Life insurance is more than a policy, it’s a promise.

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A few Notes from the President...

“I’m so glad I live in a world where there are Octobers” – Anne Shirley in Anne of Green Gables

Okay, I apologize for the cheesy quote, particularly by a fictional character (it’s been about 20 years since my parents made me watch that movie). I happened upon this quote recently, and I think it’s apropos for how I typically feel around this time.

October is a wonderful time of year. We’ve all settled into our school semesters; we’re in the heart of football season, the playoffs are going on in baseball, the weather is finally cooling down, the State Fair is here, and hunting season is upon us (had to look this one up to confirm, since I’ve never been hunting). It can’t get much better than all of this in Mississippi. While we are undoubtedly and appropriately busy with our studies, I hope that we’re all taking some time to relax and enjoy a bit of life outside of the classroom/clinic setting.

The ASB has been busy of late; here are some things that are or will be going on.

Intramural flag football and indoor soccer will be wrapping up soon, and we’re getting ready to kick off with volleyball. Team sign-ups for Trivia Night at Sal & Mookies once again maxed out within a few days, so we’ll try to continue to continue having this event once per semester. The inaugural ASB Food Truck Day was well attended by students and staff alike, and the food trucks appreciated us hosting them on campus. The School Cup is going great, with regular opportunities for each of our schools to win points. We are excited that the ASB-sponsored Mississippi Health Sciences Mentoring Program will be hosting its first meet-and-greet on campus between mentees and mentors on Friday, October 1. The ASB Fitness Challenge started on October 1, so don’t forget to go online and log your miles! Finally, the ASB Halloween Party will take place at Hal & Mal’s on the evening of Friday, October 24, so be looking for that epic costume to show off for the costume competition.

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. You can also follow ASB Intramurals on Instagram at ummcintramurals.

I’d love to hear from you if you have questions or concerns. And if you have ideas for an event or initiative that you’d like the ASB to sponsor, please feel free to shoot me a message at pmittwed@umc.edu.

Thanks, and see you around.

Peter

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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 at left) 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 Sunday, October 19 at 5:00 PM. 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!
ASB Back-to-School Party
August 15, 2014

Featuring Lord T & Eloise
Hal and Mal’s
It's easy to see why we could forget this pattern when we start asking about how to live as a Christian. First, when we think about Christian living, we usually think of "What do I do when...?" And the major moments in Jesus life - his birth, persecution, death, and resurrection - don't seem to have much to say about most of our "What do I do when...?" Nobody says, "Jesus, how should I be a newborn infant?" or "Jesus, what's the best way to get crucified?" I don't know about you, but those aren't everyday events for me. So these passages about Jesus life don't often seem relevant to Christian morality. Second, when we look at the major events of Jesus life apart from his moral teaching, we're usually interested in how those events pertain to our salvation, not our moral decisions. He was born so he could die; he died so he could save us; he rose again so he could get us into heaven. It seems on the surface like those major moments in the gospels were part of what God did for us, and our job is only to see our salvation in them, not how to live. So 1) when we need ethical answers, we aren't likely to turn to the passage about, say, the crucifixion, and 2) when we do turn to the crucifixion passages, it's usually not for ethical advice, but to appreciate God's work on our behalf.

I've been with a group of people recently, however, who are I've been with a group of people recently, however, who are asking together if we haven't been missing the points when we look at scripture in this way. I attended a conference in September hosted by the Christian Community Development Association (CCDA.org). The philosophy of CCDA says that we will understand more fully what it means to be Christian when we align the trajectories of our lives with the life of Jesus. The CCDAeers look to three major events in the life of Christ - his incarnation, crucifixion, and resurrection - as the foundation for how we live as a Christian. When they ask, all Christians modeled our lives after the Christmas story - not just buying gifts to celebrate Christmas, but embodying Christmas all year by moving ourselves spiritually, emotionally, and bodily, as Jesus did, into the broken places of the world. What if we moved into a hospital without paternalism but in loving humility and hope, seeking to flourish with its residents, even when it might mean danger to ourselves? We seem to have that pattern in the life of Christ - that he loved us so much he would risk himself on our behalf despite what it would cost him (John 3:16).

