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Now I Can...

With Mississippi’s only children’s hospital plus clinics statewide, we’re here for every Mississippi kid.
Learn more at mississippikids.org

Children’s of Mississippi is part of the University of Mississippi Medical Center.
Hello UMMC Family,

The Associated Student Body has been hard at work and has many great events planned in the month of October. Here’s a brief list of some of the good things happening:

- **October 10** – The ASB Multicultural Affairs Committee is sponsoring a lunch and learn featuring Dr. Richard de-Shazo who will be discussing his publications on Black Physicians and the Struggle for Civil Rights. The event will be in R153 from Noon-12:50pm. Lunch provided.

- **October 14** – ASB Halloween Party at Hal & Mal’s featuring 2 Hipnotic. Please bring your student ID. +1 guests are allowed (must be at least 21-years-old). 9pm-midnight. Please wear a costume.

- During the Month of October – The ASB Wellness Committee will have tables set up throughout the month to raise awareness about mental health and to inform students about our new Student Counseling and Wellness Center.

At the ASB meeting in September, the council voted unanimously by voice vote to pass a resolution supporting our current state vaccination law. When it comes to vaccination policy, Mississippi is the model for the rest of the country with a 99.7% vaccination rate. However, our state vaccination law has come under attack over the last several years, and this year will be no different. As the future doctors, nurses, pharmacists, physical and occupational therapists, dentists, healthcare providers, and researchers of our state, we felt it was important to make our voices heard on this important issue.

Finally, please remember to get your flu shot! The flu shot is free for all UMMC students and employees. You will see tables around campus between October and December where you can get your shot on-the-spot. It’s fast, easy, and protects you against the flu!

If you have any questions, comments, or concerns, you can always contact me (bnbanks@umc.edu). Study hard!

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### October 2016

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<td>Fitness Plus $5 per class (1424 Old Square Room) - Other classes offered as well</td>
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<td>AS Farmers Market Every Saturday 5am-2pm 809 High Street</td>
<td>Pizza Nights: Monday- Fish &amp; Fixins, Tuesday- Late Night 7-9pm, Wednesday- Fajitas 7-9pm, Thursday- Steak-Fries 7-9pm, Friday- Fixins 7-9pm</td>
<td>Wellness Fair 10am-5pm</td>
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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!

WING DANG DOODLE

In case you missed it, there was a wings festival/cook-off in Forest, Mississippi this last weekend. This annual event is called Wing Dang Doodle, but I suggested that they make it a monthly thing (the Forest Area Chamber of Commerce still hasn’t responded to my multiple phone calls and emails though). The rules are: every ticket is $1, you trade a ticket for 2 full size wings at the vendor booths, the vendor with the most tickets at the end of the day wins $1000 in cold hard cash and the right to tell the other vendors “nah nah nah boo boo”. So here are a couple that really stood out to me.

Trump wings:
I’m still not quite sure if they were there to crush the competition or recruit voters, but I do know that they had the best hot wings. Somewhere between the Trump stickers and make-America-great-again picket signs, they were doing some bipartisan food magic. The wings were grilled and charred, then lathered with this creamy, spicy sauce. On a scale of getting punched by a small child to a baseball bat to the shin, I would say these wings had a spicy kick equivalent to getting hit by a sandwich: delicious but slightly concerning.

Tyson fried wings
This one was probably my favorite. Mostly because I’m a fatty and you can deep-fry a sock and I would probably eat it. These wings were seasoned very well, battered, and fried to golden perfection. They were running out so fast that we had to wait 3 batches before we got some. On a scale of 14 to 934, I give this a solid 877.

There were also a number of other tasty wings at the competition that I didn’t mention (mostly because my hands were too messy to write the name of the booths down). But Wing Dang Doodle is definitely a festival worth checking out.

Until next time,
The Asian Sensation
Let it Be

A recent conversation with a first-year medical student inspired me to write this article because the topic of the conversa-
tion concerned something that is so important and yet so efficiency and value of the gift of life, and the importance of keeping track of any responsibilities. Granted, this observation of mine could be deemed more as a stereotype, but I think that this generalization of mine is derived from a sense of deep respect and appreciation I have for women overall.

The truth is that I love women. While this statement may seem a bit out of the ordinary, I would like to qualify it by ask-
ging how anyone could not love women. I mean, think about it: The very reason all of us are here is because of our mothers who, of course, are women. If it were not for our mothers, we would all be the products of our fathers' saying “yes” to the allowance of our growth and development inside of them. Therefore, if we contemplate the significance of this maternal role, we realize that, ultimately, our existence as viable human beings role in the making of babies as they contribute half of the genome. However, women carry them for nine months, on average.

