A few Notes from the President...

Peter Mittwede
ASB President 2014-2015

Whether this is your first semester on the UMMC campus or if you’ve been here for years, I’d like to send a warm welcome on behalf of the incoming Associated Student Body (ASB) officers. We are excited to serve you, and we look forward to a fun year as we all work hard and play enough to (hopefully) stay well-balanced and sane.

The ASB is composed of officers and representatives from all of the medical center’s schools, and our chief aim is to make the lives of all students more enjoyable as we traverse our professional schooling experience together. Although we are not an undergraduate campus, we want to create a sense of community both within and between our schools.

To keep you up-to-date on all that we will be doing this year, we plan to be active on social media and also to send out an ASB Updates e-mail newsletter every two weeks that will highlight upcoming events.

Speaking of things the ASB will be doing this year...

• Our intramural sports leagues are well underway, and we hope you’ll take part in these throughout the year.
• Our campus-wide parties are always a blast – the first of six for the year will be at Hal & Mal’s the evening of August 15.
• Earlier in the day on Friday, August 15, we will be hosting a meet-and-greet, Interprofessional Welcome Lunch for all incoming students in the Student Union. The extremely talented singer/song-writer/guitarist, Jason Turner, will be providing entertainment at that event, so be sure to try to make it to that.
• Our campus-wide parties are always a blast – the first of six for the year will be at Hal & Mal’s the evening of August 15.
• The ASB-sponsored Mississippi Health Sciences Mentoring Program seeks to connect UMMC students with Mississippi undergraduate students interested in the health sciences in yearlong, one-on-one mentoring relationships. Please visit the UMMC ASB website to sign up to be a mentor. Last year we had nearly 500 undergraduates who wanted a UMMC mentor, so we need you!
• Be on the lookout for ways to win School Cup points for your school. Opportunities will abound this year.
• We will be hosting many fundraisers and other philanthropic activities both on campus and around Jackson. Stay tuned for more info!
• Other events we’ll host include: social lunches and movie nights on campus, trivia nights, interprofessional social and educational events, multicultural affairs events, nights at the Mississippi Braves games, and more.

Whatever school you’re in, please keep the ASB informed about events you’re planning, and we’ll do our best to help make them successful and also to include students from a variety of schools.

To get the latest ASB updates and pictures from our events, be sure to follow us on Twitter - @UMMC_ASB and/or like us on Facebook – www.facebook.com/UMCASB

I’d love to hear from you if you have questions or concerns. Feel free to shoot me a message at pmittwede@umc.edu.

See you around!
Peter

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Around Town

Welcome Back to UMMC!

Know everyone has spent the summer counting down the days until they could get their hands on a Scantech again, but I wanted to tell you guys about some exciting events happening for you this fall.

The Back to School Party is August 15th at Hal & Mal’s. If you’ve never been to a UMC party, this will be a great one to try out. This year, we have Lord T & Eloise booked for entertainment, along with plenty of food and drinks as usual. Be on the lookout for upcoming e-mails about t-shirt sales. We’ve got some great ones planned, and all proceeds go back into the party fund.

This fall we’ll also be having the Halloween party, College Football Pick ’Em, and several other events about which you’ll hear more once they’re announced. So, stuff the costume budget now, and practice those dance moves. If you have any questions, suggestions, or ideas for ASB events, please don’t hesitate to contact me. It’s gonna’ be a great year. – Kevin

Fondren After 5: The Endless Summer Party

The special edition of Fondren After 5 features four black parties, 30 bands, local artists, food vendors, and shopping. Performers include Grammy-nominated, Afro-Cuban band, the Contela Craft Ramblers, and more.

When: Thursday, August 7, starting at 5 p.m.
Where: Fondren, Jackson
Cost: Free

James Gregory

The stand-up comedian and caricature artist is known as the “Funniest Man in America.” Doors open at 6 p.m. For over two decades, the unforgettable caricature of veteran comedian James Gregory has stood grinning, his shirt un-tucked, his arms outstretched; a caricature welcome to a down home, hilarious comedy experience. It’s storytelling at its best. The trademark caricature is the essence of James Gregory’s comedy; rib-tickling reflections on life from the front porch. Doors open at 6 p.m. The show is for all ages, but adults must accompany children.

