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Jackson Events

National Walking Day
April 1
Wherever you are!
Cost: FREE!

On this day, Americans are encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. It’s a great way to raise awareness of the importance of physical activity and to get your family, friends and co-workers started on a healthier way of life. This national event is sponsored by the American Heart Association. For more information, visit http://www.heart.org.

Fondren's First Thursday
April 2 at 5 PM
Fondren Neighborhood
Cost: Free Admission

This monthly neighborhood event, formerly known as Fondren After 5, is hosted by various Fondren businesses, and Studio Chance will be hosting this monthly event. The night offers shopping, food vendors, live music, open houses, a pet adoption drive, and more.

Zoo Brew
April 3 from 5 PM until 9 PM
Jackson Zoo, Jackson
Cost: General Admission $30, VIP $40, Designated Driver $15

Zoo Brew is a craft beer festival event, with over 50 beer selections. Tickets will include free craft beer tastings, free food samples, and live entertainment. The event is presented by Capital City Beverages. Tyson will provide chicken wings and sponsor a Wing Eating Contest. Prizes will be awarded.

Easter Egg Run
April 9 at 6 PM
Fleet Feet Sports, Ridgeland
Cost: Free

This run is open to participants of all fitness levels, who can choose to run or walk 3-6 miles.

Crossroads Film Festival
April 10 at 6 PM
Malco Grandview Cinema, Madison
Cost: Free

Part of the Crossroads Film Festival, two movie premieres will be shown at the Malco’s “Clown Service,” written and directed by comedian Tig Notaro, followed by “Batfield Creek,” which was filmed in Mississippi and is directed by Allison Eastwood. The producer, Constance Hoy, will be in attendance, along with cast members whose schedules permit. Seating is limited. Visit www.crossroadsfilmfestival.com for tickets and more information.

The Burning Bales
April 10 at 9 PM
Hal and Ma’s, Jackson
Cost: $5 in advance, $10 at the door, $3 surcharge if under 21

The Burning Bales is a newgrass project consisting of Erin Callie and Katie Boyer, two MS female singer-songwriters. Influenced from a variety of sources, including those of Alison Krauss, Emmylou Harris, Stevie Nicks, and James Taylor, along with more recent ones such as The Avett Brothers, The Head and the Heart, and The Lone Bellow, this new album release party is presented by Ardenland and also features Jason Turner and Jacquelynn Pillcher. Cocktails at 8PM and show starts at 9 PM.

Susan G. Komen Race for the Cure
April 11
Old Capitol Inn, Jackson
Cost: Adults $30 for 1 mile or 5K walk, $35 for timed 5K walk/run, $40 for timed 10K run. Kids/Students/Youth Fun Run - $20. Motorcycle for Men only - $30.

The Central Mississippi Steel Magnolias Affiliate of Susan G. Komen’s (CMSSM) is scheduled tohost its 16th Annual Race for the Cure on Saturday, April 11, 2015. Activities will begin at 6:30 a.m. with a special survivor breakfast. Race for the Cure will include the new Motorcycle for Men only ride. Kids One Mile Fun Run/Walk, an optional timed 5K and 10K. The “Pink It Up” contest will recognize the best “Pinked Up” person. Other contests include best-decorated team tailgate and best shirt design. Put on your pink tutu, form a team, and race to help end breast cancer. Registration includes a t-shirt.

Tax Day Run
April 15 at 6 PM
Fleet Feet Sports, Ridgeland
Cost: Free

This run is open to participants of all fitness levels, who can choose to run or walk 3-6 miles.

Livingston Farmers Market Season Kickoff
April 16 from 5 to 8 PM
Livingston Farmers Market, Madison
Cost: Free

Open from 4-8 PM on Thursdays, it features a different chef and performs each week, as well as book signings or artwork.

Ridgeland Fine Arts Festival
April 18-19 from 10 AM to 7 PM on Thursdays, 11 AM to 5 PM on Fridays, $5 at gates.
Cost: Free

The Ridgeland Fine Arts Festival was named a top 20 event by the Southeast Tourism Society and among the top 100 U.S. art fairs. Come enjoy a sampling of Ridgeland’s elevated art forms, from visual to cultural and culinary to musical.

