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

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A Few Notes from the President...

On Competition and Teamwork in the Healthcare World

Hello UMMC students!

In light of the recent phenomenal play by both the Ole Miss and Mississippi State football teams, I’ve been thinking about how football in Mississippi could teach us a few life lessons. As I write this, Mississippi State is the top-ranked college football team in the country, while Ole Miss is close behind at number three. This has been fantastic for our state, and while there will always be hardcore fans of each school who grumble when the other one wins, I’ve been impressed by how many people seem to want both teams to keep winning. Friendly competition between the schools is never a bad thing, but the general feeling of unity among Mississipians has been a breath of fresh air for me.

In our professional world of healthcare and research, a certain degree of competition is also healthy, whether it is between students vying for top grades, healthcare providers vying for patients, or researchers vying for grants. Competition often improves performance, as long as it is not of the excessive variety (you know what I’m talking about). Competition can be—and often should be—fun and enjoyable.

As future healthcare professionals and researchers, we are all essentially working toward a common goal—to reduce human disease and suffering. Isn’t that what we all said in our interviews for professional school? We want to help people and improve society, right? Competition can help us achieve elements of that, but a more characteristic is unity. Our best work is going to be done if we know and get along with everyone on our team, whether we’re doing research, taking care of patients, or doing administrative work.

All of the above was a prelude to my main point, which is this: there is no need to wait until you’re working on the same hospital floor or in the same research department to get to know other students. If you meet students in another one of UMMC’s schools, no matter how unlike you they are, I challenge you to get to know them. Get to know what they’re passionate about, and get to know what their careers will entail. Show that you care. That will go a long way. This is a big step of UMMC’s schools, no matter how unlike you they are, I challenge you to get to know them. Get to know what they’re passionate about, and get to know what their careers will entail. Show that you care. That will go a long way. This is a big step.

The ASB is committed to promoting interprofessional social interactions and relationship building, and we hope you’ll take advantage of our activities. 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.

Sincerely,

Peter Mittwede
ASB President
pmittwede@umc.edu.
Announcements

- The flu vaccination deadline for UMMC employees and students is Wednesday, November 12.
- The ASB Fitness Challenge is underway. Be sure to log your workouts (miles running, biking, or swimming, or time spent on other workouts) to help your school win “The Fittest School.”
- Student Union Fitness Center access is free for all students. The hours of operation are as follows: Monday - Thursday 6AM to 9PM
- Friday 6AM to 8PM
- Saturday 8AM to 5PM
- Sunday 1PM to 5PM

Upcoming Events

- 3rd annual Hungry Games: October 27 to November 7
- Donation boxes are located in each school.
- Global Health Interest Group Garage Sale: Donations accepted December 1-5
- Sale held on the morning of December 6
- ASB Claus Ball: Saturday, December 6 at 9:00 PM at the Mississippi Children’s Museum

In its second year at UMMC, the Mississippi Health Sciences Mentoring Program had a Meet and Greet function on campus that included a tour and luncheon this past October. The purpose of the program is to connect UMMC’s graduate and professional students with undergraduates from around the state interested in applying to one of UMMC’s programs. These relationships will be mutually beneficial; undergraduate students will have willing and enthusiastic mentors who can guide them and answer questions about all aspects of professional schooling, and UMMC students will gain valuable experience in mentoring. The Meet and Greet allowed the UMMC mentors to meet face to face with their mentees that will hopefully strengthen their communication for this year and support a better relationship. This event also allowed the students to tour one of UMMC’s 6 schools: Dentistry, Graduate Studies, Health Related Professions, Medicine, Nursing, and Pharmacy. There was over 60 participants at the event and there was very positive feedback from both the mentors and mentees. The majority of the undergraduate mentees are from Ole Miss and Mississippi State, and around two-thirds of the 150 mentees are interested in applying to Medical School. The program is sponsored by the Office of Student Affairs at the University of Mississippi Medical Center. If you have any questions about the program, or would like to be involved, please e-mail jlemmer@umc.edu.