When: Saturday, August 9 at 7 p.m.
Where: Duling Hall, Jackson

Jackson Rhythm and Blues Festival

Performers include Ziggy Marley, Boney James, Fantasia Bell, Biv DeVoe, and Christee Michele. A portion of the proceeds benefit the Mississippi Blues Commission’s Blues Musicians Rejuvenation Fund.

When: August 15-16, beginning at 5PM
Where: Mississippi Agriculture and Forestry Museum

Casting Crowns

The contemporary Christian band performing to promote their latest album, “Thrive.” Doors open at 6 p.m. $5 discount for groups of 10 or more.

When: Thursday, August 21, 7 p.m.
Where: First Baptist Church of Jackson

Stewpot’s 5K Race Against Hunger

Proceeds go toward Stewpot’s efforts to fight hunger in the community. Registration is required.

When: Saturday, August 23, 7:30 a.m.
Where: Stewpot Community Services, Jackson
Cost: $20, $5 kids’ fun run

CelticFest

The Celtic Heritage Society’s annual festival includes Irish and Scottish music and dance on eight stages, workshops, kid’s activities, games, vendors, and refreshments.

When: Friday, September 5, from 7 p.m. to midnight
Where: Mississippi Agriculture and Forestry Museum

Calendar:
• August 15th – Back to School Party
• Lord T and Eloise
• October 24th – Halloween Party – US
• December 18th – Claus Ball
There is never a dull moment with UMC Intramurals.

Dodgeball took place throughout July. It turned out to be a pretty intense month. Playoffs were heated and anyone could have come out on top. Teams representing the medical school, dental school, graduate school, physical therapy school, and occupational therapy school all participated in the league. This year’s winners were Aim For The Fat Kid comprised of 3rd year Medical Students. Don’t Stop Ballieving (Dental) took 2nd place. Dirty Mike and the Boys (Physical Therapy) took 3rd place.

So join a team to join in the fun, or come out and support your friends!

Follow us on Instagram at ummic Intramurals. Send in your pictures for some free publicity and bragging rights.
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.

What games do you like? What would you like to see on the Entertainment Central page in The Murmur? Email Jennie at jhthomas@umc.edu to share your thoughts!

For these answers, turn to page 18.

T-Shirts and Scrubs!
Support the JFC by ordering one of our Comfort Color pocket tees ($18) AND a pair of our JFC scrubs ($35)!
Visit Jacksonfreeclinic.org

Oral Surgery Day
Dental students and oral surgery faculty will perform more complex dental procedures for patients that need it. The next Oral Surgery dates are Sept. 27 and Oct. 25.

Appointment Times
Starting in September, patients will be scheduled for appointments at 11:30, 1, and 2:30! The goal is to improve efficiency and decrease wait times for patients.
State of the Clinic Address 2015

Friends, classmates, countrymen:
To those of you just starting your classes and rotations: welcome!
To those of you who worked through the summer or are starting a new year: welcome back!

I’m pleased to give this update on behalf of the Jackson Free Clinic (JFC) Board of Directors. As we start the 2014-2015 school year, I can honestly say that the JFC has never been a better clinic and that we’re going nowhere but up! We have an incredible array of healthcare services to offer our patients and are caring for them as a Patient-Centered Medical Home. We also have an unbelievable Board of Directors that is knowledgeable, motivated and creative. I believe they will take the clinic to new heights. The last few years have seen unprecedented growth for the clinic, and we urge you to come and volunteer with us and see for yourself what an amazing clinic we have.

Our medical services are as strong as ever and include new patient assessment and referral, chronic disease management, laboratory evaluation, patient education, and specialty services like Pap smears, ophthalmology, and dermatology. Student volunteers range from pre-med (M0s) to our senior medical students (M4s): regardless of education level though, there are always opportunities at the clinic for teaching and for learning. Our Education series is particularly popular as a way to apply classroom learning to a clinical setting.