Hidden Object Challenge

It’s not “Where’s Waldo?” but “Where’s the Stethoscope?” Rules: there is a stethoscope (see example to side) hidden somewhere in the issue. Find it, and email me at jthomas@ umc.edu, with the page number and where on the page (what’s beside it, etc). Deadline: Friday, April 24. All those who find it (correctly) will be entered into a drawing for a gift card, courtesy of Dr. Jerry Clark and the Student Affairs department! Have fun playing!

A Few Notes from the President...

Interprofessional Education: The Time is Now

"Facilitating interaction among health professions students is essential to establishing respect for the contribution each provider makes to quality health care" – Geraldine Bednash, Ph.D., R.N.

Interprofessional education. This is a buzzword you’ve likely heard around our campus over the past few years, and certainly something you’ve read about if you keep up with the literature about education at academic medical centers. The extent of your exposure to it may well be interaction with students from another UMMC school in an academic activity for only a few hours, if that. Yes, it probably felt awkward and forced.

Like it or not, interprofessional education is not going away. If you attended the UMMC/2020 Strategic Plan presentation held by our faculty and administrators in February, you heard Dr. Ralph Dildlake, our Chief Academic Officer, say that expanding interprofessional education will be a major focus for our institution in the coming years. Moreover, the accrediting bodies for the different healthcare fields are moving toward creating a common accreditation standard that will mandate the inclusion of interprofessional education in our curricula.

As a student, though, you may not care much about accreditation standards (as long as your school is accredited, of course) or what our administration is doing to continue to improve our institution. You may just be focused on that next test, paper, or evaluation. That’s okay. But I encourage you to think about the future. Throughout your career you will be exposed to countless healthcare professionals and/or researchers that are unlike you and have a unique skill set and point of view. Stringent hierarchies between healthcare providers no longer exist. Instead, teamwork is now the focus among all of these professionals with disparate roles. If we take time to learn from, with, and about students from other schools at this early stage in our careers, we will more prepared to tackle the challenges of providing care and doing research in this complex and evolving healthcare world.

Yes, there are numerous well-known challenges to implementing interprofessional education, including curriculums, leadership, resources, stereotypes, students’ diversity, concepts, teaching, enthusiasm, professional jargons, and accreditation (1). While implementing interprofessional education into our curricula will not be easy, it is worthwhile. I encourage you to take ownership of your education and push for the changes that are necessary. If we are supportive of our leaders and have a good attitude about our involvement in interprofessional education, things will move in the right direction more rapidly.

Sincerely,

Peter Mittwedde
ASB President
mittwedde@umc.edu

References:
Featuring “The Chee-Weez”

Hal and Mal’s
What began as a small group of Boston physicians raising awareness about the usage of nuclear weapons and the subsequent increased risk of dangerous health effects, has now transformed into a nation-wide organization: Physicians for Social Responsibility (PSR). PSR now includes leaders, physicians, and medical students from all over the United States who now serve a much broader mission: to promote environmental justice, address social disparities, and advocate for a peaceful and secure world. With the PSR mission in mind, several first year medical students at UMMC have formed a Student Physicians for Social Responsibility (SPSR) group. We are excited to discuss health-related political issues and to help change policies, positions, and actions in Mississippi.

Over the years, PSR and SPSR organizations throughout the country have held peace luncheons commemorating Hiroshima and Nagasaki, have sent numerous letters to legislators regarding specific state-wide issues, have continued to increase education on the dangerous health effects of radiation exposure from nuclear weapons, and have helped to drive federal reform for the Toxic Substance Control Act by strengthening toxic chemical regulations through the Confronting Toxins campaign. Megumi Mathis, the president of the student chapter, has expressed that “having a chapter of Physicians for Social Responsibility here at UMMC is so great because it will help expose students to the more political side of healthcare and give us a chance to make a difference outside of the classroom, hospital, and clinic.” As medical students, we recognize the importance of treating patients individually, but we also understand that stepping back and looking at trends within a population can be a valuable aspect of potentially reducing negative health outcomes in the future.

As an organization, several students have gone to the capital to help lobby against the vaccine exemption bill. We are also currently in the process of sending letters to Senators and Representatives of the House to campaign for the extension of funding for the Children’s Health Insurance Program (CHIP). CHIP provides financial assistance to the children of families with incomes that are too high for Medicaid but too low for private health insurance. We look forward to doing more events on campus and around Mississippi.

If you are interested in being involved with SPSR, please contact Megumi Mathis at mmathis3@umc.edu.
The UMMC Center for Bioethics and Medical Humanities Announces

Writes...of Spring

a Writing Contest for all UMMC Students!

