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Always right there.
ALWAYS RIGHT.
A few Notes from the President...

“...The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”
- Dr. Seuss.

The semester is off and running, and whether you’re in the classroom/library/study phase of your schooling or spending time in clinical rotations with patients, my hope is that you are embracing this opportunity. The inexorable onslaught of tests and evaluations can certainly become a source of stress, and maintaining a healthy perspective is important. Receiving an education, particularly in a professional school setting, is an opportunity that many people in the world don’t have.

A mistake I made early in my time at UMMC (several years ago) was to think it was okay to do “just enough” to get by and do reasonably well in school. I was wrong, and if I could go back and redo some things, I probably would. I’ve realized that our teachers and bosses would almost invariably prefer a hard worker to someone who is brilliant yet slothful. Don’t worry about someone labeling you as a “gunner” or as someone who doesn’t leave the library—help and love your classmates, but work hard! That’s what we are in school to do. Most importantly, we have the responsibility to do our best, because less than our best will probably come at a cost to our patients in the future.

In working hard, though, it’s important to maintain a healthy balance in life. I pulled many an all-nighter in high school, but have since realized that doing so the night before a test is neither conducive for my grades nor my sanity. In addition to getting adequate sleep, it’s important to have a regular exercise program. I know you’ve heard this advice tens of times from the upperclassmen in your program, but as part of our student wellness initiative, the ASB is creating a program to help keep us all motivated to exercise and have a bit of fun while doing it.

Survival of the Fittest – This will be a competition between the 6 major schools on UMMC’s campus. Here are some of the details:

• Mid/late-September through the end of April
  • Students will log their miles in 3 categories (swimming, biking, running/walking) and their time spent working out (sports, yoga, weightlifting, etc.)
  • At the end of the April, the winner (per capita, so get all of your students to be involved!) in each major exercise category will receive School Cup points. The school that ranks the highest in all categories combined will be labeled the “fittest UMMC school.”
  • You’ll receive a spreadsheet to log your miles. Each month’s miles/time must be logged by the end of the month, at which time the spreadsheet will be zeroed and the results will be updated on the ASB website.

Mississippi Health Sciences Mentoring Program – There is still time to register to be a mentor for an undergraduate student for this academic year. Please consider serving as one. Go to the UMMC ASB website, or like us on Facebook – www.facebook.com/UMCASB

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

HIGH NOTE JAM
Where: Thursday, September 11 from 7:00-10:00 PM
Venue: Mississippi Museum of Art, Jackson
Cost: Free, Cash Bar

Screen on the Greens
Where: Thursday, September 11 from 7:00 PM ( outdoors)
Where: Mississippi Museum of Art, Jackson
Cost: Free, Cash Bar

Part of the other events this week on the NorthPlex Campus at the Art Center, presented by Mississippi Museum of Art and the University of Mississippi, this hybrid movie is Family friendly and will be held outdoors immediately following High Note Jam in concert on the UMMC stage. The show is presented by WLOX.

SCHRIFTY OF SUNSET
Where: Thursday, September 18 at 7:00 PM
Where: The Cedars Historic Home
Cost: Free to stand; Tables from $500-$1500

Joinlive from the most popular upload event held on the beautiful grounds of the Cedars historic homes. There is a lot you will enjoy; such as live music with blues, jazz and pops; food on enjoy the delicious food of the Mississippi Symphony Orchestra. Featuring live art by many of the most famous and talented artists of today. The show is free, so come out and enjoy.

WINE TASTINGS
When: Tuesday, September 23 from 6:00-8:00 PM
Where: Anjou and Amerigo Restaurants
Cost: $15-20 + tax and tip

From a popular family of Jackson restaurants, both Anjou and Amerigo are offering magnificent Wine Tastings. At Anjou, guests will enjoy five French wines, along with a cheese plate and appetizers. From a popular family of Jackson restaurants, both Anjou and Amerigo are offering magnificent Wine Tastings. At Amerigo, guests will enjoy five Italian wines, along with a charcuterie plate and appetizers. From a popular family of Jackson restaurants, both Anjou and Amerigo are offering magnificent Wine Tastings. At Amerigo, guests will enjoy five Italian wines, along with a charcuterie plate and appetizers. From a popular family of Jackson restaurants, both Anjou and Amerigo are offering magnificent Wine Tastings. At Amerigo, guests will enjoy five Italian wines, along with a charcuterie plate and appetizers. From a popular family of Jackson restaurants, both Anjou and Amerigo are offering magnificent Wine Tastings. At Amerigo, guests will enjoy five Italian wines, along with a charcuterie plate and appetizers.