Obviously, since we are familiar with basic human biology, we know that men play a crucial course, are women gave birth to us. The truth is that I love women. While this statement may seem a bit out of the ordinary, I would like to qualify it by asking how anyone could not love women. I mean, think about it: The very reason all of us are here is because of our mothers who, of course, are women. If it were not for our mothers, we would all be the products of our fathers’ saying “yes” to the allowance of our growth and development inside of them. Therefore, if we contemplate the significance of this maternal role, we realize that, ultimately, our existence as viable human beings role in the making of babies as they contribute half of the genome. However, women carry them for nine months, on average.

Nevertheless, when we stop to ponder, “why Mary?” we again are drawn back to the angel Gabriel’s words of prog-

On the contrary, the conversation in the Gospel of Luke tells us that she does not flee after the angel’s initial greeting, “But

On the contrary, the conversation in the Gospel of Luke tells us that she does not flee after the angel’s initial greeting, “But...
Junior Class Honor Code Signing

On September 14, 95 junior nursing students signed the honor code in promise of maintaining integrity, respect, honesty, and honorable and ethical behavior before they entered the clinical site for the first time. During this ceremony, they promised to uphold the values stated in the honor code and in the culture of the School of Nursing. By doing this, they begin transitioning from the role of a student to the role of a professional.

On September 17, SON students gathered to help volunteer for the Walk for Alzheimers to raise awareness and funds for this worthy cause. They participated in volunteering behind the scenes, helping with registration and participating in the actual walk. The School of Nursing had an entire team that participated in the walk.

Also, at the IPE luncheon, the SON won for the most votes that were placed at the table which was points going towards the school cup!

A Halloween Tale

The black of night lurked through trees surrounded by leafy ground lit only by a little sliver of carrot-colored moon. Our man was trudging his way back home after a long evening of alcohol and camaraderie. It was Halloween.

As he crunched his way down a dark trail, holding only a small lantern with a weak flame, he thought he heard something. A soft noise, coming from behind him. He stopped, turned, and listened:

Thump. Thump. Thump.

The sound was far away, likely nothing of concern. So he once again paced along his path home. His light flickered against the elms and maples, casting shadows far back into the thorny thicket.

Thump. Thump. Thump.

There it was again, he thought. And it seemed… louder than before. He broadened his stride and quickened his step. The rickety old bridge was just up ahead, which meant he would be home soon.

Thump. Thump. Thump.

The noise was definitely louder this time. And closer. He began to trot, then run. The flame in his lamp sputtered out its last twinkle and was gone. Our man was alone, in the dark, running almost blind.

Thump. Thump. Thump.

He sprinted across the rickety old bridge and took only a moment to glance backward over his shoulder. In the moonlight, he could make out a coarse wooden shape… a coffin. A reckless sarcophagus of terror, tumbling toward him at record speed. He stopped only long enough to hurl his darkened lamp at the coffin and hear glass shatter against it.

He ran faster than he had ever run in his life. Twenty feet to the door. Ten. Five. The casket was practically on his heels, now loosely swinging its top on its hinges, hoping to devour him and take him to the grave.

THUMP. THUMP. THUMP.

Our man got to his house just in time to get inside and slam the door right as the coffin reached his porchsteps. He locked the door, set the latch, and began to look frantically for a weapon. Fire. Something.

The door came crashing down. The coffin was wildly swinging its top wide open, then closed, open then closed, revealing an empty, but longing void. Our man stumbled backwards, then took toward his stairs, scrambling away from the coffin. He clambered to the top step.

THUMP! THUMP! THUMP!

The coffin stormed up the steps after him. He ducked left, into this bathroom in hysterics. Something. Anything. He flung open his medicine cabinet and reached for a bottle of cough syrup. As the casket lurched into his bathroom, the man mustered all his strength and launched the medicine at the coffin.

And the coffin stopped.

Happy Halloween.

This short story was adapted from an old, rather crummy joke.

John Caleb Grenn, fourth year medical student
Interprofessional Update

Hey everyone!

I want to share an update on some of the exciting interprofessional initiatives happening on our campus. At the beginning of this semester, new students from all six schools (Dentistry, Graduate Studies, SHRP, Medicine, Nursing, and Pharmacy) participated in the 3rd Annual Interprofessional Campus Welcome. The event included display booths hosted by each school, with information also provided by the Jackson Free Clinic, the UMMC Credit Union, and DIS. Students enjoyed free lunch and musical entertainment by Chris Gill. Congratulations to the School of Nursing on receiving the highest number of votes per capita for their display!