In no more than 2000 words, reflect on your experience of the 2013-2014 academic year. Where did you begin? Where are you now? What did you discover about yourself, health, illness, healthcare, biomedical sciences, and Mississippi collaborations toward better health? How have your initial expectations and aspirations for your discipline fared across the material you have encountered in your studies? What have you particularly learned from peers in your own discipline or in others on campus? You may use poetry, short fiction, or short essay (fictionalized or nonfiction) for reflections on these or similar topics (all HIPPA laws should be carefully observed).

Rolling submissions will be accepted from:

March 23, 2015 through May 1, 2015, inclusive.
First prize: $500; Second Prize: $200; Third Prize: $100.

To submit, send a single email that contains two separate attachments, (1) a title page file, including your name, and (2) a file containing your writing but not your name, to: cbmh@umc.edu

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April 27

M1 PROFIT SHARE BENEFITTING:

Camp Rainbow

Camp Rainbow is a five-day camp dedicated to pediatric cancer patients and survivors between the ages of 6-17 in Mississippi. The camp is located in Utica Mississippi and has been operating nonprofit for thirty years. Camp Rainbow is in close relation to Blair E. Batson Children’s Cancer Center. The positive impact that camp has upon the kids is everlasting. Children who will never be able to walk can fly among the trees on a zip line or swing through the sky on the ropes course. Camp offers kids five days of normalcy and an opportunity to connect with others who have experienced the same circumstances. Past campers often come back to volunteer as counselors and to strengthen the friendships they've made in the past. Camp may only be a few days, but the memories made and the confidence the kids will experience lasts forever.

3139 N State Street, Jackson
11am-9pm

HELP US #SUPPORTLOCAL
Thoughts of a Meandering M1

By: Britney Williams

Feeling Forgotten?

Once, when I was about five years old, I got lost in the Mall at Barnes Crossing in Tupelo, MS. To make matters worse, it was during the busiest time of the year: Christmas season. I was playing with a machine that claimed to “read your future” if you would just insert a quarter into it and place your fingerprints on the sensors. After I had my fill of the machine, I looked around, only to realize that my older sisters were nowhere in sight! I immediately began to panic and walk around to the stores that my sisters had often visited during our previous trips to the mall. This proved to be a challenging task because I could not read well at the time. Yikes!

After what seemed like an eternity of walking around, I just stopped and cried. “How could they leave me?” I wondered. I imagined them being at home with my parents explaining to them how I just disappeared at the mall. I felt forgotten. Although I was young, I was severely distressed because I had searched for my family, but I couldn’t find them. I was JUST walking so closely with them. I’d felt their presence because they were holding my hands, but all of a sudden, they were gone! It all happened so quickly. I was certainly not prepared to become an orphan hopelessly wandering through the mall with no money and no family!

I would like to take a step back and give some background information on Isaiah 49. The Israelites had rebelled against God many times, and He had allowed them to be taken captive by the powerful Babylonians. Not only did the Israelites have to deal with the consequences of their sins, they also had to deal with being separated from their families. Although the Israelites had rebelled and were scattered amongst the Babylonian kingdom, God still comforted His people. He reassured them that He saw their condition, heard their wails, and remembered them! I love how God used the analogy of a mother with a suckling child. I have never had a child before, but I imagine the things that a mother goes through with carrying, nursing, and raising a child. She has memories that are deeply engrained into her mind that it seems like they would be impossible to forget. I wonder how any mother could forget the pains of labor, the changes that occurred to her body, or her child’s cries throughout the years? Isn’t it amazing how God said that even though a mother may forget all of those things, He would never forget us?

For those of us who have been through seasons such as these, it is easy to think that God has forsaken us and that He has forgotten about us. To be honest, I began working on this devotional a few years ago when the school from which I had just received my master’s degree rejected my application to medical school. I reflected upon my time there and asked God why He would bring me so close to my dream and then allow the door to be slammed in my face? Even in the midst of my disappointment, God lead me to Isaiah 49:14-16. It says, “14Zion says, the Lord has abandoned me; The Lord has forgotten me! 15Can a woman forget her nursing child, or lack compassion for the child of her womb? Even if those forget, yet I will not forget you. 16Look I have inscribed you on the palms of My hands; your walls are continually before me.”

