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Hello UMMC students!

Since we are nearing the mid-point of the academic year, I thought I’d use this space to discuss some of the things the ASB has planned for the upcoming semester. First off, I’m excited that we have a new ASB President Elect for the 2015-16 year: Sarah Ali! Sarah is a M3 that has served as President of her medical school class each of the past few years, and I know she’ll do a great job as ASB President next year. Come March, she will run the elections for next year’s ASB Vice President, Secretary, and Treasurer positions. Following that, she will work to appoint all of the other ASB officers for next year, so let her know if you have an interest in one of these positions.

Here are some things the ASB has in store for the spring:

- **Parties:** The spring party line-up will include the Anatomy Ball, the Ambulance Chase party, and the Crawfish Fest: ASB Vice President, Kevin Randolph, is the mastermind behind the parties and party t-shirts. E-mail him at krandeloph@umc.edu with suggestions and ideas.
- **ASB Wellness Committee:** This is a newly formed committee with two representatives from each of our six schools. They will plan events to help foster student health and wellness. If you have ideas on cool stuff they could do, please e-mail Casey Chinn, ASB Wellness Chair, at chinn@umc.edu.
- **Intramurals:** Our fantastic intramural line-up for the spring will feature the following sports: basketball, kickball, softball, ultimate Frisbee, outdoor soccer, and more! Contact Grant Saxton, ASB Intramural Chair, at gsaxton@umc.edu with questions.
- **School Cup:** It looks like this year is shaping up to be a tight race until the finish! We always have activities going on with opportunities for schools to win points. If you have a School Cup event you’d like to plan, e-mail Richard Whitlock, ASB School Cup Chair, at rwhitlock@umc.edu.
- **Philanthropy:** We have a number of interdisciplinary philanthropy events planned for the spring. If your school has an event you’d like to involve students from other schools in, e-mail Elizabeth Barrett, ASB Philanthropy Chair, at ebarrett@umc.edu.

Happy Hour at the Pub with Alumni: The ASB will be partnering with the Office of Alumni Affairs to bring students and young alumni together at Fondren Public for happy hour social gatherings. Stay tuned for more details!

Tuesday night dinners: By popular demand, we’re bringing back these once-a-month dinners in the Student Union!

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 umcintramurals.

Sincerely,

Peter Mittwede
ASB President
pmittwede@umc.edu

To the right is a picture of me with my wonderful wife, Kimie, at the Ole Miss football game against Vanderbilt in Nashville earlier this fall. You may not be able to tell that she’s pregnant in that picture, but she’s 7 months along now!

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**A Few Notes from the President...**

Peter Pan
December 2 - January 17 from 7:30 - 11:30 PM
New Stage Theatre, Jackson

Based on J.M. Barrie’s classic tale, Peter Pan whisks you away to a place where dreams are born and no one ever grows up! Peter and his mischievous fairy sidekick Tinker Bell visit the nursery of the Darling children late one night and with a sprinkle of pixie dust begin a magical journey across the stars that none of them will ever forget. In the adventure of a lifetime the travelers come face to face with a ticking crocodile, a fierce Indian tribe, a band of bungling pirates, and of course the villainous Captain Hook. Featuring the iconic songs I’m Flying, I’ve Gotta Crow , I Won’t Grow Up , and Never Never Land, Peter Pan is the perfect show for the child in all of us who dreamed of soaring high and never growing up.

**Snowflakes Under the Stars**
December 2 from 5:00 - 8:00 PM
Highland Village, Jackson
Cost: Free

Mark your calendars for Tuesday, December 2nd, where we will team up with the Leftover East Foundation to host our annual Christmas Open House. Snowflakes Under the Stars. This is a great way to get in the Christmas spirit, with horse and carriage rides, Christmas carolers, s’mores, live music, Santa Claus (bring your camera!), merchant specials, and a 100% chance of snow!

