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.

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ASB President

Sarah Ali

Best,

Easier to keep up when it becomes a habit! Cheers to good weather and good vibes!

Jefferson Peeples

Vice President's Notes

Reflections on Becoming the Well-Rounded Health Professional

Nearly eight months ago, I wrote an article for The Murmur that discussed my passion for ASB Vice President. I laid out my goals and spent several months discussing types of priorities that are sometimes forgotten by graduate level students. In this article, I want to reflect on these priorities and more intimately discuss my prayer and hope for the students at UMMC. I do not want to rehash every point I made, but I hope to reflect on the culture at our institution.

The culture of graduate training is unique, for good reason. At UMMC some of the smartest math and science minds in Mississippi are concentrated within a small area. We learn from the best and the brightest while we also admire our peers for their impressive intelligence. We are a culture that respects and rewards intellect, but have we taken it too far? I like to think we have not. However, I see room for improvement in the way we think, feel, and sometimes worship intelligence.

I remember times when a peer’s intellect was brought up in casual conversation. We would basically admire someone’s ability to do well on tests or answer questions correctly. There is nothing inherently wrong with this. However, the problem does not lie within the comments, but rather, it lies in the omission of conversation and praise for different attributes. Very rarely did I have conversations with other students regarding someone’s outstanding moral character. We have students that care about their community and actively pursue avenues to better society, but these are not the people we lift up on a regular basis and admire for their efforts.

Why not? In my opinion, it is simply related to our culture, which places an unbalanced focus on intelligence. If you look critically at post-graduate medicine, you see we continue to praise intelligence after training. What is important to notice is that trained health related professionals are not suffering from an intelligence gap, but instead we hear numerous complaints regarding gaps in empathy and interpersonal skills. We have a culture which reveres a trait that we have in spades, but forgets the characteristics upon which patients are yearning for us to improve! Why not? In my opinion, it is simply related to our culture, which places an unbalanced focus on intelligence. If you look critically at post-graduate medicine, you see we continue to praise intelligence after training. What is important to notice is that trained health related professionals are not suffering from an intelligence gap, but instead we hear numerous complaints regarding gaps in empathy and interpersonal skills. We have a culture which reveres a trait that we have in spades, but forgets the characteristics upon which patients are yearning for us to improve!

This is not necessarily an institutional problem. I know that medical school has groups like the Gold Humanism Honor Society, which praises the humanitarian efforts of students. I see the problem on a more personal level. The issue is embedded deep within in our minds because we have been conditioned to place so much focus on intelligence. This is purely speculation and by no means is true across every health related profession. Some of you may disagree with me, which is understandable. However, I hope this article inspires students to stop, breathe, and reflect on whether they fall victim to venerating intelligence more than qualities of character. Personal moments of critique will help us move forward as a society of well-rounded individuals that better treat our patients beyond their physical manifestation of disease.

Cheers,

Jefferson Peeples
JOIN US AT THE SECOND ANNUAL JACKSON FREE CLINIC INVITATIONAL!

On March 31st, 2016, the Jackson Free Clinic will be hosting the JFC Invitational golf tournament at Live Oaks Golf Club. It was a day of fun, fellowship, and spirited competition last year and we hope it can be just as successful in 2016! We will have lunches and drinks on the course, as well as goodie bags and snacks for each player. Players will also have the chance to win great prizes such as clothes and gift cards in our raffle, prizes for “Longest Drive” and “Closest To The Hole” competitions, a chance to win a big screen TV from Cowboy Maloney’s with a hole-in-one, and of course, a shot at winning the coveted JFC Invitational trophies! We are so grateful for the support we receive from our fellow students each Saturday to help run the Jackson Free Clinic. We hope that this can be a fun, relaxing way to take a break from school and have fun while raising money for the JFC!

Date: March 31, 2016
Location: Live Oaks Golf Club
11200 US Hwy 49
Jackson, MS 39209
Time: 1:00 p.m. Shotgun start
Lunch: 11:30 a.m. – 1:00 p.m.
Format: Four-man scramble
Registration: www.jfcinvitational.org

Cost: $60 per student; $65 for single non-student player; $240 per team

Sponsorships:
$150 – Hole Sponsor (includes hole sponsor sign)
$250 – Event Sponsor (includes hole sponsor sign and registration for 2 players)
$500 – Large Event Sponsor (includes hole sponsor sign, large event sponsor sign, and registration for a team of 4 players)
For more information please contact:

Student Affairs
601.984.5012

Division of Multicultural Affairs
601.984.1339

Spring to Life

Spring marks the beginning of new life, heralding the renewal and awakening of flora as the trees sprout their first buds and offshoots. Hibernating creatures stir from their winter slumber. Spring signifies a time for rebirth and a season for new beginnings, and how poignant it is that the season of Lent should come at such an occasion. It provides a potential for us to renew our spirits through inward looking and outward giving. Regardless of our cultural or intellectual, or professional differences, we can be reborn to newness of life each day through our outpouring of love to others and our reflecting on our own intentions in the various relationships we share and in the various positions we hold.