Building Bridges is another current interprofessional project sponsored by the Interprofessional Education Collaborative. Students selected from each school participate in monthly discussions and activities as part of multidisciplinary teams. Topics explored at the most recent meeting of Building Bridges included the roles and responsibilities of each discipline and common misconceptions about our professions.

Also, I want to sincerely thank every member of the ASB Interprofessional Student Committee for their hard work in making the above events successful and finding ways to bring together all of our schools.

- Resham Rehat, M2
- Haley Houghton, M3
- Kyle Tubb, D2
- Tyler Wheeler, D3
- Jordan Smith, P3
- Caroline Boydstun, P4
- Sarah Parkes, SN4
- Maggie McDonald, SN4
- Elena Dent, G2
- Gwen Davis, G2
- Bryson Kimbrough, PT3
- Ferris McGuire, OT2

Stay tuned for more details on upcoming campus-wide interprofessional events! Please let me know if you have any thoughts or suggestions on how ASB can better serve to unite students from all of our schools.

Logan Ramsey
ASB Interprofessional Chair
lramsey@umc.edu

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1029 Highland Colony Parkway, 2nd Floor | Ridgeland, MS | 601.605.6803

The Perfect Halloween Party Playlist:

1. “Thriller” - Michael Jackson
2. “Monster Mash” - Don Henson & the Rigamorticians
3. “Addams Family” - Vic Mizzy
4. “Ghostbusters” - Ray Parker Jr.
5. “This is Halloween” - The Citizens of Halloween
6. “Abracadabra” - Steve Miller Band
7. “Somebody’s Watching Me” - Rockwell
8. “Don’t Fear the Reaper” - Blue Oyster Cult
9. “Superstition” - Stevie Wonder
10. “I Put a Spell on You” - Nina Simone
11. “Super Freak” - Rick James
12. “Witchy Woman” - Eagles
13. “Beatlejuice” - Danny Elfman
14. “Disturbia” - Rhianna
15. Any Harry Potter Soundtrack
**Blast from the Past!**

The typical residency interview, written by our very own Dr. SCT.

The following is an example of what most one-on-one interview sessions are like when you are interviewing for residency.

Interviewer: Hey, you, come in and sit down right now.
Applicant: Okay.
Interviewer: Tell me why you applied here, and don't beat around the bush.
Applicant: I've heard some pretty good things about this program, and I like this part of the country.
Interviewer: HOW MANY TIMES DO I HAVE TO HEAR THAT GARBAGE?!? I WANT THE TRUTH!!!
Applicant: Uh… I uh… want to…
Interviewer: Tell me everything you know about glucose-6-phosphatase.
Applicant: Glucose-6-phosphatase is an enzyme that…
Interviewer: Stop!! Tell me what you know about teeth. Wait!!! Scratch that. Tell me what you know about gums.
Applicant: Gums are next to teeth, and…
Interviewer: What?
Applicant: Gums are next to teeth, and…
Interviewer: I heard what you said! Don't get smart with me!! Why have you been arrested 12 times?
Applicant: Uh… I don't think I've ever been arrested.
Interviewer: Your dean says that your criminal record rivals that of Ted Bundy. What's up with that?
Applicant: Can I see that letter?
Interviewer: No you may not!! You waived your right to see it! Do you know that you just violated one of the rules of The Match?
Applicant: If you're not going to let me see it, I'm going to call my dean and ask him if he wrote it.
Interviewer: No you are not!! You are going to tell me the capital city of Paraguay before you do anything!
Applicant: Uh…
Interviewer: Not even close!! Recite the Gettysburg Address backwards in less than one minute.
Applicant: Four score and seven years ago…
Interviewer: Backwards, you idiot!!!
Applicant: Four score and seven years ago…
Interviewer: Backwards, you idiot!!!
Applicant: Uh…
Interviewer: Are you married?
Applicant: Yes
Interviewer: Too bad. Are you planning on getting divorced?
Applicant: What? No! Why would I planning on that?
Interviewer: I bet you have kids, don't you?
Applicant: No, we don't have any.
Interviewer: Why not?
Applicant: We just wanted to wait a little while so…
Interviewer: Enough! I've heard enough about that. Where else have you interviewed?
Applicant: Well, I've interviewed at my home university and at…
Interviewer: Your home university stinks and so do all the other places you've interviewed. None of them know how to take care of patients, and they're all a bunch of jerks who can't teach and don't know how to run a residency program. All of them!!

