouse Park, Canton
Cost: $20-$58

The seventh show in the Bravo series this year, features including William Shakespeare’s “The Winter’s Tale.”

LUNDI GRAS Beer Dinner
February 20 from 9:00 PM until Duling Hall, Jackson
Cost: $10 in advance, $15 at the door; $3 surcharge under 21

The cuisine is French, the drinks are French, the music is French, you are French. A high-energy, burlesque style music and dance review, not to worry - it is actually a “nod to” burlesque style. The cast consists of 27 amazing dancers, singers, and musicians. Under age 18 must be accompanied by an adult.

Jackson Events

Lucero and Ryan Bingham
February 27 at 8:00 PM
The Old Courthouse Park, Canton
Cost: $20 in advance, $25 at the door; $3 surcharge if under 21

This show features the Memphis, TN, band Lucero, Ryan Bingham, and a special guest performance by Twin Forks. Doors will open at 6:30 PM.
ASB Updates

Save the Dates

- **Be My Valentine 5k** - Saturday, February 14 at Woodland Hills Baptist Church
  - Proceeds benefiting Safe Kids of UMMC
  - Race starts at 8AM
  - Register online: http://racesonline.com/events/bemyvalentine5k
  - Each school with a team of at least 5 runners will be awarded 25 School Cup points

- **First Annual ASB Student/Alumni Social** - Friday, February 20 at Fondren Public
  - Happy Hour social event for current students and alumni (most alcoholic drinks $1 off)
  - From 4:00-7:00 PM
  - Hosted jointly by the ASB and the Office of Alumni Affairs
  - All attendees must be at least 21 years of age and carry a government-issued ID

- **Disc Golf Tournament** - Saturday, February 18 (all day)
  - Teams of doubles or singles are welcome
  - Register online at IMLeagues.com/UMMC by February 18
  - Contact Intramurals Chair, Grant Saxton, at gsaxton@umc.edu if you have questions.

- **Taste of the U** - Saturday, February 21
  - At Jackson Medical Mall Thad Cochran Center, from 7:00-9:00 PM
  - ASB in need of volunteers for their booth; contact ASB Philanthropy Chair, Elizabeth Barrett, at ebarrett@umc.edu
  - Tickets to the event may be purchased in advance at umc.edu/alliance
  - All proceeds will go the UMMC Alliance, benefiting UMMC patients, their families, students, and facilities.

- **ASB Anatomy Ball** - Saturday, March 27 at Hal and Mal’s
  - From 9:00PM until 1:00 AM
  - For details, contact Kevin Randolph at krandolph@umc.edu

**Put our card in your wallet... and keep money in your pocket!**

**COLLEGE DISCOUNT**

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**Come pick up your COLLEGE DISCOUNT CARD today!**

Just show your college ID! Good anytime, for any product.

**GREAT FOR...**

- 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 P and E patio
- Sharing with a friend!

*Cannot be combined with other offers. No cash value. Valid with college or school ID.*

**inside intramurals**

**Love disc golf?** Always wanted to play with UMC Intramurals? Never played before? GREAT! Now is your chance to register for UMC Intramural Disc Golf! This will be a one day tournament on Saturday, Feb. 21. Do you have a buddy to team up with or would love to play but can’t find a partner? No problem.

Team doubles or single play is welcome! Registration is now open and closes February 18.

Register online at imleagues.com/ummc

**“Spin to Win”**

**Ping Pong Champs!**

**Colonoscos3 Win the Basketball League!**
In this, the third year of identification of the single exemplar of excellence in health science instruction at UMMC, your input is again solicited. Voice your opinion - What do you want in a teacher? It all starts with you.

The 2015 Regions Bank T.E.A.C.H. (Toward Educational Advancement in Care and Health) Prize will be awarded to that individual whom, by broad-based selection involving input from students, faculty, and administrators from all schools, followed by intensive review of finalists by a panel of students and faculty, is deemed to represent the cardinal virtues espoused in the UMMC Faculty Teaching Covenant.

The significant monetary award, $10,000, is only one example of the ongoing support offered by Regions Bank to the Medical Center and to its mission of improving health for all the citizens of Mississippi.