The Mississippi State Fair means something different to each individual. To some, it is about entertainment like the carnival rides and concerts. For others, it means the opportunity to participate in one of the state competitions such as the livestock shows. For some, the fair means the chance to see the most diverse and entertaining pageant and other competitions ever.

Mississippi State Fair
When: October 1-12
Where: MS State Fairgrounds
Cost: Varies

The Mississippi State Fair means something different to each individual. To some, it is about entertainment like the carnival rides and concerts. For others, it means the opportunity to participate in one of the state competitions such as the livestock shows. For some, the fair means the chance to see the most diverse and entertaining pageant and other competitions ever.

OUTDOOR MOVIE NIGHT (COUNTRYSIDE)
When: Thursday, September 18 from 7:00-10:00 PM
Where: Mississippi Museum of Art, Jackson

The MS Chapter of the American Institute of Architects and the Architectural League of Jackson are proud to present the annual Mississippi Outdoor Movie Night. Joining the festivities, the museum will offer hot dog, pretzels, and a variety of beverages and snacks. For being over 21, there will be wine and beer. For those of the

INTERNATIONAL GUMBO FESTIVAL
When: Saturday, September 20 from 11:00 AM - 1:00 PM
Where: Small Park, Jackson

The event will include a gumbo cook-off, band judging to name the “International Gumbo Festival Champion,” and gourmet, Pet-friendly event located in the heart of Fondren Renaissance, north Mississippi Avenue, the small boutique district. The Wild Magnolias, Southern Event Planning Andrew Petty, Southern Louisiana Food & Wine

WINE TASTINGS
Cross and Scalpel

“To Be Made Well”

Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly. “My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well and live.”

And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, “If I touch but his clothes, I will be made well.” Immediately, her hemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, “Who touched my clothes?” And his disciples said to him, “You see the crowd pressing in on you; how can you say, ‘Who touched me?’”

He looked all round to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, “Daughter, your faith has made you well; go in peace, and be healed of your disease.”

(Acts 5:21-34, emphasis mine)

You often hear Christians refer to ‘the gospel’. We use the phrase regularly in our worship services and conversations about what it means to be called ‘Christian’. It’s a word that often carries the weight of the entirety of Christian belief. We use it as a summary of everything Christians hold true and good, as a deliberate definition of the word when we use it, however, which leads to a considerable amount of confusion. The word sounds vague when it’s not defined clearly, especially when Christians use it in grandiose, dogmatic speeches, as Christians are sometimes prone to do. But the word itself literally only means ‘good news’, so it doesn’t even refer to particular doctrine or belief, but rather a common tidbit of welcome information that has been passed on to us. Why then do we use this word?

Other times, because people mean different things when they say ‘the gospel’, the word becomes divisive. Whole denominations have split over differing understandings of what the word means. And for some of us who never felt very closely connected to our churches growing up or never found ourselves able to believe blindly like others or felt like we were missing something that everyone else seemed to trust wholeheartedly (and perhaps half-heartedly), this word ‘the gospel’ brings up feelings of guilt and isolation and maybe even ignorance.

I am reminded frequently that, for the longest time, I lived with an understanding of ‘the gospel’ that is quite small. I always heard that the gospel was another word for salvation – ‘the gospel’, I heard, is that Jesus died on the cross for our sins and rose again on the third day so that we could go to heaven.

But someone pointed out to me years later that ‘the gospel’ was, in fact, much bigger than Jesus dying on the cross for our sins and rising on the third day. He pointed me to what Jesus himself said about the gospel. In a statement found in the accounts of Jesus’ life and ministry written by Matthew, Mark, and Luke, Jesus says, “The time is fulfilled, and the Kingdom of God is at hand; repent and believe the gospel.”

(Acts 1:15) “The kingdom of God is at hand” – this is the gospel that Jesus invites us to trust.