**City of Jackson Christmas Parade**
December 6 from 12:00-2:00 PM
Downtown Jackson
Cost: Free

This year’s City of Jackson Christmas Parade will feature marching bands, floats, costumed dancers, and beautiful dancing. The parade begins at 12:00 PM with the parade lineup starting at 11:15 AM. Floats and marching bands will line the streets with Tasha Marie Hall leading the parade as Grand Marshal. The parade will end at 1:45 PM with a Town Square Tree Lighting ceremony.

**Ballet Mississippi’s The Nutcracker**
November 30 - January 17
New Stage Theatre, Jackson

Ballet Mississippi’s production of The Nutcracker is based on the classic holiday story by E.T.A. Hoffman and features guest artists Dana Benton and Adam Still. The story follows Clara, a young girl who receives a Nutcracker puppet from her Uncle. In the midst of Clara’s dreams, the Nutcracker brings Clara and her friends to the Land of the Sweets, a magical world where dreams come true. The tonight show will include a live orchestra conducted by Dr. Christopher Shelt.

**Christmas Tree Lighting**
December 5 from 5:00-7:00 PM
New Stage Theatre, Jackson
Cost: Free

Mark your calendars for Tuesday, December 5th where the City of Jackson will hold their annual Christmas Tree Lighting ceremony. This year’s event will include live music, a visit from Santa, and holiday cheer. The tree lighting ceremony will begin at 6:00 PM and will be followed by a season’s worth of entertainment including stilt walkers, holiday carolers, and a live orchestra.

**FUEL UP Training**
December 6 and 13 from 11:00 - 12:00 PM
Thalia Mara Hall, Jackson
Cost: $12.50 - $32.50

Ballet Mississippi brings E.T.A Hoffman’s classic holiday story The Nutcracker and the Mouse King (1816) to life this December! In this timeless story, a young girl named Clara receives a Nutcracker puppet from her Uncle. In the midst of Clara’s dreams, the Nutcracker brings Clara and her friends to the Land of the Sweets, a magical world where dreams come true. The tonight show will include a live orchestra conducted by Dr. Christopher Shelt.

**New Stage Theatre, Jackson**

**Duling Hall, Jackson**

**Thalia Mara Hall, Jackson**

**Highland Village, Jackson**

**Jackson Events**

**Highlights**

- **Singing Christmas Tree**
  December 6 at 7:30 PM
  Belhaven Bowl, Jackson
  Cost: Free

- **McAnally is a six-time winner of the CMA Musician of the Year award. The Mississippi Opera Symphony and the Coral Reefer Band also perform. Proceeds benefit Extra Table, a hunger prevention organization, Doors open at 6 p.m.**

- **Mississippi Metropolitan Ballet’s The Nutcracker**
  December 13 at 2:00 PM and 7:30 PM
  Jackson Academy Performing Arts Center
  Cost: $18-$22

- **The annual holiday performance is based on E.T.A. Hoffman’s classic story. Guest artists Dana Benton and Adam Still perform. Enjoy the Nutcracker Sweet Tea Party after the 2 p.m. shows (sold separately). Come join in and witness the magical scenery, costumes and beautiful dancing.**

- **NYE Celebration with Larry Raspberry**
  December 31 - January 1 from 9:00 PM - 1:00 AM
  Duling Hall, Jackson
  Cost: $40 in advance

Complimentary champagne toast! Persons under the age of 18 must be accompanied by an adult. Standing Room Only. Doors open at 8:00 PM.
inside intramurals

Check out the photos below to see what's been happening in the world of intramurals.

As always, contact Grant Saxton, Intramurals Chairman, at gsaxton@umc.edu with any questions. Follow us on Instagram as @ummcintramurals and download the “Rec It” app for easier signup.

ABOVE: Travis Ball dominating the net, leading his volleyball team Handgods to victory over Kiss My Ace.

LEFT: David Short blocking a net shot, leading his volleyball team Super Smash Bros to victory over No Name.

BELOW: Aaron Shores defending the net for his volleyball team Therabandits. Their opponents, Sets on the Beach, claimed the victory.

ABOVE: Chris Price playing the net for his team Handgods, against Danny Mullins and Ellen Dauterive's defense for Super Smash Bros.

