The MIND Center at UMMC is working to unravel the causes of cognitive decline in late life through leading-edge research. We also provide outpatient dementia care to people across the state through The MIND Center Clinic.

Learn more at ummchealth.com/mind.
From Our President

Ladies and Gents,

It’s hard to believe it’s already February! Which really means you’ll spend the next two weeks trying not to trip on massive stuffed animals and baskets of heart-shaped chocolates at Kroger. This time of year generally makes people think about their loved ones, whether a spouse, significant other, family member, or even a friend. It’s easy to get caught up in the Hallmark Card programmed methods of showing love. All that is good and well, but this month I challenge you all to take care of your own hearts just as carefully. What does it mean to take care of your own heart? Does that mean striving for better cardiovascular health? Does that mean attending your place of worship to find solitude and peace? Does that mean giving yourself more “me time” to relax and unwind after a long day of work or studying? Whatever it is that is good for you and your heart, I encourage you to do it. Many times I have found that taking care of one’s own heart helps me take better care of others.

“Don’t compromise yourself, you’re all you have.”

--John Grisham

From my heart to yours,
Sarah Ali
ASB President

Vice President’s Notes

ASB Plans for Spring

I hope everyone has adjusted back to school life and is enjoying the colder portion of our spring semester. In this article, I wanted to focus on some of ASB’s plans and activities for the spring. We have some great parties planned this semester. I am really looking forward to the Anatomy Ball on March 4th (Changed from original date of March 11th). Near the end of the year, Hal and Mal’s parties start to run together, so we typically try and mix up the Anatomy Ball by making a theme; this year’s being “Redneck.” I am super pumped about having the Mustache Band perform because they are the perfect group to fit our theme. Whether you dress up is your choice, but this party should be a great start to many people’s spring break. You can also look forward to the annual Crawfish Party on May 7th at the Jackson Zoo. This will be the last party of the year and is typically the student body’s favorite. Come out and enjoy crawfish, field games, and much more. Expect more information via e-mail as the semester progresses.

You can also look forward to the Saint Paddy’s Day Parade in downtown Jackson on March 19th. This parade is one of the best Jackson events of all year. The ASB will typically get a tent on the parade route where students can pay a small amount of money to have a place where you can hang out, get some food and drink, and have access to restrooms. If you have never been to the Parade before, I highly suggest it. Also, look for Hal and Mal’s to announce a great band to perform the night of the Parade.

I also want to make the student body aware that the ASB received complaints from numerous schools regarding issues with e-mail overload. We have developed a task force that is looking into the issue and working on a set of guidelines that should help ease the burden of e-mail overload. We are also looking into ASB and school specific calendars that will decrease excessive e-mails and provide a better means of distributing information.

I hope everyone continues to have a great spring semester. As always, please contact me with any concerns or ideas related to school events.

Cheers,
Jefferson Peeples
**CLASSIFIEDS**

### DUPLEX FOR RENT
Located on St. Ann Street in the Belhaven neighborhood of Jackson. 2 bed/2 bath downstairs (plus kitchen and deck) and 3 bed/1 bath upstairs. Only minutes from the hospital. Great for a group of UMMC students.

**Contact:** Logan Rush  
Email: jlrush@umc.edu

### HOME FOR SALE or RENT
Located on Manila Drive, just outside of Fondren. 3 bed/2 bath home with new roof and new HVAC. $165,285 for sale, or $1200 per month for rent. Availability will be discussed with serious inquiries.

**Contact:** Meagan Burnsed  
Phone: 601.316.5788  
Email: mhburnsed@umc.edu

### DO YOU HAVE SOMETHING TO SELL?
Listing is free for UMMC students, and discounted prices are available for UMMC affiliates. The fine print includes homes for sale or rent, home furnishings for sale, or books.

**Contact:** Jennie (Thomas) Stanford  
Email: jtstanford@umc.edu

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**DO YOU HAVE WHAT IT TAKES TO BE AN EDGER?**
Join the fun on April 16th as Over the Edge with Friends of Children’s Hospital takes over Downtown Jackson. Raise support for sick and injured children in a unique way: by rappelling down the side of the 54-story Trustmark Corporate Office Building!

**ARE YOU UP FOR IT?**
Only 76 spots are available for the fundraising event of a lifetime. Sign up today!

For more information, visit [OverTheEdgeWithFriends.com](http://OverTheEdgeWithFriends.com).

For sponsorship opportunities, call Clare Dowe, Sponsorship Chair, at 601-214-3742.