I would like to end by focusing on verse 16 of Isaiah 49 where God mentions that He has “inscribed [us] on the palms of [His] hands”. As I re-read this verse, I decided to search for the definition of “inscribed.” According to Webster’s Dictionary, inscribed is defined as “to write or carve (words or symbols) on something, especially as a formal or permanent record.” Isn’t that something? God says that He has permanently carved our names into His all-powerful hands. God knows your name. He knows what’s going on. He sees those things that weigh you down and make you cry. He knows about those deep pains that you have, and He sees those silent tears as you lay down at night. He has not and will not forget about you. Despite what you have done, He has graciously reminded us that we are important enough to have our names imprinted upon His hands. Just take a final moment and look at the example of Christ because He, too, had our names on His hands as He was being crucified. The nails were driven into them, and He endured the pain. Ask yourself this, “How could He forget me after all that He’s done for me?”

About me:
Just an M1 who’s trudging along and would love to hear from you!
bwwilliams2@umc.edu

Blessings,
Britney

Graduate School Comics
Brought to you by John Clemmer, ASB Mentoring Chair
Prevent Child Abuse Mississippi
April, 2015

April is nationally recognized as Prevent Child Abuse Month

As a healthcare provider in training, I feel the general health and wellbeing of all children is an exceedingly worthwhile cause to promote and preserve. When we invest in healthy developmental lifestyles of our youth, we are investing in community and economic development.

Children are our future, as well as our hope for a better Mississippi and stronger America. Statistics show that approximately eighty-two children in Mississippi are abused every day. That number accounts for a child in every one of our counties in Mississippi daily. According to Prevent Child Abuse America’s 2012 census, America spends a staggering $80 billion annually on healthcare directly related to child abuse.

This silent epidemic is a topic of conversation that many feel uncomfortable discussing. I am tackling the issue of preventing child abuse because I want to make a difference in the lives of our children—and you can too. Together, let’s prevent child abuse in Mississippi today!

Morgan Burnett, Masters of Occupational Therapy Student

Consider planting a pinwheel virtually in your community to spread awareness on child abuse. Visit: www.preventchildabusems.org or call: 601-815-0115 for more information.

Intramurals softball underway

Intramurals basketball champions

Soccer, softball, and ultimate frisbee are currently underway. The first-ever Sporting Clay tournament was held on Friday, March 27 at Turcotte Shooting Range. More details to come with pictures and the winning team. As always, with any questions regarding intramurals, please contact Grant Saxton at gsaxton@umc.edu.

Uncommon Commitment

At Trustmark, we’re proud to say that we have a strong commitment to UMC and the surrounding area. We’re proud of our medical facilities, hospitals and physicians who are continually striving to meet the needs of this community by providing the best quality care.

By serving families where we live and work, we’re helping to ensure the growth and success of our area. Helping you achieve your financial goals is an integral part of planning your own personal growth and success. To find out more, stop by Trustmark today or give us a call.

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People you trust. People who work.
SON: Excellence in Service

By: Johnny Morris

During orientation for the School of Nursing at UMMC, the announcement that there were certain community service requirements each semester was met with a class-wide grumble. It was one more thing piled on top of the seemingly endless mass of information our brains were still attempting to unscramble. However, our original notion of these requirements could not be further from the feelings we now share as we view the achievements left in our wake. Not only do these accomplishments instill a sense of personal satisfaction, but each area, from Habitat for Humanity to the Heart Walk, and all conceivable service fields between (there were 170 different events and organizations with which students served last year across the state), have worked to promote and/or advance the health of communities as a result of the SON’s volunteer initiative.

Another shameful admission many students would have to make is our willful ignorance that kept us from discerning how these opportunities pertained to our learning experience. Great admiration is given to those who were above immediately rejecting the increased workload and were able to see the chance for growth and augmented education. Regardless of one’s initial perspective, there is no denying the positive effects community engagement has had on our learning. Serving cultivates therapeutic communication, enables leadership, promotes teamwork, facilitates friendship, fosters humility, nurtures community care and awareness (including an enhanced understanding of health disparity, as well as issues related to access to care and the importance of health literacy), and strengthens integrity. Furthermore, this kind of community engagement also boosts professional development in areas that are consistent with SON core values as well as the mission of the School of Nursing: “to develop nurse leaders and improve health within and beyond Mississippi, through excellence in education, research, practice, and service.” The core values of the SON: Respect, Excellence, Accountability, Diversity, and Integrity, are all central to engaging in service.

