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Now I Can...

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Hello Friends,

Now that the top of the calendar reads "December," it can be easy to be filled with anxiety about all of the things one must accomplish before the end of the semester: projects to turn in, tests to take, cards to mail, cookies to bake, and the list goes on and on! I hope that you can find time to pause during this holiday season to reflect, and be filled with a sense of peace and understanding that though there are many things to accomplish, they will all come to fruition in due time.

I continue to be grateful for the wonderful leaders in ASB who work very hard on behalf of the student body to raise money for philanthropy, plan programs, and work with the administration to move our University forward. On November 7, the ASB hosted the first Trivia Night of the school year. The event raised more than $1400 for the Jackson Free Clinic, the student-run clinic that provides medical, dental, and physical therapy to Jackson's indigent population. There will be more trivia nights during the second semester so please be on the lookout for information in your email! On November 8, ASB leaders passed a resolution at the monthly meeting encouraging the UMMC administration to support innovative multidisciplinary learning opportunities. ASB student leaders have already been working with the administration to enhance interprofessional education, and the ASB looks forward to continuing this work in the future. Finally, please mark your calendars for the ASB Claus Ball, which will take place on Friday, December 9 at the Railroad District. The event will feature The Style Band. Dress for the Claus Ball is fancier than other events, so please put on your coats, ties, and cocktail dresses!

I wish you and your family a Merry Christmas, and happy holiday season! Good luck on your exams.

Brock Banks
ASB President
School of Medicine, Class of 2017

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Investiture of Chancellor Jeffrey Vitter

On November 10, The University of Mississippi celebrated a significant occasion with the investiture of its 17th chancellor, Dr. Jeffrey S. Vitter, at the Gertrude C. Ford Center in Oxford. Chancellor Vitter is a distinguished computer scientist, having earned a degree in mathematics with highest honors from the University of Notre Dame and a Ph.D. in computer science from Stanford University. He has a strong record of academic leadership and previously served for over five years as provost, executive vice chancellor, and Roy A. Roberts Distinguished Professor at the University of Kansas. In his keynote address, Chancellor Vitter emphasized “I believe our greatest calling in life is to make the lives of others better. And that is why I believe, more strongly than I ever have, that it is the mission of higher education to transform lives, communities, and the world.”

At the investiture, the University of Mississippi Medical Center student body was represented by two student marshals. Gwen Davis, a student in the School of Graduate Studies, presented Chancellor Vitter with the University Key and the University Creed. Logan Ramsey, a student in the School of Medicine, presented Chancellor Vitter with the University Crest and Guyton's Computer Model of the Cardiovascular System.

As we enter this time of new leadership under Chancellor Vitter, we can reflect on our responsibility as students to uphold The University Creed:

The University of Mississippi is a community of learning dedicated to nurturing excellence in intellectual inquiry and personal character in an open and diverse environment. As a voluntary member of this community:

I believe in respect for the dignity of each person
I believe in fairness and civility
I believe in personal and professional integrity
I believe in academic honesty
I believe in academic freedom
I believe in good stewardship of our resources
I pledge to uphold these values and encourage others to follow my example

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Can You Spot It?

If you find the hidden camera, email mwester@umc.edu. You will be entered into a drawing for a $50 bookstore giftcard!
Hello from the Evers Society! As you all know, the Evers Society was created to strengthen medical education through the evaluation of coursework in the preclinical and clinical years of medical school. We also have the privilege of acknowledging faculty who have been selected by medical students for their outstanding teaching and dedication to students. Faculty members who have won an award for three or more years are inducted into the Evers Hall of Fame. We wanted to give you a chance to get to know your Hall of Fame members better with a short interview. Below you will find our discussion with Dr. Sharon Douglas. Many of you know Dr. Douglas through her Ethics lectures we receive during our preclinical years. She is also a pulmonologist at the G.V. “Sonny” Montgomery VA Medical Center, the faculty sponsor of Literati Medicus, a book club for third- and fourth-year medical students, and has been the recipient of several awards outside of the Evers Society, such as the AMSA award and the AOA Teacher of the Year Award. She is passionate about her work with her patients and her students, and we hope you enjoy learning more about her!

