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contents:

sponsorships
from the president
asb crawfish boil
jfc leadership
writes of spring
school of pharmacy
ama advocacy day
sprung to life
classifieds
sponsorships
cooking corner
the dish
methodist rehab
“always has our back”
From Our President

Happy April Folks!

We have officially sprung forward, and the end of the academic year is quickly approaching! April is a very exciting month in Jackson with tons of opportunities to enjoy local events. Here’s a list of upcoming events that might be worth looking into:

Crossroads Film Festival: April 1-3 @ Malco
Rooftop Bar Concert Series: April 1- June 17 @ Old Capitol Inn (Every Wed., Thurs, & Friday night)
Zoo Brew: April 1st @ Jackson Zoo
Music in the City: April 5th @ Mississippi Museum of Art
Fondren’s First Thursday: April 7th in Fondren
‘sipp Sourced w/ Chef Nick Wallace: April 21st @ MS Museum of Art
Screen on the Green: April 21st @ MS Museum of Art
Party for the Planet: April 23rd @ Jackson Zoo
Mad Hatter Tea Party: April 30th @ Manship
Zoo Blues: May 1st @ Jackson Zoo

That’s a really brief overview of some highlights going on during the month of April. I highly suggest checking out jacksonfreepress.com for more detailed information on EVERY SINGLE day in April. There are tons of things to do – you just need to find out when and where! Finish up your semester strong, but try to enjoy spring in Jackson at the same time!

P.S.-Another great source for local events is the coffee news! Grab it at Brent’s, Cups, or any other local store around town.

All the best,
Sarah Ali
ASB President

ASB Crawfish Boil

Join us for the last – and perhaps most anticipated – ASB party of the year! Of course, there will be plenty of crawfish and drinks, plus seafood alternatives and free passes to the zoo, both graciously sponsored by UMMC Alumni Affairs. Also, we’ll have music by the Kenny Heard band. Don’t miss it!

May 7 11AM to 4PM at the Jackson Zoo
JFC UPDATE

Meet ALEX DENT

2016-2017 JFC Student Director

Alex, an M3 student, is a former architect from Tupelo, MS. He is very creative and enthusiastic about our patients at the JFC.

JACKSON FREE CLINIC

WE ARE OPEN THIS SUMMER!
Come practice your medical skills over the summer break and join us each Saturday in June and July. We look forward to seeing you!

Special thanks to our M4 JFC Board Members, Bryan Estill, Bill Gilbert, Daniel Hester, Lance Majors, Mina Tahai, and Carrie Wynn, for their continued support of the JFC. We are so proud of you and wish you the best during your residencies!

We are so proud of you and COME PRACTICE YOUR MEDICAL SKILLS OVER THE SUMMER BREAK AND JOIN US EACH SATURDAY IN JUNE AND JULY. WE LOOK FORWARD TO SEEING YOU!

WRITES TOWARD HEALTH

For Writes of Spring 2016, we are asking students, residents, and trainees in all UMMC schools to put their writing toward health. If you could personify health, what would it look like? How would it advance, or lag, in our own communities? Where do you notice its strengths and frailties among those with whom we share our time at UMMC – mentors, peers, patients, colleagues, families…?

We often discuss the social determinants of health – the varying presence and absence of food security, housing stability, access to transportation and utilities, employment, education, social connectedness, interpersonal safety, and viable neighborhood and community structures in which to safely move, among others. Their impact, now reported in survey and other research, has long been represented in literature.

The 2016 Writes of Spring invites you to explore the human nexus of factors you consider crucial to health as a writer or, an important corollary, as a reader. This year’s contest thus invites:

1) Your own 500-word or less exploration of health, and a factor that sustains or eclipses it, in the life of a fictive individual, family, or community. This exploration can be an essay, poem, very short story, comic, dialogue, or other literary genre.

OR

2) A poem, short story, or excerpt of another author’s published literary work (any genre) that you believe concisely represents the impact of a social determinant(s) of health in the life of an individual, family, or community.

A $50 gift card will be awarded to 3 submitters from each of the two categories.