BELOW: Congratulations to this year's indoor soccer Champions the Trendelenburg Gaiters. Impressive undefeated season with 10 wins and one tie. 2nd place to Organized Chaos.

ABOVE: Congratulations to this year's men's flag football champions The Replacement captained by Danny Nguyen. They had an impressive 9-1 record for the season. Second place goes to The Regime captained by Sumner Abraham.

BELOW: Great turnout for the Movember Cornhole Tournament 2014 benefiting the UMMC Cancer Institute!
Cross and Scalpel

No one can celebrate a genuine Christmas without being truly poor. The self-sufficient, the proud, those who, because they have everything, look down on others, those who have no need, even of God—for them there will be no Christmas. Only the poor, the hungry, those who need someone to come on their behalf, will have that someone. That someone is God. Emmanuel, God-with-us. Without poverty of spirit, there can be no abundance of God.

Oscar Romero, who penned these words, was a Catholic bishop in El Salvador during the turbulent period of the mid-20th century. He advocated for nonviolence and social justice and spoke out on behalf of the Salvadoran poor, who were repressed and often tortured at the hands of powerful government factions in the time leading up to that country’s civil war. His outspokenness eventually earned Romero his martyrdom—he was assassinated while celebrating mass in 1980. A statue of the bishop now stands between Martin Luther King and Dietrich Bonhoeffer in one of ten alcoves on London’s Westminster Abbey that depict Christian martyrs of the 20th century.

That first phrase—‘No one can celebrate a genuine Christmas without being truly poor’—is an easy on for me to scoff at. I grew up in a warm home in a wealthy country where I had everything I needed and most of what I wanted. I, like many of us who have grown accustomed to our privilege, want to believe that my wealth can’t stop me from being God’s favorite. God couldn’t possibly prefer the poor over the rich! That would exclude me (which is, of course, impossible)! And how dare you, Oscar Romero! You have no right to tell me I can’t have Jesus and Christmas and all that if I want them. Even if I finally acknowledge that Romero might be on to something (that God might, in fact, prefer the poor), my next move is to convince myself that I have the poverty he’s looking for. And I can stretch that ‘poverty of spirit’ category pretty wide, almost wide enough to fit a camel. After all, I sin sometimes. Maybe even every day. Is that spiritually poor enough for you? That entitles me to some comfort and joy and figgy pudding, right?

When that strategy fails, my final resort is to question whether Oscar Romero really understands Christianity. Surely his poem is lacking in biblical perspective. This isn’t the ‘Jesus loves everyone regardless’ gospel I’ve always heard. As it turns out though, I’m wrong there too. In fact, the first one to share Romero’s perspective that the birth of the Christ comes with great political and economic significance was a poor teenage girl, the very first one to know about his arrival—his mother, Mary. In the passage of Luke’s gospel known as the Magnificat (1:46-55), while singing God’s grace on discovering her pregnancy, Mary declares: ‘My soul magnifies the Lord, and my spirit rejoices in God my Savior; for he has looked on the humble estate of his servant... He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts; he has brought down the mighty from their thrones and exalted those of humble estate; he has filled the hungry with good things, and the rich he has sent empty away.’

It’s clear that her Christmas is not about more sentiment but rather an earth-shattering-stratification of society. That song carries the unmistakable voice of an oppressed people. And I can’t help but imagine that it sounded like the songs of another oppressed people—the American slaves—that were so full of longing for God’s arrival and redemption. Songs like ‘Go Down, Moses,’ ‘Swing Low, Sweet Chariot,’ or even ‘Kumbayah’ (when we reclaim it from the Hippies and note that it’s actually slave dialect for ‘Come by here, Lord’)—these are songs filled with the songs of another oppressed people—the American people. And I can’t help but imagine that it sounded like ‘Sweet Chariot,’ or even ‘Kumbayah’ (when we reclaim it from the Hippies and note that it’s actually slave dialect for ‘Come by here, Lord’)—these are songs filled with the fervent expectation of God. Maybe Mary’s song had a similar tune. Maybe those songs have more Christmas in them than anything you’ll hear on 24/7 Christmas radio.