When we give up our time, money, safety, pride, and ease to help someone else discover the love of God who has made him. Is the Christian life difficult? Taking up crosses tends to be. But as missionary Jim Elliot put it: "He is no fool who gives up what he cannot keep to gain what he cannot lose." Let me be clear, you don't earn your salvation by living this way. Christ’s grace is offered to anyone regardless of how righteous you are(!). But perhaps you'll get a brief view of a Kingdom, and if you believe you were saved by Christ for the Kingdom, perhaps it will be worth the sacrifice to get a glimpse of your Home.

Rwanda, 1994 – the killing had been going on for a matter of weeks, but already tens of thousands of people had died in what would later be called the most efficient genocide in world history. Ultimately, over 800,000 people would die in the span of just 100 days. Sister Felicite Nyiragga was going about her work caring for children at a small rural orphanage on the day a group of uniformed men carrying rifles showed up at the door. The Hutu militiamen informed Felicite that she would be spared if she would only hand over the Tutsi children who had escaped from her care. More than less than human, he explained – cockroaches – and needed to be exterminated. It was her duty as a Hutu to help them kill these cockroaches. Sister Felicite, in turn informed the commander that these children were, in fact, her brothers and sisters, children of God, and that she could not hand them over. "You will watch them die," he threatened, "and then we will kill you." The nun stood her ground. Minutes later, when she was the last standing, just before the commander finished his deed, his face softened for a moment. He gazed sadly into Felicite's eyes. "Pray for me," he said.

When we have questions in Christian circles about how we should live in the midst of a broken world, we refer to the Bible. Maybe we look for a wise saying of Jesus or point to an example of a faithful biblical figure - David, Mary, Abraham - who knew what to do in a difficult situation. Maybe we can identify a theological principle embedded in the biblical writings that will inform our everyday decision making. In our more inspired moments, we might ask what Jesus would do. These are all parts of scripture - sayings, individual models of faith, theological truths, encounters with Jesus. Sometimes, though, when we Christians dream together about what our lives should look like, I wonder if we aren’t overlooking the most obvious message in the Bible. It’s easy to get stuck in small pictures. Usually, we’re looking for just one passage, one memorable thought that can be our word for the week. Or maybe we’re hunting for a quick answer to a simple ethical situation because we have a tendency to operate on a reactionary moral formula of “When X happens, a Christian should Y.” Or when questions arise, the Christian answer is, “But deep down I think we know that there’s a larger vision of the Christian life than our single verses and isolated moral scenarios. If we take a step back from single verses to look at the larger narrative arc of scripture, there is a much grander design for the Christian life. It’s not so much what the Bible says verse by verse, but the great story the Bible wants to tell us: the very pattern of the life of Jesus Christ.

Want some resources for Christian living in the CCDA models?? Here you go:

Beyond Charity: John Perkins (a Jacksonian!)
The Irresistible Revolution, Shane Claiborne
Reconciling All Things, Chris Rice (a former Jack-
sion!) and Emmanuel Katongole

Or what if, as Philippians 2 says, we humbled ourselves like the one on the cross and took on the form of a servant, dumping ourselves out (with appropriate Sabbath and self-care) for the sake of the world? What if, just as the cross was Jesus’ way to God and each other (Philippians 2), what if in the church believed that our calling was also to live as reconcilers, people who actively seek to diffuse the violence and hateful tensions that exist in our culture, and that we practiced resurrection - that is, what if we chose to live in this world like Jesus promises we’ll live in the next: where everyone has enough, where no one will pick up a gun against a neighbor again, where injustice will end, where we will find goodness and mercy forever in the Kingdom of God.