SEND SUBMISSIONS, INCLUDING SEPARATE COVER PAGE WITH YOUR NAME AND EMAIL, SUBMISSION TITLE AND (FOR CATEGORY 2) AUTHORM TO: WRITESOFSPRING@UMC.EDU
School of Pharmacy April Updates

National Public Health Week 2016

By: Stephanie Sollis, School of Pharmacy President

The Mississippi Public Health Association is a community of public health advocates and professionals from all across Mississippi committed to keeping Mississippi healthy and safe. National Public Health Week is used to advocate for public health and inform the public of resources available to them. As healthcare professionals it is important to remember that public health affects all of us and we need to be prepared to educate patients on the resources available to them. NPHW is April 4th-9th and UMMC is celebrating by having various activities across campus that are open for all. Please feel free to stop by and take advantage of these networking and educational events while enjoying the refreshments available. If you have any questions regarding the events, email Jordan Kelley at jkelley@umc.edu.
On the last Sunday of this past month, many of you may have witnessed or experienced an annual celebration characterized by a particularly higher than usual influx of people, whether that influx be in your homes or the homes of others, in your Churches or the Churches of others, or even in your surroundings such as shopping centers, highways, places of recreation, etc. Then, the following Monday, many of you may have also noticed the marked decline in numbers of people in the various locations frequented by members of your community, or you may notice a decline in the number of people in your Church or the Churches of others this upcoming Sunday. Undoubtedly, many of you are aware of the special day to which I am referring, the day which has been called Easter Sunday. But, how many of us are aware of the fact that this day is but the beginning of an entire season (the Easter season) that lasts a total of fifty days, ending with Pentecost? Or, perhaps, how many of us are aware that this season extends even further beyond the fifty-day period into eternity? Let’s look at the meaning of Passover, Easter, and Pentecost more closely and the permanence of their implications throughout time.

The name Easter is derived from the Old English Easter-daeg, derived further from the Proto-Germanic word austaz which means “dawn,” and which refers to the name of a goddess of spring and fertility, and perhaps originally of the dawn, whose feast day was held on the spring equinox. The root austa: literally means “east” or “toward the sunrise, ” so the etymology is appropriate, as the first light of dawn emerges from the horizon in the East. In Greek and Latin, this day was and still is called Pascha, derived from an Ara- maic word and its Hebrew cognate Pesach, which refers to the Jewish festival known in English as Passover and which the root aust- literally means “east” or “toward the sunrise, ” who.

dated their first day of their lunar calendar on the day of the full moon, which fell on the first day of March and corresponds approximately to March 26 in the modern era. The Christian Church also uses this method of dating the first day of the sacred month, and thus their first day of the sacred month is hence called Nisan, from the Hebrew word nizzanah which means “first.”

Furthermore, the Gospels of Matthew, Mark, and Luke place the death of Christ on the day after Passover, while the Gos- pel of John places the death of Jesus on the exact hour the paschal lambs were sacrificed on the day of Passover itself. Nevertheless, the day of Jesus Christ’s resurrection (which we now celebrate each Easter) occurred around the time of Passover, either three days after a Passover meal known as The Last Supper, which Christ had with his disciples the night before his death, or three days after the traditional sacrifice of the paschal lamb, but the actual date or the date of celebration is not as important as the actual event itself. Just as a paschal lamb was sacrificed according to Hebrew custom in the usual Passover meal, Christ became for Christians the paschal lamb to be sacrificed as atonement for the sins of the world. How fitting though is the name Easter, synonymous with the sunrise, in the sense that just as the sun rises in the east and ascends into the skies, so too does the Son of God rise after death and ascend into Heaven! But Easter does not end with Christ’s resurrection, nor does it end with his ascension into Heaven, but rather Easter as a season ends with Pentecost.

In turn, the word Pentecost comes from the Greek word Pentekeste, which literally means “fiftieth,” and such a name for this day is fitting, as it is the fiftieth day after Holy Saturday, the day before Easter Sunday. This day is significant, as it commemorates the day on which the High Holy Spirit comes upon the Apostles of Christ and instills within them the inspiration to spread the Word of God in people’s native languages and the powers to heal the sick and the lame. The name in Hebrew was Shavuot, referring to the Feast of Weeks when the Law was given to Moses by God on Mount Sinai. Nonetheless, in both respects, the Word of God is given to men of God called to do His will. And though the Easter season has a beginning and an end and though it denotes a specific period of time that involved people, events, and circumstances chosen by God, we are invited every day to join with the women at the empty tomb to rejoice in Christ’s rising from the dead and with the Acts of the Apostles in spreading God’s message of life and love to others. Consequently, the Easter season denotes not only the memorial of Christ’s death and subsequent resurrection, but also the actuality of its occurrence continuously again and again in a mysterious oneness of time, whereby His death and resurrection become very real for us not only on Good Friday and Easter Sunday, respectively, or even during the Easter season, but also every day of our lives.

Thus, during Holy Communion, we are called to relive this moment and experience this aforementioned mysterious oneness of time whereby Christ is made present to us now, just as He was present to His disciples that night before His death nearly two thousand years ago. Christ’s presence can still be experienced every day of the year in the Church, as can His Words, the very same Words that inspired the Apostles, as they were anointed by the Holy Spirit at Pentecost.