The gospel writers seem to agree with her. Why else would they give such in-depth political details about his birth? Luke tells us the first to receive his angelic birth announcement were the dirty, impoverished shepherds and that the very reason he was born in a cow’s trough is that his family had to travel to be registered—Rome counting its conquered people under the reign of the ‘son of god,’ Emperor Tiberius. Jesus was not born in a Roman palace with the power to change the world at his fingertips; rather, this Savior’s birth comes with little hope for any country that, like Rome, believes ‘it has the greatest foundation of government known to humanity.’ Matthew also reminds us that as soon as Jesus was born, there was a tyrant, King Herod, hot on his trail because this child’s birth is a threat to the oppressive powers of the world.

Ben Carroll (bocarroll@umc.edu) is a second-year medical student and a former associate pastor at St. Luke’s UMC in Fondren.

Jesus has come to give hope to the poor and oppressed after all, it appears. I have wondered sometimes if the second coming of Jesus might not happen during some Christmas season, since it’s the season in the modern world that least resembles his first coming. You and I have become trapped in what amounts to our own system of oppression. Every year, we are told our foremost responsibility is to buy for our loved ones the items at the tippy top of their list. So billions of dollars get spent on what is at best a shopping spree we’d never take ourselves and at worst a guessing game. It’s almost impossible to escape because our loved ones are guiled by the same story, and we are too proud to receive a gift without showing we’re worthy of it by giving one in exchange. Christmas escalates each year, and all the while, the powers that be remind us we’re doing our civic duty to boost the economy and keep America afloat. We are also supposed to ‘get into the Christmas spirit’ of warmth and cheer, which, in my life at least, becomes a most enforced endeavor the more I feel trapped into buying useless trinkets. What’s worse, we have even managed to make Christmas spirit a competition for the ‘most Christmassy’ to win. Then again, lest we forget that we are good, giving people who are in no way too materialistic, we have also made Christmas a season of celebrating our own generosity. But the charities we take part in at Christmas are very telling; they are designed to provide us with all the feelings of generosity without all the trouble of being among the poor for more than a few minutes. Hardly a tribute to the Savior who came to live among us face to face and to give his life away. An old seminary professor of mine liked to say that one of the greatest enemies of the gospel is sentimentality. This is the time of year I believe him most. It’s a manufactured season in every sense of the word.

Perhaps there is a Christmas somewhere out there beyond all the towers of self-sufficiency we put up this time of year. A Christmas that recognizes that the more we build, the more we are in need of a true Savior. A Christmas that can finally last all year round because it’s founded not on forced sentimentality that shows us the pictures of our selves that we want to see but on a sober realization of our powerlessness to live as God had hoped. A Christmas that lasts because we begin to see the poor who come through the hospital doors as the very beloved of God (or, better, as Christ himself) and serve them without a single complaint. A Christmas that sees the Incarnation of Being Itself into humble human form as an affront to the systems of power that lay claim on our persons and pocketbooks. A Christmas in which we recognize that we will stand for one Kingdom or another with our time and money and choose this day whom we will serve. A Christmas that is not spent trying to save the world, but rather a Christmas spent living as witnesses to the world God has saved. A Christmas that, like Father Oscar Romero’s whole life, is spent in communion with those God loves. It won’t be as flashy or magical or bright, but maybe it will resonate more truly the manger scene.

And when we find that Christmas, while the priests of Almighty Dollar in the great temples on Wall Street wait with anxious anticipation to find out “how America did” this Christmas retail season, you and I, my fellow Christian, will rest together in comfort and joy that transcends the fleeting, fabricated feelings of a world curved in on itself. Rather, our anticipation—in the Christian tradition, we call it “hope”—will be honed on the promise that in this little one’s birth, a revolution has begun that will topple every earthly government, fell every false idol, and ultimately result in a world entirely restored to the One who loves it. Our attention will be drawn not to the exchange rate but to the tiny temple of Mary’s womb, in which grows the very One who set the stars in their courses, the One who is coming to claim his own. And when he does, maybe you and I, my rich friend, will have seen our deep need of him, or at least be found among the poor and thereby enter the kingdom meant for them by clinging for life to their coattails.