The word Lent itself is derived from the Anglo-Saxon word lencten which means "spring" and lenctentid, the word meaning "Springtide" and referring to the month which we now call "March", during which most of Lent occurs. Lent perhaps has even earlier roots from the West Germanic and Old English lāng-tīna, meaning "long days." The etymology makes sense as spring marks the time when the daylight hours begin to get longer. Currently, the season of Lent is recognized by many Christian denominations as the forty-day period prior to Easter, beginning with Ash Wednesday and ending with Holy Saturday, the day before Easter. However, some traditions do not count each Sunday within the forty-day period, and some denominations consider the end of Lent to be the beginning of the Easter triduum (the three days before Easter): Holy Thursday, Good Friday, and Holy Saturday. While I will not delve into the religious history of Lent or its various practices in many cultures, I will take the time to present the importance of two very basic tenets of the season, such as self-reflection and almsgiving, in rejuvenating our mind, body, and soul, not only for ourselves but also for others.

Firstly then, self-reflection can bring us to a moment to collect our thoughts! Perhaps then, our great need to be alone in a peaceful place without distraction. For those of us at this institution who may have a staff position, the title of an administrator or healthcare professional, the designation as a student or faculty member in any of the six schools on campus, or a patient or patient's family member, these quiet times to ourselves oftentimes may be hard to obtain. Nevertheless, how refreshing it is to have just this moment to collect our thoughts! Perhaps then, our greatest challenge is setting aside time for ourselves to take care of our inward need for revitalization when the going is rough. I feel that this seemingly selfish aspect of Lent is essential to preparing us for an even greater, more selfless practice of almsgiving. Think about this concept; we truly must take care for ourselves so that we can be at our best in order to take care of others. How appropriate this concept is for those of us who are students, employees, or patients' family members at a medical center!

So, I charge you to find some quiet time to spend with your thoughts. This time can be spent reflecting on your own thoughts, words, and/or deeds throughout the day. This time can be spent praying to God or spent engaged in meditative or other types of religious practices customary to your system of beliefs. This time can even be spent making decisions on where and how we can improve our school/job performance and improve our interactions with others. But most importantly, this time can be spent pondering over the ways in which we are blessed and the ways in which we can be blessings to others.

Secondly then, thoughtful reflection can bring us to the mindset to give of our time and energy to serving others through almsgiving. Granted, those of us who are affiliated with this institution as staff members, administrators, employees, faculty members, or students are continuously giving of our time to others around us. But perhaps, we can consider the many subtle ways in which we can serve others. Perhaps, even beyond the requirements of the titles or positions we hold, we can go the extra mile. We can donate money to charities or various causes, sacrifice a small bit of our free time to complete a community service project, or provide help to someone in need. We can even take the time to smile at strangers we meet in the hallways and give a friendly greeting, not just when we feel the desire but also when we are tired and sour from walking all day, because just maybe those individuals recently lost a loved one or failed a test or received notice of having to work overtime. How often do we fail to realize what is occurring in the lives of others? How often do we become so absorbed in our own commitments both here and everywhere else we go.

While moments of self-reflection and almsgiving comprise two basic facets of Lent, they also embody potential habits in which we can engage throughout the entire year and beyond. How wonderful it is that we have a time specifically to remind us of the importance and meaningfulness of contemplation and service and to "spring" us into the actions of inward thinking and outward giving! There truly is no greater honor than to love and serve others—to show them that you care, that they are loved, and that you love them. Let us all be continuously filled with the fresh spirit, despite pain or sadness or weakness, to bring love to others, especially those most in need of it.

Edgar Meyer is a graduate student in the Doctorate of Clinical Anatomy program in the School of Graduate Studies.

My Own Country
A DOCTOR’S STORY

‘Out of his experience comes a startling but ultimately uplifting portrait of the American heartland as it confronts and surmounts - its deepest prejudices and fears.’