Continued...

**Top 10 questions/requests from interviewers**

We asked 5,000 medical students across the country to list the questions they were asked by interviewers in their residency interviews this winter. The following is a list of the 10 most frequently asked questions or requests.

1. Why did all of your letter writers say that you have serious unresolved issues?
2. So, do you hate this place or what?
3. What number am I thinking of?
4. Will you marry me?
5. Say the Greek alphabet backwards while holding this burning match up side down.
6. Tell me about all the skeletons in your closet, and then we'll discuss them in great detail.
7. In 8 ½ seconds, explain the biochemical structure and function and all pathological disorders of lysosomes.
8. Tell me why you wish you weren't here right now.
9. Do you have any questions for someone other than me?
10. What is the square root of 277.64127?
SNMA Updates

SNMA Upcoming Events:

* October 7-9, 2016: Region III Medical Education Conference (RMEC), hosted by UMMC chapter of SNMA

* December 1, 2016: Mississippi AIDS Education Training Center invited SNMA for Health Disparities Conference

* January 13, 2017: Meeting with the Mississippi AIDS Education Training Center (see flyer on next page)

* March 8, 2017: Meeting with the Medical Assurance Company of Mississippi (MACM) Underwriting Department, MACM Claims Department

* April 12-16: Annual Medical Education Conference, Atlanta, Georgia

For more information on upcoming Region III SNMA events, please visit: http://www.snma.org/index.php?pID=47

SNMA Mission Statement:
Student National Medical Association (SNMA) is committed to supporting current and future underrepresented minority medical students, addressing the needs of underserved communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians.

SNMA programs are designed to serve the health needs of underserved communities and communities of color. In addition, SNMA is dedicated both to ensuring that medical education and services are culturally sensitive to the needs of diverse population and to increasing the number of African-American, Latino, Native American, and other students of color entering and completing medical school.
GSB intramural indoor soccer team “International Flavor” beat “Wii Not Fit” 4-1 on September 13th at the Flowood YMCA.

Check IMLeagues for match updates and come support the team!

GSB students Kenji Maeda, Austin Zamarripa, Sarah Fitzgerald, and Graham Casey participated in “Walk4AlZ” 5k on September 10th in Jackson. The walk raised awareness for Alzheimer’s, and proceeds benefitted Alzheimer’s of Mississippi.

The resounding fiesta could be heard throughout Old Trace Park as GSB students participated in the inaugural “Run to the Latin Beat” 5K in Ridgeland on September 17th. Proceeds from the run benefitted community service programs supported by the Mississippi Hispanic Association.

The GSB September social was held at Fondren Public on September 9th. GSB students could be found playing giant Jenga, grubbing down on pub food, partaking in competitive cornhole, and sipping on various delightful beverages. Stay updated on monthly socials by following “UMC Graduate Student Body” on Facebook!
Physicians Discuss Policy Issues With State's Congressional Leaders

MSMA Congressional district visits continued this month around the state. On Wednesday, August 31, Senator Roger Wicker came to the MSMA offices in Ridgeland to meet with MSMA President Dr. Lee Voulters and several past and present members of the MSMA Board of Trustees. Brock Banks served as the student member to the Board of Trustees during the 2015-2016 term and Neal Boone currently serves on the Board of Trustees.

Know The Issues...

Telemedicine: Legislation of Concern in S. 2943, Sec.705 Enhancement of Use of Telehealth Services in Military Health System: (d) Location of Care. The legislation will soon be considered in conference committee, though the House-passed version of the bill (H.R. 4909) does not include the language. We would ask that language in (d): Location of Care be stricken from Sec. 705 during conference. If S. 2943 were to pass in its current form, a physician in New York could provide telemedicine to our physicians’ patients in Mississippi, without a Mississippi-issued medical license. A Mississippi license would at least allow our State Medical Licensure Board to have some jurisdiction over them.

Opioid Epidemic: The Comprehensive Addiction and Recovery Act (S.524) has been signed into law. The new law authorizes hundreds of millions of dollars in grant funding for states and localities to support programs, including PDMPs through NASPER, and Naloxone availability. However, despite a great deal of fanfare, the bill will be mostly meaningless unless Congress now comes up with appropriations to fund the newly authorized programs.