By: John Clemmer, ASB Mentoring Chair
It’s cold! Your coats and blankets have made their way out of the closet, you’ve made that all-important switch from AC to heat, and you’re surrounded by a full complement of manly Movember mustaches. Pretty soon though, the signs of the approaching Christmas season will begin to fill the air. And all around, various voices will urge you to get into the Christmas spirit. So pardon me for jumping the gun on the season by a touch, but the way I figure, it’s been Christmas season at Cracker Barrel since July 5th.

It’s a curious phrase – the Christmas spirit. Every year you’re told you are supposed to get into it, then share it with your loved ones, and then finally, after it’s all over and you’re exhausted, broke, and several pounds heavier, you are supposed to figure out some way to make it last all year. All the traditional sayings that are supposed to come along with it sound nice – “peace on earth, good will to men,” “comfort and joy,” “faithful friends who are dear to us gathered near to us once more.” But more each year, I find that at the end of all the work it takes to get me into the Christmas spirit with the lights and wrapping paper and fake snow and Black Friday specials and chaotic bustle, I’m less impressed by the version of the Christmas spirit I’ve been sold. The never-ending scramble to make Christmas what I assume it’s supposed to be sometimes results in that incident also turned out to be stressful and ultimately fruitless.

Of course, there’s certainly nothing wrong with preparing for Christmas. In the Church, we’ve been doing it for centuries. We call it Advent – which means “Arrival.” And we are preparing for yet another Arrival. This year, it’s interesting to me that the Christmas season at Cracker Barrel since July 5th.

Advent is the time in the Church when we recognize three things. 1) a world in dire need of fixing, 2) our inability to fix it on our own humanistic, political, and moral efforts, and 3) the promise that the one who made it will return to bring about its redemption and recreation into what was originally intended. There is little striving in Advent. Instead, we participate in what we call sign-acts that represent for us the coming of a Savior – we light candles, we sing, we pray, and we clear some space in our lives to receive the one to whom the world belongs. It’s a time when we recognize that the only perfect, eternal Being (who is, in fact, Being Itself) entered a world marked by sickness, scarceness, and death. God had no reason to be here. It’s dangerous and unsafe. “You might,” we can imagine a heavenly angel warning, “You might get murdered; or worse, crucified by the ones you love.” But God still comes to us, and in God’s arrival we find a redemption we could never create for ourselves. And so when we who call ourselves Christians – “the little Christs” – talk about keeping Christmas all year long, it’s our hope that it looks remarkably similar to that first Christmas, when God took the risk of entering broken places, not condescendingly, but because God loves and knows the truth that the broken places can be renewed. And Renewal is a doubly important word in the Christian Christmas spirit because our celebration of the Arrival is shaded by our belief that we are preparing for yet another Arrival. This second Arrival will come with much more fanfare than the first. And in this Arrival, death will find its end, and all will be made right, and in an instant, we shall all be changed.

Maybe this is the year you decide to spend Black Friday at home with family, instead of hitting the shopping centers. Maybe you look forward more to singing “O Come, O Come, Emmanuel” at a service of lessons and carols. If you give gifts, maybe you order a pound of dark roast from Humphreys Street Coffee Company, a Nashville nonprofit that teaches job skills and financial responsibility to high school drop outs. Or chocolate from Koinonia Farm, a Christian community that was one of the first places in the South where blacks and white worked together on equal footing. Maybe you buy a family in a developing country a goat in your loved one’s name through Heifer International.

Regardless of what you choose to do to recognize Advent, the normal holiday season “spirit” will undoubtedly stumble forward in a chaotic flurry of consumption and parties. But somewhere, in quiet humility, the one who is to save the world will arrive.