In addition, we’ve been pleased to add Dental, PT/OT and Pharmacology services to the expanded clinic. Dental services include extractions, oral hygiene instruction, oral cancer screenings, and X-rays. Furthermore, our patients and students love having physical and occupational therapy services, and a quick consult to them is only a room away! Their services include therapeutic exercise, equipment training, ADL retraining and patient/family education. Dental and PT/OT student volunteers enjoy the hands-on experience they get at the clinic that cannot be obtained in the classroom.

Our newest member school, Pharmacy assists with medication decision-making and reconciliations, medication counseling and monitoring, and medication storage and inventory management. We look forward to their involvement as they continue to expand.

Faculty and administrative support is continuing to grow for the JFC. Ever the student advocates, Dr. Jerry Clark and Ms. Virginia Covington support the Free Clinic in whatever means possible. Dr. David Norris of Family Medicine has assumed the role of Medical Director, capably filling the large shoes of JFC founder Dr. Joyce Olutade. The Family Medicine Department, under chair Dr. Diane Beebe, and Drs. Keeton and Woodward have continued support of student endeavors at the clinic.

The Jackson Free Clinic completes almost 1000 medical visits, over 250 dental visits, and over 200 PT/OT visits a year. This service is because of you, its student volunteers. The educational opportunities that it affords attract students eager to learn and to teach skills and knowledge. Student volunteers work with faculty in a non-threatening environment, hone professional abilities, and teach and learn history-taking and physical exam skills.

But the main draw for students of all schools is the opportunity to serve and to give back. No student visits the JFC without being touched by the gratefulness of our patients and the enthusiasm of our volunteers, student and provider alike. For more information on the JFC, visit our website www.jacksonfreeclinic.org. You can support the clinic by donating online or by purchasing our amazing scrubs and t-shirts. We look forward to seeing you on Saturday!

Take care and do good work,

Hal Flowers
JFC Student Director
SOM Class of 2015

Pictured Above:
1 – The JFC Board of Directors for 2013-2014.
2 – Dental students pose for a picture with a patient.
3 – Physical Therapy students prepare to see a patient.

Dr. Woodliff, an internal medicine attending, reviews a case with students.

Medical and Pharmacy students discuss a case.

Medical and pre-medical students review a patient’s chart.
On May 28, 2014, the Center for Bioethics and Medical Humanities conferred Book Awards and letters congratulating 21 participants and 4 prize winners for their submissions to the inaugural University of Mississippi Medical Center Writes...of spring contest. The book award was presented to thank participants, who represented the School of Health Related Professions, the Graduate School of Biomedical Sciences, the School of Nursing, and the School of Medicine, for taking the opportunity and risk posed by their writing “into the ring” for review, and so contributing to reflective, creative communication grounded in the realities of health care education here at UMMC.

Selection of the prize winners was done by four reviewers, each with experience in health care education, a love of literature, and a current or former engagement with literary scholarship, poetics, essays, and/or reviews. Two further readers from the Center for Bioethics and Medical Humanities served as “tie breakers” – or tried to! First place was awarded to Will Berlin for Before, a poem that moves its reader through the strengths and fragilities encountered in initial clinical experiences and “the fierce magic it takes to live.” The unbreakable tie for second place went to Leslie Davis for her reflective poem Where You Are and to Andrea McLaughlin for her good-humored, light verse rendition of This Chaos they Coil, “Nursing School.” Third place went to Allison Pace for her reflective essay, A Year of Firsts.

The book prize, a copy of William Carlos Williams’ The Doctor Stories, was selected for its literary quality and eye witness documentation of the health care assumptions, practices, and relationships prevailing over the course of Williams’ lifetime (1883-1963). His Paterson, New Jersey medical practice is portrayed in these studies and poems through clinics, hospitals and house calls, but most importantly through vignettes – not always flattering and some outright objectionable – of William’s interactions with those who sought care. All local, some would arrive through world wars, the Great Migration, revolutions; all 20th century, many would be affected by the Great Depression, or benefit by the advent of discoveries that would lead to astonishing changes in our approach to illness, health and health care, changes that continue to unfold.

