Movember: Prostate Cancer Awareness

Homerun: taking the study of medicine to community youth

The Adherence Challenge

Wear the Change: Nisolo

Candy or Medicine? Can you tell the difference?

A Lasting Call to Serve: An M4’s experience in Tutwiler, MS

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WHERE HOSPITALITY COMES NATURALLY

And the value is simply superb

UFC HAPPENINGS:

Get your costumes ready! UMC’s Halloween Party is right around the corner. Bobby Moore and the Rhythm Aces will fire it up at Hal and Mal’s on October 28th. A prize will be given to the best costume, so plan early and wisely. I expect to see you there! Also, check your emails for free “Dracula” tickets at New Stage Theatre — the performance is on November 2nd. Lastly, continue to support your ASB by buying t-shirts. The more t-shirts we sell, the more we’ll be able to plan for you!

Around the Area Events:

Olde Towne Market
11.12 9:00am. Downtown Clinton, MS.
Vendors will be selling everything from fresh produce to unique handcrafted goods.

Double Decker Bus Tour
11.13 1:00pm. Skipwith Cottage Visitors Center in Oxford, MS.
Historian Jack Mayfield leads the driving tour to historic sites such as the Cedar Oaks Mansion, the University of Mississippi, and the L.Q.C. Lamar House.

MSU Bulldog Bash
11.11 3:00pm. Historic Cotton District in Starkville, MS.
Performances by Avett Brothers and Jake Owen.

My-Linh Ngo is an M4. She enjoys frosted mason jars, Thai spiced pumpkin soup, and star gazing in this fall weather. Her biggest ambition is to kite surf the Mediterranean.
“Beauty and the Beast”
10.18 7:30pm. Thalia Mara Hall. The romantic Broadway musical comes to Jackson. A classic Disney tale where beautiful women can turn hairy beasts into princes.

Pumpkin Adventure
10.19-10.22 9:00am-noon. MS Ag Museum. Meet Farmer Ed, take a hay ride tour, visit the Heritage Center, the 4-H Museum, and get a small pumpkin pie to take home.

Boo at the Zoo
10.20 6:00pm. Jackson Zoo. Enjoy haunted hay rides, a carnivale-like play area in the Mississippi Wildenson, carousel rides, etc.

Jacktoberfest
10.21 at 11:00am. Congress Street. 12-hour festival between Amite and Capitol streets. Includes German brats, beer, craft brew beer competition, and live music (Jimbo Mathus and the Tri-State Coalition, Johnny Bertram and the Golden Bi-cycles, and Buddy and the Squids).

Thriller Hip-hop Fusion Dance Class
10.22 2:00pm. Salsa Mississippi Studio and Club. Learn hip-hop dances at the Halloween-themed workshop. Zombie costume contest included.

The Market in Fondren
10.27 and 11.17 at 5:00pm. Duling Ave and Old Canton Road. Find plenty of art, handcrafted jewelry, homemade jams and jellies, live music, etc.

Zombie Crawl and Prom

Bravo II: Hitchcock at Halloween
10.29 at 7:30pm. Thalia Mara Hall. The Mississippi Symphony Orchestra performs pieces such as “Funeral March of a Marionette,” “Ritual” and “Symphonie Fantas-tique.”

Metro Jackson Heart Walk
10.30 at 2:00pm. MS State Capitol. Join the fight against cardiovascu-lar disease by participating in the AHA’s Metro Jackson Heart Walk led by local celebrity Patrick House (winner of “The Biggest Loser” season 10).

Fondren After 5
11.3 5:00pm. Fondren. Monthly event showcases the local Fondren shops, galleries, and restaurants.

Mistletoe Marketplace
11.3-11.5 11:00am-9:00pm. Mississippi Trade Mart. Annual holiday market.

Mental Health Candlelight Vigil
11.4 7:00pm. MS State Capitol. NAMI MS’s Candlelight Vigil fosters public awareness for mental health disorders.