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Jackson Free Clinic Updates

EatJXN VIP Card Sales
There is still time to support the JFC and get great deals at Jackson area restaurants! Until February 10th, you can visit a table in the hall outside the Student Affairs Office or near the McDonalds to purchase your EatJXN card for 2016. You can also purchase your card online at eatjackson.com/buycard/. This lasts the entire year and you can receive great discounts like a free upsize on any drink at Cups or a buy one, get one free pizza from the Manship. The price is $30 and $15 will go directly to the JFC!

JFC Invitational
This will be our second year to host the Jackson Free Clinic Invitational. It will be Thursday, March 31st, 2016 and will be hosted at Live Oaks Golf Club. The format will be similar to last year with a 1:00 p.m. shotgun start and a four-man scramble. Lunch will be provided and there will be a chance for raffle prizes for all registered players. This was a great event last year and we hope to continue the tradition again this year! Registration will open soon at www.jacksonfreedclinic.org

Basketball season is underway at UMMC. There are 12 men’s teams and 5 women’s teams this year and competition is fierce already early this season. The defending champion Rash Brothers have started their quest to repeat undefeated so far. The women’s games have all been close battles so far. Games are on Monday, Tuesday, and Thursday evenings in the Student Union gym. Standings are listed below.

**Men’s Standings**

<table>
<thead>
<tr>
<th>Team</th>
<th>Wins</th>
<th>Losses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hoopers of Henle</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Hoop Forces (PT)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Bicepticons (PT)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Nitrous Netters (Dental)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>STEP up (Medicine)</td>
<td>0</td>
<td>3</td>
</tr>
</tbody>
</table>

**Women’s Standings**

<table>
<thead>
<tr>
<th>Team</th>
<th>Wins</th>
<th>Losses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rash Brothers (Derm)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Colonosco3’s (M2)</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Some Type of Way (M4)</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Bicepticons (PT)</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>In Yo Face! (Dental)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Trap Spleens (PT)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Shooting Pain (M1)</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Air Ballers (M4)</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Fondren Ballers (Pharmacy)</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>+ Pressure Breathers (M4)</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Nothing But Netters (M1)</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Ortho</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

For the second straight year, Can’t Block This (Grad School), captained by Marija Khra, captured the intramural volleyball championship. They completed an undefeated regular season by sweeping through the playoffs without dropping a set. They defeated All About that Ace-tabulum (PT), captained by Christine Tran, in the championship game.
The School of Pharmacy recently hosted its fourth annual Hungry Games canned-food drive. Throughout November, the six Schools at UMMC donated non-perishable food ranging from canned fruits and vegetables to peanut butter and pasta. With the help of our incredible students, we raised over 850 pounds of food for the Mississippi Food Network in time for Thanksgiving. Thank you all to who went out of their way to donate to this cause and helping to feed our fellow Mississippians during the holidays!

Top Standings:
First Place—School of Pharmacy
Second Place—School of Graduate Studies
Third Place—School of Medicine

Overall Standings:
1. Pharmacy - 10,598 oz = 45.6 oz per student
2. Graduate - 2,108 oz = 11.2 oz per student
3. Medical - 826 oz = 1.5 oz per student
4. SHRP - 280 oz = 0.72 oz per student
5. Nursing -  55 oz = 0.23 oz per student
6. Dental - 0 oz

Students and professors in the SOP delivering the canned goods.

Hungry Games
By: Tate Davis, P4; Patrick Reed, P4; and Stephanie Sollis, P3

Homerun Teaching Project

Homerun Program is off to a great start for this semester. If you are unfamiliar with Homerun, it is a partnership between UMMC and the Mississippi Department of Education that places medical students in the classrooms of local schools to teach various science and health related topics. The goal is to educate, spark an interest in the medical field, and just have a good time. We are currently teaching classes for 4 local schools. There are still classes available for this spring, so if you are interested in teaching a Homerun class, contact Logan Rush (jlrush@umc.edu) or Mikey Arceo (scarce@umc.edu).

Also, check out this article about the Homerun project from UMMC Alumni Publications: https://www.umc.edu/news_and_publications/alumni_publication/2014-07-28-01_homerun_project_links_med_students_local_schools.aspx

“This kind of work also satisfies the altruistic impulse that inspired many students to become physicians in the first place. It also gives them a taste of their future role as educators for their patients and helps them learn how to communicate with children.”

--Alumni Publication

Above: Ashli Fitzpatrick and Avni Patel teach a class about teeth and dental hygiene at Pecan Park Elementary.