O come, o come, Emmanuel.
JANUARY 22, 2015
6pm

JAMMIN’ FOR THE JACKSON FREE CLINIC

A LIP SYNC COMPETITION TO SUPPORT RENOVATIONS AT THE JACKSON FREE CLINIC

January 22, 2014 6:00 PM Nelson Student Union Rooms A-D

Entry Fee $10 per person

$50 max for teams of 5 or more

Admission to watch the event is $5

Pizza will be provided!!

Deadline to sign up is December 19, 2014

HOSTED BY THE FAMILY MEDICINE INTEREST GROUP

Contact Andrew Brown (adbrown3@umc.edu) or Summer Bailey (ssbailey@umc.edu) to sign up or for more information.

On November 13, 2014, the JFC Board of Directors hosted a reception at The Fairview Inn to raise support and awareness for the clinic. Dr. James E. Keeton, Vice Chancellor for Health Affairs and Dean of the School of Medicine, spoke about the importance of the clinic for our community and the impact it has on the health of our patients. Hal Flowers, the JFC Student Director, talked about how the JFC has impacted him personally and how the focus on treatment and prevention of disease in patients at the JFC greatly decreases future financial burdens that UMMC and other hospitals in this state face, such as dialysis treatments for patients with kidney disease from complications of diabetes and hypertension. For more information about how the JFC serves our patents and benefits our students and our state, visit jacksonfreeclinic.org and watch the video on our homepage.
Thoughts of a Meandering M1

By: Britney Williams

Time. When you think of this word, what things come to mind? Well, if you’re a fellow M1 or anyone else in professional school here, it’s a resource that all of us probably pray to have more of at some point in our academic careers. We’d like more time to do things that help us unwind after a long day in the gross lab, more time to spend with our significant others, or more time to study all of the information that is being presented to us in our classes. I don’t know about you, but I constantly find myself running out of this precious resource. Even after working all day and toiling all night, I still wish that there were more hours in a day. I find myself watching the minutes tick away and giving myself timeframes to complete my work; I even become frazzled when it takes twenty minutes in Wal-Mart when I have only allotted myself five...

At first glance, my awareness of the clock seems harmless. I’m effectively managing my time, right? Look deeper. Go beyond the surface, and see how obsessive this behavior has become. You may find that it’s not only a problem in my life, but it’s something that you could be struggling with as well. If, for example, you get flustered when your mom calls while you’re going through Developmental Anatomy PowerPoints or if you’re upset when the cashier at McDonald’s doesn’t ask for your order as soon as he or she sees you, then, my friend, we have the same problem. Time has gone from being something that God has gifted us with to being something that obsesses us; we may even have made an idol out of it. You see, an idol is anything that we value, love, or worship more than God. This is definitely something that I struggle with often. I find myself getting excited about professors dismissing class thirty minutes early so I can have more “hardcore” study time instead of spending those extra moments with the Author of Time. Sadly, I reflect on many occasions when I’ve done this. I could be studying for Gross Anatomy or Biochemistry right now, but I finally realize that there is no test, no class, or any other obligation that is more important than spending time with the One who made the sun stand still so His children could remain on the battlefield and eradicate their enemies (Joshua 10). My prayer for us, as the days wind down and finals quickly approach, is that we would wisely use the time that God has graciously given us and praise Him for this precious gift and resource. Afterwards, take a moment to catch up with family and friends, and then…get back to the books!

Blessings,
Britney

About me: I’m a wandering M1 who is trudging along through this race known as medical school :)

What’s Happening with the M3s?

ABOVE: Turner Brown and Mikey Arceo teaching a class with the Home Run Program at a local elementary school.

ABOVE: M3 students at Spooky U 2014. The theme was “It ain’t easy being green”!

BELOW: M3 students on their Pediatrics rotation and residents dressing up for the kids at Batson on Halloween!

BELOW: UMMC School of Medicine Charity Golf Tournament directed by Parker White, M3, a success.
Always right there.
ALWAYS RIGHT.