In hearing or reading His Words each day, we too can be inspired by the Holy Spirit to venture into the world to spread love to those around us, to shelter the homeless, aid the sick, feed the hungry, comfort the widows and the orphans, visit the prisoners, and lift up the downcast and poor in spirit that they may be rejuvenated and that they may rise up from the darkness of despair just as Christ rose from the darkness of the grave. In the sacrifices of our time and energy for others, we die to ourselves and rise to newness of life, mimicking in small ways the greater act of Christ’s dying for us all, in order to restore us to eternal life. Every day we are called to make the selfless decisions to perform those deeds which place the good of others before the selfish desires that are our own.

These choices are not easy, and they are not always without discomfort or exhaustion or even pain. But, in making these choices and in embracing our own sufferings in life, we can join in the mystical act of Christ’s death, dying with Him only to rise with Him again and again every day until He comes again, at which point we truly will be resurrected body and soul. Yet until that time, we know that Christ is risen, that He has sprung to life, and that we too have sprung to life by the knowledge of His victory over sin and death. And until that time, we can continue to choose love and life over sin and death in our every thought, word, and deed so that we may glorify the Lord by our lives. And perhaps even, in knowing that Christ is forever risen, we can strive to seek His presence and swell the sanctuaries and the parking lots more often, not just on Christmas and Easter.

Edgar Meyer is a graduate student in the Doctorate of Clinical Anatomy program in the School of Graduate Studies.
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For as long as I can remember, my family has used this recipe. We still use my great-great-grandmother's bright yellow banana pudding bowl. We make this delicious dessert for all sorts of occasions. Now that spring has finally sprung, this would be a tasty treat for any family party, baby shower, or friendly gathering--it's sure to impress!

**Ingredients:**
- 2 cups milk
- 3 eggs
- 1/2 cup sugar
- 1/2 teaspoon vanilla
- 1 package vanilla wafers
- 4-5 bananas, sliced
- Pinch of salt

**Instructions:**
1. Pour milk into saucepan and begin warming on stove.
2. In a separate bowl, beat eggs slightly and then add in sugar and salt. Slowly stir in heated milk.
3. Pour mixture back into saucepan and continue to stir on low-medium heat until pudding mixture coats the spoon.
4. Remove from heat; add vanilla.
5. In a serving bowl, make a layer of wafers and then a layer of bananas. Pour pudding mixture over the top. (Can repeat layers as desired). Place additional wafers on top.
6. Refrigerate or keep at room temperature until pudding mixture thickens and sets.
7. Spoon into bowls to serve and ENJOY!

Happy Eating!
Maggie Wester, M3

After eating an excessive amount of food this weekend, we came home and decided to make a "lighter" version of one of our favorite meals--Eggplant Pizza. So the beauty of this dish lies in the fact that it's healthy, quick, easy, and very versatile. It suits the cheese lovers, the meat eaters, and the veggie fanatics. The best part is the fact that you can essentially use whatever you have on hand. As a carb lover myself, I honestly didn't even miss the bread. When you're looking for a quick weeknight meal, give this recipe a try! You won't be sorry!

**Ingredients:**
- 1 large eggplant, sliced lengthwise
- Cherry tomatoes, sliced
- Marinara sauce
- Fresh basil and oregano
- Mozzarella cheese (or variety of your choice)
- Salt
- Other toppings of your choice
- Minced garlic
- Salt

**Instructions:**
1. Preheat oven to 425 degrees F.
2. Arrange sliced eggplant in a baking tray. Sprinkle with salt; bake for 15-20 minutes.
3. Preheat broiler. Spread marinara sauce over eggplant slices as desired, followed by cheese, garlic, cherry tomatoes, basil, oregano, and any other desired toppings.
4. Broil for 3-5 minutes, keeping a close watch on the eggplant slices, as they can burn quickly. Serve while hot.

That's it! It's really quick and really easy. As always, if you have any questions, suggestions, or requests, please don't hesitate to send me an email! Happy April everyone!

~Mina
Now I can...

get back on board

After losing his right foot in an on-the-job accident, Brandon Vickers of Sturgis thought his summer pastime of wake boarding might be left high and dry.

Notso, thanks to a special waterproof prosthesis he wears that was customized by Methodist Orthotics & Prosthetics.

The Flowood clinic has the expertise, tools and technology to build whatever patients may need. So staff clinicians ask patients about which hobbies and interests they would like to get back to doing.

Now Brandon’s back on the water where he belongs, doing what he loves.

“I don’t like being inside just cooped up,” he said. “I’ve always been an outdoors kind of person—I like to hunt and fish, all types of sports.”