Farish Street Heritage Festival
11.5 4:00pm. Farish Street. Annual event includes food and merchandise vendors, a Kiddie Cottage, and live music.

Battle of the Bands
11.6 2:00pm. Mississippi Veterans Memorial Stadium. High school and college marching bands compete including JSU, Alcorn State and Southern University.

Music in the City
11.8 5:15pm. Trustmark Grand Hall, MS Museum of Art. In partnership with St. Andrew’s Cathedral, the museum brings a series of free concerts one Tuesday a month.

Fondren Unwrapped
11.17 5:00pm. Fondren. Enjoy an evening of holiday shopping, music, and cuisine throughout Fondren.

Disney on Ice: Mickey and Minnie’s Magical Journey
11.17 7:00pm. MS Coliseum. Mickey and Minnie Mouse journey into the worlds of The Little Mermaid, The Lion King, Peter Pan, and Lilo and Stitch.

Pops I: Another Opening, Another Show
11.19 7:30pm. Jackson Convention Complex. The Mississippi Symphony Orchestra, accompanied by vocalists Sherri Seiden and Daniel Narducci, perform scores from “Kiss Me Kate” and “Foygy and Bess.”

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Get ready, UMMC. Movember is almost upon us. No, that’s not a typo. I’m not talking about November. I’m talking about Movember, with an M. M as in Musta-chec.

So, you ask, what is Movember?

I’m so glad you’re curious, because I’m about to tell you. Movember began in Australia in 2003 when a bunch of guys wanted to combine awesome facial hair with awareness of men’s health issues. No money was raised in the first year, but the guys real-ized that the mustaches sparked conversations that could be used to talk about men’s health. Things got a little more serious in 2004 when 432 Mo Bros raised $55,000 for the Prostate Cancer Foundation of Australia. Since then, the movement has steam-rolled, and in 2009, 255,755 Mo Bros and Sistas raised $42 million worldwide. In the United States, funds raised through www.movember.com benefit the Prostate Cancer Foundation and LIVESTRONG, the Lance Armstrong Foundation, for research and programs that support young men and their families as they battle and survive cancer.

Last year at UMMC, the School of Medicine classes of 2013 and 2014 raised over $3000 in a cutthroat competition. (The class of 2014, of which I happen to be a part, severely beat the class of 2013. We mopped the floor with them, wrung them out, and severely beat the class of 2013 and 2014 raised over $3000 in a cutthroat competition. (The class of 2014, of which I happen to be a part, severely beat the class of 2013. We mopped the floor with them, wrung them out, and severely beat the class of 2013 and 2014. We also grew some pretty awesome mustaches and awareness of men’s health issues. No money was raised in the first year, but the guys real-ized that the mustaches sparked conversations that could be used to talk about men’s health. Things got a little more serious in 2004 when 432 Mo Bros raised $55,000 for the Prostate Cancer Foundation of Australia. Since then, the movement has steam-rolled, and in 2009, 255,755 Mo Bros and Sistas raised $42 million worldwide. In the United States, funds raised through www.movember.com benefit the Prostate Cancer Foundation and LIVESTRONG, the Lance Armstrong Foundation, for research and programs that support young men and their families as they battle and survive cancer.

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Well, Movember 2011 is almost upon us. Now, I don’t want to take away from breast cancer awareness in October, so wear your pink ribbons for the next few weeks. But be on the watch for some sweet ‘staches on the M1s and M2s. They’re coming. (There will also be some HILARIOUSLY clever tee shirts on sale and plenty of other opportunities to contribute to the cause. We’ll keep you posted.)
November 8th and 9th, the Humanitarian disease from abroad is imminent. On overnight flight, the potential threat of international travel being as easy as an of global health. These days, with easy to make a point of the importance of global health issues and sponsoring a Global Health Day on Internal Medicine Department, is the Family Medicine Interest Group is proud to announce the 2011-2012 Officers!!