It’s worth noting that while salvation from sins is an important part of Jesus’ gospel, it’s only one part of the story. The story is that God made a world out of a joyous, overflowing love and goodness. God’s desire was that the world would commune with Him in humility and gratitude – we find Adam and Eve able to speak to God directly. God also wanted the world to have enough for everyone – this is why the first chapters of the Bible are set in a lush garden full of all kinds of foods. And God wanted peace among humanity – and we find that when humanity rejected God (what we call Sin), their relationships with one another and with the earth itself become conflicted and painful, and we began to experience injustices because of one another. So when that world turned away from God, God began a program that would lead toward a restoration of all that God had originally hoped for the created world. That program reached its culmination in the death and resurrection of Jesus, who died not just to wash us of sin, but to inaugurate a redemption and renewal of the entire created order.

And in the last three chapters of the book of Revelation, much like that first very simple Kingdom of God in Eden, another picture of God’s Kingdom. Only this time, the Kingdom has arrived in all its fullness – that Kingdom is everything you and I know to be good and right and true. There are people gathered from every nation, tribe, and tongue across the globe, enjoying God’s goodness and beauty and wonder, living peaceably and with enough to provide for everyone. Death has been swallowed up, there is no more mourning or crying, and the Lord God dwells among us. It’s a beautiful picture that reminds Christians of why God made us.

And we see another aspect of Jesus’ gospel of the Kingdom of God in the account above from Mark 5 about Jairus the synagogue leader and the women suffering from hemorrhage. Take a look at the phrases that I have bolded – “be made well/saved” – these are the Greek words σῴζω (pronounced sod-uh) and σῴζεσθαι (pronounced sod-ee-stai). And it’s an important word in the Bible because it is also the word that is translated ‘to be saved’. Consider that for a moment – the same word that refers to salvation in the Bible, Mark here uses to describe the healing of Jairus’ dying daughter and the woman with hemorrhages. That is, there is in this word σówki an integral element of healing, of freedom from bodily death and disease. Both the woman with hemorrhages and Jairus the synagogue leader (on behalf of his daughter) want one thing – to be made well/saved – and they each demonstrate how badly they want it through how they approach Jesus: one falls at his feet, and the other trusts that if she can only grab the edge of his cloak, she’ll receive what she hasn’t been able to buy for all her money anywhere else.

The gospel writer could have used other Greek words here – words that only mean physical healing. There is θεραπεύω (ther-ap-ee-uh), from which we get our English word ‘therapy’. Instead, however, Mark chose to use this word σῴζεσθαι because we can conclude, there is something deeper going on in the case of these two people. There is a deep significance to Jairus’ daughter because her revivial will be the first miracle in the gospels in which demonstrates Jesus’ power over death. As for the woman with hemorrhages, there is a lot going on. Not only is she suffering from twelve years of bleeding, but because of Jewish law, her constant bleeding means that she is unclean and, therefore, unable to attend synagogue with everyone else. She has become an outcast. Furthermore, she’s had (and maybe you can sympathize with her) trouble with her doctors, who have asked her to undergo several series of painful and costly procedures. Mark goes so far as to say that she ‘suffered under many doctors,’ an experience we can only hope not to recreate in our own work. It seems to have exacerbated the situation that Jesus had been invited to. And yet, Jesus didn’t pass her by. But just as she was exhausted from searching for a cure, that search has also made her poor. She has no money. Jesus is her last hope.

And in her σῴζεσθαι – her salvific healing – there is a return to her community, a redemption of her costly struggle for freedom from her disease, and, as Jesus’ parting words to her indicate, peace. All of this tells us that salvation according to Jesus’ gospel of the Kingdom of God is more than mere removal of sins. It is a renewal of the life God gave us, an open door to freedom from the burdensome powers of poverty and disease, and a full reunion with the others whom God calls children. The gospel is a Kingdom – God’s people in God’s safe, secure, wholly good place.

This is ‘good news’ for those of us who are Christians working in the health industry, not just because we are God’s children longing for God’s Kingdom, but because we can remember that somewhere in our everyday work there lies a piece of the gospel. Salvation, in terms of Jesus’ definition of the gospel of the Kingdom of God, involves health. The woman with hemorrhages could not experience full salvation without the healing of her body. And our picture from Revelation of is a land where there is no disease. Salvation, then, includes much more than paying the price for sins. It is a grand preparation for the Kingdom of God, where death or disease have no place, where there is no longer any isolation or shame, any harm or suffering. Our sin and sickness are gone, but there are many more barriers, and when we care for one patient, we remind this broken, sickened world that there will come a time when death will have had its day and God’s true, real health will be all a redeemed world will know. When we work toward the healing of one patient, we make a statement to the powers of this fallen world that we represent a different Kingdom, one that has seen its inauguration in the resurrection of the Savior that death could not hold down – Jesus Christ, the Healer himself.

