From Our President

Hello UMMC!
My name is Sarah Ali, and I have the pleasure of serving as the UMMC Associated Student Body (ASB) President. I’m so excited that it’s finally August, and I’m even more excited to welcome all of our newest students! I’m proud to say that UMMC is a well-knit community, and we are always excited to add to our family! One of the ASB’s goals this year is to showcase our students’ talents and successes. You guys are doing incredible things, and we want to brag on your accomplishments – but we need your help! Keep us up to date on what you’re doing and where you’re going! Please utilize our many social media sites to keep us informed as we begin this incredible academic year. Here’s to the best year yet!

https://www.umc.edu/asb/
Twitter: @UMMC_ASB
Instagram: @UMMC_ASB
Facebook: https://www.facebook.com/umcasb

All the best,
Sarah Ali
ASB President

Vice President’s Notes

Welcome new students and welcome back old students! UMC is excited to have new students on our campus and cannot wait for each of you to find your niche as you become involved with our incredible school.

I wanted to discuss my role and how you can help me as ASB Vice President. My regular yearly duties consist of planning events and parties, but I also have one extra goal. I want to integrate UMMC more intimately with the Jackson area. I have lived in Jackson my entire life, bar four years in Oxford, and have a deep love for my city and its people. I have seen it grow and am blessed to call it my home.

Rarely is Jackson labeled as a town that caters to the lives of young professionals, but I feel we may be ignorant to all of what Jackson has to offer. I hope to inform our student body of not only parties and events, but also ways to become unified with the people of our community. As health professionals we strive to better our community through service, but to succeed we must first become part of the community. I hope this also creates an extracurricular environment that is exciting and stress relieving. Finding time for oneself in graduate school may feel hard, but it is of paramount importance. We cannot help others if we are not healthy ourselves.

Now I must ask all of you a favor. One thing that makes our school so special is the incredible amount of Mississippians who are part of our student body. I need your help in keeping me informed of any event in our area that you think other students may be interested in. I would love to facilitate student involvement or spread the word about a unique opportunity. Also, I strongly welcome suggestions of any kind; especially in regards to parties. If you have an idea for a band, venue, theme, etc. please, please, please let me know! I am excited about the parties we have planned and know that we can only improve with the help of our students.

I am incredibly excited about this year and cannot wait to know the student body better. Have fun at our parties and DO NOT study too much!

Cheers,
Jefferson Peeples

ASB Vice President

Zeroing in on cancer. Increasing HOPE for MILLIONS.

Conventional chemotherapy fights cancer, but also destroys healthy cells throughout the body. Now, UMMC biochemists Dr. Drazen Raucher and Dr. Lee Bidwell have developed a new method. It uses biopolymers and gentle heat to deliver anticancer drugs directly to a tumor without affecting the rest of the body. The results are lower doses, fewer treatments, reduced side effects and new hope for cancer patients everywhere. Learn more at ummchealth.com/cancer.

The University of Mississippi Medical Center
UMMC Research. Tomorrow. Every day.
Jackson Events

Tri4Life
August 8 at 7:00 AM
Ross Barnett Reservoir, Ridgeland
Cost: $60-$110

Back for the 6th year, this is the hottest, fastest triathlon in the state and is located right here on the Ross Barnett Reservoir. The race includes a 1.3 mile open water swim, followed by a 16 mile bike, and ends with a 5k run, all held in and around the Ross Barnett Reservoir. Event proceeds support the Center for Pregnancy Choices, a nonprofit medical clinic that serves to listen, encourage, and equip those facing pregnancy decisions. Visit www.tri4life.net or email tri4life2010@yahoo.com for more information.

Sprint and Splash 5K
August 8 at 5:30 PM
The Club at The Township, Ridgeland
Cost: Varies; see below

The Club and Fleet Feet Sports have joined forces to put on a one of a kind 5K! The Sprint and Splash 5K will take place at 5:30 PM on August 8th at the Club at the Township. After completing the 5K, participants will be able to cool off in the Club’s resort style pool! Bring your swimsuit and your kids because there is a 1/2 mile kids run! There will be live music and plenty of food from the grill. The swag bags will include a really nice visor and a small bag cooler that's great for taking to the pool or beach. The costs are $45 ($10 off for Club members), $15 for kids’ Fun Run, or $25 for party only. Register online at msrace2ming.com. Packet pick-up will be at Fleet Feet Sports on August 7th from 10:00 to 6:00, or you can pick it up on race day.