President- Katie O’Neal Royals ;)
Vice President- Anna Marie Hailey-Sharp
Secretary- John Miller
Treasurer- Elizabeth McKey
Residency Fair & Banquet Coordinators- Marketta Blue and Savannah Duckworth
Community Service Coordinators- Kelley Hill and Rachellann Sullivan
Social Events Coordinator- Leah Anderson
M-1 Representative- Emily Brandon and Cassie Nabors
M-3 Representative- Patrick Sanchez and Social Events Coordinator- Leah Anderson
M-4 Representative- Clare Bush
M-3 Representative- Patrick Sanchez and Cassie Nabors
M-2 Representative- Jon Buchanan
M-1 Representative- Emily Brandon and Jarrett Morgan
Resident Advisor- Jeremy Wells

Coming off the coattails of the medically sensationalized hit movie Contagion, it’s easy to make a point of the importance of global health. These days, with international travel being as easy as an overnight flight, the potential threat of disease from abroad is imminent. On November 8th and 9th, the Humanitarian Health Partnership, along with the Internal Medicine Department, is sponsoring a Global Health Day on campus to raise awareness of the importance of global health issues and to help students and employees from all schools learn how to get involved all over the world. We’re very excited to be hosting Dr. Ed O’Neil, an emergency medicine physician from Boston, on campus for these two days to address the student body and employees. Dr. O’Neil started his own non-profit organization in 1998, OmniMed (www.omnimed.org), which has since run projects in Belize, Guyana, Kenya, and presently Uganda. OmniMed is working with the Ugandan Ministry of Health and the Peace Corps to create a sustainable program training community health workers, and they’ll be one of the first of their kind to conduct a randomized prospective trial to measure their program’s efficacy. Dr. O’Neil has written two books published by the American Medical Association on global health and how to go about getting involved with the right projects. On top of working in Boston as a clinician and professor for Tufts, Dr. O’Neil also works with the Brookings Institute in DC on informing policy makers about health issues in Sub-Saharan Africa. We’re honored to have him on campus and excited to hear what he has to say! He’ll be addressing the hospital faculty and students on November 8th for Internal Medicine Grand Rounds and he’ll address the entire student body on November 9th at noon in R153. Dr. O’Neil will be speaking on the importance of getting involved in global health issues as health care workers and he will also discuss the ways that we can all get involved. The talks are open to the public, and all students on campus so come out and join the conversation! This day is for all students – nursing, graduate, dental, sharp, medical – our skills are important all over the world!

Questions? mabadie@ummc.edu

By Miriam Abadie, M3

By Paul Redmond, M3

It was a rare sight indeed: two young men in white coats wandering down the halls of a South Jackson High School just before lunchtime with a large and mysterious white bucket. We didn’t know what awaited us inside that classroom, but we knew we needed to make a good first impression. My classmate and I would be the first students to participate in the new Homerun Program. Guinea pigs of sorts.

Homerun is a new program at UMMC that places health professional students in public high school classrooms and allows us to use our expertise to bring a different perspective to their science classes. It is also the program’s hope to offer high school students a glimpse of possible futures in medicine by stirring up their interest in the field. Whether or not we possessed the aforementioned “expertise” is debatable. But I believe we certainly stirred up some interest.

On that Thursday morning in September, William and I had volunteered to teach a class to 11th and 12th graders at Jim Hill High School, on kidney anatomy and function no less. We strode in with the bane of every medical student - a PowerPoint presentation – as well as an imperfect knowledge of the subject matter and some kidneys courtesy of the Anatomy Department. We walked out an hour and a half later being told, “That’s the most interested they’ve been in biology all year!”

For ninety minutes, we spoke to a wonderful group of 21 juniors and seniors about renal blood supply, glomerular filtration, urine production, salt and water balance, and blood pressure regulation. I’m proud to say that not one student fell asleep. For our grand finale we opened up the big white bucket. The formaldehyde stench notwithstanding, the students all bent in closely to admire the amazing organs as we brought them down each aisle.