The two previous Regions Bank T.E.A.C.H. Prize recipients, Dr. Kim Simpson (2013) and Dr. Ian Paul (2014), established a high bar for the selection process. Dr. Paul is a tenured Professor in the Department of Psychiatry and Human Behavior who maintains an active research program in addition to his teaching responsibilities. Dr. Simpson currently serves as the Director of the newly established Office of Assessment for the Medical Center, with the unique responsibility to oversee continuous quality improvement efforts across the entire campus.

Recipients of the Regions Bank T.E.A.C.H. Prize are also celebrated by an awards luncheon in early May and with public recognition at our annual commencement ceremonies.

The selection process for the award is tied to the other campus-wide recognition of faculty teaching excellence, induction into the Norman C. Nelson Order of Teaching Excellence, aka, the Nelson Order. Each year, students from all six schools at the Medical Center are polled to identify those faculty whom they believe to best exemplify the educational core values of:

- innovation in instructional delivery methods/approach;
- engagement of students during the learning experiences;
- ability to convey accurate, contemporary knowledge of the health sciences;
- inculcation in trainees of educationally-appropriate expectations for rigor and professional behaviors; and
- evidence of interpersonal, empathic interactions with students beyond the norm.

Recipients of the Nelson Order are honored at a luncheon scheduled for Tuesday, May 12, 2015. All recipients will be honored publicly at the May 22nd commencement ceremonies.

Remember. It starts with you. Be sure to recommend a nominee you feel best meets the criteria for the Nelson Order and the Regions Bank T.E.A.C.H. Prize at umc.edu/TEACH.

A Covenant for Faculty

Health science educators, by virtue of membership in two professions, have specific professional and ethical obligations. As clinicians or scientists, all faculty at an academic health science center have professional obligations within their areas of expertise. As professional educators, all faculty have additional and equally profound obligations to students, trainees, colleagues, and the communities within which they serve.

As a health sciences educator at the University of Mississippi Medical Center:

I commit to demonstrate values and practice behaviors that reflect the finest attributes and highest standards of my professions.

I accept the duty to model educational practices that embody commitment, engagement, innovation, and intellectual curiosity as principles guiding a lifetime of learning.

I recognize the primacy of the educator-student relationship, and my obligations to its propriety, fiduciary nature, and confidentiality.

I affirm my duty to generously guide the next generation of professionals to their fullest potential.

The Nelson Order inductees for 2015 become the semi-finalists for the Regions Bank T.E.A.C.H. Prize. The dean of each school, after consultation with their faculty, then identifies one individual from that school’s cadre of Nelson Order inductees. The six finalists each submit a curriculum vitae, summary of teaching activities, and a detailed statement of educational philosophy to the Regions Bank T.E.A.C.H. Prize Selection Committee, which is comprised of members of the UMMC Faculty Development Committee and the officers of the Associated Student Body. Collectively, that committee reviews the credentials and may invite candidates for personal interviews before voting to select the Regions Bank T.E.A.C.H. Prize awardee.

As students, your initial input into the selection process is to vote for the Nelson Order recipients for your school.

The Nelson Order recipients and the T.E.A.C.H. Prize winner will be formally announced at a luncheon scheduled for Tuesday, May 12, 2015. All recipients will be honored publicly at the May 22nd commencement ceremonies.
You Mad?

We often think of a lunatic as someone who has lost the ability to reason logically. The great British essayist G.K. Chesterton, however, once wrote about madness:

The madman is not the man who has lost his reason. The madman is the man who has lost everything except his reason. The madman's explanation of a thing is always complete, and often in a purely rational sense satisfactory. If a man says (for instance) that men have a conspiracy against him, you cannot dispute it except by saying that all the men deny that they are conspirators -- which is exactly what conspirators would do. His explanation covers the facts as much as yours. Or if a man says that he is Jesus Christ, it is no answer to tell him that the world denies his divinity -- for the world denied Christ's. Nevertheless he is wrong. But if we attempt to trace his error in exact terms, we shall not find it so easy as we had supposed. Perhaps the nearest we can get to expressing it is to say this: that his mind moves in a perfect but narrow circle. A small circle is quite as infinite as a large circle; but, though it is quite as infinite, it is not so large. In the same way the insane explanation is quite as complete as the sane one, but it is not so large.