1. Tell us a little bit about yourself. How did you end up in Pulmonology and teaching the Ethics course at UMMC?

I knew I wanted to be a physician when I was young. I have always seen medicine as ministry. I did internal medicine because it seemed to me to be the specialty where I could do the most for adult patients in helping meet all their needs. I was drawn to pulmonary/critical care as a resident because I like how dynamic it is but most importantly I enjoy caring for patients and working with their families at a most powerful time in life. Sometimes patients are near or in the dying part of life and helping patients and their families with not only physical but also spiritual, emotional, and social issues is an awesome privilege. I have been amazed and truly respect how courageous and often peaceful patients and their families can be at this time. Some of my most powerful experiences in life have come from caring for patients and their families at end of life.

My ethics passion began when I was a pulmonary fellow. Caring for patients at end of life sparked my interest in medical ethics. I did not get formal ethics training as a medical student and I wanted to be part of teaching medical students when we started teaching ethics here at UMMC in the 1990’s. I wanted to help medical students be prepared for some of the ethical dilemmas (e.g., those at 2am) that I was facing alone as a young physician, dilemmas for which I had had no medical school preparation. However, I also know that my background influenced my interest in ethics. My Christian parents taught me to work hard, treat others fairly, and always try to do the right thing. My parents have been my best teachers in my life. They continue to teach me by their examples.

2. What do you enjoy about teaching medical students? I love getting to work with young, passionate, bright, hardworking, caring, adult students. I enjoy seeing the passion in their eyes when they are excited about learning, e.g., reading a CXR or pondering an ethical concept.

3. If you could give a piece of advice to your students, what would it be? The little things count in life—like being kind, being discerning, being patient, being complete in your work, and having character and integrity.

4. What do you like to do outside of work? I enjoy spending time with my greatest teachers, her parents.

Dr. Douglas at Wrigley Field for the 2016 World Series!

5. Favorites:
- Vacation spot? Any mountains where I can snow ski. Breckenridge is my most frequent spot.
- Season? Fall
- Food? Pasta
- Movie? To Kill a Mockingbird
- Sports team? Ole Miss (but the Chicago Cubs are a close second).

6. What’s an interesting fact about yourself that medical students might not know? I was actually born right here at the University Hospital in 1960.

7. You were inducted into the Evers Society Hall of Fame because of you have received several Evers teaching awards during your career. What do you think is the most important quality of being a good teacher? I think there are two important qualities. 1. To me as a physician, having actually practiced what you teach and being passionate about it -- imperative. 2. Truly caring about my students and their understanding of my teaching concepts.

8. What’s the best experience you’ve ever had in your teaching career? I cannot give a specific experience because there are so many, many wonderful ones that I have had.

In general I am grateful that God has gifted me with the ability to teach and teaching gives me great satisfaction. That has been the best part of my professional experience. I feel honored and humbled to get to teach. When I am teaching about something I am passionate about, that is when I am the happiest in my professional life.

9. What is your favorite part about working with students both during their pre-clinical years as an ICM teacher and in their clinical years during their Internal Medicine rotation?

I love to be able to teach about concepts in pre-clinical years and then help students understand and reinforce those same concepts in the clinical years of medical school.

In my administrative role, I also really enjoy getting to work with M4 students and counsel them about residency interviews, getting ready for the MATCH, and their professional futures.

10. Anything else you would like to tell the students?

I want to give two:
1. Medicine is ministry. The true art of medicine is what we do for and with patients in a discerning manner.
2. Even though you will graduate from medical school and get an MD degree, you will continue to be a lifelong learner. I like to tell everyone that I am currently an M34. I started medical school in 1982.

Dr. Douglas with her greatest teachers, her parents.
Online Safety Tips to Protect “U”

As we jump into the hustle and bustle that accompanies this time of year, the Office of Information Security at UMMC would like to remind everyone to stay cyberaware as you go about your holiday travels and shopping. The Internet has some wonderful benefits, but it can be a very threatening place if you don’t take the right steps to keep your information – and yourself – safe from potential threats.