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.

The Student National Dental Association (SNDA), along with the Hispanic Dental Association, held a health fair at Fresh Start Church. Dental students handed out toothbrushes and toothpaste and performed oral cancer screenings.

Women of the Student National Dental Association (SNDA), along with the Hispanic Dental Association, held a health fair at Fresh Start Church. Dental students handed out toothbrushes and toothpaste and performed oral cancer screenings.

Graduate School Recent/Upcoming Philanthropy Events:
- A big thanks to all that volunteered for the Discovery U outreach event PhUn Day at the Mississippi Children’s Museum on Saturday, November 15th.
- Bake Sale: Friday, December 11th from 11am-2pm located in the Hall of Heads. This is to benefit our future philanthropy events.
- Holiday Heroes: We are collect Christmas cards for Veterans and troops overseas. Please bring cards to the Graduate School Office.

Graduate School Recent/Upcoming Social Events:
- We had a great turn out for Bowling Night Nov. 11th.
- Holiday Open House: We need volunteers for the Hospitality Committee and Clean Up Committee. If you are interested, please contact an officer or Mary Canterbury.
- Ugly Sweater Party: Dec. 4th from 7-10 PM at The Fairview Inn. Heavy hors d’oeuvres will be served and there will be a cash bar.

Hidden Object Challenge
It’s not “Where’s Waldo?” but it’s “Where’s the Stethoscope?” Here are the rules: there is a stethoscope (see example below) hidden somewhere in the issue. Find it, and email me at jhthomas@umc.edu, with the page number and where on the page (like what’s beside it, etc.) The deadline is Tuesday, December 30. 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!

Graduate Student Body News
Graduate School Recent/Upcoming Philanthropy Events:
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Stop! Hammer Time!!

The University of Mississippi School of Nursing- UMMC Jackson Campus recently was honored to join in with Habitat for Humanity and volunteer as one of their Service Learning Projects. The event took place November 7-8, 2014 from 8am – 5pm. Over 40 faculty, staff and students participated in a two-day build-a-thon for Habitat for Humanity. Work included renovations on a Habitat house as well as preparing framework at the Mississippi Capital Area warehouse. Each academic year the School of Nursing students complete a minimum of 8 hours of service learning. The School recently broke $200,000.00 in service equivalency since last fall. The School of Nursing would like to thank Habitat for the opportunity to work alongside their crew, plus the photos of their handiwork!

Junior Traditional Nursing Students finish their first semester of clinicals on 2 North. Pictured with their instructor, Jessica Smith, at front.
The School of Pharmacy P3s joined with the M2s in the School of Medicine to have a Halloween party at Hal and Mal’s, organized by Jessie Xie. Pictured above left are P3s Mary Halston Leary, Griffin Collums, Kate Mislan, and Adam Marshall. Pictured above right are M2 Boshen Liu and P3s Elizabeth Roland and Mary Claire Jarrell.

The School of Pharmacy participated in MSFA’s 3rd Annual Spooky U Trunk-or-Treat in October. The SOP’s theme was “Under the Pharma-Sea” this year—we want to say a special thanks to our P4s, Gracie Pittman, Laney Owings, and Ashleigh Howell for all of their hard work, and thank you to MSFA for a great event!

The School of Pharmacy P3s and P4s had their annual Holiday Party this year at Fannin Lanes for mystic bowling. We hope everyone at UMMC has a safe and wonderful Holiday and a Happy New Year!

125 years of making futures brighter, helping businesses grow, serving customers and communities, building strong relationships, giving sound advice, making life easier, earning your trust.

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- Establish credit for your future needs, while having the money you need now

Let’s make a healthier Mississippi for our children.

If you believe Mississippi’s kids deserve a healthier future, join us and support Children’s of Mississippi, part of the University of Mississippi Medical Center. The care they give every young patient changes lives. Together, we can build a legacy of health and happiness for the next generation. It starts with you. It starts today.
**Beginner Chef**

**Slow Cooker Apple Oatmeal**

I have used this recipe all the time since starting third year. Throw the ingredients into your crockpot the night before then your breakfast is ready when you wake up! This recipe is perfect for anyone with a busy schedule who likes/needs a good breakfast.