- from Orthodoxy, 1908

Chesterton was born about a decade before an invention that illustrates his point: the record. Or more specifically, the invention which, no doubt, closely followed it -- the broken record. The problem of the broken record (which every teenage boy's mother seems to know so much about) is not that it plays the same thing over and over again. There has never been anything wrong with repetition itself. The sun comes up the same way every day, and we call it dependable. Our world operates on the assumption that gravity will always pull objects toward the earth. We like the repetition of a good thing, even in music -- we call it a chorus... or Taylor Swift. No, the real tragedy of the broken record is not that the same passages of music play over and over, but that we never experience all the beauty on the rest of the record. When a record skips, we instinctively recognize not an inappropiate repetition, but the interruption of a greater piece of art. So it is with madness -- the small logical circles Chesterton described may, in fact, be complete circles, but they miss out on the larger beauty and wonder of the world in which we live.

In which we live.

but they miss out on the larger beauty and wonder of the world of a greater piece of art. So it is with madness -- the small logical circles are large enough to encompass every fact in the universe. So even we relatively 'sane' people are capable of Chesterton's small-circle madness. While our small logical circles may not inhibit our normal way of life to a degree that gets us completely away, we can still hold us back from being the kinds of people we were meant to be. They are what we might call 'minor madness.'

I can't help but remember a young man I used to know. Every time a teacher or coach or anyone else questioned this young man's behavior, he would get the impression that the teacher or coach had it out for him. I began to realize I was hearing this same story more and more about the leaders in his life until, eventually, he decided that the whole state of Mississippi was against him. He was an extremely well-reasoned young man. He could win just about any argument. When a coach would question his work ethic, he could make a strong case against it, to the point that the coach would get frustrated and harsh with him, which led to the young man thinking that the coach 'just hates me for no reason.' All he could see was that he hadn't done anything wrong and his coach was mad. His small circle of reasoning was -- 'No one has a good reason to criticize me; therefore, anyone who criticizes me hates me for no reason.' And I was handicapped -- if I tried to reason against his thinking, I risked becoming another adult who had it out for him.

Like my young friend, it seems like even those of us who aren't clinically mad can develop small circular ways of thinking. In fact, the small circles of the relatively sane may be even more insidious and ultimately more harmful than those of the clinically diagnosed if we never address them. Take, for instance, someone who, without realizing it, relates to others with the attitude that 'everyone who thinks differently from me must be wrong.' As soon as you oppose that attitude, you become, in that person's eyes, wrong. It's a difficult attitude to change. Or for another example, we all know someone who is prone to making excuses for mistakes. The idea is: 'If I can explain why I did what I did, then it wasn't really a mistake, and I'm not really responsible.' We all also know a blame-shifter; 'If I can find someone else who had a role, then it wasn't really my mistake, and I'm not really responsible.' These two explanations account for the facts just as logically as, 'I made a mistake, and I'm responsible.' And the excuse maker and the blame shifter can both make convincing arguments. Ultimately, neither sees beyond his own rightness, and they both miss out on the deep relational joys of being able to look beyond themselves -- we call this pride. There's no reconciling with the excuse maker and the blame shifter because, to them, there's never anything to be reconciled.

Small circles of reasoning don't always emerge from our pride. Sometimes they come from loneliness. Someone who thinks, 'No one ever understands me' eventually starts to believe she won't be understood even when she tries to talk to someone about not being understood. So she never talks to anyone and recedes further and further in a downward spiral from friends, loved ones, and anyone who could help. Or maybe you know a leader who thinks that anyone who doesn't get on board with his project just doesn't get it, instead of wondering if there are good reasons why people aren't committed to his vision. That leader grants himself the ability to write off anyone who's not on board and thereby preserve the positive self-image of a great leader. And Christians, of course, aren't immune. Millions of people pray under the impression that 'if I'm living the right way...' or 'if I have enough faith, God will grant what I'm asking.' And when their prayers aren't answered, the natural conclusion is that they weren't holy or faithful enough. And so with each unanswered prayer, they're driven on an eternal quest to summon up more and more faith (however one does that) in hopes that God will one day finally approve and listen.