Here are a few tips to keep you cybersafe during the holidays – and all year long as well:

- Use caution when posting online. When updating your Facebook, Snapchat, Instagram, or other social media account, think twice before you mention or post your location. Threats are lurking everywhere, even in the form of potential thieves who may see your post and seize the opportunity to break into an empty house. Instead, wait until you return to post pictures and status updates about your adventures.

- Beware of shopping websites that offer prices that seem too good to be true. Black Friday and Cyber Monday deals are everywhere, but how familiar are you with the sites you are using to shop? If you’re unfamiliar or unsure of the company, avoid these grand offers and do not hand over your personal information.

- Use a credit card for purchases instead of a debit card. A debit card will give a hacker complete access to your bank account, while a credit card can be cancelled. Keep your finances safe!

- Never purchase from a site that does not use secure “HTTPS” or the lock icon in the address bar during the purchase process. These are key signals that a website offers a secure checkout and purchase process. Without these items, your personal and financial information could be placed at risk.

- Pause before you click on any link in an email. The rate of spam and phishing messages increases significantly during this time of year. Before you click on a link for that exclusive discount or coupon, always check the source of the email to ensure it is from a trusted source. Even messages that look like package delivery notices could contain subtle signs that it is fake. The slightest misspelling or unusual name could signal a spoofed email address from a hacker waiting to attack your device.

- Update your passwords. A fresh, updated password never hurts when it comes to security. Remember to use a different, complex password for every account you use: online banking, email, online shopping accounts, and more.

- Keep your devices close. Never leave your devices unattended in a public area, even if you’ll only be away for a minute or two. Also, when you are at work, you should always lock your device when you walk away.

- Always use a secure network connection. A secure connection is ideal for any exchange of personal and work-related information; just be aware of to whom you are sending this information! Never share personal or financial information over an unsecured network that does not require a password. Avoid connecting to public Wi-Fi or hotspots; these may be fake networks that allow someone else to steal your login information or infect your phone with malware.

Hackers and threats never take time off for the holidays – and neither will we. The Office of Information Security and DIS are here to protect your UMMC information from falling into the wrong hands; but, it’s up to all of us to be cyberaware as we navigate the online world. With your help, we can keep UMMC, patient, and personal information where it needs to be. Together, we protect “U.”

Thoughts of a Meandering M3-Rest

Scriptures- 1 Samuel 30 and Matthew 11:28

Have you ever found yourself so tired you feel like you can’t go on, but you have so much to do that you are too afraid to rest? “Rest”... As I type this word, I am reminded of how frequently I myself neglect it. Far too often, I feel as if I am drifting beyond the brink of exhaustion, and I wonder how I got there once again. When I finally do have time to rest, guilt arises, and before I know it, I am making a mental checklist of all the things that I should be doing instead of taking a break. I struggle with this more often than I care to admit. If you have ever felt this way, I invite you to pause with me for a moment to explore the story of other weary souls who took a moment to rest in the midst of overwhelming circumstances.

In 1 Samuel 30, David and his army returned home to Ziklag after intense battle. They arrived only to find that their families had been kidnapped, and their city had been burned to the ground by the Amalekites. David’s soldiers were so furious and grieved that they contemplated stoning David out of their anguish. David, in deep distress, called on the Lord for help and inquired as to whether his army would be able to overturn their enemies and bring back the people the attackers had seized. The Lord assured David of victory, so David and his 600 men pursued the Amalekites. They went as far as the Wadi Besor, but 200 men had to stop because they were too exhausted to cross the brook (v. 9-10). They remained behind with the equipment. Imagine the guilt and intense emotions raging inside the 200 men who could not continue. They had walked alongside their leader, fought every battle tirelessly, and for some reason, the task of crossing the Wadi Besor was too daunting for them to undertake.