Homerun is for the University, the field of medicine, and science in general was a privilege. Nearly every student in the room was interested in a career in a health profession before our lecture. If our short time with them helped instill just a fraction more motivation to their interest, then it was worth it.

“Can they come back every week?” one of the students asked the teacher. If the Homerun Program has the response we hope it does, then that’s just what we expect to happen.
This semester, the PT school volunteered at Nissan Family Day on September 17th. We basically helped run games and different stations that were available for the families. It was a huge event with over thousands of people.

Oct. 4 was our first Zumba class and it was a big success. Lots of people came out for a fun—but intense—workout. The class was led by 2 of our very own PT1’s Christina Thompson and Mary Paige Francis who are Zumba certified instructors. Also shown is our girls flag football team, Palpation Nation. Record 1-2. :)

[NEWSFLASH] from the School of Physical Therapy
The Adherence Challenge:
The University of Mississippi School of Pharmacy student pharmacists work to improve medication adherence in Mississippi through the national Script Your Future campaign.

By Robin Parker

Jackson, MS – Taking medication as directed may seem simple, but non-adherence among people with chronic conditions is a complex and widespread public health problem. Nearly three out of four Americans report that they do not always take their medications as directed, leading to serious health consequences and avoidable costs. That is why this October student pharmacists from The University of Mississippi School of Pharmacy will be working to raise awareness among patients across the state about the importance of taking medication as prescribed – a vital first step toward a longer, healthier life.

The University of Mississippi School of Pharmacy joins 80 other schools of pharmacy across the country in participating in the Script Your Future Adherence Challenge. Script Your Future is a national coalition of more than 100 public and private stakeholder organizations, led by the National Consumers League. The campaign provides tools – available online at www.ScriptYourFuture.org – to help patients and health care professionals better communicate about ways to improve medication adherence. Throughout the month of October, students will get creative--they will design and implement community activities, encouraging health care consumers and their family caregivers in Oxford, Jackson, and around the state to talk to their health care professionals about their medication regimen.

The American Association of Colleges of Pharmacy and the National Association of Chain Drug Stores Foundation, both partners in the Script Your Future campaign, are leading efforts to engage the next generation of pharmacists in the campaign. There are many reasons why people do not take their medication as directed, but the result is the same – they don’t receive the therapy their health care professionals have prescribed for them, leading to more serious health complications, reduced quality of life, and even early death. Script Your Future focuses on patients affected by three serious chronic conditions – diabetes, respiratory disease and cardiovascular disease.

Students at the University of Mississippi School of Pharmacy have planned over 20 outreach activities to increase awareness of medication adherence. Students will be distributing Script Your Future materials at the state fair in Jackson, at the Baptist Heart Health booth at Rebel Fanfare, at the ADA Diabetes Walk, and at the Nissan plant.

"Poor medication adherence is costing Americans their good health and our nation billions," said Donna West-Strum, Associate Professor, The University of Mississippi School of Pharmacy. “Improved adherence is in all our best interests, contributing to lower overall health care costs and increased quality of life. By focusing national attention on this issue, Script Your Future helps us all take the first step towards a healthier future. The University of Mississippi has made it a priority to educate the next generation of pharmacists about the importance of communicating openly with patients about medication adherence, learning about the challenges they face and helping them find a solution.”

To get involved in the Script Your Future Adherence Challenge, please contact Dr. Lauren Bloodworth, tbloodworth@umc.edu or Robin Parker (rpparker@umc.edu). For more information about the campaign, please visit www.ScriptYourFuture.org. You can also follow the campaign via Twitter (@IWillTakeMyMeds) and on Facebook.