But, we hesitate, isn’t there danger in living out the pattern of Jesus’ life? You bet. Is there a chance we’ll get hurt? Yep, it’s not exactly safe. We’re living into who people pattern their lives after Jesus in this way miss out on many of the comforts of modern society? No doubt. Do they get mocked, robbed, threatened, and underappreciated? Ask anyone who’s ever moved somewhere difficult with the hope of restoring an at-risk community – the answer is yes. But He did it for us. And what’s more, in spite of all the risk of living as Jesus lived on Christmas and Good Friday, the Christian faith claims that those who model their lives after the incarnate, crucified Savior will gain something infinitely more valuable – the Kingdom that began on Easter morning when death came up short. Christians who put themselves up for the sake of Jesus get a glimpse of Heaven, a taste of the Final Promised Land – when a child who was told she had no future begins to see worth in God’s eyes. When a tear-drenched murderer receives forgiveness from the family of his victim. When we watch the racial divides that have plagued our society since its founding start to crumble because we took the time to hear each other’s stories. When an undocumented immigrant finds that fellow Christians are less interested in protecting our American jobs than in praying with them the “Our Father.”

When we give up our time, money, safety, pride, and ease to help someone else discover the love of God who has made him. Is the Christian life difficult? Taking up crosses tends to be. But as missionary Jim Elliot put it: “He is no fool who gives up what he cannot keep to gain what he cannot lose.” Let me be clear, you don’t earn your salvation by living this way. Christ’s grace is offered to anyone regardless of how righteous you are(!). But perhaps you’ll get a brief view of a Kingdom, and if you believe you were saved by Christ for the Kingdom, perhaps it will be worth the sacrifice to get a glimpse of your Home.

Ben Carroll (bwcarroll@umc.edu) is a second year medical student and a former pastor at St. Luke’s UMC in Pondera, He’s heading back to the CCDA Conference, Lord willing, next November in Memphis and looks forward to planning and going to you.
The Family Medicine Interest Group hosted its 15th annual residency fair on Wednesday, September 24, 2015. This year we were happy to host 12 family medicine residency programs and 12 hospital and physician employment institutions. Over 75 medical students came to have lunch and talk with vendors. Students from all classes were able to gain advice from residents in multiple residency programs. They were also able to talk about future employment options with the hospital and employment services groups. Andrew Brown (M3) and Amanda Cooley (M2) did an excellent job planning this year’s fair, and they couldn’t have done it without the help of Chastity Carney, who oversaw every aspect of the event. Over 10 exciting door prizes were donated and given away. Each vendor was excited for the opportunity to talk with students and look forward to returning next year. FMIG will continue to host events throughout the year, so watch your email for updates. Go ahead and mark your calendar for our 4th Annual Lip Sync Competition on January 22, 2015! If you’re interested in learning more about the Family Medicine Interest Group, email Emily Brandon at elbrandon@umc.edu.

JFC UPDATE

October 2014

Jackson Free Clinic Now with New Appointment Schedule, Business Hours to Serve More Patients

In September, the Jackson Free Clinic announced a new patient schedule as well as new clinic hours that will allow the Clinic to see more patients each week.

Until recently, patients with appointments at the Jackson Free Clinic, a medical clinic that sees patients without other access to healthcare, were seen on a “first come, first serve” basis. Beginning September 6th, the Clinic will see scheduled patients in three blocks beginning at 11:30 AM.

Appointments will be scheduled in the following blocks:
11:30 AM - 1:00 PM
1:00 PM - 3:00 PM
2:30 PM - 4:00 PM

“We are very excited about this new clinic schedule,” said Hal Flowers, the Jackson Free Clinic’s student director and a fourth-year medical student at the University of Mississippi Medical Center. “This change will allow us to see more patients each week and reduce the time they spend waiting for care.”

Initially, the Clinic saw only medical patients, but services have expanded to include dental care, physical and occupational therapy, and pharmacy consultation. The Clinic sees an average of 19.4 medical patients and works with nearly 22 volunteers each Saturday. “The Jackson Free Clinic serves as a medical home for those in Jackson who need it most,” said Flowers. “We are constantly growing and changing to meet the needs of those patients and provide them with the best medical care possible.”

For more information, visit www.JacksonFreeClinic.org.