Knowing that your work is gospel work – Kingdom-of-God work – enjoy what you do today. It is a sign of things to come.

The Lord be with you.

Ben Carroll (bwcarroll@umc.edu) is a second year medical student and a former pastor at St. Luke’s UMC in Fondren. He looks forward to your positive or constructive feedback and welcomes you to attend lunchtime Bible study on most Fridays at 12:00 on the second floor of the Classroom Wing.

Cross and Scalpel is a monthly column that considers medicine through a Christian worldview. We don’t claim to have all the answers. We just want to start a conversation that benefits Christian people in the UMC community. If you’re from a faith other than Christianity, we hope to dialogue with you too. We know we have much to learn from you.
news you can use:

- Help be a photographer!! Take some pictures of your team!
- Send in your pictures via direct message for some free publicity and bragging rights.
- Follow us on Instagram at ummcintramurals.

Download Rec It on your App Store to manage all of your intramural sports teams, get standings, game schedules, and reminders!!! Get push notifications to remind all team members of their games. Captains can easily chat with their team. Rec It is the official app for imleagues. Login using your imleagues account credentials.

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Check out our t-shirts for sale at the JCGraphics online store for $15 each. The shirts are short-sleeved, Comfort Colors brand and are available in 3 colors: seafoam (pictured at right), true navy, and aloe green. The logo and design are pictured at right. Visit www.jcgstore.com to purchase a shirt by September 26.

“Piled Higher and Deeper” by Jorge Cham

"The third year Occupational Therapy students recently accepted the ALS ice bucket challenge. The ALS ice bucket challenge has gone viral on the internet, beginning in efforts to raise awareness and donations for ALS, better known as Lou Gehrig’s disease. The OT class of 2015 first provided a basic overview of the terrible disease, then lined up to endure the cold water in honor of their dear friend, Richie, who traveled to campus to witness the event. In addition to taking on the cold water, the class raised and donated over $235 dollars to the ALS Association."
Who Are We?

The Medical Student Family Alliance (MSFA) is an organization of UMMC medical student couples that come together to support each other, other medical students, and the local community. The spouses and significant others of medical students are an ever-growing and integral group who become intertwined with the demands of a medical career. More students today are entering medical school in serious relationships. Many are married and even have children by the time Match Day arrives. The MSFA is a great way for loved ones of medical students to be involved with the UMMC community and support their medical student.

The Medical Student Family Alliance welcomes all significant others and spouses of medical students. It is also open to men and women and also the medical students themselves.

What Do We Do?

- Social Events
  MSFA holds events that include date nights, cookouts, or game nights at least once a month. Check out the next page for photos from our Welcome Party at a Mississippi Braves game at Trustmark Park.
- Support
  1) We host speakers on topics such as how to prepare for residency, the matching process, and financial planning.
  2) We offer great opportunities for members to talk to other students and spouses further along in medical school for advice on what the future holds. It is also great way for significant others to meet individuals in very similar situations who can relate to their journeys.
  3) M1-M2 Students – We provide snacks/happies in their school mailboxes throughout the year.
  4) M3 Students – Breakfast Before Boards at the end of each clinical rotation.
  5) M4 Students – MSFA offers free childcare during the Long Coat Ceremony, one of the most important events in students’ medical school career.
- Community Service
  MSFA is very focused on serving our community. Here are some of our service events: SpookyU, a trunk-or-treat activity for UMMC families and fundraiser for Mississippi Children’s Home, adopt-a-floor at Batson Children’s Hospital, and a coat drive for the homeless when winter arrives.

How Can I Join?

Membership is open to the medical students and their spouses, fiancées, and significant others. Annual dues are $20 per couple and are collected by September 15 each year. To join the MSFA, visit https://www.umc.edu/Education/Schools/Medicine/Join_the_MSFA.aspx and for more information, contact Olivia White at ummc.msfa@gmail.com.

Welcome Party at the Mississippi Braves

Each year MSFA likes to kick off the school year with a bang! This year we decided to have our annual “Welcome Back” party at Trustmark Park. We cheered on the MS Braves while meeting our new members and enjoying food and fellowship. After the game, we enjoyed Friday night fireworks at Trustmark Park. We had a great turnout, hopefully a great sneak peek of what the year has to come for MSFA! Big thanks go to the UMMC School of Medicine Student Affairs office and the Central Medical Society Alliance who made our event possible.
WANT TO
SELL WITH US?