The Hispanic Student Dental Association has been quite busy the last month. Between classes and clinic full time, they found time to host 3 educational programs at various schools around the surrounding Jackson area and provide a dental screening program in Forest, MS. HSDA visited the ELL classes at Old Towne Middle School and Ridgeland High School to teach the students about dentistry and the career opportunities available to them within the field. At the end of each session, each student received toothbrushes and toothpaste donated by Colgate-Palmolive in honor of Hispanic Heritage Month. HSDA educated the students at Holy Child Jesus Elementary on the proper way to brush and floss using the tell-show-do method. The children (grades pre-k through 2nd grade) were very excited to take home their own dental supplies at the end of the day to show their parents what they had learned. Lastly, this organization traveled to Trinity Mission Center in Forest, MS under the supervision of their faculty advisor, to offer dental exams, cleanings, and fluoride applications to the Hispanic community.

By Whitney Yeates, D3
What made Tom’s shoes so trendy over the past 5 years? It wasn’t just a hipster love for elvish looking shoes, but an attitude change in the way that our generation buys things. For every pair of shoes you purchase from Tom’s, they donate a pair to a child without shoes somewhere in the world. From that idea spawned a massively popular shoe brand that looks chic and helps make the world a better place. And people are drawn to that.

Now, out of Peru emerges a new socially conscious business – Nisolo. Patrick Woodyard, an Ole Miss alum, spent the past two years in Peru working with a non-profit microfinance organization associated with Peru Mission (www.perumission.org). While there, he and his organization worked alongside impoverished women, helping to grow their small businesses through micro-lending and business training classes.

Working in the homes of the women eventually led Woodyard to a group of skilled shoemakers who craft a quality product yet are barely able to make ends meet. Motivated by their remarkable talent and passion, he pooled together resources and a team to help launch a brand that could represent impoverished entrepreneurs by showcasing their potential to larger markets like the U.S. Their stylish shoes are beautifully handcrafted from genuine Peruvian leather and are comfortable to boot! Pun intended.

Aside from their well-made products, another great thing about Nisolo - what helps them stand out from Tom’s and the rest - is that the brand’s focus is on empowerment. Nisolo contracts impoverished shoemakers in Trujillo, Peru, providing a stable job environment for local craftsmen. Each sale not only benefits the shoemakers, but a portion of the profits (10%) is also donated back to the community for education programs. “It is time to demand more through our purchases,” says Woodyard, “not only in terms of style or quality but also in regard to the social and environmental impact of how we spend.”

Nisolo kicked off their business on October 6th in Oxford to a large crowd of students and locals. They will be touring Memphis, Nashville, Birmingham, Little Rock and Fort Worth and coming through Jackson on October 25th. Check out Nisolo’s website, facebook and twitter for more information about where they’ll be! www.nisoloshoes.com Wear Change!
As the leaves start to change and the nights become cooler it is apparent to all children, young and old, that Halloween is around the corner. Halloween is regarded by many as a joyous holiday filled with costumes, candy and conspiracy. To keep Halloween a fun and safe holiday for all involved it is important to explain to children the difference between tasty candy and dangerous medicine. Medications are currently being formulated as bright and colorful tablets and capsules, which can be confusing to a child looking for a yummy treat. As health care professionals it is our responsibility to make sure today’s children understand the difference between medicine and candy, especially around the Halloween season. Pharmacy students in the Jackson and Oxford areas will be visiting local elementary schools to educate them on general Halloween safety including the difference between candy and medicine.

It is important to remember that if a child finds medicine that he or she mistakes for candy, he or she will often eat more than one or two pills, putting the child at great risk for poisoning and toxicity. Medicine dosages are calculated based on weight. The normal dosage for an adult weighing 150 pounds is 2 pills. If a child only weighs 30 pounds and he or she consumes 10 pills that would be equivalent to an adult taking 50 of those pills and could be possibly fatal to the child.

To help ensure children don’t get confused between candy and medicine never refer to medicine as candy. This can make children think that medicine is not dangerous. Also never tell children that medicine “tastes like candy” to get them to take the medication. Around the Halloween season, parents should be sure to inspect all candy wrappers for any holes or possible evidence for tampering. Children often imitate adults, so do not take medication in front of children. Throw away all out-of-date or unused medications to decrease the amount of medication kept in the home. To ensure medication safety at home, store all medications properly in a child-resistant bottle in a locked cabinet or drawer out of the reach of children, as they are often great climbers.