Jackson Rhythm and Blues Festival
August 14-15
MS Agriculture and Forestry Museum, Jackson
Cost: $40 August 14; $55 August 15

The third annual event, the Jackson Rhythm & Blues is a booming festival that presents Mississippi's blues musicians coupled with regional and national rhythm and blues artists on a new scale with an urban flavor. It includes 35 exciting acts performing on 5 stages, 4 of which are indoor with A/C and are transformed into urban juke joints. Food and drink vendors will offer an abundance of southern cuisine, including MS farm-raised catfish, BBQ ribs, and chicken on a stick, along with signature festival alcoholic drinks, wine, and beer. There are two unforgettable days of rhythm and blues sure to set your soul on fire!

Bright Lights, Belhaven Nights
August 15 from 5:30 to 9:30 PM
Carlisle Street and Kentwood Place, Jackson
Cost: $10; $1 for ages 12 and under

Located behind MadDad's in Belhaven, the annual street festival includes art and food for sale, music on five stages, children's activities, and a silent auction. Bill & Temperance, Vasti Jackson, the Southern Komfort Brass Band, Risko Danza and more will perform. For more information, contact the Greater Belhaven Foundation at 601-352-8850 or info@greaterbelhaven.com.

Grits and Soul
August 20 at 8:00 PM
Hal and Mali's, Jackson
Cost: $8 in advance; $10 at the door

Anna Kline and John Looney make up the bluegrass and country duo. The Valley Roots and Honeyboy & Roots also perform. Doors open at 7 p.m.

Eastside Son Run
August 22; times below
Mac and Bones Golf and Grill, Pearl
Cost: $20 $5/10 fun run (advance); $25/15 (day of)

This is the 6th annual run held by Eastside Baptist Church in Pearl. Registration begins at 5:45 A.M, with a 7:00 A.M. start. All proceeds will go to benefit the Eastside Christmas Store, a ministry of Eastside that helps provide families in need at Christmas with food, toys, personal hygiene items, & counseling, all provided at no cost to the families. Go to www.eastsidepearl.org to register. There are special rates for military, police, and firefighters.

Ben Marney and Homecookin' Reunion
August 22 at 8:00 PM
Duling Hall, Jackson
Cost: $20 in advance; $25 at the door

Four of the founding members of Ben Marney and Homecookin perform in Jackson for the first time since 1998. The Crooked Creek String Band also performs. Doors open at 7 p.m.

AIA Movie Night
August 27 at 6:30 PM
MS Museum of Art, Jackson
Cost: Free; Cash bar and food for sale

The Museum is pleased to partner with AIA Mississippi for a film screening in The Art Garden. Bring lawn chairs and a blanket and spread out on the BankPlus Green. Movie will begin at dusk. For more information, contact AIA Mississippi at 601-360-0082.

Firefly Festival
August 29 from 6:00 to 10:00 PM
Old Towne Clinton, Clinton
Cost: Free

The Firefly Festival is an open-air artist showcase that takes place on the historic brick streets of Old Towne Clinton. This event will have a heavy focus on music, with live entertainment taking place throughout the evening. The Firefly Festival will provide a venue for regional fine artists to showcase original pieces of art in a community friendly environment. This is a juried event, with awards going to the market’s top booths. For more information, contact the Main Street Clinton Association at 601.924.5472; mainstreetclinton@clintonms.org; www.clintonms.org/Firefly.

Uncommon Commitment
As you commit the next four years or more to gain the knowledge to be a well-rounded, compassionate and ethical physician, we at Trustmark commit to offer you superior service through a relationship manager who is knowledgeable and accessible, customer service that is unparalleled and products and services tailored to fit your individual needs. As one of the South's oldest and strongest financial institutions, we are a partner you can trust. Find out how we can develop a comprehensive plan to help you reach your financial goals. Call Haley Claxton, Trustmark Private Banking at 601-208-5834 today.