Homes for sale, rent, or lease. If it fits into these categories, send your information to Jennie Thomas at jthomas@umc.edu. Free for students; small fee for other readers.

Contact Julie at 601.529.9912

$3000 OBO

2003 Suzuki SV650s motorcycle
- 12k miles, great condition, ready to ride!
- Always get front-door parking!
- Save $$$ on gas!

Always get front-door parking!

Home furnishings. Books. If it fits into these categories, send your information to Jennie Thomas at jthomas@umc.edu. Free for students; small fee for other readers.

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Fall Apple Cake

Need a simple, good fall dessert recipe? Apples immediately make me think of going back to school and falling leaves! This Fall Apple Cake recipe works every time. Most of the ingredients are already in your pantry! The cake is wonderful for dessert, breakfast, or a snack.

**Ingredients:**
- 6 apples, McIntosh apples or Fuji apples
- 1 cup vegetable oil
- 1 tablespoon cinnamon
- 5 tablespoons sugar
- 2 ¾ cups flour, sifted
- 1 tablespoon baking powder
- 1 teaspoon salt
- 4 eggs
- 1 cup walnuts, chopped (optional)

**Instructions:**
1. Preheat oven to 350 degrees. Grease a tube pan (or a 9x13 pan or two loaf pans.)
2. Peel, core, and chop apples into chunks. Toss with cinnamon and sugar; set aside.
3. Stir together flour, baking powder and salt in a large mixing bowl. In a separate bowl, whisk together oil, orange juice, sugar, and vanilla. Mix both bowls together and then add eggs, one at a time.
4. Pour half of batter into prepared pan. Spread half of chopped apples over it. Pour remaining batter over the apples and arrange the remaining apples on top.
5. Bake for 1 ½ hours or until tester comes out clean. Cool completely before running knife between cake and pan.
6. For dessert, add whipped cream and ice cream as desired.
7. For breakfast, sprinkle powdered sugar on top. Then drink with coffee or tea, of course!

Happy eating,
Eden J. Yelverton, M3

Blueberry Crumb Bars

With September here, we’re creeping closer and closer to fall. I love everything about fall (the pumpkin cream cheese muffins, sweet potato casserole, pecan pie….drool), but, before we officially turn the corner, I thought I’d dedicate one last recipe to summer. This month I made a Blueberry Crumb Bar. At first glance, it may look like this recipe has one too many steps, but if you give it a shot, you’ll find out that it literally takes ~15-20 min to assemble. Most of the time is actually dedicated to cooking and filling your home with an incredibly sweet, blueberry smell (kind of like a healthy blueberry pop-tart). If you happen to end up with one too many blueberries on hand this summer from the local farmer’s market or go to the store this week, please give this recipe a try. It’s fast, healthy, and absolutely delicious. You can eat it for breakfast, as an after dinner dessert (w/ice cream of course), or take it to work as a snack.

**Ingredients:**
- 1 1/2 cups all-purpose flour
- 1 tsp vanilla extract
- 3/4 cup granulated sugar, divided
- 1/2 cup unsalted butter, chilled and cut into cubes
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp lemon zest
- 2 cups fresh blueberries, at room temperature
- 1 large egg yolk

**Instructions:**
1. Preheat the oven to 375 °F. Butter an 8x8 baking dish and set aside.
2. In a large mixing bowl, whisk together flour, 1/2 cup granulated sugar, baking powder, salt, and lemon zest. In another bowl, whisk together egg yolk and vanilla until combined.
3. Add egg mixture and cold butter cubes to flour mixture, and using a fork or a pastry cutter (or even your fingertips), cut mixture together until it resembles coarse crumbs.
4. Gently press 2/3 of the mixture evenly into prepared 8x8 dish.
5. In a separate mixing bowl, whisk together remaining 1/4 cup granulated sugar and 2 tsp cornstarch. Stir in lemon juice and then add blueberries.
6. Toss mixture to evenly coat then pour and spread coated blueberries evenly over crust in baking dish. Sprinkle remaining crumb mixture over berry layer (I pressed some of the mixture together in my hands while sprinkling to make larger crumbs).
7. Sprinkle 1 1/2 Tbsp sugar over top. Bake in preheated oven for about 38 - 42 minutes until top is golden brown. Cool for about 20 - 30 minutes before cutting into squares.

Serve warm with ice cream!
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.