- Steven Carter, M2

Education Series Schedule

Join us at 10:30 am prior to the start of clinic for a brief, practical talk on the following topics:

October 4: Abdominal Exam
October 11: Intro to Labs
October 18: Neuro Exam
October 25: Musculoskeletal Exam/Common Problems
November 1: Common Abdominal Complaints
October is here, and it’s officially fall. The weather is cooler, the leaves will start changing colors soon, and before we know it, it will be holiday season. In celebration of fall, here are some opportunities to “Fall Back into Savings.”

I don’t know anyone who doesn’t like saving money, and the Jackson area is teeming with opportunities to save a little green. From student discounts to deals for the general public, check out these specials to give your bank account a break.

Up first is the Eat Jackson card. Eat Jackson is basically a food blogger (he and his family) who writes about the unique places he eats in the Jackson area. In addition to restaurant reviews and other articles, Eat Jackson sells a discount card, which entitles cardholders to a wide array of special offers at specific restaurants in our area. A few examples of participating restaurants include 1908 Provisions, Aladdin, Amerigo, BROWDO!, Sambora, Broad Street Bakery, Char, Cups Espresso Café (all locations), Ely’s, Iron Horse Grill, and many more! For a complete listing, visit this section of their website: http://card.eatjackson.com/listingcategory/restaurants/1directory_sortby=alphabetical. One of my favorite rewards with the card is a “Free Upsize” at any Cups Espresso Café location, i.e., pay for a small coffee and receive a medium, pay for a medium and get a large... you get the idea. The cards cost $20 each and can be ordered online at the website above. As if you needed any more reason to buy one, the Jackson Free Clinic will be selling them in a few weeks (for the same price!), and the JFC will receive some of the profits. It’s a win-win. PS. The cards make great gifts too! Your mom, dad, brother, sister, best friend, spouse, whoever will thank you!

Hungry for more restaurant deals around Jackson? Look out for rewards programs at places you visit. For example, Broad Street Bakery offers a frequent diner punch card to reward customers for their purchases. Earn punches depending on how much you spend, and enjoy various rewards as you fill your card, including a free cookie, free loaf of bread, and free entrée. For the coffee drinkers out there, both Broad Street and Corner Bakery offer coffee punch cards, allowing you to earn a free coffee after filling your punch card. Also, Cups Espresso Café rewards customers for the pre-tax amount they spend, earning credit that can be used on future purchases. For tea lovers, the McAlisters Deli tea punch card should be in your wallet.

Let’s round up the Jackson deals with deals depending on the day and time you go. Amerigo and Table 100 offer nightly Early Bird menus, with reduced pricing – Amerigo from 4:00-6:00 PM and Table 100 from 4:30-6:00 PM. Or try Babalu on Mondays for Margarita Mondays or Taco Tuesdays ($2 tacos). Tuesday just must be the day for tacos because you can also enjoy Taco Tuesdays at Sombra for various taco deals. Then, try Jaco’s Tacos any day of the week for a deal on different items on the menu, like fajitas, tacos, and margaritas. Or maybe you are industrious and want to prepare your own meals? This deal is for you. Download the Kroger app on your smartphone, register with your Kroger Plus Card, and select coupons to load electronically to your card. And tada! Watch the savings add up in the checkout line.

Students, this next bit is for you. You know, being in school, stacking up debt, and not having a steady income really makes life a financial strain. It’s no fun! While this can’t replace a 70K per year income, take note of these money saving deals offered to us students. They just might take a little strain off your wallet. Let’s go with list form to make these deals easy to read and thus easy to use!

• Broad Street/Sal and Mookies – 15% off
• Corner Bakery – Flowood or Madison – 10% off
• High Noon Café – 20% off
• The Club at St. Dominic, The Courthouse, the Baptist Healthplex – Call for discounted pricing.
• Mississippi Symphony Orchestra - $5 tickets
• Ann Taylor Loft – 10% off
• Gap/Old Navy/Banana Republic factory outlet stores – 10% off
• Apple
• Amazon Prime – free for 1 year for students, and a discounted rate after that
• American Airlines
• Sam’s Club - $15 annual membership rate

Do you know of more great discounts that you would like to share? Please do! Send them to jhthomas@umc.edu.