Cost: $25 through 8/24; $35 until entry

Part of Fondren's First Thursday, this is a second annual fundraiser for the Ronald McDonald House Charities of MS, which is a home-away-from-home for families needing a place to stay a place to stay while their seriously ill child is being treated in Jackson. Being 100% community-funded, the House relies on fundraisers to sustain the services they offer. Online registration is available at runsignup.com by searching for Red Shoe 5K or mail in registration from rmhcms.org. Don't miss the post-race awards party sponsored by Brent's Drugs and featuring Southern Grass Bluegrass Band.

Cost: Free; Cash bar and food for sale

Studio Chane hosts the mostly monthly neighborhood open houses, a pet adoption drive, and more. Don't miss the addition of all day deals and activities at Fondren area businesses. Events proceed rain or shine.

Cost: $25 through 8/24; $35 until entry

Part of Fondren's First Thursday, this is a second annual fundraiser for the Ronald McDonald House Charities of MS, which is a home-away-from-home for families needing a place to stay while their seriously ill child is being treated in Jackson. Being 100% community-funded, the House relies on fundraisers to sustain the services they offer. Online registration is available at runsignup.com by searching for Red Shoe 5K or mail in registration from rmhcms.org. Don't miss the post-race awards party sponsored by Brent's Drugs and featuring Southern Grass Bluegrass Band.

Cost: Free admission

Studio Chane hosts the mostly monthly neighborhood event formerly known as Fondren After 5. It includes shopping, food vendors, a farmers' market, live music, open houses, a pet adoption drive, and more. Don't miss the addition of all day deals and activities at Fondren area businesses. Events proceed rain or shine.

Cost: Free admission

Studio Chane hosts the mostly monthly neighborhood event formerly known as Fondren After 5. It includes shopping, food vendors, a farmers' market, live music, open houses, a pet adoption drive, and more. Don't miss the addition of all day deals and activities at Fondren area businesses. Events proceed rain or shine.

Cost: Free admission

Studio Chane hosts the mostly monthly neighborhood event formerly known as Fondren After 5. It includes shopping, food vendors, a farmers' market, live music, open houses, a pet adoption drive, and more. Don't miss the addition of all day deals and activities at Fondren area businesses. Events proceed rain or shine.

Cost: Free admission

Studio Chane hosts the mostly monthly neighborhood event formerly known as Fondren After 5. It includes shopping, food vendors, a farmers' market, live music, open houses, a pet adoption drive, and more. Don't miss the addition of all day deals and activities at Fondren area businesses. Events proceed rain or shine.
What a year! The past year at the Jackson Free Clinic has been one full of challenges new and old. We’ve been hard at work each Saturday working to provide quality healthcare for those in the greater Jackson area who could not otherwise afford it. And with the help of our many student and physician volunteers across the UMMC campus, it’s been a great year.

This past year has also been a process of laying foundations for the future. The JFC Board of Directors has been working on several new projects over the past months that we are excited to share with you. The JFC has newly partnered with Belhaven University’s Department of Social Work to serve as a project work site for their graduate students. With this partnership, we hope to expand the resources and services available to our patients. We hope that by working with our patients both inside and outside the exam room, we can better promote overall health and wellness for our community. Other projects that we plan to roll out this year include a new HIV screening initiative and expansion of access to preventative services such as colonoscopies. Much work has gone into making these projects possible, and we are excited about seeing these new programs come to fruition. And we cannot forget the inaugural Jackson Free Clinic Golf Tournament! Thank you to all who participated and made our first tournament a success by raising more than $4,000 for the JFC. It was a great day on the links, and if you missed us this past spring be sure to stay tuned this upcoming year!

Even as we celebrate the past year’s success, we are still excited to find new ways to engage and educate both the patients and students who visit us each week. Expanded pharmacy services, patient medication assistance programs, and diabetic and health educational classes are just a few of the things we would like to see come to the JFC. We hope that you will come visit us and find out what new things we dream up next.

Lastly (but certainly, not least), I’d like to thank all of you, both students and staff, who have graciously given of your time this past year to volunteer with us. Without your generosity and dedication the JFC would not be able to continue delivering the high quality and compassionate care on which our many patients have come to rely. So on behalf of the JFC Board of Directors and the patients you continue to faithfully serve, thank you very much and we hope to see you soon!