Just as the Lord had spoken, David and his other 400 soldiers pursued the Amalekites and recovered ALL that was taken from them. They also plundered their enemy’s camp. When they returned and encountered the 200 men at the Wadi Besor, those who fought determined that the men who remained behind should only regain their families and not share in the spoils of victory, but David recognized that the victory was from the Lord. He declared that the 200 men who rested were just as worthy to share in the triumph as those who had gone on to fight (v. 24). There are many things that I appreciate about this piece of Scripture, but the one part that resonates with me most is that David removed the stigma of those who remained behind and made sure that they were provided for although they did not directly participate in the battle. As you can see, David did not consider these men inferior because they needed rest; instead, he acknowledged the needs of those in his company and gave them the suitable task of staying behind with the supplies.

Just as David was aware of the needs of his men, Jesus also knows that we sometimes grow tired and weary. Thankfully, Christ offers us an invitation to rest. Matthew 11:28 reads, “Come to Me, all of you who are weary and burdened, and I will give you rest.” As I read this verse, I realize that I need rest - from being a people pleaser, from my performance-driven personality; from my many worries about the future, and from all my cares in this world, and I must find my rest in Him. If you find yourself needing rest today, won’t you join me?

Blessings,
Britney

About Me:
I’m an M3 trying to find rest and still meandering…and I’d love to hear from you!
Bnwilliams2@umc.edu
O Come, O Come Emmanuel

Often, the smallest of circumstances can have the greatest of consequences. Approximately 2,000 years ago, a child was born and laid in a manger, and now over two billion people call him the Son of the Most High. It is humility, not glory, that captivates the world. May we all approach this Advent season with humble spirits and contrite hearts. "For God so loved the world…"

Edgar R. Meyer
Second-Year Graduate Student
PhD Program in Clinical Anatomy

AAMC National Learn Serve Lead 2016 Conference

The AAMC Annual Meeting is the only meeting where leaders from the nation’s medical schools and teaching hospitals gather to discuss the future of academic medicine, innovations in medical education and research, and the transformation of patient care delivery. This year’s conference provided four plenary sessions with five world-class speakers, more than 100 concurrent sessions, exhibit hall, and networking opportunities to engage the attendees. This was the perfect opportunity for medical students, Avni Patel (Class of 2019 OSR Rep), Erin Walker (Class of 2018 OSR Rep), and Ian Ferguson (Class of 2017 OSR Rep) to network and bring back ideas to better improve UMMC SOM. This conference focused many discussions on wellness and burnout. We are proud to say UMMC handles these two areas well comparatively, but we are always looking to improve. The conference took place on November 11-13, 2016 in Seattle, WA.
For this month's review, I went to the birthplace of Edgar Allen Poe, the city with most breweries per capita, the home of the Flying Squirrels minor league baseball team (GO NUTS!): Richmond, Virginia. The really cool thing about this city is that it always has some kind of festival going on. Lucky for me, they had a hard cider fest showcasing local cideries while I was there and here are a few of my favorites.

**Winchester Ciderworks**
This stall had 2 ciders: Wicked Wiles and Malice. Neither of them are like the Angry Orchard ciders you get at stores. They’re both dry, unsweetened, and oddly tasty. Wicked Wiles is the harder hitting one with a bourbon taste that’ll put some hair on your chest. Its also not carbonated so its more like wine than the typical cider. Malice, on the hand, is carbonated and has more of a champagne feel to it. Honestly, I thought they were the Santorum and Bernie Sanders of ciders, two extremes of the spectrum. But if you were to mix them together half and half, then they are awesome! I’m talking about the ciders, not Santorum and Sanders… I think that would be called murder and violation of a lot of moral and ethical codes… Scale of Friday by Rebecca Black to 21st of May by Nickel Creek, they get a Passing Afternoon by Iron and Wine (go listen to the last two, yea, you’re welcome.)