Source: http://www.skinnyms.com

**Ingredients:**
- ½ Apple (preferably Honey Crisp)
- ½ tsp cinnamon, ground
- 1 pinch salt
- ¼ tsp vanilla extract
- ½ cup old fashioned/steel cut oats
- 1 sweetener (honey, brown sugar, etc.)
- 2 cups water

1. Add cinnamon, salt, vanilla extract, water, and oats to a heat-proof bowl that can hold at least two cups of water (I use a glass bowl). Mix together ingredients.
2. Add water to crockpot until ¼-1/2 full. Place bowl in crockpot. Make sure the water line outside the bowl is at the same level or above the mixture in the bowl.
3. Turn crockpot on low for 8 hours (overnight).
4. Morning time – mix together ingredients then spoon oatmeal into a bowl to eat. Add sweetener (I use 2 tbsp brown sugar) and add apple as desired. Ready to eat! Another option is to add the apples the night before, but I am not much on soggy apples. Also, for a different flavor instead of apples, blueberries would be delicious!

Enjoy!
Eden J. Yelverton, M3

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**The Dish**

**Peanut Butter Silk Pie**

Since Christmas is right around the corner, it would be fitting for me to share with you all a quick and easy dish you can take for your next Christmas celebration. Sadly, I haven't quite gotten around to making anything festive outside of the sweet potato casserole and cranberry tart that I wrote about last year. With that being said, though, I still have an incredibly quick, easy, and ridiculously tasty dish to write about this month that you could potentially take to a dinner in the next few weeks just to mix things up. I’m so excited to introduce you all to Peanut Butter Silk Pie. It is literally everything you imagine a peanut butter pie to be. It’s sweet and peanut buttery, but not overpowering by any means. The whipped cream lightens up the peanut butter just a little bit, so you can practically eat the whole pie in one sitting and not feel guilty about it at all (well maybe a little guilty :)

If you’re a peanut butter lover like me, please, please give this pie a try in the next few weeks! You won’t be sorry :)

Source: http://southernfood.about.com/od/creampies/r/Peanut-Butter-Silk-Pie.html

**Ingredients:**
- 8 ounces 1/3 less fat cream cheese
- ½ cup peanut butter
- 1 cup powdered sugar
- 1 tsp. vanilla
- Semi-sweet chocolate
- Graham cracker crust
- ½ cup milk
- 2 cups whipped cream (one 8 oz. cool whip)

1. In a large mixing bowl, mix the cream cheese with peanut butter, powdered sugar, and milk. Fold in the whipped cream until it’s well blended.
2. Spoon the peanut butter mixture into your graham cracker crust and garnish with semi-sweet chocolate.
3. Chill it thoroughly either in the fridge or freezer for 4-5 hours. I personally like putting it in the freezer because I like it to be a bit more solid, but you can certainly chill it in the fridge if you prefer a more pudding-like consistency.

It’s that easy! As always, if you have any questions or comments, please don’t hesitate to send me an e-mail. Also, if you’d like my recipe for a cranberry tart or sweet potato casserole, please feel free to send me an e-mail. Happy holidays everyone!~Mina
Think of Katie Breland as the paralyzed bride who refused a ride to the altar.

“I wanted my wedding to be how I always thought it would be and a wheelchair wasn’t part of the plan,” said the physical therapy assistant and personal trainer from Bogalusa, La. “I told everybody I wouldn’t get married until I could walk down the aisle. So I started working on it and practicing.”

The feat required braces and the kind of labor that leaves you breathless. But it was nothing next to the challenges Katie faced after a 2011 car crash left her with multiple fractures and third degree burns over 75 percent of her body.

“As an athlete, I was used to working for something,” she said. But she was grateful that Methodist Rehabilitation Center staff knew how to keep her motivated.

“They were always telling me: You’ve got this,” she said. “Whatever I thought was possible, they thought was possible. Ever since, I’ve been hard core rehab, doing whatever I had to do.”