In the case of an ingestion or suspected ingestion, call 911. Valuable information can be gained by contacting the poison control center at 1-800-222-1222.

Some examples of medications looking similar to candy include:
- Aspirin tablets and Tic-Tacs®
- Mike and Ike® and DayQuil® capsules
- Excedrin® capsules and Hot Tamales®
- Throat lozenges and Tums®
- Pepto Bismol® and Sprees®
- Ex-Lax® and Hershey’s® candy bar
- Dimetapp® and Hi-® juice

Some important medication safety tips that should be shared with children include:
- Never take medicine from a stranger
- Never take medicine that is not prescribed to you
- Never take medicine without your parents’ permission
- Never take medicine if you are unsure of what it is
- Never share your medicine with anyone

By Megan Hewitt, PY4 and Traci Lawson, PY3
College football, the state fair, and pumpkin pies for sale—it’s fall! Along with the change of the season, comes the opportunity to dine outside without sweating to death. For our second restaurant review, we set out searching for a place that would provide a unique outdoor dining experience, and we found it at Kristos in Madison.

Located on the corner of Madison Avenue and Highway 51, Kristos Casual Greek Dining offers a large patio perfect for enjoying the pleasant weather of a Mississippi Autumn. Equipped with a newly installed fire pit and two flat-screen televisions, the patio at Kristos provides customers a great atmosphere for enjoying classic Greek cuisine as well as dishes unique to the Kristos menu.

The wait staff was very attentive and conversational and informed us that we must try Kristos’ one-of-a-kind Greek Nachos. A large portion of feta cheese topped with marinated chicken breast, onions, tomatoes, cheese, and a fiery feta cheese spread made these, “the best non-traditional nachos in Jackson” according to Lyssa. While nachos are not typically found on the menus of most Greek restaurants, in our opinion, Kristos had added just the right amount of Mediterranean flare to this Mexican classic.

A sampling of Greek meals would not be complete without an order of hummus. It was comparable to hummus served at many Mediterranean restaurants, but a chance encounter with an osteopathic doctor, who had locked the doors on Tutwiler’s healthcare in 1973, and the very first thing she did was knock down the wall that separated the “colored” waiting room from the white waiting room. She accepted any patient, whether they could pay or not. Over time she developed a referral network with nearby hospitals and pharmacies so that she could get her patients the care and medicines they needed despite ability to pay. Home visits were never out of the question if a patient was bed bound, and payments in corn, beans, cakes, and yard work were common forms of exchange at the Tutwiler clinic.

In 1983, Tutwiler’s first doctor in over 10 years opened the doors of the Tutwiler Family Clinic. Dr. Anne Brooks inherited the building from the previous physician, who had locked the doors on Tutwiler’s healthcare in 1973, and the very first thing she did was knock down the wall that separated the “colored” waiting room from the white waiting room. She accepted any patient, whether they could pay or not. Over time she developed a referral network with nearby hospitals and pharmacies so that she could get her patients the care and medicines they needed despite ability to pay. Home visits were never out of the question if a patient was bed bound, and payments in corn, beans, cakes, and yard work were common forms of exchange at the Tutwiler clinic.

In our opinion, Kristos’ one-of-a-kind Greek Nachos is the best non-traditional nachos in Jackson.