You are invited to attend UMMC Medical Student Family Alliance’s annual Spooky U Halloween Trunk-or-Treat! The event will take place on Thursday, October 30, from 6:00-8:00 PM on the lawn of the UMMC Student Union. Admission to Spooky U is FREE and open to all UMMC students, residents, faculty/staff and their families.

This year, Spooky U will benefit Mississippi Children’s Home Services (MCiHS). We will be selling food and tickets for select booths during the festivities to help raise money for MCiHS. Other activities that will be going on during the event include Pie-a-Professor, Face Painting, Dunk a Med Student, a Halloween photo booth, and lots more!!

Don’t forget to bring the kids for the Trunk-or-Treat and costume contest! There will be an adult costume contest too, so don’t let the kids have all the fun! We look forward to another successful year! If you have any questions, please email ummc.msfa@gmail.com.
intramurals inside story

Indoor Soccer and Flag Football are winding down. Teams have been competing in grueling games of sweat and determination. Congratulations to the Women’s Flag Football champions, the IT Bandits (PT Class of 2015) on their undefeated season! They are pictured at right. See below are the results from the Women’s league and the current standings for the Men’s league.

<table>
<thead>
<tr>
<th>Flag Football</th>
<th>Men’s Flag Football</th>
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<tr>
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<tr>
<td>Game 9</td>
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</tr>
<tr>
<td>Game 10</td>
<td>IT Bandits</td>
<td>0-0</td>
</tr>
</tbody>
</table>

The IT Bandits executed an undefeated 6-0 record to claim the Women’s Flag Football Championship! Here, they are pictured donning their new coveted championship shirts. Front: L to R: Currie Fletcher, Becca MacNeil, Maggie Burns, Katie Williamson 2nd row: Jeana Pratt, Sarah Woodward, Bethany Brownlee Back/ coach: John Michael Horlock Not pictured: Rivers Luter and Lauren Buckalew

What is CMDA?

CMDA is an international, non-denominational ministry that encourages and equips Christian healthcare professionals to glorify God by serving with professional excellence as witnesses of Christ’s love and compassion to all peoples. The local chapter at UMMC offers students opportunities for fellowship, service, missions, and bible study in various settings.

If you would like more information, please contact Wil at wjnette@gmail.com

What is NCC?

The mission of the Neighborhood Christian Center and Peyton’s House is to equip children and young adults with academic and leadership skills so they may love and serve their neighborhood and city to the glory of God.

What does the NCC do?

AAA After School:
From each September through May, NCC’s AAA After School Tutoring Program operates 5 days a week for the full school year. We focus on our children’s spiritual and academic enrichment, as well as creatively incorporating the arts to develop and encourage creative skills. Retired certified public school teachers lead our programs, assisted by tutors and committed volunteers. Students receive assistance with homework, academic enrichment drills, and math exercises. Students receive increased technological skills through daily access to a computer lab and time allotted for increased reading and literacy development. Once a week, students also receive instruction in the arts through NCC’s partnership with local visual artists, dancers, musicians, and writers from our community. Additional tutoring is offered at a local church on Mondays and Tuesdays.

Summer Superstars:
Every summer, NCC provides instruction in Bible Study and academic enrichment to at-risk children (grades 3rd-12th) for 6 weeks. Every year, certified public school teachers, assistants, and volunteers come together to spread the gospel of Jesus Christ through building relationships with over 100 students (and their parents) through active participation in academics, athletics, and the arts. *Students receive academic instruction 7 hours a day, 5 days a week for 5 weeks, plus a healthy breakfast, lunch, and snacks daily. In addition to academics, we teach our students practical life skills, as well as exposing them to a variety of speakers from our community in order to provide a variety of influences for each child.

NCC Prep:
Created specifically for the needs of K-2nd graders, NCC Prep is a practical solution to the underdeveloped skills of young children in our community as they prepare to enter kindergarten. The program, 5 weeks every summer, provides developmentally appropriate experiences to enhance intellectual, social, emotional, spiritual, and physical development through fun, hands-on activities. *Students receive academic instruction 7 hours a day, 5 days a week for 5 weeks, plus a healthy breakfast, lunch, and snacks daily.