Robert Coles (b 1929), who introduces this volume and the Williams who wrote this medical student “There’s nothing like a difficult patient to show us ourselves,” finds in Williams professional renderings the following caution:

Presumptuousness and self-importance are the wounds this life imposes upon those privy to the wounds of others. The busy capable doctor, well aware of all the burdens he must carry, and not in the least inclined to shirk his duties, may sacrifice badly in those small moral moments that constantly press upon him or her – the nature of a hell or good-bye, the tone of voice as a question is asked or answered, the private thoughts one has, the effect they have on our face, our hands as they do their work, our posture, our gait. (xiii)

These words apply to health care providers in every discipline, and the submissions to Writes...of spring showed that our students try diligently to heed them.

Finally, the awards were made only a few hours after word of the passing of Maya Angelou (1928-2014). In honor of her contributions within American letters and art, and in recognition of her immense influence on literary forms by which to examine the histories we live, the Book Awards began with a reading of the first stanzas of Maya Angelou’s Still I Rise, followed by an excerpt from Theories of Time and Space by Mississippi and US poet laureate Natasha Trethewey.

The Center for Bioethics and Medical Humanities would again like to congratulate each student who participated in the 2014 launch of Writes...of spring for picking up the mandate of Williams, Coles, Angelou, Trethewey, and uncountable others to intervene on behalf of healing through the reflective exercise of their profession. We look forward to reading more next year, all of these students – and you?!
What is hot, humid, sweaty, exciting, heart-wrenching, and essentially life-changing? For 20 of us, it was our trip to Leogane, Haiti (the epicenter of the 2010 earthquake), for medical relief and missions. Led by Dr. David Norris and Dr. Sonya Shipley, physicians in the Department of Family Medicine, our team encompassed various healthcare professionals from around the state, including physicians, medical students, nurse practitioners, nurses, nursing students, and even college students pursuing careers in healthcare. Trying to delineate the good parts about this trip will result in a list way longer than you’d prefer to read, so here goes my attempt at brevity!

Each day, we set up a clinic at a different location around Leogane (lay-oh-gon), complete with a triage, provider stations, and a pharmacy. Altogether, we saw between 150-200 Creole-speaking patients each day, for a total of 800+ over the whole week! Some of the illnesses we diagnosed and/or treated were ones that we see here in Mississippi – hypertension, diabetes mellitus, hyperlipidemias, STDs, and GERD, but we also got exposure to disease processes we don’t often see in the United States, including malaria, vitamin deficiencies, cholera, and the latest virus beginning to rear its head here… Chikungunya virus. As a rough estimate, probably 500-600 out of our 800+ patients suffered (or had suffered) with Chikungunya. Our work here was so rewarding, as we saw patients whose healthcare depended on the next trip of American healthcare providers coming to give them aid.

Oftentimes, after long, exhausting clinic days, all we wanted was relaxation in the comfort of an air-conditioned indoors! Although that wasn’t an option, we still managed to pack a lot of fun into our 10-day venture. We rented 10 motor-cycles for Haiti drivers to take us to a nearby “beach” (not quite like the beaches we know, ha.) We toured a voodoo temple, walked around the town streets and markets, and played games that kept us laughing for hours. From several of our team members becoming ill and arguably one of the craziest travel fiascos a group could experience, our slogan, “It’s a love Haiti relationship” was definitely apropos! But I’m fairly certain I speak for every one of us when I say that it was a great trip we will never forget!
Summer Research Experience at the University of Alabama-Birmingham

By: Jesse Morrison, M2

During this past summer, 3rd year pharmacy school student Christine Hayden, fellow 2nd year medical student Ben Carroll, and I participated in the Center for Clinical and Translational Studies (CCTS) Short-term Research Training Program in Patient Oriented Research at the University of Alabama at Birmingham (UAB). The program consisted of pairing each student researcher with a clinical faculty mentor and receiving his or her own project to be completed during the eight-week period. At the end of the summer, each participant presented and defended their completed research to their mentors and other nationally renowned faculty at the University of South Alabama, UAB, and UMMC.