Arguing won't get you anywhere. These folks have created a worldview that is self-sustaining. The record never moves on to the rest of the music. The only solution to the small circles of the madman, says Chesterton, is not to argue that their explanation doesn't fit facts. It does. The only solution is to show all the other facts it does not explain. For the man who suspects everyone in the world is out to get him, Chesterton says, 'Are there no other stories in the world except yours, and are all men busy with your business? Suppose we grant you the details; perhaps when the man in the street did not seem to see it was only his cunning; perhaps when the policeman asked you your name it was only because he knew it already. But how much happier you would be if you only knew that these people cared nothing about you! How much larger your life would be if your self could become smaller in it. You would find yourself under a freer sky, in a street full of splendid strangers.' The answer to a broken record is to move the needle and play more music.

How do you know you're not stuck playing the same line of music over and over? How can you be sure you're not suffering from a minor madness? The answer, I suspect, is to pour yourself out seeking truth. A friend of mine recently took up a certain practice. He asked five wise, trusted friends to sit down with him and tell him all about himself -- strengths, weaknesses, habits, blind spots, everything. His job was to promise not to respond or defend himself at all, but simply to listen well. This took courage on my friend's part; he didn't know what he might hear from his closest friends. What he learned about himself from these trusted people was life-changing and opened up an expansive new self-awareness. When we listen honestly and intently without immediately closing our minds off to the words of others, we subject our small circles to the fresh air of a wider world. This is why we tell stories, write histories, arrange discussions and debates, and publish memoirs -- when we hear each other's points of view, our worlds -- and our worldviews -- grow. Perhaps there is a reason why the pronoun 'I' is represented by the smallest letter in the alphabet -- it's meant to remind us that there is a much bigger world out there beyond our own small circles. Most of us spend the majority of our time worrying about who listens to us. Who do you listen to?

In the end, perhaps the greatest thing for us is God's very self. If our small circles can only be overcome by truth, it's no surprise that the remedy to our minor madnesses is the Foundation of all Truth. But God is also not just an expansive cosmic encyclopedia, the great, impersonal Factuality. Rather, Christians have reason to believe that God is personal, that God cares. That God not only cares, but is the foundation of all Caring. And God's Kingdom, compared to the small worlds we create for ourselves, is quite a large place, and the more we make room in our minds for truth, the more we share in a piece of it.

The Lord be with you.

Ben Carroll is an M2 and former associate pastor at St. Luke's UMC in Fondren. He's working on listening, and will gladly listen to your feedback on this or any Cross and Scalpel column -- bwcarroll@umc.edu.
Join us for the first annual JFC Invitational!

The JFC Invitational will be a day of fun, fellowship, and spirited competition as we continue our fourteenth year of raising money for the Jackson Free Clinic. We hope you will join us by playing in the tournament and/or sponsoring the event. Details are below.

**Date:** March 19, 2014  
**Location:** Whisper Lake Country Club  
414 Annandale Parkway  
Madison, MS 39110  
**Time:** 1:00 p.m. – Shotgun start  
**Lunch:** 11:30 – 1:00 p.m.  
**Format:** Four-man scramble  
**Registration:** www.jacksonfreeclinic.org

**Cost:** $50 student, $60 non-student/$200 per team - Includes lunch, round of golf, drinks on the course, goodie bags, entry into raffle

**Sponsorships:**  
1. **$125 - Hole Sponsor** (includes hole sign with the sponsor’s name)  
2. **$500 - Event Sponsor** (includes hole sign with sponsor’s name, large event sign with sponsor’s name, and registration for a team of 4 players in the tournament)

**Jackson Free Clinic**  
www.jacksonfreeclinic.org

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**UMMC Medical Mission to the Amazon**  
**February 2015**

A team of medical students, physicians, and pharmacists from UMMC will make their way down the Amazonian region of Peru to provide health care for indigenous river communities in February 2015. Through Project Amazonas, a nonprofit, nonpolitical humanitarian conservation and education organization, these students and physicians embark on their 15th annual trip where they will transport medicines and healthcare to villages that have no regular access to healthcare. The students and residents will spend two weeks living on a boat on the Amazon while they travel from village to village. Much of the care provided will be given to women and children and will involve minor trauma care, primary treatment, and preventive care.