Meaningful Use: Much of the action is wrapped up with regards to the MACRA regulations. MSMA along with AMA pushed the regulators through the rule making commenting period to make sure that the final rules are simple and straightforward with additional flexibility for solo and small group practices. The best thing Congress can do right now is continue to remind the regulators that Congressional intent was to consolidate and streamline current programs, not to make them more complicated.

Upcoming Events:

- October 4 5:30 PM: Central Medical Society Meeting - River Hills Racquet Club
- October 19 1200 PM: Medical Student Section Meeting - CW106
  * Dr. Sharron Douglas will be joining us to discuss her involvement in organized medicine on a state and national level.
- November 10-12: 2016 AMA-MSS Interim Meeting - Orlando Florida
- December 2 6 PM: Central Medical Society Christmas Party - The South

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Trick or Treat Candy: Do’s and Don’ts

DO: Reese’s
Every single kid in the whole flippin’ world (unless they’re plagued by peanut allergies) loves Reese’s. Loving kid (n.) – one who loves Reese’s peanut butter cups, especially the big ones shaped like easter eggs or pumpkins.

DON’T: Apples
Bro. Do not be this person. I get it that it’s healthy and that you’re going to be/are a medical professional and are suuuuper passionate about children’s health and the ever-growing childhood obesity epidemic. Just turn your front porch light off, lock the door, and put a big clown mask on so no children come to your house. Ever. Creep.

DON'T: Popcorn balls. Has anyone ever actually eaten these things? They look like shower loofahs for grimy giants and be all cut up afterwards because the green apple part inevitably turns into razor blades in your mouth, and you run the constant danger of inhaling the whole thing down your trachea leading to an early death. But hey, you gotta risk it for the pink one. You’ll settle for red, or even orange, but you are not going to drop so low as to have to eat the yellow one. Anyway, hand these out. Preferably the pink ones. Because kids will love you.

DON'T: Candy Corn
Candy corn was originally called "Chicken Feed.” Need I go on?

DO: Twix
Delicious. Whether you’re team Right Twix or team Left Twix, you cannot go wrong with these. Children will flock to your doorstep and sing your praises forevermore.

DON'T: Dots
Sure, they’re colorful. But so is construction paper. And these have about the same amount of flavor. Trust me. I tried them both. If you’re going to hand out Dots, you’d better just hand out the construction paper. The poor, devastated kid will at least have an opportunity to write you a letter of disdain. Or, if they eat it, they’ll have less junk stuck in their teeth.

DO: Those caramel green apple suckers, you know the ones. They only show up around Halloween, your mouth will be all cut up afterwards because the green apple part inevitably turns into razor blades in your mouth, and you run the constant danger of inhaling the whole thing down your trachea leading to an early death. But hey, you gotta risk it for the biscuit.

DON'T: Popcorn balls. Has anyone ever actually eaten these things? They look like shower loofahs for grimy giants and probably taste like it too. So unless you’re gonna give out a bucket of Reese’s with it (see above), just don’t.

DO: M&M’s

Bonus Tip: M&M MINIS. YES.

DON'T: Pennies, Toothbrushes, Pencils, Raisins, RAISINETS… (don’t get me started), or for goodness’ sake a ”Trick” instead of a Treat. You have to move out of your neighborhood now into one that has no one under the age of one hundred and three because you are just awful.

- Your Friendly UMMC Candy Snobs
Located near University Medical Center, the Cabot Lodge Millsaps conveniently accommodates any Jackson visit. The exceptional comforts also include complimentary full southern breakfast and nightly hospitality reception. No matter what’s on your agenda, we’ll make sure you’re rested and refreshed.

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37” Vizio 1080p HDTV with DVD player and stylish glass stand. $250

Drexel Four Post Rice Bed, king size. Including mattress, box springs, and foam mattress topper. $2500, OBO
After being diagnosed with Parkinson’s disease, Sheri Carter wanted a means to maintain her active lifestyle. And the quest led her to LSVT Big & Loud Therapy at Methodist Outpatient Neurological Rehabilitation in Flowood.

The innovative program uses speech and physical therapies to improve voice strength, walking speed, muscle tone, balance and trunk control. And the former Pearl High School teacher gives the approach an A-plus.

Now, she’s agile enough to play on the floor with her “grand-blessing,” teach a senior exercise class and attend a therapeutic dance course.

“Exercise is so important for me to be able to function,” she said. “Once I met the therapists at Methodist, I was convinced it was the place to be. They were very encouraging. And it helped me tremendously.”

Now I can...
be a go-getter grandmother

Earl R. Wilson, Founding Chairman

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