Ben’s research centered on using community-based participatory research models to assess individual and community weight loss interventions in rural African American populations of the Alabama Black Belt. Specifically, he worked with the Photovoice method, which uses photos taken by community members to foster discussion and advocacy based on the community’s assets and opportunities for growth.

Christine’s research concentrated on improving medication adherence in the Alabama Black Belt. She accomplished this task by developing a diabetes medications video that will be shown as part of an intervention in the following months.

As for myself, I focused my research on trying to lower the hospital re-admittance rate of elderly patients within thirty days of being discharged. I carried out this assignment by recruiting and delivering three meals/day for ten days to discharged elderly patients meeting appropriate criteria.

The Short-term Research Training Program at UAB educated us in the particular aspects of patient oriented research and the importance of interdisciplinary care in the treatment of patients. This program is highly recommended to future health professionals interested in a gratifying summer research experience.
The M3 class officially transitioned to third year in June, by receiving white coats with our names embroidered at the top right corner. It was the perfect celebration night to end our Step 1 study marathon and begin our new journey as a third year medical students. That night was a moment in time where I could look back and truly say that the past two years of medical school went by very fast. Even just two years into it, I have been changed by the process from learning unique information about the human body to sacrifices made to keep up with classes. Finally starting third year was worth that process. During this new year, we rotate through seven departments, as well as three electives. We officially are part of the treatment team for the patients we see, and our job really consists of talking to patients and getting to know them. I had a little girl run up to me before she left clinic to give me a big hug and tell me I was her best doctor friend. Moments like that make third year extremely gratifying. So for the rest of this year, we will have a taste of different types of medicine and decide later in the spring what we want to do when we grow up, which is exciting to think about! But for now, we are just enjoying being in the hospital or clinics and seeing patients.
and the body succumbs. The effects and voracious energy demands become too great, and the cancer grows unchecked until its invasive nature allows it to metastasize, into other parts of the body so that the one small cell can start a whole new world of toxins inside itself. Unfortunately though, our original immune system was designed to protect the survival of the body as a whole by releasing a series of toxins as soon as it saw a foreign agent. So the cancer cell represents the eventual self-consumption of the body.

Now, thankfully, cells have a failsafe for situations just like this. When a cell starts to go haywire and divide more than normal, embedded in the cell's DNA is a backup plan: apoptosis, otherwise known as “programmed cell death.” When a cell divides, its DNA goes through a review process. If major mutations are discovered during the review process, the cell will kill itself in order to ensure the survival of the body as a whole by releasing a series of toxins inside itself. Unfortunately though, our original immune system was designed to protect the survival of the body as a whole by releasing a series of toxins as soon as it saw a foreign agent. So the cancer cell represents the eventual self-consumption of the body. I learned the other day what cancer is. This is something I probably should have known for some time, but just in case you aren't clued into how the early microscopic beginnings of cancer take place, here's a breakdown.

I've heard the word “cancer” used before to describe how someone can negatively influence the culture of an organization, but only when I heard how cancer first begins in someone’s body did I begin to realize just how much cancer parallels one of the most famous biblical passages: 1 Corinthians 12, when the apostle Paul compares the church to a body with many members.

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were baptized into one body – Jews or Greeks, slave or free – and all were made to drink of one Spirit. For the body does not consist of one member but of many…If the ear should say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing?…If all were a single member, where would the body be?...The eye cannot say to the hand, “I have no need of you;…But God has so composed the body, giving greater honor to the part that lacked it that there may be no division in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together. Now you are the body of Christ and individually members of it.

If a cancer cell could speak, I wonder if it might not talk like the eye in the passage above. If that were the case, I think we would begin to see in cancer cells a close comparison to the chief killer in our church congregations and religious groups: Pride.