Although students are only required to engage in 8 hours of service-learning activity per academic year, most far exceed that number. We aren’t alone; this value of service extends throughout the culture of the SON. Students, faculty, and staff of the UMMC School of Nursing take great pride in our commitment to community service engagement. This year, the School of Nursing will be recognized for its service to the State of Mississippi. Out of 60 nominees, UMMC SON was one of only 13 selected to receive the “2015 Governor’s Initiative for Volunteer Excellence (GIVE) Award”. The SON will receive the GIVE Award for Outstanding Service by a Healthcare Education Program. Cheers to all who have gone above and beyond and cheers to many more years of this amazing initiative! To date, since February 2014, the SON has completed more than 11,000 hours of service, with an estimated value of over a quarter of a million dollars.
Beginner Chef

Crock Pot Chicken & Dumplings

I threw these ingredients together in a total of 10 minutes one night, and it was perfect by the next morning! A perfect recipe for this cold weather and an old favorite.

Source: http://all-things-delicious.blogspot.com/2012/10/crockpot-chicken-dumplings.html

Ingredients:
- 2 boneless, skinless chicken breasts
- 2 Tbsp. butter
- 2 cans cream of chicken soup
- 1 cup chicken broth, low sodium
- 1/2 onion, diced
- 1 Tbsp. dried parsley
- 4 Grands flaky refrigerator biscuits (I'll use 5 next time)

1. Place chicken in crockpot and put butter on top.
2. Pour in cream of chicken soup and chicken broth. Add diced onion and parsley.
3. Cover and cook on low for 8-9 hours.
4. After chicken is cooked, shred it using a fork. Cut each biscuit into 9 pieces and stir into the soup.
5. Cover crockpot and cook on High for another hour.

Enjoy!
Eden J. Yelverton, MS

The Dish

Cajun Shrimp Fettuccine Alfredo

This month, I wanted to share with you all one of my favorite pasta dishes of all time: Cajun Shrimp Fettuccine Alfredo. It's not the prettiest dish ever, but it may be one of the tastiest. The combination of heavy cream, tomatoes, garlic, onion, and shrimp is incredible, to say the least. The best part about it is that it's quick, easy, and most of the ingredients are probably sitting in your pantry. It's great for a big crowd or dinner for two. Make it when you get a chance and you won't be sorry.

Source: http://www.closetcooking.com/2014/02/cajun-shrimp-fettuccine-alfredo.html

Ingredients:
- 8 ounces fettuccine or your favorite pasta
- 1 tablespoon butter
- 1 pound shrimp, peeled and deveined
- 4 cloves garlic, chopped
- 1/4 red onion, sliced

1/4 cup dry white wine or chicken broth
1 cup heavy whipping cream
1 cup parmesan reggiano (parmesan), grated
1/2 tablespoon cajun seasoning or to taste
1/4 cup green onion, sliced (optional)

1. Begin boiling pasta (so that it can cook while you continue the recipe.)
2. Melt the butter in a pan over medium-high heat, toss the shrimp in the cajun seasoning, add to pan and cook, about 2-3 minutes per side. Set aside.
3. Add the garlic and onion to the pan and saute until fragrant, about 30 seconds.
4. Deglaze the pan with the wine, add the heavy cream, parmesan, and cajun seasoning and cook until it thickens a bit, about 3-5 minutes.
5. Drain pasta once it is cooked al dente. Toss the pasta in with the alfredo sauce along with the shrimp and serve garnished with green onions.

It’s just that simple. Personally I like it as is, but feel free to substitute any extra vegetables that you’d like. My one bit of advice is to use the heavy cream. I tried to substitute milk to make it healthier, and it just wasn’t as good. The heavy cream makes it. If you have any questions or comments, please don’t hesitate to send me an e-mail. Happy April everyone! -Mina
Now I can...

be strong for my family

Paralyzed by a postpartum stroke, Cheri Hicks was as helpless as her newborn when she arrived at Methodist Rehabilitation Center.

But with the support of some “amazing therapists,” the mother of two says she found the strength to attack therapy “like a job.”

Now, she’s back to enjoying the everyday adventures of family life and has renewed confidence in her capabilities.

“Anything that I thought was scary before, nothing is as scary as this was,” she said. “Since this all started, I’ve started a blog—something I never would have done before—and I’m going to enroll in classes to become a speech therapist.”