- Goodreads.com
Altruism. It is the name of the game. During Schwartz Rounds a few days ago, someone brought a question to the JFC student panel asking, “If this clinic is so great and you have this kind of Interdisciplinary Care, how come no one is doing it and how will you take this to your practice?” To answer this question, we must go back to when we first started our undergraduate education. Remember that first day we set foot on that campus and sat down in our first biology or chemistry class. We had such fire and passion in our hearts to help others because that’s what we were called to do. We fast-forward now to that day we got our official letter, saying that we got into pharmacy school. That day we told our loved ones that we were going to be a physician. That day that we already started picking out our scrubs to wear on the floor when we started our nursing clinicals. That day where we told our grandparents that we were going to be a physical therapist and would be able to help them walk well again. That day we looked ourselves in the mirror and told our former selves that we were going to be health care professionals. That was the day that we became something more than ourselves. We became something that was above our cause. We became servants of change. But as we begin moving through school and jumping through the necessary hoops to become the servant of change, we often lose sight of where we began, and we carry that same mentality into our practice and become disenchanted with the altruistic world we once knew. 30 years down the road, patient care begins to become a blurry storm of faces in a sea of chronic disease. How do we stop this cycle? How do we change the status quo? The simple answer is we lay aside our own festering qualms and remember that day we told ourselves that we would be that outstretched hand to someone in need. Every time we look at a patient’s face, think about what is going through their mind and what it took for them to come ask for our help? They have reached a point where they don’t have the ability help themselves anymore. We don’t get to be tired, because our work is not for us but for the people who cannot help themselves. No matter how crazy they may be, they still need grace. They need that tiny bit of understanding. That smile in a sea of hardship and sorrow. That helping hand when they fall down. That beacon of hope lighting all the darkness. We are servants, and we are here for those that can’t that need to be the one that can. The patient above all; forward together.

“For Those Who Can’t”

By: Trey Warnock, School of Pharmacy
The School of Medicine and the UMMC Office of Alumni Affairs cordially invite all medical students, residents, alumni, and faculty to join us for the 36th Annual Margie Bulboff Memorial Golf Classic. This four-man scramble tournament will be held on Saturday, April 30, at The Refuge with a 1 p.m. shotgun start. Registration is $55 per person, which includes cost of cart and green fees, range balls, and beverages/snacks during the tournament. Immediately following the tournament, we invite all participants—and spouses and children—to a barbecue dinner. Door prizes will be awarded as well!

The Margie Bulboff Memorial Golf Classic began in 1980 as a way to honor a beloved former School of Medicine employee. Now in its 36th year, this tournament has provided a fun atmosphere of community and networking for students, residents, alumni, and faculty. Prizes will be awarded to the top three teams, although all levels of skill are welcome. You may register online at alumni.umc.edu any time between March 4 and April 22. For more information, please contact the Office of Alumni Affairs at 601.984.1115 or email alumni@umc.edu.

We hope to see you there!

Logan Rush (M4), Parker White (M4), Ben Long (M4)  
Margie Bulboff Committee Co-Chairs

Cheddar Jalapeno Bread

Do you love bacon? What about all things cheesy and spicy? If you said yes, then this bread is definitely for you! I can’t say enough good things about this recipe. My mom started making this bread a few years ago, and it has become one of our family’s favorite treats. It is a great alternative bread for sandwiches, a good snack after a long day at school, or even a tasty breakfast on your way out the door! It’s a recipe you’re sure to love! Enjoy!

Ingredients:
- 2 cups cooked and chopped bacon (pork or turkey)
- 8 ounces cream cheese, softened
- ¾ cup diced jalapeño (can use more if you like it more spicy)
- 2 cups shredded mild or sharp cheddar cheese
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 12 ounces buttermilk
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 2 tablespoons granulated sugar

Instructions:
1. Preheat oven to 350 degrees.
2. Spray 9x5 inch loaf pan with non-stick spray.
3. In a large bowl, combine cream cheese, jalapeños, bacon, and shredded cheese.
4. In another bowl, combine flour, baking powder, salt, and sugar.
5. To the flour mixture, add in the cream cheese mixture, 1 tablespoon oil, and the buttermilk and mix until just combined (the finished bread is more dense if over-mixed).
6. Pour mixture into loaf pan.
7. Bake 45-60 mins, until the top is browned.
8. Remove from oven and cool for 5-10 minutes before removing from the pan.
9. Serve warm or room temperature.

*You can use a different pan size, but decrease the baking time if using a larger pan.*

Enjoy!