Peyton’s House:
The Exceptional Leadership After School Program at Peyton’s House is for 6th – 12th grade boys. The purpose is to promote spiritual, educational, and relational growth for inner-city middle and high school young men. It includes cross-cultural experiences through retreats, field trips, and service opportunities in the community. Although our funds are currently too low to add young ladies to our Exceptional Leadership Program, we are praying that God will provide the means to begin this program in the near future using meeting rooms in the JMM, along with Peyton’s House.

Christmas Program:
Adopt-a-Family for Christmas to provide gifts for NCC children, who otherwise would not receive gifts. Sponsor a child for a month in our after-school tutoring for $40 as a way to honor your friends and family. We will notify them of your gift.

Friday Music:
Provides music instruction to the children at NCC’s Ash Street Center every Friday. This is a good time for all the children to participate and enjoy singing and music on a regular basis.

TOMORROW HOLDS HOPE. As Mississippi’s only Academic Medical Center, we’re shaping a healthier future for every Mississippian. From HIV to heart disease, we’re pursuing potential cures, treatments and understanding of the health issues that impact us all. And delivering hope today through services like the state’s only transplant program, only children’s hospital and the state’s most comprehensive telehealth network. We believe in tomorrow. Because we see it today.

Tomorrow. Every day.

O The University of Mississippi MEDICAL CENTER
Share your wish at ummc-clishanca.com/wish
Student National Medical Association
1st Annual Undergraduate Retreat

On September 20, the UMMC chapter of the Student National Medical Association (SNMA) hosted its first annual undergraduate retreat. Nearly 40 undergraduate students from Alcorn State University, Jackson State University, and Tougaloo College gathered in the classroom wing from 8 am to 3 pm to learn how to be more productive in their undergraduate careers and how to prepare for medical school admission.

The morning session consisted of two simulation laboratory exercises and three workshops. After breakfast the retreat attendees were split into two groups. The students were able to learn and practice both phlebotomy and CPR technique from trained sim lab technicians. SNMA members Jasmine Watson, Kimystan Harrison, and Analise Vincent led the three workshops “AMCAS,” “MCAT prep” and “Interview Skills.”

After lunch, students were able to go through four mock interviews. Each room addressed different aspects of the candidates’ personality or posed scenarios to which the students had to respond to quickly. The undergrads also attended four mini sessions in the afternoon. “How to Make Your Resume Work for You,” “Getting the Most out of Your Undergrad and Preparing for Professional School,” “Juggling Extracurriculars,” and “Starting a MAPS Chapter.”

Global Health Interest Group

Interested in getting out of Mississippi for a second, getting your passport stamped, and treating crazy things like Chickagunya, funky parasites, and seeing just how insignificant many of our first world problems are? If so, check out the information below to see how to get involved, where to go, and how to raise funds to get there! If you are interested in organizing a trip but unsure where to start, contact Erin Peeden, ehppeeden@umc.edu, ASB Global Health Chair.

WHERE TO GO?

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Organization</th>
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<td>UMMC</td>
<td>Mukono District in South Central Uganda</td>
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<td>UMMC Pharmacy/FBC Jackson</td>
<td>Peru</td>
<td>June</td>
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<td>David Gregory</td>
<td>UMMC Pharmacy/FBC Jackson</td>
<td>Central America</td>
<td>Summer</td>
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</tbody>
</table>

HOW TO PAY FOR IT?

- School of Medicine Students - inquire about the Medical Students’ Travel Award, which is available through The Office of Student Affairs (Dr. Jerry Clark).
- All UMMC Students - The ASB will host a Campus-Wide garage sale on December 6 for fundraising efforts.

HOW TO GET INVOLVED?