The trip is partially funded through Project Amazonas with the students and residents providing funds for transport, housing, medical supplies, and other costs while in Peru. Estimated expenses for the UMMC medical team, excluding airfare, exceed $25,000. If you would like to donate and help offset these costs, please visit the website below. Any donation amount is appreciated and will help provide care to these patients in the farthest reaches of Peru. Your donation is tax deductible.

[https://www.umc.edu/Education/Schools/Medicine/Peru_Rotation/Donate.aspx](https://www.umc.edu/Education/Schools/Medicine/Peru_Rotation/Donate.aspx)

**How to Donate**

1. Online donations: go to [https://www.umc.edu/Education/Schools/Medicine/Peru_Rotation/Donate.aspx](https://www.umc.edu/Education/Schools/Medicine/Peru_Rotation/Donate.aspx)
2. Donate by check, made out to UMMC Fund. If you would like to earmark the donation to a particular student, please note this in the memo line. Send check to:  
   ATTN: Dr. Svenja Albrecht, Division of Infectious Diseases  
   University of Mississippi Medical Center  
   2500 North State Street  
   Jackson, MS 39216
Thoughts of a Meandering M1

By: Britney Williams

I would like to take a moment and talk to you about something that has been on my heart for quite some time. As I was getting ready for school one morning, the word trailblazer came to my mind…and no I am not referring to the Chevrolet SUV. In light of recent events, I have realized that all of us are “trailblazers.” Webster’s Dictionary defines a trailblazer as “a person who marks or prepares a trail through a forest or field for other people to follow.”

When I began to think of how to expand upon this many examples came to my mind. For some of us, we may be the first individuals in our families to be college attendees or graduates. There may be some of us who are going to be the first doctors, dentists, or researchers that have emerged from our families. Lastly, there could also be some that come from generations of physicians and scientists, but despite the category that you may find yourself in, realize that you are a trailblazer. You have been called and predestined to accomplish this task that you are pursuing. God has established the path for you (Proverbs 3:5-6), set up works beforehand (Ephesians 2:10), and He’s with you right now as you trudge along this path!

I am willing to admit that when I realized that I not only have to follow the way that He’s made but I also have to mark a trail for those who are coming behind me, I was completely overwhelmed! I immediately thought, “Lord, who am I to mark anything? I am not sure where I am walking or going most of the time!” While this type of responsibility may seem daunting, please take heart! In Deuteronomy 31:7a and 8, Moses told Joshua “Be strong and courageous, for you will go with this people into the land that the Lord swore to give to their fathers. The Lord is the One who will go before you. He will be with you; He will not leave you or forsake you. Do not be afraid or discouraged.” Take a moment and meditate on these promises that God gave to His people. Upon reading this, you may be tempted to say, “I’m not an Israelite so this does not apply to me.” I agree that we are not Israelites but we are God’s people so this promise does apply to us! Comfort and joy overwhelms my soul as I sit and think about how He goes before me and still walks alongside me as I go down this path full of unknowns and difficulties.

I would like to bring this to an end by reminding you that you are walking in your purpose and there are others who are going to travel the same path that you are traveling. It is a God granted privilege to be able to guide and direct others that are coming behind us. Although this may be your first time down this path, do not be afraid. We serve a wonderful Guide. He’s already made our paths and has promised to lead and direct us. Trust in Him and be encouraged!

Blessings,

Britney
Obesity is a health crisis in our state—reducing life expectancy as well as quality of life. To help, the Mississippi Center for Obesity Research at UMMC is developing new prevention methods. SEC Professor of the Year, Dr. John Hall, is leading a new generation of doctors and researchers in the fight against obesity. UMMC is also working with local governments, communities, and businesses, motivating our state to make healthier choices. This is a fight for our lives and we’re in it together.

UMMC is committed to the fight.

35% of Mississippi adults are obese.

100% UMMC is committed to the fight.

for your entertainment...

Hidden Object Challenge

It’s not “Where’s Waldo?” but it’s “Where’s the Stethoscope?” Here are the rules: there is a stethoscope (see example below) hidden somewhere in the issue. Find it, and email me at jhthomas@umc.edu, with the page number and where on the page (like what’s beside it, etc.) The deadline is Friday, March 6. All those who find it (correctly) will be entered into a drawing for a $25 gift card, courtesy of Dr. Jerry Clark and the Student Affairs department! I’ll send the results via email. Have fun playing!