We asked... They answered
When did you guys open? We celebrated our 3 year anniversary this past September.
What makes you different from other Greek restaurants in Jackson? Our atmosphere is a little more laid back. We pay attention to our customers.
What are your hours? Sunday 11-2, Monday-Thursday 11-9, Friday-Saturday 11-9.
What do you think you do best? Greek Meatballs and Turkey Gyra.
What is the customer favorite item on the menu? Gyro, Hot Buffalo Chicken, Greek Burger.
On October 7th-9th, the Outdoor Medicine Group (OMG) went on a canoe adventure down the Okatoma creek. A group of thirty, which included Dr. Blount, our fearless leader, Jonah, medical, physical therapy, and nursing students, and their brave lawyer wives and vet student husbands, left the UMC parking lot at 7:30. They were accompanied by one excited and well mannered dog, the fearless Faust. We launched by 10 am, and were on our way down the creek. The day was beautiful and sunny, and the water cold and refreshing. Along the way, we ran through several medical scenarios. We addressed what is best to do in cases of drowning, injury, anaphylaxis, and burns as well as other potential emergencies. Dr. Blount gave us great advice on how best to approach these situations. During the day, several adventurers took advantage of rope swings and deep swimming holes. We also beat the record this year for the least number of canoes tipped over going through the rapids! When the day ended, we were all a bit tired, but relaxed—and we left with more knowledge and information than we arrived with. The trip was great fun; you should join us next time!

By Mary Johnson, M4

On August 11, 2011 the School of Medicine class of 2015 was welcomed into the UMMC family when they received their white coats and encouraging advice. “Luck is when preparation meets opportunity,” Dr. Marc Nivet told the students at the White Coat Ceremony. He reminded them that their hard work was what afforded them this opportunity and that they have all the capabilities of becoming excellent physicians. Dr. Nivet is the AAMC Chief Diversity Officer and was the keynote speaker for the evening. All 136 incoming students felt very “lucky” that evening with the excitement of finally beginning the medical school journey. Many faculty and administrators who served on the admissions committee were in attendance. They expressed support to the students for the four years ahead.

In addition to Dr. Nivet’s speech on the value of diversity in the future of healthcare, the students were presented with short white coats and recited the Hippocratic Oath. The white coat symbolizes the trust patients have in their physicians, and the Hippocratic Oath is a physician’s pledge to integrity and the highest standard of care. The students were also presented with Humanism in Medicine pins provided by the Arnold P. Gold Foundation. The evening recognized the diversity and accomplishments of the incoming class as well. The class of 2015 has members whose ages range from 21–39 and who come from a variety of educational, work, and life experiences. Overall, the evening was a great way to begin the first of many years of preparation and opportunity, with maybe a little luck to help them through.

By Meghan Pike and Allison Pace, M1s
**NEWS from the OT School**

By Brynn Corbello, OTS2

The Occupational Therapy class of 2015 has been quite a busy bunch! We've been spending our time fund-raising for our trip to the upcoming National AOTA Student Conclave and participating in service projects in the Jackson area. Our most recent fundraiser has brought together gift card donations from some of Jackson's most revered restaurants. By donating only five dollars, each person will be eligible to win free meals from Biaggi's, Nick's, Char, Two Sister's Kitchen and many more; each day between October 24-28 we will be drawing names for the grand prize.

The OT2 class trees giving back to our community so much that it's almost scary! This Halloween we're excited to volunteer as a class by hosting Halloween parties for The Magnolia Speech School and the Sunny Brook Children's Home. We're also excited to report that all OT classes will be participating as group in the "Keep Jackson Beautiful" event on October 29. Lastly, we'd like to congratulate all classes in the OT program for working together to receive recognition from our national Occupational Therapy organization, AOTA, for our high membership percentage. We are proud to represent UMC as we receive recognition in the OT Practice magazine, an acknowledgment in the Annual AOTA Conference "Welcome Address" and a certificate for our school to display. It's no trick that we OT students are such a treat!

However, there is a very unique opportunity for medical students to do just that every Saturday afternoon at the Jackson Free Clinic.