Daniel Hester
Student Director, Jackson Free Clinic
UMMC SOM Class of 2016
Thoughts of a Meandering M2

Do You Want To Get Well?

This summer I had the privilege of serving in the Czech Republic with First Baptist Church Clinton, MS, as well as participating in a summer internship program with GE National Medical Fellowships. I mention these two opportunities because during these, I felt led to ask the campers and patients the question, “Do you want to get well?” I believe this question is important because as future physicians and healthcare providers we are committed to caring for those who are sick and afflicted. With this in mind, I also believe that we are also called to hold one another accountable and making sure that we are physically and spiritually well ourselves.

In John 5, the story begins when Jesus makes a trip to Jerusalem where He encounters a man sitting by this pool called Bethesda. In verses 3-4 it says, “Within these lay a large number of the sick-blind, lame, and paralyzed—waiting for the moving of the water, because an angel would go down into the pool from time to time and stir up the water. Then the first one who got in after the water was stirred up recovered from whatever ailment he had.”

First, I would like to draw your attention to this pool that could heal ANY ailment a person had. If you had a withered hand, dip it in this water. You've got an issue with those leprous spots? Come in and let this water take care of it. It is simply amazing to me how these varieties of diseases despite their unique pathophysiological processes could be healed instantaneously if these individuals were the first ones in the pool. In verse 5 there is a man that is introduced that has been invalid for almost forty years. Jesus approaches this man and asks him, “Do you want to be made whole?” Notice that Jesus did not ask him what had happened to him or how long he had been that way. All He asked him was if he wanted to get well. Later on in verse 7 the man tells Jesus that he has been coming, how no one will help him into the water, and how others jump in ahead of him while he is trying to get to the pool.

I would like to take some time and dig a little deeper into this verse. I believe that Jesus asked this question because He wanted to make sure that this man wasn’t comfortable remaining in his diseased state. Let me elaborate. Sometimes as believers and human beings, we tend to get too acclimated to our situations and surroundings. If you have been in a dark room for a long period of time, your eyes adjust and you learn how to navigate through it more easily. If someone turns on the lights what happens? Your pupils constrict and you may shy away from the light until that initial pain subsides. After almost forty years of being invalid, his sickness was all he knew and his disease shaped his identity…and now that he encountered the light of Jesus Christ, he had the choice to either shy away or walk towards it. I am so encouraged by many things of this story, but this invalid man’s faith, courage, and obedience are worth pointing out. When he was instructed to pick up his mat and walk (vs. 8), this revealed many things about him. It mainly shows that he was ready to be productive and that he trusted in Jesus and His authority even though he had no idea that he was having an encounter with the Great Physician!

In closing, I would like to ask you a few questions. What are some habits, thought patterns, and other negative influences that are making you sick today? How can we care for others when we aren’t well ourselves? Lastly, do you want to get well and be made whole?

Blessings,
Britney
(By: Britney Williams, M2)
Ohio National Cooperative Advertising Fund Guidelines

Format ads may be altered in size and style, but not in content.

No payment will be made for advertising that does not comply with these guidelines.

For more information, please visit:
http://www.ohio-national.com/co-op-advertising

Call today for details.

Horizon Financial Services, LLC
P.O. Box 2007
Ridgeland, MS 39158
601-414-0721
Licensed in Mississippi

Ohio National Financial Services, LLC
The Ohio National Life Insurance Company
Ohio National Life Assurance Corporation

As a medical professional, you have planned, sacrificed and worked hard to get where you are today. Do you have a dependable, long-term source of income that could sustain you in the event of a serious illness or injury? If you’re like most people, the answer is no. At Ohio National, we have an answer. Our disability income insurance products may be right for you.

Call today for details.

Ohio National Life Assurance Corporation

Licensed in Mississippi
Beginner Chef

Skillet Cornbread Pie

Need a quick but also healthy and tasty recipe this week? I have the perfect recipe for just that. This recipe will take you only 35 minutes to cook and has jalapenos for extra oomph.