Something happened in a cancer cell, some change in the way it sees itself fitting into the larger body, that makes it want to reproduce at such a frantic, destructive rate. It's as if someone (maybe cigarettes or the sun) told the cell that what the body really needed was millions of duplicates of itself. “The body doesn't really need these other types of tissue. What it really needs is more of me,” the cell says as it divides on and on and as the growing tumor begins to invade other organ systems. Or perhaps the cell is just so obsessed with its own survival that it can only think to churn out more clones. Regardless, the cancer cell shows how destructive the pride of even one tiny individual can be to the life of a congregation. The very opposite of the mustard seed Jesus spoke about, the cancer cell represents the eventual self-consumption of the body.

Have you seen this happen in a congregation or another group you’ve been a part of? One person decides their role is of ultimate importance, extends themselves into all areas of the congregation, and uses up all the energy in an effort to increase their own worth. Or maybe you've noticed how across Mississippi our congregations tend to be racially and socioeconomically homogenous because we, like the cancer cell, can't get away from the idea that church is about our preferences and not about representing to the world the Kingdom of God we find pictured in Revelation 7, when people of all nations and races join hands around the throne of God in praise and wonder. So often we show by the way we walk ourselves off that we think our church is for people who look like us, talk like us, and fit in our tax bracket.

Have you found yourself in a new organization lately? Maybe you're a first year student. Maybe you just moved to a new community. Maybe you're searching for a church home. Be encouraged. There are lots of cancers out there. Maybe you’ve been one yourself. But unlike the case of the cancer cell, the Savior who loves the body and serves as its head won’t let it be consumed.
Mountain Medicine

By: Kayla Creel, Lacey Gilmore, Anna-Marie Sharp, and Ashley Willard

The final year of pharmacy school consists of solely experiential education. After two years of didactic teaching and a year of problem-based learning, fourth-year pharmacy students are eager to put into practice all that they have learned. Most rotation sites are areas of traditional pharmacy practice, but a few less conventional rotations are available as well. This year four PY4 students traveled to Pomabamba, Peru with a mission team from First Baptist Church Jackson to practice “mountain medicine.”

For eleven days in June, we hosted medical clinics in four different Peruvian villages in the Andes Mountains. Our medical team consisted of one physician, one pharmacist, and four PY4 students. We also had five other non-medical team members that helped with each clinic. Each person that came through our clinics first attended an evangelism class before being “traged.” After receiving a dose of worm medication, one of our team members would apply moisturizing cream to each dry, leathered face and patients would be sent to see a “doctor,” the physician on our team or a pharmacy student. Through broken Spanish and a traditional pharmacy practice, but a few less conventional ways in which we could help them with the supplies we were given. We finished the trip with expectations that our Continuing Education (CE) credits. These talks were a way for me as a student to learn about what’s happening and stay up to date with my rapidly changing and evolving profession. Some of the talks included were titled: “My Heart Will Go On”: JNC-8 and AHA/ACC Lipid Guidelines Update, “Pharmacy and the Pursuit of Provider Status”, “Immunizations Update 2014”, and “The Path of Biosimilars in the United States, from FDA Approval to State Substitution”. All of the CE talks I attended reinforced my decision to be a pharmacist, and to be the best one that I can be. With so much happening in the field at the moment, it is a very exciting time to be a Student Pharmacist.

By the end of our trip, we had driven over 1,000 miles, seen 667 medical patients, filled 1,728 prescriptions, distributed 448 pairs of glasses, and witnessed 484 Quechua people pray to receive Jesus Christ as their Savior and Lord.