The JFC is a non-profit organization that is run by medical students to provide quality health care to the underprivileged and uninsured of the Jackson area. Each weekend more than 50 students come together to learn, give back, love, and care for their "neighbors." As an M1, I found a place to refocus and remember my calling into the medical profession as I gave back to my new community. I learned about medicine and had an opportunity to view the end goal as I was taught and guided by upperclassmen. Now as an M3, I understand what an impact the JFC has made in the lives of people. On more than one account, I, and others like me, have been hugged and poured over with gratitude by those who were in need of health care. The gain and goal of the JFC is twofold. We desire to provide the best medical care possible to those in need and to provide an environment that fosters learning for medical students at all levels. Through the generous financial support and sacrifice of faculty and community physicians, the Jackson Free Clinic has become the primary health-care provider for over 500 individuals in Jackson. The great news is…we desire to expand, grow, and serve even more and teach as many students as possible.

If you are looking for a way to get involved and give back, the JFC is one of the many places that you can serve each week. And, the special bond that is gained by working alongside your fellow student is priceless. The Jackson Free Clinic has changed my outlook on life and serves as a reminder to impact your own life in a way you never thought possible!

October: It's a month of crunchy leaves, river rafts, Chai lattes, snug clothes in the breeze...a month of football, campfires, and bright, full moons. It's a month of nostalgia. A month of changes. Such a magical month, this October; and in order to pay tribute to what is surely the boldest and grandest time of the year, I have a story—a legitimately scary story, at least 67% true. About vampires.

Imagine yourself under a canopy of trees, sitting on campfire logs in a circle with friends and acquaintances. Golden embers flicker in the center under the gaze of a demented vampire. Conversation has also died, when someone pulls out a flashlight and clicks it on. Places the beam under her face so that the shadows cast a skull-like image, which moves and flickers with the fire. Yes, that's right—I'm describing the iconic opening of Nick-at-Night's fire. Yes, that's right—I'm describing the fire. Yes, that's right—I'm describing the fire. Yes, that's right—I'm describing the fire. Yes, that's right—I'm describing the fire.

It was the fall of 2008, October, in fact. I, an aspiring young dental student, had sought in vain for a job, only to realize that college degrees don't serve me well in many areas. Nothing. Even dental school can't change the subject to hobbies and interests, thinking I was safe, when her eyes lit up. She leaned forward. Her pointy canines glinted on the corners of her smile, and in a low voice she informed me that she liked to write. "What kind of writing?" I asked nervously. She was currently working on her first book series. "Oh really…What is it about?" I resisted the temptation to cover my face in terror and humiliation. Her smile widened. "Vampires," she said with a thrill. "The first book is called Vampire Club: The second, Vampire Club: Project Elimination. I could feel my eyes get wide and hear the pitch of my voice rise above normal levels. "That sounds…really good," I said as I slowly backed out of the room, which appeared to be closing in on me. I finished my work that day with my back to the front desk, where Rhonda sat. Later that night, as I told my roommates of my experiences at work, I dismissed Rhonda as a woman with creepy teeth and an overactive imagination. After all, I couldn't be distracted by such a silly thing as vampires. I had a job to do, and dental things to learn.

I worked at the dental office for several months; every once in a while mysteries emerged where Rhonda was concerned. She kept the thermometer down in the office, as low as 55° when she was there alone. Halloween was, of course, her favorite holiday. She went on a crazy liquid “diet” she claimed was very popular in Italy. I quietly observed, never questioned. Also, I never exposed my neck in her presence. Just to make sure…

I'll never know the true personage of Rhonda the vampire lady. To this day, however, I have resolved to examine the teeth—and maybe the ancestry—of every person I hire to work in my dental office. Not to sound discriminatory—but no vampires allowed.
It was the scariest Halloween ever for registered nurse Hollie Harvey. While on a family hayride, Hollie fell under the wheels of a wagon and broke her back.

Surgeons predicted she would never walk again. But staff at Methodist Rehab said: “Let’s see what you can do.” And with their support and guidance, the Mendenhall mother of three gave it her all and got back on her feet.

“When they would tell me to do 10 reps, I would do 20,” she said. “I wanted to be able to kick a ball with Hooks, Anna Grace and Honey Beth. That was my motivation.”