The Lord be with you.
Pharm at the Parham

The School of Pharmacy recently hosted their 2nd Annual “Pharm at the Parham.” Pharm at the Parham is a free community health fair put on by pharmacy students at the University of Mississippi School of Pharmacy-UMMC Jackson Campus. The event took place on October 11, 2014 from 9 am to 12 pm at Parham Bridges Park.

The School of Pharmacy had a great turnout, with 50+ in attendance! Several booths were available for the community, including tables for measuring blood pressure and blood glucoses and others for screening for hypertension and diabetes mellitus. Also, a table that focused on exercise was present, along with a nutrition table to promote healthy lifestyles. Lastly, brochures and information about immunizations were provided to those in the Jackson community. This year’s Pharm at the Parham was also featured in the Clarion Ledger as one of the “Best Bets for Families.”

The School of Pharmacy would like to thank those students who came to participate in the health fair and those in the community who attended Pharm at the Parham. A special thanks goes to Kayla Creel and Carlos Black, two 2015 Pharm.D. Candidates, who organized the event, as the School of Pharmacy Community Service Co-Chairs. Please come out and join us for our 3rd Annual Pharm at the Parham next year!

It’s time to get to work.

We support the University of Mississippi Medical Center in their fight against the diseases that hit Mississippians hardest. Join us. Together, we can build a legacy of health and happiness. It starts with you. It starts today.

To get stronger. Together.

The Manning Family Fund for a Healthier Mississippi

Give today at manningsforhealth.org
M3 Updates

Here’s a bit of what’s been happening with the M3s outside away from the UMMC campus! But if you need to find us, chances are we at the hospital learning to be doctors and saving lives these days!

Above: Three of our students went to Honduras for a week on a medical mission trip with UMMC Family Medicine. L to R: Sarah Claire Hutchins, Katye Herring, Daniel Robbins.

Above: Daniel Robbins brings a smile to a Honduran baby’s face during his recent mission trip with UMMC Family Medicine.

Below: Two of our M3s, Erin Peeden and Zach Johnson, spent a week in Haiti for a medical mission trip in September.

Above: In October, a baby shower honoring Caitlyn and Dustin Reed took place at Martha Claire Thomas’ (M3) home. We are excited for the parents-to-be as they get ready for Baby Reed to come into the world in December!

Here’s a bit of what’s been happening with the M3s outside away from the UMMC campus! But if you need to find us, chances are we at the hospital learning to be doctors and saving lives these days!

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Roommate Needed

- Roommate needed to share a 2 bd, 2 br apartment at Reflection Pointe in Flowood
- Roommate’s share of rent will be $550-600, including utilities. Common areas already furnished.
- If interested, contact Daniel Hardy @ dhardy@umc.edu.

Classifieds

WANT TO SELL WITH US?

Homes for sale, rent, or lease. 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.

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 jthomas@umc.edu, with the page number and where on the page (like what’s beside it, etc.) The deadline is Sunday, November 23. 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!

GREAT FOR...

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

Put our card in your wallet...

...and keep money in your pocket!

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COATS for KIDS

benefiting the Neighborhood Christian Center

Donate your gently worn and clean jackets or coats of any size for kids in Jackson without a way to be warm this winter.

Boxes are located in both the Student Union and in the School of Medicine entry hall from now until Thanksgiving.

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Garage Sale Items!

Who: Global Health Interest Group

Why: GHIG garage sale – to raise travel funds for medical mission trips

How:
1. Contact Erin Peeden – ehpeeden@umc.edu for direct drop off
2. Look for the GHIG drop boxes located outside the SOM doors starting Nov. 1

When: By December 5 – be sure to stop by the actual garage sale happening at the UMMC Student Union on December 6!

DONATIONS will count towards school cup points
October Events
School of Graduate Studies in the Health Sciences Research Day 2014

The 8th annual School of Graduate Studies in the Health Sciences’ Research Day was held Friday, October 24, 2014. This event highlights the research activities of students within the School of Graduate Studies and postdoctoral fellows throughout the UMMC campus. This year there were 49 graduate student poster presenters and 24 postdoctoral fellow poster presenters. Check out the photos on this page taken from Research Day.