Choosing to be pharmacist, or any other healthcare professional, is deciding to spend your life and your career in a position of service to others. Our education and medical knowledge is a skill very few possess and is something we have to offer not only our patients here in Mississippi but also around the world. No words can do justice to what we saw, what we experienced, or what we learned while in Peru. We saw a need on the faces and in the hearts of the people. We quickly learned to translate their needs into ways in which we could help them with the supplies we were given. We finished the trip with expectations that our Continuing Education (CE) credits. These talks were a way for me as a student to learn about what’s happening and stay up to date with my rapidly changing and evolving profession. Some of the talks included were titled: “My Heart Will Go On”: JNC-8 and AHA/ACC Lipid Guidelines Update, “Pharmacy and the Pursuit of Provider Status”, “Immunizations Update 2014”, and “The Path of Biosimilars in the United States, from FDA Approval to State Substitution”. All of the CE talks I attended reinforced my decision to be a pharmacist, and to be the best one that I can be. With so much happening in the field at the moment, it is a very exciting time to be a Student Pharmacist.

This summer, I had the privilege of attending the annual convention for the Mississippi Pharmacists Association, held on the beautiful beaches of Destin, Florida. What an experience it was! As a pharmacy student, I was able (along with many other of the 40+ students in attendance) to receive sponsorship for going on the trip. Many of the pharmacists and faculty in attendance provide this sponsorship in order to make it easier and more feasible for students to go.

Over the course of the 4 days, I was able to soak in as much information (and sun) as I could. For me, this meeting was an excellent way to network, meet other students and pharmacists, and relax a little. The meeting provides pharmacists with opportunities to receive their CE credits. These talks were a way for me as a student to learn about what’s happening and stay up to date with my rapidly changing and evolving profession. Some of the talks included were titled: “My Heart Will Go On”: JNC-8 and AHA/ACC Lipid Guidelines Update, “Pharmacy and the Pursuit of Provider Status”, “Immunizations Update 2014”, and “The Path of Biosimilars in the United States, from FDA Approval to State Substitution”. All of the CE talks I attended reinforced my decision to be a pharmacist, and to be the best one that I can be. With so much happening in the field at the moment, it is a very exciting time to be a Student Pharmacist.

The convention was both educational and relaxing, allowing plenty of time in the afternoons for attendees to spend time soaking up the sun. How could you resist at such a beautiful location??

There was an exhibit hall with over 40 different companies and pharmaceutical organizations providing information and souvenirs. This was quite possibly my favorite event! You can never have enough pens, pads of paper, and hand sanitizers! This was also a fantastic way to network and exchange business cards with potential employers or organizations.

The convention closed out with an Awards Dinner that recognized distinguished students and pharmacists in various categories. For example, a “Distinguished Young Pharmacist Award” is given out to a practicing pharmacist with superior achievement within 10 years of their terminal pharmacy degree. My classmate, Cody Clifton and I, both had the honor of receiving the “Spirit of Pharmacy” Award, recognizing service-oriented and hard-working students that have demonstrated extraordinary commitment to the association and volunteer activities. You can see us pictured with Dr. Lauren Bloodworth below.

Thanks for a wonderful trip, MPhA!

Kate Mislans
PY3 Pharmacy Student, UMMC
In its normal fashion, the summer of 2014 seemed to slip through the cracks even faster than the summers preceding it. Most of our summers were probably occupied with similar activities: internships, rotations, family vacation and (for those of us who are new to campus) the daunting task of moving to Jackson. Sadly, many students missed out on the most rewarding part of the summer. If the trend continues, many professionals will miss out on one of the most fulfilling aspects of their career. “What is the secret to a happy summer and a rewarding professional life?” you ask. Getting involved with a state organization of your profession. For myself and 20 other PY3-PY4 Student Pharmacists, it was the Mississippi Society of Health-System Pharmacists (MSHP).

We convened for the MSHP Annual Meeting in historic Natchez, Mississippi from July 17-19. During this time, we heard from some of the most influential pharmacy leaders in the state. They gave updates on advancements in their own pharmacy practices, and shared the insight with practitioners and students in the audience. In addition to the educational offerings, our students held a poster session during the annual meeting to display their research. It was fun to see the tables turn as our guest speakers now learned innovative practice updates from the students who presented their work. MSHP sponsored a two-day leadership development seminar for the students with one of the most inspirational leaders in pharmacy, Dr. Jillian Foster. This seminar not only taught us how to be effective leaders but also provided valuable preparation for residencies and careers.