Questions, comments, ideas? Send them to jhthomas@umc.edu

Located near University Medical Center, the Cabot Lodge Millsaps conveniently accommodates any Jackson visit. The exceptional comforts also include complimentary full southern breakfast and nightly hospitality reception. No matter what’s on your agenda, we’ll make sure you’re rested and refreshed.
Beginner Chef

**Tomato Mozzarella Pesto Sandwich**

Are you tired of eating your usual turkey-cheese-mayo sandwich? I certainly have worn it out. Let me jazz up that sandwich. This recipe will make you salivate from the time you make your lunch in the morning until the earliest you can claim that it is time for lunch. With a total prep amount of 5 minutes, truly it will not take up more of your morning than you already spend getting your lunch together. It’s one of my favorites!


**Ingredients:**
- 1 jar pesto
- Ciabatta rolls (or any rolls at the grocery store you want to use)
- Mozzarella balls, cut into thick slices (or any cheese you prefer that can be sliced thick)
- Tomato or cherry tomatoes, cut into slices
- Mayonnaise

1. Preheat oven or toaster oven on broil setting.
2. Cut roll in half of
3. Mix a spoonful of pesto with a spoonful of mayo and spread mayo-pesto on both pieces of the roll.
4. Lay thick slices of mozzarella on the bread; then layer tomatoes on top, and it is ready to serve.

Enjoy!
Eden J. Yelverton, M3

The Dish

**One-Pot Pasta Primavera**

This month I wanted to share with you guys an incredibly delicious and easy One-Pot Pasta Primavera. You literally take half the ingredients listed below, dump them into one pot, cook everything for 7 min., dump the other half into the pot, and cook it for another minute or two. It is literally that simple and mess-free. The best part is that it actually looks and tastes like a fancy meal. If there happens to be a special day this month that you’d like to cook dinner for a special someone (“cough, cough”), or even just yourself, please consider throwing this together! I don’t think you’ll be disappointed.

Source: http://ohmyveggies.com/one-pot-pasta-primavera/

**Ingredients:**
- 4 cups low-sodium vegetable broth
- 8 ounces linguine, uncooked
- 1 small onion, halved and sliced thin
- 1 pound broccoli crowns, into florets (~2 cups)
- 1 1/2 pounds asparagus, cut into 2-inch pieces
- 4 ounces sliced white button mushrooms (~1 cup)
- 4 large cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes (+/- as desired)
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup heavy whipping cream (or milk + 1 Tbsp butter)
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons olive oil
- 1/2 cup chopped fresh parsley (1 handful)
- Additional salt and pepper to taste
- Additional Parmesan cheese for serving, if desired

1. Add the broth, linguine, onion, broccoli, asparagus, mushrooms, garlic, red pepper flakes, salt, and pepper to a large pot set over high heat. Drizzle the olive oil over the top.
2. As soon as it comes to a boil, set the timer for 7 minutes and start tossing constantly with long-handled tongs.
3. Continue boiling and tossing. As soon as the 7 minutes are up, add the peas, parsley, heavy whipping cream, Parmesan, and continue cooking, tossing constantly, for 1-2 more minutes, until the pasta and veggies appear tender.
4. Remove from heat.
5. Note that much of the liquid will have evaporated, but not all. And that’s okay! Let the pasta sit for a couple of minutes to cool; the sauce will continue to thicken during that time. Taste and add additional salt and pepper if desired. Garnish with additional Parmesan cheese.

It’s that easy! Feel free to add meat or mix up the vegetables depending on what you have on hand. It’s a very flexible recipe that can be altered as needed. If you have any questions or comments, please don’t hesitate to send me an e-mail. Happy February everyone! ~Mina
The road to recovery took Audrae Barnes right where he wanted to be. But it was one bumpy ride for the Hattiesburg School District transportation director.

Complications after brain tumor surgery had left Barnes severely disabled. When he began therapy at Methodist Rehab Center, “he couldn’t do anything but breathe,” said his wife, Elaine.

Putting his trust in MRC’s seasoned brain injury team, Barnes tried his best to get better. “I wanted to accomplish whatever mission they had for me,” he said.

And his hard work was rewarded. He’s back in his beloved transportation center, happily managing the safe transit of some 3,000 students.