35 minutes
Servings: 2 people

**Ingredients:**
- 1 Jalapeno
- 1 yellow onion
- 4 oz collard greens
- 1 cob corn
- 2 cloves garlic
- 1 vegetable stock concentrate
- 1 cup plus 2 tablespoons sugar
- 4 oz cornbread mix
- ¼ cup sour cream
- ½ cup lima beans
- ½ cup shredded cheddar cheese
- 2 tablespoons olive oil
- 1 Tablespoon water

1. Preheat oven to 425 degrees.
2. Mince jalapenos (remove ribs and seeds for less heat). Halve, peel, and finely chop the onion. Remove ribs and stems from collard greens and slice leaves into ribbons. Slice the corn off the cob. Mince the garlic.
3. Heat 1 tablespoon olive oil in a medium-sized pan (or cast-iron pan) over medium heat. Add the onion and cook, tossing, for 5 minutes until softened. Add the jalapeno, garlic, and corn to the pan and cook 2-3 more minutes until softened. Reserve half of this mixture in a small bowl to the side.
4. Add ¼ cup water and the stock concentrate to the pan and stir to combine. Add the collard greens and lima beans to the pan and cook until the greens have wilted, 4-5 minutes. Season with salt and pepper. If you used a regular skillet pan, transfer this mixture to a small baking dish. If you used a cast-iron skillet or another oven-proof pan, continue to use this pan.
5. Add the cornbread mix to the reserved onion mixture. Stir in the sour cream and 3 tablespoons water until just combined. Sprinkle the cheese evenly over the vegetables in the pan. Spoon the cornbread batter over the vegetable mixture, spreading evenly. Place in the oven for 20-25 minutes, until cornbread is browned and cooked through.

Enjoy!
Eden J. Yelverton, M4

The Dish

Strawberry Cake

Before summer officially comes to a close, I thought I would share one last recipe with you guys that incorporates delicious summer berries. The beauty is that you can actually use this recipe year-round. It’s delicious with berries, but I think it would be equally good with other seasonal fruits. It’s easy, quick to throw together, and you probably have most of the ingredients on hand. So if you’re heading to a friend’s house, or if you just want some cake to eat at home, you should definitely consider making this delicious strawberry cake.

Source: marthastewart.com

**Ingredients:**
- 6 tablespoons unsalted butter, softened, plus more for pie plate
- 1 large egg
- 1 ½ cups all-purpose flour
- ½ cup milk
- ½ teaspoon salt
- 1 teaspoon pure vanilla extract
- 1 cup plus 2 tablespoons sugar
- 1 pound strawberries, hulled and halved

1. Preheat oven to 350 F. Butter a 10-inch pie plate. Sift flour, baking powder, & salt together in a medium bowl.
2. Put butter & 1 cup sugar in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium-high speed until pale & fluffy, about 3 minutes. Reduce speed to medium-low; mix in egg, milk, & vanilla.
3. Reduce speed to low and gradually mix in flour mixture. Transfer batter to buttered pie plate. Arrange strawberries on top of batter, with cut sides down & as close together as possible. Sprinkle remaining 2 Tbsp sugar over berries.
4. Bake cake 10 minutes. Reduce oven temperature to 325 F. Bake until cake is golden brown & firm to the touch (about 1 hour.) Let cool in pie plate on a wire rack. Cut into wedges. Cake can be stored at room temperature, loosely covered, up to 2 days.

That’s it! When I made it, I used strawberries and blackberries, but you can use whatever fruit you have on hand. I hope you enjoy it as much as we did. As always, if you have any questions or suggestion, don’t hesitate to send me an e-mail. Happy August everyone! ~Mina
Now I can...

return to the spotlight

After falling six stories from the roof of her New York apartment building, Nicole Marquez woke up in the hospital on a ventilator with crushed vertebrae and other injuries. In her mind, she knew that she had worked hard for many years to reach the level of a dancer on Broadway. “At that point, I knew what I had to do. I had to start all over again, and I was prepared to do just that,” she said.

With the motto “You Can’t Stop This Dancer,” Nicole put all she had into the rehab process, amazing her doctors and therapists. “I came to Methodist Rehab in a wheelchair, and thanks to the skilled therapists, I walked out,” she said. All the while, she encouraged the other patients to give it their all, always with a smile on her face.

Today, Nicole is back in the spotlight—doing choreography and traveling the country as a motivational speaker, inspiring audiences with her message of perseverance and hope.