- Global Health Interest Group:
  - Grand Rounds on the 2nd Thursday of each month
  - Officer Positions Available - contact Bill Gilbert at wgilbert@umc.edu

WANT MORE INFO?

http://www.internationalmedicalrelief.org/
http://www.butfodministries.com/
http://www.amsa.org/AMSAA/Homepage/EducationCareerDevelopment/IntlHealthOpps.aspx
http://www.aap.org/about/make-a-difference/international/service.html
http://www.umc.edu/Education/Schools/Medicine/SOM_Student_Affairs/Travel_Grants.aspx

Footnote: Thanks to Joel from Moscow State Tech. U.
20-Minute Lemon Pesto Penne

This recipe is wonderful to cook during the week when you are low on time and want to eat healthy. It is actually one of my favorites. Most ingredients I already had in my fridge! Also, I had plenty left over for three more meals. You can’t beat that!

Today’s recipe and picture are from a cooking blog called pinch of yum. To find more of her recipes, go to www.pinchofyum.com.

Ingredients:
- 8 oz whole wheat penne
- 2 cups baby broccoli
- 1 cup oven roasted tomatoes (I actually used cherry tomatoes and worked great)
- 1 tsp minced garlic (for a time saver, buy the jar of "pre-minced" garlic and add to taste; also can keep for future meals)
- ¼ cup pesto (can be pricey)
- ¼ cup feta cheese
- Juice of ½ lemon (or buy lemon juice and keep the leftover juice for another meal)
- Fresh basil, cut into ribbons

Instructions:
1. Cook the penne according to the box directions. Add the broccoli to the pot of boiling water the last 2 minutes of cooking. The broccoli will turn grass green.
2. Drain the pasta and broccoli then transfer back to pan over medium-high heat.
3. Add tomatoes and garlic and sauté for 2 minutes.
4. Add pesto, half of the feta, and lemon juice. Toss in pan until mixed.
5. Remove from heat then add basil and remaining feta.

Serve with rolls or salad.

Happy fall!
Eden J. Yelverton, M3

Shrimp Rolls

This month I wanted to put a spin on the all-time classic meal of hot dogs and introduce you to shrimp rolls. It fits the usual criteria of being quick, easy, and absolutely delicious. You can prepare it a few days ahead of time or the day of serving it – either way, I don’t think you’ll be sorry you added this to your weeknight menu (just make sure you throw in a side of French fries or tater tots)!

Ingredients:
- 1¼ pound medium shrimp, peeled, deveined
- Salt & Pepper
- 1 large celery stalk, peeled, finely chopped
- 3 scallions, thinly sliced
- ¼ cup mayonnaise
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh lemon juice
- 1½ teaspoon prepared horseradish
- 1 teaspoon red wine vinegar
- ¾ teaspoon paprika
- 4 hot dog buns
- 2 tablespoons unsalted butter, room temp

Instructions:
1. Preheat broiler (for use later).
2. Season the shrimp with salt and pepper (and Cajun seasoning if you’re looking for some added flavor and heat) and sear on a hot pan until cooked through.
3. Chop shrimp into bite-sized pieces.
4. Whisk together celery, scallions, mayonnaise, dill, lemon juice, horseradish, vinegar, and paprika; season with salt and pepper. Fold in shrimp.
5. Under broiler, toast buns on rimmed baking sheet until golden brown, about 3 minutes. Spread butter on each toasted bun and fill with the shrimp mixture.

It’s that easy! As always, if you have any questions or comments please don’t hesitate to send me an e-mail. Happy October everyone!

~Mina
“My work is my life,” says psychologist Dr. Gladys Dinkins Johnson, who heads Jackson’s Wellington Institute. Adults and children in crisis turn to her for help with issues like grief, anxiety, depression, substance abuse and post-traumatic stress disorder.

After suffering a stroke that impaired her ability to walk, talk and write, Dr. Johnson found her own life and career in crisis. So she turned to Methodist Rehab for help. After two weeks of intense inpatient rehab, and through a continuing regimen of outpatient therapy, she is back on her feet and has returned to work helping others through tough times.

“It’s wonderful what Methodist Rehab is doing for me,” she said. “I went there in a wheelchair that I couldn’t get out of without assistance. They worked diligently with me and encouraged me that I would get better. And I have as you can see.”

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