Be sure to follow us on social media!
University of Mississippi School of Pharmacy:
@olemisspharmacy
UMSOP Student Body (Twitter): @UMSOP_SB
Blog: The Dose (from: pharmacy.olemiss.edu)
Facebook: University of Mississippi School of Pharmacy and UM Department of Pharmacy Practice
Talents

The master, according to the servant, is an oppressor, a harsh man, who reaps what he never sowed, a man who benefits from the work of the people beneath him. The faithful workers who pour out their lives in his fields day after day growing crops from seed to stalk never know the fruit of their labor because the master hoards the harvest as his own. The servant's "fear" is not a fear of losing the master's money – as the traditional interpretation says – but rather a fear of gaining more for the master and not being fairly rewarded for his work. He is a man who believes that true justice means always getting no less than what you deserve.

“This is exploitation!” cries the one-talent servant. “You didn’t do the work. We did. Why should you receive the riches?” And you wonder what he thought to himself day after day watching the other two servants managing their investments. How often did he marvel at how those servants went on toiling blindly for a selfish aristocrat who eventually would return from vacation only to claim their hard-earned profits for himself? “I won’t be made a fool of,” he says to the master. “Here’s your money, same as you left it. I didn’t lose a dime. No harm, no foul. But next time if you want someone’s help, give people what they deserve for their work.”

How often do we hear the one-talent servant’s righteous indignation echoing around us and in our own heads? It’s the American way after all. In this country, we build our livelihoods in good faith that if we put in work, we should get what’s coming to us. If you go to school for X years and put in X hours rendering X services, then you should get X thousand dollars and X benefits. We have a strong sense of justice about the worth of our work, and we have strong feelings about anyone who tries to take from us what we earned through our hard work. You hear it in the fierce way we debate tax codes and wage laws; you see it in the way we pursue justice when someone robs us. We can’t stand being shortchanged. Like this servant, we expect something in return for our efforts – compensation, applause, reputation, the satisfaction of feeling that we’re good people – we all have our pet desires. And when we meet a situation that doesn’t quite give us what we need and deserve, our fear of looking weak because we gave of ourselves and got nothing for it drives us away.

Now that we’ve worked out how the one-talent servant feels – that he should get paid out of the work he did – let’s look at the response of the master, who does not mince words. “You wicked and lazy servant!” Isn’t the lazy one the master, who does none of the work and still expects all the rewards?

Talents

...At the intersection of faith and medicine

The Lord be with you.
Did You Know?
Valentine’s Day Edition

• Retail statistics show 3% of the US population buys Valentine gifts for their pets.
• Valentine’s Day is the second largest “card holiday, second only to Christmas (you know, when you can fill entire walls with cards.)
• Who receives the most cards on Valentine’s Day? Teachers! Children are next, followed by wives and moms.
• Someone cleverly came up with Singles Awareness Day as a VDay alternative, yet someone else uncovered its acronym and stole the clever man’s thunder.
• THEN, someone even more clever discovered that February 15 equals half price candy, so all the world was happy again.
• Ever wondered who made the first Valentine chocolates? Well, it was Cadbury, about 150 years ago!
• 15% of women send flowers to themselves on February 14!
• AND, women actually buy 85% of all Valentine’s gifts sold. BUT, men spend twice as much on Valentine’s Day related items as women.
• Lastly, around Valentine’s Day, the average price for one dozen roses is a whopping $75, compared to the normal average cost of about $30!

Source: http://list25.com/25-interesting-facts-valentines-day/1/

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Ben Carroll, M3
Britney Williams, M3
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Bill Gilbert, M4, Intramurals
Jackson Free Clinic

And all the rest of our students who submit to us throughout the year!
To get your teeth cleaned call: 601-984-6340

Dental Hygiene Clinic
WHAT WE DO:
Provide dental hygiene services in our clinic on the 4th floor of the UMMC School of Dentistry

SERVICES WE PROVIDE:
- Vital signs
- Head and Neck Examination
- Dental Cleanings
- Periodontal Therapy
- Nutritional Counseling
- Radiographs
- Fluoride Treatments
- Sealants
- Oral Hygiene Instructions
- Referrals to Dentists

1. Treatment in the clinic proceeds more slowly than in a private office since the services are rendered by students and observed and evaluated by faculty members. Multiple appointments, therefore, are often necessary for the completion of recommended treatment.

2. The services performed in this clinic are limited to dental hygiene therapy and preventive treatment. When patients need additional care; they will be provided information on available services through public, private, or the UMC School of Dentistry facilities.

3. Fees are charged for all services provided and are based on covering the expenses of supplies needed to render services. Fees must be collected before services are performed. The Department of Dental Hygiene does not accept assignment of patient’s insurance benefits and does not file insurance claims.