Making Strides Against Breast Cancer

Making Strides Against Breast Cancer is the largest network of breast cancer awareness events in the nation, uniting more than 300 communities to finish the fight. This event is an incredible and inspiring opportunity to honor those who have battled breast cancer, raise awareness, and raise to help with research, information, and services. The graduate students participated in the American Cancer Society’s Making Strides Against Breast Cancer-Jackson Walk on Saturday, October 25th at 9 am in downtown Jackson. Take a look at the next page for photos of those who participated.

Upcoming Events

Drink and Bowl
Tuesday, November 11th, at 6:15 PM at Fannin Lanes, the graduate students are meeting for fun night of bowling and drinks!

Fall Graduate Student Body Meeting
The fall GSB meeting will be held on Thursday, November 11th, at noon in R334 (Upper Amphitheater). All graduate students are encouraged to attend.

Holiday Open House
The annual School of Graduate Studies in the Health Sciences’ Holiday Open House will be held Friday, November 21st, from noon to 2PM in the Student Union.
Cinnamon Swirl Banana Bread

One of my favorite things lately has been making some sort of sweet bread over the weekend and eating it throughout the week for breakfast with peanut butter, banana/pecans, and honey. It’s a simple breakfast that is absolutely delicious! One bread that is just as good plain as it is dressed up with peanut butter and bananas is this “Cinnamon Swirl Banana Bread.” It’s the epitome of quick, and you probably have most of the ingredients on hand. Making the batter takes about 10 min, and then the bread has to bake for an additional 50 minutes. If you’re looking to add a new twist to your breakfast routine, try making this cinnamon swirl bread next time you have a few minutes to spare!

Source: www.lovintheoven.com/2010/03/cinnamon-swirl-banana-bread.html

Ingredients:

- 3 over-ripe bananas, smashed
- 1/3 cup butter, melted
- 1/2 cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- For the swirl: 1/3 cup sugar, 1 Tbsp cinnamon
- 1 teaspoon baking soda
- Dash of salt
- 1 1/2 cups flour

1. Preheat oven to 350 degrees. Grease a loaf pan (mine was 9x5, but any size works fine if you adjust the cooking time appropriately.)
2. Mix bananas, butter, sugar, egg, and vanilla together. Sprinkle baking soda and salt around on top of the banana mixture. Gently stir in flour. Be careful not to over-mix!
3. In a small dish, mix together the 1/3 cup sugar and 1 Tbsp cinnamon.
4. Add ½ of the batter to the loaf pan and then sprinkle half, or a little more than half, of the cinnamon-sugar mixture all over the batter in the pan. Add the rest of the batter, and then sprinkle the leftover cinnamon-sugar on top.
5. Bake for 50-60 minutes, but remember, if you’re using a different-sized loaf pan be careful and keep a close eye on it.

It’s that simple! Grab a cup of coffee to go with it, and you’ll be hooked! As always, if you have any questions or comments please don’t hesitate to send me an e-mail. Happy November everyone!
~Mina
Growing up with cerebral palsy, Dejuan Surrell spent his youth on the sidelines of sporting events.

But thanks to Methodist Rehabilitation Center’s therapeutic recreation program, he can now compete in wheelchair softball, fencing, quad rugby, power soccer—and even join a dance troupe.

“No I’m doing more sports than even my able-bodied friends,” said the 32-year-old Jackson resident. “If I like it, I jump on in.”

Surrell recently won the Sportsmanship Award at the 2014 Wheelchair Softball World Series in Minneapolis, Minn. And he said he’s proud and grateful to be part of a team.

“I’ve grown so much and learned a lot from my teammates and people I’ve met from out of state,” he said. “It’s a dream come true playing all these sports. It motivates me, and I love it. Now people can look at me and say: If he can do it, I can, too.”