Maggie Wester, M3
Beginner Chef

Chicken Parmesan Soup
This recipe is perfect for a chilly day. Super quick, easy, and delicious! If you like chicken parmesan like I do, you will want to remember this recipe. Also, a very good recipe to freeze for later!


Ingredients:
- 2 tbsp extra-virgin olive oil
- 1 # boneless skinless chicken breasts, 1 in chunks
- 1 large onion, diced
- 8 oz penne pasta
- 3 cloves garlic, minced
- 1 1/2 cups shredded Parmesan cheese
- 3 tbsp tomato paste
- 1/2 cup shredded mozzarella
- 1 tsp crushed red pepper flakes (omit if you don’t like spicy)
- 1 15 oz can diced tomatoes
- Salt + pepper

1. In a large pot, heat oil over medium heat. Add diced onion and cook until tender (6 minutes). Add garlic and cook until fragrant (1 minute). Stir in tomato paste and add the red pepper flakes (if desired).
2. Add diced tomatoes (not drained) and chicken broth. Bring to a simmer. Add chicken and cook thoroughly, about 10-12 minutes.
3. Add pasta. Cook about 6-8 minutes.
4. As soon as pasta is cooked, add Parmesan and mozzarella until just melted and then season with salt and pepper.
5. Ladle into bowls and serve!

Happy Spring!
Eden J. Yelverton, M4

The Dish

Soft Batch Chocolate Chip Cookies
Everyone needs a “go-to” chocolate chip cookie recipe for those days that one cookie just doesn’t cut it and you’re desperately in need of a warm, gooey, chocolatey cookie dipped in cold milk. I’m sure many of you already have a recipe for just that, but I beg you to try these “Soft Batch Chocolate Chip Cookies” just once. This recipe makes soft, chewy chocolate chip cookies beyond your wildest dreams. The secret is in the vanilla pudding mix and the increased ratio of brown sugar to granulated sugar.

Together, they transform this cookie into something incredible. If you have 30 minutes to spare, please make these. You won’t be disappointed.


Ingredients:
- 2 1/4 cups all purpose flour
- 3/4 cup dark brown sugar
- 1 3.4 oz package vanilla pudding mix
- 1/2 cup granulated sugar
- 1 teaspoon baking soda
- 1 whole egg, plus 1 egg yolk
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup unsalted butter, at room temp
- 1 1/2 cups chocolate chips

Instructions:
1. Preheat oven to 375 degrees F. Line two baking sheets with parchment paper; set aside.
2. In a medium bowl, whisk together the flour, pudding mix, baking soda and salt; set aside.
3. With an electric mixer on medium speed, cream together the butter and both sugars until light and fluffy, scraping the sides of the bowl as necessary, about 3 minutes. Add the eggs and vanilla extract and mix until combined. Reduce the mixer speed to low and gradually add the dry ingredients, mixing only until a little flour remains. Using a rubber spatula, fold in the chocolate chips.
4. With a medium cookie scoop (or 2 tablespoons), form dough into balls and place on prepared baking sheets about 2 inches apart. Bake until the outside edges are just set and light golden brown, and the middles are still puffy, about 10 to 12 minutes.
5. Remove from the oven and allow to cool on the baking sheet for 5 minutes, then remove to a wire rack to cool completely. Store at room temperature in an airtight container for up to 5 days.

**In full disclosure, the recipe calls for 2 sticks of butter. Personally, I think it tastes great with 1 stick. If you’re a butter lover, and you’re feeling really spunky, use 2 sticks. Otherwise, I think most of you will be happy with 1.**

That’s it! It’s really quick and really easy. Just make sure you don’t over bake the cookies! As always, if you have any questions, suggestions, or requests please don’t hesitate to send me an email! Happy March everyone!

~Mina
George Mallory famously said he climbed Mount Everest “because it’s there.” It’s a sentiment John Adam Long of Louisville echoes when asked why he became a triathlete: “Because I can,” he said.

Paralyzed in a 2010 car accident, Long sees sports as a way to push himself to his limits while staying in shape and inspiring his family.

“I told my wife when I was in ICU after my accident that I was going to do a triathlon and she thought I was crazy,” Long said. “I have two young boys and I want them to see their dad as more than a guy in a wheelchair.”

MRC’s therapeutic recreation program director Ginny Boydston has helped connect Long with the resources and equipment necessary for the event. Now he has three half Ironman and 10 Olympic distance triathlons under his belt, an incredible accomplishment for a quadriplegic.

“Ginny has helped me a lot,” Long said. “I rode my first hand cycle at Methodist.”

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