Arguably the most important part of this meeting was not something I got out of attending but was something I was able to contribute to my profession. Students sought out donations from business owners all over the state for the MSHP Silent Auction. The funds raised by the silent auction are used to provide research grants for pharmacy residents within the state of Mississippi.

For those of you who already participate in your state organizations, congratulations, you have discovered the secret to professional happiness. To those of you who are not yet active in these organizations, I encourage you to do so. As I watched the rain flow from the streets of Natchez into the mighty Mississippi river I was reminded that the works of individuals may seem small, but when we unite within our organizations we can accomplish great things.
Almond Butter Chicken Salad

Need a lunch that's quick and easy to make before heading out to school/work? I've got the perfect recipe! Chicken salad like you have never had before. Trade out the mayo or yogurt for almond butter and honey to get a sweet, nutty taste. For pretty presentation, just wrap with lettuce! For an easier way, bread always works.

**Ingredients:**
- 1 cup chopped chicken (I used store-bought rotisserie chicken – less work!)
- 3 Tbsp Fuji apples (I used 2 apples)
- 3 Tbsp red grapes (I usually add more)
- 3 tsp honey
- 4 Tbsp almond butter
- Romaine lettuce leaves

**Instructions:**
1. Chop chicken, grapes, and apples then add to a mixing bowl.
2. Add almond butter and honey; mix well until it covers the ingredients evenly.
3. (Option 1) Take one lettuce leaf and add chicken salad to it; roll up like a soft taco.
   (Option 2) Broil two pieces of bread in the oven on high for 5 minutes. Add chicken salad and piece of lettuce to make a sandwich.

What to do with left over chicken:
- Add to a salad.
- Make a chicken sandwich. You can find pears in the grocery store right now, so try adding pears! The pear is sweet and crunchy, so creates a great combo with the chicken.
- Make a chicken wrap.

Happy summer!
Eden J. Yelverton, M3

Baked Pesto Salmon

This month I want to share one of my all time favorite recipes with you guys: baked pesto salmon over a bed of vegetables. I know I’ve said some recipes are easy before, but I think this one takes the cake (not literally, sadly). It’s simple, quick, healthy, and absolutely delicious! And, to top it off, you can make it anytime of the year. Just grab some seasonal vegetables along with your favorite fish, and you’re in business.

**Ingredients:**
- Salmon (You can use any kind of fish, so feel free to substitute tilapia, catfish, etc.)
- Pesto
- Mozzarella
- Potatoes, mushrooms, squash, zucchini, and red onions (Any vegetables you have on hand.)

1. Preheat the oven to 375 °F.
2. Slice all of the vegetables, and then carefully layer them on a piece of foil that's big enough to close with everything in it. With each layer, add salt and pepper to the vegetables.
3. Once the vegetables are layered, place your fish on top of the pile, spread pesto over it, and then sprinkle as much mozzarella as you’d like on top of everything.
4. Bring the edges of the aluminum foil together and tightly seal everything. Place the foil “bag” on top of a cookie sheet or a firm surface and place it in the oven.
5. Bake the salmon for ~20 min depending on its thickness. **Cooking time may vary depending on what type of fish you use.

Happy August everyone!
~Mina
Trainor Storey rarely stands still—just like most students his age at Mississippi State University.

But before he became a Bulldog, his life was at a standstill. He suffered a spinal cord injury in a single-car accident that killed one and injured four others, all friends from his high school, Flora’s Tri-County Academy.

When Trainor entered Methodist Rehab’s spinal cord injury program, he was determined to walk again. Medical director Dr. Samuel Grissom found he had excellent potential for recovery and encouraged him to work toward his goal. Aided by Methodist’s skilled physical and occupational therapists, Trainor showed the tenacity of a true Bulldog in the therapy gym.

“I treated it like a competition—to go in there and try and do better than I did the day before,” he said.

His rehab led to an inspiring recovery, one that had him walking on his own out the doors of Methodist Rehab. Now he’s pounding the pavement on the MSU campus as a chemical engineering student.