4. Failure to keep appointments without a 24 hour advance notice more than 2 times or excessive cancellations (more than 3 times) may lead to dismissal as a clinic patient.

5. All records are property of the University. However, a copy of these records and radiographs may be sent to your private dentist upon request. A fee will be charged to cover copying expenses.

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Cooking Corner

Real Deal Hot Chocolate
One of my favorite things about the cold weather is hot chocolate, and of all the different kinds I've tasted, this is my favorite. It is an easy recipe for any party or family gathering, and it is definitely a crowd pleaser! There are tons of ways to individualize each mug: peppermint, marshmallows, whipped cream, and the list goes on and on! Snuggle in, grab a mug, and happy drinking!

Ingredients:
- 1 1/2 cups half and half
- 1 can sweetened condensed milk
- 1/2 gallon milk
- 2 teaspoons vanilla
- 2 cups semisweet chocolate chips
(can use milk chocolate or even white chocolate)

Instructions:
1. Pour all ingredients into a Crock Pot, and cook on high for 2 hours, stirring with a whisk every 30 minutes.
2. Spoon into mugs, add your favorite toppings, and enjoy!

Maggie Wester, M3
Beginner Chef

Slow Cooker Apple Oatmeal

This recipe has been a mainstay in our kitchen for years. Throw the ingredients into your crockpot the night before then your breakfast is ready when you wake up! This recipe is perfect for anyone with a busy schedule who likes/needs a good breakfast (think, anyone in healthcare.)

Ingredients:

- ½ Apple (preferably Honey Crisp)
- ½ tsp vanilla extract
- ½ tsp cinnamon, ground
- 1 pinch salt
- 1 sweetener (honey, brown sugar, etc.)
- 2 cups water

Instructions:

1. Add cinnamon, salt, vanilla extract, water, and oats to a heat-proof bowl that can hold at least two cups of water (I use a glass bowl). Mix together ingredients.
2. Add water to crockpot until ¼-1/2 full. Place bowl in crockpot. Make sure the water line outside the bowl is at the same level or above the mixture in the bowl.
3. Turn crockpot on low for 8 hours (overnight).
4. Morning time – mix together ingredients then spoon oatmeal into a bowl to eat. Add sweetener (I use 2 tbsp brown sugar) and add apple as desired. Ready to eat! Another option is to add the apples the night before, but I am not much on soggy apples. Also, for a different flavor instead of apples, blueberries would be delicious!

Enjoy!
Eden J. Yelverton, M4

Source: http://www.skinnychm.com

The Dish

Maple Walnut Blondies

This month, I want to share with you guys the recipe for some incredible Maple Walnut Blondies. This recipe is easy, delicious, and quick! It takes 10 minutes to throw everything together and 25-30 minutes to bake, depending on how gooey you like your blondie. The best part about the whole thing is that this recipe is great by itself, but it can also act as a base for whatever extra goodness you’d like to add. If you have a sweet tooth, please give these a try. You won’t be disappointed. :)

Ingredients:

- ½ cup rolled oats
- 6 tablespoons butter, melted
- 3/4 cup brown sugar
- 1/2 cup maple syrup
- 1 teaspoon vanilla
- 1 egg
- 1 generous pinch of salt
- 1 cup flour
- 1 cup chopped walnuts

Instructions:

1. Preheat the oven to 350 degrees. Grease an 8x8 inch pan and line with parchment paper and set aside.
2. Add water to crockpot until ¼-1/2 full. Place bowl in crockpot. Make sure the water line outside the bowl is at the same level or above the mixture in the bowl.
3. Turn crockpot on low for 8 hours (overnight).
4. Morning time – mix together ingredients then spoon oatmeal into a bowl to eat. Add sweetener (I use 2 tbsp brown sugar) and add apple as desired. Ready to eat! Another option is to add the apples the night before, but I am not much on soggy apples. Also, for a different flavor instead of apples, blueberries would be delicious!

Enjoy!
Eden J. Yelverton, M4

Source: http://stephiecooks.com/2013/10/21/maple-walnut-blondies/
Now I can... encourage others

After a brain-injuring fall from a horse, Brianna May came so close to death that her family began planning her funeral.

Yet within months of her December 2014 accident, the Sebastopol resident returned to work, got married and even climbed back in the saddle.

“I think I was used as an example of what God can do,” she said.

So now when she visits the Methodist Rehab caregivers that helped her recover, Brianna uses her story to inspire others to persevere.

“That’s why I go back,” she said. “People would visit while I was there and I would think: They are doing good, I can, too.”