**Buskey Hard Cider**
This stall had quite a few ciders but my favorite thing was their nitro infused cider. It’s another somewhat dry and unsweetened cider but the nitrogen and extra fruit they infuse into it softens the tart. It’s kinda like getting slapped in the face with a bunch of flowers. It hurts but it smells fantastic. Overall grade: 788/942

**Cobbler Mountain Hard Cider**
For the people who love the really sweet hard ciders similar to Angry Orchard or Woodchuck, this is the one for you. They had 4 flavors: Regular, Wild Blueberry Hop, Smackin’ Orange, and Kickin’ Cinnamon. This was probably my favorite booth because 1) they let you try every flavor and 2) their flavors were on point. The regular one was pretty similar to the average hard cider, probably a little less sweet than a Strongbow. The Wild Blueberry Hop tasted like someone put an exploding grenade filled with blueberries in my mouth, it was awesome. The Smackin’ Orange tasted like a dreamsicle on steroids. Last but definitely not least, Kickin’ Cinnamon was my favorite. Imagine your favorite old lady spending an entire afternoon carefully crafting and baking the most wonderful apple pie and letting the smell of it fill the entire house. Then she puts a big ol’ dash of cinnamon sugar on top and gently puts it down on a catapult that The Rock himself launches, as hard as he can, into your face. Scale of Taken 3 (Again?? Girl, take some self defense classes or something) to The Dark Knight Returns, I give it a Catch Me If You Can.
AMA Interim Meeting 2016

Student representatives from the School of Medicine recently attended the AMA Interim Meeting held Nov. 12-15, 2016, in Orlando, FL, to learn more about healthcare policy and the importance of involvement in organizations like AMA to ensure Mississippi physicians have a voice when policies are created on the national level.

At the annual MSMA meeting earlier this year, Mary Elizabeth Butts, M3, was elected by our state to serve as the UMMC SOM voting delegate. The resolutions that Butts and other delegates of the Medical Student Section (MSS) voted to adopt will be forwarded to the AMA Annual HOD Summer 2017.

Mississippi medical students also met with various other celebrities with great influence while in Orlando.

The AMA’s House of Delegates (HOD), representing 170 state and specialty medical societies, adopted resolution on many current healthcare policy issues. Perhaps the most anticipated topic was how AMA would approach its stance on the Affordable Care Act with the changes in power of political parties. The HOD elected to hold “firm commitment” to current AMA policy on health care reform. “In its discussions with the Trump administration and Congress, the AMA will continue efforts to cover the uninsured and work to assure that future proposals do not result in loss of coverage for patients currently insured.” You can read more about the topics discussed at the meeting at www.ama-assn.org or by emailing your class representatives.
School of Nursing Updates

The SON juniors helped to participate in the world’s largest Christmas project, Operation Christmas Child by filling 18 shoe boxes to send to children in need around the world!

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M1 Appreciation Week
Holiday Movie Must-Sees

1. “It’s a Wonderful Life”
2. “A Christmas Story”
3. “Elf”
4. “National Lampoon’s Christmas Vacation”
5. “How the Grinch Stole Christmas”
6. “White Christmas”
7. “Home Alone” - the original, of course
8. “A Charlie Brown Christmas”
10. “A Christmas Carol”

We’re happy to announce the 1st Annual UMMC Day of Service on January 16, 2017! Please go ahead and mark this date (Martin Luther King Day) in your calendar. Volunteer opportunities for Day of Service will be posted on GiveGab as they become available.
At Jackson Preparatory School football games, Adam Malone has the best seat on the sidelines. It’s a hi-tech, sit-to-stand wheelchair that lets him rise to his role as a Broadcast Club videographer.

As soon as he heard about the club, “I went to see what it was all about,” said the teen with muscular dystrophy. “I learned that they were going to do video recordings and live streaming of the football games. And I knew I wanted to do that.”

Realizing he’d require a more versatile wheelchair, Adam turned to Methodist Rehabilitation Center Assistive Technology Professional Heather Maloney to find the best model for his health and lifestyle needs.

“She took the time to really talk to him about his needs and added details which make his life easier,” said his mother, Angela Malone.

Now, the high schooler is looking ahead to a possible career catching the action. “We had a college fair at Prep not too long ago, and a few schools there had good video departments,” he said.